

Communiversiity Culinary Glossary

Often, we read a recipe and not sure about some of the terms included. Don't worry, we have a list of common cooking terms to help us get cooking:

Al dente

To cook food until just firm not soggy, usually referring to pasta, but can include vegetables.

Bake

To cook food in an oven using dry heat.

Baste

To moisten food while cooking by spooning, brushing, or squirting a liquid, such as meat drippings to stock, to add flavour and prevent it from drying out.

Beat

To stir rapidly in a circular motion to make a smooth mixture, using a whisk, spoon, or mixer.

Braise

To cook first by browning the food in butter or oil, then gently simmering in a small amount of liquid over low heat for a long period of time in a covered pan until tender.

Broil

To expose food to direct heat on a rack or spit, often used for melting food like cheese we usually use the term grill.

Brown

To cook over high heat (usually on the stove-top) to brown food.

Caramelize

To heat sugar until it liquefies and becomes a syrup.

Chop

To cut vegetables into large squares, usually specified by the recipe.

Cream

To beat ingredients (usually sugar and a fat) until smooth and fluffy.

Cube

Like chopping, it is to cut food into small cubes, usually about 1/2 inch.

Dash

1/8 teaspoon.

Dice

To cut into small pieces, usually 1/4 to 1/8 chunks.

Dollop

A spoonful of a semi-solid food, like whipped cream or mashed potatoes, placed on top of another food.

Dredge

To lightly coat uncooked food with a dry mixture, usually with flour, cornmeal, or breadcrumbs, to be pan fried or sautéed.

Communiversitiy Culinary Glossary

Dress

To coat foods with a sauce, such as salad.

Drizzle

To pour liquid back and forth over a dish in a fine stream, usually melted butter, oil, syrup, or melted chocolate.

Dust

To coat lightly with a powdery ingredient, such as confectioners' sugar or cocoa.

Fillet

To cut the bones from a piece of meat, poultry, or fish.

Flambé

To drizzle a flammable spirit over a food while its cooking, to ignite the just before serving.

Fold

To combine light ingredients, such as whipped cream or beaten eggs whites, with a heavier mixture, using an over-and-under motion.

Glaze

To coat foods with mixtures such as jellies or sauces.

Grate

Creates tiny pieces of food, best for things like cheese to melt quickly or a vegetable used in a sauce.

Grease

To coat the interior of a pan or dish with shortening, oil, or butter to prevent food from sticking during cooking.

Julienne

Cutting vegetables until long, thin stripes, approximately 1/4 inch thick and 1 inch long.

Knead

The process of mixing dough with the hands or a mixer

Marinate

To soak in a sauce or flavoured liquid for a long period of time, usually a meat, poultry or fish.

Mince

To cut as small as possible, most used with garlic.

Pan Fry

Cook larger chunks of food over medium heat, flipping once only.

Parboil

To partially cook by boiling, usually to prepare the food for cooking by another method.

Poach

To cook gently over very low heat, in barely simmering water just to cover.

Communiversy Culinary Glossary

Pinch

1/16 teaspoon.

Purée

To mash or grind food until completely smooth.

Roast

Like baking but concerning meat or poultry, it is to cook food in an oven using dry heat.

Sauté

To cook small pieces of food over a medium-high heat with oil in a pan, usually to brown food.

Scald

To heat liquid almost to a boil until bubbles begin forming just around the edge.

Sear

To brown the surface of meat by quick-cooking over high heat into order to seal in the meat's juices.

Shred

Done on a grater with larger holes, resulting in long, smooth stripes to cook or melt.

Simmer

Bring a pot to a boil, then reduce the heat until there are no bubbles.

Skim

To remove fat or foam from the surface a liquid.

Slice

To cut vertically down, thickness sometimes specified by the recipe.

Smidgen

1/32 teaspoon.

Steam

To cook food on a rack or in a steamer set over boiling or simmering water.

Steep

To soak a dry ingredient in a liquid just under the boiling point to extract the flavour, such as with tea.

Stew

To cook covered over low heat in a liquid for a substantial period of time.

Whip

To beat food with a whisk or mixer to incorporate air and increase volume.

Whisk

To beat ingredients with a fork or a whisk.

Zest

The outer, coloured peel of a citrus fruit.