

TALK LIKE A CHEF

Before you start cooking, it's helpful to read the recipe from start to finish to make sure you understand all cooking terms used in the recipes. Take this time to get out all of the tools needed and prep the ingredients.

BAKE

To cook food in an oven with dry heat.

BOIL

To cook food quickly in heated liquid. The liquid moves rapidly, and large bubbles keep breaking the surface. Often used for vegetables and pasta.

BROIL

To cook food directly under the heat source of a gas or electric oven. Often used for fish and tender cuts of meat.

BROWN

To cook quickly over high heat, usually on top of the stove, so the surface of the food turns brown and the inside stays moist.

CHOP

To cut into pieces, which can vary in size.

DICE

To cut into small, even cubes, usually about $\frac{1}{4}$ inch per side.

GRILL

To cook food directly on the heat source of a gas, charcoal, or wood grill. Often used for fish, tender cuts of meat, and vegetables.

KNEAD

To mix and work the ingredients that make up dough into smooth, elastic form. Can be done with hands or a heavy-duty mixer.

MINCE

To cut food into even smaller pieces than diced.

MIX

To beat or stir two or more foods together until they are combined.

POACH

To cook food gently in large amounts of heated liquid. The liquid moves slightly, but no bubbles break the surface. Often used for eggs, fish, and fruit.

ROAST

To cook by dry heat, usually in an oven.

SAUTE (PAN FRY)

To cook food in a small amount of oil on top of a stove. Heat the oil until hot (but not smoking), add the food, and cook to stated time or tenderness.

SIMMER

To cook food slowly in heated liquid. Small bubbles should break the surface. Often used for meats and stews that benefit from slow cooking.

SLICE

To cut into wide, thin pieces.

STEAM

To cook food quickly in a covered pot by the moisture made from a small amount of heated liquid. The food is held above the liquid by a basket or rack. Often used for vegetables and fish.

WHISK

To beat ingredients with a fork or a "whisk." This adds and increases the volume. The mixture appears light and fluffy.