

Baking and Cooking Terms

Bake	To cook in an oven
Beat	To mix ingredients together using a fast, circular movement with a spoon, fork, whisk or mixer
Blend	To mix ingredients together gently with a spoon, fork, or until combined
Boil	To heat a food so that the liquid gets hot enough for bubbles to rise and break the surface
Broil	To cook under direct heat
Brown	To cook over medium or high heat until surface of food browns or darkens
Chop	To cut into small pieces

Cream	To beat ingredients, such as shortening and sugar, until they are soft and creamy
Dice	To cut into small cubes
Drain	To remove all the liquid using a colander or strainer
Fold	To gently mix a light, fluffy mixture into a heavier one
Grate or Shred	To scrape food against the holes of a grater making thin pieces
Grease	To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking
Knead	To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands

Marinate	To soak food in a liquid to tenderize or add flavor to it (the liquid is called a “marinade”)
Mash	To squash food with a fork, spoon, or masher
Mince	To cut into very small pieces, smaller than chopped or diced pieces
Mix	To stir ingredients together with a spoon, fork, or electric mixer until well combined
Peel	To strip off the outside skin or covering of a fruit, vegetable or shrimp
Preheat	To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about 5 to 10 minutes)
Sauté	To cook quickly in a little oil, butter, or margarine

Season	To add flavorings such as salt, pepper, herbs and spices to a food before or during cooking
Simmer	To cook in liquid over low heat (low boil) so that bubbles just begin to break the surface
Slice	To cut a food into large, thin pieces with a slicing knife
Steam	To cook food over steam without putting the food directly in water (usually done with a steamer)
Stir Fry	To quickly cook small pieces of food over high heat while constantly stirring the food until it is crisply tender (usually done with a wok)
Toss	To mix ingredients, such as salad greens and dressing, by tumbling them with tongs or a large spoon and fork

Teacher use only
