

CULINARY TERMS

- **BLANCH:** To pour boiling water over food (often fruit, vegetables or nuts) in order to soften or remove the hulls or skins, and then placing it immediately in cold water to stop the cooking process.
- **BRAISE:** To prepare food by browning it, covering it, and then slowly cooking it in the oven or on the stove with as much as 0.5 inch of liquid.
- **BROIL:** To cook food directly under a very hot 500 degree Fahrenheit heat source.
- **CARAMELIZE:** The process of cooking sugar until it begins to color. Also, while slowly cooking some vegetables, like onions and root vegetables, the natural sugars are released and the vegetables will caramelize in their own sugars. Oil is usually used in the pan to help the process.
- **CORE:** To remove the seeds or pit from a fruit or vegetable.
- **CRISP:** To restore the crunch to vegetables such as celery and lettuce. This can be done with an ice water bath.
- **EMULSION:** A mixture of oil and liquid in which tiny globules of one are suspended in the other. Emulsifiers, such as egg or mustard, may be used to assist in keeping the two liquids together.
- **GRILL:** Cook directly over the heat source on metal racks or rods in the open air.
- **HOT SOAK:** Method to reduce dry bean cooking time, which consistently produces tender beans. Place beans in a pot and add 10 cups of water for every 2 cups of beans. Heat to boiling and boil for an additional 2 to 3 minutes. Remove beans from heat, cover and let stand for 4 to 24 hours. Drain beans, discard soak water and rinse with fresh, cool water.
- **HULL:** To remove the leafy and stem parts off fruits such as strawberries.
- **JULIENNE:** Used to describe food that has been cut into matchstick-like pieces half of an inch thick and 1.5 to 3 inches long.
- **MACERATE:** To soak fruit or vegetables in liquid.
- **MARINATE:** To soak food (often meat) in a seasoned liquid.
- **MISE EN PLACE:** Meaning "everything in place," refers to preparing and organizing ingredients and equipment.
- **MIREPOIX:** A mixture of sautéed vegetables, 2 parts onion, 1 part celery, 1 part carrot, which is often used as the basis for soups, stews and sauces.
- **PARBOILING:** To partially cook a food in simmering or boiling water. Similar to blanching, but cooked for longer.
- **PARE:** To peel or trim food of its outer layer of skin.
- **PRESSURE COOKING:** Cooking method that uses steam under a locked lid to produce high temperatures and achieves a faster cooking time.
- **PUREE:** To process cooked food or soft raw food in a blender, food processor, food mill or sieve until it is semi-liquid and has a relatively even consistency. Also refers to the finished product.



- **QUICK SOAK:** Method to soak dry beans in less time. This method is achieved by adding beans to a pot with water, 10 cups water per every 2 cups beans. Bring the water to a boil and continue boiling for 2 to 3 minutes. Remove from heat, drain beans, and rinse with fresh, cool water.
- **REDUCE:** To cook a liquid food over high heat, allowing the water to evaporate.
- **ROAST:** A method of cooking in an oven where the item is not covered, allowing the dry heat to surround the item.
- **SAUTE:** To cook food quickly in a small amount of fat in a pan over high direct heat.
- **SHRED:** To process food into long bits and pieces, either by hand or with a grater.
- **SIMMER:** Cooking food in a liquid at just below a boil point so that small bubbles begin to rise to the surface.
- **STEAM:** To cook over boiling water in a covered pan or to cook in a special pressurized steam compartment.
- **STIR-FRY:** Fast frying of small pieces of meat and/or vegetables over very high heat with continuous stirring in a small amount of oil.
- **STOCK:** A liquid made by boiling meat or bones and/or vegetables, which is used to make soups or add flavor to other dishes.
- **SWEAT:** Cooking vegetables over low heat in a small amount of fat to release their moisture, flavor and to have them look translucent.

SOURCES: Common Culinary Terms. Sue Grossbauer, RD., www.goodcooking.com/basic_ck.htm, www.culinarycook.com/culinary-terms