

INTRODUCTION TO KITCHEN

Glossary OF KITCHEN TERMS

As you follow recipes, you might come across some cooking terms that are unfamiliar to you.

Here are some of the most common cooking terms:

- **Al Dente** - describes pasta that is firm and slightly undercooked
- **Baste** - to pour juices or liquid fat over meat while it cooks
- **Blanch** - to scald food in boiling water for a quick moment and then place it in cold water to stop the cooking process
- **Brunoise** - to cut foods in to 3mm cubes OR 1/8" size dice
- **Caramelize** - to heat sugars until they are browned
- **Chiffonade** - to roll up leafy greens or herbs and cut into long, thin slices
- **Clarify** - to melt butter and separate the solids from the butterfat
- **Cure** - to preserve foods by adding salt and drawing out moisture
- **Deglaze** - to dissolve browned food residue in a hot pan with liquid
- **Dredge** - to coat moist foods in a dry ingredient, like flour
- **Emulsify** - to blend two liquids like oil and water
- **Fillet** - to cut a portion of meat or fish
- **Flambe** - to cover a food in a flammable liquid, like brandy or rum, and light it briefly on fire
- **Fold** - to incorporate an ingredient with a careful motion that retains air
- **Julienne** - to cut foods into long thin strips
- **Meuniere** - a method of cooking, usually used with fish, in which the food is lightly dusted with flour and sauteed in butter
- **Parboil** - to precook foods by boiling for a short time
- **Reduce** - to thicken a liquid mixture by boiling or simmering, causing moisture to evaporate
- **Scald** - to heat a liquid just to the boiling point
- **Spatchcock** - to split open a whole chicken or turkey for easy grilling

