

The logo for 'Questions Galore!' features a large, stylized question mark above the word 'Questions' in a bold, sans-serif font. Below 'Questions' is the word 'Galore!' in a similar font, with an exclamation point. The entire logo is centered on the page.

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STUDY GUIDE: COOKING

Basic Cooking Terms

- Bake:** To cook in an oven.
- Bake Blind:** To bake a pastry shell without any filling.
- Baste:** To moisten foods while they are cooking by brushing them with butter, juice from the meat, or other sauces.
- Beat:** To stir quickly with an electric mixer, spoon, or whisk, thus creating a fluffier mixture due to the air that is added.
- Blanch:** Food is dropped first into boiling water and then plunged into cold water.
- Blend:** To thoroughly mix ingredients with a whisk or a blender.
- Boil:** To heat a liquid to approximately 212 degrees until bubbles come to the surface.
- Bone:** To remove the bones from a piece of meat.
- Braise:** Meat is browned and then cooked slowly in a small portion of liquid in a covered pan.
- Bread:** Food is dipped into a sticky liquid, such as eggs, and then coated with cracker crumbs, breading, or flour.
- Broil:** To cook under direct heat from a broiler.
- Butterfly:** To cut a food partially down the center, but not all the way through, so it can be spread outward like the wings of a butterfly.
- Caramelize:** To put sugar on top of a dish and then melt it using high heat.
- Churn:** Cream is separated into solids and liquids by agitating it, resulting in butter.
- Combine:** To stir two ingredients together until they are blended.
- Core:** To remove the central pit or seeds from fruit.
- Cream:** To beat a substance, such as butter or sugar, until it is smooth and fluffy.
- Crimp:** To create finger indentations on the outer edge of a piecrust, thus sealing the upper and the lower crusts together.
- Cube:** To cut foods, such as meat or cheese, into small squares.
- Curdle:** This is a process that's used to separate milk into curd (a solid) and whey (a liquid). It can be done by adding vinegar or lemon juice to the milk or by just boiling the milk.
- Cure:** A method of food preservation that involves smoking or salting the food.

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Cut In:	To add a solid ingredient, such as butter, to a dry mixture until they combine.
Degrease:	To skim off the fat from the surface of a liquid.
Dice:	To chop into pieces measuring about $\frac{1}{8}$ or $\frac{1}{4}$ inch.
Dollop:	To drop a spoonful of soft food, such as whip cream, onto another food.
Drizzle:	To pour a slow stream of liquid over food.
Dust:	To lightly sprinkle with a substance such as sugar or flour.
Fillet:	To remove the bones from a piece of meat.
Flute:	To make indentations in food, such as a piecrust, for decoration.
Fold In:	To combine a light fluffy substance with a thick mixture by lifting the mixture up and over repeatedly.
Fry:	To cook in hot fat.
Garnish:	To make a dish more attractive by adding an accent, such as parsley, to the plate.
Glaze:	To coat food with a shiny substance.
Grate:	To shred a substance by rubbing it against a sharp, serrated metal object.
Grill:	To cook over direct heat, as on a barbecue.
Hull:	To remove the husks or stems from fruits and vegetables.
Julienne:	To cut foods into slender, matchstick-sized pieces.
Knead:	To work dough with the hands.
Marinade:	To soak meat in a seasoned mixture to flavor and tenderize it.
Mince:	To cut up into miniscule pieces.
Parboil:	To partially cook food by boiling it for a short time.
Pare:	To cut away the outer skin of a fruit or vegetable.
Peel:	To remove the skin or rind of a fruit or vegetable.
Pit:	To remove the seeds from fruits or vegetables.
Poach:	To cook in a simmering liquid.
Punch Down:	To remove the air trapped within dough by pushing the dough downward.
Puree:	To make food smooth by using a food processor.
Sauté:	To cook over high heat in fat.
Score:	To cut slits in meat or other food to make it cook faster and appear more attractive.
Sear:	To quickly brown the sides of a piece of meat on high heat, thus sealing in the juices.
Shuck:	Often referring to oyster shells or corn husks, this means to remove the outer covering.
Sift:	To pass dry ingredients, such as flour, through a strainer to remove lumps.
Simmer:	To cook slowly in a liquid that's close to boiling.
Skim:	To remove the fat from a liquid's surface.
Steam:	To cook above boiling water, using the vapor to cook the food.
Steep:	To soak in a liquid, such as soaking tea leaves in hot water.
Stir-fry:	To cook small bits of food quickly over high heat in some fat.
Strain:	To use a colander to separate solids from liquids.
Truss:	To tie or pin the wings and legs to the body of a piece of poultry.
Whip:	To beat quickly with a mixer or whisk, thus adding air and enhancing the volume.
Whisk:	To beat with a hand-held, wire whip.

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Other Terms You Should Know

A la mode:	Pie served with ice cream; served in a stylish fashion.
Amandine:	A French term given to dishes that contain almonds.
Ambrosia:	Chilled oranges and bananas with coconut.
Au Gratin:	A casserole dish topped with cheese, butter, or bread crumbs.
Au Lait:	In French, this translates as “with milk.”
Baking Powder:	A leavening agent that causes a rising action.
Baking Soda:	A leavening agent that causes a rising agent. It also eliminates food odors in a refrigerator.
Batter:	The uncooked mixture that is the base for most baked goods.
Bisque:	A creamy soup made from seafood.
Borscht:	This dish comes from Russia and Poland and is a hot or cold soup consisting of beef, beets, or other meats and vegetables. It is usually topped with sour cream.
Bouillabaisse:	A French stew served over French bread. Ingredients include fish, shellfish, onions, tomatoes, white wine, garlic, and other spices.
Bouillon:	A flavorful broth that occurs when vegetables or meats are cooked in water. Bouillon forms a basis for many soups.
Broccoflower:	This fun word refers to a hybrid vegetable halfway between a cauliflower and a broccoli.
Broth:	This synonym for stock, refers to the liquid in which meats or vegetables are cooked.
Cacao:	The tree from which seeds are harvested for chocolate and cocoa.
Caesar Salad:	This salad actually originated in Mexico! It includes romaine lettuce, croutons, garlic, olive oil, lemon juice, anchovies, eggs, and Worcestershire sauce.
Cajun:	Any spicy French, Southern-style, food typical of the Deep South.
Canola Oil:	A Canadian oil that is low in saturated fats and is one of the healthier cooking oils.
Caviar:	The eggs (roe) of the sturgeon fish.
Chives:	A flavorful herb with long, hollow leaves that smell like onions.
Chowder:	Any chunky soup, and not just clam chowder.
Clarified Butter:	This is butter from which the milk solids have been removed. It’s made by melting butter and then skimming off the solids.
Cobbler:	Fruit covered with biscuits or piecrust and then baked.
Coleslaw:	Chopped up cabbage (red or white) that’s mixed with either mayonnaise or vinaigrette. Other vegetables, such as carrots, celery, peppers, or onions are sometimes added.
Compote:	A fruit dessert that has been chilled after being cooked in syrup.
Cream of Tartar:	This is a powdery, acidic substance found lining wine barrels. It is used to add cream to frosting and volume to egg whites before beating them.
Dough:	A firm thick mixture of flour and other ingredients that can be kneaded into baked goods.
Fermentation:	A chemical change that occurs during the production of cheese, wine, or yogurt.

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Fiber:	The part of plant food that cannot be digested by the human body.
Florentine:	A French term that refers to dishes containing spinach.
Garbanzo Beans:	Also known as chickpeas, these large peas are indigenous to the Mediterranean area, India, and the Middle East.
Giblets:	The neck, liver, gizzard, and heart of poultry.
Horseradish:	A hot, white condiment used primarily on meat and fish.
Meringue:	Stiff, foamy egg whites that have been beaten with sugar and put above the pudding portion of a soft pie.
Roux:	Melted fat and flour that is used to thicken sauces or soups.
Shortening:	A solid fat made from whipped, partially hydrogenated vegetable oil. Crisco is the best-selling shortening on today's market.
Tabasco Sauce:	A very spicy sauce made from Tabasco pepper, salt, and vinegar.
Thyme:	A minty, lemony herb used to spice vegetables, meats, and soups.
Unleavened:	Any baked goods that contain no leavening products such as yeast, baking powder, or baking soda.
Vanilla:	A bean that comes from orchids and is used to flavor sweets.
Veal:	Meat from any calf younger than three months of age.
Vichyssoise:	A creamy soup made from potatoes and leeks that is typically topped with chives and served cold.
Vinaigrette:	A salad dressing made from oil and vinegar.
Yeast:	A fungus that helps ferment foods.
Zwieback:	This German bread is twice-baked and is therefore easier to digest.

Words and Foods We've Borrowed

Asian

Dim Sum:	Small portions of Chinese food such as steamed dumplings, rice balls, or chicken.
Kimchi:	A type of fermented vegetable, consisting of cabbage or radishes, that is standard at any Korean meal.
Tempura:	Deep-fried fish or vegetables in Japanese cuisine.
Tofu:	This popular Asian food is also popular among vegetarians! It is bean curd made from curdled soy milk.
Wasabi:	This green condiment is the Japanese version of horseradish.
Won Ton:	This is a Chinese appetizer. It is a dumpling stuffed with meat, vegetables, or seafood, and it is then fried, steamed, or boiled.

Italian

Al Dente:	Literally, "to the tooth," this describes the elasticity of pasta.
Alfredo:	This sauce made from butter, cream, parmesan, and pepper, is often served over fettuccini and other pastas.
Angel Hair:	Very thin strands of pasta.
Bruschette:	Originally, this referred to toast dipped in oil and garlic. Now it sometimes features additional toppings such as tomatoes or mushrooms.
Calzone:	A turnover made from pizza dough, folded over itself, and then baked or fried. It is often stuffed with tomatoes, mozzarella or fresh ricotta, and salami.

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- Cannelloni: This type of pasta is large and hollow and usually stuffed.
Cappuccino: An Italian espresso coffee drink containing steamed milk foam.
Fettuccini: Flat, wide noodles; a type of pasta.
Focaccia: A round, flat bread that is slathered in olive oil, salt, and herbs and then baked.
Marinara: A popular pasta sauce made from tomatoes, onions, garlic, and oregano.
Ravioli: Square-shaped pasta stuffed with meat or cheese.
Ricotta: An Italian cheese resembling cottage cheese that is used in lasagna, manicotti, or other stuffed pastas.
Tortellini: Round pasta stuffed with meat, cheese, and other spices.
Zuppa: The Italian word for soup.

Mexican

- Arroz: In Spanish, this word means rice.
Burrito: A large, flour tortilla wrapped around a filling.
Caliente: The Spanish word for food that is hot.
Carne: This Spanish word for meat typically refers to beef. Chili con carne is chili that contains beef.
Enchilada: A corn tortilla dipped in red chili sauce, rolled around a filling, and topped with sauce and cheese.
Fajitas: This dish comes from Mexico and consists of meat strips that are fried with peppers and onions. It is served alongside tortillas with guacamole, sour cream, and lettuce or other vegetables.
Frijoles: The Mexican word for beans.
Gazpacho: Tomato and vegetable soup served cold.
Guacamole: An avocado mixture used as a condiment in Tex-Mex dishes.
Jalapeno: The most commonly used "hot" pepper in Tex-Mex cooking.
Pollo: A Spanish word that refers to chicken.
Quesadilla: Grilled cheese inside a folded tortilla.
Tortilla: A flat bread made from corn or wheat flour.
Tostada: A fried corn tortilla topped with beans, shredded beef or chicken, lettuce, tomatoes, cheese, avocado and salsa.

Cooking Utensils and Tools

- Casseroles: Baking dishes used for main entrees that are cooked in the oven.
Colander: A bowl with holes and legs that is used to strain or drain foods.
Crockpot: Also known as a "slow-cooker," this is an electric-operated pot that cooks foods for a long time period at a lower temperature so the chef can leave the cuisine unattended.
Double Boiler: One saucepan set inside another, so the bottom can be filled with water and the top pan can be filled with the food.
Frying Pan: A low-sided skillet used for frying, sautéing, and pan broiling.
Griddle: A flat pan used for grilling sandwiches or pancakes.
Ladles: Deep dippers used to dip up soup or stew.
Loaf Pan: A rectangular pan used for baking a loaf of bread or a meatloaf.
Paring Knife: A small, sharp knife used for cutting and peeling vegetables.

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- Pastry Cloth:** A piece of plastic or canvas that's placed on a countertop or table and dusted with flour before the dough is rolled onto it.
- Rolling Pin:** A round, wooden tool used to flatten dough.
- Sauce Pans:** Pans with handles that hold from one to four quarts and are used when cooking food on top of the stove.
- Skewers:** Stainless steel, wood, or bamboo sticks used to hold together small pieces of food when grilling.
- Spatula:** A rubber tool used to scrape or fold ingredients. Also, a metal or plastic tool used to flip hamburgers and other foods while cooking.
- Stockpots:** Tall, deep pots with tight-fitting lids that are used for cooking stews, soups, pasta, and vegetables.
- Tube Pan:** A round, deep pan with a tube in the middle, that's used for baking an angel food cake.
- Wok:** This is used for cooking Asian foods, such as stir-fry, or for deep fried foods.

Serving Styles, Terms, and Accessories

- Buffet:** A meal in which all the food is placed in serving bowls on one large table, and the diners serve themselves.
- Centerpiece:** A decoration placed in the center of a table.
- Family Style:** A meal in which diners sit around a table, and the food is passed in serving bowls from diner to diner.
- Flatware:** The knives, forks, and spoons used for eating.
- Gratuity:** A tip given to a server in a restaurant or café for good service.
- Manners:** The way you behave around other people; rules for proper dining.
- Menu:** The list of foods offered by a restaurant or eating establishment.
- Place Setting:** The arrangement of the tableware for each diner.
- Table Service:** Restaurant service where servers bring the food to the table.
- Smorgasbord:** A buffet that was originally introduced in America by the Swedish settlers.

Cooking Conversions

- 1 dash = approximately $\frac{1}{16}$ a teaspoon, but isn't formally measured.
- 1 Tbs. = 3 tsp. (or 16 ml.)
- 2 Tbs. = 1 fl. oz.
- 16 Tbs. = 1 cup
- 1 cup = 8 fl. oz. (or 225 ml.)
- 2 cups = 1 pint (or 450 ml.)
- 4 cups = 1 quart
- 16 cups = 1 gallon
- 1 oz. = 28.4 g.
- 1 lb. = 454 g.
- 1 kg = 2.2 lbs.