

# Cooking, Cutting and Mixing Terms

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## COOKING Terms

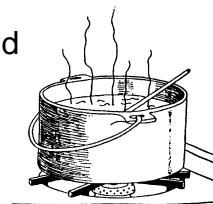
**Boil** - to cook in liquid until bubbles of air rise quickly to the top of the liquid

**Simmer** - to cook in liquid so bubbles form slowly

**Sauté** - to cook quickly in a small amount of fat

**Broil** - to cook directly under heat

**Roast** - to bake in the oven; usually refers to meat cooking



## CUTTING Terms

**Chop** - to cut into small pieces

**Dice** - to cut into very small pieces, 1/4 to 1/2 inch in size

**Cut in** - to work fat into dry ingredients with a pastry blender or two knives

**Grate** - to rub foods against a grater to cut into small pieces or shreds

**Pare or Peel** - to cut off the outside covering, usually fruits or vegetables



## MIXING Terms

**Cream** - to stir or mix one or more foods until soft and creamy

**Fold** - to turn over and over gently by sliding tool across bottom of mixing bowl

**Stir** - to mix in a circular motion usually with a spoon

**Whip** - to beat quickly to add air; usually done with some kind of mixer or beater

