

## Cooking Terms Explained

<b>Au Gratin</b>	Topped with crumbs and/or cheese and browned in the oven or under the broiler.
<b>Au Jus</b>	Served in its own juices.
<b>Baste</b>	To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.
<b>Bisque</b>	A thick cream soup.
<b>Blanch</b>	To immerse in rapidly boiling water and allow to cook slightly.
<b>Cream</b>	To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.
<b>Crimp</b>	To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.
<b>Crudites</b>	An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.
<b>Degrease</b>	To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.
<b>Dredge</b>	To coat lightly with flour, cornmeal, etc.
<b>Entrée</b>	The main course.
<b>Fold</b>	To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.
<b>Glaze</b>	To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

<b>Julienne</b>	To cut vegetables, fruits, or cheeses into match-shaped slivers.
<b>Marinade</b>	To allow food to stand in a liquid to tenderize or to add flavor.
<b>Meuniere</b>	Dredged with flour and sautéed in butter.
<b>Mince</b>	To chop or cut food into very small pieces.
<b>Parboil</b>	To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.
<b>Pare</b>	To remove the outermost skin of a fruit or vegetable.
<b>Poach</b>	To cook very gently in hot liquid kept just below the boiling point.
<b>Puree</b>	To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.
<b>Refresh</b>	To run cold water over food that has been parboiled, to stop the cooking process quickly.
<b>Saute</b>	To cook and/or brown food in a small quantity of hot shortening.
<b>Scald</b>	To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.
<b>Simmer</b>	To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.
<b>Steep</b>	To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.
<b>Toss</b>	To combine ingredients with a lifting motion.
<b>Whip</b>	To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.