

# Chef Solus Common Cooking Vocabulary

## Cooking words and their descriptions.

Before you dive into a recipe, here are some cooking words that you might come across. Remember not to use electric appliances without an adult present to help.

**Bake** -To cook food in an oven

**Beat** -To mix ingredients together using a fast, circular movement with a spoon, fork, whisk or mixer

**Blend** -To mix ingredients together gently with a spoon, fork, or until combined

**Boil** -To heat a food so that the liquid gets hot enough for bubbles to rise and break the surface

**Broil** -To cook under direct heat

**Brown** -To cook over medium or high heat until surface of food browns or darkens

**Chop** -To cut into small pieces

**Dice** -To cut into small cubes

**Drain** -To remove all the liquid using a colander, strainer, or by pressing a plate against the food while tilting the container

**Grate or Shred** -To scrape food against the holes of a grater making thin pieces

**Grease** -To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking

**Knead** -To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands

**Marinate** -To soak food in a liquid to tenderize or add flavor to it (the liquid is called a "marinade")

**Mash** -To squash food with a fork, spoon, or masher

**Mince** -To cut into very small pieces, smaller than chopped or diced pieces

**Mix** -To stir ingredients together with a spoon, fork, or electric mixer until well combined



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Cooking words and their descriptions.

**Preheat** -To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about 5 to 10 minutes)

**Sauté** -To cook quickly in a little oil, butter, or margarine

**Simmer** -To cook in liquid over low heat (low boil) so that bubbles just begin to break the surface

**Steam** -To cook food over steam without putting the food directly in water (usually done with a steamer)

**Stir Fry** -To quickly cook small pieces of food over high heat while constantly stirring the food until it is crispy tender (usually done with a wok)

