

Kitchen Talk

Everything has its own language—and that means cooking has a language too. Knowing what cooking words mean can make food preparation easier and more enjoyable. If you see a word or two you don't understand, use this list to look them up so you'll know their meaning when you see them again.



Bake

Cook food uncovered in the oven.



Cook

Make food for eating by heating it on top of the stove or in the microwave.



Beat

Make a mixture smooth by stirring fast with a fork, wire whisk, eggbeater or electric mixer.



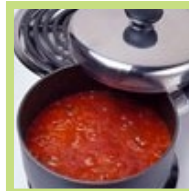
Cool

Put food on the counter (usually on a wire cooling rack) until it is no longer warm when you touch it. This is important if you will be frosting or decorating a cake or cookies. If the cake or cookies are not completely cool, the frosting may melt.



Boil

Cook a liquid in a saucepan on top of the stove until big bubbles keep rising and breaking on the surface.



Cover

When you cook food on the stove, use a lid. When you put food in the oven, use foil. When you put food on the counter, in the refrigerator or freezer, use plastic wrap or foil. When you cook food in the microwave, use microwavable waxed paper or plastic wrap.



Broil

Cook food a measured distance directly under the heat source.



Brown

Cook food until it looks brown on the outside.



Drain

Pour off liquid or let it run out through the holes in a strainer or colander. You do this to drain the water after you cook pasta or to drain the fat after you cook ground beef.



Chop

Cut food into small pieces on a cutting board, using a sharp knife. Don't worry if the pieces aren't the same shape, but they should be about the same size.



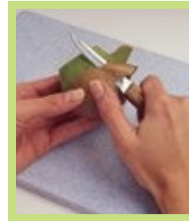
Freeze

Put food in the freezer until it is frozen and hard as a rock.



Grate

Rub an ingredient against the smallest "rough" holes on a grater to cut it into very tiny pieces.



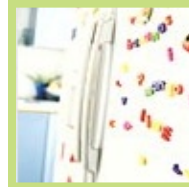
Peel

Cut off the outer skin of fruits and vegetables, using a vegetable peeler or small sharp knife. You can peel some fruit, such as oranges and bananas, with your fingers.



Grease

Spread the bottom and sides of a pan with shortening, butter or margarine, using a pastry brush or paper towel. You also can use cooking spray in a can. By greasing a pan, you will keep food from sticking.



Refrigerate

Put food in the refrigerator until it is cold.



Knead

Make bread or pizza dough smooth and stretchy by curving your fingers around and folding the dough toward you, then pushing it away with the heels of your hands, using a quick rocking motion.



Shred

Rub an ingredient against the bigger holes on a grater to cut it into long, skinny pieces.



Melt

Put a solid ingredient, such as chocolate or butter, in a saucepan and turn it into a liquid by heating it on the stove. You also can put the ingredient in a microwavable bowl and heat it in the microwave until melted.



Slice

Starting at one end, cut food into flat pieces on a cutting board, using a sharp knife. The pieces should all be about the same thickness.



Mix

Stir ingredients with a spoon, fork, eggbeater, wire whisk or electric mixer until smooth or almost smooth.



Toss

Mix ingredients by lifting them with a spoon or fork and letting them drop back into a bowl or pan. You do this when you make a "tossed salad." Two spoons or forks and both hands can be used, too.