



# The Winterville Center for Community and Culture

371 North Church Street • P. O. Box 306 • Winterville • Georgia • 30683

## 2020 Winterville Community Cookbook Fundraiser BONUS!

### Cooking Terminology

You come across a term in a recipe you've never heard of or maybe you have but never really understood what it meant. Here's a helpful dictionary of cooking terms. Guten Appetit!

Original recipe calls for:	Use:
Aïoli	The French term for garlic mayonnaise; in Italian it is allioli; in Spanish it is aliolio.
Al dente	Pasta cooked until tender but still firm.
Aromatics	Plant ingredients such as vegetables, herbs, and spices that enhance the flavor and aroma of food.
Au gratin	Topped with crumbs and/or cheese and browned in the oven or under the broiler.
Au jus	Served in its own juices.
Baste	To moisten foods during cooking with pan drippings or to add flavor and prevent drying.
Batter	An uncooked pourable mix usually made of flour, a liquid, and other ingredients.
Beat	To stir rapidly to make a mixture smooth, using a whisk, spoon, or mixer.
Béchamel	Sauce made from milk thickened with white or blond roux.
Bisque	A thick creamy soup.
Blanch	To immerse in rapidly boiling water to seal in flavor and color and for easy removal of fruit or vegetable skin.
Blend	To thoroughly combine 2 or more ingredients, either by hand, whisk, spoon, or mixer.
Boil	Cook liquid to 212 degrees F
Bone/Debone	To remove bones from meat, poultry, or fish.
Bouquet garni	: A tied bundle of herbs that add flavor to soups, stews, or sauces but removed before serving.
Braise	: To cook first by browning, then gently simmering in a small amount of liquid over low heat in a covered pan until tender.
Bread	To coat with crumbs or cornmeal before cooking. Brining: Marinating foods in a strong solution of water and salt.
Broil	To cook on a rack or spit under or over direct heat, usually in an oven.



## The Winterville Center for Community and Culture

371 North Church Street • P. O. Box 306 • Winterville • Georgia • 30683

Brown	To cook over high heat, usually in a frying pan on top of the stove.
Butterfly	To cut down the center, almost splitting completely through to create the butterfly shape with the two halves as in Shrimp, Filet Mignon, or pork chops and chickens breasts for stuffing.
Caramelize	To heat sugar until it liquefies and becomes a syrup ranging in color from golden to dark brown.
Chop	To cut into bite-size or smaller pieces roughly the same size.
Core	To remove the seeds or tough woody centers from fruits and vegetables.
Cream	To soften a fat, especially butter, by beating it at room temperature, as in butter and sugar, making it smooth and fluffy.
Crème fraîche	A French-style soured cream with a thinner consistency and milder flavor than regular sour cream.
Crimp	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.
Crudities	An assortment of raw vegetables, for example, carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.
Cube	To cut food into small 1/2" to 1" squares.
Cure	To treat food (usually meat, fish, or cheese) in order to preserve it by smoking, pickling, or salting.
Deep-fry	To cook by completely immersing food in hot oil or fat.
Deglaze	To loosen brown bits from a pan by adding a liquid, then heating while stirring and scraping the pan.
Degrease	To remove fat from the surface of soups, stews, or stock usually after it has cooled in the refrigerator, so that fat hardens and is easily removed.
Dice	To cut ingredients into small cubes, 1/4 inch for small, 1/3 inch for medium, and 3/4 inch for large.
Dollop	A spoonful of soft food such as whipped cream or sour cream.
Egg Wash	Egg white or yolk mixed with milk or water and brushed over pastries or breads before baking to give them gloss and color.
Emulsion	The mixture of one liquid with another with which it cannot normally combine smoothly (such as oil and water). Emulsifying is done by slowly adding one ingredient to another while mixing rapidly. This disperses and suspends minute droplets of one liquid throughout another. Emulsified mixtures are usually thick and satiny in texture. Mayonnaise and vinaigrette are two classic emulsions.



## The Winterville Center for Community and Culture

371 North Church Street • P. O. Box 306 • Winterville • Georgia • 30683

Entrée	The main course.
Essence	A concentrated stock or extract of a flavorful ingredient such as mushrooms, truffles, celery, or leeks.
Fillet	A boneless cut of meat or fish.
Fold	To incorporate a delicate substance, such as whipped cream or beaten egg white, into another substance without releasing air bubbles. Bring a spatula up from the bottom of the bowl to the top and gently repeat while turning the bowl until ingredients are thoroughly blended.
Fricassee	A dish of meat sauteed in butter and stewed in vegetables, often flavored with wine.
Garnish	A decorative edible accompaniment to finish dishes, such as, a sprig of parsley or carrot curls.
Glaze	To give a food a shiny surface by brushing it with a liquid such as sauce, icing, melted jelly, or beaten egg.
Grate	To rub foods against a serrated surface to produce shredded or fine bits.
Grind	To reduce food to tiny particles using a grinder or a food processor.
Infuse	To immerse tea, herbs, or other flavoring ingredients into hot liquid to extract flavor.
Julienne	To cut vegetables, fruits, or cheeses into match-shaped slivers.
Jus lié	Meat juices thickened slightly with arrowroot or cornstarch.
Knead	To blend dough together with hands or in a mixer.
Leavener	Ingredient, such as baking powder, baking soda, or yeast, that lightens texture and increases volume in baked goods.
Macerate	To soak in a flavored liquid; usually refers to fruit.
Marbling	Flecks or thin streaks of fat running through meat enhancing its flavor, juiciness, and tenderness.
Marinade	To allow food to stand in a liquid to tenderize or to add flavor.
Mince	To chop or cut food into very small pieces.
Mull	To flavor a beverage with spices, fruits, or sugar by heating it, as in ciders.
Parboil	To boil until partially cooked; to blanch. Usually, this procedure is followed by final cooking.
Pare	To remove the outermost skin of a fruit or vegetable.
Pesto	From Italian for pounded, a thick sauce made from grinding together (with a mortar and pestle) or puréeing a fresh herb, garlic,



## The Winterville Center for Community and Culture

371 North Church Street • P. O. Box 306 • Winterville • Georgia • 30683

	and nuts or seeds, and adding olive oil and sometimes a grated cheese.
Poach	To cook very gently in hot liquid kept just below the boiling point.
Purée	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.
Reconstitute	Returning a dehydrated food to its original state by adding liquid (usually water)
Reduce	To thicken a liquid and concentrate its flavor by boiling.
Refresh	To run cold water over food that has been parboiled, to stop the cooking process quickly.
Render	To cook fatty meat or poultry over low heat to obtain drippings.
Roast	To cook a large piece of meat or poultry uncovered with dry heat in an oven.
Roux	A cooked mixture of equal parts flour and fat (usually butter) used to thicken liquids. Roux is cooked to varying degrees (white, blond, or brown) depending on its use; the darker the color, the richer the flavor.
Sauté	To cook and/or brown food in a small quantity of hot oil or butter.
Scald	To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan, as in milk.
Shred	To cut food into narrow strips with a fork, knife, or a grater.
Shuck	To remove the shell from oysters or clams or to peel the husk from an ear of corn.
Simmer	To cook in liquid just below the boiling point. Tiny bubbles form but do not burst on the surface of the liquid.
Skewer	To pierce through small pieces of food, with long, thin, pointed rods made of wood or metal (to hold meat or vegetables together).
Smoke Point	The temperature at which a heated fat emits smoke and odors that can adversely affect the flavor of foods.
Skim	To remove surface foam or fat from a liquid.
Steam	To cook food on a rack or in a steamer pan set over boiling or simmering water in a covered pot.
Steep	To let food stand in hot liquid to extract or to enhance flavor, like tea in hot water.
Stew	To cook covered over low heat in a liquid; also, usually denser than soup.
Sweat	To tightly cover and cook foods, usually vegetables, in a small amount of fat as a means of softening, without browning.
Tart	A shallow-sided pastry with filling and no top crust.



# The Winterville Center for Community and Culture

371 North Church Street • P. O. Box 306 • Winterville • Georgia • 30683

Toss	To combine ingredients with a lifting motion.
Truss	To tie whole poultry with string or skewers so it will hold its shape during cooking.
Whip	To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.
Whisk	To beat ingredients with a fork or whisk to mix, blend, or incorporate air.
Zest	The outer, colored part of the peel of citrus fruit.

