**COOKING PREPARATION TERMINOLOGY**

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| **Term (action)** | **Description** |
| slice |  |
|  | To cut food in small, square pieces |
|  | To cut off in very thin layer of peel |
|  | To cut food into small pieces or shreds by pressing and rubbing the food against the rough surface |
| score |  |
|  | To cut food into small, irregular pieces |
|  | To cut food into very small, irregular pieces |
| cream |  |
|  | To incorporate air into a mixture to make it light and fluffy |
|  | To gently mix delicate ingredients with a rubber scrapper or spoon |
| sift |  |
|  | To make foods smooth |
|  | To brush liquid over a food as it cooks |
|  | To coat food with dry ingredients, such as flour or crumbs |
| Boil |  |
|  | To cook food using a liquid between 86-99C (just under boiling) |
|  | To cook meat in s shallow, uncovered pa with rack to catch drippings |
| Bake |  |
|  | To turn oven on before cooking to reach desired temperature |
|  | Cooking food under direct heat |
|  | To brown larger pieces of meat, poultry, or fish ( to give colour) before cooking them in moist heat |
| Deep fry |  |
|  | To brown food and simmer for a long time to tenderize food and enhance flavour |