

Glossary of simple cooking terms

Baste: Drizzle liquid or fat over food occasionally to keep it moist.



Beat: Blend vigorously with fork, whisk or electric mixer.



Blanch: Boil briefly to pre-soften, or to loosen skin.



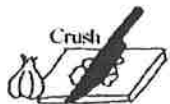
Boil: Heat at high temperature so that bubbles rise to surface and break.



Chop: Cut into irregular pieces, coarsely, finely or somewhere in between.



Crush: Smash to flatten and break up.



Dice: Cut into small cubes. The size is often specified.



Drizzle: Pour thin stream.



Fold: Blend without decreasing volume by repeatedly and gently bringing mixture up from bottom to surface. A spatula works well.



Grate: Make tiny particles using box grater or microplane grater.



Julienne: Cut in matchstick-sized strips.



Mince: Chop food into very small pieces (smaller than finely chopped, but not pureed).



Poach: Cook food in simmering liquid.



Press: Push through garlic/ginger press.



Purée: Mash, push through sieve or process in blender or food processor until smooth.



Sauté: Cook, stirring frequently, to toss food in hot fat or small amount of liquid. A sauté pan is wide, with medium-high sides.



Sear: Brown quickly to seal surface (particularly meat or seafood).

Shred: Make small slivers using box grater.



Simmer: Cook while bubbling gently.



Slice: Cut into flat pieces.



Stir-fry: Cook cut-up food in wok or sauté pan while stirring and tossing continuously.



Toss: Gently combine ingredients by lifting and dropping.



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