

Cooking Terms & Definitions

Au jus - To serve with the natural juices or gravy.

Bake - Cook by dry heat in an oven; or to cook pancakes on a griddle.

Baking sheet - Good baking sheets (also called cookie sheets) are thick, and the best are insulated. Nonstick baking sheets can make life easier.

Baking (Pizza) stone - It is best to bake pizza and bread directly on a hot surface, and a baking stone provides the hot surface needed.

Barbecue - To roast meat slowly on a spit or grill over coals, or in the oven, basting frequently with a highly seasoned sauce.

Baste - To moisten foods during cooking with drippings, water or seasoned sauce, to prevent drying or to add flavor.

Beat - To work a mixture smooth with a regular, hard, rhythmic movement.

Blanch - To immerse fruits or nuts in boiling water to remove skins or make easy to peel; also, to dip fruits and vegetables in boiling water in preparation for canning, freezing or drying.

Blend - To mix two or more ingredients until smooth and uniform.

Blind bake - To bake a pie crust before it is filled to create a crisper crust. To prevent puffing and slipping during baking, the pastry is lined with foil and filled with pie weights, dry beans or uncooked rice. These are removed shortly before the end of baking time to allow the crust to brown.

Boil - Cook in boiling liquid in which bubbles rise vigorously to the surface. The boiling point of water is 212°F at sea level.

Braise - To brown meat or vegetables in small quantity of hot fat, then to cook slowly in small amount of liquid either in the oven or on top of the stove. Braising is an ideal way to prepare less-tender cuts of meat, firm fleshed fish and vegetables

Broil - Cook by exposure to direct heat under the broiler of a gas or electric range, in an electric broiler, or over an open fire.

Brown - To cook food quickly on top the stove (in fat or without fat), under a