

Mix - To stir, usually with a spoon, until ingredients are thoroughly combined.

Pan-broil - To cook, uncovered, on a hot surface, usually a skillet. The fat is poured off as it accumulates.

Pan-fry - To cook or fry on top of the range in a hot, uncovered skillet with little or no fat. Steaks, chops, potatoes are frequently cooked this way.

Parboil - To boil until partially cooked.

Pare - To cut away coverings of vegetables and fruits.

Pasteurize - To sterilize milk by heating, then rapidly cooling it.

Peel - To strip or slip off outer coverings of some fruits or vegetables.

Pinch - The amount of a powdery ingredient you can hold between your thumb and forefinger -- about 1/16 teaspoon.

Pipe - To force a food (typically frosting or whipped cream) through a pastry tip to use as a decoration or garnish, or to shape dough, such as that for *éclairs*.

Pit - To remove the seed or pit.

Plank - To bake or broil meat, fish or vegetables on a wooden or metal plank.

Poach - To cook eggs, fish, chicken, fruit and other delicate foods in hot liquid (below the boiling point), being very careful that food holds its shape.

Pot-roast - To brown meat in a small amount of fat, then finish cooking in a small amount of liquid.

Pound - To flatten meats and poultry to a uniform thickness using a meat mallet or rolling pin. This ensures even cooking and also tenderizes tough meat by breaking up connective tissues. Veal and chicken cutlets are often pounded.

Preheat - To heat oven to stated temperature before using.

Prick - To pierce a food in many or a few places. You can prick a food in order to prevent buckling - an empty pie crust before it is baked, for example - or bursting - a potato before baking, or sausages before cooking.

Proof - To test yeast for potency: If you're not sure if yeast is fresh and active, dissolve it in warm water (105° to 115°F) with a pinch of sugar. If the mixture foams after 5 to 10 minutes, the yeast is fine to use. Proofing also refers to the