

rising stage for yeast doughs.

**Punch down** - To deflate yeast dough after it has risen, which distributes gluten (the elastic protein in flour that gives bread its strength) and prevents dough from over-rising. Punch your fist in the center of dough, then pull the edges toward the center.

**Puree** - To force vegetables, fruits and other foods through a fine sieve, food mill or ricer or blend in an electric blender or food processor to remove skins, seeds and so forth, and to produce a fine-textured substance.

**Reconstitute** - A procedure used for preparing dried foods, whereby the product is soaked in fresh water for a time.

**Reduce** - To evaporate some of the liquid in stock or sauce by boiling.

**Render** - To heat meat fat, cut into small pieces, until fat is separated from connective tissues. The clear fat is strained before being used in cooking. The crisp, brown bits left in the skillet - delicious but high in fat - are called cracklings.

**Roast** - Cook (Bake) by dry heat in an oven, on a spit in an oven, over charcoal, or in an electric rotisserie.

**Roux** - A blend of flour and oil or butter used to thicken sauces and gravies. The fat and flour are mixed together in equal amounts over heat. If a white roux is desired, the melting and blending are done over low heat for a few minutes. If a brown roux is desired, the flour is cooked in the fat to the desired degree of brown.

**Rubbed** - When whole-leaf herbs, such as sage or bay leaves, are crushed in the hands so that their oils are released, the herbs are then referred to as having been rubbed.

**Sauté** - To fry lightly until golden and tender in a small amount of hot fat on top of range, turning frequently. From the French word that means "to jump."

**Scald** - To heat liquid just below the boiling point; milk has reached a scalding point when film forms on the surface.

**Scallop** - To arrange foods in layers in a casserole (such as scalloped potatoes), with a sauce or liquid, and then bake. Usually has a topping of bread crumbs.