

Stew - To cook foods, in enough liquid to cover, very slowly - always below the boiling point.

Stir - To mix, usually with a spoon or fork, until ingredients are worked together.

Stir-fry (Chow) - A basic cooking method in Oriental kitchens. Generally a wok is used, but you may use a frying pan. The food is tossed about in a hot pan with very little oil, in a process not unlike sautéing.

Stock - A liquid in which vegetables or meat has been cooked.

Sweat - To sauté over low heat with a lid on. This method causes steam and expedites the cooking time.

Temper - To heat food gently before adding it to a hot mixture so it does not separate or curdle. Often eggs are tempered by mixing with a little hot liquid to raise their temperature before they are stirred into a hot sauce or soup.

Tender-crisp - The ideal degree of doneness for many vegetables, especially green vegetables. Cook them until they are just tender but still retain some texture.

Terrine - A dish used for the cooking and molding of coarse-ground meat loaves. Also the meat itself. The dishes are found in many styles and materials.

Toast - To brown and dry the surface of foods with heat, such as bread and nuts.

Toss - To tumble ingredients lightly with a lifting motion, as in a salad.

Truss - To tie meat with metal or wooden pins or skewers, or string, to help meat hold its shape during cooking.

Whip - To rapidly beat eggs, heavy cream, etc., in order to incorporate air and expand volume.

Whisk - To beat ingredients (such cream, eggs, salad dressings, sauces) with a fork or the looped wire utensil called a whisk so as to mix or blend, or incorporate air.

Zest - To remove the colored peel of a citrus fruit. Use a grater, zester or vegetable peeler to remove the outermost part, avoiding the bitter white pith underneath. The peel itself is often referred to as zest.