

**EXTENDING
THE TEXT**

Section 8.4

Preparation Tasks

Food Preparation Glossary

- baste.** To brush or pour liquid over a food as it cooks. (Section 8.4)
- beat.** To thoroughly mix foods using a vigorous over-and-over motion. (Section 8.4)
- blend.** To mix ingredients thoroughly, using a spoon, wire whisk, rotary blender, electric mixer, or electric blender. (Section 8.4)
- braise.** To cook food by first browning it, then simmering it in a small amount of liquid. (Section 9.4)
- broil.** To cook food under or over direct heat. (Section 9.4)
- chop.** To cut food into small, irregular pieces. (Section 8.4)
- cream.** To beat together ingredients such as shortening and sugar until soft and creamy. (Section 8.4)
- cube.** To cut foods into small (1/2 inch) square pieces. (Section 8.4)
- deep-fat frying.** Cooking food by immersing it in hot fat; also called french frying. (Section 9.4)
- dice.** To cut foods into small (1/8 to 1/4 inch) square pieces. (Section 8.4)
- drain.** To make liquids flow away from a solid food by placing the food in a container with small holes in the bottom and sides. (Section 8.4)
- fold.** To gently combine delicate ingredients. (Section 8.4)
- fricassee (FRIK-uh-see).** To cut up meat, stew or fry it, then serve it in a sauce or its own gravy. (Section 20.4)
- garnishes.** Small, colorful, edible bits of food used to enhance the appearance and texture of any dish. (Section 24.1)
- grate.** To cut food into small pieces by pressing and rubbing the food against the rough surface of a grater. (Section 8.4)
- mince.** To cut food into the smallest possible pieces. (Section 8.4)
- mix.** To combine ingredients thoroughly by beating or stirring. (Section 8.4)
- pare.** To cut off a very thin layer of peel from fruits or vegetables. (Section 8.4)
- puree (pure-ray or pure-EE).** To turn food into a smooth, thick semi-liquid by putting it through a strainer, blender, or food processor. (Section 8.4)
- roast.** To cook meats or poultry uncovered in a conventional oven. (Section 9.4)
- score.** To make shallow, straight cuts in the surface of a food. (Section 8.4)
- sift.** To put dry ingredients, such as flour, through a sifter or strainer in order to add air, remove lumps, or mix ingredients. (Section 8.4)
- simmer.** To cook food in liquid at temperatures just below the boiling point. Bubbles in the liquid will rise slowly and gently but do not break the surface. (Section 9.4)
- slice.** To cut food into large, thin pieces. (Section 8.4)
- steam.** To cook food with steam by placing it in a basket or rack over, but not in, boiling water. (Section 9.4)
- stir-fry.** To cook small pieces of food quickly in a small amount of oil at high heat, stirring food constantly during the cooking process. (Section 9.4)
- stir.** To mix ingredients with a spoon or wire whisk, using a circular motion. (Section 8.4)
- strain.** To separate solid particles from a liquid by pouring the liquid through a fine screen. (Section 8.4)
- whip.** To incorporate air into a mixture by beating it vigorously, making it light and fluffy. (Section 8.4)