

Glossary of cooking terms

Chop: To cut food into small, bite-size pieces with a sharp knife on a cutting board

Beat: To stir or mix ingredients with a whisk, spoon or a mixer until smooth

Dice: To cut food into small 6 mm (¼ inch) cube-shaped pieces

Fold: To gently mix ingredients by moving food from the center and lifting towards the edge of the bowl

Mince: To cut food as small as you can

Purée: To grind or mash food through a sieve or blender so that the food becomes a smooth, thick consistency

Sauté: To cook food quickly in a small amount of oil in a pan over direct heat

Set: To allow a food to become solid or semi-solid

Simmer: To heat liquids in a saucepan on low heat so that the small bubbles appear on the surface around the sides of the liquid

Slice: To cut foods such as apples, carrots, tomatoes, meat or bread into thin sections or pieces, using a sharp knife

Stiff peaks: Egg whites whipped until the peaks formed stay upright

Stir: To mix two or more ingredients with a spoon, using a circular motion

Toss: To turn pieces of food over several times, until the ingredients are mixed together

Whisk: To mix together by beating with a whisk or mixer