

### **Cutting Terms:**

Chop — to cut into small pieces.

Dice — to cut into tiny cubes.

Grate — to rub foods against a grater to divide into smaller pieces.

Slice — to cut into thin, flat pieces.

Pare — to peel.

### **Mixing Terms:**

Cream — to mix together sugar with fat until soft and creamy.

Cut in — to work fat into dry ingredients with a pastry blender or two knives, with the least amount of possible blending.

Fold — to use a spatula or knife to wrap one ingredient into others in a circular, top-to-bottom motion.

Knead — to stretch, fold and press dough gently.

Stir — to mix with a circular motion.

Whip — to beat rapidly to add air.

### **Cooking Terms:**

Braise — to brown meat in a small amount of fat, then cook slowly in a covered container with a small amount of liquid.

Broil — to cook directly over or under heat.

Roast — to bake meat in the oven.

Saute — to cook in a small amount of fat.

Simmer — to cook in liquid below the boiling point so bubbles form slowly and break just below the surface.

Steam — to cook in steam in a covered container.

Stir-fry — to cook quickly in a small amount of hot fat, stirring constantly.

### **Comments/Notes**

Show the different cutting techniques as you prepare items to stir-fry. Ask for volunteers to finish each method; be sure everyone washes her/his hands first!

This is often the first step in mixing cookies.

Might use this method when making pie crust or cornbread.

This technique is used to add fruit to a batter or whipped mixture, like a topping.

We knead dough to develop the protein in the flour — usually for bread or rolls.

Can use a hand whip, beater or electric mixer for this.