

A PRIMER OF BASIC KITCHEN SKILLS

Bake To cook by dry heat, usually in oven

Baste To moisten surface of food during cooking with melted fat or liquid

Beat To combine ingredients by rapidly lifting over and over with a spoon

Blend To mix two or more ingredients until well combined

Boil To cook in liquid (usually water) in which bubbles constantly rise to the surface and break

Braise To cook meat in moist heat in a covered pan

Broil To cook foods under a blue-tipped gas flame or electric element in the oven broiler

Brown To cook over low to medium heat in a skillet on stove or under a broiler

Chop To cut up into small pieces with a knife

Cream To mix or work with a spoon into a smooth, soft mass

Fold In To combine ingredients by cutting down through the mixture with a spoon or rubber spatula across the bottom of the bowl and bringing it up the side — a down, under, up and over motion

Fry To cook in a skillet in hot fat that covers the food partially or completely

Grate To rub on a grater and separate into small pieces

Knead To work and press dough with the palms of the hands, turning a small amount after each push

Marinate To soak food in seasoned liquid before cooking

Mince To chop or cut very fine

Poach To cook in a hot liquid (often water) that is kept just below the boiling point

Preheat To heat oven to desired temperature 5 to 10 minutes before putting food in the oven

Roast To cook in a dry heat in an open pan in the oven

Sauté To cook in a pan that has been coated with a small amount of fat

Shred To tear or slice into long, narrow pieces

Sift To put dry ingredients through a sifter or a sieve

Simmer To cook slowly over very low heat with liquid moving slowly

Toast To brown directly under a blue-tipped gas flame or electric element in the broiler

Whisk To beat into a froth
