

GLOSSARY

**Al Dente:**

This is an Italian phrase that describes a way to cook pasta so it is tender but still a little firm.

**De-bone:**

Taking the meat off of the bones.

**Beat:**

Stirring really fast so you can add air into whatever you're mixing. Beating makes your mixture lighter and fluffier.

**Dice:**

Cutting into very small pieces about 1/8 to 1/4 inch.

**Blend:**

Completely combine ingredients until everything is all mixed up and very smooth.

**Knead:**

Working the dough. Do this by folding and pressing dough together with the heels of your hands. Turn the pressed dough around by one quarter turn each time.

**Coat:**

Covering a food up with a layer of another ingredient, like dipping a strawberry in chocolate.

**Marinate:**

Soaking food in a sauce. Usually it is meat or vegetables. Place the food in a dish or bowl and pour the sauce over the top to cover it.

**Combine:**

Stirring together two or more ingredients until they are blended.

**Mince:**

Chopping into very fine pieces — smaller than a dice.

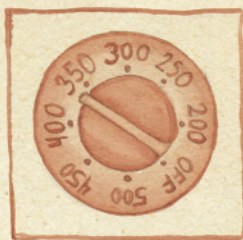
**Cut In:**

Mixing the solid fat into dry ingredients until they are all the same size pieces.

**Mix:**

Stirring until everything is blended together.

GLOSSARY

**Preheat:**

Turning on the oven ahead of time to make sure it is at the right temperature when it is time to cook the food.

**Stir:**

Mixing up ingredients with a spoon in big, slow circles so you don't beat in any air.

**Punch-down:**

Pushing down the puffed up dough with your fist. This makes the air come out, so you can work with it again.

**Tender:**

Neither hard nor mushy. When something is tender, it is easy to stick a fork into it, but it doesn't fall apart when you do.

**Puree:**

Using a blender or a sieve to turn food into a smooth, thick mixture.

**Toss:**

Lifting and turning ingredients quickly with two forks or spoons.

**Season:**

Cooking in liquid over low heat. It's still bubbling a little, but it's not hot enough to boil.

**Turn-out:**

Tumbling the dough out of the bowl onto a floured board or cloth so you can knead it.

**Simmer:**

Cooking in liquid over low heat. It's still bubbling a little, but it's not hot enough to boil.

Glossary Activity:

If you ever find a word in a recipe you don't understand, why not look it up in the dictionary? Soon you'll become quite the expert as you continue to add words to your cooking and baking vocabulary.

**Skewer:**

Putting small pieces of food onto a bamboo or metal stick to cook or to serve. The stick is also called a skewer.

The Home Baking Association has provided a fun Memory Match game you can play to improve your kitchen vocabulary. homebaking.org/memory/memorygame.php

