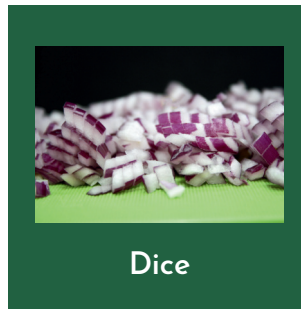


BASIC COOKING TERMS



CUTTING

- Chop Cut food into small pieces.
- Crush Mash food into smaller pieces, a powder, or a paste.
- Cube Cut food into square box shapes.
- Dice Cut food into very small pieces.
- Grate With firm pressure, scrape food on a grater to produce fine, medium or coarse pieces.
- Mince Cut into tiny pieces, smaller than diced.
- Slice Cut across food to form pieces of preferred thickness.
- Shred Create long, thin pieces of food by cutting with a knife, using a grater, or pulling apart with your hands.

PREPARATION

- Beat Mix quickly with a fork, spoon, whisk, or electric mixer.
- Blend Mix two or more ingredients thoroughly with a fork, spoon, electric mixer, or blender.
- Drain Remove liquid by using a colander or strainer. The lid can be used if draining from a can while tilting the container.
- Grease Lightly rub oil or fat on a cooking dish or pan, or use a cooking spray to keep food from sticking.
- Marinate Soak food in a seasoned liquid mixture to add flavor or tenderize.
- Peel Trim away the outer covering of food with a vegetable peeler or knife.
- Thaw Become unfrozen by placing food in a refrigerator, in cold water, or by using a microwave. See "Thawing" (page 8).

BASIC COOKING TERMS CONTINUED



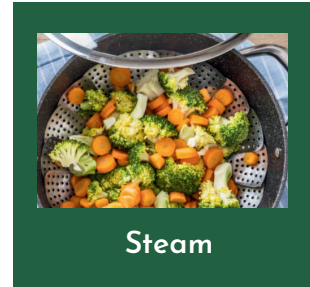
Blanch



Boil



Simmer

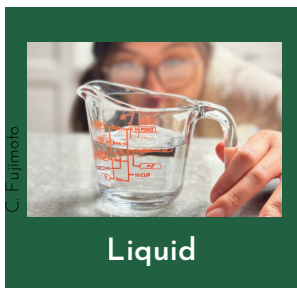


Steam

COOKING

- Blanch** Cook food briefly in boiling water, then place in ice water to stop the cooking process.
- Boil** Heat liquid over high heat until bubbles are formed and continually rise to the top.
- Brown** Cook food briefly over high heat until the surface is brown to add color and flavor, as well as seal in juices.
- Sauté** Cook food quickly in a small amount of oil or fat over medium to high heat, stirring occasionally, until light brown.
- Simmer** Cook food in a liquid over low heat just below the boiling point. Tiny bubbles will slowly rise to the surface.
- Steam** Cook food using a steamer basket or rack above boiling water in a covered pot or deep pan.
- Stir-fry** Cook small pieces of food quickly in a pan or wok over high or medium-high heat, stirring constantly.

MEASURING INGREDIENTS



Liquid

LIQUID MEASUREMENTS

Use a clear measuring cup to measure liquid ingredients. Place the cup flat on a countertop or table. Bend down so your eyes are at the same level as the cup. The top of the liquid should just touch the desired measurement line on the cup. Looking at the cup from above will show an incorrect measurement. For small amounts of liquid, measuring spoons can be used.



Dry

DRY MEASUREMENTS

Use dry measuring cups and spoons to measure dry ingredients. Measure ingredients over an extra bowl, cutting board, or sink to prevent spilling extra ingredients into the recipe. If using a measuring cup, spoon dry ingredients into the correct-sized cup. If the measuring cup is used to scoop the ingredient, there may be too much of that ingredient packed into the cup. For both measuring cups and spoons, level off the ingredient being measured with the top edge of a butter knife blade.