Basic Cooking Terms
Here are some basic cooking terms and their descriptions.

**Bake** - To cook in an oven

**Beat** - To mix ingredients together using a fast, circular movement with a spoon, fork, whisk or mixer

**Blend** - To mix ingredients together gently with a spoon, fork, or until combined

**Boil** - To heat a food so that the liquid gets hot enough for bubbles to rise and break the surface

**Broil** - To cook under direct heat

**Brown** - To cook over medium or high heat until surface of food browns or darkens

**Chop** - To cut into small pieces

**Dice** - To cut into small cubes

**Drain** - To remove all the liquid using a colander, strainer, or by pressing a plate against the food while tilting the container

**Grate or Shred** - To scrape food against the holes of a grater making thin pieces

**Grease** - To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking

**Knead** - To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands

**Marinate** - To soak food in a liquid to tenderize or add flavor to it (the liquid is called a "marinade")

**Mash** - To squash food with a fork, spoon, or masher

**Mince** - To cut into very small pieces, smaller than chopped or diced pieces

**Mix** - To stir ingredients together with a spoon, fork, or electric mixer until well combined

**Preheat** - To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about 5 to 10 minutes)

**Sauté** - To cook quickly in a little oil, butter, or margarine

**Simmer** - To cook in liquid over low heat (low boil) so that bubbles just begin to break the surface

**Steam** - To cook food over steam without putting the food directly in water (usually done with a steamer)

**Stir Fry** - To quickly cook small pieces of food over high heat while constantly stirring the food until it is crisply tender (usually done with a wok)