

Glossary

A

Acid

A chemical with pH lower than 7. Strong acids have a pH of less than 3. Examples include vinegar, citric acid, hydrochloric acid.

Aerate

To add air to a solid or liquid. For example whipping egg whites adds air and makes them fluffy.

A la minute

This means “at the moment” and refers to something being prepared immediately before service. For example an “a la minute” steak would be cooked immediately before it was plated and served.

Al dente

Pasta cooked until tender while retaining a firm, chewy texture is said to be “al dente”.

Alkali

This is a liquid that has a pH higher than 7. It can react with acids. Examples include caustic soda and ammonia. Alkalis will react with oils and fats to form soap.

Anglaise

A coating mixture made from eggs, oil, water and seasoning.

B

Bain-marie

A method of keeping food hot by surrounding the container with simmering water.

Bake

To cook by dry heat using a heated closed space such as an oven.

Ballotine

A boned and stuffed leg of poultry or feathered game.

Baste

To brush liquids such as fat, meat drippings, marinade,

water or juices over meat during roasting to add flavour and to prevent it from drying out.

Baton

A precision cut used on vegetables.

Blanch

To immerse fruit or vegetable in boiling water for a minute or so, then remove and place in a bowl of ice water. Often used before freezing fruits or vegetables. You can also blanch a fruit or vegetable such as tomatoes or peaches to remove its skin.

Bouquet garni

A variety of fresh herbs bound together for flavouring.

Braise

To tenderise meat by browning in oil before roasting or baking.

Brasier

A pan used for braising, usually round, with a fitted lid and two handles.

Bread

To coat with bread crumbs, cracker crumbs or other crumb mixture before cooking.

Broil

To cook meat or other food under the heat source. This seals in flavour.

Brunoise

A fine precision cut usually for vegetables, typically used as a garnish. It is strictly a 3mm dice.

Brush

To brush the top of food with melted butter or egg white using a pastry brush.

C

Caramelise

To brown by heating.

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Dairy for Today's Professionals



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Cartouche

A folded, circular piece of paper used to cover stored stocks and sauces.

Chiffonnade

A cut used to finely slice leafy vegetables, generally as a garnish.

Chinoise

A conical strainer.

Clarify

To make clear.

Coagulate

Firming or clumping of proteins after heating.

Court Bouillon

Water containing herbs and seasonings, typically used for cooking fish.

Cream

To mix butter, shortening or margarine with sugar until smooth and creamy.

Curdle

Food is curdled when it separates into a liquid containing small solid particles (caused by overcooking).

Cut in

To blend or cream butter or shortening into a flour mixture.

D

Dash

To add a dash of something in cooking is less than 1/16 teaspoon. Since there is no 1/16 teaspoon you use a pinch amount.

Deglaze

To loosen brown particles from the bottom of a pan by adding wine, broth or other liquid.

Derivative sauce

A sauce made from another sauce.

Dredge

To lightly coat food with flour, breadcrumbs or cracker crumbs.

Drizzle

To pour a liquid over food in a slow, light trickle.

Dust

To sprinkle food with flour, spices or sugar.

E

Egg wash

Milk or water combined with beaten eggs used to coat baked items for shine/sheen.

Emulsion

Two unmixable liquids in a uniform mixture.

En-papillote

A dish baked in a foil wrapper.

F

Fillet

A boneless cut of meat, fish or poultry.

Flake

To break food apart with a fork, usually applied to fish.

Flambé

To light a sauce or liquid with flames.

Flute

To press edges of a pie crust together in a decorative way.

Fricassee

A white stew in which the meat, fish or poultry is cooked in the sauce.

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Dairy for life

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G

Garnish

A decorative accompaniment to a particular dish. The garnish should always be edible, appropriate and complementary to the dish it accompanies. It should not dominate and may be part of the dish itself.

Gel

A thickened jelly-like liquid.

Gelatin

Used to make jelly, gelatin is a clear substance made from boiling animal bones.

Gelatinisation

The process through which starch granules absorb water and swell.

Generic stock

Liquid created from simmering meat, poultry, vegetables and/or seafood with water for extraction of flavour. Used as a base for soup and sauces.

Glaze

A stock reduced to a thickness where it coats the back of a spoon.

Gratinate

To brown under a grill.

Grill

To cook by a radiant heat source from below the food.

Gueridon

Gueridon is the preparation of foodstuffs at or beside the diner's table. This may include:

- the preparation of raw food like fruit
- carving
- hot food being cooked.

This is a specialized style of service more often associated with fine dining.

H

Hull

To remove leaves from fruits such as strawberries.

I

Insoluble

Substances which are impossible to dissolve/mix.

J

Jardiniere

A garnish of fresh vegetables. It can include carrots, turnips, green beans etc.

Julienne

A fine precision cut usually applied to vegetables. Julienne is defined as 3mm x 3mm x 40mm but may also be thinner and longer depending on the effect required. This cut is often used for garnishes.

Jus

Meat gravy. Unthickened juice from a roast.

L

Leavening

The introduction of gases into a baked product for volume, shape and texture.

Lipids

Substances that dissolve in alcohol but not in water. Includes fats/oils and waxes.

M

Marble

To swirl food together.

Marinade

A liquid used for soaking meat that adds flavour, tenderises and preserves.

Mirepoix

To rough cut vegetables, usually carrot, celery and onion (may include leeks) in equal proportions. The size

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of the cut is dependant on the use.

Mise en place

A French term that means to put in place. It refers to everything that must be made ready before service.

MSDS

Material Safety Data Sheet. This is a document that details how to safely use chemicals such as cleaning products, providing relevant warnings and safety notices.

Monté au beurre

To add butter to a sauce to enrich and thicken it.

Muslin-lined chinoise

A strainer that uses muslin (a cotton fabric).

N

Nappé

To coat a food with a layer of sauce.

Neutral

A substance with a pH of 7, midway between an acid and alkali, is said to be neutral. Pure water is an example.

P

Pan broil

To cook food on its own in a skillet over high heat, removing the fat from the pan as it cooks off the meat.

Parchment

Heat-resistant paper used in cooking.

Pare

To peel or trim food, usually vegetables.

pH

pH is measured on a scale of 1 to 14. The closer you get to 1, the more acidic something is. The closer you get to 14, the more alkaline something is. Think of it like this: an acid is the opposite of an alkali. In the middle, at 7, is neutral. Pure water is neutral. Lemon juice is

an example of an acid. Baking soda dissolved in water makes an alkali.

Poach

To simmer certain foods in a liquid. For example, eggs can be poached in simmering water.

Porous

A substance which allows water and air to pass through is said to be porous. For example, paper.

Pulses

The seeds of certain plants that can be eaten. For example, peas, beans and lentils.

Puree

To cook a fruit or vegetable, then pass it through a sieve.

Q

Quenelles

Pureed seafood, meat or poultry mixed with egg, rolled into a ball and poached.

R

Reduce

To thicken a stock, soup or sauce by boiling off excess liquid.

Roast

To cook by radiated and convected heat. Roasting is a dry method of cooking and food must be basted to keep the surface moist.

Roux

A type of thickener made from mixing cooking flour and oil. This can be used to thicken certain sauces.

S

Salamander

A grill which provides heat from beside or above food, used to cook and brown foods.

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Saucier

The Chef Saucier is in charge of making stocks and sauces in a large kitchen brigade. The sauce section is also responsible for the production and service of dishes which are finished with or cooked in sauces.

Sauté

To cook food in hot oil in a pan.

Sauteuse

A Sauteuse is a frying pan with deep vertical sides and a lid. It is particularly suited to sauté dishes in which delicate meat is first browned and then finished in the Sauteuse with a sauce.

Seasoning

The addition of salt, herbs and spices to enhance the flavour of a dish. The most commonly used seasoning combination is salt and pepper.

Shallow fry

To cook in shallow hot oil.

Skim

To remove impurities or fat from the surface of a liquid using a ladle.

Sous chef

The second in charge of a kitchen, with total control in the absence of the chef. They are often in charge of the day-to-day and hands-on running of a kitchen.

Spatchcock

A small chicken with the backbone removed, flattened and trussed for grilling.

Spider

A wire basket with long handle for lifting food items out of hot liquids.

Stock pot

A large pot with a tap or spigot at the base used for simmering stocks.

T

Temper

To lightly cook at no more than 65°C, typically applied to egg yolks.

Trellis

A criss-cross decorative pattern made on the surface of foodstuffs using very hot iron bars.

Truss

To tie up to improve shape and ensure even cooking.

Turning

To shape vegetables and sometimes fruit into regular “barrel” or “olive” shapes using a small hook-billed knife.

U

UHT

Ultra High Temperature treatment, a sterilising process whereby liquid foods are heated to over 140°C to kill all bacterial spores, thereby extending ambient temperature shelf life.

Y

Yield

The total amount or number of portions that can be produced correctly following a standard recipe.

Z

Zest

The thinly sliced, chiselled or grated outer rind of citrus fruits, usually orange and lemon.