

Commonly used food preparation terms

Below is a list of words that you will find frequently in recipes as you design and work with food. As we come across these processes, you will be required to fill in the definition, food and equipment relevant to each process.

Food preparation process	Definition	Appropriate equipment	Food examples
Bake			
Beat			
Bind			
Boil			
Chop			
Cream			
Dice			
Fold			
Fry			
Garnish			
Glaze			

Grate			
Grill			
Julienne			
Knead			
Marinate			
Mix			
Poach			
Puree			
Rub in			
Saute			
Sear			
Shred			
Sift			

Simmer			
Slice			
Steam			
Stew			
Stir			
Toss			
Whisk			