COOKERY TERMS

Al dente   An Italian term, meaning 'to the tooth ', widely used to describe the texture of pasta, rice or vegetables cooked until just tender to be firm to the bite.

Bind   To add eggs, milk, cream or a sauce to dry ingredients to hold them together.

Blanch   A cooking process where usually a vegetable or fruit, is scalded in boiling water, removed after a brief timed interval and finally plunged into iced water or placed under cold running water to stop the cooking process.

Blend   To stir wet or dry ingredients together thoroughly until smooth.

Coat   To cover food with a "coating" such as seasoned flour, batter, sauce or egg and breadcrumbs.

Dust   To lightly sprinkle food with flour, sugar, spices or other seasoning.

Fold in   To incorporate one ingredient or mixture gently into another, using a metal spoon in a cutting and turning 'figure of eight' movement, so as to not spoil the texture.

Garnish   To decorate a dish before serving either to add flavour or to give it an appealing appearance.

Marinade   A mixture of liquids and flavouring used to soak raw food to add flavour or to tender it before cooking.

Simmer   To gently cook foods in hot liquids kept just below the boiling point of water 100^{0} C (212^{0} F).

Stew   To totally immerse and cook in liquid, or its own juice and slowly simmered.

Stir fry   To cook pieces of food in a wok or frying pan with a little oil while lifting and stirring over high heat.

Whip   To stir rapidly or beat using a fork, wire whisk or electric beater in order to incorporate air quickly into ingredients and make it frothy.

Whisk   To use a wire whisk or electric beater to incorporate air quickly into a mixture.

Knead   Kneading means to work the dough, usually by hand, for the purpose of developing the glutens in the flour, which is what gives baked goods their structure and texture.

BASIC FOOD HYGIENE

A hygienic cook is a healthy cook– so please bear the following in mind when you are cooking.

- ☑ Always wash your hands before preparing food.

- ☑ Always wash and dry fresh produce before use.

- ☑ Don't lick your fingers.

- ☑ Don't keep tasting and stirring with the same spoon.
  Use a clean spoon every time you taste the food.

- ☑ Never use the same tea towel to wipe down a chopping board if you have been using it for cutting up meat, because you will simply be spreading germs from one surface to another. Use a fresh tea towel instead.

- ☑ Always transfer leftovers to a clean container and cover with a lid, cling film or foil. Leave until completely cool, then store in the fridge.

- ☑ Don't put raw and cooked meat on the same shelf in the fridge.
  Store raw on the bottom shelf, so it can't drip over other food items.

- ☑ Keep all perishable foods wrapped separately. Don't overfill the fridge or it will remain too warm.

- ☑ When reheating food, always make sure it is piping hot throughout, never just warm.

- ☑ Never reheat previously cooked food more than once.

- ☑ Never re-freeze food that has defrosted unless you cook it first.

Frying

Frying is a cooking method of food in hot oil or fat, a technique that originated in an ancient Egyptian kitchen. Following are different frying techniques that can be used in cooking.

Different methods of frying

Shallow Frying

Shallow frying is done over a high heat in a hot pan or wok using a small amount of oil which results in food becoming crispy and brown, adding loads of extra flavour. Typically used to prepare fish, veggies, eggs and small portions of meat, like prime cuts of steak, burger patties or chicken breast.

Deep Frying

Deep frying allows food to be cooked fast and evenly by being immersed in oil in a fry pan or large pot – Deep frying is great for making potato chips, perfecting Southern fried chicken or fried fish.

Triple Cook Frying

Most commonly used for cooking chips, in this case triple cooking doesn't mean triple frying; it actually means one round of steaming and two rounds of frying (with a fair amount of refrigeration time in between).