



## Beginner Cooking Terms Glossary

Learn the most common cooking terms you'll see in recipes and hear in the kitchen.

**Al Dente:** Italian for 'to the tooth'; describes pasta cooked firm to the bite.

**Bake:** Cook food in an oven using dry heat.

**Blanch:** Boil briefly, then cool in ice water to preserve color and texture.

**Boil:** Cook food in liquid at 212°F (100°C) with rolling bubbles.

**Broil:** Cook food directly under high heat, usually in an oven's top element.

**Caramelize:** Cook sugar or foods with natural sugar until golden brown.

**Dice:** Cut ingredients into small, even cubes.

**Fold:** Gently mix ingredients with a spatula to avoid losing air.

**Mince:** Chop food into very small, fine pieces.

**Poach:** Cook food gently in liquid below boiling point (around 160–180°F).

**Reduce:** Simmer liquid to thicken and concentrate flavor.

**Roast:** Cook food uncovered in an oven with dry heat.

**Sauté:** Cook quickly in a small amount of oil or butter over medium-high heat.

**Simmer:** Cook food gently in liquid just below boiling point.

**Whisk:** Beat ingredients rapidly to incorporate air or blend smoothly.

**Pro Tip:** Understanding these terms helps you read recipes like a pro!