

Cooking Vocabulary

Boil: To heat a liquid until it reaches its boiling point and produces bubbles.
(ferver)

(**heat** – aquecer/ **until** – até/ **reach** – alcançar/ **boiling point** – ponto de fervura)

Chop: To cut food into small, irregular pieces.
(picar)

Sauté: To cook food quickly in a small amount of oil or fat over high heat.
(refogar, saltear)

(**quickly** – rapidamente/ **amount** – quantidade/ **over** – sob/ **high heat** – alto calor
(fogo alto))

Bake: To cook food using dry heat in an oven.
(assar – geralmente bolos e tortas)

(**dry heat** – calor seco/ **oven** – forno)

Roast: To cook food by dry heat in an oven or over an open flame.
(**assar** – geralmente carnes / **open flame** – chama aberta)

Grill: To cook food over direct heat, usually on a grate.
(assar, grelhar)
(**direct heat** – calor direto/ **grate** – grelha)

Fry: To cook food in hot oil or fat.
(fritar)
(**fat** – gordura)

Blend: To mix ingredients together until smooth and evenly combined.
(misturar)
(**until** – até/ **smooth** – homogêneo/ **evenly combined** – combinado uniformemente)

Whisk: To beat or stir ingredients vigorously using a whisk to incorporate air and create a smooth mixture.

(bater)

Knead: To work dough by pressing, folding, and stretching it to develop gluten.

(sovar) (**dough** – massa/ **folding** – dobrar/ **stretch** – esticar/ **develop** – desenvolver)

Season: To add salt, pepper, herbs, or spices to enhance the flavor of food.

(temperar) (**herbs** – ervas / **spices** – especiarias/ **enhance** – melhorar)

Grate: To shred food into small, fine pieces using a grater.

(ralar) (**shred** – desfiar)

Peel: To remove the outer skin or rind from fruits or vegetables.

(descascar) (**rind** – casca)

Tell the verb that suits the description

Boil – Ferver

Chop – Picar

Sauté – Saltear

Bake/ Roast – Assar

Grill – Grelhar/ Assar

Fry – Fritar

Blend – Misturar (bater no liquidificador)

Whisk – Bater (Fuê)

Knead – Sovar

Season – Temperar

Grate – Ralar

Peel – Descascar

Heating liquid until it reaches its boiling point and produces bubbles.

Cutting food into small, irregular pieces.

Cooking food quickly in a small amount of oil or fat over high heat.

Cooking food using dry heat in an oven.

Cooking food by dry heat in an oven or over an open flame.

Cooking food over direct heat, usually on a grate.

Cooking food in hot oil or fat.

Mixing ingredients together until smooth and evenly combined.

Beating or stirring ingredients vigorously to incorporate air and create a smooth mixture.

Working dough by pressing, folding, and stretching it to develop gluten.

Adding salt, pepper, herbs, or spices to enhance the flavor of food.

Shredding food into small, fine pieces.

Removing the outer skin or rind from fruits or vegetables.