



## Common Terminology for Healthy Cooking

To broil or to boil: that is the question!

Knowing common cooking terms can improve your healthy cooking skills and turn anyone into a home chef!

**Bake** - To cook by dry heat, usually in the oven. When you bake, food cooks slowly with gentle heat, causing the natural moisture to evaporate slowly.

**Basting** - To brush or spoon liquid, like water, over food during roasting, this adds flavor and prevents drying out.

**Beat** - To smooth a mixture by briskly whipping or stirring it up with a spoon, fork, wire whisk, rotary beater or electric mixer.

**Blanch** - To boil briefly. After 30 seconds in boiling water, plunge the vegetable or other food or into ice water to stop the cooking – great for green beans, asparagus, and broccoli.

**Blend** - To mix two or more ingredients together to make sure they are equally distributed throughout the mixture.

**Boil** - To cook food in heated water or other liquid, like broths, that is bubbling continually.

**Braise** - To cook food slowly using heat from an oven or stovetop with a little bit of liquid which is usually water or broth. Braising can be used to tenderize meat.

**Broil** - To cook food directly under the heat source. Many ovens have a broil setting.

**Broth or Stock** - A flavorful liquid made by gently cooking poultry, seafood or vegetables (and/or their by-products, such as bones and trimming) often with herbs, in liquid (usually water).

**Brown** - A quick sauté, pan/oven broiling, or grilling method to enhance flavor, texture or eye appeal.

**Chop** - To cut into irregular pieces. Coarsely chopped are bite-sized pieces. Finely chopped are smaller.

**Coat** - To evenly cover food with flour, crumbs or a batter.

**Combine** - To blend two or more ingredients into a single mixture.

A measure approximately equal to 1/16 teaspoon.

**Dice** - To cut into cubes or square shapes. Fine dice=1/8-inch. Small dice=1/4-inch. Medium dice=1/2-inch.

**Marinate** - To coat or immerse foods in a liquid or dry rub, to add flavor before cooking and eating.

**Mash** - To beat or press a food to remove lumps and make a smooth mixture.

**Mince** - To cut food into tiny irregular pieces. The smallest form of chopped..

**Mix** - To beat or stir two or more foods together until they are thoroughly combined.

**Puree** - To mash or sieve food into a thick liquid.

**Reduce** - To cook liquids down so that some of the water evaporates often causing the remaining mixture to thicken.

**Roast** - To cook uncovered in the oven.

**Sauté** - To cook food quickly in a small amount of oil in a skillet or frying pan over direct heat.

**Season** - To enhance the flavor of foods by adding ingredients like: pepper, oregano, basil, cinnamon and a variety of other herbs, spices, condiments and vinegars.

**Shred** - To cut or tear into long narrow strips, either by hand or by using a grater or food processor.

**Simmer** - A very low boil that cooks food in a liquid at a low enough temperature so that small bubbles begin to break the surface and around the edge of the pot..

**Steam** - To cook over boiling water in a covered pan, this method keeps foods' shape, texture and nutritional value intact better than methods such as boiling. Best to use a wire basket for this.

**Stir-Fry** - The fast cooking of small pieces of meat and vegetables over very high heat with continual and rapid stirring.

**Toss** - To thoroughly combine several ingredients by mixing lightly.

**Vinaigrette** - Refers to any sauce made with vinegar, oil and seasonings.

**Whisk** - To mix or fluff by beating; also refers to the utensil used for this action.

**Zest (noun)** - The thin brightly colored outer part of the rind of citrus fruits. They contain volatile oils used as a flavoring. Can be grated or in strips.

**Zest (verb)** - The act of removing the outer part of citrus fruits using a paring knife, grater, microplane or "zester."

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