



FOOD PREPARATION TERMS

BAKE - To cook in an oven

BEAT - To mix with a fast, regular motion, lifting the mixer over and over as with an egg beater or electric mixer

BOIL - To cook in liquid or water in which bubbles rise continually.

CARAMELIZE - To heat sugar or foods containing sugar until it browns.

CASSEROLE - A covered bowl in which food can be baked and served.

CREAM - To soften a fat, like shortening or margarine, with a spoon before you add other ingredients or when adding sugar.

CUT IN - To mix in fat, like shortening or margarine, into dry ingredients until the mixture resembles corn meal or little pebbles.

DASH - Just a tiny bit, less than 1/8 teaspoon.

DICE - To cut into small cubes.



DOUBLE BOILER - Two saucepans, made so that one pan may be put into the other.

FOLD - To combine ingredients by gently lifting ingredients from the bottom of the bowl over the ingredients on the top.

FRY - To cook in fat, either in a saucepan with a little bit of fat, or deep-frying by cooking in a deep layer of fat

KNEAD - To push down, fold and stretch a dough.

LUKEWARM - A temperature of a liquid so that when you sprinkle the liquid on your wrist it does not feel warm or cold.

MINCE - To cut into very small pieces.

PARE - To cut off the outside covering, like peeling off apple skin.

RECONSTITUTE - To restore concentrated food, like frozen orange juice, to its original state by adding water.



SAUTE - To brown or cook in a small amount of fat.

SIMMER - To cook a liquid just below boiling, where bubbles form slowly and break just below the surface.

STEW - To simmer food in a small amount of liquid.

WHIP - To beat rapidly to incorporate air and increase volume.



SUBSTITUTIONS

FOR

1 tablespoon flour
(used as a thickener)

1 cup corn syrup

1 cup honey

1 ounce chocolate

1 cup buttermilk

SUBSTITUTE

1/2 tablespoon cornstarch, potato starch, arrowroot starch, OR
1 tablespoon tapioca (quick cooking)

1 cup sugar plus 1/4 cup liquid

1 1/4 cups sugar plus 1/4 cup liquid

3 tablespoons carob chips plus 1 tablespoon fat

1 tablespoon vinegar plus Rich's or Mocha Mix non-dairy creamer to equal 1 cup



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