

Recipes

Before you can use recipes with any success you need to understand the meaning of the many cooking terms you will meet in those recipes. You will also need to understand cooking measurements and equivalents.

Cooking Terms

- BAKE** To cook by dry heat as in conventional oven, Dutch oven, or in aluminum foil.
- BASTE** To moisten food while cooking with a liquid such as melted fat, drippings, or special sauces.
- BOIL** To cook in water or other liquid hot enough to bubble (212° F for water at sea level; subtract 2 degrees for each 1,000 feet of elevation; double gives cooking time for boiling at 5,000 feet).
- BRAISE** To cook meat tender by browning in hot fat, then cooking in covered pan, usually with added liquid.
- BROIL** To cook meat directly over or in front of an open fire.
- CUT IN** To cook cooking fat with flour to make dough, by pressing in with fork or cutting in fine chunks with a knife.
- DEEP FRY** To cook by immersion in very hot fat or oil.
- DRIFFLE** To coat meat with flour, often season and before browning or frying.
- FRY** To cook in an open pan with small amount of fat or oil.
- MARIN-ATE** To tenderize or flavor meat by covering with spiced vinegar and oil, salad dressing, or marineral barbecue sauce.
- PAN BROIL** To cook meat in a very hot skillet with a minimum of fat. This method makes it possible to cook food by broiling over a gas or electric stove.
- PONCH** To cook just below the boiling point of usually water.
- ROAST** To cook meat and vegetables in hot air, as in a covered pan in an oven or in aluminum foil covered by coals.
- SCALD** To heat to just below the boiling point.

