

Vocabulary Sheet

We Cook-IN glossary: Module 2	
Term	Definition
Conduction	Heat transfer process where heat is transmitted directly from the heat source to the food through direct contact, such as when food is cooked on a hot surface or in direct contact with a heated medium.
Convection	Convection refers to transfer of heat through fluid, which may be liquid or gas. Convection is a combination and a mixing in which molecules in a fluid (air, water, or fat) move from a warmer area to a cooler one. There are two types of convection: natural and mechanical
Radiation	It refers to the process of energy transfer by waves of heat or light striking the food. There are two types of radiant heat waves: infrared and microwave.
Blanching	The process by which foods (usually fruits and vegetables) are briefly submerged in boiling water and then immediately cooled to stop further cooking. The technique deactivates enzymes that can affect the flavour, colour, and texture of produce, allowing it to be stored in peak condition. Blanched foods are cooked so briefly that they are still considered raw. In certain occasions certain foods (e.g. potatoes) can be blanched by deep-frying at a lower temperature 150°C.
Glazing	The process of creating a glossy surface on food. Hot cooked food, particularly vegetables can be glazed either by cooking with butter, sugar, and very little liquid or by brushing with melted butter when cooked.
Poaching	Poaching is a moist-heat cooking method that involves gently simmering food in a liquid, usually water, stock, or a flavourful broth. Unlike boiling, where the liquid is at a rolling boil, poaching maintains a lower temperature, typically around 71°C to 82°C. This gentle cooking process allows delicate foods, such as eggs, fish, poultry, and fruits, to cook evenly without being subjected to harsh boiling bubbles.
Simmering	Simmering is another moist-heat cooking method that uses convection to transfer heat from a liquid to a food. The cooking temperature is between 85°C and 96°C

Basting	A cooking technique in which food, often meat, is moistened with its cooking juices or other liquid during the cooking process to enhance flavour, maintain moisture, and promote even browning.
Broiling	A dry-heat cooking method where food is exposed to direct, high heat from an overhead source, such as a grill or broiler element, to quickly cook and brown its surface. The food is placed close to the heat source and cooked until desired browning is achieved, with periodic turning or basting to ensure even cooking.
Boiling	A cooking method involving the immersion of food in a liquid brought to its boiling point, usually water, until the food is cooked and tender.
Braising	A combined cooking method that involves searing food in fat, then slow cooking it in a covered pot with a small amount of liquid, often resulting in tender and flavourful dishes.
Casseroling	A combination of stewing and roasting taking place in the oven, with heat circulating all around the pot, but in both cases the meat is cut up into small pieces and cooked in a liquid.
Searing	A cooking technique where food, often meat, is quickly cooked at high temperatures to create a flavourful, caramelised exterior. The food is placed in a hot pan or on a grill, and the surface is browned through direct contact with the heat source. This method enhances taste and texture while locking in juices. The action involves placing the food in a preheated cooking surface until a desirable crust forms, then turning to sear the other side.
Baking	A dry-heat cooking method where food, often bread, pastry, and vegetables, is placed in an oven without the addition of fat or liquid (except the greasing of baking trays to prevent sticking). Baking is similar to roasting, but it is referring to fish, fruits, vegetables, starches, breads, and pastry items
Roasting	A dry-heat cooking method where food, often meat or poultry, is placed in an oven or over an open flame to cook with all-around dry, radiant heat. The food is periodically basted or turned during cooking to ensure even browning and flavour infusion. Roasting develops a crisp exterior while retaining moisture inside.
Deep-frying	A dry-heat cooking method in which raw or partially cooked (e.g. blanched) food is completely submerged in very hot oil or fat (160 °C to 190°C) for a short period of time, resulting in its being fully cooked with a crispy surface. Certain foods are blanched or precooked by deep-frying at lower temperatures (130°C to 150°C) for a short period of time.

Poéléing (poe-el-lay-ing)	A cooking method similar to both roasting and braising. The food is cooked in an oven, but in a covered pot with aromatic vegetables and bacon fat or butter, so that it steams in its own juices. It is also known as butter-roasting and most similar to pot-roasting.
Sautéing	A dry-heat cooking method that uses conduction to transfer heat from a hot sauté pan to food with the aid of a small amount of fat. Foods are usually cut thinly or into small pieces to promote even cooking.
Sautoir pan	A sautoir is a type of frying pan that has straight sides, it is rather deeper, and has a tight-fitting lid.
Pan-frying	Pan-frying shares similarities with both sauteing and deep-frying. It is a dry-heat cooking method in which heat is transferred by conduction from the pan to the food, using a moderate amount of fat, where heat is also transferred to the food by convection.
Gratinating	A dry-heat cooking technique involving the browning or caramelising of the top surface of a dish, often with the addition of breadcrumbs, cheese, or sauce, under direct heat or in an oven, to create a golden, crispy crust.
Steaming	Steaming (fumet): A cooking technique involving the gentle cooking of food using steam vapor. Steam is produced by boiling water in a covered container, preserving the food's texture, colour, and nutrients.
Stewing	Stewing combines dry-heat and moist-heat cooking methods. It is associated with smaller pieces of food that are first cooked either by browning them in a small amount of fat or oil or by blanching them in a liquid. Cooking is then finished in a liquid or sauce.
Julienne cut	Julienne cuts are thin, even slices of a vegetable or fruit made by squaring off the edges of said veggie or fruit and cutting it into planks and then strips.