When you learn basic cooking terms, you’re able to follow recipes more accurately and expand the range of healthful food you can prepare.

**Common Terms**

**Boil:** to cook food in liquid hot enough to have bubbles rise and break the surface

**Braise:** to brown meat in a small amount of fat, then cook slowly in a small amount of liquid

**Broil:** to cook directly over or under heat in an oven

**Brown:** to cook foods in a skillet, broiler, or oven to give the food a rich, brown color

**Chop:** to cut with knife into small pieces

**Cream:** to mix one or more foods together until creamy

**Cut in:** to work fat into dry ingredients using a pastry blender or two knives

**Dice:** to cut into cubes

**Fold:** to mix by turning foods over and over

**Grate (shred):** to rub foods against a grater or shredder so that food is cut up into very fine pieces

**Knead:** to mix using a pressing motion, usually with the palms of your hands

**Marinate:** to flavor or tenderize foods by soaking them in oil and acid, such as Italian dressing

**Roast:** to bake in the oven

**Saute:** to cook in a small amount of fat

**Simmer:** to cook liquid below the boiling point

**Slice:** to cut into thin, flat pieces

**Steam:** to cook in steam in a covered container

**Stir:** to mix in a circular motion

**Whip:** to mix quickly to add in air

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**Author**
Lisa J. Martin, MPH, RD, LD
County Extension Agent, Expanded Food and Nutrition Education Program,
K-State Research & Extension-Shawnee County

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