

# COOKING BASICS

## GLOSSARY OF TERMS

**à la Meuniere**  
(a la mun yair)

A classic method for sautéing fish. The fish is dredged in flour, sautéed in a clarified butter or oil, sprinkled with lemon juice and fresh chopped parsley, and then finished with hot brown butter.

**à Point**  
(ah PWAH)

A French term for “cooked to the perfect degree of doneness.” Typically, the meat is a thick layer of cooked gray on the outside, and rose pink on the inside. Commonly called “medium.”

**As Purchased (A.P.) weight**

The condition of a product as it is purchased or received from the supplier.

**Au Jus**  
(ah zhew)

A French term for meats and poultry served with their natural, unthickened juices.

**Adductor**

A mollusk’s single muscle that is used to open and close its shell. When the muscle is relaxed, the shell is open. In many mollusks, it is the primary edible part; in the scallop, it is the only edible part.

**Aging**

The process by which meats are held in coolers under controlled conditions to provide time for the natural tenderizing process to occur.

**Bain Marie bath**  
(bhan mah-REE • bath)

A shallow container of water that has a rack on which food containers are placed. Electricity, gas, or steam usually heats the bath. Bain Marie inserts are placed into these Bain Marie baths. Also called a hot water bath.

**Bain Marie inserts**  
(bhan mah-REE • IN serts)

Tall, cylinder-shaped containers used to hold foods. They are inserted into Bain Marie baths.

**Bake**

To cook foods using convection—that is, surrounding them with hot, dry air, usually in an oven. The product is always uncovered.

Roasting and baking refer to the same dry heat cooking method. However, the term *roast* is used when talking about cooking meat and poultry, and the term *bake* is used when talking about dough and batter products, as well as vegetables and fish.

**Bake pan**

A pan used for general baking. It is about two inches deep, and comes in a variety of sizes.

**Batonnet**

(bah-toh-NAY)

A type of cut that is ¼ inch wide by ¼ inch deep by three inches long.

See also:

Brunoise

Dice

French Fry

Julienne

**Bechamel Sauce**

(bay-shah-MELL)

One of the Five Mother Sauces. This sauce is made from milk or cream.

Also called a white or cream sauce.

**Beef Filet**

A fabricated cut of beef from the center of the tenderloin that is lean, very tender, and flavorful.

Also called filet mignon.

**Bench scraper**

A broad, stiff piece of metal with a wooden or plastic handle on one edge, used to scrape workbenches and cut pieces of dough.

Also called a dough knife.

**Bien Cuit**

(be-en KWEE)

The French term for meat that is gray all the way through. When cut, there is no trace of pink inside. Commonly called “well done.”

**Bivalve mollusks**

Shellfish that live inside a pair of hard, hinged shells. Examples include oysters, clams, mussels, and scallops.

**Blanching**

A process by which food is partially cooked in boiling water or hot fat.

**Blast frozen**

The term used to denote the process of freezing foods quickly at extremely low temperatures while air circulates rapidly around the foods.

**Bleu**

(bluh)

The French term used to describe meats that have been cooked just long enough to sear all the surfaces. When cut, the meat is very red inside.

Commonly called very rare.

**Boil**

To submerge and cook foods in a hot liquid. At sea level, the boiling point is 212°F, but at higher elevations it is lower.

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| <b>Bolster</b>      | The thick band of steel at the heel of a forged (heated and hammered) knife blade.<br>Sometimes called the shank or shoulder.  |
| <b>Boning knife</b> | There are two types of boning knives: one has a 5" to 7" rigid blade, and the other has a longer, thinner blade that can be either rigid or flexible. The flexible blade is used for lighter work, such as filleting a fish; the stiff blades are used for heavier work. |
| <b>Box grater</b>   | A four-sided metal box with different sized grids. They are used for manually shredding and grating food.  |
| <b>Braising</b>     | A combination cooking method. Foods are first browned in hot fat, and then covered and slowly cooked in a small amount of liquid over low heat. The liquid can then be used to make gravy. Braising is a popular way to cook less tender cuts of meat.                   |
| <b>Brazier</b>      | The standard pan used for braising. It is usually round, with two handles and a tight fitting lid. Sizes range from 11 to 30 quarts.<br>Also called a rondeau.   |
| <b>Brine</b>        | A salt and water solution.   |
| <b>Broil</b>        | A rapid, high-heat cooking method where food is cooked under a direct heat source. The radiant heat cooks the food.  |
| <b>Broiler</b>      | A piece of cooking equipment. Broilers generate infrared radiation from an electric or ceramic element above the food. Waves of heat are then transferred to the food items placed on a grate beneath this heat source.<br>See also:<br>Salamander                       |
| <b>Broilers</b>     | Young chickens of both sexes, 9 to 12 weeks old, weighing about 2 ½ pounds.<br>See also:<br>Fryers<br>Roasters   |

**Brunoise**  
(broo-NWAH)

A tiny dice 1/8<sup>th</sup> inch square on all sides.  
See also:  
Battonet  
Dice  
French Fry  
Julienne

**Buffalo Chopper**

An instrument used for chopping, slicing, and shredding large quantities of food. Also called a food chopper.

**Butcher's cleaver**

A large, heavy, almost rectangular knife used to split cartilage and bone. It has a relatively flat cutting edge, and is unbalanced in order to add momentum to the stroke.

**Butcher's knife**

A knife with a rigid 6" to 14" blade curved upward in a 25 degree angle at the tip. It is used to cut large pieces of meat into smaller portions.  
Also called a scimitar.

**Butter Sauce**

One of the Five Mother Sauces. Instead of stock, a clarified butter is used to prepare this sauce.  
Also called a Hollandaise sauce.

**Carryover cooking**

The cooking that occurs from the heat remaining in a food after that food is removed from a heat source; for example, the heat in the roast after it has been removed from the oven.

**Char-griller**

A piece of cooking equipment, named after the charcoal flavor it imparts. The charcoal taste is created by smoke from the fats that drip from the food to the heat source below.  
See also:  
Flat grill  
Grill

**Châteaubriand**  
(sha-toh-bree-AHN)

A fabricated cut from the beef short loin and sirloin primal cuts. It also refers to a thick slice of filet, grilled and traditionally served with chateau or soufflé potatoes and a sauce.

**Chef's knife**

An all-purpose knife that is the most frequently used in the kitchen. They range in size from 8" to 14".  
Also called a French knife.

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| <b>Chinese cleaver</b>             | A small-to-medium weight cleaver with a fine blade and a round handle. Also called a kitchen cleaver.   |
| <b>Choice</b>                      | The second-highest quality meat available. This grade has less fat than Prime, but is still tender, juicy, and flavorful.<br>See also:<br>Prime<br>Select<br>Standard<br>Utility  |
| <b>Clarified butter</b>            | Melted butter that has been “purified” by removing the water and milk solids.<br>Also called drawn butter.  |
| <b>Colander</b>                    | A large round-bottomed bowl, typically made of perforated metal, that is used to drain a variety of foods.<br>Also called a strainer.   |
| <b>Combination Cooking Methods</b> | A cooking method where both dry and moist heat is used.<br>See also:<br>Dry Heat Cooking Methods<br>Moist Heat Cooking Methods  |
| <b>Concasser</b><br>(kon-kaas)     | Coarse chopping.  |
| <b>Conduction</b>                  | The transfer of heat from one item to another through direct contact; for example, from a pot to a food. It can also be used to denote when heat moves from one part of something to another touching part, as from the outside of a roast to the inside. |
| <b>Connective tissue</b>           | Special proteins that are present in meats. They are found throughout the animal’s body and hold together and support other tissues, like muscles.  |
| <b>Convection</b>                  | The transfer of heat caused by the natural movement of molecules in the air, or in a fluid like water or fat, from a warmer area to a cooler one. The cooler molecules sink closer to the heat source; then they get warmer and rise.                     |
| <b>Conversion factor</b>           | A number used to convert each ingredient in a recipe when changing the recipe’s yield. The conversion factor is the new yield divided by the old yield.   |

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| <b>Count</b>                           | The number of individual items in a container or portion. The term is used for purchasing and portion control; for example, a “96 count” case of lemons.   |
| <b>Court bouillon</b><br>(kor boo-yon) | A seasoned liquid used for poaching fish and shellfish. The liquid is typically made of water simmered with vegetables, seasonings, and some type of acid, like vinegar, wine, or lemon juice.   |
| <b>Counter Pans</b>                    | Versatile rectangular containers designed to hold foods at service counters. They are also used for baking, steaming, and storing foods. They are available in a variety of sizes. Sometimes called service, hotel, or steam table pans.   |
| <b>Crustaceans</b>                     | Shellfish that have segmented shells and jointed legs. Examples include lobster, shrimp, and crabs.  |
| <b>Deep frying</b>                     | A dry-heat cooking method that uses convection to transfer heat to a food submerged in preheated oil.  |
| <b>Deglazing</b>                       | The process of placing liquid, usually a wine or stock, in a pan to dissolve cooked food particles at the bottom. This liquid is then used to make a gravy or sauce.   |
| <b>Dice</b>                            | A type of cut. There are three different sizes of dice: <ul style="list-style-type: none"> <li>• Small – ¼ inch square on all sides</li> <li>• Medium – ½ inch square on all sides</li> <li>• Large – ¾ inch square on all sides.</li> </ul> See also:<br>Battonet<br>Brunoise<br>French Fry<br>Julienne |
| <b>Dishers</b>                         | A kitchen tool somewhat like an ice cream scoop, with a lever-operated blade that releases the contents held in the bowl. They are used to portion solid foods, such as mashed potatoes.<br>Also called portion scoops.  |
| <b>Double boiler</b>                   | Two pots that nest inside one another and are used to cook delicate foods at low temperatures. The bottom pot holds water that is brought to a boil. The upper pot sits inside the bottom one, and holds foods that cannot be cooked over direct heat.   |

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| <b>Dough arm</b>                          | A mixer attachment used for kneading dough.<br>Also called a hook.  |
| <b>Drawn</b>                              | A form in which fish may be purchased where only the internal organs (viscera) have been removed.<br>See also:<br>Dressed<br>Headed and Gutted  |
| <b>Drawn Butter</b>                       | Melted butter that has been “purified” by removing the water and milk solids.<br>Also called clarified butter.  |
| <b>Dredge</b>                             | To coat foods with flour or fine crumbs.  |
| <b>Dressed</b>                            | A form in which fish may be purchased where the head, tail, fins, scales, and viscera have been removed.<br>See also:<br>Drawn<br>Headed and Gutted   |
| <b>Dry heat cooking methods</b>           | Any cooking method that transfers heat to foods without the use of moisture. Examples include by hot air, hot metal, radiation, or hot fat.<br>See also:<br>Moist Heat Cooking Methods<br>Combination Cooking Methods   |
| <b>Edible portion (E.P.) weight</b>       | The weight of a food after all the portions that are not served to customers have been removed. For example, the excess fat on meats, the gizzards and neck from birds, and the tops and skins from fruits and vegetables. Sometimes called the yield weight. |
| <b>Even division</b>                      | A portion control method used on products that can be easily divided into equal parts.  |
| <b>Espagnole Sauce</b><br>(ess-spah-NOYL) | One of the Five Mother Sauces, made from the brown stock from meats.<br>Also called a Brown Sauce.  |
| <b>Fabricated cuts</b>                    | The final step in breaking down an animal carcass; fabricated cuts are trimmed and cut to exact customer specifications or pre-determined types.  |

**Food Chopper**

An instrument used for chopping, slicing, and shredding large quantities of food.  
Also called a Buffalo chopper.

**Filet**

(fee-LAY)

A general term for a boneless cut of meat.

**Filet Mignon**

(fee-LAY me-NYON)

A fabricated cut of beef from the center of the tenderloin that is lean, very tender, and flavorful.  
Also called a beef filet.

**Fillet**

(FILL-eh)

A boneless cut of fish from the sides of the fish that have been cut away from the bones in one whole piece, with or without the skin.

**Fin fish**

One of the two main categories of fish. Finfish have fins and internal skeletons.  
See also:  
Shellfish

**Fish fumet**

A concentrated fish stock or white wine that is used as a poaching liquid for fish, that can then be made into an accompanying sauce.

**Five Mother Sauces**

The five sauces that are the foundation for all of the classic French sauces.  
They are the Bechamel (White or Cream Sauce), Espagnole (Brown Sauce), Hollandaise (Butter Sauce), Tomato, and Velouté Sauce.  
Also called the Five Leading Sauces.

**Flaking**

A term used to describe how fish falls apart easily when it is cooked, due to the lack of connective tissue.

**Flat grill**

A kitchen appliance that has a smooth, flat, heated surface on which food is directly cooked. Sometimes called a griddle.  
See also:  
Char-griller  
Grill

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| <b>Flavoring</b>    | An item added to food that adds a new taste and alters its natural flavors. Flavorings include herbs, spices, vinegar, and other condiments.<br>See also:<br>Seasonings                        |
| <b>Flush</b>        | To remove the sand from clams and other mollusks. The two most common methods are to use brine or cornmeal.  |
| <b>Foresaddle</b>   | The undivided front half of a veal or lamb carcass.  |
| <b>French fry</b>   | A type of cut. The standard fry is about 1/3 <sup>rd</sup> to ½ inch square by three inches long.<br>See also:<br>Battonet<br>Brunoise<br>Dice<br>Julienne                                     |
| <b>French knife</b> | An all-purpose knife that is the most frequently used knife in the kitchen. French knives range in size from 8" to 14."<br>Also called a Chef's knife.   |
| <b>French whip</b>  | A heavy, straight, and stiff wire whip with few wires used for general mixing, stirring, and beating.<br>See also:<br>Piano whip<br>Wire whip  |
| <b>Fryers</b>       | Young chickens of both sexes, 9 to 12 ½ weeks old that weigh more than 2 ½ lbs. They are called broilers if they weigh less.<br>See also:<br>Broilers<br>Roasters                              |
| <b>Garnish</b>      | To use food items as attractive decorations for a plate. The word "garnish" comes from the French word meaning, "to adorn." A "functional" garnish also adds flavor to the items on the plate. |

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| <b>Glaze</b>                       | A stock that has been simmered to evaporate some of the liquid. This process is called reduction, and the result is a glaze. A glaze lightly coats the back of a spoon. It is highly concentrated so only a small amount is needed to flavor a sauce or other type of dish. |
| <b>Griddle</b>                     | A kitchen appliance that has a smooth, flat, heated surface on which food is directly cooked. Also called a flat grill.   |
| <b>Grill</b>                       | A piece of cooking equipment. Grills generate infrared radiant heat, and the heating elements are below the food instead of above it.<br>See also:<br>Flat grill<br>Char-griller  |
| <b>Grilling</b>                    | A rapid, high-heat cooking method where products are cooked over a direct heat source. The heat radiates to the foods. Sometimes a small amount of fat is added to the grill to prevent the food sticking to it.  |
| <b>Guinea</b>                      | One of the principal USDA-recognized kinds of poultry, and the domesticated relative of the pheasant.<br>Also called guinea fowl.   |
| <b>Headed and Gutted (H&amp;G)</b> | A form in which fish may be purchased where only the head and internal organs (viscera) have been removed.<br>See also:<br>Drawn<br>Dressed   |
| <b>Heat Lamp</b>                   | An overhead infrared lamp used to keep foods warm until they are served.<br>Also called an infrared lamp.   |
| <b>Heel</b>                        | The last few inches of the blade of a Chef's knife. The heel is used for heavy cutting tasks that require maximum force and leverage.   |
| <b>Herb</b>                        | A flavoring that comes from the leaves of certain plants.   |

**Hollandaise Sauce**

One of the Five Mother Sauces. Instead of stock, clarified butter is used to prepare this sauce. Also called a Butter Sauce.

**Hook**

A mixer attachment used for kneading dough. Sometimes called a dough arm.

**Hot Water Bath**

A shallow container of water that has a rack on which food containers are placed. Electricity, gas, or steam typically heats the bath. Bain Marie inserts are placed into these hot water baths. Also called a Bain Marie.

**Hotel pans**

Versatile rectangular containers designed to hold foods at service counters. They are also used for baking, steaming, and storing foods. They are available in a variety of sizes. Sometimes called service, counter, or steam table pans.

**Individually Quick Frozen**

The process by which individual items are rapidly frozen before being packaged. Commonly referred to as IQF.

**Infrared lamp**

An overhead infrared lamp used to keep foods warm until they are served. Also called a heat lamp.

**Infrared radiation**

Energy waves that turn into heat when they strike food. The waves are generally emitted by an electric or ceramic element.

**Institution Meat Purchase Specifications (IMPS)**

A set of industry standards for different cuts of meat developed to simplify purchasing.

**IQF**

The abbreviation for "individually quick frozen", the process by which individual items are rapidly frozen before being packaged.

**Julienne**  
(ju-lee-EN)

A type of cut that is 1/8<sup>th</sup> inch wide by 1/8<sup>th</sup> inch deep by 2 1/2 inches long.  
See also:  
Battonet  
Brunoise  
Dice  
French Fry

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| <b>Kitchen Cleaver</b>              | A small-to-medium weight cleaver with a fine blade and a round handle.<br>Also called a Chinese cleaver.   |
| <b>Mandoline</b><br>(MAHN-duh-lihn) | A manually operated food slicer with an adjustable blade that sits at a 45° angle.   |
| <b>Marbling</b>                     | Fat deposits in the muscle tissues of meat. Marbling separates the muscle fibers and makes them juicy and easier to chew. It is also the main source of flavor in meat.  |
| <b>Marinade</b>                     | A highly seasoned liquid that food is soaked in prior to cooking.  |
| <b>Meat mallet</b>                  | A kitchen tool used to tenderize meat.   |
| <b>Medium</b>                       | The common term for “à point”, which is French for “cooked to the perfect degree of doneness.” Typically, the meat is a thick layer of cooked gray on the outside, and rose pink on the inside.  |
| <b>Melon ball scoop</b>             | A small, cup-shaped half sphere used for cutting fruits and vegetables into small balls.   |
| <b>Metric system</b>                | A uniform decimal measurement system based on multiples of ten. It was developed by the French, and is now used worldwide.   |
| <b>Microwaves</b>                   | A radiant heat source that uses a form of high frequency radio waves, only shorter. Microwaves penetrate part of the way into the food, where they agitate the food’s water, fat, and sugar molecules. The friction caused by the moving molecules creates the heat that cooks the food. |
| <b>Mincing</b>                      | Fine chopping.   |
| <b>Mirepoix</b><br>(meer-PWA)       | A combination of vegetables typically used to make a stock:<br>50% coarsely chopped onions<br>25% carrots,<br>25% celery   |

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| <b>Mixer</b>   | One of the most common pieces of food processing equipment. There are two types: bench and floor models. Mixers come with at least three primary attachments: the paddle, the dough arm, and the wire whip, which enable them to perform a variety of tasks. |
| <b>Moist heat cooking method</b>                                     | Cooking methods that use a liquid such as water, a stock, a sauce, or steam, to transfer heat to the food.<br>See also:<br>Combination Cooking Methods<br>Dry Heat Cooking Methods   |
| <b>Mollusks</b>  | Shellfish that:<br>1. Live inside a pair of hard, hinged shells (oysters, clams, mussels, and scallops)<br>2. Live inside one shell (abalone)<br>3. Have no shell (squid and octopus).   |
| <b>National Association of Meat Purveyors Specifications (NAMPS)</b> | A set of industry standards for different cuts of meat developed to simplify purchasing.   |
| <b>Oil stone</b>   | A dense-grained stone used to put an edge on a dull knife.   |
| <b>Paddle</b>  | A flat blade attachment for a mixer, used for all-purpose mixing.  |
| <b>Pan fry</b>   | To cook in a moderate amount of hot fat over medium heat.  |
| <b>Parboiling</b>  | To partially cook foods in a boiling or simmering liquid. Similar to blanching, but the food is kept in a little longer.   |
| <b>Paring knife</b>  | A small knife used for trimming and peeling produce and fruit. It has a 2" to 4" long rigid blade.   |
| <b>Pastry wheel</b>  | A round, rotating blade on a handle, used for cutting baked pizzas and rolled-out dough.<br>Also called a wheel knife.   |

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| <b>Piano whip</b>           | A wire whip with many flexible wires that's used for whipping eggs, cream, and sauces.<br>See also<br>French whip<br>Wire whip   |
| <b>Pigeon</b>               | One of the principal USDA-recognized kinds of poultry.<br>Also called squab.   |
| <b>Poach</b>                | To cook foods in a small amount of liquid that is hot, but not boiling. Temperatures usually range from about 160° to 180°F.   |
| <b>Portion control</b>      | The measurement of food portions to ensure that a specified amount of product is served to each customer.  |
| <b>Portion control cuts</b> | A popular type of fabricated cut of meat that is a "ready-to-eat" individual portion size.   |
| <b>Portion scale</b>        | A type of scale used to weigh portions of food. Its mechanism contains a little spring that is depressed when a product is weighed.<br>Sometimes called a spring scale.  |
| <b>Portion scoops</b>       | A kitchen tool somewhat like an ice cream scoop, with a lever-operated blade that releases the contents held in the bowl. They are used to portion solid foods, such as mashed potatoes.<br>Also called dishers.                             |
| <b>Primal cuts</b>          | The primary divisions of meat after the initial butchering of a carcass. Primals are then broken down into smaller, fabricated cuts.<br>Also called wholesale cuts.  |
| <b>Prime</b>                | The highest quality and most expensive meat available on the market. This meat comes from young, specially fed cattle. Portions are bright red, well marbled, tender, and flavorful.<br>See also:<br>Choice<br>Select<br>Standard<br>Utility |

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| <b>Radiant heat</b>           | A heating process that does not require physical contact between the heat source and the food being cooked. That's because radiation does not transfer heat—it transfers waves of energy from the source, like a broiler, to the food. These energy waves are changed into heat when they strike the food.   |
| <b>Rare</b>                   | The common term used for saignant, which is the French term used to describe meats that are browned on the outside until the blood just comes to the surface. When cut, the meat is a deep pink color.   |
| <b>Recipe</b>                 | A set of written instructions for producing specific food results. Recipes include ingredients and the amount of each to use, the order in which ingredients are combined, cooking times, temperatures, yields, and portion sizes.   |
| <b>Reduction</b>              | A process by which stocks are boiled and simmered to evaporate some of the liquid.   |
| <b>Roast</b>                  | To cook foods using convection—that is, surrounding them with hot, dry air, usually in an oven. The product is always uncovered. Roasting and baking refer to the same dry heat cooking method. However, the term <i>roast</i> is used when talking about cooking meat and poultry, and the term <i>bake</i> is used when talking about dough and batter products, as well as vegetables and fish. |
| <b>Roasters</b>               | Chickens of both sexes 3 to 5 months old, that weigh 3 ½ to 5 lbs. In addition to roasting, these birds can be prepared on the rotisserie.<br>See also:<br>Broilers<br>Fryers  |
| <b>Rock Cornish game hens</b> | A special breed of very young chickens between the age of 5 to 6 weeks old. They are very tender, with a delicate flavor.  |
| <b>Roe</b>                    | Fish eggs  |
| <b>Rondeau</b><br>(ron-doe)   | The standard pan used for braising. It is usually round, with two handles and a tight-fitting lid. Sizes range from 11 to 30 quarts.<br>Also called a brazier.   |

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| <b>Rotisserie</b>                | Special equipment that slowly rotates foods in front of, or above, a heat source.   |
| <b>Roux</b><br>(roo)             | A cooked mixture of equal parts flour and fat by weight. This mixture is used as a thickener for sauces, soups, and other dishes.   |
| <b>Saignant</b><br>(sah-NYAHGN)  | The traditional term used to describe meats that are browned on the outside until the blood just comes to the surface. When cut, the meat is a deep pink color. Commonly called rare.   |
| <b>Salamander</b>                | A small broiler that doesn't get as hot as a heavy-duty broiler. It is used to melt cheese and the top of foods.  |
| <b>Sandwich spreader</b>         | A short stubby spatula used for spreading items on bread.   |
| <b>Sauté</b>                     | A dry heat cooking method that uses conduction to transfer heat from a hot pan to the food in the pan, with the aid of a small amount of fat. The word comes from the French word "sautoir," which means to jump or shake the pan so that the food is tossed. |
| <b>Sauté pan</b>                 | A pan used for sautéing, browning, and frying. It has a single long handle, and comes in sizes ranging from 2 ½" to 5" deep, by 6" to 16" in diameter.  |
| <b>Sauteuse</b><br>(saw-toose)   | The basic sauté pan. It has a single long handle, sloping sides for flipping and tossing items without using a spatula, and comes in sizes ranging from 2 ½" to 5" deep by 6" to 16" in diameter.<br>See also:<br>Sautoir<br>Sauté Pan                        |
| <b>Sautoir</b><br>(saw-twahr)    | A straight sided sauté pan. The French definition of the word is to jump or shake the pan so that the food is tossed.<br>See also:<br>Sauteuse<br>Sauté Pan   |
| <b>Scimitar</b><br>(SIM-ah-tahr) | A knife with a rigid 6" to 14" blade curved upward in a 25 degree angle at the tip. It is used to cut large pieces of meat into smaller portions.<br>Also called a butcher's knife.   |

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| <b>Sear</b>             | To brown a food quickly over high heat.   |
| <b>Seasoning</b>        | An item that enhances the natural flavor of foods without significantly changing the flavor; for example, salt or MSG. It can also mean a process where a layer of baked-on oil is used to seal the surface of a cast iron skillet.<br>See also:<br>Flavorings  |
| <b>Select</b>           | An economical, mid-level quality grade of meat that lacks marbling.<br>See also:<br>Choice<br>Prime<br>Standard<br>Utility  |
| <b>Serrated slicer</b>  | A long, slender blade up to 14" in length, made with either flexible or stiff blades, and tiny V-shaped teeth that actually saw the food. A serrated edge is ideal for slicing items that have a hard exterior and a soft interior. Flexible blades are used on foods like bread; stiffer blades are used for carving and slicing cooked meats. |
| <b>Service Pans</b>     | Versatile rectangular containers designed to hold foods at service counters. They are also used for baking, steaming, and storing foods. They are available in a variety of sizes.<br>Sometimes called hotel, counter, or steam table pans.   |
| <b>Shank</b>            | The thick band of steel at the heel of a forged (heated and hammered) knife blade. Sometimes called the bolster, or shoulder.   |
| <b>Sharpening steel</b> | A textured rod of steel or ceramic used to straighten out irregularities and maintain an edge on a knife blade.   |
| <b>Sharpening stone</b> | A dense-grained stone used to put an edge on a dull knife.<br>Also called a whetstone or oil stone.   |
| <b>Sheet pan</b>        | A shallow, rectangular pan, no more than about one inch deep, used for general baking.<br>A full pan is 18" x 26."<br>A half pan is 18" x 13."  |

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| <b>Shellfish</b>    | One of two categories of fish. Shellfish have external shells and no internal bone structure.<br>See also:<br>Fin fish   |
| <b>Shoulder</b>     | The thick band of steel at the heel of a forged (heated and hammered) knife blade. Sometimes called the bolster, or shank.   |
| <b>Shuck</b>        | To remove the edible parts of a food from its shell, pod, or husk; for example: to remove clam meat from the shell.  |
| <b>Sieve</b>        | A wire mesh supported in a round metal frame, used for sifting flour and other dry ingredients.  |
| <b>Simmer</b>       | To cook foods submerged in a liquid that is just below the boiling point (between 185° to 205°F). The liquid is always brought to the boiling point before foods are added. The heat is then lowered to maintain a steady temperature.               |
| <b>Skewer</b>       | A long, narrow, sharp-pointed metal or wooden pin that food can be impaled upon. Generally used to cook different types of food together.  |
| <b>Skimmer</b>      | A long-handled tool with a shallow mesh or perforated bowl. Used for skimming stocks and removing solid pieces from broth.   |
| <b>Slurry</b>       | A mixture of raw starch and a cold liquid, usually used in Oriental cooking to thicken sauces. Slurries are typically made with cornstarch.  |
| <b>Small sauces</b> | Sauces created by changing the flavoring or seasonings of the Five Mother Sauces.  |
| <b>Smoke point</b>  | The temperature at which a fat begins to break down and release a bitter blue gas that gives foods a burnt flavor.   |
| <b>Spatula</b>      | There are two types of spatulas: rubber and plastic spatulas have a broad, flexible tip on a long handle. They are used to scrape bowls and pans. Metal spatulas have broad, flexible blades that are used to turn items on the grill or in the pan. |

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| <b>Spice</b>                | A flavoring that comes from the buds, fruits, flowers, bark, seeds, or roots of certain plants and trees.  |
| <b>Spring scale</b>         | A type of scale used to weigh portions of food. Its mechanism contains a little spring that is depressed when a product is weighed. Sometimes called a portion scale.  |
| <b>Squab</b>                | One of the principal USDA-recognized kinds of poultry. Also called pigeon.   |
| <b>Standard</b>             | A grade of meat taken from older animals typically used for canning and processing.<br>See also:<br>Choice<br>Prime<br>Select<br>Utility   |
| <b>Standard fill</b>        | A portion control method where serving dishes are standard sizes, and they are filled to specified levels to serve to customers.   |
| <b>Standardized recipes</b> | Recipes that have been adapted to the specific needs of an organization.   |
| <b>Steam Table Pans</b>     | Versatile rectangular containers designed to hold foods at service counters. They are also used for baking, steaming, and storing foods. They are available in a variety of sizes. Sometimes called service, counter, or hotel pans. |
| <b>Stock</b>                | A clear broth made from the trimmings of meat, poultry, or fish; their bones; a variety of vegetables (mirepoix); and seasonings.  |
| <b>Stock pot</b>            | A large pot that is taller than it is wide, with two loop handles, a flat lid, and a capacity of anywhere from eight to 200 quarts. Some have a spigot at the bottom to release liquids.   |
| <b>Strainer</b>             | A large, round-bottomed bowl typically made of perforated metal that is used to drain a variety of foods. Also called a colander.  |

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| <b>Tang</b>                    | The unsharpened rear extension of the knife blade that is imbedded inside the knife handle. Knives can have a full tang, three quarter tang, half tang, or a rat-tail tang.   |
| <b>Tare weight</b>             | For purposes of weighing on a scale, the weight of a container or package without its contents.   |
| <b>Tenderloin</b>              | A flavorful and very tender muscle that runs through the beef short loin and sirloin primals. It is often cut into T-bones, porterhouse steaks, filet mignon, châteaubriand, or tournados.  |
| <b>Thermometer</b>             | A device used to measure temperatures. A variety of styles are available, including: <ul style="list-style-type: none"> <li>• A meat thermometer that stays in meat and poultry while it is being cooked,</li> <li>• Bimetallic metal stemmed, instant read, and hand-held digital thermometers that are used to measure food temperatures.</li> <li>• Mounted thermometers that are used to measure the temperature of equipment.</li> </ul> |
| <b>Tomalley</b><br>(TOM-al-ee) | The green liver of the lobster, which is often removed, mashed, and added to sauces.  |
| <b>Tomato Sauce</b>            | One of the Five Mother Sauces. Made by sautéing tomatoes with mirepoix. Sometimes it is made with a white stock and a thickener such as roux is optional, since tomato puree is naturally thick.  |
| <b>Tongs</b>                   | A spring- or scissor-type tool used to pick up and handle foods.  |
| <b>Utility</b>                 | A grade of meat taken from older animals typically used for canning and processing.<br>See also:<br>Choice<br>Prime<br>Select<br>Standard   |
| <b>Utility knife</b>           | A rigid 6" to 8" long blade that looks like a French knife, only narrower. It is used mostly for pantry work.   |

**Velouté Sauce**  
(veh-loo-TAY)

One of the Five Mother Sauces. It is made using white stock from veal, chicken, or fish.

**Very Rare**

The common term for the French term “bleu” used to describe meats that have been cooked just long enough to sear all the surfaces. When cut, the meat is very red inside.

**Viscera**

Internal organs

**Volume**

Refers to the space a product occupies, which is equal to its height by its width by its length. Liquids are almost always measured by volume. Dry ingredients can also be measured by volume when the amount is too small to be weighed accurately on a scale.

**Weight**

Refers to the mass or heaviness of a product. It is the most accurate method for measuring ingredients. As a general rule, weight is almost always used to measure solid ingredients.

**Well done**

The common term for the French term “bein cuit”: meat that is gray all the way through. When cut, there is no trace of pink inside.

**Wheel knife**

A round, rotating blade on a handle. Used for cutting baked pizzas and rolled-out dough. Also called a pastry wheel.

**Whetstone**

A dense-grained stone used to put an edge on a dull knife.  
Also called an oil stone or sharpening stone.

**Wholesale cuts**

The primary divisions of meat after the initial butchering of a carcass. Primals are then broken down into smaller, fabricated cuts.  
Also called primal cuts.

**Wire whip**

A tool made of loops of stainless steel wire fastened to a handle. Also an attachment for a mixer that is used to whip cream or eggs.  
See also:  
French whip  
Piano whip

**Yield**

The total amount of a product made from a specific recipe.

**Yield weight**

The weight of a food after all the portions that are not served to customers have been removed. For example, the excess fat on meats, the gizzards and neck from birds, and the tops and skins from fruits and vegetables. Sometimes called the edible portion weight, or EP.

**Zester**

A small hand tool used to remove colored parts of fruit and vegetable peels in long thin strips. These strips are then used for garnishes.