

	<b>Name</b>	<b>Food Terms</b>
1	abbreviations	Shortened symbol for a word
2	bake	Using oven to cook food with heat source coming from bottom
3	batter	A mixture of flour and liquid thin enough to be poured
4	beat	To mix with over and over motion with spoon or electric mixer
5	Bisquick	Pre-made baking mix
6	boil	To heat a liquid until bubbles break continually on the surface.
7	carbon dioxide	Colorless, odorless gas which causes baked goods to rise
8	cream	Soften and blend until smooth
9	cross contamination	Transfer of bacteria from one food item to another
10	cut in	Distribute fat into flour using pastry blender
11	dough	Mixture of flour and liquid in a thick mass
12	dry ingredients	Ingredients such as flour, sugar, and salt
13	equivalents	Different types of measurements equal in quantity
14	etiquette	Manners and rules of courtesy
15	fold in	Gentle turning of two solid materials up and over
16	food borne illness	Caused by eating spoiled or bad food
17	garnish	Decorative edible item on food
18	gluten	Protein in flour that gives elasticity and strength to dough
19	greased	To put fat on pan so product does not stick
20	ingredient	Food items used to complete recipes
21	knead	To develop dough by folding and pressing
22	leavening agent	Makes foods rise
23	level	To measure and wipe away extra ingredients
24	mix	To combine two or more ingredients by stirring

25	nutrients	Chemical substances body needs for health
26	pack	Press ingredient firmly into cup and level
27	pastry blender	Tool used to cut in shortening into flour
28	preheat	Set oven to correct cooking temperature so as to reach desired temperature before use
29	quick bread	Breads made with fast acting leavening agents
30	recipe	A list of ingredients and directions used to prepare food
31	sanitation	Practice of keeping clean and healthful conditions
32	saute	To cook and/or brown food in a small amount of hot fat.
33	shortening	Vegetable fat solid at room temperature
34	sift	Put through a strainer to aerate, remove lumps, and combine all ingredients
35	simmer	To cook slowly in liquid over low heat at a temperature of about 180°. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles
36	ungreased	Do not put fat in pan before baking, there is enough fat in product to prevent sticking
37	volume	Cup measurements
38	weight	Heaviness of item using pounds and grams
39	wet ingredients	Ingredients such as milk, water, egg, and oil
40	yield	Amount a recipe will produce

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