



Instructional Terminology

Culinary Arts

A

Abbreviation- a shortened form of a word or phrase

Abdominal Thrust- (Heimlich Maneuver) a first aid procedure used to treat upper airway obstructions (or choking) by foreign objects

Abrasion- a scrape that's considered to be a minor cut such as a rug burn

Abrasive cleaner- used to carefully scour dirt or grease that has baked or burned onto pots and pans

Accident- an unplanned, undesirable event that can cause property damage, injuries or fatalities, time lost from work, or disruptions of work

Accuracy- the extent to which a given measurement agrees with the standard value for that measurement. The correctness of the measurement made.

Acidic - foods with a pH of 4.6 or below may slow down the growth of bacteria

Acidity-the state, quality or degree of being acid, sourness, tartness

Active dry yeast- a common leavening agent, in dried form, has a long shelf life

Afla toxin- A dangerous toxin in legumes that are exposed to moisture

Aioli - a rich sauce comprised of crushed garlic, olive oil, egg yolks and lemon juice possibly with flavoring such as herbs or sun-dried tomatoes

A La carte – a menu that offers each food and beverage item priced and served separately

Al Dente-meaning “firm to the bite” to describe the doneness of pasta meaning that pasta is tender but still firm

Appetizer salad- used to stimulate the appetite. Can be greens or more elaborate such as cold meat, fish, seafood or cheese

Appetizer- small portion of hot or cold food served to stimulate the appetite (usually served before a meal or as the first course)

Aromatics- having an aroma; fragrant or sweet-smelling

Asymmetric - not equal or identical on both sides of a center line

Au Gratin (oh gra tan)- having a browned or crusted top, often made by topping with bread crumbs, cheese, butter, and/or a rich sauce and passing under the broiler/salamander

Avulsion- h wound in which a portion of the skin is partially or completely torn off, such as a severed finger

B

Back of the House- Area of a restaurant where food production takes place and employee only areas are located. Typically a place where there is no interaction with guests.

Bain Marie- a water bath consisting of a pan filled with water about half way up the food product; the water surrounds a custard or cheesecake which is used to keep the food product moist and free from cracks. Used for holding sauces or soups in a hot or cold water bath or steam table, a form of a double boiler

Bake- to cook food surrounding the item with hot, dry air usually in an oven

Bakeware- a container used for cooking food in the oven e.g. muffin pans, loaf pans

Baking Powder- a chemical leavening, which is a combination of baking soda and an acid, that is moisture activated. The moisture causes the release of carbon dioxide gas, which causes the baked product to rise

Baking Soda- a chemical (alkaline: not acid) leavening ingredient that when combined with an acid works to release carbon dioxide gas (Acid ingredients include yogurt, chocolate, buttermilk, honey, lemon juice, vinegar, cream of tartar) (a.k.a. sodium bicarbonate) that is often used in baking

Balance – the harmony of design and proportion

Balsamic vinegar- made from white sweet grapes that are reduced to syrup. The grapes are cooked very slowly in copper cauldrons over an open flame

Banquet- an elaborate and formal meal

Base- is a concentrated flavoring compound used in place of stock for the creation of soups, sauces, and gravies

Beat- vigorously agitating ingredients to incorporate air

Béchamel – a basic French white sauce made with mild and a thickener. One of the 5 Mother Sauces

Beef Grade-a step in quality of different beef carcasses

Biological Food Hazard – food contained by microorganisms such a bacteria, parasites, fungi and viruses

Bisque – Specialty soups that are usually made from shellfish and contain cream

Blade- the sharp part of a knife used for cutting

Blanch- to scald or parboil (meat or vegetables) so as to whiten, remove the odor, prepare for cooking by other means, etc.

Botulism - a food-borne illness caused by a bacterium (botulinum) growing on improperly sterilized canned meats and other preserved foods

Bound Salad- Salads that are generally made up of hearty, non-leafy ingredients held together by a thick dressing. Dressings are typically mayonnaise, yogurt, or sour cream based but can include a vinaigrette (tuna salad, pasta salad, etc.)

Bouquet Garni- a mixture of fresh vegetables or herbs that are tied into a small bundle with butchers twine. Used to flavor soups, stocks and sauces

Braise- a combination cooking method where the food is first seared (browned in a pan at a high temperature) and then simmered with a small amount of liquid in a closed pot

Bran-the protective husk or outer covering of the grain kernel

Bread and butter plates- small plate used to place bread and butter

Bread pan- a loaf pan; traditionally deep and rectangular used for making bread

Breading – a coating made of eggs and crumbs

Break-even – the point at which gains equal losses

Blender- an appliance used to chop, blend, puree, or liquefy food

Blind Bake- to cook rolled pastry in an oven with no filling; dry beans or weights can be used to keep the pastry flat

Bloom – to soften gelatin in water; to dissolve yeast in liquid

Boiling- a moist heat method that used liquid heated to a boiling point

Bolster- the thicker band of metal located where the blade joins the handle

Brine- To soak or saturate in salty water

Broil- Rapid cooking method that uses high heat from a source above the food

Broth- meat of some sort, onion, carrots, celery, and herbs simmered until the meat is tender and cooked. Liquid is then strained

Brown Stock- a brown stock is made by roasting and browning poultry, beef, veal, or game bones; mirepoix, and a tomato product before simmering in water

Brunoise - to cut into 1/8" x 1/8" x 1/8" square pieces; a cube of equal sides

Buffet- central area/areas designated for holding all food, guest serve themselves. Food service style commonly used for larger and less formal groups of people

Bundt cake pans- Ornate, ring-shaped pan which is more decorative than the traditional, similar shaped angel food cake pan

Bus Person- employee responsible for sanitizing the clearing of tables after guests are finished dining

Butter Curler- a small (6- to 7-inch-long) utensil with a serrated hook at one end. The hook is drawn down the length of a stick of butter to make butter curls. The curls are then dropped into ice water to set their shape

Butter Knife- Small knife used to spread butter

C

Cake Pans- a pan used to bake cakes and similar baked goods that have straight, vertical sides. They come in almost any shape; traditional shapes include round, square, rectangular

Calcium – is a mineral that builds and renews bones and teeth

Calibrate- ensure accuracy of something; to test and adjust the accuracy of a measuring instrument or process

Canadian Bacon- Cut of pork from the tender eye of the loin; it is often smoked

Canapé – an appetizer that is served on a small piece of bread or toast

Canola Oil- a healthy oil from rapeseed; remains a liquid even when refrigerated; has a shelf-life of about a year

Carbohydrates – the nutrient that is the body's main source of energy. One of the essential 6 nutrients

Carbon dioxide- The gas that is released when chemical leavening agents are used in cooking that make dough rise

Cardiopulmonary resuscitation (CPR)- emergency care that is performed on people who are unresponsive, such as those who are unconscious, because of choking, stroke, cardiac arrest or heart attack.

Channel Knife- used to open the peel of oranges and other citrus fruit and to create patterns in the skin of vegetable and fruit

Chef's knife (French knife) - large, multipurpose knife used for slicing, chopping, mincing, and dicing; blade is usually 8 to 14 inches long

Chemical Food Hazard – Food that is contaminated from cleaning supplies, pesticides, food additives and metals

Chemical Leavening Agent- mixtures or compounds that release carbon dioxide to make products rise. Includes cream of tartar, baking soda, and baking powder. They usually leave behind a chemical salt. They are used in quick breads and some cakes.

Chicken quarter – a cut consisting of the thigh and drumstick

Chiffonade - a cut that produces thinly sliced or shredded leafy vegetables or herbs

Chop – to cut into pieces of approximately the same size – ¼” or smaller; there is no standard size for chopped vegetables and there is no squaring or regular shape to the chop

Chowder – a specialty soup made from fish, seafood or vegetables.
Citrus- Fruits that contain sections or segments

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Clarified Butter- butter that has been heated to separate the butterfat. Clearer color but less flavor, and higher burning point. Also called drawn butter

Claw grip- method of holding food during cutting, characterized by curling the fingers inward and gripping the food with the fingernails; the side of the knife blade rests against the first knuckle of the guiding hand,

keeping the blade perpendicular to the cutting board and fingers out of harm's way

Cleaner- a preparation for use in cleaning, as a detergent; used to remove particles from equipment, tools, and surfaces contaminate: to infect by contact

Cleanliness – a state of neatness

Clear Soup- very clear, richly flavored liquid

Cleaver- a heavy, broad-bladed rectangular knife used to chop through bones

Combination cooking - Using both dry and moist heat cooking methods to produce a dish. Includes braising, stewing and

Colander- a bowl-shaped perforated metal strainer usually made from stainless steel or aluminum used to rapidly draining water from foods

Combi oven – an oven which comprises several cooking methods to efficiently cook foods

Commercial Grade- food service wares and equipment designed for large volume or quantity production. Typically made of higher quality materials.

Complete proteins – A protein source that provides all the amino acids

Complex Carbohydrates- the category of carbohydrate (also called starches) that is composed of three or more sugar chains. This carbohydrate provides energy to the body and has a more complex structure and therefore, takes longer to digest.

Composed salad- a salad in which the ingredients are artfully arranged, rather than tossed together

Composting- A natural form of recycling that occurs when organic material decomposes (or composts) to form organic fertilizer

Compressed yeast- a live form of yeast; a.k.a. “cake” yeast; has short shelf life, stays good for about two weeks

Conduction- method of heat transfer where heat is passed from one object to another through physical contact (ex Sautéing, stir-frying, grilling)

Confectionery- sweet items; sugar-based items

Consommé- a clarified meat or fish broth

Contamination – a condition of impurity resulting from the transfer of microorganisms like bacteria from one source to another

Convection Oven/Stack Oven- an oven with an interior fan that circulates the dry, hot air throughout the cabinet to cook the food more evenly and faster

Conventional oven- a closed container with a heat source usually at the bottom; natural air flow heats food from the outside in

Conversion factor- a multiplier used to increase or decrease the ingredients in a recipe; abbreviated CF

Cook- to prepare food for eating by applying heat

Cookware- a container used for heating food on top of the stove e.g. pots, pans

Cooling rack- an elevated wire grid used for cooling baked goods

Core- to remove the central part of a fleshy fruit, containing the seeds

Corer- a utensil designed to remove the core (or center) from fruit or vegetables

Count- used to determine the number of items needed in a recipe

County Health Department – A government regulatory agency that is responsible for citizen health and well-being with each county

Coupler- an adapter used with a pastry bag which allows the pastry tips to be changed without reaching into the filled pastry bag

Cover- complete place setting for one customer

Cream of Tartar- a chemical leavening that is an acidic, white powder; In order to work properly, cream of tartar needs to be combined with an alkaline product like baking soda

Cream puffs: a light, airy pastry shell with a filling such as whipped cream

Creaming- vigorously combining fat and sugar to incorporate air

Crepe – a small, thin pancake made with an egg batter

Crimp- to pinch two pieces of dough together to form a decorative edge

Critical Control Limit – the minimum criteria that must be met at each Critical Control Point throughout the flow of food

Critical Control Point (Consumer Control Points) - a step in the flow of food where contamination can be prevented or eliminated; critical points are when foods are susceptible to contamination from foodborne pathogens

Cross-contamination – the movement of harmful organisms from one place to another

Crouton- small cube of bread toasted or fried used as garnish

Crumber- a tool designed to remove crumbs from a table cloth, table top, or lap

Cup - unit of measurement; equivalent of 8 fluid ounces

Curing-an ancient method for preserving meats with salt and nitrate

Customary/Standard Measurements- in the United States we use customary measures These include ounces, pounds, inches, feet, cups, teaspoons, etc.

Cut in- working solid fat into dry ingredients with two knives or a pastry blender until well mixed

Cutting Boards- a cutting surface designed to protect work surfaces from cuts and scratches

Cyclical menu- a menu written for a certain period of time and then it repeats itself Some change according to seasons, others change according to the day of the week

D

Dairy - containing or made from milk

Danger zone - range for growth of bacteria to be most rampant 41 to 135

Deck oven – a type of oven that is frequently used for commercial baking that maintains a consistent level of heat

Deep Fryers- a cooking unit used to cook foods by submersion in hot fat

Deglaze- to add liquid to a pan to loosen the food/drippings stuck to the bottom. This may become the base for a sauce

Degreaser- special type of detergent that contains a grease-dissolving agent Also known as solvent cleaners, degreasers are used on food contact surfaces like the grill

Denature- change the nature or natural state of something; With beef, the change occurs in the structure or firmness of the proteins

Desired Yield- the amount of food you need to make from a recipe

Deviled Eggs – hard boiled eggs cut in half with the hard boiled yolk mixed with mustard

Diffuse-to overcome resistance; pass through

Disjointing-Cutting poultry into halves, quarters, or eighths, before or after cooking

Dock- to poke holes in rolled pastry in order to prevent air bubbles that can cause an uneven crust

Double Boiler- a lower container which holds simmering water and an upper nested container that holds the sauces and soft food that is to be heated

Dough- a mixture of flour and other ingredients that holds its shape and is baked

Dough cutter/ bench scraper – a kitchen utensil used to cut, divide or portion bread dough; a flat stainless steel blade used to cut dough and scrape leftover dough from the work surface

Dough hook –a mixer attachment typically shaped like a corkscrew or hook used to mix dough

Dredge- to coat a product in flour before cooking, in order to improve browning

Drop Batter- quick bread using a 2:1 ratio of dry to liquid ingredients

Droppings- animal feces; an indication of animal presence in the area

Drupes- Fruits that contain one large seed in the middle of the fruit

Dry Goods- Foods such as flour, tea, sugar, rice, or pasta which are stored in the pantry

Dry Heat- Cooking method that transfers heat through the air (radiant heat), through direct metal contact or by oil. Includes grilling, roasting, baking, sauteing, stir frying, and deep frying.

Dry Measuring cups- a metal or plastic cup used to measure dry ingredients, such as flour, or sugar

Dry Storage- areas used to store dry or canned products, kept at 50° F to 70° F

Du jour menu- lists food that is served only on that particular day

E

E-Coli – a food-borne illness contracted by consuming contaminated or improperly cooked ground beef

Emergency Plan- a plan to protect workers, guests, and property in the case of an emergency or disaster

Emulsifier-an additive such as egg yolks that allow unmixable liquids, such as oil and water, to combine uniformly

Endosperm-the part of a seed that acts as a food store for the developing plant embryo, usually containing starch with protein and other nutrients It is

the largest part of the grain kernel

Entrée- the main course of the meal, usually broken down by type of meat or similar feature

Enzymatic Browning-occurs when the oxygen in the air comes in contact with cut fruit It causes the fruit such as apples, bananas and pears, to turn brown

Equivalents- something that is equal to something else. For example, in culinary, one pound is equal to 16 ounces

Ergonomics- the science concerned with the efficient and safe interaction between people and things in their environment

Escherichia coli (E Coli) – toxin-producing bacteria commonly found in raw or undercooked meat and processed dairy products

Espagnole – A basic brown sauce made from brown roux and brown stock

Essential Oils- any of a large class of volatile odoriferous oils of vegetable origin that give plants their characteristic odors and often other properties, that are obtained from various parts of the plants

Etiquette- rules set by a society to govern the acceptable conduct of behavior in any class or community for any occasion

Evacuation routes- planned route of at least two ways of exiting a building in the event of an emergency

Expeditor- coordinates timing of food coming out of the kitchen to ensure that food is being served properly and in a timely manner

Extra lean ground beef- has up to 15% fat content

Extra virgin olive oil- From first cold press of olives

Extracts- include the popular vanilla extract. Others are almond extract, orange extract, peppermint extract, and many more. Salt also adds flavor.

F

Fabrication (of meat) - additional butchering done by a restaurant to break down a subprimal cut of meat into portion-sized cuts of meat.

Facilities- the building (exterior and interior) furnishings, fixtures, and major systems, such as electricity and plumbing.

Farinaceous-consisting of starch such as potatoes, bread, pasta; a food product made of flour. Farinaceous products have a mealy texture.

Fats (Lipids)- fats from animals or plants provide tenderness and taste. One of the 6 nutrient groups and one of the USDA nutritional guidelines categories.

Fat-soluble – capable of dissolving in fat.

FATTOM- food, Acidity, Time, Temperature, Oxygen, Moisture.

FDA - Food and Drug Administration. A regulatory agency overseeing food safety issues such as ingredients, labeling, recalls, and foodborne illness prevention.

Fermentation- the biological reaction that occurs when the yeast interacts with sugars and starches to produce carbon dioxide, causing the dough to rise.

Fermented- any of a group of living organisms, as yeasts, molds, and certain bacteria, that cause a change or conversion.

Fiber – a unique form of a complex carbohydrate that does not provide energy.

FIFO - first in, first out-- An inventory system/stock rotation in which food products that are oldest are used first, so that all products are fresh when used.

Fire Extinguisher- a hand held portable container filled with specific chemicals to apply to a fire and extinguish or put out the fire.

Fixed Menu- also called static menus, offers the same items every day and very rarely change.

Flash Point- a temperature considerably above the smoke point, the point at which the vapors from the oil can first ignite when mixed with air.

Flatware- articles used for eating or serving, also called silverware.

Flavor Enhancers- substance added to intensify its flavors.

Flow of Food – the movement of food through a kitchen from the point it is received (delivered) to the time it is disposed of.

Fold- to gently combine light, airy ingredients into heavier ingredients.

Fondant – a thick paste made of sugar and water often flavored or colored used to decorate cakes.

Food borne illness – illness caused by consuming food that contains a great number of pathogens that attack the human gastrointestinal system and overwhelm the system by sheer numbers.

Food Preparation- the process of getting ingredients ready for the cooking process.

Food Presentation techniques: the placing of food on the plate in as pleasing manner as possible

Food processor – an electric kitchen appliance used for chopping, mixing or pureeing foods

Food Runner- delivers food to guests, must be knowledgeable of table numbers and menu

Food Spoilage- food spoilage is the deterioration in the color, flavor, odor, or consistency of a food product food can deteriorate as a result of 2 things: the growth of microorganisms, and/or the action of enzymes

Food Sustainability- providing healthy foods that have minimal negative impact on the environment

Fruit- an organ that develops from the ovary of flowering plants and contains one or more seeds

Fruit Vegetables- vegetables from flowering plants and have seeds
Examples include avocados, cucumbers, eggplants, peppers, squash and tomatoes

Functional: garnishing which only utilizes items that are actually being consumed as part of the entrée

G

Gallon- equal to 4 quarts or 128 fluid ounces

Garde Manger – the department responsible for preparing cold food items sandwiches, canapés, and cold platters

Ganache- A whipped filling or topping made with chocolate and cream

Garnish (noun) - food used as an attractive decoration; a subsidiary food used to add flavor or character to the main ingredient in a dish

Garnish (verb) - to provide a food with something that adds flavor, decorative color, etc

Gazpacho – a cold soup made of raw vegetables

Gelatin- an odorless, colorless protein substance obtained by boiling a mixture of water and the skin, bones, and tendons of animals. The preparation forms a gel when allowed to cool

General Manager- Is responsible for the day to day operation of the restaurant should be knowledgeable of all positions in the front of the house

Germ-the embryo of the grain kernel

Glaze- a thin icing/paste or food product that gives shine to a food and keeps it from drying out

Gluten- the protein in flour that makes a dough smooth and elastic through kneading; allows the formation of a stretchy web that traps air bubbles during the kneading and baking process

Grading- applying specific standards of quality to products, food products are stamped with a grading seal informing consumers of food quality

Grains – grasses that bear edible seeds, including corn, rice and wheat

Gratuity - also called a tip: A sum of money for service rendered to customer

Griddles- a cooking surface made of metal where foods are cooked They have a solid surface, and are usually used to cook pancakes, and hamburgers

Grill- a dry heat cooking method of cooking food over a heat source on open metal grates

Guiding hand- the hand that controls the ingredient being cut

H

Hazard Analysis Critical Control Point (HACCP) – an industry recognized food safety system designed to reduce/prevent foodborne illness

Hazardous Materials- aka HAZMAT; substances that are a source of danger or risk HazMat- hazardous material or dangerous goods

Heart-healthy menus – a diet composed of low-fat, low-cholesterol, reduced-meat and reduced-salt foods Use of increased fiber and complex carbohydrate food items is encouraged

Hepatitis A – a disease that causes inflammation and swelling of the liver that is caused by improper hand washing and contact with contaminated water and shellfish

Herbs- Leaves of annual and perennial, low growing shrubs used to flavor food dishes.

Hollandaise – a sauce made from the emulsion of egg yolks and clarified butter

Hors d'oeuvres- a very small portion of savory, flavorful dish, usually consumed in one or two bites served before a meal, usually at dinner Means “outside the meal” in French

Hospitality- cordial and generous reception of or disposition toward guests

Host/Hostess- an employee who greets and seats guests, must be knowledgeable of the floor plan of the restaurant

Hot box – a food warmer or holding cabinet

Hotel Pan- rectangular metal pans of standard sizes used to cook, hold, and store foods

Hydrogenated Oils- oil in which the essential fatty acids have been converted to a different form chemically, which makes the oil more stable and prolongs shelf life

Hygiene – a condition or practice conducive to the preservation of health

I

Ingredient- something that enters into a compound or is a component part of any combination or mixture

Inspection – periodic food service facility reviews by the county health department where facility conditions and employee behavior are evaluated

Internal Temperature- temperature of a food in the middle of the inside

Inventory- a detailed list of all items in stock It is a record of all products an operation has in storage and in the kitchen This includes equipment, supplies and food Larger restaurants may manage their inventory using computers

Invoice- a list of the quantities of products and their prices that are being delivered to a restaurant after being ordered

Iron – a mineral found in every cell of the body, is considered an essential mineral to making parts of blood cells

Itemized – a list of individual items or a breakdown of a whole into basic parts

J

Julienne - to cut into long rectangular or matchstick strips approximately 1/8" wide and 1" to 2" long

K

Knead- working dough with the hands or by machine; the press-turn-fold action that causes pockets of air to form in the dough (can be done with a dough hook). When kneading by hand press dough down with the palm of the hand, folding the dough, and turning it a quarter turn

L

Lacto vegetarians – people who drink or eat some dairy products including some milk and cheese; do not eat eggs

Lacto-ovo vegetarians – people who eat both dairy and egg products

Ladles- used to serve soups, stocks, dressings, or sauces in accurate amounts

Large dice- to cut into 3/4" x 3/4" x 3/4"

Lattices- a pastry used in a crisscrossing pattern of strips in the preparation of various foods Latticed pastry is used as a type of lid on many various tarts and pies The openings between the lattice allows fruit juices in pie fillings to evaporate during the cooking process, which can caramelize the filling

Leavening agents- process or addition of ingredient(s) to a food that causes the food to contain air bubbles Includes air, steam, baking powders, baking soda, and yeast that causes them to rise

Legumes- the seed of pod-producing plants (beans or peas) eaten for their high protein, carbohydrate and B vitamins from the legume family

Level Off- using the edge of a knife, or other flat tool, to run across the top of a measuring spoon or cup so excess ingredient is removed

Limited menu- offers a limited range of choices, fast food is an example

Liquid Measuring cups- a plastic or glass cup used to measure volumes of liquid

Listeria – a food-borne illness caused by a bacteria commonly found in water, soil or animals: 20 to 30 percent of clinical infection resulting in death

Loaf Pan- a short, deep, rectangular pan typically used for baking loaves of bread and pound cakes

Lockout/tagout- requires all necessary switches on electrical equipment to be locked out and tagged when they are malfunctioning

M

Macerate- to soak a food product to add flavor and soften

Magnesium – a key mineral for human metabolism. It helps maintain blood pressure, strong bones and a steady heart rhythm

Mandolin- a manual slicing tool with adjustable steel blades used for slicing,

and cutting julienne With an attachment, it can make crinkle-cuts It consists of two parallel working surfaces, one of which can be adjusted in height A food item is slid along the adjustable surface until it reaches a blade mounted on the fixed surface, slicing it and letting it fall

Manners- social behavior

Marbling- also called intramuscular fat, refers to white flecks and streaks of fat within the lean sections of meat

Marinade-a spiced liquid mixture of oil, wine, vinegar, herbs, etc. in which meat or fish is soaked before cooking

Marinara- a sauce made from tomatoes, onions, and herbs, served especially with pasta

Marinating- to soak in a liquid mixture prior to cooking

Measuring cups – can be dry or liquid used to properly measure ingredients

Measuring Spoons- used to measure small amounts of liquid and dry ingredients, such as herbs and spices

Mechanical leavening- includes beating, creaming, air, and steam

Medium dice - to cut into $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{2}$ "

Melting Point- the temperature at which a solid state is changed to a liquid point

Menu- a list of the dishes served at a meal; food and drink choices, a bill of fare

Meringue – a foam made of beaten egg whites and sugar

Metric Measurements- the metric system is the measurement system used

all over the world Units of measuring in metric include gram, liter, milligram, meters, centimeters, etc.

Microorganism – any organism too small to be viewed by the unaided eye (bacteria, some fungi, algae, etc.)

Mince - finely chop into pieces – $\frac{1}{8}$ " or smaller; a very fine and even cut, frequently used for garlic, shallots, and herbs

Mirepoix- is a combination of 50% onion, 25% carrots and 25% celery used to add flavor and aroma to stocks, sauces, soups and other foods

Mise en place – a French term meaning to put in its place

Mixer- An electrically operated machine that uses an attachment to process foods that are in a bowl by stirring, kneading, whipping or a similar process

Mixer attachments- common devices hooked to the mixer to perform a specific task including the flat paddle to mix, the dough hook to knead, and the wire whip to incorporate air in a food product

Mixing – to incorporate two or more ingredients

Moist Heat - Using liquid below temperatures of 212 degrees F to cook foods. Includes boiling, simmering, poaching, and steaming.

Mono Unsaturated Fats- found in nuts, fish

Mother sauce – A basic sauce that serves as a base/foundation sauce to use in making other variations of the original sauce

My Plate – the current nutrition guide that is published by the USDA defining the building blocks of a healthy diet

N

Nappè- refers to the thickness of a sauce in which the consistency is thick enough to coat the back of a spoon

Narrative Recipe Format- recipe is written in paragraphs like someone is telling you how to make the food. The ingredients and directions are written in sentences

Negative space – empty space on a plate when doing plate presentation

Non-Functional- garnish that may not be consumed and would be added for color, aroma, and or structure to the entrée being consumed

Norovirus – a foodborne illness that can be transmitted from infected people, surfaces or food also known as the stomach flu

Nutrient Density- foods that provide substantial amounts of vitamins and minerals and relatively few calories

Nutrient loss – loss of vitamins and minerals due to age or resting in water for too long

Nutrients – a source of nourishment for the body that consists of six basic nutrients

Nutrition – the science or study of, or a course of study in, nutrition, esp of human

O

Occupational Safety and Health Administration (OSHA) - federal agency that creates and enforces safety-related standards and regulations in the workplace

Organic- food items are grown without the use of pesticides, synthetic fertilizers, sewage sludge or genetically modified organisms

Oven Spring- the initial rapid increase in the volume of a yeast dough during the first few minutes of baking when placed in a hot oven

Oven- a closed, heated, container used to cook food

Ovo vegetarians – people who eat eggs in addition to plant-source foods

P

Pairing- to provide a partner for; Pairing is the process of accompanying a food with complementary flavors, aromas, and textures

Pan Fry- cooking food in a pan over medium heat the food item partially submerged in oil

Pan- a cooking vessel with one long handle and shallow sides that is most often used for foods containing a smaller amount of liquid

Parchment paper- a moisture-resistant, grease-resistant paper that has a non-stick surface; used for lining baking pans

Paring knife – a knife with a stiff blade used for trimming and peeling fruits and vegetables; blade is 2 to 4” inches long

Par-stock Level or Par-list- the amount of food a restaurant needs to have on hand to ensure it would not run out before the next delivery of stock was received

PASS – (Pull, Aim, Squeeze and Sweep) – the method for using a fire extinguisher

Pasta- pasta is a generic term for noodles made from dough of flour, water and/or eggs. Pasta means “paste” in Italian

Pastry Bag- a cone-shaped paper, canvas, or plastic bag with two open ends The smaller one to fit a pastry tip It is used to pipe soft food into a decorative pattern Mainly used to decorate cakes

Pastry blender- A utensil, made of parallel, c-shaped piano wire hooked to a handle; used to efficiently cut fat into flour for baking and pastry products

Pastry Brush- a flat-edged brush used to apply liquids such as egg wash or melted butter onto products before, during, and after baking

Pastry tip- a cone-shaped metal or plastic accessory that has the end open so that a food product such as frosting can be extruded through it in a decorative manner It is used on the end of a pastry bag

Pathogen –disease-producing organism such as a bacterium, virus, parasite, or fungi

Patron- a regular customer

Physical Food Hazard – when food is contaminated with a physical object like a fingernail, bandage or twist tie.

Physical Inventory- the actual counting of all stock on hand For instance, counting all the cans of tomato sauce in the stockroom.

Pie Pan- a round baking pan with sloping sides; typically 8” or 9” in diameter, similar to a cake pan except that it has slanted sides Used to make fruit and meat pies

Pint- equal to 2 cups or 16 fluid ounces

Plate composition- arrangement of food and garnishes carefully planned to present contrasts in color or appearance, height, shape, texture, flavor, and temperature of foods

Poached – A moist-heat cooking method that cooks with less liquid and less heat than simmering or boiling

Point of Sale System (POS) - an intuitive software application that enables businesses to manage inventory, process orders and checks, and track, record and communicate information

Polyunsaturated fats: contain multiple unsaturated chemical bonds; commonly found in nuts, seeds, seed oils, and fish

Pomes- fruits that contain a few seeds covered by a membrane

Portion size – the amount of an individual serving

Positive Work Flow – the flow of the kitchen that allows it to operate efficiently

Pot- a deep cooking vessel with two short handles used for foods containing a large amount of liquid or volume

Potassium – a mineral that the body needs to allow organs to function properly

Preservatives- a chemical added to keep foods from spoiling

Primal cuts of meat-large cuts of meat from an animal Also known as the wholesale cuts of meat

Principals of design- - symmetrical or asymmetrical compositions, contrasting or complementary arrangements, and the use of lines to create patterns or indicate motion

Proof - To let rise- an environment that allows yeast products to rise a final time caused by the release of carbon dioxide gas, typically by using moisture and warmth in a draft-free environment

Protein – a nutrient that builds, maintain and repairs body tissue

Punching down- deflating the dough to get rid of any big air pockets

Purchasing- the activity of completing requisitions to order food or goods from the company's purchasing department or approved vendor

Purée (pyur-ay) – a sauce or paste of vegetables or fruits made by using a food processor or blender to chop very fine

Q

Quart- equal to 2 pints or 32 fluid ounces

Quick Bread- a type of bread made from quick-acting leavening agents including baking soda, baking powder, steam and air Besides the main ingredients spices, nuts, and fruit are added to alter flavors

R

Radiation- method of heat transfer through waves of heat (Ex Broiling, microwave)

Rancid- having the disagreeable odor or taste of decomposing oils or fats; rank

Range- a large appliance with surface burners used to cook food Also called a stove top

Rapid rise yeast- “quick rise” yeast; in dry form can be added directly the dry ingredients before the liquid is added. Works well in bread machines Dissolves faster in dough and produces a greater amount of carbon dioxide

Reach-in refrigerator – two or three door refrigerator with sliding shelves

Ready to Eat (RTE) - food products that are prepared in advance and can be eaten as sold

Reasonable care: due care, the care that a reasonable man would exercise under the circumstances; the standard for determining legal duty

Receiving- the point at which the restaurant takes responsibility for delivered foods or goods

Recipe – a precise set of directions for using ingredients, procedures and cooking instructions for a specific dish

Recipe conversion- adjustment of the quantities of ingredients in a recipe so that the yield is either increased or decreased

Recyclable material – to take a product at the end of its use and to turn into a raw material that makes a different product

Red wine vinegar- made from fermenting red grapes

Reduction- the process of gently simmering the water out of a liquid through evaporation to concentrate the flavor and thicken the texture of the food

Refined Grains- grains that have been processed (milled) to remove some of all of the bran and germ; this process removes fiber, vitamins, and minerals from the grain

Refrigerated Storage- areas used to store foods at 41° F or lower; Assists in keeping the level of microorganisms low

Regulations- rules by which government agencies enforce minimum standards of quality

Regulatory Agencies- a governmental agency that regulates businesses in the public interest

Religious dietary laws – specific dietary laws dictated by specific religions and religious beliefs

Render- the technique that uses a low heat to melt fat away from any connective tissues

Retail Cuts – the smaller cuts of meat often referred to as sub-primal made from the primal or wholesale cuts

Retention – maintaining nutritional value by holding on to vitamins and minerals

Revenue – the amount of money that a company actually receives during a specific period

Rice wine vinegar-made from fermented rice

Roast- to cook food by surrounding the item with hot, dry air in the oven

Rondelle – a disc-shaped cut

Root Vegetables-vegetables that exist above and below the ground Examples include carrots, beets, radishes, turnips, and onions These vegetables are rich in sugars, starches, vitamins and minerals

Roux – a mixture of wheat flour and fat, traditionally clarified butter It is typically made of equal parts flour and fat by weight and is cooked for varying lengths of time to get white, blonde or brown roux

Rubber spatula – a tool used to scrape food from the inside of a bowl

S

Sachet (sachet d'epice) - a piece of cheese cloth filled with aromatic

ingredients such as herbs, spices, mushroom stems, leeks, and other aromatic vegetables

Salad dressing- used to flavor salads and sometimes to hold a salad together and sometimes used as dips

Salad Plate/Dessert Plate- plate used to serve the salad or dessert course of a meal, they resemble dinner plates and range in size from 6" to 8"

Salamander- a small gas or electric broiler that is often attached to an open-burner range The heat source is above the food Not as intense as a standard broiler

Salmonella – a foodborne illness that is a type of bacteria, commonly associated with contaminated foods such as meat, eggs, and dairy products, that may enter the digestive tract causing abdominal pains and violent diarrhea; has been found recently in fresh unclean produce, including spinach, green onions and melons

Sanitizer – a substance or preparation for killing germs especially designed for use on food equipment and surfaces Designed for sanitizing hand washed items such as knives, chemical sanitizers kill micro-organisms

Saturated Fats- located in meats, milk and butter (animal products)

Saucepan- a small, slightly shallow one-handled pan with straight or slightly sloped sides used for smaller amounts of soups, sauces, and pasta

Sausage- a food that is made from meat that has been ground up and often has herbs and spices added to it

Sauté Pan- a specialized one-handled pan used to cook small pieces of food at high heat Sauté is typically done to cook small pieces of meats and vegetables

Sauté- to cook a food item quickly over direct medium to high heat, and in a small amount of fat that covers the bottom of the pan

Scald- to heat milk just below the boiling point, this prevents sugars from caramelizing

Scale – a tool used to weigh or measure ingredients (portion, digital, bakers)

Scaling- an apparatus used in weighing ingredients on a scale using measurements of grams, ounces, or pounds

SDS- document containing health information about products, such as chemicals, which are considered hazardous

Seed or Pod Vegetables- vegetables that are seeds of the plant or pods from the plant Examples include corn, peas, beans, and pea pods

Separated- isolated layers of ingredients

Serrated edge- knife edge that has a row of teeth; works well for slicing foods with a crust or firm skin

Serrated Knife – a knife edge that has a row of teeth; works well for slicing food with a crust or thick skin

Server- works directly with guests to take order, and ensure that guests are enjoying their dining experience, must be knowledgeable of the menu

Sharpening steel- a steel instrument – usually a round rod – used for sharpening knives

Sheet Pan- a flat, rectangular baking pan with $\frac{3}{4}$ inch sides used to bake a variety of items including cookies, biscuits, and sheet cakes; a half sheet pan is half the size of a full pan

Shelf Life- the amount of time food stays usable in the fridge before it begins to lose its freshness or effectiveness

Shellfish – a sea animal that has an outer shell that may cause food allergies

Shigella – a food-borne illness that is caused by a bacteria that disrupts the intestinal tract

Side Work-small jobs that must be completed prior to guest arriving for service in order for the service to run smoothly

Sifter- used to aerate and remove large impurities from powdered or dry ingredients

Silicone Baking Mats- a woven silicone non-stick mat that does not need greasing because nothing sticks to them

Simmer- to cook in a liquid that is kept at or just below the boiling point

Slice – to cut into large, thin pieces

Slurry – a mixture of cornstarch and a cold liquid used to thicken a sauce or soup

Small dice - to cut into $\frac{1}{4}$ " x $\frac{1}{4}$ " x $\frac{1}{4}$ "

Smallwares- non-electrical hand held items used to prepare, hold, and store food

Smoke point- a key consideration when choosing a fat for frying, the temperature at which a cooking fat or oil begins to smoke and break down to glycerol and free fatty acids

Sodium – a mineral needed by the human body

Soft Dough- quick bread using a 3:1 ratio of dry to liquid ingredients

Soy – a plant-based food product that is high in protein that is commonly consumed by vegetarians and vegans for protein or as an incomplete protein source

Spices- bark, roots, seeds, fruits, or berries of perennial plants used to flavor food dishes

Springform Pan- a cake pan with a clamp (fastener) on the side that can be unhooked to release the pan side from the base, leaving the cake intact on the base Used to bake delicate pastries such as cheese cakes

Stand/bench mixer – a commercial mixer used to mix dough or batters

Standardized Recipe Format- ingredients are listed in order of use at top of recipe Directions are listed below ingredients in paragraph form or in number list

Standardized Recipe- a set of written instructions used to consistently prepare a known quantity and quality of a certain food for a food service establishment

Staphylococcus aureus (Staph) – toxin-producing bacteria known to cause a disease known as staph; the number one cause of foodborne illness

Staple Food- foods eaten regularly and in such quantities as to constitute the dominant part of the diet and supply a major proportion of energy and nutrient needs

Steam- high temperatures cause the liquid to turn to steam The batter must be capable of holding the steam until the product is set or it will be dense and unappealing to eat Cream puffs use steam as their leavening agent Steam is a mechanical leavening agent

Steel - used to keep a knife blade straight and smooth out irregularities

Stem Vegetables-plant stems that are eaten (Examples include, asparagus, celery, artichokes, and mushrooms)

Stir Fry- cooking method similar to sautéing Food is cooked over a very high heat source, generally in a wok with little fat and stirred quickly

Stock- the liquor or broth prepared by boiling meat, fish, chicken, etc. with or without vegetables or seasonings, and used especially as a foundation for soups and sauces

Stockpot- a large, high-walled, 2-handled pot that is taller than it is wide used to make stocks and soups

Suggestive Selling- used to increase the purchase amount of the client and revenues of the business by asking a customer if they would like to include an additional purchase or by recommending a product which might suit the client

Sweeteners- provide tenderness, flavor, crispness, and brownness. Types of sugars are granulated, superfine (caster), confectioner's (powdered), brown, evaporated cane sugar, demerara (raw) sugars, syrups, honey, molasses corn syrup, and artificial sweeteners

Symmetric - equal on both sides of a central line

T

Table d'hôte menu- often featured for banquets and receptions, Table d'hôte offers a complete meal- from appetizer to a dessert and often includes a beverage- for a set price

Tare - the process of placing a container on a scale and zeroing out the weight so the container is not included in the final products weight

TCS -time/temperature control for food safety

Tenderizer- a substance applied to meat to make it tender; for example, the plant enzyme papain, rubbed onto meat softens the fibers and makes it tender

Texture - the feel, consistency or appearance of a food

Tomato Sauce- a mother sauce made from tomatoes, vegetables, seasonings and stock or another liquid; often used for pasta dishes

Tongs- spring action or scissor-like tools used to pick up food without touching the food with your hands

Tossed Salad- typically made primarily of greens and bite-size vegetables

Tree Nuts – any nut that comes from a tree that could cause a food allergy

Trim- to remove something dispensable, such as fat or inedible parts, by cutting or snipping it off

Truth-in-menu laws- laws designed to protect consumers from fraudulent claims related to foods and menus

Tube Pan- a round, high-sided pan with a hollow center tube used to bake cakes and pastries such as angel food, and sponge cake; the hollow center tube ensures that the baked product is not undercooked in the center

Tuber Vegetables-Vegetables that are fat, underground stems which are capable of generating a new plant Examples include potatoes, sweet potatoes and yams

Tunnels- large, irregular holes inside a yeast or quick bread due to over-mixing

Turner- a wide, flat rectangular tool that has a handle that is used to lift and turn food over

Two stage/ Two-step cooling method – a method of cooling potentially hazardous food from its cooked temperature to 70 degrees in the first two hours and then to 41 degrees within the next 2 – 4 hours

U

Unsaturated Fats- found in avocados, canola and olive oils, often seem as healthier than saturated fats

Up-selling- up-selling- getting a customer to spend more than was originally intended by recommending a brand or larger portion

USDA – United States Department of Agriculture: responsible for developing and executing US federal government policy on farming, agriculture and food

V

Veal- meat from a calf

Vegans – people who do not eat meat or animal products of any kind

Vegetables- an edible plant or part of a plant

Vegetarianism – principle or practice of eating a diet consisting primarily of plant food items and excluding meat and other animal products

Veloute – meaning “velvet” This sauce is made from a blonde roux and white stock

Vendor- person or business selling items to a restaurant Also called supplier, purveyor, or producer

Vinaigrette- a dressing made by combining oil and vinegar into an emulsion

(sometimes temporary and sometimes an emulsified vinaigrette) typically composed of one part vinegar and three parts oil, a 1:3 ratio

Vinegar--a sour liquid consisting of dilute and impure acetic acid, obtained by acetous fermentation from wine, cider, beer, ale, or the like: used as a condiment, preservative, etc.

Vitamins – substance that helps regulate bodily functions; one of the 6 essential nutrient groups

W

Walk-in Refrigerator– A source of refrigeration that you walk into

Water-soluble – vitamins that dissolve in water and are quickly used or expelled by the body, they include the B complex and C

Weighing- a measure of heaviness or mass of a solid or dry ingredient on a scale; the most accurate form of measurement Also called scaling ingredients

Whip- to beat briskly to incorporate air

Whisk- a tool consisting of thin, wire loops hooked to a handle; used to whip soft ingredients together

White stock- Stock produced by lightly simmering raw poultry, beef, veal, pork or fish bones in water with vegetables

White wine vinegar- made from fermenting white grapes

Whole Grains- cereal grains that contain the germ, endosperm, and bran

Wok- a versatile round-bottomed cooking vessel; used for stir frying, steaming, deep frying, braising, stewing, smoking, or making soup

Y

Yeast – a living organism used as a leavener

Yield- the amount or total number of servings a recipe produces

Yolk - the yellow part of an egg; contains a major source of eggs vitamins, fat, and most of the protein

Z

Zest- the outer brightly colored skin of citrus used for flavor

Zester- a small tool used to scrape the outer brightly colored skin of citrus, fruits into tiny strips; used for flavor