

Important Terms

Blend

To thoroughly mix two or more ingredients.

Conventional Oven

An electric or gas oven arranged either as decks or under a range top.

Convection Oven

An oven that has a fan that constantly circulates heated air across the food. This convection action increases the heat absorption process, shortens required cooking time, and reduces shrinkage of food.

Culinary

Relating to the kitchen or cooking. An example of use is to describe food preparation skills as culinary skills.

Culinary Technique

A step-by-step food preparation method.

Fold

To combine by using two motions, cutting vertically through the mixture and turning the mixture over and over.

Just-In-Time Preparation

This term is used throughout the lessons to mean preparing a menu item in small enough amounts so that it will be at its peak of quality when placed on the serving line. This preparation schedule avoids holding any food for a long time. Other terms that mean the same thing are *batch cooking* and *cooking to the line*.

Leavening Agent

An ingredient that makes a product light and porous. Leavening agents include yeast, baking powder, baking soda, eggs, egg whites, air, and steam.

Mise en Place (meez-un-plahss)

A French term used by chefs and other food professionals to describe all the different things that have to be done to get ready up to the point of cooking. Translated, it means *put in place*. It includes all the *get ready steps* in food preparation such as using the recipe to assemble the equipment needed and getting ingredients ready to combine.

Nutrients

The chemical substances found in food that nourish the body. There are six classes of nutrients: proteins, carbohydrates, fats, water, minerals, and vitamins.

