

## Culinary Terms

- Abatis de volaille - Poultry offal-giblets etc.
- Abats - Offal heads, hearts liver, kidneys etc
- Accomplishments - Items offered separately with a dish of food
- Agar - agar - A gelatine substance obtained from seaweed
- Aile - Wing of poultry or game bird
- a la - In the style of
- a la carte - Dishes prepared to order and priced individually
- a la francaise - In the French style
- Aloyau de boeuf - Sirloin of beef
- Amino acid - Organic acids found in proteins
- Appareil - Prepared mixture
- Arroser - To baste as in roasting
- Ascorbic acid - Known as vitamin C found in fruits and black currants .Necessary for growth and maintenance of health
- Aspic - A savory jelly used for decorative larder work-
- Assaisonner - To season
- Assorti - An assortment
- Au bleu - When applied to meat it means very underdone
- Au four - Baked in the oven
- Au gratin - Sprinkled with cheese or breadcrumbs and browned
- Au vin blanc - With white wine
- Bacteria - Single-celled micro-organisms some of which are harmful, e.g. Cause food poisoning. others are useful in cheese making
- Bacteria – Is plural and bacterium is singular
- Bain-marie - Water well for holding foods while hot, a shallow container for cooking foods and a deep narrow container for storing hot sauces gravies etc.
- Barder - To bard .the covering of the breasts of birds with fat bacon before cooking
- Barquette - A boat shaped pastry tartlet

- Basting - Spooning the melted fat over the food during cooking to keep the food moist.
- Bat out - To flatten pieces of raw meat with a cutlet bat
- Bean sprouts - Young shoots of dry beans
- Beignets - Fritters, sweet or savory
- Au beurre - With butter
- Beurre fondue - Melted butter, e.g. with asparagus or beurre noir
- Beurre manie - Equal quantities of flour and butter used for thickening sauces and moules marinier
- Beurre noir - Black butter
- Beurre noisette - Nut-brown butter used with fish meunier
- Blanc - A cooking liquor of water lemon juice flour and salt (Also applied to the white of chicken breasts and wings.)
- Blanchir - To blanch potato, tomato, veal bones and meat and certain braised vegetables.
- Blanquette - A white stew cooked in stock from which the sauce is made ie. veal blanquette
- Bombe- An ice cream speciality of different flavours in bomb shape
- Bouchee - A small puff paste case one bite size
- Bouillon - Unclarified stock
- Boquet garni -A mix of herbs parsley, thyme bay leave tied inside celery or leek
- Brine - A preserving solution of water saltpeter and aromates used for meats, e.g. silverside brisket and tongue
- Brunoise - Small dice
- Buttermilk - Liquid left from the churning of butter
- Calcium - A mineral required for building bones and teeth obtained from cheese and milk
- Calorie - A unit of heat or energy to be known as kilocalorie
- Canapé A cushion which foods are served hot or cold
- Carbohydrate -This is a nutrient which has three groups sugar starch and cellulose the first two provide the body with energy
- Carbon dioxide - A gas produced by all rising agents
- Carte du jour - Menu of the day
- Casserole - An earthenware fireproof dish with as lid
- Cellulose - The coarse structure of fruit, vegetables and cereals which is not digested but used roughage (fiber for the diet)

- Chapelure - Crumbs made from dry bread
- Chateaubriand - Head of the filet of beef
- Chaud-froid - A demi-glace or creamed veloute made with aspic or gelatine added for masking cold dishes
- Chauffant - Pan of hot salted water used for heating vegetables
- Chinois - A conical strainer
- Chlorophyll - The green colour found in vegetables
- Civet - A brown stew of game usually hare
- Clarification - To make clear, fat, stock or consommé or jelly
- Clostridium - Food poisoning bacteria found in soil, vegetables and meat
- Cloute - Studded cloves in onion
- Coagulation - The solidification of a protein which is irreversible fried egg and cooking of meat
- Cocotte - An porcelain or earthenware fireproof dish
- Collagen and elastin - Proteins in connective tissue, gristle found in large quantities in tough cuts of meats which when braised or stewed are made tender
- Compote - Stewed fruits
- Concasse - coarsely-chopped, parsley or tomatoes
- Consommé - Basic clear soup ie. Consommé
- Contrefilet - Boned sirloin of beef
- Cook out - The process of cooking flour out in a roux for soups and sauces
- Cordon - A tread or thin line of sauce
- Coriander leaves - Leaves of an aromatic plant used for flavorings
- Correcting - To adjust the seasoning, consistency and colour
- Cote - A rib or chop
- Cotelette - Cutlet of lamb etc
- Cottage cheese - A soft cheese made from skimmed milk
- Coupe - Cut
- Coupe - An individual serving bowl
- Court- bouillon - A well flavored cooking liquor for fish
- Crème fraiche - Whipped cream and buttermilk heated
- Crepes - Pancakes (thin style for dessert)

- Croquettes - Cooked foods moulded cylinder shape egg and crumbed
- Croutons - Cubes of fried breads cut into different shapes served with hot and cold foods
- Crudites - Small neat pieces of raw vegetables
- Cuisse de poulet - Chicken leg
- Coulis (cullis) - Sauce made from fruit or vegetables
- Curd Cheese - A low-fat soft cheese approximately 11% fat
- Dariole - A small mould as used for crème caramel
- Darne - A slice of round fish on the bone (salmon steak)
- Deglacer - To swill a pan with wine to make the sauce with the sediment
- Degraisser - To skim fat off liquid
- Demi-glace - equal parts of espagnole & brown stock reduced half
- Desosser - To bone out meat
- Dilute - To mix a powder with a liquid
- Dish paper - Plain kitchen wax paper or sheet pan liners
- Doily - A fancy dish paper used for lining serving trays etc.
- Drain - Placing food in a strainer to remove liquid
- Duxelle - Finely chopped mushrooms cooked with finely diced shallots
- Egg wash - Beaten egg with a little milk or water added
- Emulsion - A mixture of oil and water which does not separate (mayonnaise hollandaise and dressings)
- Entrecote - A steak cut from the bones sirloin (New York Strip)
- Escalope - A thin slice (cut from veal etc)
- Espagnole - Basic Brown Sauce (very important in making sauces)
- Estouffade - Brown stock
- Farce - Stuffing
- Fecule - Fine potato flour
- Feuilletage - Puff pastry
- Fines herbes - chopped parsley tarragon and chervil
- Flake - To break into natural segments (fish when cooked)
- Flan - Open fruit flan or custard etc
- Fleurons - Small crescent shapes of puff pastry (served with fish)

- Frappe - to serve food chilled ie. Melon with port etc.
- Friandises - Petit fours or sweet meats (dessert sampler baked etc)
- Fricassee - A white stew where the meat or fish poultry is cooked with the sauce
- Friture - A pan that contains deep fat (fryer)
- Fromage blanc - Fat-free skimmed milk fresh cheese
- Fume - Smoked fish etc salmon
- Garam masala - A combination of spices
- Garnish - Garniture trimmings on the dish
- Gateau - A large cake
- Gelatine - A soluble protein used for setting foods savory or sweet
- Gibier - Game or farce etc
- Glace - Ice or ice cream
- Glaze- To glaze brown under salamander, coat a dessert or finish vegetables
- Gluten - This is formed from protein present in flour when mixed with water
- Gomasio - A mixture of toasted sesame seeds and salt
- Hache - Finely chopped or minced
- Hors-d'oeuvre - Appetizing first-courses
- Jardiniere - Vegetables cut into batons (Important)
- Julienne - Cut into fine strips (Important)
- Jus-lie - Thickened gravy
- Larder - To insert strips of fat bacon into meat
- Lardons - Batons of thick bacon (important)
- Laison - A thickening or binding (many types of application)
- Macedoine - A mixture of fruit or vegetables or a 1\4 inch dice
- Marinade - A richly spiced pickling liquid used to give flavor and assist in tenderizing foods.
- Menu - A menu selection or offering
- Micro –organisms - Very small living plants or animals bacteria, yeasts and moulds
- Mignonette - Coarsely-ground pepper
- A la minute - Cooked to order

- Mirepoix - Roughly-cut onion carrot and celery sprig of thyme and bay leaf
- Mise-en-place - Basic preparation prior to serving
- Mono-sodium glutamate - MSG added to food products to increase flavour
- Mousse - A dish of light consistency hot or cold sweet or savory
- Napper - To coat or mask with a sauce
- Navarin - Brown stew of lamb or mutton
- Niacin - Part of vitamin B found in liver, kidney, meat extract and bacon
- Noisette - A cut from a boned-out loin of lamb
- Nutrients - These are the components of food required for health
- Oxidation - The chemical process where food is effected by taking in oxygen
- Palatable - Pleasant to taste
- Pane - Passed through seasoned flour beaten egg and white breadcrumbs (very important)
- Pass - To cause to go through a fine sieve or strainer
- Pathogens - Bacteria which cause disease
- Paupiette - A stuffed and rolled piece of fish or meat (important)
- Paysanne - To cut into even thin pieces triangular round or square
- Persille - Garnished with chopped parsley
- Petits fours - Very small pastries biscuits or sweets
- pH value - A scale indicating the amount of acidity or alkalinity in food
- Phosphorus - A mineral element in fish required for building bones and teeth
- Piquant - Sharply flavored (sauce piquant)
- Pique - Cloves in an onion
- Plat du jour - Special dish of the day
- Polenta - An Italian dish using coarsely ground cornmeal
- Printaniere - Garnish of spring vegetables
- Protein - the nutrient which is needed for growth and repair
- Prove - To allow a yeast dough rest in a warm space so it can rise and expand

- Pulses - Vegetables grown in pods (dried)
- Quark - Salt-free soft cheese made from semi-skimmed milk
- Ragout - Stew define
- Reduce - To concentrate a liquid by boiling
- Refresh - To make cold under running cold water (important)
- Rissoler - To fry to a golden brown
- Root ginger - Root from a ginger plant
- Roux - A thickening of cooked flour and fat (very important)
- Sabayon - Yolks of eggs and water cooked until creamy
- Saccharometer - Used for measuring the density of sugar syrup
- Salamander - Grill heated from above
- Salmonella - Food poisoning bacterium found in meat and poultry
- Sauté - To toss in fat or cook quickly in a sauté pan or a specific stew
- Seal - To sear meat, poultry on high heat to seal in the juices
- Seasoned flour - Flour seasoned with salt and pepper
- Set - To seal the outside surface.
- Shredded - Cut in fine strips
- Silicone paper - Non-stick paper or mats used for baking
- Smetana - A low fat product a cross between sour cream and yogurt
- Sodium - Mineral element found in the form of salt, sodium, chloride, cheese, bacon, fish and meat
- Soufflé - A very light dish sweet or savoury hot or cold
- Straphylococcus - Food poisoning bacterium found in the human throat and nose and also in septic cuts (Very important)
- Sweat - To cook in fat under a lid without colour
- Syneresis - The squeezing out of a liquid from an overcooked protein and liquid mixture (scrambled egg)
- Table d'hote - A meal at a fixed price
- Tahini - A strong flavored sesame seed paste
- Terrine - An earthenware dish used for cooking and serving terrine
- Thiamine - Part of vitamin B known as B1 it assists the nervous system. (source - yeast bacon whole meal bread)
- Timbale - A double service dish
- Tofu - Low -fat bean curd made from soy beans
- Tourne - Turned to shape in barrels or large olives (important)
- Tranche - A Slice (important)

- Tronchon - A slice of flat fish on the bone (important)
- T.V.P. -Texture vegetable protein is derived from soy beans, oats etc.
- Vegan - A Person who will not eat fish, meat, poultry, game, dairy products and eggs
- Veloute - A basic sauce or a soup of velvet smooth consistency
- Vitamins - These are chemical substances which assist the regulation of body processes
- Vol-au-vent - A large puff pastry case
- Yeast extract - A mixture of brewer's yeast salt high in flavor and protein
- Yoghurt - Easily digested fermented milk product

In a professional setting in Classical kitchens these terms are still used  
However In the majority of food establishments there is little use.

#### Chefs Note

What is most important is not so much the names but following the techniques or procedures involved in all aspects of food handling  
Understanding the base line and how it relates to the kitchen

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