

Year 11 Food

1	Shredding	Slicing into long thin strips	11	Rub-in	Using the fingertips to combine ingredients, for example rubbing fat into flour
2	Sieving	Passing an ingredient through a wire or plastic mesh sieve	12	Skinning	Removing the skin from a food
3	Tenderising	When the tough muscle fibres in meat or poultry are broken down in order to make the meat more tender to eat	13	Toasting	Cooking or browning a food using direct heat, such as a grill, toaster or open fire
4	Zesting	Removing the coloured outer skin of citrus fruits	14	Weighing	Measuring ingredients by weight
5	Creaming	Beating ingredients together to incorporate air	15	Crimping	Pressing a decorative pattern into the edge of a pie crust before it is baked (sometimes called fluting)
6	Folding	Stirring a whisked or beaten mixture very gently to retain as much air as possible	16	Laminating	(Pastry) folding and rolling dough to create very thin layers that will trap air
7	Kneading	Pushing, pulling and folding bread dough until it becomes smooth and silky	17	Melting using a bain-marie	Melting an ingredient over hot water
8	Measuring	Assessing the volume/ amount of ingredients	18	Seizing	If water gets into chocolate when it is melting it can 'seize', becoming grainy and unusable
9	Mixing	The process of combining two or more ingredients to become one	19	Piping	Pressing a soft food through a piping bag fitted with a shaped nozzle to form the food into an interesting shape
10	Pureeing	Making a food into a smooth mixture	20	Shaping	Modelling food to create an attractive form
21	Unmolding	Turning a food out of a mould	28	Chiffonade	A rolling, slicing action to cut soft, delicate foods such as lettuce and green vegetables such as cabbage into ribbons
22	Whisking	(Aeration) when a food is beaten vigorously to trap air into it	29	Deseeding	Removing the seeds before use
23	Aeration	Adding air to a mixture by beating or whisking it vigorously	30	Dicing	Cutting fruit or vegetables into small cube shapes
24	Chopping	Cutting food into small pieces of roughly the same size	31	Slicing	Cutting a thin or broad piece from a larger piece of food (for example a slice of bread) or

					cutting a wedge- shaped piece of food from a larger circular piece (for example a slice of pizza)
25	Peeling	Removing a thin layer of the skin of fruit and vegetables using a peeler or knife	32	Spatchcock	To split a small chicken, or any other bird, in half by removing the backbone so it is flattened; it can then be barbecued or grilled
26	Trimming	Removing the visible fat from meat or excess pastry	33	Brunoise	Cutting vegetables into tiny dice from julienne strips
27	Baton	A vegetable cut, called jardiniere, where vegetables are cut into a baton shape	34	Debone	Removing the bones from a joint of meat, poultry or fish