

Year 10 Food

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

25	Chopping	Cutting food into small pieces of roughly the same size	32	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 piece of food (for example a slice of pizza)
26	Peeling	Removing a thin layer of the skin of fruit and vegetables using a peeler or knife	33	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
27	Trimming	Removing the visible fat from meat, or excess pastry	34	Brunoise	Cutting vegetables into thin julienne strips