**Key Terms Chapter Five**

**Adequate Intakes:** Similar to RDAs, they also identify daily intake levels for healthy people, but AIs are typically assigned when scientists don't have enough information to set an RDA.

**[bain-marie](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/bain_marie.mp3%22%20%5Ct%20%22_blank)** (bayn mah-REE)**:** Any type of hot-water bath meant to keep food items warm.

**baker's scale:** Also called a **balance scale**; this weighs dry ingredients in the bake shop area.

**[baking](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/baking.mp3%22%20%5Ct%20%22_blank):** Cooking food by surrounding the items with hot, dry air in the oven. As the outer layers of the food become heated, the food's natural juices turn to steam and are absorbed into the food.

**balance scale/baker's scale:** A balance scale weighs dry ingredients in the bake shop area.

**[barding](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/barding.mp3%22%20%5Ct%20%22_blank):** Wrapping an item (usually a naturally lean piece of meat, such as a pork tenderloin) with strips of fat before cooking to baste the meat, making it more moist.

**basket method:** When deep-frying an item, bread the food, place it in a basket, lower the basket and food into the hot oil, and then lift it all out with the basket when the food is done.

**[batter](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/batter.mp3%22%20%5Ct%20%22_blank):** A combination of dry and wet ingredients. It is a mixture of the primary dry ingredient (wheat flour, all-purpose flour, cornmeal, rice flour), the liquid (beer, milk, wine, water), and a binder (usually egg), which helps the mixture adhere to the product.

**bench scraper:** A rigid, small sheet of stainless steel with a metal blade used to scrape material off a work surface or "bench" or to cut or portion soft, semi-firm items (like bread dough or cookie dough).

**bimetallic coil thermometers:** A thermometer that stays in food as it cooks and provides an instant read.

**blade:** The cutting surface of a knife.

**[blanching](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/blanching.mp3%22%20%5Ct%20%22_blank):** A moist-heat method of cooking that involves cooking in a liquid or with steam just long enough to cook the outer portion of the food.

**[blanquette](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/blanquette.mp3%22%20%5Ct%20%22_blank)** (blahn-KETT)**:** A white stew made traditionally from veal, chicken, or lamb, garnished with mushrooms and pearl onions, and served in a white sauce.

**bolster:** Located at the heel of a knife blade where the blade meets the handle.

**boning knife:** A 6-inch knife used to separate raw meat from the bone. The blade is thin, flexible, and shorter than the blade of a chef's knife.

**bouillabaisse (boo-yuh-base):** A Mediterranean fish stew combining a variety of fish and shellfish.

**bowl scraper:** A flexible piece of rubber or plastic used to combine ingredients in a bowl and then scrape them out again, to cut and separate dough, and to scrape extra dough and flour from wooden work tables.

**[braising](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/braising.mp3%22%20%5Ct%20%22_blank):** A cooking method in which the preparer first sears the food item in hot oil and then partially covers it in enough liquid to come halfway up the food item. Then, they cover the pot or pan tightly and finish cooking the food slowly in the oven or on the stovetop until it is tender.

**braising pan:** A high-sided, flat-bottomed cooking pan used to braise, stew, and brown meat. Also called a brazier or a rondeau.

**[brazier](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/brazier.mp3%22%20%5Ct%20%22_blank):** A medium to large pot, more shallow than sauce pots, with straight sides and two handles for lifting. Also called a rondeau.

**[breading](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/breading.mp3%22%20%5Ct%20%22_blank):** Has the same components as batter, but they are not blended together. A standard breading would be seasoned all-purpose flour and an egg and buttermilk dip.

**[broiling](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/broiling.mp3%22%20%5Ct%20%22_blank):** A rapid cooking method that uses high heat from a source located above the food.

**butcher knife:** Also known as a scimitar, cooks use the butcher knife to fabricate raw meat. It is available with 6- to 14-inch blades.

**butt:** The end of a knife handle.

**butter knife:** A small knife with a blunt-edge blade used to spread butter, peanut butter, and cream cheese on bread or dinner rolls.

**cake pans:** Baking pans with straight sides. They are available in a variety of sizes and shapes including round, rectangular, square, and specialty (such as heartshaped).

**can opener:** In restaurant and foodservice kitchens, can openers are mounted onto metal utility tables because they are used to open large cans. A small handheld can opener, like those for home use, may be used in a restaurant or foodservice kitchen to open small cans of food.

**carbonated beverage machine:** This machine is attached to tanks that hold the premixed blends for selected soft drinks and to a tank that contains CO2. Pressing the switch on the unit automatically mixes the blend and gas to make the completed beverage.

**[carryover cooking](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/carryover_cooking.mp3%22%20%5Ct%20%22_blank):** This is what happens to food after it has been removed from the oven, when the roasted item holds a certain amount of heat that continues to cook the food.

**cast-iron skillet:** A heavy, thick pan made of cast iron. Use it to pan grill, pan-fry, and braise food items such as meat or vegetables.

**ceramic steels**: Slender ceramic rods embedded in a wooden handle. They are used both on ceramic and metal knives to hone sharpened knives.

**[chafing dishes](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/chafing_dish.mp3%22%20%5Ct%20%22_blank):** Used to keep food items hot on a buffet table. The heat source for chafers are sternos that are placed underneath the chafers filled with hot water.

**channel knife:** A small knife used to cut grooves lengthwise in a vegetable such as a carrot.

**charbroiler:** Uses gas or electricity to mimic the effects of charcoal in a grill. Food juices drip onto the heat source to create flames and smoke, which add flavor to broiled food items.

**cheesecloth:** A light, fine mesh gauze for straining liquids, such as stocks or custards, for bundling herbs, or for thickening yogurt.

**cheese knife:** A thinly shaped utensil that cooks use to cut through hard or soft-textured cheese.

**[chef's (French) knife](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/chefs_knife.mp3%22%20%5Ct%20%22_blank):** An all-purpose knife for chopping, slicing, and mincing all types of food items. Its blade is normally 8 to 14 inches long and tapers to a point at the tip.

**[China cap](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/china_cap.mp3%22%20%5Ct%20%22_blank):** A pierced, metal, cone-shaped strainer used to strain soups, stocks, and other liquids to remove all solid ingredients.

**[chinois](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/chinois.mp3%22%20%5Ct%20%22_blank)** (chin-WAH)**:** A very fine China cap made of metal mesh that strains out very small solid ingredients.

**clam knife:** A short, blunt-point knife used to shuck, or open, clams. Unlike the oyster knife, it has a very sharp edge.

**cleaver:** A heavy, rectangular knife used to chop all kinds of food, from vegetables to meat. It is also able to cut through bones.

**coffee maker:** A machine that automatically makes coffee.

**[colander](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/colander.mp3%22%20%5Ct%20%22_blank)** (CAH-len-der)**:** Used to drain liquid from cooked pasta and vegetables. Colanders stand on metal feet, while strainers are usually handheld.

**combination cooking:** A combination of both dry-heat and moist-heat cooking methods.

**combi-oven:** Combines a convection oven with a steamer. Using a combi-oven, cooks can work with convective steam, with convective dry hot air, or with a combination of both. These are very efficient, flexible units, but they are relatively expensive.

**[conduction](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/conduction.mp3%22%20%5Ct%20%22_blank):** The transfer of heat from one item to another when the items come into direct contact with each other.

**[convection](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/convection.mp3%22%20%5Ct%20%22_blank):** The transfer of heat caused by the movement of molecules (in the air, water, or fat) from a warmer area to a cooler one.

**convection oven:** Has a fan that circulates heated air around the food as it cooks. This shortens cooking times and uses energy efficiently.

**convection steamers:** Steam is generated in a boiler and then piped to the cooking chamber, where it is vented over the food. Pressure does not build up in the unit. Rather, it is continually exhausted, which means the door may be opened at any time without danger of scalding or burning as with a pressure steamer. Cooks use convection steamers to cook large quantities of food.

**conventional (standard) oven:** The heat source is located on the floor of the oven. Heat rises into the cavity, or open space in the oven, which contains racks for the food to sit on as it cooks. These ovens are usually located below a range-top burner.

**conveyor** (con-VAY-er) **oven:** In this type of oven, a conveyor belt moves the food along a belt in one direction. It cooks with heat sources on both top and bottom.

**cook's fork (kitchen fork):** A fork with two long, pointed tines used to test the doneness of braised meat and vegetables, to lift items to the plate, and to steady an item being cut.

**cookware:** Pots and pans.

**corer:** A small tool used to remove the core of an apple or pear in one long, cylindrical piece.

**countertop blender:** Used to purée, liquefy, and blend food. The blender consists of a base that houses the motor and a removable lidded jar with a propeller-like blade in the bottom.

**countertop broiler:** A small broiler that sits on top of a work table. Primarily quick-service restaurants use these. The heat source is located above the food and produces an intense radiant heat.

**crêpe pan** (KRAYP)**:** A shallow skillet with very short, slightly sloping sides. Used to create crêpes, a specialty pancake.

**cuisson:** The liquid from shallow poaching, which transfers much of the flavor of the food from the food item to the liquid. The liquid is used as a sauce base.

**cutting edge:** The edge located along the bottom of a knife blade between the tip and the heel. Use it for slicing, carving, and making precision cuts.

**daube** (DAWB)**:** A braised dish usually made with red meat, often beef, vegetables, red wine, and seasoning. The main item is often marinated before braising.

**deck oven:** A deck oven is a type of conventional oven in which two to four shelves are stacked on top of each other. Cook food directly on these shelves, or decks.

**deep-fat fryer:** Gas and electric fryers cook food in oil at temperatures between 300°F and 400°F. Some computerized fryers lower and raise the food baskets automatically.

**[deep-frying](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/deepfrying.mp3%22%20%5Ct%20%22_blank):** Breading- or batter-coating food, immersing (completely covering) it in hot fat, and frying it until it is done. The outside of the food item develops a crispy coating while the inside stays moist and tender.

**deglazing:** Process of using liquid in the bottom of a pan to dissolve the remaining bits of sautéed food.

**deli knife:** A knife with a serrated blade used for thick sandwiches. The most common deli knife is 8 inches.

**diamond steels:** Slender metal rods, or sometimes flattened rods, that are impregnated with diamond dust. They should not be used to hone ceramic knives.

**Dietary Guidelines for Americans 2005:** A document published jointly by the Department of Health and Human Services and the USDA. This report offers science-based advice for healthy people over the age of two about food choices to promote health and reduce risk for major chronic diseases.

**Dietary Reference Intakes (DRIs):** Recommended daily amounts of nutrients and energy that healthy people of a particular age range and gender should consume. They are the guides for nutrition and food selection.

**digital (electric) scale:** A precise scale used to measure weight. Provides a digital readout in both U.S. and metric systems.

**discretionary calorie allowance:** The remaining amount of calories in a food intake pattern after accounting for the calories needed from all food groups.

**double boiler:** A pot that has an upper pot and a lower pot. The lower pot holds boiling or simmering water that gently cooks the food in the upper pot; used it for melting chocolate or heating milk, cream, or butter.

**double-basket method:** When deep-frying certain food items, they need to be fully submerged in hot oil for a longer period of time in order to develop a crisp crust. In this method, place the food item in a basket, then fit another basket on top of the first. The top basket keeps the food from floating to the surface of the oil.

**dough arm** (hook)**:** A mixture attachment used to mix heavy, thick dough.

**espresso machine:** Produces the traditional Italian coffee beverage called espresso, a concentrated coffee beverage brewed by forcing hot water under pressure through finely ground coffee.

**estouffade** (ess-too-FAHD)**:** This French term refers to both the braising method and the dish itself (a beef stew made with red wine).

**fillet knife:** A thin, flexible blade for cutting fish fillets. It is a short knife, about 6 inches long.

**fish poacher:** A long, narrow, metal pan with a perforated rack that cooks use to raise or lower the fish so it doesn't break apart.

**fish scaler:** A small tool used to remove scales from a fish.

**flat beater paddle:** Used in a mixer to mix, mash, and cream soft food items.

**flat ground** and **tapered:** When the cutting edge of a knife has both sides of the blade taper smoothly to a narrow V-shape.

**flat-top burner:** Also called a French top; a flat-top burner cooks food on a thick slate of cast iron or a steel plate that covers the heat source. A flat-top burner provides even and consistent heat.

**flavor:** The way a food tastes, as well as its texture, appearance, doneness, and temperature.

**flavoring:** Something that enhances the base ingredients of a dish or can bring another flavor to the product.

**float:** The point, while deep frying an item, when the item rises to the surface of the oil and appears golden brown; this indicates doneness.

**fondue pot:** A pot with a heat source placed directly below the pot; use it for a food preparation process known as fondue.

**food chopper:** Chops vegetables, meat, and other food using a vertical rotating blade and a bowl that rotates the food under the blade. This unit is often called a buffalo chopper.

**food mill:** A machine that comes with several detachable parts. Cooks use it to purée food to different consistencies.

**food processors:** A processing machine that houses the motor separately from the bowl, blades, and lid. Food processors grind, puree, blend, crush, and knead food.

**food warmer or steam table:** This unit differs from the bain-marie in two ways. First, the unit is designed to hold hotel pans, either one full-size pan or multiple smaller pans per slot. Second, different types of units are designed to work with water in the holding unit, without water, or either way.

**forged blade:** Cutting surface of a knife made from a single piece of heated metal that is dropped into a mold and then struck with a hammer and pounded into the correct shape.

**[fricassée](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/fricassee.mp3%22%20%5Ct%20%22_blank)** (frick-uh-SAY)**:** A white stew, often made from veal, poultry, or small game.

**funnel:** Use a funnel to pour liquid from a large to a smaller container.

**[garnish](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/garnish.mp3%22%20%5Ct%20%22_blank):** Enhances the food being served. A garnish should be something that will be eaten with the item, functioning as a flavor component, while visually adding to the appearance of the item.

**goulash** (GOO-losh)**:** This stew originated in Hungary and is made from beef, veal, or poultry, seasoned with paprika, and usually served with potatoes or dumplings.

**granton:** A type of knife edge in which ovals are ground into the sides of a blade, which helps food to release easily.

**grater:** A small tool used to grate hard cheeses, vegetables, potatoes, and other food items.

**griddle:** Similar to a flat-top range, a griddle has a heat source located beneath a thick plate of metal. Cook food directly on this surface, which is usually designed with edges to contain the food and a drain to collect waste.

**griddling:** Cooking a food item on a hot, flat surface (known as a griddle) or in a relatively dry, heavy-bottomed fry pan or cast-iron skillet.

**[grilling](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/grilling.mp3%22%20%5Ct%20%22_blank):** A very simple dry-heat method that is excellent for cooking smaller pieces of food. The food is cooked on a grill rack above the heat source.

**guiding hand:** When using a knife, the guiding hand is the one that is not holding the knife; it prevents slippage and helps to control the size of the cut.

**handle:** The part of a knife that you grip. Made with various materials including hardwoods or textured metal.

**heel:** The widest and thickest part of a knife blade. The heel is used to cut through large, tough, or hard food.

**herbs** (URBS)**:** The leaves, stems, or flowers of an aromatic plant.

**hollow-ground:** When the sides of a knife blade near the edge are ground away to form a hollow, making the blade extremely sharp.

**honing:** The regular maintenance required to keep knives in the best shape.

**honing steel:** When performing knife maintenance, this steel helps remove broken pieces and realign the remaining ground edges. It looks like a short sword with a round blade.

**horizontal cutter mixer (HCM):** This mixer cuts, mixes, and blends food quickly with a high-speed horizontal rotating blade that is housed in a large bowl with a tight cover.

**hot box:** This is an insulated piece of equipment designed to hold sheet pans and hotel pans.

**hotel broiler:** Use this large, radiant broiler to broil large amounts of food quickly.

**[hotel pan](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/hotel_pan.mp3%22%20%5Ct%20%22_blank):** Used to hold prepared food in a steam table, hot-holding cabinet, or refrigerator. These are sometimes used for baking, roasting, or poaching meat and vegetables.

**hot-holding cabinet:** A heavily insulated cabinet designed to hold either hotel pans or sheet pans on racks in the interior. A thermostat controls the temperature so that the cabinet holds food at the desired temperature.

**ice machine:** Makes ice cubes, flakes, chips, and crushed ice.

**immersion blender:** Also known as a hand blender, stick blender, or burr mixer. It is a long, stick-like machine that houses a motor on one end of the machine with a blade on the other end. This operates in the same manner as a countertop blender to purée and blend food, except that a cook holds it manually in a container of food, whereas a countertop blender contains the food itself.

**induction burner:** Generates heat by means of magnetic attraction between the cook-top and a steel or cast-iron pot or pan. The cook-top itself remains cool. Reaction time is significantly faster with the induction cook-top than with traditional burners. Do not use pans on this burner that contain copper or aluminum. They will not work.

**infrared heat:** Created when the heat from a source is absorbed by one material and then radiated out to the food.

**kitchen shears:** Strong scissors used to cut string and butcher's twine and cut grapes into small clusters.

**lacto-ovo-vegetarian:** Person who consumes all vegan items plus dairy products and eggs.

**lacto-vegetarian:** Person who consumes all vegan items plus dairy products.

**ladle:** Used to portion out liquids; available in various sizes measured in fluid ounces and milliliters.

**larding:** Inserting long, thin strips of fat into a large, naturally lean piece of meat with a special needle before cooking with the purpose of basting the meat from the inside.

**lettuce knife:** A plastic serrated knife designed to cut lettuce without causing the edges of the lettuce to turn brown.

**[mandoline](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/mandoline.mp3%22%20%5Ct%20%22_blank):** A manually operated slicer made of stainless steel with adjustable slicing blades to slice and julienne. Its narrow, rectangular body sits on the work counter at a 45-degree angle. It is useful for slicing small quantities of fruit or vegetables, situations where a large electric slicer isn't necessary.

**marinating:** Soaking an item in a combination of wet and dry ingredients to provide flavor and moisture.

**matelote** (ma-tuh-LOAT)**:** A special type of fish stew, usually prepared with eel.

**measuring cup:** Measures varying quantities of both dry goods and liquids. Measuring cups with spouts measure liquids, and those without spouts measure dry ingredients.

**measuring spoon:** Cooks use this item to measure small quantities of spices or liquids. The spoons measure the amounts of 1/8 teaspoon (not all sets include this smallest size), 1/4 teaspoon, 1/2 teaspoon, 1 teaspoon, and 1 tablespoon.

**meat grinder:** A free-standing machine or an attachment for a standing mixer. Food is dropped in through a feed tube, pulled along by a metal worm, and then cut by blades as the food is forced out through the grinder plate.

**meat slicer:** Most have a slanted circular blade. Food either passes through the machine automatically, or a cook pushes a hopper holding the product along a carriage into the blade. The thickness of the slicer is set by increasing and decreasing the distance between the guide plate and the blade.

**microwave oven:** Heats food not with heat, but with microwaves of energy that cause a food's molecules to move rapidly and create heat inside the food.

**[mise en place](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/mise_en_place.mp3%22%20%5Ct%20%22_blank)** (MEEZ ehn plahs)**:** French for "to put in place." It refers to the preparation and assembly of ingredients, pans, utensils, equipment, or serving pieces needed for a particular dish or service.

**mixer:** Available in 5-quart, 20-quart, 60-quart, and 80-quart sizes. Used to mix and process large amounts of food with any number of specialized attachments, including paddles, wire whips, dough hooks, meat grinders, shredders, slicers, and juicers.

**muffin tins:** Small, round cups or molds used to make muffins, cupcakes, or other small baked goods.

**MyPyramid:** This food guide from the USDA, along with the Nutrition Facts Panel, serves as a tool to help people put dietary guidelines into practice. MyPyramid translates the RDAs and dietary guidelines into the kinds and amounts of food to eat each day.

**[navarin](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/navarin.mp3%22%20%5Ct%20%22_blank)** (nav-ah-RAHN)**:** A stew usually prepared from mutton or lamb, with a garnish of root vegetables, onions, and peas. The name probably comes from the French word for turnips (navets), which are used as the principal garnish.

**Nutrition Facts Panels:** Help people select the appropriate packaged food products for their nutritional needs.

**obese:** A person who is overweight or has a weight that is greater than what is generally considered healthy.

**offset spatula** (SPACH-e-la)**:** A small tool used to turn food items on a griddle or broiler. It has a wide, chisel-edged blade and a short handle.

**open burner:** A grate-style gas burner supplies direct heat by way of an open flame to the item being cooked. The heat can be easily controlled.

**overportioning:** When too great an amount of an item is served to guests, resulting in increased cost and lower profit from an item.

**ovo-vegetarian:** Person who consumes all vegan food items plus eggs.

**oyster knife:** A short, stubby knife with a pointed tip for shucking oysters.

**[pan-frying](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/panfrying.mp3%22%20%5Ct%20%22_blank):** Cooking food in an oil over less intense heat than that used for sautéing or stir-frying.

**pans:** Usually smaller and shallower than pots. Pans are used for general stove top cooking, especially sautéing, frying, or reducing liquids rapidly, baking, and for holding food.

**[par-cooking](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/parcooking.mp3%22%20%5Ct%20%22_blank):** *See* blanching.

**[paring knife](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/paring_knife.mp3%22%20%5Ct%20%22_blank):** A small knife with a sharp blade, only 2 to 4 inches long, used to trim and pare vegetables and fruits.

**parisienne** (pah-REE-see-en) **scoop:** Also called a melon baller; used to cut ball shapes out of soft fruits and vegetables.

**pastry bag:** A bag made of canvas, plastic, or nylon which is used to pipe out frostings, creams, and puréed food. Different pastry tips create a variety of decorations.

**pastry brush:** A small brush used to brush egg wash, melted butter, glazes, and other liquids on items such as baked goods, raw pasta, or glazes on meat.

**pastry knife (paddle):** Used in a mixer to mix shortening into dough.

**[paupiettes](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/paupiette.mp3%22%20%5Ct%20%22_blank):** Thin slices of meat or fish rolled around a filling of ground meat or vegetables. Often shallow poached.

**peeler:** A small tool used to cut a thick layer from vegetables and fruits more efficiently than a paring knife.

**pie server:** A specially shaped spatula made for lifting out and serving pieces of pie.

**piping tools:** Include piping bags (canvas, plastic, disposable), decorative tips (metal, plastic, of varying shapes), and presses (cylinders with a handle on one end that force dough through a metal cutout).

**pizza cutter:** A small tool used to cut pizza and rolled-out dough.

**plating:** The decision about what serving vessel will be used to present the product as well as the layout of the item on the plate or in the bowl. Garnishing of the item is included in this decision.

**[poaching](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/poaching.mp3%22%20%5Ct%20%22_blank):** Cooking food in liquid between 160°F and 180°F. The surface of the poaching liquid should show some motion, but no air bubbles should break the surface.

**portion:** The amount of an item that is served to the guest.

**portion scale:** Use this scale to measure recipe ingredients, from 1/4 ounce to 1 pound to 2 pounds.

**pot roasting:** A common American term for braising as well as the name of a traditional dish.

**pots:** Available in a range of sizes based on volume; use them on the stove top for making stocks or soups, or for boiling or simmering food.

**pressure steamer:** Cooks food with high-temperature steam. Water is heated under pressure in a sealed compartment, allowing it to reach temperatures greater than 212°F. It's very important to release the pressure before opening the door on a pressure steamer.

**radiation:** Does not require physical contact between the heat source and the food being cooked. Instead, heat moves by way of microwave and infrared waves.

**[ragout](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/ragout.mp3%22%20%5Ct%20%22_blank)** (ra-GOO)**:** This is a French term for stew that means "restores the appetite."

**reach-in freezer:** A freezer that can have one, two, or three internal compartments.

**reach-in refrigerator:** A refrigerator that can have one, two, or three internal compartments.

**receiving table/area:** Location where employees weigh, inspect, and check delivered items.

**Recommended Dietary Allowances:** Daily nutrient standards established by the U.S. government. They are the average daily intakes that meet the nutrient requirements of nearly all healthy individuals of a particular age and gender group.

**[recovery time](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/recovery_time.mp3%22%20%5Ct%20%22_blank):** When deep-frying, this is the amount of time it takes oil to reheat to the correct cooking temperature once food is added. The more food items dropped in the oil at one time, the longer the recovery time.

**[ricer](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/ricer.mp3%22%20%5Ct%20%22_blank):** A pierced hopper (small basket-shaped container that holds the material) through which cooked food is pressed by means of a plate on the end of a lever. The result is rice-like pieces.

**ring-top burner:** With a ring-top burner, cooks add or remove different-sized rings or plates to allow more or less heat to cook the food item. A ring-top burner provides direct, controllable heat. It can be either gas or electric.

**rivets:** On a knife, they hold the handle to the tang.

**roasting:** Cooks food by surrounding the items with hot, dry air in the oven. As the outer layers of the food become heated, the food's natural juices turn to steam and are absorbed into the food.

**roasting pan:** A shallow, rectangular pan with medium-high sides and two handles. Use it to roast and bake food items, such as meat and poultry.

**rolling pin:** A cylinder that cooks use to roll over pastry to flatten or shape it.

**[rondeau](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/rondeau.mp3%22%20%5Ct%20%22_blank):** A medium to large pot, more shallow than a sauce pot, with straight sides and two handles for lifting. Also called a brazier.

**rotary oven:** Has three to five circular shelves on which food cooks as the shelves move around a central rod.

**[rotisserie](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/rotisserie.mp3%22%20%5Ct%20%22_blank)** (roe-TIS-er-ee)**:** A unit in which cooks place food on a stick, or spit, and roast it over or under a heat source. The unit may be open or enclosed like an oven. Cooks use it most often for cooking chicken, turkey, and other types of poultry.

**rubber spatula:** A spatula with a long handle, often called a scraper, used to fold ingredients together and scrape the sides of bowls.

**[salamander](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/salamander.mp3%22%20%5Ct%20%22_blank):** A small radiant broiler usually attached to the back of a range. Use it to brown, finish, and melt food to order.

**sandwich spreader:** A short, stubby spatula that cooks use to spread sandwich fillings and condiments.

**santoku:** A general-purpose kitchen knife with a 5- to 7-inch blade length. The santoku knife is designed for a comfortable, well-balanced grip, while allowing for full blade use.

**saucepan:** A pan with medium height, straight sides, and a single long handle. Use it for general cooking, in particular liquid or liquid-based mixtures, on ranges.

**sauce pot:** Used to prepare sauces, soups, and other liquids. Sauce pots are more shallow than stock pots, with straight sides and two loop handles for lifting.

**sauté** (saw-TAY) **pan:** The original French sauté pan is slope-sided and made of thin metal for quick heating. It is used strictly to sauté items. In the United States, the "fry pan" is generally referred to as a sauté pan. A fry pan has curved sides and a long handle and is generally made of slightly thicker metal. It is used both to sauté and to pan-fry.

**[sautéing](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/sauteing.mp3%22%20%5Ct%20%22_blank)** (saw-TAY-ing)**:** This method cooks food rapidly in a small amount of fat over relatively high heat.

**[sautoir](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/sautoir.mp3%22%20%5Ct%20%22_blank)** (saw-TWAHR)**:** The classic *sautoir* shape is called a sauté pan in the United States. It has a wide bottom and straight sides. Some typical tasks include panfrying, stir-frying, and shallow poaching.

**scales:** Employees weigh items using a scale to confirm that what was ordered matches what is delivered.

**scales:** The part of a knife that creates the handle.

**scimitar** (SIM-ah-tahr)**:** Also known as a butcher knife; a long, curved blade used for cutting through large cuts of raw meat.

**scoop:** This short-handled measuring utensil scoops out soft food, such as ice cream, butter, and sour cream. These portion scoops come in various sizes.

**[seasoning](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/seasoning.mp3%22%20%5Ct%20%22_blank):** Something that enhances the flavor of an item without changing the primary flavor of the dish.

**serrated:** When a knife blade is shaped into a row of teeth that can be set very closely or widely apart.

**serrated slicer:** A knife with a long, thin serrated blade used to slice breads and cakes.

**shallow poaching:** Cooks food using a combination of steam and a liquid bath. Shallow poaching is a last-minute cooking method best suited to food that is cut into portion-sized or smaller pieces.

**sharpening stone:** Used to grind and hone the edges of steel tools and implements.

**sheet pan:** Cooks use this very shallow pan, about 1-inch deep, for just about anything from baking cookies to roasting vegetables.

**shelving:** Used for food storage. Shelving in storage areas should be made of stainless steel.

**[shocking](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/shocking.mp3%22%20%5Ct%20%22_blank):** Immediately placing blanched food in ice water to stop carryover cooking.

**sieve** (SIV)**:** A small tool with a mesh screen to sift flour and other dry baking ingredients and to remove any large impurities.

**[simmering](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/simmering.mp3%22%20%5Ct%20%22_blank):** Completely submerging food in a liquid that is at a constant, moderate temperature.

**single-side:** When the cutting edge of a knife is on just one side.

**skimmer:** A small tool with a larger round, flat head with holes. Use it to remove foam from stock or soup and remove solid ingredients from liquids.

**slicer:** A knife used for slicing cooked meat; its blade can be as long as 14 inches.

**slow-roasting oven:** Use this oven to roast meat at low temperatures. This helps preserve the meat's moisture, reduce shrinkage, and brown its surfaces.

**smallware:** Small hand tools and small equipment.

**smoker:** Use a smoker for smoking and slow-cooking food items. A true smoker treats food with smoke and operates at either cool or hot temperatures. Smokers generally have racks or hooks, allowing food to smoke evenly.

**smoking point:** The temperature at which fats and oils begin to smoke, which means that the fat has begun to break down.

**sous vide:** A method in which food is cooked for a long time, sometimes well over 24 hours. *Sous vide* is French for "under vacuum." Rather than placing food in a slow cooker, the sous vide method involves cooks putting food in airtight plastic bags and then placing the bags in water that is hot but well below boiling point. This cooks the food using precisely controlled heating, at the temperature at which it should be served.

**speed racks:** Are generally made of metal and have slots into which foodhandlers can slide sheet pans. This can create shelves of various heights, depending on need.

**[spices](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/spice.mp3%22%20%5Ct%20%22_blank):** The bark, roots, seeds, buds, or berries of an aromatic plant.

**spine:** The top of a knife blade, which is the noncutting edge of the blade.

**spoons:** Cooking spoons for quantity cooking are solid, perforated, or slotted. They are made of stainless steel, and hold about 3 ounces. Solid spoons are serving spoons without holes in them. Perforated and slotted spoons have holes that allow liquid to drain while holding the solid items on the spoon.

**springform pans:** A two-part, springloaded baking pan. The bottom piece and ring are secured with a spring to hold the bottom in place. Once an item is baked, the pastry chef can release the spring to make it easy to remove the cake from the pan.

**stamped blade:** The cutting surface of a knife made by cutting blade-shaped pieces from sheets of milled steel.

**steak knife:** A curved knife used for cutting beef steaks from the loin.

**[steamer](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/steamer.mp3%22%20%5Ct%20%22_blank):** Used to steam food items like vegetables and grains. It uses low or high steam pressure. A steamer often consists of a set of stacked pots. The lower pot holds boiling water. The upper pot has a perforated bottom that allows the steam to enter through and cook the food in the pot above. All types of steamers cook food items quickly in very hot (212°F) water vapor.

**[steaming](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/steaming.mp3%22%20%5Ct%20%22_blank):** Cooking food by surrounding it in steam in a confined space such as a steamer basket, steam cabinet, or combi-oven. Direct contact with the steam cooks the food.

**steam-jacketed kettle:** Available in freestanding and tabletop versions and in a very wide range of sizes. The kettle's bottom and sides have two layers, and steam circulates between the layers, heating liquid food like soups and stews quickly and evenly.

**steel:** A long metal rod that is lightly grooved and magnetized. It removes the microscopic burrs that are created as a knife is used.

**[stewing](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/stewing.mp3%22%20%5Ct%20%22_blank):** Cooking technique similar to braising, but the pre-preparation is a little different. First, cut the main food item into bite-sized pieces and either blanch or sear them. As with braising, cook the food in oil first and then add liquid. Stewing requires more liquid than braising. Cover the food completely while it is simmering.

**[stir-frying](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/stirfrying.mp3%22%20%5Ct%20%22_blank):** A cooking method closely related to sautéing. Food is cooked over a very high heat, generally in a wok with a little fat, and stirred quickly.

**stockpot:** A large pot for preparing stocks. Stockpots with spigots allow the liquid to be poured out easily without losing any of the solid ingredients.

**straight spatula:** A flexible, round-tipped tool used for icing cakes, spreading fillings and glazes, leveling dry ingredients when measuring, and turning pancakes and other food items.

**strainer:** A tool made of mesh-like material or metal with holes in it. Strainers come in different sizes and are often shaped like a bowl. Strainers are used to strain pasta, vegetables, and other larger food cooked in liquid.

**swimming method:** To use this method, when deep-frying an item, gently drop a breaded or batter-coated food in hot oil. It will fall to the bottom of the fryer and then swim to the surface. Once the food items reach the surface, turn them over, if necessary, so they brown on both sides.

**tamis** (TA mee)**/drum sieve:** A screen that stretches across a metal or wood base that is shaped like a drum. Food is forced through it, and it's used to purée very soft food items and remove solids from purées.

**tandoori oven:** A cylindrical or barrel-shaped oven, often made of clay, with a wood or charcoal fire inside at the base and an open top. Food can be thrust inside the oven on long metal spikes (famously, chicken), or portions of thin dough can be slapped against the inside of the oven to develop characteristic bubbling and charring. These ovens easily reach 800°- 900°F.

**[tang](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/tang.mp3%22%20%5Ct%20%22_blank):** The metal that continues from a knife blade through the handle. A full tang is as long as the whole knife handle.

**tea maker:** Works the same as the coffee maker, but it makes tea for iced tea.

**thermocouple:** An accurate thermometer that measures temperature in thick or thin food instantly.

**tilting fry pan:** Often called a fry pan or skillet; used to grill, steam, braise, sauté, and stew many different kinds of food. Most tilting fry pans have lids that allow the unit to function as a steamer.

**tip:** The forward part of a knife that includes the knife point. Cooks use the tip for detailed work such as paring, trimming, and peeling.

**tongs:** A scissor-like utensil foodhandlers use to pick up and handle all kinds of solid food.

**tourné** (tour-NAY)**:** Similar to a paring knife, but with a curved blade for cutting the curved surfaces of vegetables.

**utility carts:** Carts of durable injection molded shelving or heavy steel used to carry food cases to storage areas.

**utility knife:** An all-purpose knife used for cutting fruits, vegetables, and some meat. Its blade ranges from 6 to 8 inches long.

**[vegan](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/vegan.mp3%22%20%5Ct%20%22_blank):** A person who follows the strictest diet of all and will consume no dairy, eggs, meat, poultry, fish, or anything containing an animal product or byproduct, including honey. They consume only grains, legumes, vegetables, fruit, nuts, and seeds.

**vegetable peeler:** Not technically a knife, but this tool has sharp edges for peeling potatoes, carrots, and other vegetables.

**[vegetarian](http://media.pearsoncmg.com/ph/chet/chet_nra_foundations_1/audio/vegetarian.mp3%22%20%5Ct%20%22_blank):** A person who consumes no meat, fish, or poultry products.

**volume measures:** Similar to liquid measuring cups but bigger, usually available in sizes of 1 pint, 1 quart, 1/2 gallon, and 1 gallon.

**walk-in freezer:** Often called a "walk-in"; built right into the foodservice facility itself.

**walk-in refrigerator:** Often called a "walk-in"; built right into the foodservice facility itself.

**wing whip:** A heavier version of the wire whip; used in a mixer to whip, cream, and mash heavier food items.

**wire whip (whisk):** Small tools of different sizes and heaviness used to mix, beat, and stir food.

**wire whip:** Used in a mixer to beat and add air to light food items, such as egg whites and cake frosting.

**wok burner:** A gas burner (or propane for home use) with multiple jets, designed to cradle a rounded wok pan in extremely intense heat. The high heat of a wok burner produces the "*wok hey*," which is a particularly savory charred flavor associated with the best wok-cooked dishes.

**wok:** A metal pan with a rounded bottom and curved sides. The curved sides make it easy to toss or stir food. Cooks use woks especially for frying and steaming in Asian cooking.

**zester:** A small tool used to shred small pieces of the outer peel of citrus fruits such as oranges, lemons, and limes.