

## Culinary terms I found out the hard way

**A Blanc** – French for “in white”. Usually used to describe cream sauces, or meats that are prepared without browning them.

**Acidulate** – To make food or liquids slightly acidic by adding vinegar or lemon juice to it.

**Antipasto** – Italian-style hot or cold appetizers that may have smoked meats, smoked fish, soft cheese, olives, etc

**A Point** –term used to describe food cooked just to the point of perfect doneness.

**Au Bleu** - term for the method of preparing fish the instant after it is killed, especially for trout, the fish is plunged into a boiling court bouillon, which turns the skin a metallic blue color.

**Banchan**—A series of small plates served with every Korean style meal and are subject to change very frequently, may not be on the menu at all, frequently a impromptu mixture of pickled meat, fish, and veg

**Bard** – wrap a lean cut of meat in a fat, like bacon, to prevent drying out when roasted. The barding fat bastes the meat while cooking and is then removed a few minutes before is done to allow browning

**Batata**—Middle Eastern term for potato, used in many foods as thickener

**Bharta**-- a dish cooked and puréed Indian-style

**Blanch** – To briefly submerge food into boiling water and then into an ice bath to halt further cooking and makes green vegs appear greener.

**Bleu** – This is an extraordinarily rare steak, singed outside and bloody inside.

**Blondir** – A French term for lightly browning food in a fat: meat or roux

**Brodo** – The Italian word for bouillon.

**Brunoise** - A French term used to describe a specific cut (very small dice) or mixture of vegetables, usually braised in butter.

**Butyric Acid** – Found primarily in butter, this natural acid is what gives butter its flavor and also the rancid smell form when it spoils.

**Caldo** – In Spanish, it means “soup” or “broth.” In Italian it means “warm” or “hot”.

**Cassoulet** – A French dish of white beans and an accompanied meat that are slow cooked in the oven to fully compliment the flavor.

**Cazo**—large copper pot used for cooking pork and other meat Mexican-style

**Cezve**—The body and handle are traditionally made of brass or copper, occasionally also silver or gold, also known as Ibrik.

**Champignon** – A French term for any variety of edible mushroom or the particular dish they accompany.

Charcuterie – literally these are products based on, but not limited to, pork and its offal; could be sausages, salami, patés, and similar forcemeats.

Chaud-froid – A French term describing a dish that is first cooked and then chilled for service.

Chevalier – A French culinary term for a dish where the ingredients are arranged overlapping each other, such as sliced beef or cutlets.

Civet – A French term for a well-seasoned stew of game, usually hare, or rabbit.

Compound Butter – Softened butter mixed with a variety of ingredients then rolled and chilled. During service, disks of the butter are cut and usually placed on top of the dish allowing it to melt over the finished product.

Confit – A cooked meat or poultry that is prepared and stored in its own fat. Duck and goose are common to this ancient technique of cooking and storage.

Consommé – A clarified, highly flavorful broth served hot or cold. The broth is clarified using a “raft” of egg whites during preparation. As the whites cook they attract the various sediments like a magnet.

Coquille – French for “shell”, it is often used in reference to a scallop.

Coulis – A culinary term used generally to describe a thick puree, sauce, or soup.

Crudités – Raw fruits and vegetables served as an appetizer with various cold condiments.

Curdito—Mexican-style cabbage slaw

Cure –treating foods in order to preserve them or stabilize ingredients or characteristics, such as color. Smoking, salting, and pickling are some ways.

Demi-glace – A French term meaning "half-glaze". A rich brown sauce and that is used as a base for many other sauces, it begins with a basic brown sauce preparation which is combined with veal stock and wine. This is slowly reduced by half to a thickness that coats the back of a spoon.

Dry Aging – “The process of placing carcasses or wholesale cuts of beef in refrigerated temperatures 30 to 34°F with no protective packaging for 14 days with 80 to 85 percent humidity and an air velocity of 0.5 to 2.5 m/second. Only whole pieces of meat still covered with the natural fat can be aged, not cut pieces of individual steaks. With aging, the natural enzymes in the muscle breakdown the connective tissues and muscle fibers enhancing tenderness and flavor, in addition, marbling, helps make meat juicier, more flavorful, and tender. While cooking, the marbling is melted and lubricates the muscle strands providing the steak with the flavor qualities and tenderness one expects from a dry aged steak.”

Emballer – A French term meaning to wrap an article of food which is to be poached or simmered in stock. The food item is usually wrapped in cheesecloth to hold it

together. It also refers to the filling of a mould to be cooked, such as paté. See also Torchon.

Escalope – French word meaning a thinly sliced white meat, usually veal, it can also be in reference to a fillet from a large fish or lobster.

Estouffade – A French term referring to a dish whose ingredients are slow cooked, also a clear brown stock used to dilute sauces, ragouts, and braised dishes.

Farci – The French word for “stuffed”. Traditionally a dish of forcemeat wrapped in cabbage leaves and boiled in a meat or vegetables stock.

Forcemeat – A mixture of raw or cooked seasoned ingredients used to stuff a variety of foods, especially sausages. Also the basis for patés, meat pies, terrines, quenelles, etc.

Fruits de Mer – A French term referring to any seafood or combination thereof.

Fumé – A French term used to describe foods that are prepared by “smoking”.

Fumet – A concentrated liquid obtained by reducing a stock, particularly fish

Hoe—a raw fish entrée Korean-style sliced and served with soy sauce or chili paste mixed with vinegar and sugar

Liaison – A thickening agent added to soups sauces or other mixtures. Common liaisons are roux, cornstarch, and egg yolks.

Mezze—A selection of small plates or small portions of spreads eaten as an appetizer with bread Middle eastern and Mediterranean-style; many contain yogurt base, heat treated veg, or pickled ingredients.

Mirepoix-- a mixture of sautéed chopped vegetables used in various sauces, sometime is used to clarify stock and will not be used as a recipe ingredient

Monter – A French term meaning to give body or increased volume to foods by incorporating air with a whisk to egg whites, cream, meringues, etc.

Mousseline – A term describing any sauce in which whipped cream or beaten egg whites have been added just prior to service to give it a light, airy consistency.

Papillote – An Italian term referring to dishes cooked in sealed parchment paper.

Parboil – Partially cooking veg by blanching in water. This technique is used particularly for dense foods such as carrots and potatoes, ensuring that all the ingredients will complete cooking at the same time.

Parcooked—blanching in oil if not parboiled

Poaching – A method of cooking achieved by gently simmering food in a liquid. The amount of liquid used depends on the food being cooked.

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Portefeuille – A French term describing dishes in which the food is stuffed, folded, or placed in layers. Common preparations of this type are omelets, gratins, or stuffed pork chops. .

Ragout – (French) used to describe anything which stimulated the appetite, the modern term refers to either a stew or sauce made from meat, poultry, fish, game, or vegetables cut into evenly size pieces and cooked in a thick sauce, generally well-seasoned. There are two types of ragout; blonde and brown.

Ragu – An Italian red sauce with meat typically served with pasta.

Rissolé – A French term for foods that are fried until crispy and golden brown. Fried is not sautéed.

Saignant-- A very rare steak, not bleu.

Saucisse – The French term for a small sausage.

Saucisson – The French term for a large, smoke cured sausage.

Tagine or tajine—North African or Moroccan stew in an earthen ware pot

Tonnato – An Italian word referring to dishes comprised or accompanied by tuna.

Torchon—Emballer method with towel or cheesecloth

Zuppa – The Italian word for "soup".