



## Cooking know how's

Sometimes recipes can be confusing. All those technical terms can make you feel like you're reading a different language.

Here is our handy guide for some of the more common terms you might find.

**Baking** – to cook by dry heat inside an oven.

**Blanching** – to partially cook food (normally fruit & vegetables). Place in boiling water for anything between 2 seconds up to a 2 minutes depending on type of food, then placing into cold water – this will stop the cooking process.

**Boiling** – cooking food in a liquid on a high heat so that you should see big bubbles reaching the surface.

**Braising** – cooking food slowly in a small amount of liquid in a covered pan either on a hob or in an oven. Ideal for cheaper cuts of meat.

**Browning** – usually refers to the cooking of meat. Pan frying so that the meat turns brown in colour which gives a rich flavour and keeps the meat tender before further cooking.

**Chopping** – cutting food into bite-sized pieces using a knife. Finely chopped – should be smaller than bite sized and roughly chopped should be slightly larger than bite sized.

**Dicing** – chopping food into small cubes.

**Dry fry** – quickly frying in a pan with no oil or fat.

**Grating** – reducing food into small fine strips by rubbing on a serrated surface.

**Grilling** – to cook food under a heat source with or without the addition of fat.

**Poach** – cook food in a liquid which must be kept just below boiling point.

**Roast** – cook with a little fat in the oven.

**Sauté** – cooking gently in a little hot oil, shaking the pan to prevent sticking or browning.

**Simmering** – Similar to boiling only over a lower heat allowing it to cook slowly and gently with only small bubbles reaching the surface.

**Slicing** – cutting food into thin broad slices.

Check out the following for more up to date information  
[www.tameside.gov.uk/healthyeatingandnutrition/kids/budget](http://www.tameside.gov.uk/healthyeatingandnutrition/kids/budget)



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