

Cuisine Terminology Part - I

1. **(à la) Meunière** - A simple seafood dish (*typically made with sole or another white fish*), where whole fish or fillets are dredged in flour, sautéed in butter, and finished with a brown butter, lemon, and parsley sauce. The name translates to “in the style of the miller’s wife.”



2. **(en) Papillote** – (French for "enveloped in paper"), or **al cartoccio in Italian**, is a method of cooking in which the food is put into a folded pouch or parcel and then baked. The packet traps steam and creates a moist-cooking environment. Most commonly used for delicate foods, like fish fillets. Herbs, citrus juices and slices, a splash of wine, and/or aromatics are typically included in the packet to infuse into the primary ingredient with flavor.



3. **A la Mode:** (French) Refers to ice cream on top of pie.

A la Mode: (of beef) braised in wine, typically with vegetables.

4. **A point (adj.)** – Cooking until the ideal degree of doneness, often referring to meat as medium rare.
5. **Acidulation (n.)** – the process of making something acid or sour with lemon or lime juice. Acidulating is a fancy term for a water mixture that has been made acidic. This method is usually used to prevent cut fruits (pears, apples, avocados) and vegetables (artichokes) from discoloring and turning brown from exposure to oxygen.



6. **Aioli**, Aioli is a Mediterranean sauce made primarily from garlic, olive oil, and often includes egg yolks and lemon juice. It's similar to mayonnaise but typically has a stronger garlic flavor.

Traditional aioli is made by slowly adding olive oil to crushed garlic and egg yolks while whisking vigorously until it emulsifies into a creamy consistency. It's often used as a condiment for vegetables, fish, meats, or as a spread in sandwiches. Modern variations might include additional ingredients like herbs or spices to add extra flavors.

7. **Al Dente** – Al dente (Italian for “to the tooth”) is where pasta tastes and feels the best. It's chewy and firm, holding its whole shape in whatever sauce you put it in.
8. **Amandine** – Describes dishes that are made or garnished with almonds (*usually, slivered or sliced*), such as Green Beans Amandine and Trout Amandine.



9. **Angel food cake:** A type of sponge cake made with egg whites that are beaten until stiff. It's made primarily from egg whites, sugar, flour, and sometimes a hint of flavoring such as vanilla or almond extract.



10. **Antipasto** – A dish of cold meats, hors d'oeuvres and vegetables, which is served before an Italian meal.
11. **Aquaculture:** The farm-raising of fish or shellfish.
12. **Arborio:** A high-starch, short-grain rice traditionally used in the preparation of risotto.
13. **Aromatics:** Ingredients, such as herbs, spices, vegetables, citrus fruits, wines, and vinegar, used to enhance the flavor and fragrance of food.
14. **Aspic** – Aspic is a savory jelly made from meat or fish stock that's been clarified and set into a gelatinous form. It's typically used to cover meats, vegetables, or other ingredients to create a decorative and flavorful dish.



15. **Au jus** – Au jus is a French culinary term meaning "with juice". It refers to meat dishes prepared or served together with a light broth or gravy, made from the fluids secreted by the meat as it is cooked.



16. **Bain-marie** – cooking utensil containing heated water in which food in smaller pots is cooked compare double boiler. A bain marie is used to keep food warm over longer periods of time. By providing a consistent gentle heat, it can hold pre-cooked food at the correct temperature and ensure it is ready to eat during an extended period of service.



17. **Baking Soda - Sodium bicarbonate**, commonly known as baking soda or **bicarbonate of soda**, is a chemical compound with the formula **NaHCO₃**. It is a salt composed of a sodium cation and a bicarbonate anion.
18. **Baste**: To moisten food during cooking with pan drippings, sauce, or other liquid. Basting prevents food from drying out.



19. **Béarnaise sauce** The sauce is made by emulsifying clarified butter with a reduction of vinegar, white wine, shallots, tarragon, and peppercorns. Egg yolks are used to stabilize and thicken the sauce. The key to a successful Béarnaise is proper emulsification and careful temperature control to avoid curdling the eggs. It's a derivative of the hollandaise sauce.



20. **Béchamel** – A white sauce made with flour, butter, and milk
21. **Beurre blanc** – ("white butter" in French) is a warm emulsified butter sauce made with a **reduction of white vinegar and/or white wine (normally Muscadet) and shallots** into which softened whole butter is whisked in off the heat to prevent separation. It's typically served with fish, shellfish, or poultry.



22. **Beurre manié** (French "kneaded butter") is a paste, consisting of equal parts by volume of soft butter and flour (**raw**), used to thicken soups and sauces. It's kneaded together and added in small bits to thicken liquids without forming lumps, often towards the end of cooking to adjust consistency.



23. **Beurre Monté** It translates to "mounted butter." This technique involves gradually incorporating cold butter into a hot liquid like stock or sauce, often in small cubes, while whisking constantly. This results in a smooth, glossy, and slightly thickened sauce with a rich flavor. Beurre monté can be used to finish sauces, glaze vegetables, or poach delicate foods.



24. **Beurre noisette** (brown butter) – Browned butter with a nutty flavor. is made by cooking unsalted butter long enough to turn the milk solids brown while cooking out any water present in the butter. It's used as a sauce or a finishing element in dishes like pastas, vegetables, fish, or baked goods to add depth and a unique nutty taste.



25. **Beurre Rouge** (Red butter sauce) – is a warm emulsified butter sauce made with a reduction of red wine vinegar, red wine and shallots into which softened whole butter is whisked in off the heat to prevent separation. It's often paired with meats like beef or lamb and can have variations in flavor depending on the type of red wine used.



26. **Bisque** – Traditionally a Smooth, creamy soup made from crustaceans such as lobster and shrimp. The shells flavor the stock, with the meat either stirred into the soup and/or used as a garnish.



27. **Blanch** – To briefly plunge food into boiling water, and then into cold water to stop the cooking process. Blanching **stops enzyme actions which otherwise cause loss of flavor, color and texture**. In addition, blanching removes some surface dirt and microorganisms, brightens color and helps slow vitamin losses. It also wilts greens and softens some vegetables (broccoli, asparagus) and makes them easier to pack.
28. **Blind Bake** – To bake a pie/ tart crust without the filling. Metal weights or dried beans are usually used to keep the pastry from bubbling. In general, blind baking a pie crust can **help prevent the pie crust from getting too soggy**, especially if you are using a wet filling.



29. **Bouillon** – A clear broth made by simmering meat, vegetables, and herbs in water. It's a fundamental base in many culinary preparations, providing a rich foundation of taste for soups, stews, sauces, and various dishes.



30. **Bouquet Garni** - Herbs (*fresh or dried*), tied together with cooking string or twine in a bundle, and used to flavor soups and stews. Classic bouquet garni ingredients are thyme, rosemary, bay leaf, and parsley. Sometimes, they contain aromatics, such as leeks or celery.



31. **Braising** – A method of cooking by which food (usually tougher cuts of meat, large poultry, or vegetables like cabbage, chicory, and artichokes) is first browned in fat, then cooked, tightly covered, in a small amount of liquid at low heat for a lengthy period of time.

Braising is a combination of two methods: stewing and pot roasting.

32. **Brine** – A salt water solution used for preserving foods.



33. **Brunoise** - A knife technique where a julienned vegetable (*carrot, turnip, celery, etc.*) is stacked and cut from the end into a very small dice ($\frac{1}{8}$ - to $\frac{1}{16}$ -inch cubes). The brunoise is the smallest dicing size in French cuisine.



34. **Bruschetta** – Grilled slices of bread brushed with olive oil and fresh garlic.



35. **Bulgur**, or burghul, is a cracked wheat foodstuff found in West Asian cuisine.



36. **Cake Flour** – Flour that's milled from soft wheat with a **lower protein and gluten content than other flours**. It has a fine uniform texture, well suited to lighter baked goods which do not need strong structure.

37. **Cartouche** - A parchment paper lid that sits directly on the surface of ingredients in a pot or pan. A cartouche is most often used when simmering, poaching, braising, and sweating (*i.e. foods containing or cooked with liquid*). The cartouche slows down the evaporation of liquids in the pan, but still allows steam to escape, so ingredients can cook gently and evenly. Some

sauces also have a tendency to form a skin when cooked uncovered and exposed to air. A cartouche will stop this skin from forming.

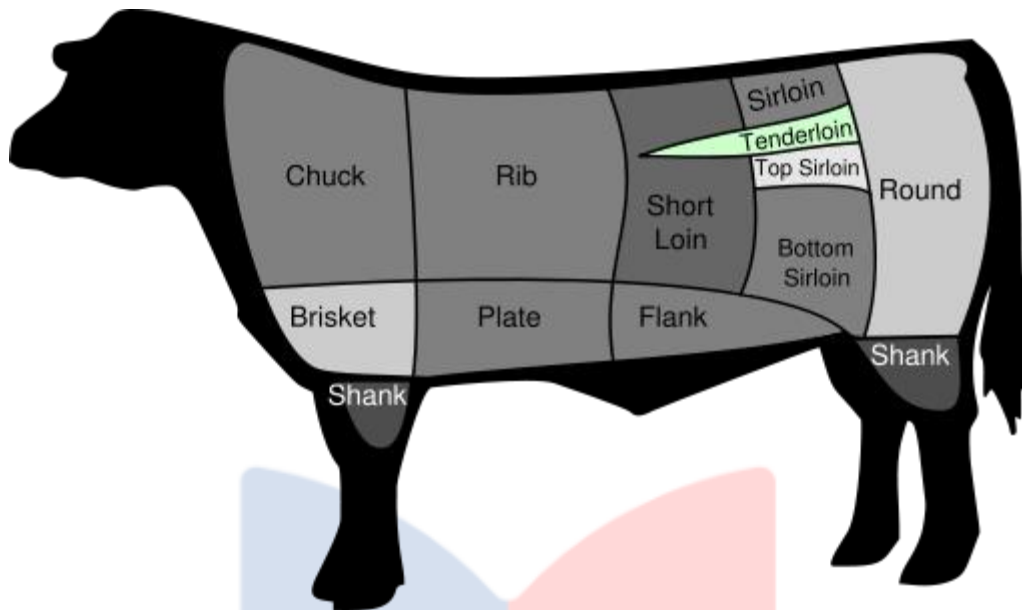


38. **Charcuterie** - The art of preserving meats with salting, cooking, and curing methods. Examples of charcuterie are sausages, confit, terrines, ham, bacon, and pâté. A lot of charcuterie is pork-based, but it doesn't have to be. Charcuterie is part of the garde manger chef's preparation.



39. **Chateaubriand** – A thick cut of beef tenderloin, often served with a sauce. **Chateaubriand**, beef tenderloin dish of French origin that is made of a thick cut of fillet and often served with a sauce of shallots and wine or with *sauce béarnaise*, which adds tarragon, egg yolks, and butter to those ingredients.





40. **Chiffonade** – Thinly sliced or shredded herbs or leafy vegetables.



41. **Chinois** - A cone-shaped strainer constructed with a fine, metal mesh. A chinois is a great tool to have for straining sauces, purees, soups, and stocks to a very smooth consistency. You'll often find a chinois paired with a stand to position it over a bowl or pot, and a pestle to help press foods through the mesh (*useful for removing seeds from cooked tomatoes or seedy purees, such as blackberry or raspberry*).



42. **Chipotle** – Smoked dried jalapeno chiles. The distinctive smoky heat of chipotles is used to flavor Southwestern and Mexican dishes. They are sold both dried and in cans, in a vinegary sauce called adobo.



43. **Chowder** is a thick, hearty soup or stew that usually contains chunks of fish, seafood, meat (like bacon or ham), or vegetables, cooked with milk or cream, and often flavored with onions, potatoes, and herbs.

It's a dish that originated in maritime regions and is known for its creamy texture and rich flavors. Chowder can vary in style—common types include clam chowder, corn chowder, and fish chowder—and it's often served as a comforting and filling meal, especially during colder weather.



44. **Clarify** – To remove fat and impurities from stocks and broths.

45. **Cobbler** – In baking, a cobbler refers to a dessert made with a fruit or savory filling poured into a baking dish and covered with a batter, biscuit dough, or pastry before baking.

Cobblers are often served warm and may be accompanied by whipped cream, ice cream, or served plain as a delightful dessert.



46. **Cocoa powder** is a product derived from cocoa beans, which are the dried and fermented seeds of the cacao tree. To make cocoa powder, the beans undergo a process where they are roasted, cracked open, and their shells are removed, leaving behind the nibs.

These nibs are then ground into a paste, which is further processed to extract the fat (cocoa butter). The remaining solids are dried and ground into a fine powder, which is what we know as cocoa powder.



47. **Coconut Cream** – Coconut cream is made by **combining 1 part water and 4 parts shredded fresh or desiccated coconut** meat and simmering until foamy. The mixture is then strained, squeezing as much of the liquid as possible from the coconut meat. Milk can be substituted for water for an even richer result. Coconut cream comes canned and may sometimes be found frozen in Asian markets and some supermarkets.

Coconut milk is made by combining equal parts water and shredded fresh or desiccated coconut meat and simmering until foamy.

48. **Compote or compôte** (French for stewed fruit) is a dessert originating from medieval Europe, made of whole or pieces of fruit in sugar syrup. Whole fruits are cooked in water with sugar and spices.



49. **Concassé**, from the French concasser, "to crush or grind", is a cooking term meaning to rough chop any ingredient, usually vegetables or fruit. This term is particularly applied to tomatoes, where tomato concassé is a tomato that has been peeled, seeded, and chopped to specified dimensions.



50. **Confit** ("to preserve") is any type of food that is cooked slowly over a long period as a method of preservation.

Confit, as a cooking term, describes when food is cooked in grease, oil, at a lower temperature, as opposed to deep frying. While deep frying typically takes place at temperatures of 160–230 °C (325–450 °F), confit preparations are done at a much

lower temperature, such as an oil temperature of around 90 °C (200 °F), or sometimes even cooler.



51. **Consommé** – A clear soup made from clarified stock
52. **Coq au vin** – Chicken cooked in red wine with bacon, mushrooms, and onions



53. **Coulis** is a form of thin sauce made from puréed and strained vegetables or fruits. A vegetable coulis is commonly used on meat and vegetable dishes, and it can also be used as a base for soups or other sauces. Fruit coulis are most often used on desserts. Coulis is often drizzled as a garnish, or poured/spooned as a base for plating. For example, you might order a dessert presented on a plate decorated with swirls of raspberry coulis.



54. **Court Bouillon** - "*Court*" (which is the French word for "*short*") A quickly-cooked broth most often used to poach other foods, like seafood. Common ingredients include aromatic vegetables, water, white wine, lemon juice. *Means that this broth is neither long in its preparation time nor rich in taste.* The specific ingredients can vary but often include onions, carrots, celery, herbs like parsley and thyme, peppercorns, and bay leaves.



55. **Crème brûlée** – A creamy custard dessert with a caramelized sugar topping.



56. **Crème Fraîche** – A thick, fermented cream. Compared to American sour cream, crème fraîche has a higher fat content (30-40%, compared to 18-20%), giving it a richer texture. The flavor is lightly-tangy and not as assertively sour as sour cream.



57. **Crêpe** – A thin pancake, often served with sweet or savory fillings



58. **Croissant** – A croissant is a buttery, flaky, crescent-shaped pastry made from layered dough. It originated in France and is known for its rich taste and airy, buttery layers achieved through a process of rolling and folding the dough multiple times.



59. **Croquette** - A cylindrical or egg-shaped patty rolled in breadcrumbs and fried. Croquettes are shaped from cooked meats (*most often minced or ground after cooking*), fish, and/or vegetables. To form the patties, the ingredients are bound together with eggs or a thick sauce, such as béchamel or velouté.



60. **Croutons** – Bread cubes which have been dried, toasted or fried.

61. **Cryovac** – A trademark for a process in which meats are sealed in a plastic vacuum pack.



62. **Cut-In** – To mix a solid fat such as butter or shortening into a dry ingredient such as flour, using a pastry blender, a fork or two knives.



63. **Deglazing** is a cooking technique that involves adding liquid (such as stock or wine) to a pan to loosen the food particles attached to the bottom from cooking or searing. It is used to flavor sauces, soups, and gravies.



64. **Demi-glace** - A concentrated sauce made from equal parts of Espagnole and brown stock (*made from roasted veal and/or beef bones*). The mixture is slowly reduced by half until it's rich in texture and glossy, with a deep, meaty flavor.

A traditional demi-glace takes quite a long time to make, but the flavor is substantial, and you can freeze it for up to six months. While it isn't one of the Mother Sauces, demi-glace is a staple of French cooking. It can be served as a sauce on its own, or used to flavor other sauces.



65. **Devein** – To remove the dark brown or black vein running down the back of a shrimp. In smaller shrimp, the vein can be eaten, but in large shrimp, the vein should be removed.



66. **Dijonnaise** is a combination of Dijon mustard and mayonnaise.



67. **Dock** – To pierce pastry dough before baking, allowing the steam to escape and preventing blistering of the dough.



68. **Double Boiler** – A double boiler is a vessel for cooking without using direct heat. It usually consists of two saucepans that fit together. The bottom sauce pan is filled with water and the top one with the mixture to be cooked, such as custard, chocolate, etc



69. **Dredge** – To lightly coat food with dry ingredients like flour, cornmeal, or bread crumbs...the usual preparation for frying.



70. **Dress** – To dress poultry means to prepare it for cooking by cleaning, gutting, and removing feathers or parts that are not intended for consumption. This process involves cleaning the bird, removing the innards, feathers, and any excess fat, preparing it for cooking or further processing.

71. **Duchess** – A potato puree that's mixed cream, piped into decorative shapes, then browned in an oven.



72. **Duxelles** - Chopped mushrooms sautéed in butter with onions or shallots and herbs, such as parsley. Duxelles is often used in stuffings and fillings (*such as Beef Wellington, omelettes, and vol au vent*).



73. **Éclair** – A long, cream-filled pastry topped with icing.



74. **Effiler (n.)** – to remove the string from a string bean or to thinly slice almonds.



75. **Egg wash:** A mixture of beaten eggs (whole eggs, yolks, or whites) and a liquid, usually milk or water, used to coat baked goods to give them a sheen.



76. **Emince** – (French) Cut fine, or sliced thin.



77. **Emulsify** – The process of combining ingredients like water and oil with a binder. The blended product is an emulsion. These blended combinations can last from a few minutes to a few days depending on the ingredients. Mustard and egg yolks are two common emulsifiers.

78. **En Croute** - Literally, “in crust.” Foods that are wrapped in pastry (*such as puff pastry, pie dough, or phyllo*) and baked. (*i.e. Brie en Croute, Beef Wellington*)

79. **Entree** – A single prepared dish served as the main meat item.

80. **Escabeche (n.)** – a dish consisting of fish marinated for approximately one day in a sauce of olive oil, vinegar, herbs, vegetables, and spices, and then poached or fried and allowed to cool.

81. **Escalope, also scallop** in the US, is traditionally a piece of boneless meat that has been thinned out using a mallet or rolling pin or beaten with the handle of a knife, or merely butterflied. The mallet breaks down the fibres in the meat, making it more tender. The meat is then coated and fried.



82. **Escargot** – Edible snails cooked in garlic butter, often served as an appetizer.



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