



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.

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