

Glossary Terms

Aggregate Fruit – fruit developed from multiple ovaries from one flower

Antioxidant – a substance (as beta-carotene or vitamin C) that inhibits oxidation or reactions promoted by oxygen, peroxides, or free radicals

As purchased product (AP) – the whole product that was purchased

Berries – simple fruit where the entire outside of the fruit is fleshy except for the outer skin

Bran – the edible broken coat of the seed of a cereal grain left after the grain has been ground and the flour or meal sifted out

Bulb – an underground resting stage of a plant (as an onion or tulip) consisting of a short stem base bearing one or more buds enclosed in overlapping leaves

Caramelization – the changing of sugar into a brown liquid when it is subjected to high or prolonged heat

Casein – a protein precipitated from milk, as by rennin, and forming the basis of cheese

Cellulose – a complex carbohydrate that is the chief part of the cell walls of plants and is commonly obtained as a white stringy substance from vegetable matter

Clean – free from visible dirt or pollution

Coagulate – a permanent denaturation that results when a liquid or semiliquid protein forms solid or semi-soft clots

Collagen – flexible, but does not stretch as much as elastin and can be broken down with cooking

Complete proteins – foods that contain all eight essential amino acids

Conversion factor – the manufacturing cost of a product relative to the cost of raw materials

Cookie dough – a paste usually formed of flour, sugar, water, eggs, and other ingredients which, when baked, hardens to form a cookie or a number of cookies

Cross contamination – the passing of bacteria, microorganisms, or other harmful substances through contact from contaminated substances to food

Crystalline candy – hard crystals, dry

Crystallization – the phase change when a substance changes from a liquid to a solid

Denaturation – any change in the shape of a protein molecule that does not break peptide bonds

Disaccharides – simple sugars consisting of two linked monosaccharides

Discretionary calories – discretionary calories come from foods with many extra calories but few vitamins and minerals. These foods contain solid fats or added sugars. Examples are sausage, biscuits, sweetened cereal, salad dressings, butter, candy and soda.

Drop batters – batter of such consistency as to drop from a bowl or spoon without running usually made in a proportion of two parts flour to one part liquid

Drupes – fruits that have a single pit

Edible product (EP) – the portion of the purchased product that is edible

Emulsifier – molecule that contains electrically charged, or polar, groups on the hydrophilic end and non-charged, or non-polar, groups on the hydrophobic end

Endosperm – a food-containing tissue formed within the seed in seed plants

Enrichment – the process of restoring to refined grain products some of the nutrients removed during processing

Ethylene – ripening hormone produced by fruit; without this gas the fruit will not ripen

Fermentation – an enzymatically controlled change in a food product brought on by the action of microorganisms

Flash point – the lowest temperature at which vapors above a volatile combustible substance ignite in air when exposed to flame

Flowers – vegetables high in water, low in carbohydrate

Foams – colloidal dispersion of gas in a liquid

Food yields – the number of servings or portions obtained from a given recipe or amount of food

Foodborne illness – diseases, usually either infectious or toxic in nature, caused by agents that enter the body through the ingestion of food

Fortification – the process of adding nutrients, such as vitamins, to food whether or not it is normally contained in the food for the purpose of correcting a nutritional deficiency in a population

Fructose – or fruit sugar, is a simple ketonic monosaccharide found in many plants and is the sweetest monosaccharide

Fruits – the ripened ovary or ovaries of a seed-bearing plant, together with accessory parts, containing the seeds and occurring in a wide variety of forms.

Galactose – is a monosaccharide sugar that is less sweet than glucose and fructose and is predominately in milk

Gelatinization (Starch) – is a process that breaks down the intermolecular bonds of starch molecules in the presence of water and heat, allowing the hydrogen bonding sites to engage more water

Germ – the embryo of the wheat kernel separated in milling and used especially as a source of vitamins and protein

Gliadin – is a class of proteins present in wheat and a component of gluten, that are essential from giving bread the ability to rise properly during baking

Glucose – or dextrose, is a simple aldonic monosaccharide found in plants

Gluten – a tough elastic protein substance in flour especially from wheat that holds together dough and makes it sticky

Glutenin – is the major protein found in wheat flour and a component of gluten, responsible for the strength and elasticity of dough

Heme iron – the iron found in the hemoglobin and myoglobin of foods such as meat, poultry, and fish. It is 2-3 times more absorbable than non-heme iron.

Hemicellulose – a polysaccharide carbohydrate found in fruit and vegetables. Some forms known as pectin are responsible for the setting of jams

Hesperidium – berries with leathery skins

Hydrogenation – is a chemical reaction used to convert liquid vegetable oils into solid or semi-solid fats

Hydroscopic – is the ability of a substance to attract and hold water molecules from the surrounding environment

Insoluble fiber – fiber, such as that found in wheat bran and some vegetables, which passes essentially unchanged through the intestines and produces little gas

Lactose – is a disaccharide sugar derived from galactose and glucose that is found in milk

Lactose-intolerance – an inability to absorb and metabolize the galactose component of lactose hence the cause of many bowel complaints due to fermentation in the lower gut

Leaching – removal of constituents, such as vitamins and minerals from foods by the action of a boiling liquid

Leavening – causing dough or bread to ferment and rise (usually by adding yeast)

Leaves – vegetables high in water, low in carbohydrates, and low in calories

Maillard browning reaction – a reaction between a sugar and an amino acid, both of which are usually part of a carbohydrate and a protein respectively. It is responsible for the browning of meat, bread, chocolate, coffee and other roasted food.

Maltose – is a disaccharide formed from two units of glucose joined from a condensation reaction

Marbling – the specks or streaks of fat in muscle tissue of animals used for meat

Microbes – a living organism that is only visible through a microscope

Monosaccharides – the simplest form of sugar consisting of only one single unit

Mouth feel – the way food feels in your mouth due to temperature, creaminess, dryness, or moisture

Multiple Fruit – fruit developed from a group of flowers

Non-crystalline candy – Generally hard & brittle. Form when crystallization is prevented. This can be accomplished by the addition of sugars such as glucose and fructose that interfere with the development of crystals.

Nonheme iron – iron that is less easily absorbed by the body and is influenced by the composition of the diet. Usually found in plant sources.

Omega-3 fatty acids – are polyunsaturated fatty acids with a double bond at the third carbon atom from the end of the carbon chain, heart-healthy fat found in fish.

Organic – free from chemical injections or additives, such as antibiotics or hormones

Osmosis – movement of a solvent (as water) through a semipermeable membrane (as of a living cell) from an area of low solute to an area of high solute concentration

Oxidative enzymatic browning – browning of fruit and vegetables that occurs when cut surfaces are exposed to air. This is inhibited by acids, e.g. lemon juice or vinegar

Pectin – a complex carbohydrate that is found in plant cells and made of chemical derivatives of a monosaccharide called sugar acids

Pepo Berries – berries with thick rinds

Phospholipids – any of a group of fatty compounds, as lecithin, composed of phosphoric esters, and occurring in living cells

Pomes – fruits that have a paper-like core with seeds

Potentially hazardous foods – a food that is natural or man-made and is in a form capable of supporting the rapid and progressive growth of infectious and toxin-producing microorganisms. The foods usually have high protein and moisture content and low acidity.

Proof – second rising after shaping (usually done in a baking pan)

Quick Bread – breads made with a leavening agent that permits immediate baking

Rancidity – a form of food spoilage that occurs when the addition of oxygen causes the formation of new compounds, which can have an unpleasant flavor

Refined grains – grain products consisting of grains or grain flours that have been significantly modified from their natural composition, including removal of the bran and the germ

Rennin – an enzyme that coagulates milk and is used in making cheese

Resistant starch – is starch and starch degradation products that escape from digestion in the small intestine of healthy individuals

Root – a plant part that grows underground and can be eaten

Sanitize – free of harmful levels of disease-causing organisms

Saturated fatty acids – less healthy fats, found in food products that come from animal sources

Seeds – vegetables low in water, high in carbohydrate, high in protein, vitamins and minerals

Simple Fruit – fruit developed from a single ovary from one flower.

Smoke point – the temperature at which heated fatty acids start to break down and produce smoke

Stem – the main stalk of a plant that develops buds and shoots and usually grows above the ground

Sterols – complicated molecules derived or made from lipids

Sucrose – is a disaccharide composed of the monosaccharides glucose and fructose and commonly known as table sugar, cane sugar, or beet sugar

Tare – a term used in weights and measures to refer to the weight of an empty container

Temperature danger zone – between 41° Fahrenheit and 135° Fahrenheit

Trans fats – man-made solid unhealthy fats

Triglycerides – fats and oils containing three fatty acid molecules esterified with a glycerol molecule

True Berries – berries with thin skins

Unsaturated fatty acids – healthier fats such as monounsaturated and polyunsaturated fats

Whole grain – of or being natural or unprocessed grain containing the germ, endosperm, and bran

Yeast breads – any bread whose primary leavening action results from the fermentation of sugar by yeast

Cooking Terminology

Boil – heating a liquid until bubbles break the surface

Broil (500 degrees) – to cook by direct heat, as on a gridiron over the heat or in an oven under the heat

Creaming – involves mixing a food by hand or with an electric mixer until soft and creamy; large amounts of air incorporated

Dredge – to sprinkle or coat with some powdered substance, especially flour

Egg peaks



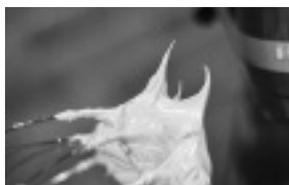
1. No Peaks – After a few minutes of whipping, the egg whites are getting foamy and opaque, but they're still so liquidy that they won't hold a shape at all.



2. Soft Peak – When you turn your whisk upside down, the peaks are just starting to hold. They're soft and melt back into themselves after a second.



3. Firm Peak – Now when you turn your whisk upside down, the peaks will hold and the ridges are more distinct, but the tips fold back on themselves.



4. Stiff Peak – Turn the whisk upside down, and those peaks hold proudly! They should point straight up without collapsing at all (or maybe a little bit just at the very tips). The mixture is thick and heavy.



5. Over-beating – It's possible to take it too far. After the stiff peak stage, egg whites will start to look grainy and dull. They will eventually collapse back on themselves. Whipped cream will also get grainy and will start to separate into fat and liquid.

Firm-ball stage – drop a little of this syrup in cold water and it will form a firm ball, one that won't flatten when you take it out of the water, but remains malleable and will flatten when squeezed. *Ex: Caramels* (245°F – 250°F)

Folding in – involves combining beaten egg with into a mixture; combines two mixtures without losing air

Hard-ball stage – syrup will form thick, “ropy” threads as it drips from the spoon. The sugar concentration is rather high now, which means there's less and less moisture in the sugar syrup. A little of this syrup dropped into cold water will form a hard ball. If you take the ball out of the water, it won't flatten. The ball will be hard, but you can still change its shape by squashing it. *Ex: Marshmallows* (250°F – 265°F)

Hard-crack stage – there is almost no water left in the syrup. Drop a little of the molten syrup in cold water and it will form hard, brittle threads that break when bent. *Ex: Lollipops* (300°F–310°F)

Kneading – take rough uneven dough and work it until it becomes a smooth elastic ball

Pare – to cut off the outer coating, layer, or part of

Sauté – light, quick browning of vegetables in small amounts of fat using moderately high heat to develop desired flavor and appearance

Simmer – to cook or cook in a liquid at or just below the boiling point

Soft-ball stage – at this temperature, sugar syrup dropped into cold water will form a soft, flexible ball. If you remove the ball from water, it will flatten like a pancake after a few moments in your hand. *Ex: Fudge* (235°F – 240°F)

Soft-crack stage – the bubbles on top will become smaller, thicker, and closer together. At this stage, the moisture content is low. When you drop a bit of this syrup into cold water, it will solidify into threads that, when removed from the water, are flexible, not brittle. They will bend slightly before breaking. *Ex: Saltwater taffy* (270°F – 290°F)

Steaming – a way of cooking food using the steam from boiling water

Stiff dough – a very stiff mixture of 2 parts flour to one part water. The exact proportions depend on the flour used.

Stirring – involves use of spoon with rotary motion through contents; primary purpose is to distribute ingredients

Equipment Descriptions:

Baking dish (Variety of sizes) (Ex: 2-quart, 8x8 inch square, and 9x13) – a flat pan with straight sides that are $\frac{3}{4}$ " or taller, which is used for baking food in the oven. There are many sizes and depths available, but the most common sizes is **9 x 13 x 2** inches. Other common sizes include: square pans **8 x 8** inches in size or rectangular pans that are **7 x 11** inches, **10 x 15** inches, and **12 x 18** inches by 1 or 2 inches in depth. Baking pans are used to hold runny batters, such as cake batter and thick solid masses of food, such as savory hot dish recipes. The foods are placed in the pan and the baked in the oven. Baking pans are available in a variety of sizes, materials, surface textures, and colors. Typical foods that are prepared in baking pans include: cakes, brownies, bars, cornbreads, lasagna, egg dishes, cobblers, potato dishes, meats, poultry, and fish.

Glassware



Stoneware



Baking sheets – a flat metal pan used for baking cookies, bread, etc.

Bi-metallic stemmed thermometer – used to check internal temperatures of foods

Biscuit cutter – a light metal or plastic outline shape used to cut individual biscuits from rolled-out dough

Blender – an electric culinary grinding and mixing appliance, consisting of a container with propeller-like blades at the bottom that are whirled by a high-speed motor to purée, chop, or mix foods

Breadboard – a slab of wood on which dough is kneaded and bread is sliced

Cake pans – a round baking pan with straight sides to mold batter and shape the finished dish

Candy thermometer – a thermometer used to determine the temperature of candy syrups during cooking

Cheese cloth – a coarse, loosely woven cotton gauze, originally used for wrapping cheese

Colander – a metal or plastic container with a perforated bottom, for draining and straining foods

Cookie cutter – a device with sharp edges for cutting cookie dough into a particular shape

Corer – a knife or other instrument designed to remove the core from fruit or vegetables. It is usually made of stainless steel and comes in different shapes.

Cutting Board with Color Coding

Food Type	Cutting Board Color
Beef	Red
Poultry	Yellow
Fish	Brown
Fruits & Vegetables	Green
Cooked Foods	Blue
Dairy	White

Dry measuring cup – opaque cups used to measure dry ingredients such as flour, sugar, etc.

Dough hook – an attachment for a food processor or electric mixer, for kneading dough

Electric mixer – a handheld kitchen tool with rotating whisks or blades for processing food

Food processor – an electric appliance with interchangeable blades within a closed container into which food is inserted for slicing, shredding, mincing, chopping, puréeing, or otherwise processing at high speeds.

Grater – an implement with sharp-edged slits and perforations on which to grate foods

Griddle or skillet – a flat metal surface used for cooking by dry heat

Jelly-roll pan – a wide, flat pan similar to a cookie sheet but with deeper sides

Liquid measuring cup – transparent cups used to measure liquid ingredients such as water, oil, etc.

Loaf pan – a rectangular metal or glass pan for baking cakes, breads, meatloaf, etc.

Measuring spoons – plastic or metal, usually hemispherical spoons used for measuring small quantities of liquid or powder, graded one quarter, one half or one teaspoon (1.25, 2.5 or 5 ml), dessertspoon (10 ml) and tablespoon (15 ml)

Muffin tins – a muffin tin is a mold in which muffins or cupcakes are baked. A single cup within a regular muffin tin is 3 and 1/2 ounces and most often has room for 12 muffins

Paddle mixing attachment – an attachment for an electric mixer, used to beat or mix together ingredients

Pan (variety of sizes) – a metal, glass or ceramic vessel usually deep and round but may be other shapes, fitted with one long handle or two small handles

Paring knife – a small knife used mainly for peeling fruits and vegetables

Pasta machine – consists of two metal rollers which are turned by a handle after inserting dough to form pasta noodles

Pastry blender – a kitchen utensil having several parallel wires bent in a semicircle and secured by a handle, used especially for mixing pastry dough.

Pie pan – a pan for holding and shaping the dough and filling of a pie, made of a heat-conducting metal, glass or other ceramic, and (more recently) silicone

Pizza cutter – a wheel-bladed utensil for cutting pizzas

Pots



1. Double Boiler – a double boiler consists of two pans where one sits inside of the other. The bottom pan is slightly larger so the top pan can fit inside. The bottom pan contains hot water and the top pan holds the ingredients that are being cooked. This type of pan is used when making delicate sauces that have a tendency to separate if cooked on direct heat. Double boiler are often made from stainless steel but can also be found made from other materials, such as enameled steel, aluminum, and glass.



2. Saucepan – round pot with high straight sides and a flat bottom that is used for several purposes, such as cooking vegetables, heating soup, and making sauces. The standard saucepan has straight sides but there are other styles available that are used for special purposes. They are available in several sizes. A small saucepan holds 1 to 1½ quarts, a medium holds 2 quarts, and a large saucepan holds at 3 or more quarts. Most saucepans come with a snug fitting cover.



3. Sauté Pan – a pan very similar to the frying pan, only it has short, straight sides. It has a heavy gauge bottom and is made from a material that is heat responsive, such as lined copper, stainless steel with a copper or aluminum core, or anodized aluminum. It is used for sautéing foods but can also be used for frying foods. The pan should have a long handle and it generally comes with a cover. Some of the larger models have a loop handle opposite the long handle that is used to assist in lifting the pan. The sauté pan is available in various sizes, ranging from 6” to 16” in diameter, and 2 ½” to 3 ½” in depth.



4. Stockpot – deep, straight-sided pot that is taller than it is wide. It has two, securely attached, loop handles that are big enough to easily allow the use of potholders or oven mitts. It is used for simmering large amount of liquid, such as stock, soup and stews, but also works well for thick soups, chili and for boiling pasta. The pot does not need to be made of anodized aluminum or copper to promote responsive heat reaction but should have a heavy bottom to protect against burning and scorching. Stockpots are available in sizes ranging from 6 quarts to 20 quarts and generally include a cover. 10, 12 and 14 quarts are standard sizes that will satisfy many uses. You will find stockpots made of several different materials, such as stainless steel, aluminum, anodized aluminum, copper, and non-stick materials.

Ramekin – a small individual circular, usually white, porcelain, glass or earthenware ovenproof dish from 4 to 15 cm in diameter used for pâtés, mousses, egg custards, baked eggs and soufflés, etc.

Rolling pin – a cylinder of wood or other material, usually with a short handle at each end, for rolling out dough

Rubber scraper – spatula with flexible rubber blade

Scale – a balance or any of various other instruments or devices for weighing

Sifter – to put (flour, for example) through a sieve or other straining device in order to separate the fine from the coarse particles

Slotted spoon – a large spoon whose bowl has several slots or holes for draining liquid from food being ladled

Spatula – an implement with a broad, flat, usually flexible blade, used for blending foods or removing them from cooking utensils, mixing drugs, spreading plasters and paints, etc.

Springform pan – a round cake pan with a removable bottom that is held in place by a sprung collar forming the sides

Steamer basket – a slotted basket or bowl used to steam produce

Tongs – any of various implements consisting of two arms hinged, pivoted, or otherwise fastened together, for seizing, holding, or lifting something

Tube pan – a round pan with a hollow cylinder or cone in the middle, used for baking or molding foods in ring shape

Whisk – a utensil, often incorporating a coil of wires, for whipping eggs, etc.

Whisk vs. whip – whisking is performed using a circular motion, while whipping is done in a back and forth, or figure eight, movement

Wire racks – a raised tray made of wire for cooling hot food such as cakes on

Wire whisk attachment – an attachment for a electric mixer, used to lighten an ingredient or incorporate air into it.

Sources

<http://www.who.int/mediacentre/factsheets/fs237/en/>

<http://wordcentral.com/cgi-bin/student>

<http://www.merriam-webster.com/>

<http://dictionary.reference.com/>

FoodMASTER Intermediate Glossary

NUTR 2330 Powerpoints

<http://www.uri.edu/ce/ceec/food/factsheets/glossary.html>

The American Heritage College dictionary (3rd Ed.)

http://extension.oregonstate.edu/fcd/nutrition/ewfl/module_01/discretionary/

<http://www.thefreedictionary.com/>

<http://www.exploratorium.edu/cooking/candy/sugar-stages.html>

“Principles of Food Science” by Janet D. Ward

<http://www.thekitchn.com/thekitchn/tips-techniques/a-visual-guide-soft-peaks-firm-peaks-stiff-peaks-115557>

<http://www.food-dictionary.com/>

<http://www.recipetips.com/kitchen-tips/t—585/types-of-bakeware.asp>

<http://www.recipetips.com/kitchen-tips/t—586/types-of-cookware.asp>