

DEFINITION OF TERMS USED IN FOOD PREPARATION

Shred	To cut or tear into thin strips or pieces using a knife or a shredder attachment.
Sift	To put dry ingredients through a sieve.
Simmer	To cook gently in a liquid just below the boiling point (190°F.-210°F.); bubbles will form slowly and break at the surface.
Steam	To cook over or surrounded by steam.
Stew	To simmer in enough liquid to cover solid foods.
Stir	To mix two or more ingredients with a circular motion.
Temper	To remove from freezer and place under refrigeration for a period of time sufficient to facilitate separation and handling of frozen product. Internal temperature of the food should be approximately 26°F. to 28°F.
Thaw	To remove from freezer and place under refrigeration until thawed. Internal temperature should be above 30°F.
(a) Completely Thaw	To remove from freezer and place under refrigeration approximately 48 hours before intended use.
(b) Partially Thaw	To remove from freezer and place under refrigeration approximately 18 hours before intended use.
Toss	To mix ingredients lightly.
Wash	The liquid brushed on the surface of unbaked pies or turnovers to give a golden brown color to the crust or on the surface of proofed breads and rolls before baking and on baked bread and rolls to give a shine to the crust.
Whip	To beat rapidly with wire whip to increase volume by incorporating air.

REVISION