



MOTION IN COOKING TERMS

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Cooking has all kinds of motion. As science chefs, each motion is slightly different. Most of these are used when we use a cutting board and knife or scissors. Others are used when we use a bowl. Using the right motion will help get the job done. Almost every recipe has one or more of these motion words. Check out the library or cookbooks and magazines for these words. You will be glad that you know them. It's important to understand these terms when using recipes. Each term has a specific meaning.

Beat

To make a mixture smooth by introducing air with a brisk, regular motion that lifts the mixture over and over, or with a rotary motion as with an egg beater or electric mixer.

Blend

To mix two or more ingredients thoroughly.

Chop

To cut into pieces with a knife or other sharp tool.

Cream

To soften a solid fat such as shortening or butter with a fork or other utensil, either before or while mixing with another food, usually sugar.

Cut

To divide food materials with a knife or scissors.

Cut In

To distribute solid fat in dry ingredients by chopping with knives or pastry blender until finely divided.

Dice

To cut into small cubes.

Fold

To combine by using two motions, one which cuts vertically through the mixture, the other which turns over by sliding the implement across the bottom of the mixing bowl.

Grind

To reduce to particles by cutting or crushing.

Julienne

To cut into slivers resembling matchsticks.



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Knead

To manipulate with a pressing motion accompanied by folding and stretching.

Mince

To cut or chop into very small pieces.

Mix

To combine ingredients in any way that effects a distribution.

Stir

To mix food materials with a circular motion for the purpose of blending or securing uniform consistency.

Whip

To beat rapidly to incorporate air and increase volume. Generally applied to cream, eggs, and gelatin dishes.