

# Food Forum

## Dorothy Johnson

IT IS TRULY GRATIFYING to know some one is really reading your column. I've had one person this week ask me what did I mean when I said "dredge your chicken." So I had to do a little digging this week to look up terms used in cooking.

If you were going to have a Mousse for dinner, would you marinate, freeze or julienne it? Would you frizzle, fricasse or fry sausage? Is pot liquor intoxicating? What's the difference between cutting, and cutting and--folding? Can you poach foods other than eggs? I'll try to define dozens of the terms constantly heard in modern cooking. Study them and you won't need to look puzzled when your neighbor uses them so glibly.

A LA--in the manner or fashion of.  
 A LA MODE--such as (1) Beef A la Mode prepared by marinating and braising in the marinade. (2) Pie a la Mode, wedges of pie served with a scoop of ice cream.  
 ASPIC--originally a savory meat jelly, often containing diced meat and other foods; now used for gelatin dishes other than desserts, such as tomato aspic.  
 BAKE--to cook by dry heat in an oven.  
 BARBECUE--to roast slowly on a spit or over coals in a specially-prepared trench, usually basted with a highly seasoned sauce; used loosely of any meat served in such a sauce.  
 BEAT--to manipulate a food-mixture, usually a batter, with a brisk regular circular and lifting motion which incorporates air; also to use a mechanical egg beater.  
 BASTE--to spoon liquid over a food while cooking to prevent drying out. The liquid is usually meat drippings, melted butter or shortening, or a mixture of these with water, or the juice of the food itself may be used.  
 BLANCH--to dip food in boiling water for a minute or so, then dip immediately in cold water and drain. This procedure loosens skins on nuts such as almonds, after which skins can be easily slipped off. It also destroys enzymes, and sets the color in vegetables to be frozen.  
 BLEND--to mix two or more ingredients thoroughly.  
 BRAISE--to cook by browning in a small amount of fat, adding a small amount of water or liquid from time to time, then simmering gently, covered, until tender.  
 BROTH--a thin soup, also the liquid in which meat, fish and vegetables have been cooked; contains bits of solid material and sometimes fat. See STOCK.  
 BROWN--to cause a food to become brown by sauteing, frying, toasting, broiling or baking.  
 CANAPE--a type of appetizer made by topping small pieces of plain or toasted bread with well-seasoned spreads and fancy garnishes.  
 CARAMELIZE--to melt sugar and cook until golden brown.  
 CASSEROLE--(1) an earthenware, glass or metal dish for baking; (2) a combination of foods, usually with cream sauce, baked in such a dish.  
 CHOP--to cut into irregular small pieces.  
 CHOWDER--a kind of stew, originally applied to fish or clam stews, now also applied to many mixed vegetable stews, usually with meat other than the customary chopped bacon or salt pork.  
 CREAM--to soften fat with a spoon or beater; also to combine softened fat with sugar.  
 CREOLE--a well-seasoned tomato sauce containing green pepper and chopped onion.  
 CUT INTO--to incorporate fat into a flour mixture by dividing it finely with knives or pastry blender.  
 CUT AND FOLD--to blend a mixture by using motions; (1) cutting through the mixture with the edge of a spoon or other implement; (2) sliding the implement along the bottom of the bowl and bringing it up at the side so as to lift the lower portion; these motions are repeated until blending is complete. The object is to mix without loss of air, as when blending stiffly beaten egg whites into a cake batter.  
 DICE--to cut into small pieces of uniform size and shape, approximately cubical.  
 DISSOLVE--to pass into solution in water or other liquid; also to cause to pass into solution.  
 DRAIN--to free from liquid.  
 DREDGE -- to coat with flour or fine bread crumbs by sprinkling or by rolling the food in them.  
 ESCALLOP--to bake food, usually a mixture with white sauce and topping of crumbs or crumbs and cheese, in a baking dish or casserole; orig-

inally, to bake in a scallop shell.  
 FILLET--a boneless piece of fish or lean meat.  
 FRAPPE--a liquid mixture frozen to a mush.  
 FRENCH--(1) to trim meat away from the end of a bone, as a lamb chop. (2) to flatten boneless meat with a cleaver, as a slice of beef tenderloin; (3) to cut into thin slivers, as green beans.  
 FRENCH FRY--to fry in deep fat.  
 FRIZZLE--to saute until the edges become curly, sometimes crisp, as chipped beef or thinly sliced ham.  
 FRICASSE--to cook meat, usually cut in pieces, by braising; the meat is commonly fowl, rabbit or veal.  
 GLAZE--as a noun: a shiny coating applied to certain foods, such as baked ham, fruit cake, rolls etc.; may be mixture of sugar and fat, sugar and water, egg white, cornstarch, fruit, preserves, etc. As a verb: to apply such glaze, either with or without heat.  
 GRATE--to obtain small particles of a food by rubbing it back and forth on a grater.  
 GRAVY--a sauce similar to cream sauce, made with meat drippings, flour and milk, water, sour cream or broth.  
 JULIENNE--to cut into long slender pieces, as vegetables and sometimes cooked meats.  
 LIQUOR--the liquid in which food is packed, as oysters or canned foods.  
 POT LIQUOR--the liquid in which vegetables have been boiled.  
 MARINADE--a mixture, usually of vinegar or lemon juice and water, or a well-seasoned oil and vinegar dressing in which certain foods are seasoned.  
 MARINATE--to let stand in a marinade.  
 MELT--to become liquefied, usually through application of heat.  
 MERINGUE--a stiffly-beaten mixture of egg white and sugar; may be cooked or un-cooked.  
 MINCE--to chop or cut into very, very small pieces.  
 MOUSSE--a type of still-frozen dessert consisting chiefly of flavored and sweetened whipped cream, or fish or vegetables whipped with gelatin.  
 PAR-BOIL--to cook partially in boiling water; cooking is usually completed by some other method.  
 POACH--to cook food in a hot liquid in such a manner that it retains its original shape.  
 RAMEKIN--a small individual casserole dish.  
 RICE--to press through a potato ricer.  
 ROAST--to cook by dry heat. See BAKE.  
 SAUTE--to pan-fry foods cut into small pieces in shallow fat, turning frequently.  
 SEASON--to add salt, pepper, spices, herbs, etc., for the purpose of importing flavor.  
 SHRED--to use shredder and rub food in one direction producing only strings or threads of food such as carrot or coconut. Shredders come perforated in four sizes; (1) Fine, for lemon rind (2) Medium, for carrots, coconut, etc. (3) Coarse, for raw beets to be quick-cooked or, for cooked potatoes to hash-brown. (4) for cabbage.  
 SIMMER--to cook in water just below boiling point very gently.  
 SKEWER--as a noun: a long metal or wooden pin for fastening meat; as a verb: to fasten meat with such pin.  
 SPATULA--a sort of flexible knife with rounded end and without sharp edges. Available in many sizes.  
 STEAM--to cook by steam rather than boiling water; usually without pressure.  
 SOUFFLE--a baked dish made basically of milk and eggs, to which separately beaten egg whites give an airy, lightness; means literally, "puffed up."

(See FOOD FORUM, page 13)

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### MRS. TOMS HONORED



MRS. TILL TOMS (l) Founding President and Organizer of Alpha Rho Chapter of Gamma Phi Delta Sorority was gifted with a sterling silver champagne cooler by her Sorority sisters at a festive luncheon meeting held at the Mint Hotel. Shown with Mrs. Toms is Mrs. Charles I. West.

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