



## Chapter-10

### Cookies

At the end of this unit the learners would be able to

1. Explain the term cookies
2. List the various types of cookies

#### I. Introduction

Cookies are most commonly baked until crisp or just long enough that they remain soft, but some kinds of cookies are not baked at all. Cookies are made in a wide variety of styles, using a range of ingredients including sugars, spices, chocolate, butter, peanut butter, nuts or dried fruits. The softness of the cookie may depend on the time taken to bake it.

A general theory of cookies may be formulated this way. Despite its descent from cakes and other sweetened breads, cookie in almost all its forms has abandoned water as a medium for cohesion. Water in cakes serves to make the base (in the case of cakes called “batter”) as thin as possible, which allows the bubbles responsible for a cake’s fluffiness to form batter. In the cookie, the agent of cohesion has become some form of oil. Oils, whether they be in the form of butter, egg yolks, vegetable oils or lard, are much more viscous than water and evaporate freely at a much higher temperature than water. Thus a cake made with butter or eggs instead of water is far denser after removal from the oven.

Oils in baked cakes do not behave as soda in the finished result. Rather than evaporating and thickening the mixture, they remain, saturating the bubbles of escaped gases from what little water there might have been in the eggs, (if added), and the carbon dioxide released by heating the baking powder. This saturation produces texturally the most attractive feature of the cookie, and indeed all fried foods: crispness saturated with a moisture (namely oil) that does not sink into it.

## II. Equipments

### a) Cutting In Method

This dough is usually rolled out and cut into shapes. Butter is incorporated into the flour by cutting it in with a pastry blender or 2 forks until the dough is crumbly. In this method, cold butter must be used to prevent the dough from becoming too soft and sticky. This dough must not be handled much. The texture of the baked cookie will depend on the proportion of the butter and ratio of sugar to the flour. The higher the butter content, the softer the cookie and the higher the sugar content, the crisper the cookie. After the butter is cut into the flour, eggs, yolks, or milk are added to bind the dough.

### b) Creaming Method

This process creates various different textures from soft to crisp that melt in mouth. The dough is very versatile. It can be firm enough to roll out and soft enough to squeeze through a piping bag or dropped onto a baking sheet from a spoon. In this method, butter needs to be at room temperature so that the creamed mixture is smooth and fluffy. Doing this, traps air in the mixture so that when it bakes, the dough rises to make a light and crispy cookie.

Most doughs prepared with this method can be rolled out right after mixing but some need to be chilled to be firm enough to roll out. If any dough is too soft or sticky to work with, just wrap it up in plastic wrap and put it in the refrigerator for about 15-20 min. Try not to add too much extra flour causing the cookies to be hard.

### c) Whisking Method

This method makes cake-like cookies as well as very thin wafer cookies. The dough is spooned or piped onto baking sheets. Eggs and sugar are beaten together until the mixture is very thick. Beating with a mixer is ideal for this method though it can be done by hand as well.

### d) Melting Method

This method makes crunchy cookies as well as crisp thin ones like florentines. The dough can be spooned, if soft enough or rolled into balls if too stiff as with gingersnaps. The dough will be sticky as it is being prepared but will become firmer as it is allowed to cool. Do not add more flour to this dough.





### No-Bake Cookies

Simple ingredients come together to make these cookies. They are simple to make but need to be chilled a longer time, to give the ingredients time to become firm. Many of these cookies are held together with melted chocolate. It can be melted in a saucepan with butter and water or in a double boiler if it is being melted alone.

### Meringue Cookies

The main ingredient in most of these cookies is beaten egg whites. These cookies can either be piped into fancy shapes or spooned onto a baking sheet.

### Refrigerator Cookies

These cookies need to be chilled before slicing and baking them. The creaming method is used to make the dough. This dough is very sticky once prepared but after much chilling, it is firm enough to slice and bake. Most of these cookies spread so make sure to leave room between each one on a baking sheet. The dough is formed into a cylinder and wrapped in plastic wrap, waxed paper, or parchment paper. Twist the ends so the log looks like one big wrapped taffy. Chill in the fridge for a couple of hours or freeze for a couple of months. The advantage to making these type of cookies is that you can keep it in the freezer until you are ready to bake them. You can bake as many as you want at any time. Just rewrap the unused portion of the log and refreeze.

### Raw Materials

- 1) Flour
- 2) Butter
- 3) Sugar
- 4) Egg Yolk
- 5) Chocolate
- 6) Vanilla Essence

### Basic Cookies

#### Ingredients:

- Butter - 225 g
- Castor sugar - 110 g



- Plain flour - 275 g
- Ground spices - optional

#### Method:

1. Preheat the oven to 170°C.
2. Cream the butter in a large bowl or in a food mixer until soft and creamy. Add the sugar and beat until the mixture is pale and fluffy.
3. Sift in the flour and spices or grated zest (if using) and bring the mixture together to form a firm dough.
4. Using your hands, roll the dough into walnut-sized balls and place them slightly apart on a baking tray (no need to grease or line). Flatten them slightly with the back of a damp fork and bake in the oven for 13–15 minutes, or until they are light golden brown and slightly firm on top.
5. Carefully transfer the cookies to a wire rack to cool.

### Butter Cookies

Cook Time: 20 minutes

Total Time: 20 minutes

#### Ingredients:

- butter - 100g
- sugar - 100g
- vanilla extract - 5g
- flour, sifted or stirred before measuring - 200g
- salt - 1g
- Baking powder - 5g
- blanched almond halves

#### Preparation:

1. Cream butter and sugar until light and fluffy.
2. Add vanilla.
3. Sift together flour, salt, and baking powder.
4. Stir dry ingredients into butter mixture; mixing until well blended.
5. Shape dough into small balls.





6. Place on ungreased cookie sheets; press an almond half into the top of each ball.
7. Bake butter cookies at 300° for 20 minutes, or until just lightly browned.
8. Makes 5 to 6 dozen butter cookies.

Cookies are soft made from various ingredients that can be relished as tiny bites.

### Let us Revise

1. Creaming :- Mixing the butter with other ingredients, either flour or sugar, to a smooth consistency.
2. Meringue : mixing of egg white by whisking it till it reaches a peak consistency.

### Give short Answer for the following

1. Define meringue.
2. Explain the term cookies.
3. What you mean by melting method.

### Explain in detail

1. Explain the various method of making cookies.
2. Give the recipe for two types of cookies.



## Culinary Terms

### Learning Objectives:

After reading this chapter learners will be able to:

- a) Explain various culinary terms
- b) Understand the meanings of French terms
- c) Relate the French words with topics

**Abats** (ah bah) Offal; internal organs of butchered animals sold mainly by stores called triperies that specialize in this. White offal are sweetbreads, feet, brains. Red offal are heart, lungs, liver.

**Abattis** (ah bah tee) The feet, neck, head, wingtips, liver, gizzard, and heart of poultry.

**Affuter** (ah foo tay) To sharpen the cutting edge of a knife by using a steel or sharpening stone.

**Aiguillette** (ay gee yet) A long, narrow slice of meat cut from the breast of poultry (especially duck) and game birds.

**Aiguiser** (ay gee zay) See Affuter.

**Allumettes** (al loo met) (1) A type of savory petits fours (long rectangle of puff pastry) covered with cheese or filled with anchovies. (2) Very thin French fries; pommes allumettes.

**Anglaise** (on glez) (1) A mixture of whole eggs, oil, water, salt, and pepper, used to help coat food with flour and bread crumbs. (2) A dish cooked in boiling water (e.g., potatoes).

**Aromate** (ah row mat) A condiment or vegetable with a characteristic smell or taste (spices and herbs). Often used in reference to a combination of flavoring vegetables, such as carrot, onion, leek, and celery.

**Arroser** (ah row zay) To baste; the wetting of meat or fish with a liquid or fat during or after cooking.





**Aspic** (a spik) A dish composed of meat,vegetables, and/or fish that is cooked,chilled,and molded in gelatin.

**Attendrir** (ah ton drear) (1) To allow a piece of meat to age under refrigeration for a few days to make it more tender.(2) To become stale.

**Au Jus** (oh zhu) Served with natural cooking juices. Aubergine longitudnally cut brinjal pieces, sprinkle Salt and pepper, fold in besan to bake.

## B

**Bain-marie** (ban marie) A hot-water bath; a way of cooking or warming food by placing a container in a pot of very hot water. Used for preparations that must not cook over direct heat, for keeping delicate sauces hot, and for melting chocolate.

**Ballotine** (ball oh teen) A large piece of meat or a whole bird that is boned and stuffed.

**Barder** (bar day) To cover or wrap a piece of meat, poultry, and, occasionally, pastry with a very thin piece of pork fat for protection and basting during cooking.This prevents drying out.

**Barquette** (bar ket) A small,long oval pastry mold.

**Bâtonnet** (ba tow nay) Small stick; refers to a type of vegetable cut.

**Bavarois** (ba var wha) Bavarian cream;a cold dessert made from crème anglaise, set with gelatin and whipped cream.

**Béchamel** (beh sha mel) White sauce made from milk and white roux.

**Beignet** (ben yay) Food dipped in a thin batter and deep-fried.

**Bercy** (bear see) A classic sauce with a white wine base, used for fish.

**Beurre** (burr) Butter.

**Beurre Blanc** (burr blahn) Butter-based sauce made from a reduction of dry white wine,vinegar,and shallots.Mainly served with poached or grilled fish.

**Beurre Clarifié** (burr cla ri fee ay) Clarified butter;butter that is gently melted in order to remove the impurities that float to the top and the whey that sinks to the bottom.

**Beurre Manié** (burr man yay) Butter mixed with an equal amount of flour;used to thicken sauces.

**Beurre Noisette** (burr nwa set) Brown butter; butter that is cooked until colored a light brown (see Noisette).



**Biscuit** (beace quee) (1) A small cake or cookie. (2) A specific type of sponge cake, similar to genoise.

**Bisque** (bisk) Type of soup usually made from a shellfish base and thickened.

**Blanc** (blahn) (1) White. (2) A mixture of flour and cold water that is added to acidulated water (usually lemon juice) to prevent certain foods from discoloring during cooking.

**Blanchir** (blon sheer) To blanch. (1) To place vegetables or meats in cold water and then bring to a boil (or to plunge in boiling water) in order to precook, soften, or remove an excess of flavor (acidity, saltiness, or bitterness). (2) To whip sugar and eggs together until light in color. (3) To soak meat in cold water in order to remove excess blood, salt, and/or impurities.

**Bouchée** (boo shay) A small round of puff pastry that can be filled with different mixtures.

**Bouillir** (boo year) To boil; to bring a liquid to the boiling point.

**Boulangère** (boo lawn zhare) Cooked with veal stock, onions, and potatoes; a style of meat preparation.

**Bouquet Garni** (boo kay gar nee) A mixture of herbs enclosed in the green portion of a leek used to flavor dishes during their cooking.

**Braiser** (bray zay) To braise; to cook a meat in a covered dish in or over gentle heat with a little liquid and, usually, on a bed of finely diced vegetables.

**Brochette** (broe shet) (1) A skewer made of wood or bamboo. (2) Small pieces of food stuck on a long piece of metal or wood and grilled.

**Broyer** (broy yay) To crush or grind finely.

**Brunoise** (broon waz) Vegetables cut into very small regular cubes.

## C

**Cacao** (ka ka oh) Cocoa.

**Canapé** (can ah pay) Bite-sized slice of sandwich or other type of bread, toasted or not toasted, which is spread or garnished with various ingredients.

**Capre** (capr) Caper.

**Caraméliser** (care a mel lee zay) To caramelize; to coat a mold with cooked sugar; to cook sugar until dark for use in other preparations (to coat or to make a sauce).







**Cêpe** (sepp) Bolete or porcini mushroom.

**Champignon** (shamp pin yon) Mushroom.

**Chapelure** (shap a lure) Dried bread crumbs made from both the crust and center of dried bread. Used for breading.

**Charlotte** (shar lott) (1) A dessert made in a special mold. (2) A savory preparation made in this mold.

**Chaud-Froid** (show fwah) A dish prepared hot but served cold and covered with a specific sauce (sauce chaud-froid, made from 1D 3 velouté, 1D 3 gelatin, and 1D 3 cream).

**Chiffonade** (shi foe nod) Leafy herbs and greens that are finely shredded.

**Chinois** (shee nwah) China cap sieve; a fine conical strainer.

**Clarifier** (clare re fee ay) (1) To clarify; to clear a cloudy liquid by straining, heating, and gently simmering with egg whites. (2) Process of separating milk solids from butter.

**Clouter** (cloo tay) To stud; to pierce cured tongue with strips of truffle; to pierce an onion with a whole clove.

**Concasser** (cone cas say) To break up coarsely with a knife or mortar.

**Concassé** (de tomates) (cone cas say duh to maht) Peeled, seeded, and diced tomatoes.

**Consommé** (cone so may) Clear bouillon made from meat, fish, or vegetables; served hot or cold.

**Coquille** (coe key) Shell.

**Coriandre** (core ree andr) Cilantro (fresh), coriander.

**Coulis** (koo lee) A smooth purée of fruits or vegetables; used as a sauce.

**Couper** (koo pay) To cut.

**Court Bouillon** (core bwee yone) A cooking liquid, composed of water, aromatic vegetables, and, sometimes, white wine vinegar, in which fish and certain meats are cooked.

**Crècy** (kreh see) Refers to dishes containing carrots. The name of an area known for its carrot production.

**Crème Fouettée** (krem foo eh tay) Whipped cream; cream that has been whisked in order to incorporate air.

**Crème Fraîche** (krem fresh) A type of heavy cream.

**Crème Pâtissière** (krem pa tis see air) Pastry cream; milk thickened with flour or flan powder, used for pastry making.

**Crémer** (krem may) (1) To cream together sugar and butter. (2) To add cream.

**Crème Renversée** (krem ron vare say) Caramel flan; a mixture of sugar, milk, and eggs poured into a mold, usually lined with caramel, then gently cooked in the oven in a hot-water bath.

**Crème de Riz** (krem de ree) Cream of rice; a powder made from finely ground rice, used in pastry or to thicken sauces.

**Crêpe** (krep) Very thin pancake.

**Crever** (kreh vay) To blanch rice by placing it in cold water, then bringing to a boil for a few minutes. It is usually the first step in making rice desserts.

**Croquette** (kroh kett) A breaded, fried item consisting of a mixture of fruit, fish, or vegetables. Can be savory or sweet and in any shape.

**Croustade** (krew stod) (1) A crisp crust that is fried. (2) An empty pastry case.

**Croûte** (kroot) Crust; the brown outer covering of bread. A meat or fish en croûte is one that is wrapped in a crust.

**Croûton** (kroo tohn) A slice or piece of toasted bread.

## D

**Dariole** (dahr ree ole) A small thimble-shaped mold.

**Darne** (darn) Thick slice, containing the central bone, cut from round fish.

**Daube** (dobe) Stew of meat braised in red wine.

**Décanter** (day kahn tay) (1) To allow the impurities in a liquid to sink to the bottom so the liquid can be gently poured off, leaving the residue. (2) To separate meat from its cooking liquid in order to finish the sauce.

**Découper** (day koo pay) To cut; to cut using scissors, a knife, or pastry cutter.

**Déglacer** (day gla say) To deglaze; to dissolve with liquid the substance attached to the bottom of a pan.





**Dégorger** (day gor zhay) To degorge; to soak an ingredient in cold water in order to remove blood, salt, or impurities; to lightly salt vegetables in order to extract the maximum amount of water.

**Dégraisser** (day gray say) To degrease; to remove excess fat from the surface of a food or sauce.

**Demi-glace** (de mee glass) Meat, fish, or chicken stock, reduced to a concentrated form.

**Démouler** (day moo lay) To unmold; to carefully remove a preparation from the container in which it was placed to give it a specific form.

**Détailler** (day tie yay) To cut up; to cut into pieces.

**Détendre** (day ton dr) To loosen (in consistency); to add a liquid to a preparation, such as a sauce.

**Détrempe** (day trompe) Dough made of flour and water, used for puff pastry.

**Détremper** (day trompe pay) To moisten with a liquid.

**Dorer** (doe ray) To brush with beaten egg or egg yolk in order to give a deep color and shine.

**Dorure** (doe ruhr) Egg wash; beaten egg or egg yolk, with water and/or salt added, used to color doughs just before cooking.

**Dresser** (dres say) To dress; to arrange the prepared food on a plate or platter before serving.

**Duchesse** (dew shess) Mashed potatoes with the addition of egg yolks.

**Dugléré** (dew glay ray) A classic preparation for fish incorporating white wine and tomato; named for a nineteenth-century chef.

**Duxelles** (duke sell) Finely chopped mushrooms cooked in butter with minced shallots; used as a garnish or filling.

## E

**Écailler** (eh kie yay) To scale; to remove the scales from fish.

**Écaler** (eh kah lay) To shell (eggs); to remove the shell from soft- and hard-boiled eggs.

**Égoutter** (eh goo tay) To strain; to remove the cooking liquid by pouring into a strainer.



**Émincer** (eh man say) To cut into thin slices.

**Émonder** (eh moan day) To skin; to remove the skin from fruits and vegetables by heating.

**En Croûte** (on kroot) Wrapped in pastry.

**Entremet** (on tre may) Literally, "between courses"; originally a course served between the roast and the dessert. Today it is a mousse-based cake.

**Éplucher** (eh ploo shay) To peel; to remove the skin or inedible part of fruits and vegetables.

**Escaloper** (eh scal oh pay) To cut scallops; to cut meat or fish on a bias.

**Essence** (ess sahns) Essence; concentrated extract, used as a flavoring (e.g., coffee essence).

## F

**Farce** (farce) Forcemeat stuffing; a mixture of various ground ingredients (meat, herbs, vegetables), used to fill poultry, fish, vegetables, etc.

**Ficeler** (fee se lay) To tie with string.

**Filet** (fee lay) Fillet.

**Flamber** (flom bay) Flambé. (1) To use a flame in order to remove the down from poultry. (2) To light alcohol in a preparation (e.g., crêpes suzette).

**Flan** (flahn) (1) Open pastry case or shell. (2) A custard tart.

**Fleuron** (flur rohn) Piece of puff pastry cut into crescent shapes, served as decoration with fish dishes.

**Foie Gras** (fwah grah) Fattened duck or goose liver.

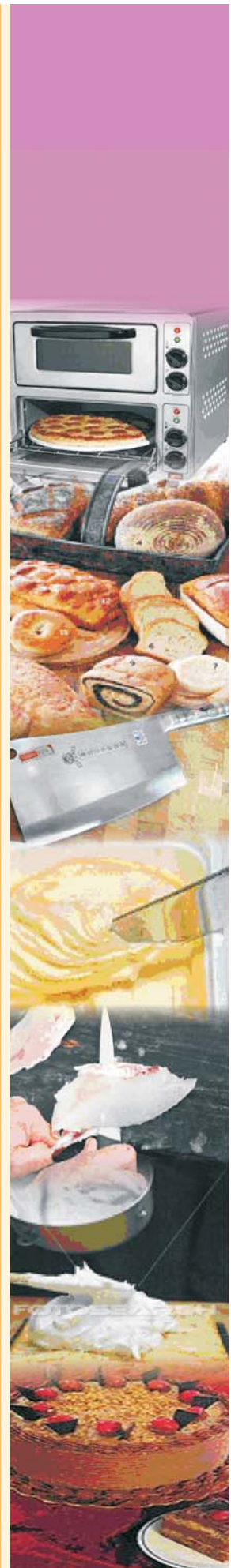
**Fond** (fohn) Stock.

**Fondant** (fawn daunt) (1) A sugar icing used for glazing pastries. (2) Referring to something that melts in the mouth (literally, "melting").

**Fondu** (fone dew) Melted.

**Fontaine** (fone ten) A well; a deep impression made in flour in order to add other ingredients for making a dough.

**Fricassée** (free kah say) (1) A way of cutting a chicken into eight pieces. (2) A preparation in which meat or poultry is cut into pieces before being braised.





**Frيره** (freer) To deep-fry.

**Fumet** (few may) (1) Cooking aroma. (2) Sauce made from cooking juices. (3) Basic stock made from fish and used to make sauces.

**Fusil** (few zee) Sharpening steel; long, rounded metal tool, used to keep the cutting edge of a knife sharp.

## G

**Galantine** (ga lawn teen) Cold poached meat that has been stuffed and larded, served with gelatin made from the poaching liquid.

**Gelée** (jel lay) Gelatin, aspic; meat or fish stock that has been clarified, then set with gelatin. Used in various preparations en gelée to give shine to foods as well as to protect them from drying out.

**Genoise** (zhen wahz) Genoese sponge cake.

**Glace** (glahss) (1) Ice cream. (2) Glaze; stock reduced until thick and syrupy.

**Glacé** (glah say) (1) Glazed (usually refers to vegetables). (2) Frozen. (3) Served with ice cream (e.g., meringue glacé).

**Glacer** (glah say) To glaze; to cover or coat pastries with a glaze.

**Goujonnettes** (goo zhone nett) Strips of fish, breaded and deep-fried.

**Grandmère** (grahn mare) A classic garniture made from bacon, sautéed button mushrooms, and glazed pearl onions.

**Gratiner** (gra tee nay) (1) To brown under the grill or salamander. (2) To glaze.

**Griller** (gree yay) To grill; to cook on a grill.

## H

**Habiller** (ah bee yay) To dress; to prepare an item, such as fish or meat, for cooking.

**Hacher** (ah shay) To chop; to reduce to small pieces with a knife.

**Haricot** (are ree co) Bean.

**Historié** (ee stow ree ay) Decorated.

**Hollandaise** (awl lawn daze) Hot emulsion sauce made from egg yolks and clarified butter and flavored with lemon juice.

**Homard** (oh mahr) Lobster.

**Huile** (weel) Oil.

**Huile d'Olive** (weel doe leave) Olive oil.

**Huile d'Arachide** (weel da rah sheed) Peanut oil.

**Huile de Noix** (weel de nwah) Walnut oil.

## I

**Inciser** (an see zay) To incise; to make small, shallow cuts in order to speed cooking.

**Incorporer** (an core po ray) To incorporate; to gradually mix ingredients together by gently mixing.

**Infuser** (an few zay) To place an element into simmering water and let sit so that the element flavors the water (e.g., tea).

## J

**Jambon** (zhom bohn) Ham.

**Jambonnette** (zhom bo nett) Stuffed chicken leg made to resemble a small ham.

**Jardinière** (zhar dee nyair) Literally, "pertaining to a garden"; a mixture of carrots, turnips cut into sticks, green beans, and green peas. Cooked separately, then served together as an accompaniment.

**Jarret** (zhah ray) Knuckle or shank of meat.

**Jet** (zhett) A dash of liquid, a squirt.

**Julienne** (zhoo lee yen) Cut into very fine strips.

**Jus** (zhoo) Juice; liquid made from pressing a fruit or vegetable or from the cooking of a meat. **Lait** (lay) Milk.

**Lard** (lahr) Solid fat from pork. **Lard gras** contains fat only, while **lard maigre** (bacon) contains meat as well.

**Larder** (lahr day) To lard; to insert strips of pork fat into lean meats, using a larding needle, in order to prevent the meat from drying out during cooking.

**Lardon** (lahr doan) A small piece or strip of slab bacon.

**Légume** (leh gyoom) Vegetable.

**Lentille** (lawn teey) Lentil.

**Levain** (le vanh) Starter dough; a dough made from live yeast and flour, used to make breads.







**Lever** (le vay) To rise; to leave a dough to rise (as with brioche, bread, croissants).

**Lever les Filets** (le vay lay fee lay) To fillet; to remove the fillets of a fish using a knife.

**Levure** (le vure) Yeast.

**Levure Chimique** (le vure she meek) Baking powder; odorless and flavorless rising agent made from bicarbonate of soda and cream of tartar.

**Liaison** (lee ay zonh) Thickener; element or mixture used to thicken a liquid or sauce.

**Lier** (lee ay) To thicken; to change the consistency of a liquid by adding a roux, starch, egg, flour, or beurre manié.

**Lotte** (lot) Monkfish.

## M

**Macédoine** (mass e dwan) A mixture of vegetables or fruit, cut into small cubes.

**Manchonner** (mahn show nay) To remove the meat that covers the end of a bone, such as a chicken leg or a rack of meat, in order to achieve a clean presentation.

**Mandoline** (man do leen) A slicer with several blades, allowing various cuts and thicknesses of fruits and vegetables.

**Mange Tout** (manj too) Chinese pea pods or snow peas.

**Mariner** (mar ee nay) To marinate; to soak a piece of meat or fish in a liquid and aromatics in order to tenderize, flavor, and preserve. Can also be used to tame the flavor of strong-flavored game.

**Médailon** (may die yohn) Medallion; round slice of meat, fowl, fish, or crustacean, served hot or cold.

**Meringue** (me rang) Mixture of beaten egg whites and sugar.

**Mijoter** (mee joo tay) To simmer; to cook over gentle heat.

**Mirepoix** (meer pwah) (1) Vegetables cut into cubes, the size depending on the length of cooking. (2) A certain blend of aromatic vegetables (onions, carrots, and celery).

**Monter** (moan tay) (1) To mount; to whisk (egg whites, cream) in order to incorporate air and increase the volume. (2) To add butter to a sauce in small pieces.

**Mouiller** (moo yay) To wet; to add a liquid to a preparation before cooking.

**Mouler** (moo lay) To mold; to fill a mold before or after cooking.

## N

**Napper** (nap pay) To coat; to cover a food, savory, or sweet with a light layer of sauce, aspic, or jelly.

**Navarin** (na va rahn) Brown lamb stew containing tomato.

**Nem** (nem) Vietnamese-style spring roll.

**Noircir** (nwahr seer) To blacken; to darken when exposed to air (said of certain fruits and vegetables).

**Noisette** (nwah set) A hazelnut. See also Beurre Noisette.

## O

**Oeuf** (euf) Egg.

**Oie** (wah) Goose.

**Os** (ohss) Bone.

**Ôter** (oh tay) To remove.

**Ouvrir** (oov rear) To open.

## P

**Paner** (pan ay) To coat a food with fresh or dry bread crumbs after dipping in an anglaise (see Anglaise) and then cook.

**Panier** (pan yay) Basket. (1) A frying basket, used with a deep fryer in order to easily plunge foods into and remove them from the hot oil. (2) A steam basket, used for placing foods to be steamed. (3) Nestling baskets; a frying tool in the form of two ladle-shaped baskets, one slightly smaller than the other, used to form nests of shredded potatoes with which to decorate certain platters.

**Papillote** (pa pee yote) (1) Buttered or oiled paper, used to wrap fruits, meats, fish, etc. for cooking. (2) Paper frill used to decorate the ends of bones of certain poultry and meats.

**Parer** (pah ray) To trim; to remove the nerves or excess fat from meat or fish, or to remove the damaged or inedible portions of fruit and vegetables before cooking or serving.





**Parfait** (par fay) A frozen dessert made of a sweet egg-yolk foam and whipped cream.

**Parfumer** (par few may) To flavor.

**Passer** (pas say) To strain, generally using a strainer or china cap sieve.

**Pâte** (pat) Dough or batter.

**Pâté** (pat tay) Chopped meat, poultry, fish, etc., cooked in a dough. Today considered almost synonymous with *terrine*.

**Pâtissier** (pat tee see ay) Pastry chef.

**Pâton** (pat tohn) Large square piece of dough (puff pastry, bread) before cooking.

**Paupiette** (po pee yet) Thin piece of meat or fish that is stuffed, rolled, tied, and cooked.

**Pavé** (pa vay) Thick cross-section slices of fish fillets.

**Paysanne** (pay yee zahn) Vegetables cut into small, thin triangles or squares.

**Persillade** (pear see yahd) A mixture of parsley and chopped garlic.

**Piler** (pee lay) To grind (e.g., with a mortar and pestle); to make a powder by crushing with a mortar and pestle.

**Pilon** (pee lohn) (1) A pestle; a tool used for crushing and grinding. (2) The drumstick of a chicken leg.

**Piment** (pee mon) Chile pepper.

**Pincer** (pan say) To pinch; to use a pastry crimper to crimp the edges of dough before cooking.

**Pintade** (pan todd) Guinea fowl.

**Piquer** (pee kay) (1) To pick; to lard a piece of meat, using a larding needle, in order to keep the meat from drying out during cooking. (2) To make small holes in dough, using a fork, to prevent it from rising too much.

**Pluche** (ploosh) Sprig; small leaves picked off the stems (e.g., sprig of chervil).

**Pocher** (po shay) To poach; to cook in barely simmering water.

**Poêler** (po e lay) To pan-fry; to cook an element in a frying pan over high heat with minimal oil.



**Pointe** (pwahnt) Point (of a knife).(1) A small quantity measured using the point of a knife (e.g.,point of ground vanilla).(2) The tip of something (e.g., tip of asparagus).

**Poivron** (pwahv rohn) Sweet bell pepper.

**Poulet** (poo lay) Chicken.

**Pousser** (poos say) To rise (literally, "to push"). (1) To leave a yeast dough to increase in volume.(2) To feed meat into a meat grinder.

**Poussin** (poos san) Cornish game hen.

**Praline** (prah leen) Caramelized sugar with almonds or hazelnuts, ground to a smooth paste,used to flavor and decorate pastries.

**Primeur** (pree mer) Early vegetable or fruit.

**Profiterole** (pro feet er role) Choux ball filled with sweet or savory filling. The best known is a dessert filled with vanilla ice cream and served with chocolate sauce.

**Provençale** (pro von sal) Provence style; refers to dishes containing one or all of the following: olive oil, tomatoes, garlic, bell peppers, and olives.

## Q

**Quadriller** (ca dree yay) (1) To mark squares or diamonds on meat,using a grill. (2) To mark squares using a knife.

**Quatre Épices** (catr eh peace) Four spices; a mixture of ground pepper, cinnamon, nutmeg, and cloves. Often used to flavor meat stuffings.

**Quenelle** (kuh nel) (1) Dumpling made of meat,poultry,or fish purée, mixed with egg white and cream.Usually molded with two spoons into an egg shape. (2) Oval three-sided shape made using two large spoons.

**Quiche** (keesh) Savory tart with a creamy egg base (e.g., quiche Lorraine: bacon and cheese custard tart).

## R

**Rafrâichir** (rah fray sheer) To refresh,to cool,to chill;to quickly cool in cold water a food that has been blanched.

**Raidir** (ray deer) To seize or sear (esp. in boiling fat); to precook without coloring.

**Rassis** (ras see) Stale, not fresh.

**Ratatouille** (ra tah too yee) Dish made from red bell peppers, onions, tomatoes,zucchini,eggplant,and,often, olives.





**Rectifier** (reck tee fee yay) To rectify; to correct the seasoning of a dish.

**Réduire** (ray dweer) To reduce; to heat a liquid or to reduce it in volume by boiling.

**Relever** (re le vay) To reinforce flavor through the use of spices.

**Remonter** (re moan tay) To remount; to repair a sauce or a cream that has separated in order to return it to its proper appearance and texture.

**Revenir** (faire) (re ve near fehr) To quickly color a food in hot fat or oil.

**Rissoler** (rees so lay) To cook a food in hot fat or oil until well colored.

**Rondelle** (ron dell) Small, round slice.

**Roux** (roo) A cooked mixture of equal amounts of flour and fat (usually butter). The three types of roux – white, blond, and brown – vary in color depending on how long they cook.

## S

**Sabayon** (sa ba yohn) A thick, frothy sauce, either sweet or savory, that is made from whisking egg yolks and liquid over low heat. Similar to the Italian zabaglione.

**Salamandre** (sal ah mandr) A salamander or broiler; the upper heating element in an oven or a professional appliance, used to brown foods.

**Sauter** (so tay) To sauté (literally, "to jump"); to cook over high heat, stirring constantly to prevent sticking.

**Singer** (san jay) To sprinkle with flour at the start of cooking in order to eventually give a certain consistency to the sauce.

**Sinze** cleaning of chicken to remove feather particles.

**Sorbet** (soar bay) Flavored water ice; frozen confection made from fruit juice or pulp and sugar syrup.

**Sous Chef** (soo shef) Second to the chef.

**Suprême** (soo prem) (1) The breast part of the fowl. (2) A fillet of fish.

**Suprême Sauce** (soo prem sauce) Classic sauce made from a velouté enriched with cream.

## T

**Tailler** (tie yay) To cut in a precise fashion.

**Tamis** (ta mee) Drum sieve.

**Tamiser** (ta mee zay) To sift; to press through a fine drum sieve.

**Tapenade** (ta peh nahd) Purée of black olives, anchovies, and olive oil.

**Terrine** (tare reen) (1) A deep rectangular mold traditionally made of white porcelain, used to cook seasoned ground meats, fish, or poultry. (2) The food cooked in such a mold.

**Timbale** (tam ball) (1) A mold in the shape of a large thimble. (2) Type of dough shaped as a container, baked, and filled with various foods.

**Tourer** (tour ray) To turn; to roll and fold butter into a dough (e.g., for puff pastry, croissants).

**Tourner** (tour nay) To turn. (1) To give certain vegetables a regular long shape, using a knife. (2) To mix ingredients together by mixing in a circular motion.

**Travailler** (tra vie yay) To work; to knead, mix, soften.

**Tremper** (trom pay) To soak; to dip; to wet.

**Truffer** (troo fay) To add chopped truffles to a dish, stuffing, or foie gras. To slide a thin slice of truffle under the skin of poultry.

**Turban** (toor bahn) (1) A type of ring mold. (2) Food prepared in such a mold.

## V

**Vallée d'Auge** (val lay dozh) In the style of a region of Normandy; indicates a dish prepared with cider, apples, and cream.

**Vanner** (van nay) To mix a cream or sauce as it cools in order to prevent lumps or the formation of a skin on the surface.

**Vapeur** (va purr) Steam.

**Velouté** (ve loo tay) A thickened sauce made from a white stock and a roux.

**Vinaigre** (ve negre) Vinegar.

**Vinaigrette** (ve ne gret) A sauce made of vinegar, oil, and seasonings.

**Volaille** (voe lye) Poultry.

**Blanc de Volaille** (blahn duh voe lye) Chicken breast.

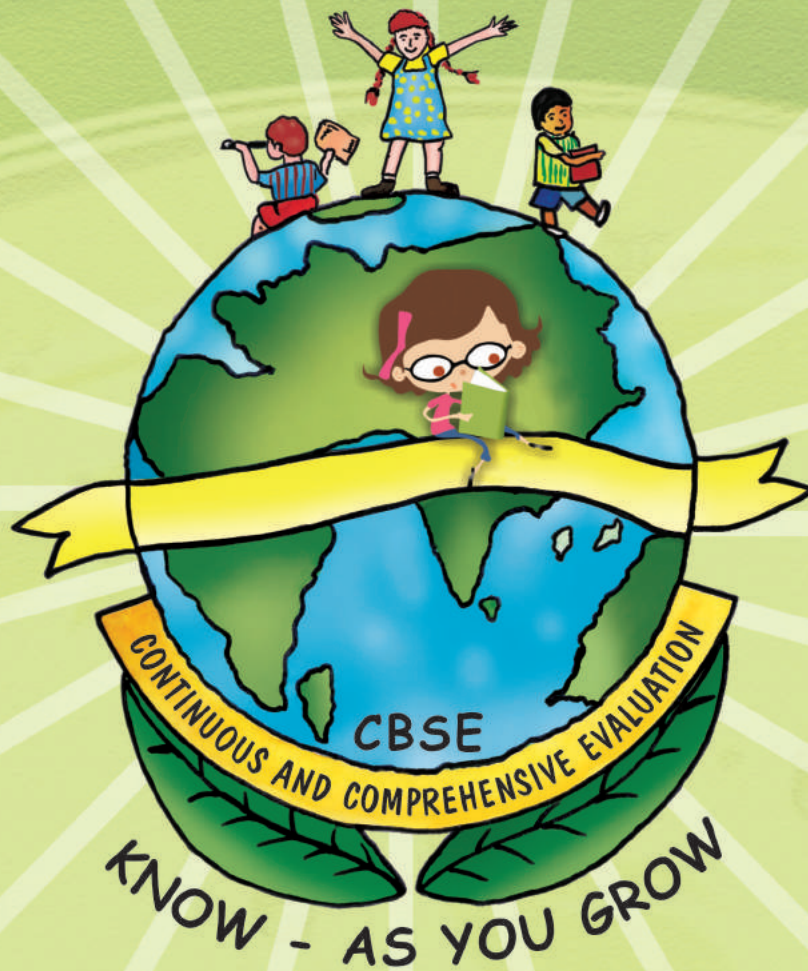
**Cuisse de Volaille** (kweese duh voe lye) Chicken leg.

## Z

**Zester** (zes tay) To zest; to remove the colored part of the skin of a citrus fruit (e.g., orange, lemon).











## **CENTRAL BOARD OF SECONDARY EDUCATION**

Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi - 110092, India

Tel.: 91-11-22509252-59 Fax : 91-11-22515826

E-mail : [cbosedli@nda.vsnl.net.in](mailto:cbosedli@nda.vsnl.net.in) website : [www.cbse.nic.in](http://www.cbse.nic.in)