

COOKING VOCABULARY

<https://www.vocabulary.cl/Lists/Cooking-Instructions.htm>

The following list of verbs frequently appear when reading the cooking instructions of recipes in English. I have included some examples sentences using each verb:

ADD: To put ingredients together; to put one ingredient with the others.

- **Add** more salt to the dish if necessary.

BAKE: To cook in an oven using heat and without extra fat, oil or liquid.

- It smells good in the kitchen because I'm **baking** a cake.

BARBECUE: To cook food (usually meat) by using fire or hot coals on a grill outside.

- I'm going to **barbecue** some sausages for lunch.

BEAT: To stir (usually eggs, cream, butter) quickly and continually to make a smooth or frothy mixture.

- **Beat** the cream until it starts to thicken.

BLEND: To mix two or more substances so they combine together. Often done in an appliance called a blender which has quickly rotating blades.

- You can **blend** fruit to make your own smoothie.

BOIL: To heat water or another liquid until little bubbles form.

- **Boil** the potatoes until they are cooked.

BREAK: To separate into smaller parts by force.

- **Break** the eggs into a glass bowl.

BROIL: To cook meat or vegetables on a rack with an extremely high temperature.

CARVE: To cut meat into slices.

- Who is going to **carve** the Thanksgiving turkey?

CHOP: To cut into small pieces, generally used with vegetables.

- **Chop** the spring onions then add them to the dish.

COMBINE: To put two or more things together.

COOK: To prepare food by heating it so that it is not raw and can be eaten.

- **Cook** the chicken until there are no pink parts.

CRUSH: To cause to separate or flatten by extreme force, often used with garlic.

CUT: To separate or divide a solid by using a knife.

- He **cut** the meat into little pieces.

DRAIN: to remove excess liquid from food after washing or cooking it.

- **Drain** the water from the pot of spaghetti.

FRY: To cook by putting the food into extremely hot oil.

- I **fried** some bacon and eggs for breakfast.

GRATE: To divide into small parts by rubbing on a serrated surface, usually used with cheese.

- **Grate** a large carrot and add it to the salad.

GREASE: To coat with oil or butter.

- Make sure you **grease** the pan before putting the mix in otherwise the cake will stick to the sides.

GRILL: To cook by putting the food on a grill; similar to barbecue. Also refers to heating the food under a grill in a cooker which radiates heat downwards.

KNEAD: To press and stretch dough with your hands. Usually used when making bread.

- **Knead** the dough for the pizza base.

MEASURE: To obtain an exact quantity or amount of an ingredient.

- **Measure** exactly half a teaspoon of curry.

MELT: to make something become liquid through heating.

- **Melt** the butter before adding it to the mix.

MICROWAVE: To heat up food with a microwave oven.

- Remove the food from the metal container before you **microwave** it.

MINCE: to grind food, normally meat, into small pieces. A machine is often used to do this.

MIX: To combine two or more things using a spoon, spatula, or electric mixer.

- **Mix** the flour, melted butter and sugar together.

OPEN: To remove the top from a can or jar.

PEEL: To remove the skin or outer layer from fruit or vegetables.

- **Peel** the potatoes before boiling them.

POUR: To transfer liquid from one container to another.

- **Pour** the chocolate sauce over the pears.

ROAST: To cook (usually meat and vegetables) in the oven or over a fire.

- We are going to **roast** the chicken and vegetables.

SAUTÉ: To quickly fry food by placing it in hot oil in a frying pan.

SCRAMBLE: To mix the white and yellow parts of eggs together while cooking them in a pan.

- **Scramble** the eggs in a frying pan.

SIFT: to put a fine substance through a sieve so as to remove lumps or large particles.

- **Sift** the flour into a large bowl.

SLICE: To cut into thin or wide portions that are of similar size.

- **Slice** the tomatoes and add them to the salad.

SPRINKLE: to cover an object or surface with small drops or particles of a substance.

- **Sprinkle** icing sugar over the cake.

SQUEEZE: to extract a liquid or soft substance from something by compressing it firmly.

- **Squeeze** the juice from three lemons.

STEAM: To cook by placing the food above boiling water. Steam is the vapor that comes from hot water.

STIR: To mix liquid ingredients by moving a spoon around in a circular motion.

- **Stir** until the sugar has completely dissolved.

STIR-FRY: To cook small pieces of food by moving it quickly in a wok or pan with hot oil.

- I'm going to **stir-fry** these vegetables.

TENDERIZE: to make meat softer and easier to eat by beating it or adding marinade before cooking it.

- I think we should **tenderize** the steak before cooking it.

WASH: To immerse food in water to make sure it becomes clean.

- **Wash** the strawberries before cutting them into pieces.

WEIGH: To measure the weight (grams, ounces or pounds) of something.

- **Weigh** the mix to make sure you have the right amount.

WHISK: to mix liquids, eggs, etc. into a stiff light mass, using a fork or a special tool (such as a whisk).

- **Whisk** all of the eggs together with the milk.