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COOKING TERMS USED IN THIS BOOK

- Bake** : Cook by dry heat, in front of a fire, or in an oven or in a 'Tanḍūr'.
- Baste** : To moisten occasionally with a liquid (water, fat, milk or soup etc.), while cooking or when things are being sautéed.
- Batter** : Well stirred mixture of rice flour or gram flour '(Bēsan)' or any other meal or mixture of different 'Masālē' etc. and water or milk or some other desired liquid. It should have such a consistency as to coat and stick a food meant for frying, as in case of making fritters '(Pakōḍē)', spiced fried fish or 'Bhōṇḍe' etc.
- Blanch** : Soaking Kernels of Apricots, Almonds etc., for a little while in hot water and then, after dipping in cold water, to remove their skins.
- Broil** : To cook by direct exposure to heat over a fire especially on a grid-iron or on live coals.
- Chop** : To cut into small pieces with a knife etc.
- Condiment** : Something used to enhance the flavour of food, especially a pungent seasoning.
- Core** : To remove the inedible central horny capsule containing seeds of a fruit, e.g., core an apple or a pear.
- Crush** : To turn into granules or a coarse powder by grinding, using, a 'Silbatta' or a pestle and mortar (H. 'Hāvan Ḍastā') etc.
- Dice** : To cut into small cubes, things like bread, carrots, potatoes or fruits.
- Fry** : To cook in hot edible oils or clarified butter '(Ghī)'.
- Garnish** : To decorate a dish of food with edible things like green coriander or mint leaves, chopped onions, lettuce leaves, green chillies, dry fruits, silver leaf, 'saffron'. etc.
- Grate** : Rub into small particles on a rough surface or a Grater.
- Grill** : Broil on a grid iron.
- Knead** : To convert into a well mixed elastic dough, by repeated pressing, folding and turning with the heels of hands and knuckles.
- Mash** : Crush to pulp with hands, a masher or the back of a spoon.
- Pare** : To cut off or shave the superficial substance or rind, by a knife etc. e.g., to pare an apple or a raw potato.
- Peel** : Strip off the outer layer of a thing, or the rind of a fruit, e.g., to peel a boiled potato, an orange, or a banana.
- Pit** : To remove the stone of a drupaceous fruit. Stones are also called pits.
- Quarter** : To cut into four equal slices through center vertically e.g., quarter an apple, a pear or a cabbage.
- Roast** : To cook meat, fish etc., by radiant heat.
- Sauté** : To fry a thing, lightly and quickly, in a little fat, while it is frequently being turned over,

as in the case of a piece of 'Ṭabaq-Māz' or an 'Ālū-Tikyā'.

23. **Scald** : To immerse in boiling water, a killed animal or a bird, in order to loosen its hair or feathers, for easy plucking.
24. **Shred** : Cut leaves etc. into narrow fine strips, e.g., shred cabbage, lettuce or spinach leaves.
25. **Simmer** : On a slow fire, to be or to keep bubbling or singing below boiling point.
26. **Slice** : To cut with a bread-knife or a sharp knife into even pieces of equal thickness, e.g., to slice a bread, a meat piece, a potato, or a big boiled 'Shyāmi' minced-meat ball before final cooking.
27. **Spice** : Any of the various aromatic vegetable products, used to season or flavour food.
28. **Stem** : To remove stems of a fruit etc., e.g., of cherries.
29. **Stirring** : Mixing food while cooking etc., with a ladle or a spoon etc., by a circular motion inside a pan or a cooking pot.
30. **Turn** : To turn the contents from bottom to surface, or side to side, and sides to centre, by means of a ladle, a spoon or a spatula, in order to mix for heating or cooking uniformly.
31. **Whittle** : To reduce gradually by repeatedly cutting off shavings, by means of a knife, as in the case of preparing Knol-Khols, Turnips or Radishes for cooking certain Dishes.