



Culinary Institute
of America

Cooking Principles II

Day Four: Review of Key Terms

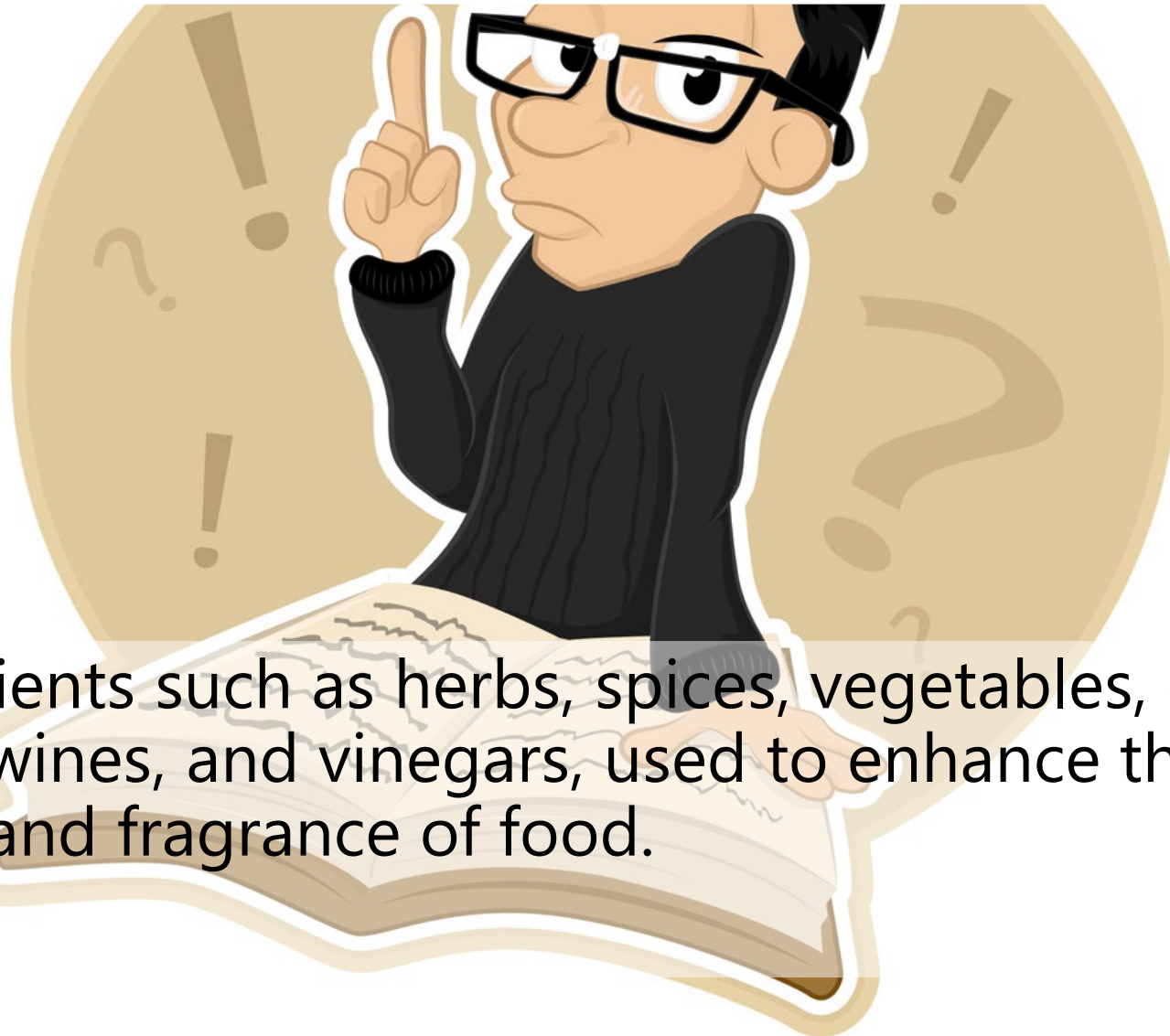


Learning Objective

- Define a variety of key terms essential to the professional kitchen.



What are Aromatics?

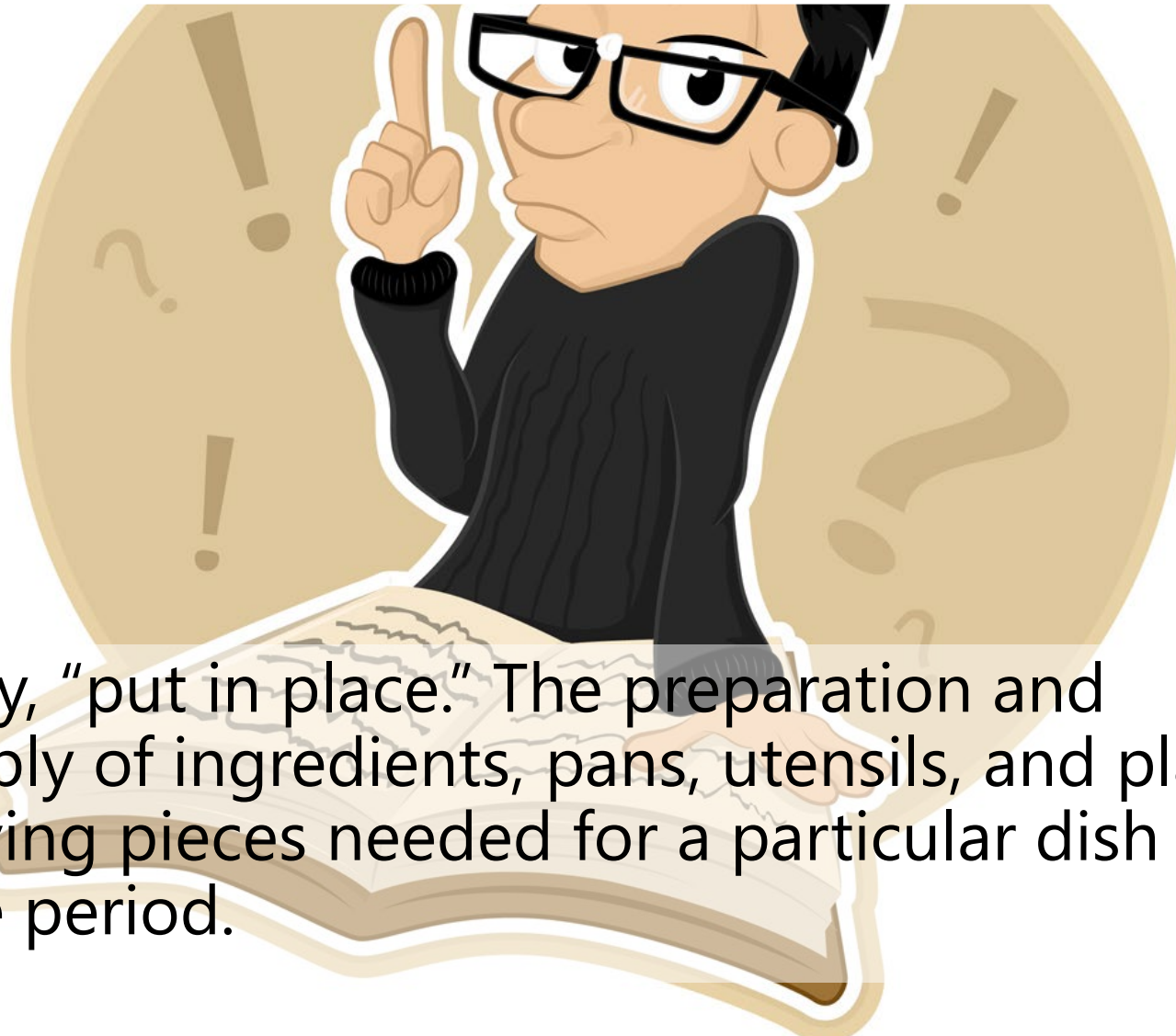


Ingredients such as herbs, spices, vegetables, citrus fruits, wines, and vinegars, used to enhance the flavor and fragrance of food.





What is Mise en Place?

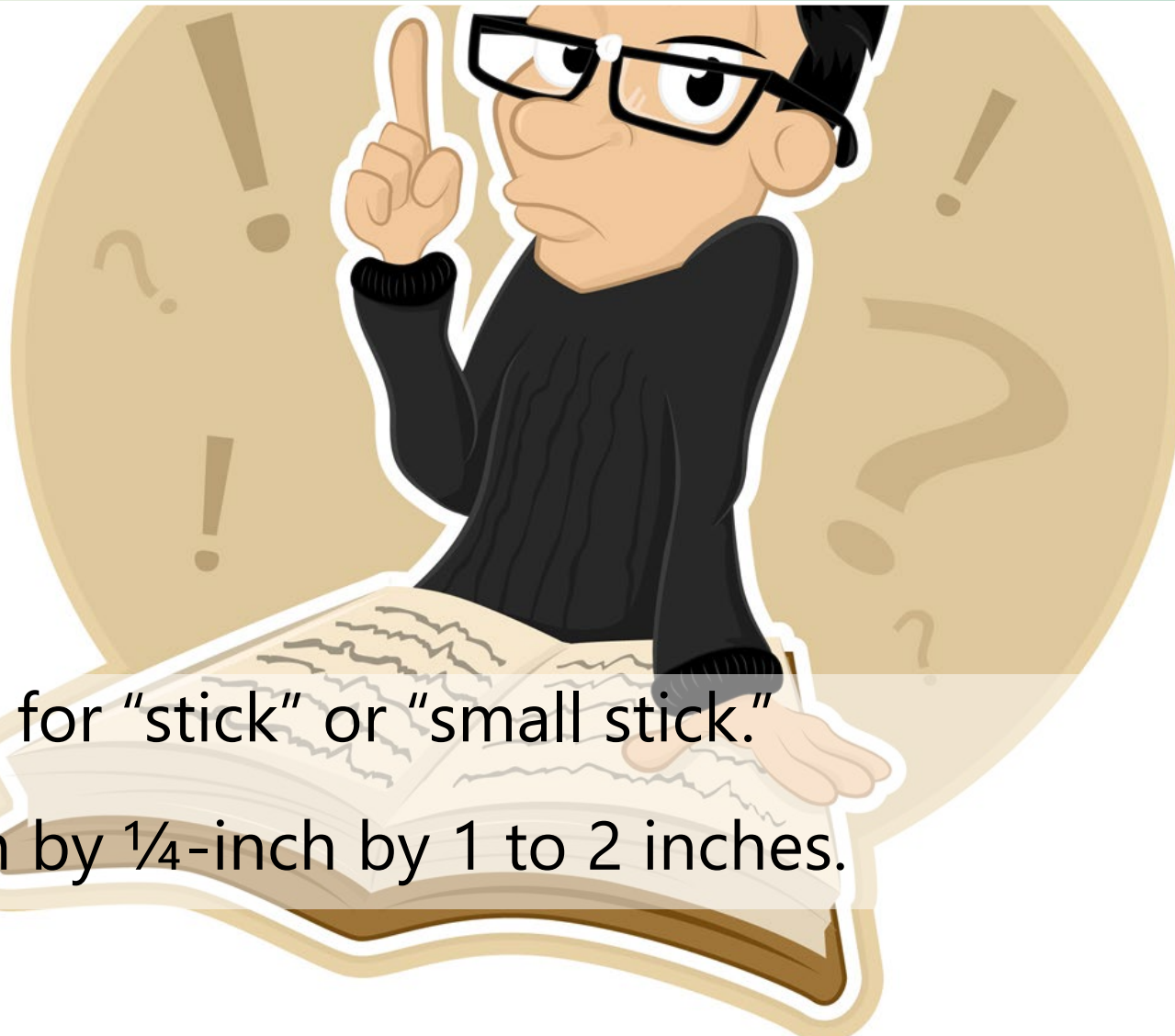


Literally, "put in place." The preparation and assembly of ingredients, pans, utensils, and plates or serving pieces needed for a particular dish or service period.





What is Batonnet?



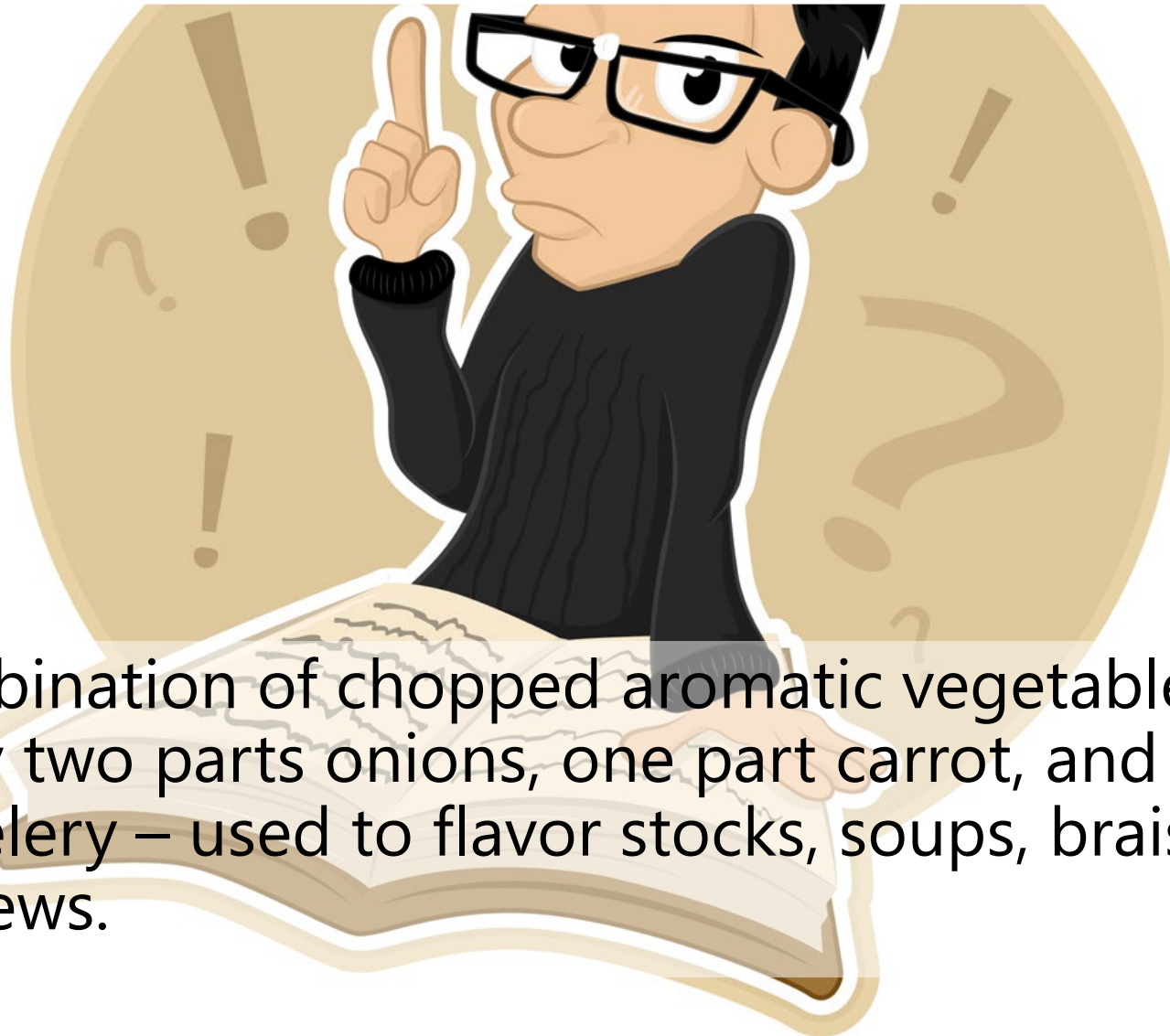
French for "stick" or "small stick."

1/4-inch by 1/4-inch by 1 to 2 inches.





What is Mirepoix?

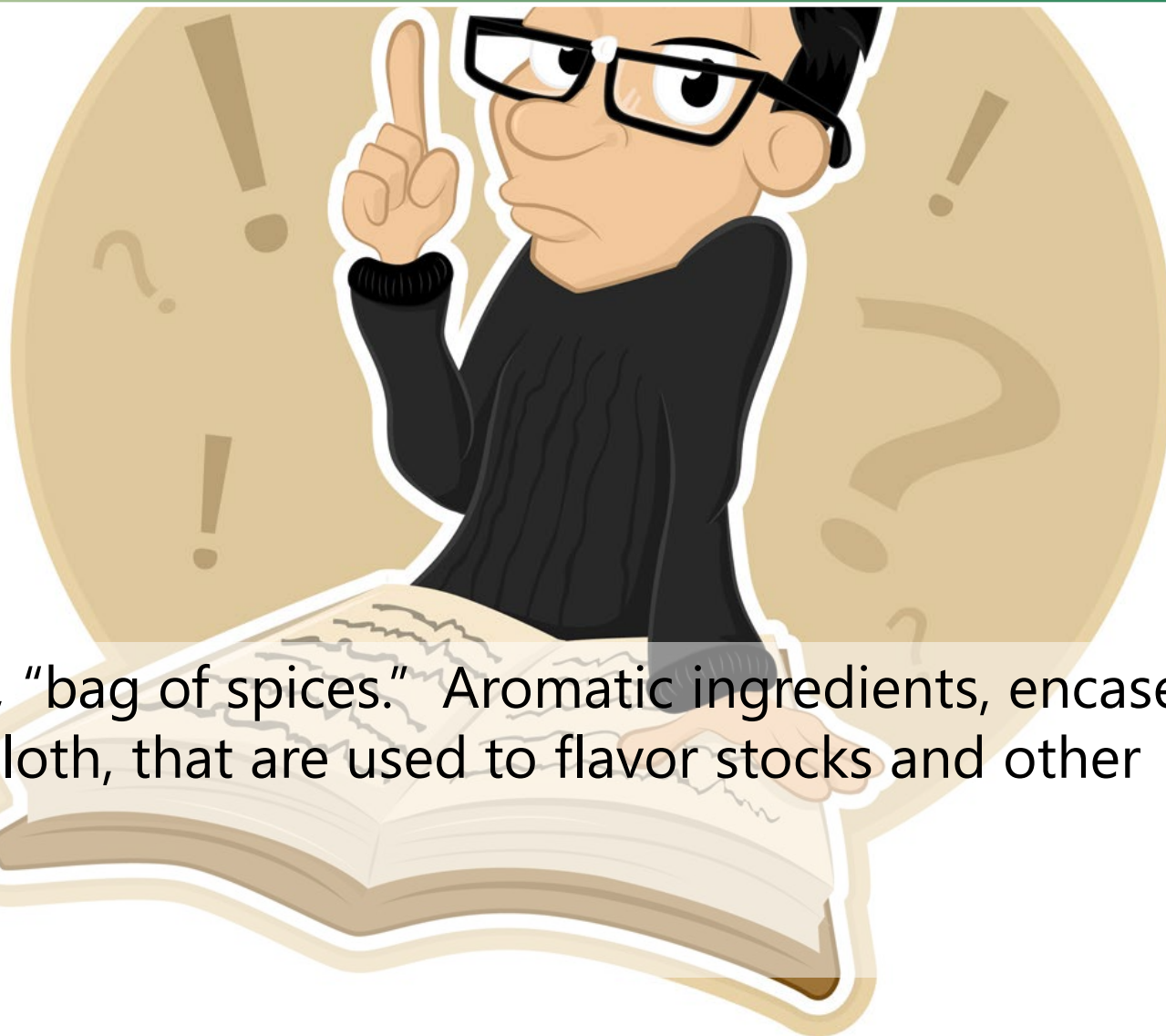


A combination of chopped aromatic vegetables – usually two parts onions, one part carrot, and one part celery – used to flavor stocks, soups, braises, and stews.





What is Sachet d'épices?

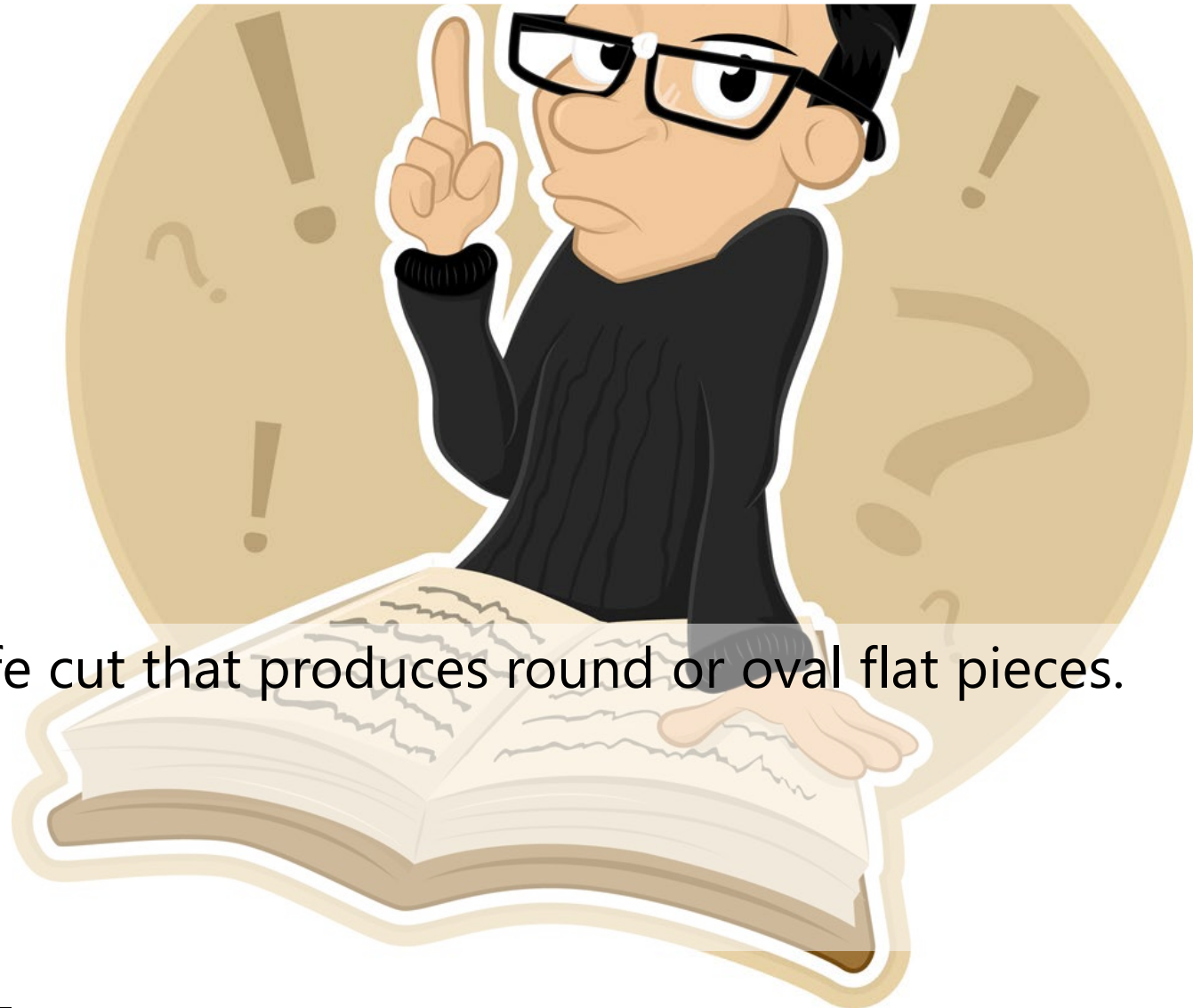


Literally, "bag of spices." Aromatic ingredients, encased in cheesecloth, that are used to flavor stocks and other liquids.





What is a Rondelle?

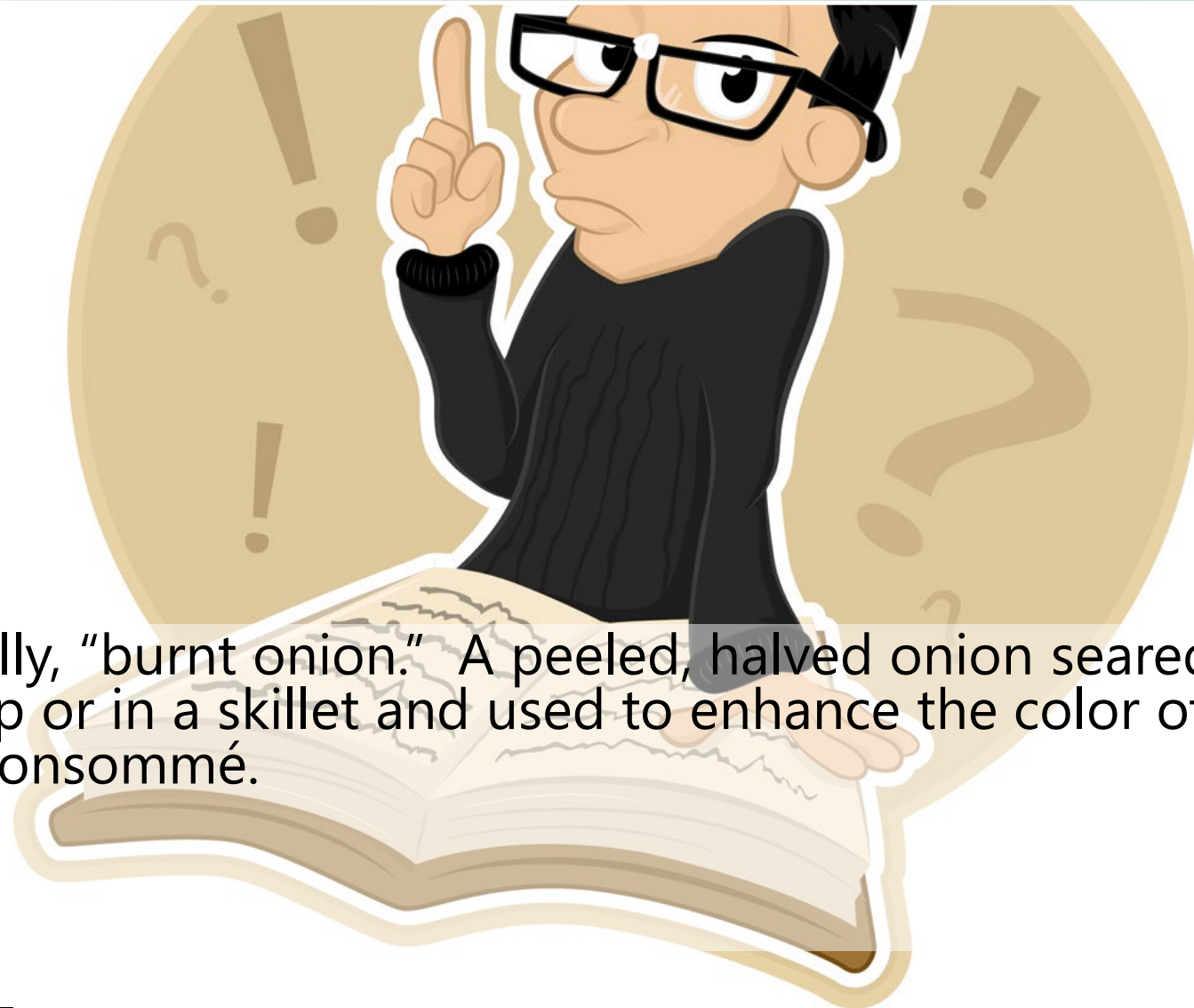


A knife cut that produces round or oval flat pieces.





What is an Oignon Brûlé?

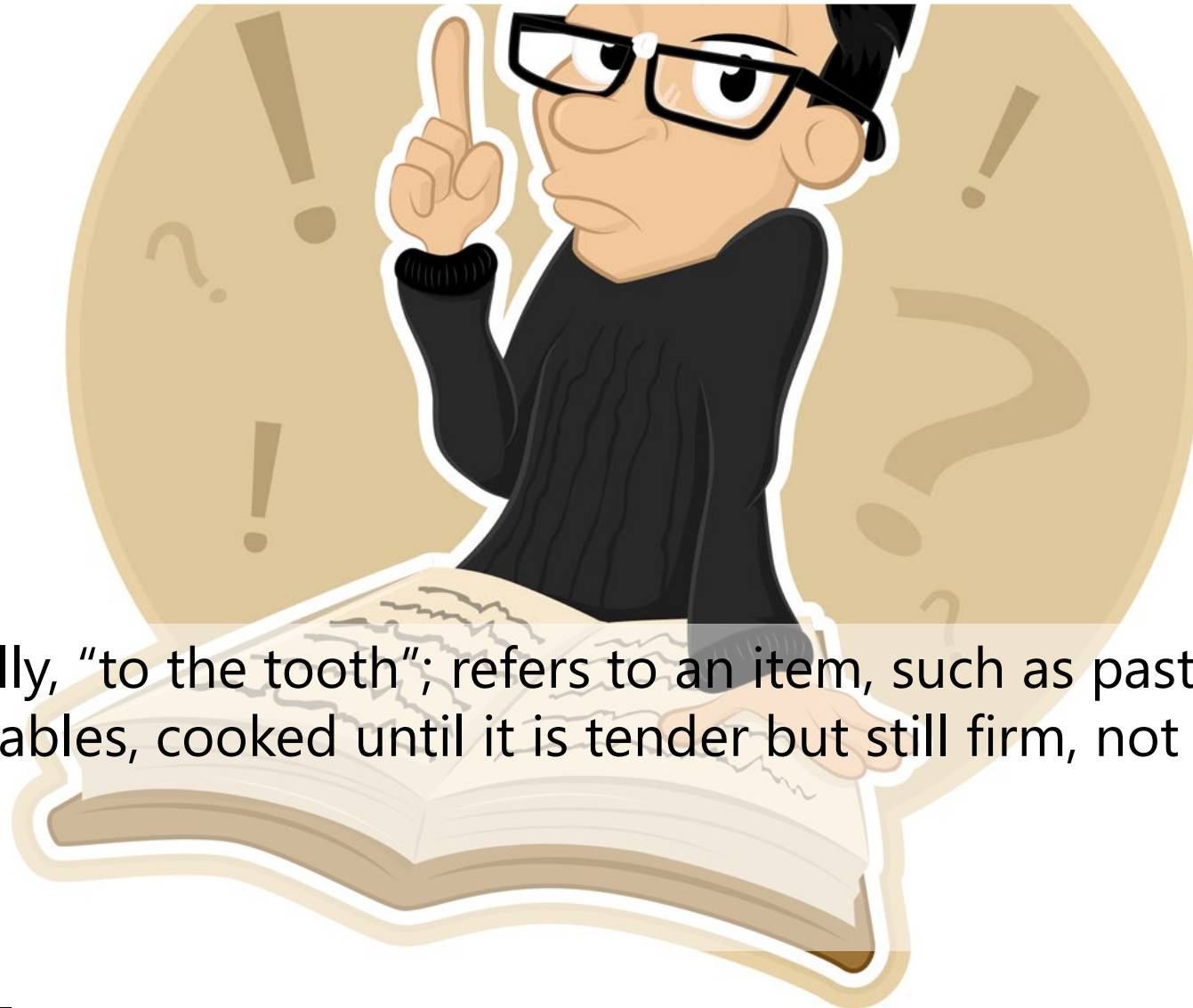


Literally, "burnt onion." A peeled, halved onion seared on a flattop or in a skillet and used to enhance the color of stock and consommé.





What is Al Dente?

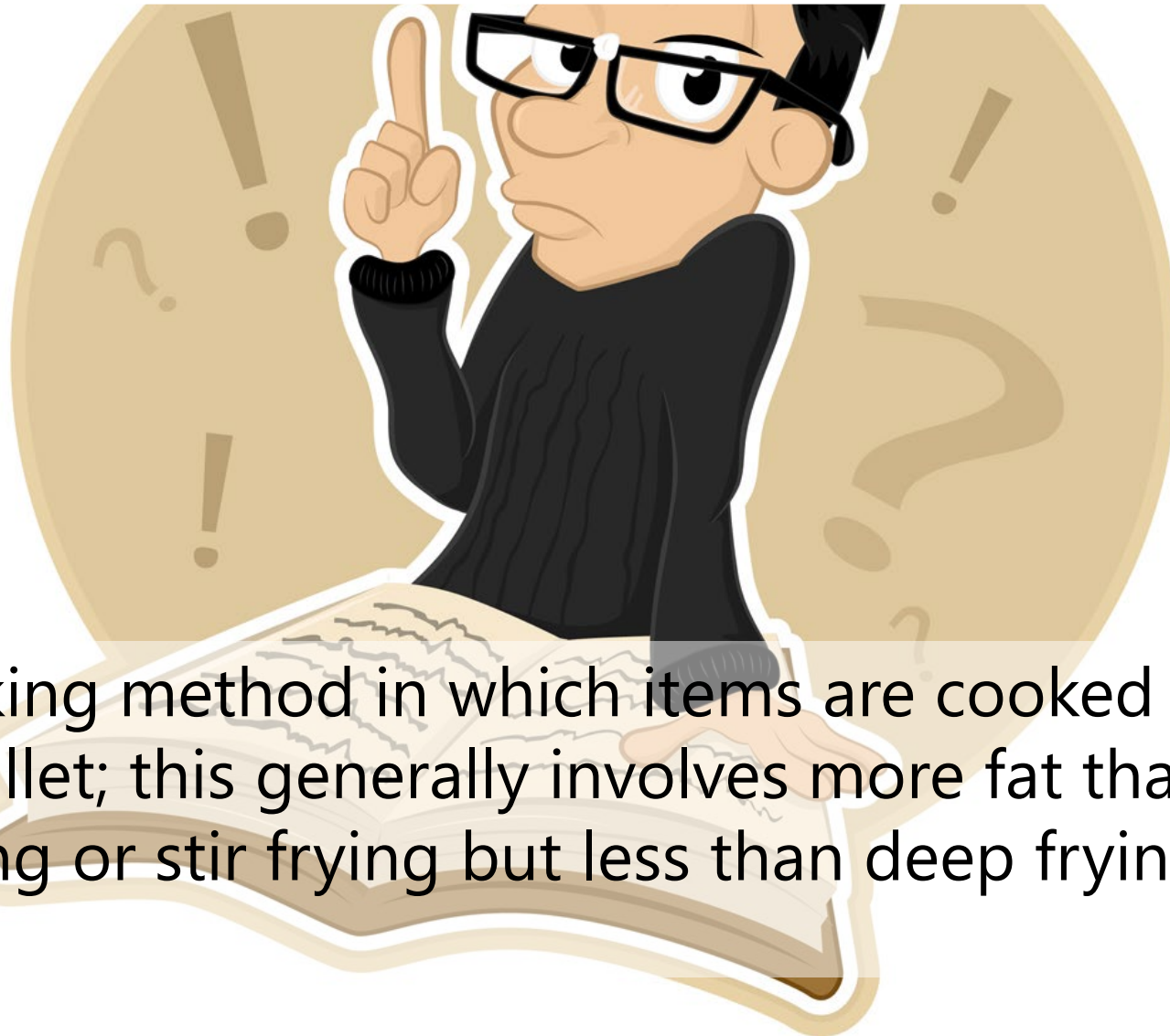


Literally, "to the tooth"; refers to an item, such as pasta or vegetables, cooked until it is tender but still firm, not soft.





What is Pan Frying?



A cooking method in which items are cooked in fat in a skillet; this generally involves more fat than sautéing or stir frying but less than deep frying.





What is Brunoise?



Dice cut of $\frac{1}{8}$ -inch cubes.





What is Oignon Piqué?

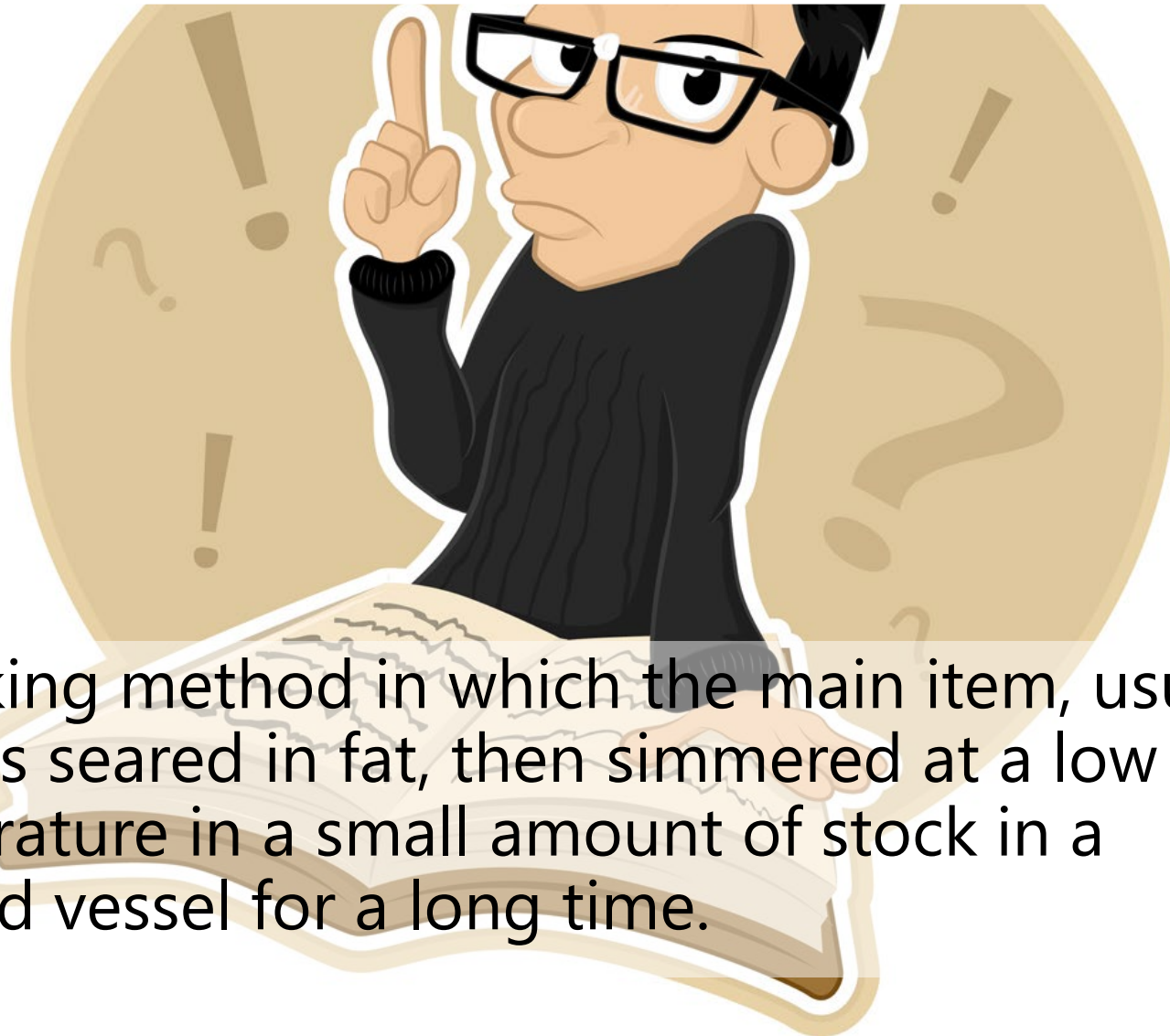


Literally, "pricked onion." A whole, peeled onion to which a bay leaf is attached, using a clove as a tack. It is used to flavor béchamel sauce and some soups.





What is Braising?

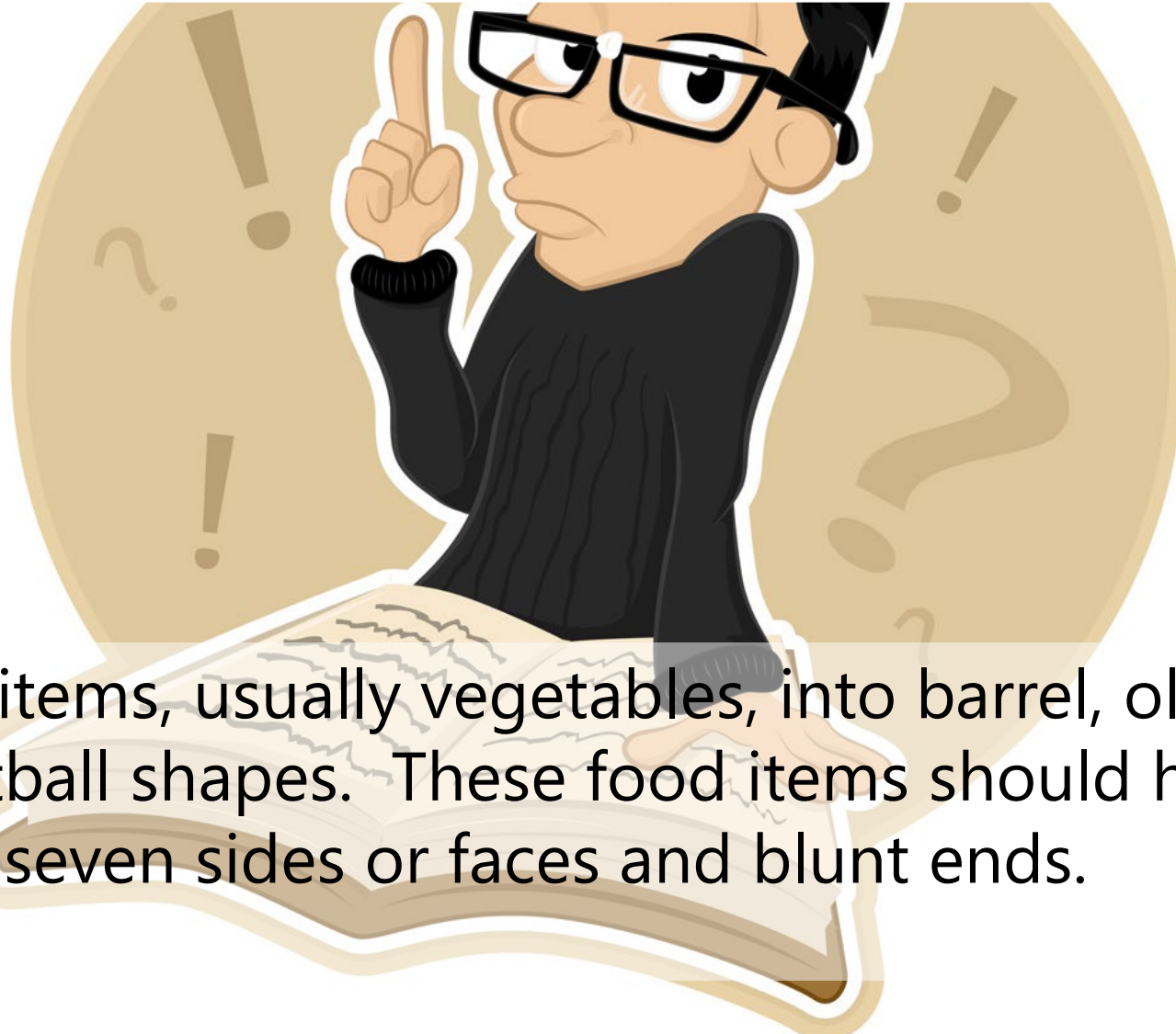


A cooking method in which the main item, usually meat, is seared in fat, then simmered at a low temperature in a small amount of stock in a covered vessel for a long time.





What is Tournier?

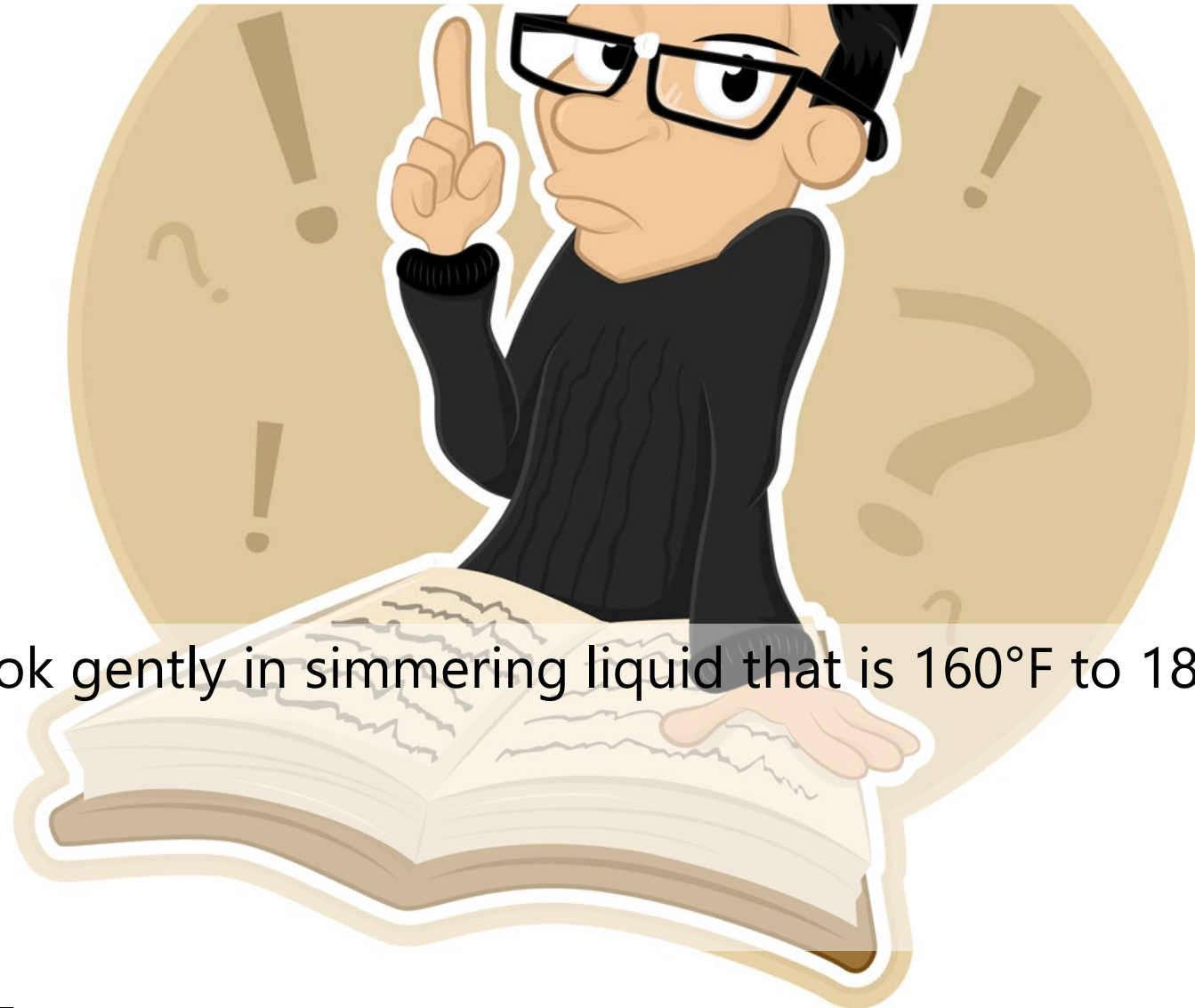


To cut items, usually vegetables, into barrel, olive, or football shapes. These food items should have five or seven sides or faces and blunt ends.





What is Poaching?

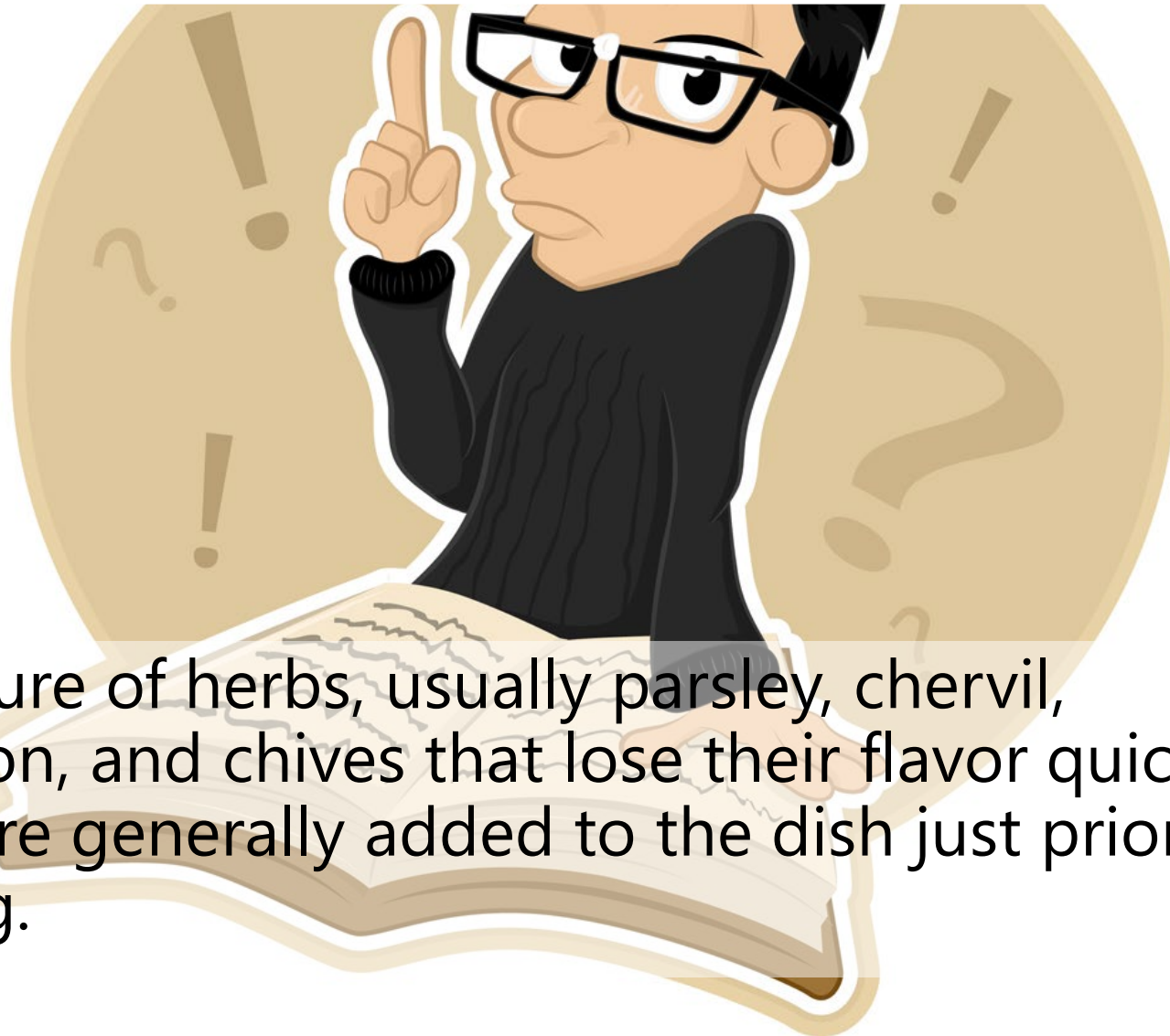


To cook gently in simmering liquid that is 160°F to 185°F.





What is Fines Herbes?

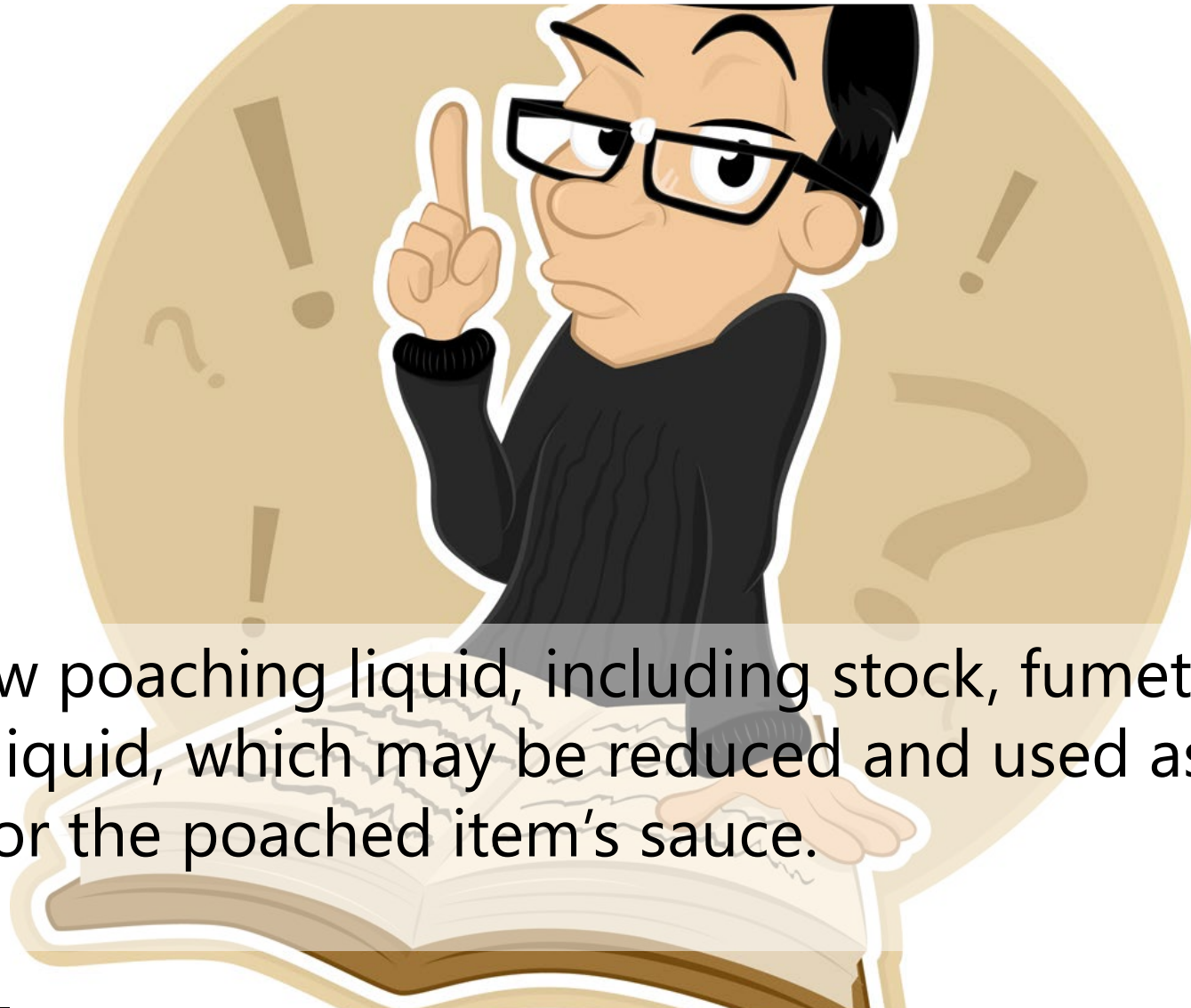


A mixture of herbs, usually parsley, chervil, tarragon, and chives that lose their flavor quickly. They are generally added to the dish just prior to serving.





What is a Cuisson?



Shallow poaching liquid, including stock, fumet, or other liquid, which may be reduced and used as a base for the poached item's sauce.





What is a Suprême?

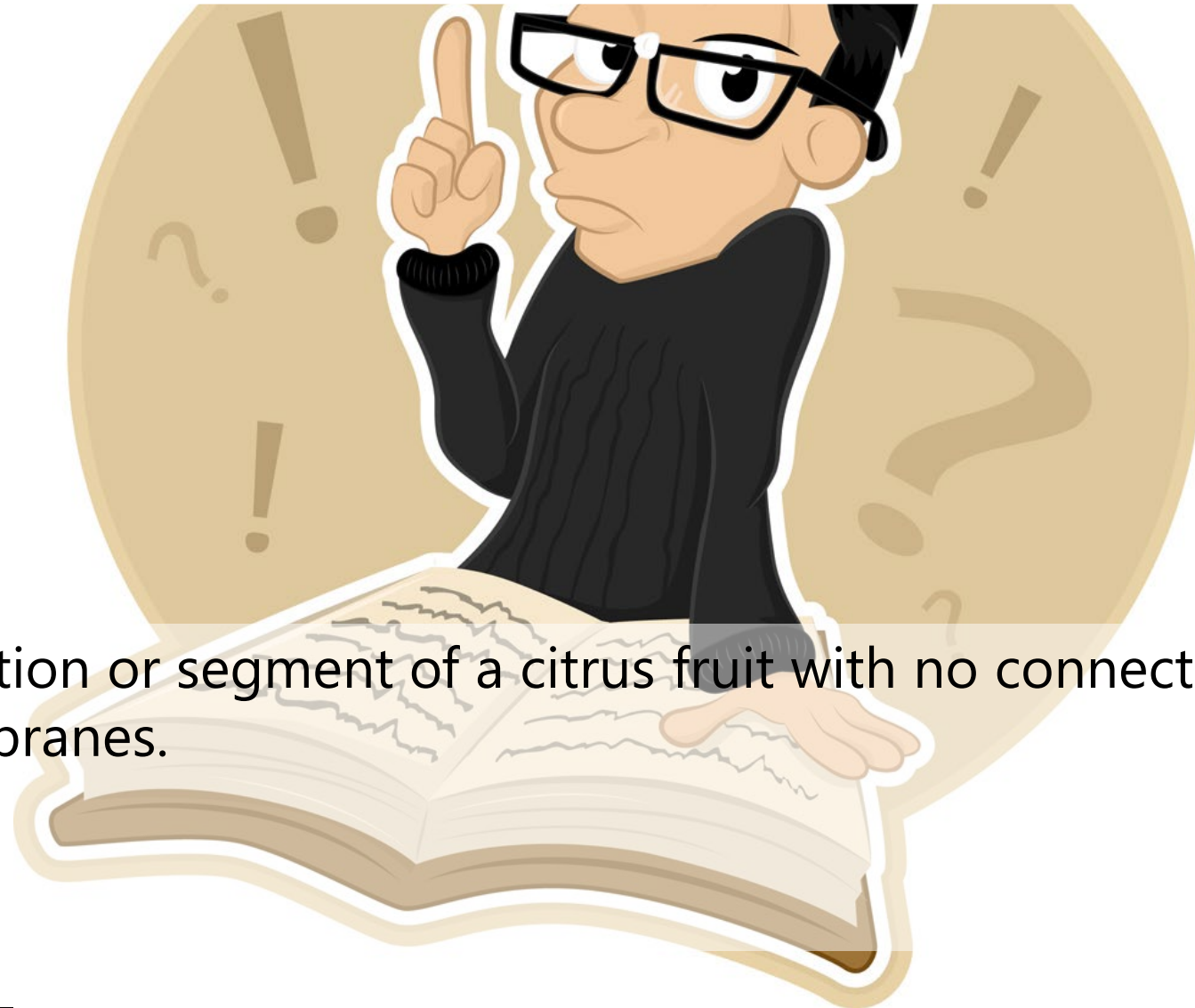


The breast fillet and wing of chicken or other poultry.





What is a Suprême?



A section or segment of a citrus fruit with no connective membranes.





What is Stir-Frying?

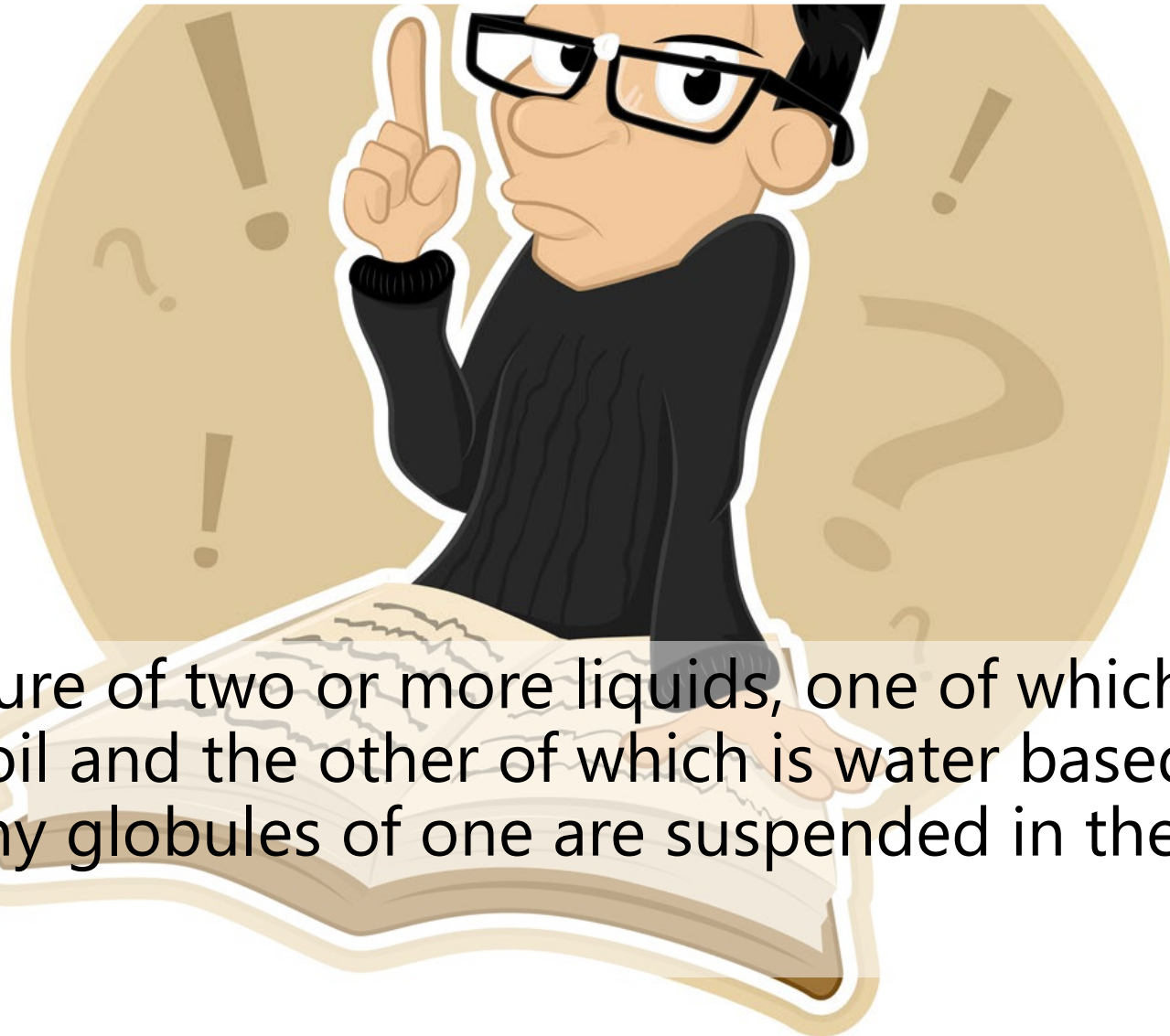


A cooking method similar to sautéing in which items are cooked over very high heat, using little fat. The food is kept moving constantly.





What is an Emulsion?

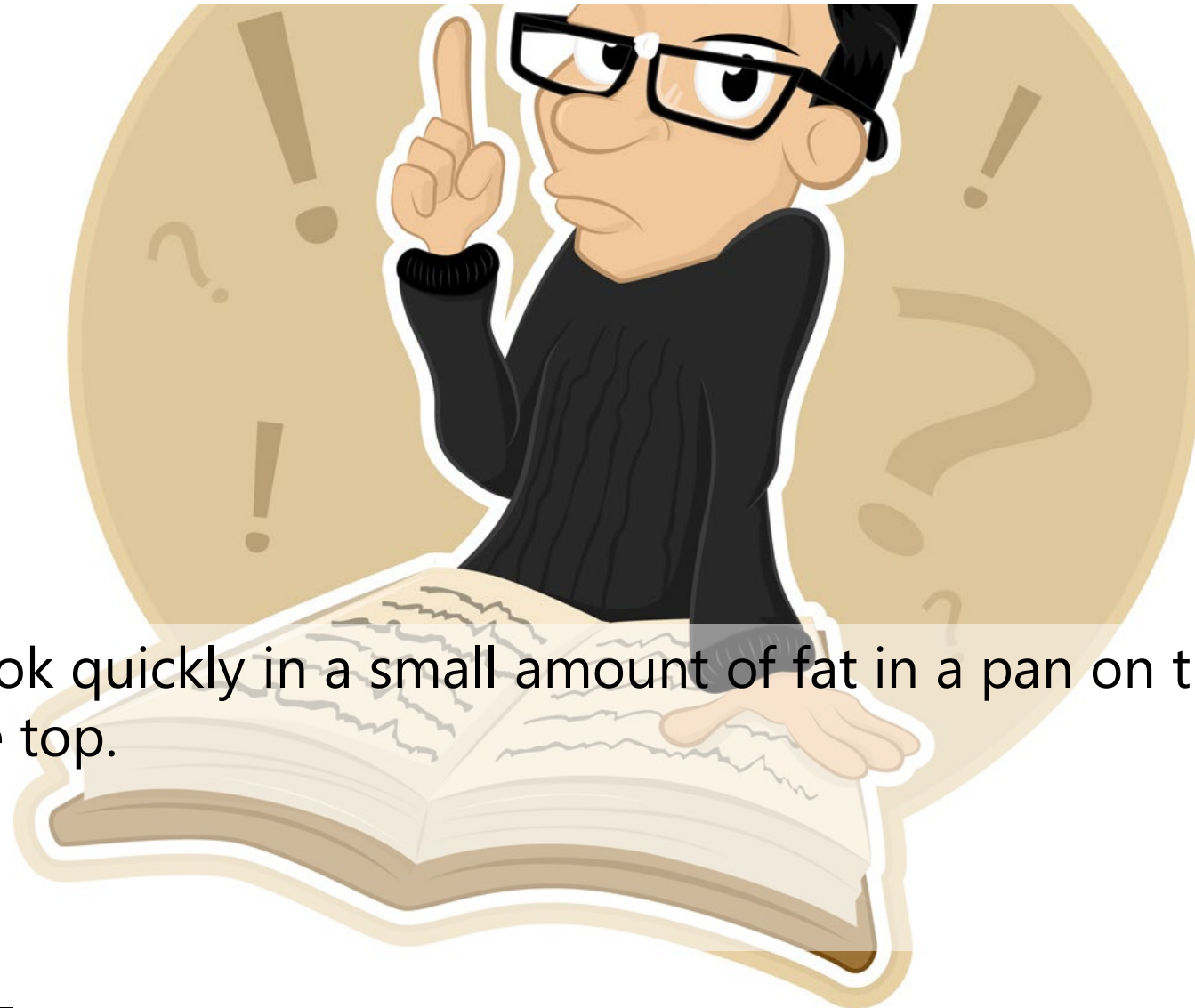


A mixture of two or more liquids, one of which is a fat or oil and the other of which is water based, so that tiny globules of one are suspended in the other.





What is Sautéing?



To cook quickly in a small amount of fat in a pan on the range top.





What is Blanching?



To cook an item briefly in boiling water or hot fat before finishing or storing it. This helps to preserve the color, lessen strong flavors, and remove the peels of some fruits and vegetables.





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Any Questions?