



09 - VOCABULARY: A LIST OF PHRASES FOR COOKING



- **add** (verb): to put something else in - *Add grated cheese to the white sauce and stir.*
- **bake** (verb): to cook in an oven - *I can bake cakes and pies, but I can't bake bread.*
- **beat** (verb): to mix eggs, cream, etc. with a fork, a beater, or a whisk - *To make scrambled eggs, beat the eggs before cooking them.*
- **boil** (verb): to cook in boiling water - *Will you boil the vegetables, or steam them?*
- **burn** (verb): to spoil food by cooking it for too long or at a temperature that's too high - *Please don't burn the toast.*
- **carve** (verb): to cut slices or small pieces from a large piece of cooked meat - *Who'd like to carve the roast chicken?*
- **chop** or **chop up** (verb): to cut into small pieces with a sharp knife - *It's easy to cut yourself when chopping onions, so be careful.*
- **cook** (verb): to prepare food for eating - *What are you cooking for dinner?*
- **cookbook** or **cookery book** (noun): a book of recipes, often with pictures - *Can I borrow that cookbook with all the Asian recipes?*
- **dice** (verb): to cut food into small cubes or squares - *Dice the carrots and potatoes and add them to the soup.*
- **dish** (noun): food that's cooked in a certain way - *My favourite Indian dish is vegetable curry.*
- **fry** (verb): to cook food in hot oil, butter or fat - *Heat some olive oil in a frying pan and then add the diced tomatoes.*
- **grate** (verb): to cut tiny slices from cheese, vegetables, chocolate, etc. with a grater - *Grate half a cup of cheese and sprinkle it on top.*
- **grease** (verb): to rub butter or oil onto a baking pan or dish to stop food from sticking - *Should I grease the cake tin with butter or oil?*
- **grill** (also US "broil") (verb): to cook directly over or under a very hot gas flame or electric element - *Is the fish grilled under a gas grill or an electric grill?*
- **herb** (noun): a plant used for adding flavour to food - *Good cooks always know which herbs to use.*
- **ingredient** (noun): any food, liquid, herb or spice that's used to make a particular dish - *Chilli and fish sauce are basic ingredients in many Thai dishes.*
- **mash** (verb): to crush food like cooked potato until it's a smooth mass - *Could you mash the potatoes, please?*

- **melt** (verb): to turn a solid substance into a liquid by heating - *Melt some butter in a saucepan and then add the flour.*
- **mix** (verb): to combine two or more substances - *The flour is mixed with a little oil and warm water to make a dough.*
- **peel** (verb): to take or cut the skin off a vegetable or fruit - *I get juice all over my fingers if I peel an orange.*
- **pinch** (noun): a very small amount of something like salt or ground spice - *Add a pinch of salt to the water before boiling vegetables.*
- **preheat** (verb): to turn on and heat an oven or grill before cooking - *It's important to preheat your oven before baking scones.*
- **prepare** (verb): to make food ready for cooking or eating - *It takes an hour or more to prepare this dish.*
- **recipe** (noun): a list of ingredients and instructions for cooking a particular dish - *My grandmother gave me this recipe for apple pie.*
- **roast** (verb): to cook foods like meat and vegetables in an oven - *Why don't we roast some vegetables as well?*
- **sauté** (verb): to fry quickly in hot oil or fat - *To begin, sauté the onions and garlic in a saucepan.*
- **serve** (verb): to give someone food that's been prepared or a drink - *Make sure the food's still hot when you serve it.*
- **spice** (noun): a plant part, often ground into a powder, that adds flavour to a dish - *Which spices did you add to this sauce?*
- **sprinkle** (verb): to add a few drops of liquid or a substance like salt or pepper by shaking a container or by using your fingers - *Why do you sprinkle so much salt on everything?*
- **steam** (verb): to cook in hot steam from boiling water - *Steaming vegetables destroys fewer nutrients than boiling them.*
- **stir** (verb): to move a spoon or other implement around to mix something - *If you don't stir the sauce enough, it'll be lumpy.*
- **stir-fry** (verb): to fry quickly over a high heat while stirring - *Lots of people stir-fry all kinds of meat and vegetables these days.*
- **tablespoon** (abbrev: "tbsp") (noun): a large spoon used for serving, or the amount of an ingredient that fits in one - *Add a tablespoon of flour to the melted butter and stir.*
- **teaspoon** (abbrev: "tsp") (noun): a small spoon or the amount of an ingredient that fits in one - *You didn't use more than half a teaspoon of chili powder, did you?*
- **whisk** (verb): to mix something very quickly with a whisk - *Break the eggs into a bowl and whisk until smooth.*