

A	Al dente	This term is usually used in cooking pasta. It means to cook until tender but still slightly firm.
B	Bake	Cooking in an oven or oven-type appliance. When meat is cooked uncovered it is generally referred to as roasting.
	Baste	Brushing food with liquid such as melted fat, meat drippings, fruit juice, sauce, marinade, or water during cooking to moisten. Basting adds flavour and prevents surfaces of food from drying out.
	Beat	Stirring thoroughly and vigorously with a wire whisk, spoon, hand-beater or electric mixer to incorporate air into food.
	Blanch	Quickly immersing vegetables or fruit into boiling water for 1 to 2 minutes then into cold water to stop the cooking process. Blanching is sometimes necessary before freezing fruits or vegetables for better quality products when they are thawed. Blanching is also helpful in removing skins from tomatoes or peaches.
	Blend	Mixing two or more ingredients together thoroughly. Blending may be done by hand or with a spoon, or low speeds of a blender or electric mixer.
	Boil	Cooking in liquid that is at boiling temperature. When a liquid is at a boil (212° F at sea level for water) bubbles will rise and continuously break the surface.
	Braise	Browning meat or poultry in a small amount of liquid or fat, then cooking, tightly covered, over low heat for a long time. Braising meat develops flavours in the browning process. A good cooking method for less tender cuts of meat.
	Bread	Coating a food with bread crumbs, cracker crumbs, or other food prior to cooking. Typically, the food is moistened with beaten egg or other liquid first. Good for sautéing or frying.
	Broil	Cooking meat (or other food) directly under (as in a gas or electric oven) or over the heat source (as on a grill). Moisture is held in the food by the high cooking temperatures which quickly "seal in" flavour. This cooking method is ideal for tender cuts of meat.
	Brown	Cooking food in a small amount of fat over moderate or high heat until the surface is browned. (Additional cooking may be required to thoroughly cook food.)
C	Caramelize	Heating sugar or foods containing sugar over moderate heat with constant stirring to develop a brown colour. This browning process contributes to the flavour of foods.
	Chill	To cool in refrigerator, but not freeze.
	Chop	Cutting food into small pieces with a knife, chopper, or other sharp tool, blender, or food processor.
	Coat	Covering a food with, or dipping it into, an ingredient such as flour or sauce. To cover with a thin layer of flour, sugar, nuts, crumbs, seeds, or spices.
	Coats a spoon	This phrase refers to the stage of cooking a sauce or custard when it is thick and forms a film on a metal spoon.
	Combine	Stirring 2 or more ingredients together to form a mixture of uniform consistency.
	Cream	Mixing 1 or more foods (usually fat and sugar) with a spoon or an electric mixer until soft, smooth, and creamy.
	Crisp-tender	Cooking foods such as vegetables just until tender but not soft or limp. This term is often used in stir-fry recipes.
	Cube	Cutting foods such as vegetables or meat into pieces with 6 equal sides.
	Cut in	Mixing solid fat throughout dry ingredients using 2 knives or a pastry blender until flour-coated fat particles are the desired size. Typically used when making pastry.
D	Dash	About half of 1/8 teaspoon of a spice or seasoning.
	Deep-fry	Cooking food in enough hot fat (350° F - 375° F) to cover the food.
	Deglaze	Adding liquid to a hot pan after sautéing or roasting to release the meat's essence left in the pan. This liquid usually consists of wine, brandy, juice or broth.
	Dice	Cutting food into very small cubes.
	Dilute	Thinning a liquid or reducing flavour by adding liquid.

	Dissolve	Making a solution such as sugar in water; to melt or liquefy.
	Dredge	Lightly covering or coating food with flour or other fine substances such as bread crumbs or cornmeal. Often beef cubes are "dredged" in flour prior to browning for beef stew.
	Drippings	The fat and juices obtained when cooking meat, poultry, seafood, or fish.
	Drizzle	Pouring a liquid over the surface of food in a fine, thread-like stream.
	Dust	A light sprinkle of flour or sugar over a food. This process results in a lighter covering than when coating a food before frying. Powdered sugar is commonly used to dust desserts.
F	Flake	Breaking food into small pieces, most often with a fork. This technique is used to break apart delicate foods such as fish or crab meat for salads. Flaking is used to test fish for doneness.
	Flute/Fluting	Pressing or crimping an attractive edge into the edges of a piecrust before baking, using a fork or fingers. The fluted edge should be pressed under the rim of the pan in several places to prevent shrinkage. When a top crust is used, the top and bottom crusts are pressed together to seal in the filling.
	Fold	Combining 1 ingredient, usually a light or delicate ingredient, with another heavier ingredient by gently turning the mixture with a spoon or spatula to minimize loss of air. Two motions are used: cutting vertically through the mixture and sliding it across the bottom of the bowl and up the other side. Typically used to mix fruit into a batter such as muffin or pancake batter.
	Fry	Cooking food in hot fat over moderate to high heat. Pan-frying (frying) and sautéing are similar, although sautéing is generally considered to be quicker and uses less fat. Deep-frying requires that the food be submerged in the hot fat.
G	Garnish	An edible decoration added to finished dishes or desserts. Garnishes may be placed under, on, or around the food. They range from a simple sprig of parsley to delicately carved vegetables.
	Glaze	Coating with a glossy mixture that enhances both flavour and appearance of food such as meat, vegetables, and desserts.
	Grate	Cutting foods into smaller pieces using a grater or food processor. This technique is used on firm foods such as carrots or cheese.
	Grease	Rubbing the surface of a pan or dish with fat to prevent food from sticking.
	Grease and flour	Preparing a pan by greasing and then lightly dusting with flour to prevent food from sticking. This is a common technique used when baking cakes; some recipes will refer to the pan as a "prepared" pan.
	Grill	Cooking food on a rack over direct heat in a charcoal or gas grill. In some regions, "barbecue" may be used synonymously with grill.
	Grind	Reducing food to small particles by cutting or crushing the food mechanically in a grinder, blender, or food processor. Foods can be ground to varying degrees-- fine, medium and coarse. Spices can be ground in a mortar and pestle.
J	Julienne	Cutting meat, vegetables or fruit into long, thin strips. May be used as a garnish or in stir-fry.
K	Knead	Working dough with the heel of a hand or with the kneading attachment of a mixer in order to develop the structure of bread.
L	Lukewarm	A temperature of about 95°F. Lukewarm liquids and food feel neither hot nor cold when tested on the inside of the wrist.
M	Marinade	A seasoned liquid in which foods are soaked (marinated). The marinade is usually a combination of an oil and an acid, such as vinegar or fruit juice. Marinades are used to add flavour to the food or to tenderize. If a marinade is to be used later for basting or as a sauce, make a larger batch and reserve a portion before adding the meat. Never reuse marinade that has been in contact with uncooked meat.
	Marinate	Soaking a food in a marinade. Foods should be refrigerated during marinating. Discard any remaining marinade that has been in contact with uncooked meat, poultry or seafood.
	Meringue	A foam of beaten egg whites and sugar that is baked. A soft meringue may be baked as topping of a single-crust pie; a baked hard meringue is used as a shell for berries or other dessert fillings.

	Microcook Microwave	Cooking food in a microwave oven using high-frequency radio waves that cook food quickly.
	Mince	Finely chopping or cutting food into 1/8 inch pieces or smaller. (This term refers to foods cut up more finely than simply being chopped.)
	Mix	Combining 2 or more ingredients into a uniform mixture by stirring or using an electric mixer.
P	Panbroil	Cooking meats and fish, uncovered, over high heat on a hot surface (usually in a frying pan), pouring off fat as it forms.
	Panfry	Cooking foods, uncovered, over high heat in a small amount of fat.
	Parboil	Partially cooking foods in water or other liquid. Cooking is usually completed by another method. Also called blanching.
	Peel	Removing the outer covering or skin of fruit and vegetables such as potatoes, carrots, oranges, or bananas.
	Punch down	Pushing down a risen yeast dough with the fist. This step is necessary to allow formation of smaller, more uniform air pockets.
	Purée (v.)	Grinding food until it is completely smooth by using a blender, food processor or forcing the food through a sieve or food mill.
	Purée (n.)	A smooth paste made by pressing food through a fine sieve or food mill; also a thick sauce made from puréed vegetables or fruit.
R	Reconstitute	Adding water to dried or concentrated foods, such as nonfat dry milk or orange juice concentrate, to restore them to their original consistency.
	Reduce	Boiling a liquid to reduce the volume. This technique is often used with stocks, wine, and sauce mixtures to intensify flavours and thicken.
	Rehydrate	Restoring water lost during drying by soaking or by cooking the dehydrated food in liquid, as when cooking dried beans.
	Roast	Cooking foods in an uncovered pan in the oven at moderate temperatures. When roasting meats or poultry, tender cuts should be used. (Tougher cuts require longer, slower cook times.)
	Rub/Paste	A rub is a dry blend of ground herbs and spices that is rubbed onto the surface of meat, poultry, or fish to impart an "instant" flavour to the food. To make a wet rub or "paste," simply combine the dry blend with a touch of oil, water, honey, or juice.
S	Sauté	Quickly cooking foods in a small amount of hot fat in a skillet.
	Scald	Heating liquid to just under the boiling point. Also refers to placing fruit and vegetables in boiling water for 1 minute to aid in removing the skin.
	Scallop	Layering sliced food, often potatoes, with sauce or other liquid, and baking in a casserole. The scalloped food is often topped with bread or cracker crumbs before baking.
	Score	Making shallow cuts, notches or lines on the surface of meat or food to increase tenderness, prevent the fat from curling, or make food look attractive.
	Sear	Browning the surface of meat quickly in a skillet or grill over high heat or under the broiler to help seal in juices.
	Shred	Cutting food into narrow strips using a knife, grater or food processor. Cooked meats can be shredded by pulling it apart with two forks.
	Simmer	Cooking food gently over low heat in liquid that is just below the boiling point (about 180°F to 210°F). Bubbles will form slowly and just begin to break the surface.
	Skewer	A long, thin, pointed rod of wood or metal upon which food is placed to hold it during cooking or serving. Wood skewers should be soaked in water for at least 15 minutes before use. Also, to position food on a "skewer."
	Steam	Cooking food on a rack in steam over boiling water in a closed container. The food should not touch the water.
	Steep	Extracting flavour or colour from a food, by placing the food (such as tea, coffee, herbs, or spices)

		in a heated liquid that is below the boiling point in order to extract flavour or colour, as in tea.
	Stew	Simmering less tender cuts of meat and vegetables in liquid for an extended time.
	Stir	Mixing ingredients with a circular motion.
	Stir-fry	Frying thinly and uniformly sliced food quickly in a small amount of hot oil, stirring constantly. Denser foods, such as broccoli and carrots, may need to be sliced thinner and/or cooked before other ingredients are added.
	Strain/Drain	Removing liquid from food by placing it in a strainer or colander and allowing the excess liquid to drain out.
T	Thicken	To make a thin paste by mixing flour, cornstarch, or arrowroot with an equal amount of cold water and then stirring the paste into a hot liquid and cooking it, stirring constantly, until the liquid has thickened.
	Toasting	A technique commonly used with dried seeds such as sesame, cumin and fennel to release maximum aroma and flavour. Low to medium heat is applied to seeds in a dry skillet or baking pan. Should be done right before adding to the recipe.
	Toss	Gently mixing ingredients together by turning them over using two forks or a fork and a spoon.
W	Whip	Rapidly beating ingredients, such as egg white or cream, with a whisk, fork, or mixer in order to incorporate air into them to increase their volume until they are light and fluffy.

Culinary Terms A to Z

A la carte (*adj.*) - separately priced items from a menu, not as part of a set meal.

Al dente (*adj.*) - cooked so it's still tough when bitten, often referring to pasta

A la grecque (*adj.*) - served in the Greek style of cooking, with olive oil, lemon juice, and several seasonings, often referring to vegetables

A point (*adj.*) - cooking until the ideal degree of doneness, often referring to meat as medium rare

Acidulation (*n.*) - the process of making something acid or sour with lemon or lime juice

Aerate (*v.*) - the process when dry ingredients pass through a sifter and air is circulated through, changing the composition of the material, often referring to flour

Aspic (*n.*) - a dish in which ingredients are set into a gelatine made from a meat stock or consommé

Au gratin (*adj.*) - sprinkled with breadcrumbs and cheese, or both, and browned

Au jus (*adj.*) - with its own juices from cooking, often referring to steak or other meat

Au poivre (*adj.*) - coated with loosely cracked peppercorns and then cooked, often referring to steak

Au sec (*adj.*) - the descriptor for a liquid which has been reduced until it is nearly dry, a process often used in sauce making

Bain Marie (*n.*) - a container holding hot water into which a pan is placed for slow cooking, otherwise known as a "water bath" or "double boiler"

Barding (*v.*) - to cover a meat with a layer of fat, such as bacon, before cooking, effectively maintaining the moisture of the meat while it cooks to avoid overcooking

Baste (*v.*) - to pour juices or melted fat over meat or other food while cooking to keep it moist

Beurre blanc (*n.*) - a sauce made with butter, onions, and vinegar, usually served with seafood dishes

Bisque (*n.*) - a thick, creamy soup, with a base of strained broth (see coulis) of shellfish or game

Blanching (*v.*) - to plunge into boiling water, remove after moment, and then plunge into iced water to halt the cooking process, usually referring to vegetable or fruit

Braising (*v.*) - a combination-cooking method that first sears the food at high temperature, then finished it in a covered pot at low temperature while sitting in some amount of liquid

Brining (*v.*) - the process of soaking meat in a brine, or heavily salted water, before cooking, similar to marination

Chiffonade (*n.*) - shredded or finely cut vegetables and herbs, usually used as a garnish for soup

Concasse (*n.*) - to roughly chop raw or cooked food by peeling, seeding, and chopping to make it ready to be served or combined with other ingredients, usually referring to tomatoes

Consommé (*n.*) - a type of clear soup made from richly flavored stock that has been clarified, a process of using egg whites to remove fat

Confit (*n.*) - meat cooked slowly in its own fat, usually referring to duck

Coring (*v.*) - to remove the central section of some fruits, which contain seeds and tougher material that is not usually eaten

Coulis (*n.*) - a thick sauce made with fruit or vegetable puree, used as a base or garnish

Croquette (*n.*) - a small round roll of minced meat, fish, or vegetable coated with egg and breadcrumbs

Deglaze (*v.*) - to remove and dissolve the browned food residue, or "glaze", from a pan to flavor sauces, soups, and gravies

Degrease (*v.*) - to remove the fat from the surface of a hot liquid such as a sauce, soup, or stew, also known as defatting or fat trimming

Dredging (*v.*) - to coat wet or moist foods with a dry ingredient before cooking to provide an even coating

Dress (*v.*) - to put oil, vinegar, salt, or other toppings on a salad or other food

Culinary Terms: E-H

Effiler (*n.*) - to remove the string from a string bean or to thinly slice almonds

Emincer (*n.*) - to slice thinly, similar to julienne style, but not as long

Escabeche (*n.*) - a dish consisting of fish marinated for approximately one day in a sauce of olive oil, vinegar, herbs, vegetables, and spices, and then poached or fried and allowed to cool

Fillet (n.) - a boneless piece of meat, poultry, or fish; the French version, spelled as "filet," is also used when referencing a cut of beef that is boneless, such as filet mignon

Flambe (v.) - the process of adding alcohol such as brandy, cognac, or rum to a hot pan to create a burst of flames

Frenching (v.) - the process of removing all fat, meat, and cartilage from rib bones on a rack roast by cutting between the bones with a sharp paring knife, often referring to lamb, beef, or pork rib

Galantine (n.) - a Polish dish of de-boned stuffed meat that is poached in gelatin stock, pressed, and served cold with aspic or its own jelly

Galette (n.) - flat, round cakes of pastry, often topped with fruit or a food prepared in served in the shape of a flat round cake, such as "a galette of potatoes"

Gazpacho (n.) - a Spanish dish of cold, uncooked soup, which typically contain tomatoes, cucumbers, onions, garlic, oil, and vinegar

Harissa (n.) - a spicy, aromatic chile paste made from a variety of hot peppers and spices, often used in North African and Middle Eastern cooking

Infusion (n.) - the process of extracting chemical compounds or flavors from a vegetable in water, oil, or alcohol, by allowing the material to remain suspended in the liquid over time, also known as steeping

Involtni (n.) - food such as meat, poultry, seafood, or vegetables, wrapped around a filling such as cheese, cured meats, or nuts

Irradiation (n.) - the process of exposing food to radiation, designed to eliminate disease-causing germs from foods

Isinglass (n.) - a pure, transparent form of gelatin, obtained from the bladders of certain fish, used in jellies as a clarifying agent

Jacquarding (v.) - the process of poking holes into the muscle of meat in order to tenderize it, also known as needling

Jeroboam (n.) - an oversize wine bottle holding about three liters

Jus lie (n.) - meat juice that has been lightly thickened with either arrowroot or cornstarch

Kipper (n.) - a whole herring that has been split into a butterfly fashion from tail to head, gutted, salted, or pickled

Kirsch (n.) - a fragrant, colorless, unaged brandy distilled from fermented cherries, used with fondue

Kissing Crust (n.) - the portion of an upper crust of a loaf of bread which has touched another loaf when baking

Lactobacillus (n.) - a bacterium usually found in fermenting products, such as yogurts

Larding (v.) - the process of inserting strips of fat into a piece of meat that doesn't have as much fat, to melt and keep the meat from drying out

Liaison (v.) - a binding agent of cream and egg yolks used to thicken soups or sauces

Macerate (v.) - the process of softening or breaking into pieces using liquid, often referring to fruit or vegetables, in order to absorb the flavor of the liquid

Marinate (v.) - the process of soaking foods in seasoned and acidic liquid before cooking for hours or days, adding flavor to the food

Mesclun (n.) - a salad consisting of tender mixed greens such as lettuce, arugula, and chicory, herbs, and edible flowers

Mignonette (n.) - roughly cracked or coarsely ground peppercorns, used for au poivre dishes or for mignonette sauce, which contains vinegar and shallots as well and is often used for oysters

Mince (v.) - to finely divide food into uniform pieces smaller than diced or chopped foods, prepared using a chef's knife or food processor

Mise en place (v.) - the preparation of ingredients, such as dicing onions or measuring spices, before starting cooking

Mother (n.) - the base sauce used to make other variations of the original sauce; there are five variations: brown or espagnole, velouté, béchamel, tomato sauce, and emulsions

Nappe (n.) - the ability of a liquid to coat the back of a spoon or the act of coating a food, such as a leg of lamb, with glaze

Needling (v.) - injecting fat or flavors into an ingredient to enhance its flavor

Nutraceutical (adj.) - used to describe food that provides health or medical benefits as well as nutritional value, also known as functional food

Oeuf (n.) - the French term for egg

Oignon brulé (n.) - literally meaning "burnt onion," a culinary term for a half-peeled onion seared on a skillet

Ort (n.) - a scrap or morsel of food left over after a meal

Ouzo (n.) - an anise-flavored, strong, colorless liquor from Greece

Parboiling (v.) - the process of adding foods to boiling waters, cooking until they are softened, then removing before they are fully cooked, usually to partially cook an item which will then be cooked another way

Parcooking (v.) - the process of not fully cooking food, so that it can be finished or reheated later

Pâté (n.) - a mixture of seasoned ground meat and fat minced into a spreadable paste

Paupiette (n.) - a thin, flattened piece of meat, rolled with a stuffing of vegetables or fruits, which is then cooked before served

Persillade (n.) - a sauce or seasoning mixture of parsley chopped with seasonings, often used as part of a sauté cook's mise en place

Polenta (n.) - a mush or porridge made from yellow or cornmeal which originated in Northern Italy

Praline (n.) - a confection of nuts cooked in boiling sugar until brown and crisp

Quadriller (v.) - to make criss-cross lines on the surface of food, as part of food presentation

Quatre-épices (n.) - literally meaning "four spices," a finely ground mixture of generally pepper, cinnamon, nutmeg, ginger, or cloves, used to season vegetables, soups, and stews

Quenelle (n.) - a small quantity of a mixture of creamed fish or meat with a light egg binding, usually formed into a round shape, and then cooked

Remouillage (n.) - a stock made from bones that have already been used once to make a stock, making it weaker

Render (v.) - to cook the fat out of something, such as bacon

Rondeau (n.) - a wide, shallow pan with straight sides and two loop handles, often used for searing and poaching

Sautéing (v.) - to cook food quickly over relatively high heat, literally meaning "to jump" as the food does when placed in a hot pan

Scald (v.) - to heat a liquid so it's right about to reach the boiling point, where bubbles start to appear around the edges

Sear (v.) - a technique used in grilling, baking, or sautéing in which the surface of the food is cooked at high temperature until a crust forms

Staling (v.) - a chemical and physical process in which foods such as bread become hard, musty, or dry, also known as "going stale"

Steep (v.) - to allow dry ingredients to soak in a liquid until the liquid takes on its flavor, often referring to coffee, tea, or spices

Sweat (v.) - gently heating vegetables in a little oil, with frequent stirring and turning to ensure emitted liquid will evaporate; usually results in tender, or in some cases such as onions', translucent pieces

Tempering (v.) - raising the temperature of a cold or room-temperature ingredient by slowly adding hot or boiling liquid, often referring to eggs

Tourner (v.) - to cut ingredients such as carrots or potatoes into a barrel-like shape that form six or seven sides on the length of the item being cut, using a Tournier knife or a paring knife

Trussing (v.) - to tie meat or poultry, such as turkey with a string, woven through the bird parts by using a needle, in order to create a more compact shape before cooking

Ultra-pasteurization (n.) - the process of heating up milk products to 280 degrees Fahrenheit for a few seconds and chilling it down rapidly, resulting in milk that's 99.9% free from bacteria and extending their shelf-life

Unleavened (adj.) - made without yeast or any other leavening agent, often referring to bread

Vandyke (v.) - to cut a zig-zag pattern around the circumference of a lemon to create decorative garnishes for food presentation

Velouté (n.) - a type of sauce in which a light stock, such as chicken or fish, is thickened with a flour that is cooked and then allowed to turn light brown

Victual (n.) - any food or provisions for humans; all food is a "victual"

Vol-au-Vent (n.) - a round pastry that is baked and then filled with meat or vegetables after the fact

Whip (v.) - to beat food with a mixer to incorporate air and produce volume, often used to create heavy or whipping cream, salad dressings, or sauces

Whisk (n.) - a cooking utensil used to blend ingredients in a process such as whipping

Xanthan gum (n.) - a food additive, commonly used to thicken salad dressings, that is water-soluble and produced by the fermentation of sugar with certain microorganisms

Xylitol (n.) - a naturally fulfilling alcohol found in most plants such as fruits and vegetables, widely used as a sugar substitute in sugar-free chewing gums, mints, and other candies

Yakitori (n.) - a Japanese dish of small pieces of boneless chicken that is marinated, skewered, and grilled

Zest (v.) - to cut the zest, or the colorful part of the skin that contains oils and provide aroma and flavor, away from the fruit

Kitchen brigade = Ιεραρχία κουζίνας

Back-of-the-House= Σε έμμεση επαφή με τον πελάτη

Executive Chef = Διευθυντής της κουζίνας.

Head Chef = Αρχιμάγειρας

Sous Chef = Βοηθός σεφ / υπαρχηγός

Sauté chef / saucemaker / sauté cook = Σεφ για σοτάρισμα, αναλαμβάνει την παρασκευή κάθε σάλτσας

Entremetier = Συνθέτει και αποδίδει τις γαρνιτούρες για όλα τα πιάτα.

Chef de Partie / senior chef = Μάγειρας Α΄

Roundsman / Swing cook = Σέφ για όλες τις δουλειές

Butcher chef Αναλαμβάνει το φιλετάρισμα και την κοπή των κρεάτων.

Fish chef = Υπεύθυνος για τα θαλασσινά.

Vegetable chef = Υπεύθυνος για τα λαχανικά

Fry chef = Υπεύθυνος για τηγάνισμα

Grill chef = Υπεύθυνος για το ψήσιμο κρεατικών στη σχάρα

Roast chef = Υπεύθυνος ψησίματος στο φούρνο

Pantry chef = Σεφ για κρύα ορεκτικά

Pastry chef = Επικεφαλής της ζαχαροπλαστικής.

Entrée preparer = Σέφ για ορεκτικά

Soup cook = Ασχολείται με την παρασκευή σούπας

Baker = Υπεύθυνος για ψωμιά και ζύμη

Butcher = Υπεύθυνος τεμαχισμού

Commis Chef / junior cook = Βοηθός κουζίνας

Kitchen Porter = Αχθοφόρος

Pantry supervisor / food keeper = Υπεύθυνος αποθήκης τροφίμων

Apprentice = Μαθητευόμενος

Spare hand/ roundsman = Διανομέας

Dishwasher = Προσωπικό Λάντζας

Personnel= Παρασκευάζει αποκλειστικά τα γεύματα του προσωπικού.

Announcer/expediter = Δέχεται τις παραγγελίες τις κατανέμει στα ανάλογα τμήματα

Front-of-the-House = Σε άμεση επαφή με τον πελάτη

Restaurant Manager = Επόπτης εστιατορίου

Shift manager = Υπεύθυνος βάρδιας

Floor manager = Υπεύθυνος ορόφου

Host/ hostess/ maître = Εστίαρχος

Sous-Maitre d'hotel / chef de service = Υπεστίναρχος

Server / waiter/waitress = Τραπεζοκόμος

Busser/ busboy/busgirl/ back waiter = Υποτραπεζοκόμος

Lounge Waiter = Τραπεζοκόμος σαλονιού

Table captain = Ασχολείται με τους πελάτες μόλις καθίσουν, τους εξηγεί το μενού

Runner = Βοηθός σερβιτόρου

Trainee = Αρχάριος Τραπεζοκόμος

Trancheur = Κόπτης

Maître d' fromage = Υπεύθυνος τυριού

Sommelier = Οινοχόος

Bartender = Υπεύθυνος μπαρ

Cashiers = Ταμίας

Dishwasher = λάντζέρης

Steward(ess) = φροντιστής

Ways of cooking = τρόποι παρασκευής

Baked=ψητός χωρίς λάδι
Beat=χτυπώ
Boiled=βραστός
Braise =μπρεζέ
Chop=ψιλοκόβω
Creamed=με κρέμα
Cut=κόβω
Fill=γεμίζω
Fillet=φιλετάρω
Flavor=καρυκεύω
Fried=τηγανιτός
Garnish =γαρνίρω
Grate=τρίβω
Gravy=με σάλτσα
Grilled=στη σχάρα
Grind=αλέθω
Marinated=μαριναρισμένος
Mash=πολτοποιώ
Mix=αναμειγνύω
Poach=ποσέ
Roasted=ψητός με λάδι
Sauté =σοταρισμένος
Skewered=σουβλιστός
Smoked=καπνιστός
Steamed=στον ατμό
Stewed=γιαχνί
Stuffed=γεμιστός

Greek food and beverages

Αμπελόφυλλα=vine leaves
Αμυγδαλωτά =macaroons/ marzipan
Αντίδια=endives
Αυγοτάραχο = bottarga
Βλαστάρια =tendrils
Βολβοί =bulbs /muscari
Βρούβα / σινάπι =sinapis
Γλυκό του κουταλιού=stewed fruit/ preserved fruit
Γραβιέρα =gruyere
Ελατομελο=vanilla fir honey
Ζοχοί=sow thistle
Καβουρμας= cured meat
Κάπαρη=caper
Λουκούμι=Turkish delight
Μανέστρα / κριθαράκι =orzo
Ούζο/ τσίπουρο / ρακί =pomace brandies
Παστουρμάς =pastirma
Ραδίκια=chicory/ dandelion green
Σαλιγκάρια=snails
Σουμάδα= orgeat
Τραχανάς=tarhana
Τυρί φέτα=feta cheese
Χαλβάς=halva
Χόρτα =wild boiled greens salad
Χυλόπιτες =Greek noodles, pasta

Fruits = φρούτα

Apple = μήλο
Apricot= βερίκοκο
Avocado = αβοκάντο
Banana=μπανάνα
Bergamot = περγαμόντο
Bitter orange = νεράντζι
Black currant= μαύρη σταφίδα
Blackberry/mulberry = βατόμουρο
Blood orange =σαγκουίνι
Blueberry =μύρτιλλο
Cherry=κεράσι
Coconut =ινδοκάρυδο
Cranberry = κόκκινο μύρτιλλο
Date=χουρμάς
Fig=σύκο
Gooseberry =φραγκοστάφυλο
Grape=σταφύλι
Grapefruit/ citron =φράπα , κίτρο
Guava = γκουάβα
Kiwi =ακτινίδιο
Kumquat = Κουμ-Κουάτ
Lemon=λεμόνι
Lime= μοσχολέμονο
Lotus / persimmon = λωτός
Mandarin/ tangerine/clementine = μανταρίνι
Mango = μάνγκο
Medlar/ loquat =μούσμουλο
Melon=πεπόνι
Mirabelle/ cherry plum = κορόμηλο
Nectarine= νεκταρίνι
Orange=πορτοκάλι
Papaya = παπάγια
Passion fruit = φρούτο του πάθους
Peach=ροδάκινο
Pear=αχλάδι
Physalis = φυσάλις
Pineapple=ανανάς
Plum=δαμάσκηνο
Pomegranate = ρόδι
Prickly pear = φραγκόσυκο
Prune= αποξηραμένο δαμάσκηνο
Quince=κυδώνι
Raspberry =σμέουρο
Red currant/ sultana = ξανθή σταφίδα /σουλτανίνα
Sour cherry = βύσσινο
Strawberry =φράουλα
Watermelon =καρπούζι

Vegetables / greens

Artichokes = αγκινάρα
Asparagus= σπαράγγι
Beans= φασόλια
Beetroot = παντζάρι
Broccoli= μπρόκολο
Brussels Sprouts= λαχανάκι Βρυξελλών
Cabbages/ collards = λάχανο
Carrots= καρότο
Cauliflower= κουνουπίδι
Celery= σέλινο
Corn= καλαμπόκι
Cowpeas= μαυρομάτικα φασόλια
Cucumber= αγγούρι
Eggplant / aubergine = μελιτζάνα
Endive= αντίδι
Garlic= σκόρδο
Gourd= νεροκολοκύθα
Horseradish= χρένο
Leeks= πράσο
Lettuce= μαρούλι
Okra=μπάμια
Onion/Shallot= κρεμμύδι
Parsnips= παστινάκι
Peas=αρακάς
Pepper=πιπεριά
Potato=πατάτα
Pumpkin/ Squash= κολοκύθα
Radicchio= ραδίκι
Radish= ραπανάκι
Rhubarb= ραβέντι
Scallion/ spring onion = φρέσκο κρεμμύδι
Soybean=σόγια
Spinach= σπανάκι
Sweet Potato= γλυκοπατάτα
Swiss Chard= σέσκουλο
Tomato= ντομάτα
Turnips= γογγύλι, ρέβα

Pulses / légumes = όσπρια

Bambara groundnut
broad beans = κουκιά , κυαμοι
Butter beans/ Lima beans= φασόλια γίγαντες
Carob/ locust bean = χαρουπι
Chickpeas =ρεβύθια , ερεβινθοι
Clover=τριφύλλι
Cowpeas/ black eyed peas=μαύροματικά φασόλια
Dry beans =ξερά φασόλια , φασιολοι
Dry peas=ξερά μπιζέλια , αρακάς
Faba bean =λαθούρι , λαθυροι
Lentils =φακές
Lupins =λούπινα
Mung bean =ροβίτσα
Pigeon peas=μπιζέλια περιστέρι
Roasted chickpeas = στραγάλια
Split peas green peas = φάβα πράσινη
Split peas wallow bean / horse bean =φάβα κίτρινη
Tamarind = ταμαρινδος
Vetches =βίκος

Herbs =βότανα

Basil = βασιλικός
Bay leaves=φύλλα Δαφνης
Borage=μποράντζα
Catnip=μαγιοβότανο , νεπέτα
Chervil=ανθρίσκος, φραγκομαιντανός
Chives=σχοινοπρασο
Cilantro / Coriander=κόλιανδρος
Dill=άνιθος
Epazote=δυσφανία
Fennel =μάραθο
Lavender =λεβάντα
Lemon grass =λεμονόχορτο
Lovage=λεβιστικό
Marjoram =μαντζουράνα
Mint=μέντα , δυόσμος
Oregano=ρίγανη
Parsley=μαϊντανός
Rosemary =δεντρολίβανο
Sage=φασκόμηλο
Savory =θρούμπι
Sorrel =λάπαθο
Tarragon=εστραγκόν
Thyme =Θυμάρι

Spices / seasonings = μπαχαρικά /καρυκεύματα

Allspice=μπαχάρι
Anise=γλυκάνισο
Cardamom=κάρδαμο
Cayenne pepper =πιπέρι καγιέν
Chili pepper =καυτερή πιπεριά
Cinnamon=κανέλλα
Clove=γαρύφαλλο
Coriander seed=σπόρος κόλιανδρου
Cumin=κύνινο
Curry=καρυ
Ginger=πιπερόριζα
Mace=μασις (περίβλημα μοσχοκαρυδου)
Mahleb =μαχλέπι
Mastic=μαστίχα
Mustard seed = σινάπι
Nutmeg=μοσχοκάρυδο
Paprika=πάπρικα
Pepper =πιπέρι
Pine seed/ pine nut=κουκουνάρι
Saffron =κρόκος
Salt=Άλας
Sesame =σουσάμι
Star anise=αστεροειδής γλυκάνισος
Turmeric =κουρκουμας
Vanilla =βανίλια
Watercress =κάρδαμο (φυτό)

Cereals = δημητριακά

Amaranth =αμαραντος
Barley =κριθάρι
Bran =πίτουρο
Buckwheat=φαγοπυρο ,μαυροσίταρο
Canary grass=φαλαρίδα
Corn flakes = νιφάδες καλαμποκιού
Fonio =διγιάρια
Granola =μούσλι
Groats = πλιγούρι
Kaniwa =Κανιούα
Maize/corn =καλαμπόκι
Millet =κεχρί
Oat(s)=βρώμη
Pitseed goosefoot =χηνοπόδιο , κλουβίδα
Quinoa =κινόα
Rice / wild rice = ρύζι (άγριο ρύζι)
Rye=σίκαλη
Sorghum=σόργο
Spelt = όλυρα
Straw = άχυρο
Teff =Σεταρία
Triticale= τριτικάλε
Wheat (bread wheat / durum wheat) =σιτάρι (σκληρό σιτάρι)

Bread = ψωμί

Barley bread=κριθαρένιο ψωμί
Bran bread=πιτυρουχο ψωμί
Bread sticks=κριτσίνια
Brios =μπριός
Brown bread=μαύρο ψωμί
Croissant =κρουασάν
Crumb =ψίχα
Crust=κόρα
Doughnut =ντόνατ, λουκουμάς
Fresh/ stale=φρέσκο/μπαγιατικό
Loaf =φραντζόλα
Muffin =κεκακι
Pancake =τηγανιτα
Roll/bun/ bagel= ψωμάκι
Rusk=παξιμάδι
Rye bread=ψωμί σικάλεως
Scone =πιτακι
Slice=φέτα
Toast bread=ψωμί του τοστ
Toast=φρυγανιά
Wheat bread=σταρένιο ψωμί
White bread=λευκό ψωμί
Wholegrain bread=πολύσπορο ψωμί

Dairy products = γαλακτοκομικά

Cheese=τυρί
Cocoa milk=σοκολατούχο γάλα
Condensed=συμπυκνωμένο
Cow's milk=αγελαδινό
Cream=κρέμα
Evaporated=εβαπορέ
Ewe's milk =πρόβειο
Full cream=πλήρες
Goat's milk=κατσικίσιο
Low fat=με χαμηλά λιπαρά
Milk=γάλα
Skimmed=από βουτυρωμένο
Sour cream =κρέμα γάλακτος
Tin/carton milk =σε χάρτινο κουτί
Whipped cream =αφρόγαλα
Yogurt=γιαούρτι

Nuts = ξηροί καρποί

Almond (salted/unsalted/burnt/smoked) =αμύγδαλο (αλατισμένο /ανάλατο/καβουρδισμένο)
Brazil nut=Βραζιλιάνα καρύδι
Cacao=σπόροι κακάο
Cashew=Κάσιους
Chestnut =κάστανο
Hazelnut =φουντούκι
Macadamia =μακαδαμια
Peanut=αραβίδα
Pecan=πεκαν
Pepita = πασατέμπο
Pili nut =κανάριο
Pine nut/ pinon nut =κουκουνάρι
Pistachio =φυστίκι Αιγίνης
Roasted chickpeas =στραγάλι
Soy nut=σπόρος σόγιας
Sunflower seed =Ηλιόσπορος
Tiger nut=κυπειρος
Walnut=καρύδι

Desserts/ sweets= επιδόρπια /γλυκά

Beige=Μπεζες
Biscuits=μπισκότα
Cake=τούρτα ,κέικ
Candied/glazed/crystallized = γλασέ
Candy=ζαχαρωτό
Cheesecake =τσηζκέικ
Chunky marmalade = με κομμάτια φρούτων
Cookies=κουλουράκια
Crackers=κρακεράκια
Cream puff=σου
Crème caramel=κρέμα καραμελέ
Crepe =κρέπα
Custard=κρέμα κάσταρντ
Honey=μέλι
Ice cream=παγωτό
Jam/marmalade =μαρμελάδα
Jelly/ Gelatin=ζελέ
Meringue =μαρέγκα
Molasses =μελάσσα
Mousse =μους
Oriental sweets=σιροπιαστά
Pastry =σφολιάτα
Pie =πίτα
Pudding=πουτίγκα
Sorbet=σορμπέ, παγωμένος χυμός
Sponge cake =παντεσπάνι
Stewed fruit/ compote= κομπόστα
Syrup=σιρόπι
Tart/ tartlet =τάρτα
Water ice=γρανίτα

Cold cuts = αλλαντικά

Bacon=μπέικον , χοιρομέρι
Ham=ζαμπόν
Meatloaf= ρόλο κιμά
Mortadella = μορταδέλα
Pastrami = παστουρμάς
Prosciutto =προσούτο
Salami= σαλάμι
Sausage = λουκάνικο
Smoked meat =καπνιστό κρέας

Meat = κρεατικά

Beef=βοδινό
Bull= τάυρος
Calf= δαμάλι
Cow= αγελάδα
Ewe=προβατίνα
Goat= γίδα , τράγος
Kid= κατσίκι
Lamb/ Mutton/ sheep=αρνί, πρόβατο
Ox = βόδι
Pork=χοιρινό
Ram =κριάρι
Veal=μοσχάρι
Wether=μουνούχι

Offal=εντόσθια

Brains=μυαλό
Heart=καρδιά
Kidney=νεφρά
Liver=συκώτι
Oxtail=ουρά βοδινή
Sweetbread=αμελέτητα
Tongue=γλώσσα
Tripe= πατσάς

Poultry=πουλερικά

Chicken=κοτόπουλο
Duck=πάπια
Duckling=παπάκι
Gizzards=φρίσα
Goose=χήνα
Grouse= αγριόγαλος
Guinea fowl= φραγκόκοτα, φαραόνι
Hen=κότα
Ostrich=στρουθοκάμηλος
Pigeon/dove=περιστέρι
Rooster/cock =κόκορας
Squab = κρέας περιστεριού, πιτσούνι
Turkey=γαλοπούλα

Game=κυνήγι

Buffalo/bison = βίσωνας

Deer=ελάφι

Elk=άλκη, τάρανδος

Hare=Λαγός

Moorhen = νερόκοτα

Partridge=πέρδικα

Pheasant=Φασιανός

Quail=ορτόκι

Rabbit=κουνέλι

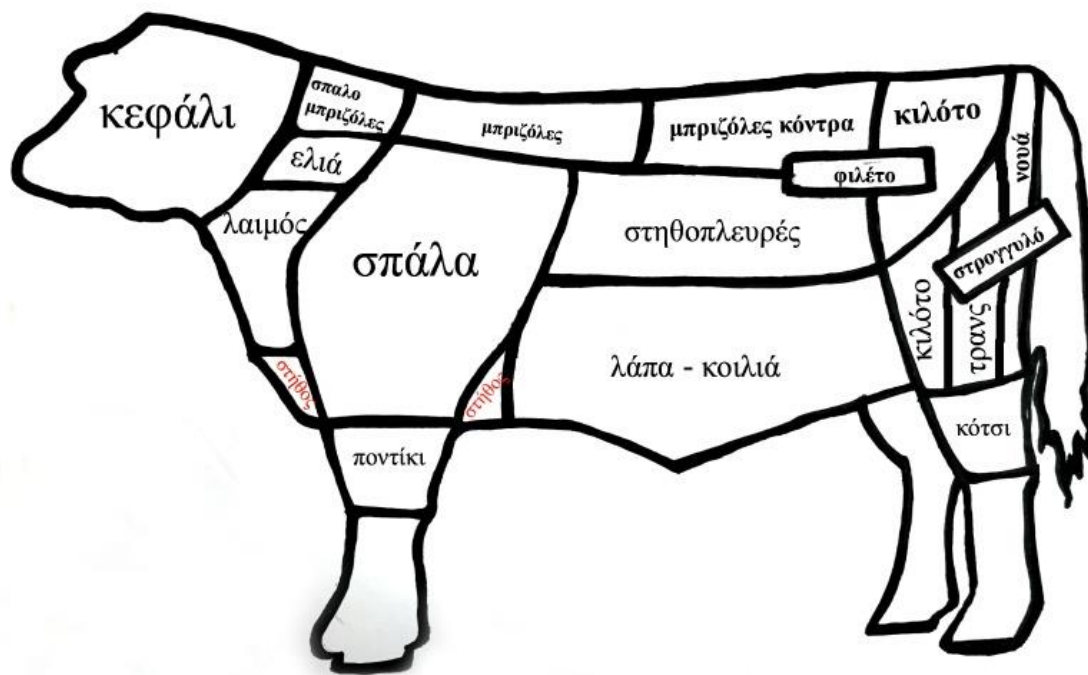
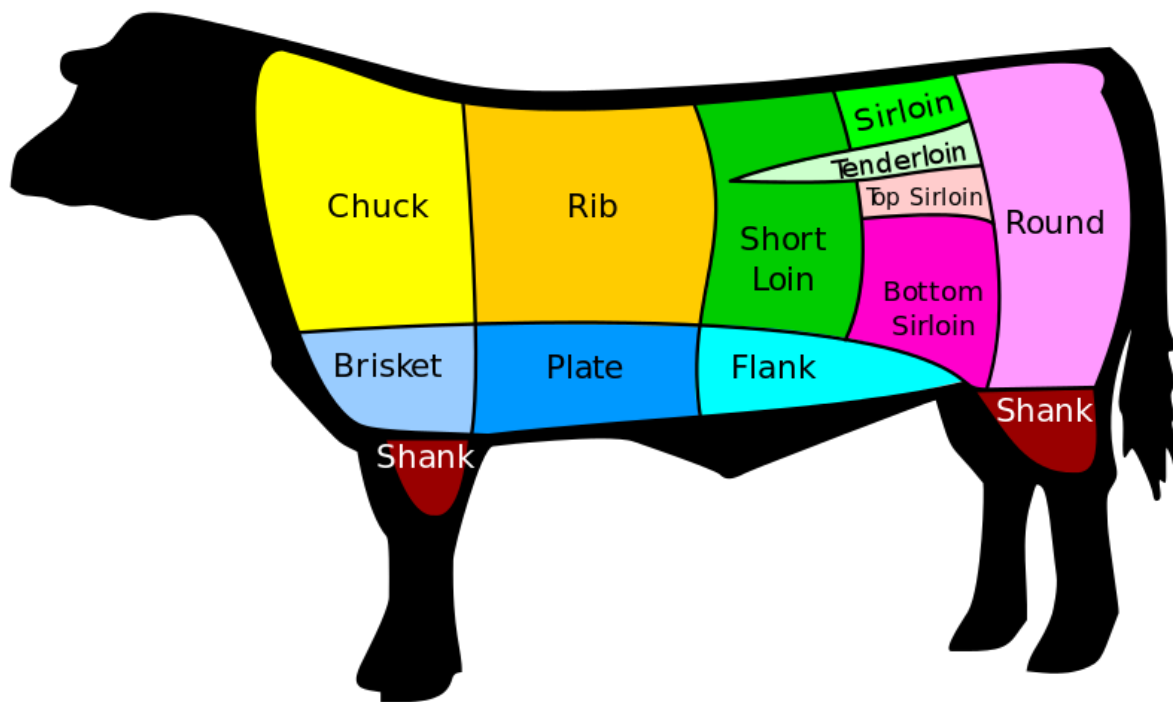
Trush =κότσυφας, τσίχλα

Turtledove = τρυγόνι

Venison/Roebuck = ζαρκάδι

Wild boar/ warthog = αγριογούρουνο

Woodcock =μπεκάτσα



Κυριότερες κοπές βοδινού κρέατος σε αγγλικά – ελληνικά

- 1) Brisket = στήθος.
- 2) Boneless strip loin = κόντρα (χωρίς κόκαλο).
- 3) Calf fries, Bull testicles, Prairie oysters = αμελέτητα
- Cheek (Beef/Veal cheeks) = μάγουλα
- 4) Chuck & Blade = σπάλα γενικά (αλλά περιλαμβάνει και ελιά/σβέρκο). Μπορεί να το βρείτε και Chuck roast και Blade roast.
- 5) Chuck eye steak = σπαλομπριζόλα.
- 6) Chuck Eye Roast = σπαλομπριζόλα για ψήσιμο/μαγείρεμα. Μπορεί να είναι με κόκαλο – bone-in – ή χωρίς -bone-out.
- 7) Chuck Mock Tender = σπαλομίτα ή σπαλονουά ή βασιλοπούλα.
- 8) Eye of Round = νουά (αλλά και Top rump – *noix de veau* στα γαλλικά).
- 9) Flank, Flank Steak (και London Broil) = το τελευταίο, πίσω μέρος της κοιλιάς.
- 10) Front of Chuck & chuck roll = ελιά/λαιμός (το κομμάτι της σπάλας που αντιστοιχεί στον λαιμό).

- 11) Flatiron = χτένι. Ονομάστηκε έτσι, γιατί μοιάζει με το παλιό επίπεδο σίδερο.
- 12) Flat iron steak & Top Blade = η καρδιά απ' το χτένι αφαιρώντας τον συνδετικό ιστό. Επίπεδη κοπή, παραλληλόγραμη, χωρίς κόκαλο, με σχετικά σκληρό κρέας – στα ελληνικά, θα μπορούσαμε να την πούμε «μπριζόλα απ' το χτένι». Προέρχεται από τον λαιμό του ζώου (σβέρκο/chuck).
- 13) Fillet & Tenderloin = φιλέτο (από τους γαλλικούς όρους, που όμως έχει καθιερωθεί διεθνώς).
- 14) Hanger steak ή onglet (γαλλικά) = διάφραγμα. Λέγεται και Bistrot stake ή Butcher's stake/tenderloin (το φιλέτο του χασάπη).
- 15) Heel = τορτουγκίτα ή πάπια (το εσωτερικό ποντίκι απ' το μπούτι)
- 16) Marrow bones = τα κόκαλα συνήθως από το κότσι και το κάτω πόδι, στα οποία εμπεριέχεται το μεδούλι. Εξαιρετικά για οσοπούκο.
- 17) Oxtail = ουρά (προσοχή! μερικές φορές αναφέρεται ο ίδιος όρος και για το κάτω μέρος του στρογγυλού – ελέγξτε τη συνταγή).
- 18) Plate & Flank = γενικά στην Ελλάδα είναι η λάπα (κοιλιά). Δύσκολα θα συνεννοηθείτε αν ψάχνετε το αριστερά, μπροστινό κομμάτι (= plate) και τα δεξιά (στη φωτό), πίσω της κοιλιάς (= flank) – ζητήστε και συζητήστε σχετικά μόνον με ψαγμένα κρεοπωλεία. Κατά τα λοιπά, κοπές όπως λεπτό διάφραγμα (skirt), τέλος κοιλιάς (flank), διάφραγμα (hanger), κλπ., χάνονται σε κιμάδες.
- 19) Prime rib & Standing rib roast = μοσχαρίσιο καρέ. Αφορά σε ένα ολόκληρο κομμάτι από τα πλευρά του ζώου. Το Prime rib κόβεται από το πλευρό Νο 6 ως το πλευρό Νο 12 και ο όρος «prime» δεν προσδιορίζει την ποιότητα και το marbling, αλλά την αρχική κοπή του κρέατος. Standing rib roast (côte rôtie στα γαλλικά) είναι επίσης μοσχαρίσιο καρέ αλλά μπορεί να αφορά και πλευρές έξω από το όριο των 6-12. Λέγεται έτσι γιατί ψήνεται όρθιο. Επί της ουσίας το Prime rib roast είναι υποσύνολο του Standing rib roast ή Rib roast.
- 20) Rib eye = μπριζόλα με κόκαλο (bone-in) ή χωρίς (bone-out), ουσιαστικά μια πλευρά από την κοπή Prime rib roast. Στην Ελλάδα όμως, το rib eye είναι η καρδιά της σπαλομπριζόλας, προέρχεται από τις πλευρές του Prime rib και είναι χωρίς κόκαλο, γι' αυτό και ακριβό.
- 21) Rib eye roast = οποιοδήποτε τμήμα του μοσχαρίσιου καρέ (standing rib roast) χωρίς κόκαλο.
- 22) Rib Steaks = μπριζόλες κανονικές (με κόκαλο, συνήθως – όχι οι σπαλομπριζόλες).
- 23) Round = στρογγυλό
- 24) Skirt steak = λεπτό διάφραγμα, η λεπτή, μακρά κοπή βόειου κρέατος από τους διαφραγματικούς μύες στο κέντρο της κοιλιάς (plate) της αγελάδας. Άπαχο κρέας με και σκληρές ίνες, αλλά νόστιμο.
- 25) Shoulder & Clod = σπάλα (γενικά, χωρίς περεταίρω διευκρινίσεις στα ελληνικά).
- 26) Short/Top/Shell Loin (Coquille, γαλλικά) = κόντρα φιλέτο (με κόκαλο ή χωρίς).
- 27) Shank = ποντίκι (και το κρέας απ' το κότσι).
- 28) Short-Ribs = βοδινές ή μοσχαρίσιες στηθοπλευρές.
- 29) Short-Ribs flanken style = σιδηρόδρομος.
- 30) Silverside, Bottom Round = ουρά, αλλά ως μέρος του στρογγυλού (όχι oxtail).
- 31) Sirloin = κόντρα
- 32) T-bone, Porterhouse, New-York Strip Steak, Club Steak = βασίζονται στο κόντρα-φιλέτο, που συνήθως ψήνεται ολόκληρο (με το φιλέτο μέσα του).
- 33) Top Sirloin & Rump = κιλότο (ολόκληρο για ψήσιμο) – Top rump = νουά
- 34) Top Round = τρανς.
- 35) Tripe = πατσάς.

Seafood=θαλασσινά

Fishes = ψάρια

Amberjack = μαγιάτικο

Anchovy= γαύρος

Bass=λαβράκι

Bluefish =γοφαρι

Bogue = γόπα

Bonito=παλαμίδα

Bream= αβραμιδα

Carp= κυπρίνος

Catfish=γατόψαρο

Caviar=χαβιάρι

Cod/hake =μπακαλιάρος

Comber= χάνος

Dentex = συναγρίδα

Dorado/gilt-head= τσιπούρα

Eel=χέλι

Flounder= πησσι

Garfish =ζαργάνα

Goby=γωβιος

Grouper=ροφός, σφυρίδα

Haddock=γάδος

Halibut=ιππόγλωσσο, ψησσα

Herring=ρέγγα

Horse mackerel = σαφρίδι

Ikura = αυγά σολομού

Mackerel =σκουμπρί, κολιός

Monkfish/angler= πεσκανδρίτσα

Moray= σμέρνα

Mullet=Κέφαλος

Pandora/ red snapper= λυθρίνι

Parrotfish =σκάρος

Pike=λούτσος

Plaice/sole=γλώσσα , πλατεσσα

Pomprano=λιτσα

Ray/ skate= σαλάχι

Red mullet= μπαρμπούνι

Red porgry = φαγκρί

Roe=αυγό ψαριού

Salmon=σολομός

Sardine/ pilchard=σαρδέλα

Scorpion fish = σκορπίνα

Sea-bream = σαργός

Shad=φρισσα

Smelt/ picarel =μαρίδα

Sprat=παπαλινα

Stripped red mullet =μπαρμπούνι

Sturgeon =οξύρρυγχος

Swordfish =ξιφίας

Tope= γαλέος

Trout=πέστροφα

Tuna=τόνος

Turbot/ brill=καλκάνι

Weever= δράκαινα

Shellfish = οστρακόδεσμα

Broadtail squid= θράψαλο

Callista = γυαλιστερή

Clams= αχιβάδες

Cockles= κυδώνια

Crab=καβούρι

Crawfish/ crayfish =καραβίδα

Cuttlefish =σουπιά

Escargots/periwinkle = σαλιγκάρια

Lobster=αστακός

Mussels =μύδια

Octopus =χταπόδι

Oysters= στρείδια

Prawns =γαρίδες γλυκού νερού

Razor clam= σωλήνα

Scallop= χτένια

Scampi=γαρίδες πανε

Sea-urchin= αχινός

Shrimps=γαρίδες αλμυρού νερού

Squid= καλαμάρι