

DESIGN &amp; TECHNOLOGY · Y2–Y6

# Cooking Words

30 key verbs for the kitchen

## Preparation verbs

1

**Wash**

Rinse under cold running water.

*Example: Wash the strawberries.*

2

**Peel**

Remove the outer skin.

*Example: Peel the carrot.*

3

**Chop**

Cut into rough pieces.

*Example: Chop the onion.*

4

**Slice**

Cut into flat pieces.

*Example: Slice the cucumber.*

5

**Dice**

Cut into small, even cubes.

*Example: Dice the pepper.*

6

**Grate**

Rub against a grater to make fine shreds.

*Example: Grate the cheese.*

7

**Measure**

Find the exact amount using scales or a jug.

*Example: Measure 200ml of milk.*

8

**Weigh**

Find the weight using kitchen scales.

*Example: Weigh 150g of flour.*

## Mixing and heat verbs

1

**Stir**

Move in circles with a spoon.

*Example: Stir the sauce.*

2

**Mix**

Combine ingredients together.

*Example: Mix the flour and butter.*

3

**Whisk**

Beat quickly to add air.

*Example: Whisk the eggs.*

4

**Knead**

Push and fold dough repeatedly.

*Example: Knead the bread dough.*

5

**Fold**

Gently combine two mixtures.

*Example: Fold in the flour.*

6

**Boil**

Heat liquid until bubbling at 100°C.

*Example: Boil the water.*



7

**Simmer**

Heat gently so it barely bubbles.

*Example: Simmer for 10 minutes.*

8

**Fry**

Cook in hot oil in a pan.

*Example: Fry the onion.*

9

**Bake**

Cook in the oven with dry heat.

*Example: Bake at 180°C for 20 minutes.*

10

**Grill**

Cook under or over direct heat.

*Example: Grill the cheese on toast.*

