

Cooking Terms

Measurements: Volume

- T = tablespoon
- tsp = teaspoon
- C = cup
- fl oz = fluid ounce
- pt = pint
- qt = quart
- gals = gallon
- L = liter
- ml = milliliter

Measurements: Weight

- g = gram
- kg = kilogram
- lb = pound
- oz = ounce

Techniques

- Preheat - warm oven to specific temp before adding food
- Sauté - cook quickly in fat
- Brown - cook meat on a high heat to create a thick, flavorful crust
- Sear - quickly brown the surface of meat at high heat
- Dice - cut into small blocks
- Puree - mash, or put in food processor, until smooth
- Season - to add flavor to foods with spices, herbs, salt, etc.

