

COOKING WORDS

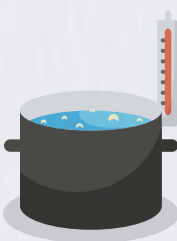
THE RECIPES IN THIS BOOK ARE DELICIOUS, FUN AND EASY TO MAKE FOR THE WHOLE FAMILY. HERE ARE SOME COMMON NAMES AND TERMS FOR THE TECHNIQUES YOU'LL BE USING AS YOU STIR-FRY, SAUTÉ, CHOP, DICE AND SIMMER, LIKE A MASTER CHEF.



Bake



Blanch



Boil



Chop



Dice



Fry



Grate



Knead



Peel



Sauté



Shallow Fry



Simmer



Slice



Steam



Stir

WASHING YOUR HANDS



1. Wet your hands under warm running water.



2. Put some soap between your palms.



3. Rub your hands together for at least 20 seconds.



4. Don't forget the backs of your hands and your fingernails!



5. Rinse your hands under the tap.



6. Dry your hands on a clean towel.