

Classic Cooking Terms – Answers

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| 1. | Mornay | C - A cream sauce made with cheese often served with eggs, fish, vegetables or pasta. eg Cod Mornay. |
| 2. | Bain-Marie | H - Using a tray of hot water in which another cooking vessel is placed, to ensure that food or a particular ingredient is not cooked too harshly / quickly. |
| 3. | En Croute | A - A food that has been wrapped in pastry dough and then baked in the oven. eg. Salmon en croute |
| 4. | Hors d'oeuvres | D - Small one- or two-bite items that are served before a dinner, usually accompanied by cocktails. |
| 5. | Al Dente | B - Something cooked to the point where it still has some firmness or bite. From the Italian al dente for tooth. |
| 6. | Saute | J - To cook and/or brown food briskly in a small amount of hot fat. From the French saute - to jump. |
| 7. | Béchamel | E - Classic French white sauce made from milk and flour based roux. |
| 8. | Blanch | F - To immerse in rapidly boiling water and allow to cook slightly. |
| 9. | Flambe | I - To flame foods by dousing in some form of alcohol and setting alight. |
| 10. | Bouquet Garni | G - Thyme, bay leaves, celery, parsley & leek tied together used to flavour stocks/soups |