

References

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Glossary

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| Blanch | To preheat in boiling water or steam. |
| Reconstitute | To restore concentrated or dry foods to their normal state usually by adding water. |
| Simmer | To cook liquid, or moist dishes, so that the surface just bubbles. Usually the liquid is brought to boil then heat is reduced so that it cooks just below boiling point. |
| Sterilise | To destroy microorganisms by boiling. |
| Stir | To mix food materials with a circular motion for the purpose of getting a uniform consistency. |
| Strain | To pass moist food or liquid through a fine sieve or cloth so as to extract any from the food. Usually the liquid is retained and the solids discarded. |