20 Checodes Every Prep Cook Should Know

Mise en Place - The practice of having all ingredients prepped, measured, and organized before starting any cooking.

FIFO (First In, First Out) - A method of inventory rotation where the oldest stock is used first to ensure freshness.

Blanching - Quickly boiling vegetables and then shocking them in ice water to preserve color and texture.

Chiffonade - A knife technique used to thinly slice leafy greens or herbs into ribbons.

Julienne - Cutting vegetables into thin, matchstick-like pieces.

Brunoise - Finely dicing vegetables into tiny, uniform cubes.

Rough Chop - A less precise cut, used when uniformity isn’t as crucial, usually for items like mirepoix.

Mandoline - A kitchen tool used for slicing vegetables quickly and uniformly.

Sanitation Station - The designated area and practice of maintaining cleanliness and food safety standards.

Labeling and Dating - Marking containers with the contents and the date they were prepped to ensure proper use.

Sweating - Cooking vegetables over low heat with a bit of fat, to soften them without browning.

Scaling Ingredients - Weighing ingredients for precise measurements, especially important in baking.

Yield - The amount of usable product after prep work, such as peeling, trimming, or de-boning.

Batch Cooking - Preparing large quantities of an item to be used throughout the service or week.

Breaking Down - Cutting down large items, such as whole poultry or large cuts of meat, into smaller, usable portions.

Temperature Danger Zone - The temperature range (40°F-140°F) where bacteria grow most rapidly, to be avoided during food storage and prep.

Flash Freezing - Quickly freezing items individually before storing them together to prevent clumping.

Purée - Blending ingredients until smooth, often used for soups, sauces, or baby food.

Resting Period - Allowing certain prepped items, like dough, to rest before the next stage of preparation.

Portioning - Dividing prepared ingredients into specific amounts for consistent serving sizes.