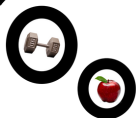


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COOKING GUIDANCE

CONVERSIONS

3 tsp.1 Tbsp.

2 Tbsp.1/8 cup

4 oz.1/2 cup

4 Tbsp. 1/4 cup

8 oz.1 cup

8 Tbsp.1/2 cup

2 cups1 pint

5 Tbsp. + 1 tsp.....1/3 cup

2 pints1 quart

12 Tbsp.3/4 cup

1 quart.....4 cups

16 Tbsp.1 cup

1 gallon4 quarts

16 ounces1 pound

ABBREVIATIONS

Tbsp. = tablespoon

tsp. = teaspoon

c. = cup

oz. = ounce

pt. = pint

qt. = quart

lb. = pound

pkg = package

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COOKING GUIDANCE

CUTTING TERMS

Chop: To cut into small pieces with a sharp knife

Cube: To cut into small squares of equal size

Dice: To cut into small cubes; size may be specified in recipe

Grate: To cut food into very fine particles by rubbing on a grater

Grind: To cut food into tiny particles by pushing through a food grinder, or by crushing with a mortar and pestle. Can also be accomplished in a food processor

Julienne: To cut into thick long strips

Sliver: To slice into thin long strips



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COOKING GUIDANCE

MIXING TERMS

Beat: To make a mixture smooth or to introduce air by using a brisk, regular revolving motion that lifts the mixture over and over

Blend: To combine two or more ingredients by mixing thoroughly

Mix: To combine ingredients in any way that evenly distributes them

Stir: To mix foods with a circular motion for the purpose of blending or obtaining uniform consistency

Toss: To lightly blend ingredients by lifting them and letting them fall back in the bowl



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COOKING GUIDANCE

COOKING TERMS

Baste: To spread, brush or spoon water, melted fat or other liquid over food to keep the surface moist and add flavor

Blanch: To boil in water for a short time and then plunge into cold water, or to pour boiling water over food, then drain it almost immediately

Boil: To cook in boiling water or liquid. Liquid is at a “boil” when large bubbles rise continuously to the top.

Broil: To cook something by putting it close to strong heat, above or below it

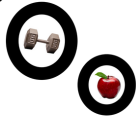
Marinate: To let foods stand in a liquid mixture.

Refrigerate, covered, if marinating more than two hours

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COOKING GUIDANCE

COOKING TERMS CONTINUED

Poach: To cook in water, broth, or other liquid that is just below the boiling point

Roast: To cook by dry heat in the oven

Sear: To brown surfaces quickly over high heat, usually in a hot skillet

Simmer: To cook in liquid at a low temperature. Be sure the liquid does not boil

Steam: To cook, covered, over a small amount of boiling liquid so the steam formed in the pan does the cooking

Sauté: To cook briskly in a small amount of fat, usually in a skillet on top of the stove. Same thing as pan-fry

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