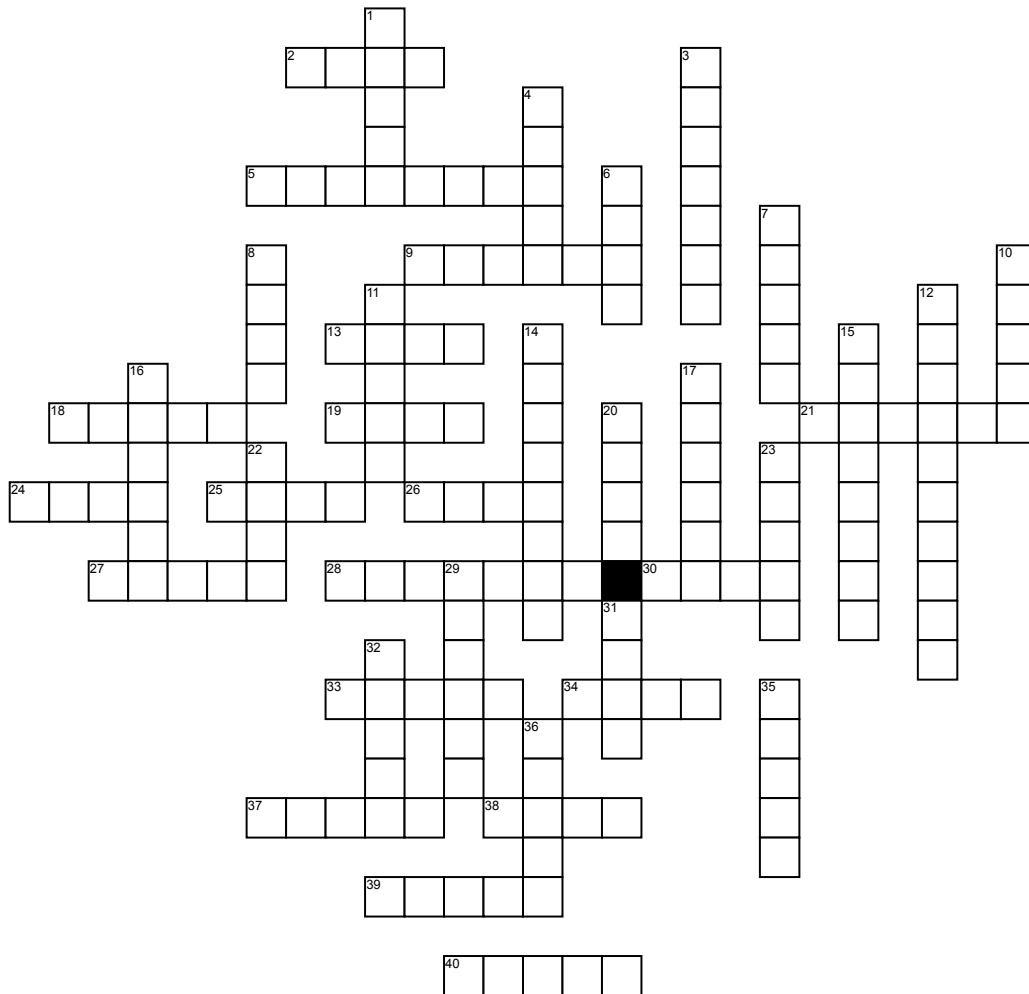


Name: _____

Food and Nutrition Crossword Puzzle



Across

- 2. To thoroughly cover a food with a liquid or dry mixture
- 5. To remove one part from another, as the yolk from the white or an egg.
- 9. To cook in liquid that is barely at the boiling point
- 13. To mix with a circular motion
- 18. To coat with dry bread or cracker crumbs
- 19. To remove the stem and outer covering of a vegetable or fruit with a paring knife or peeler
- 21. To rub fat on the surface of a cooking utensil or on a food itself
- 24. To cut into small squares of equal size
- 25. To cook in liquid at 212F
- 26. to cook in the oven with dry heat
- 27. to work a dough by pressing it with the heels of the hands, folding it, turning it, and repeating each motion
- 28. to mix or blend two or more ingredients
- 30. To mix ingredients together with a circular up and down motion using a spoon
- 33. To stir ingredients until they are thoroughly combined
- 34. To let a food stand until it no longer feels warm to touch

- 37. to make small, shallow cuts on the surface of a food
- 38. To cut into very small cubes of even size
- 39. To cook uncovered under a direct source of heat
- 40. to turn the surface of a food brown by placing it under a broiler

Down

- 1. to spoon pan juices, melted fat over the surface of food during cooking
- 3. To decorate foods by adding other attractive and complementary foodstuffs to the food or serving dish
- 4. To soften fats often by adding a second ingredient such as sugar
- 6. To remove the center part of a fruit such as an apple or pineapple
- 7. To combine solid fat with flour using a pastry blend
- 8. To put through a sieve to reduce to finer particles
- 10. to cut or chop into very fine pieces
- 11. To cook with vapor produced by a boiling liquid
- 12. To heat sugar until a brown color and characteristic flavor develop
- 14. to cut food into thin, stick-sized strips

- 15. To soak meat in a solution containing an acid, such as vinegar or tomato juice helps tenderize the connective tissue
- 16. To remove the large black or white vein along a shrimp's back
- 17. To coat a food by sprinkling it with or dipping it in a dry ingredient such as flour or bread crumbs
- 20. to beat quickly and steadily by hand with a whisk or rotary beater.
- 22. To incorporate a delicate mixture into a thicker, heavier mixture with a whisk using a down up and over motion so the finished product remains light
- 23. To cook food in small amount of hot fat.
- 29. To scald in water or steam
- 31. To cut into small pieces
- 32. To sprinkle or coat with flour
- 35. To reduce a food into small bits by rubbing it on the sharp teeth of a utensil
- 36. To make a food cold by placing it in a refrigerator or in a bowl over crushed ice

Word Bank

- | | | | | | | | |
|----------|------------|----------|----------|--------|--------|---------|---------|
| chop | core | beat | blanch | whip | bake | broil | coat |
| marinate | bread | seperate | chill | Devein | stir | blend | steam |
| knead | score | dice | Julienne | fold | pare | cream | baste |
| mince | Caramelize | flour | grease | Sauté | cube | dredge | garnish |
| boil | simmer | cool | grate | brown | cut-in | Combine | sift |