

# a picture dictionary



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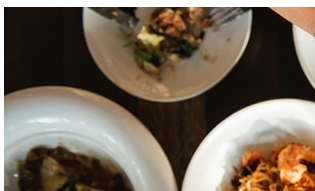
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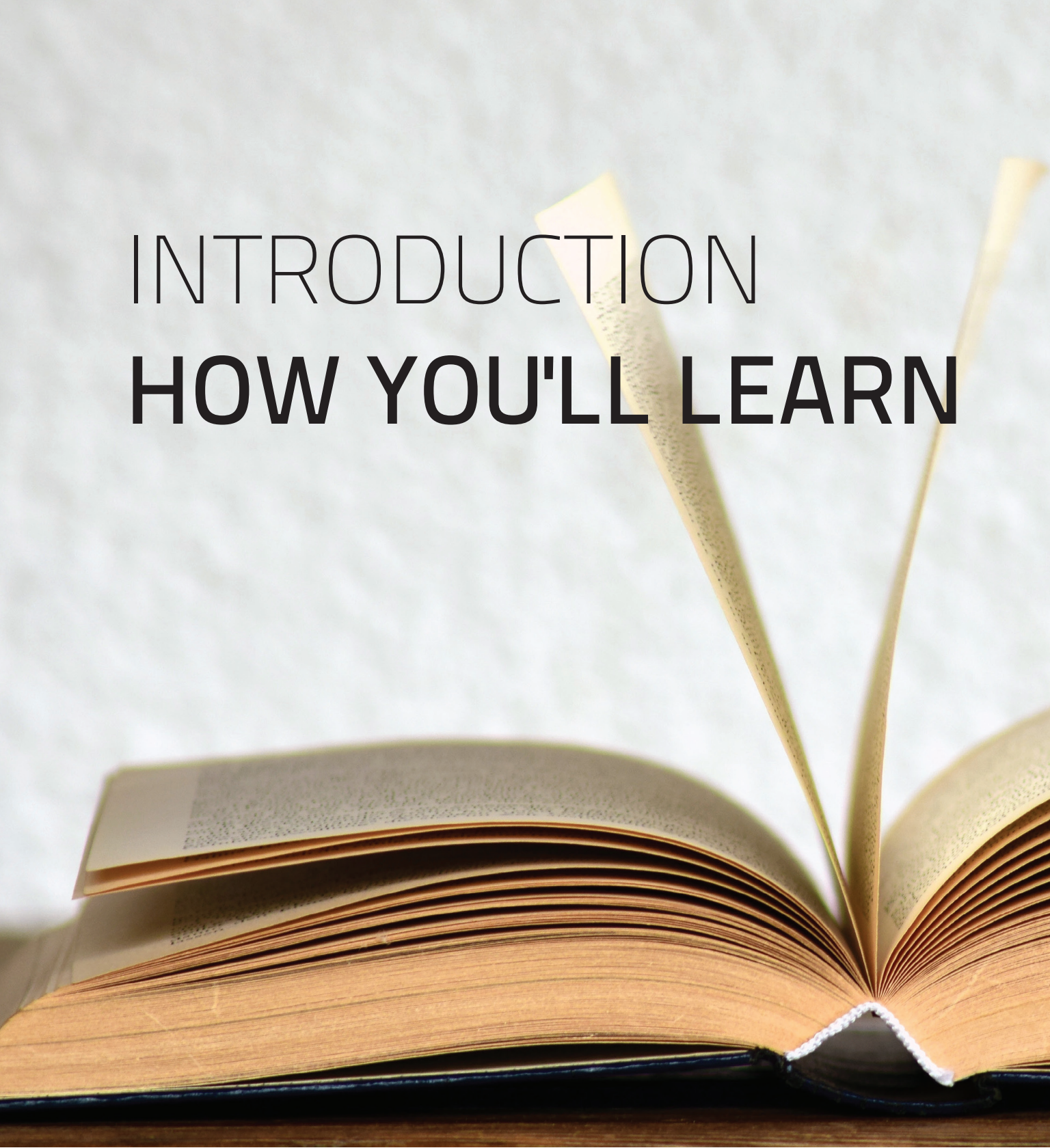
### Dedication:

To the Cooking Channel: you're in our hearts, even though you aren't in our cable package.

Dinner and Drinks 101: A Picture Dictionary for Your Cooking and Drinking Vocabulary.

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An open book with a dark blue cover is shown from a low angle, focusing on the pages. A single page is turned up, acting as a bookmark. The background is a soft, out-of-focus white surface.

# INTRODUCTION

# HOW YOU'LL LEARN



# PICTURE DICTIONARY

**This book aims to quickly equip you with the basic vocabulary used in cooking and with drinks.**

And by quickly, we mean it should only take you an hour to read through the entire book, cover to cover.

We have illustrated the food and drink vernacular into a simple picture dictionary.

Our intention with using visuals is to pack in a lot of information with as few words as possible. As the saying goes: a picture = 1000 words.

So, when you see a term along with both its definition and picture, we hope the meaning immediately clicks in your mind.

**Note: This is NOT a detailed cooking guide or a manual on how to make drinks. You will not learn to braise a chicken just by learning what braising means. The book is meant only as a glossary of the terminology. It describes the "WHAT" of cooking and beverages, not the "HOW".**

# HOW IT'S ORGANIZED

The picture dictionary is arranged and ordered into sections based on the general process for meal preparation.

The process looks like this:

1. Select the ingredients
2. Prep the ingredients before they are cooked
3. Cook with heat
4. Serve — with drinks

Based on the different facets of this meal prep process, we have included the following sections in the dictionary:

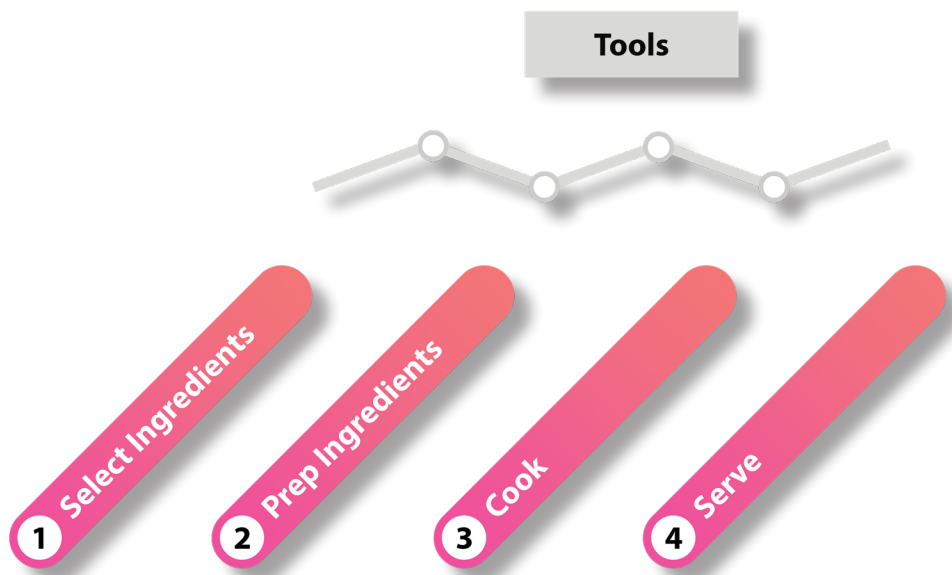
- The Butcher's Guide to Cuts of Meat
- 25 Must-Know Spices
- Food Prep Techniques
- Cooking Techniques
- Other Cooking Terms
- Basic Tools and Equipment
- Alcohol: A Complement to Food

Since this is a reference book, there are two ways you can use it:

1. You can read straight through it like a novel to quickly level up and become familiar with all the terminology
2. You can seek to specific sections or words to find the pockets of information you are looking for

Either way, we hope you enjoy the quick tempo of this book and the speed at which you will learn!

Note: Different tools and equipment are used at various phases of this process.



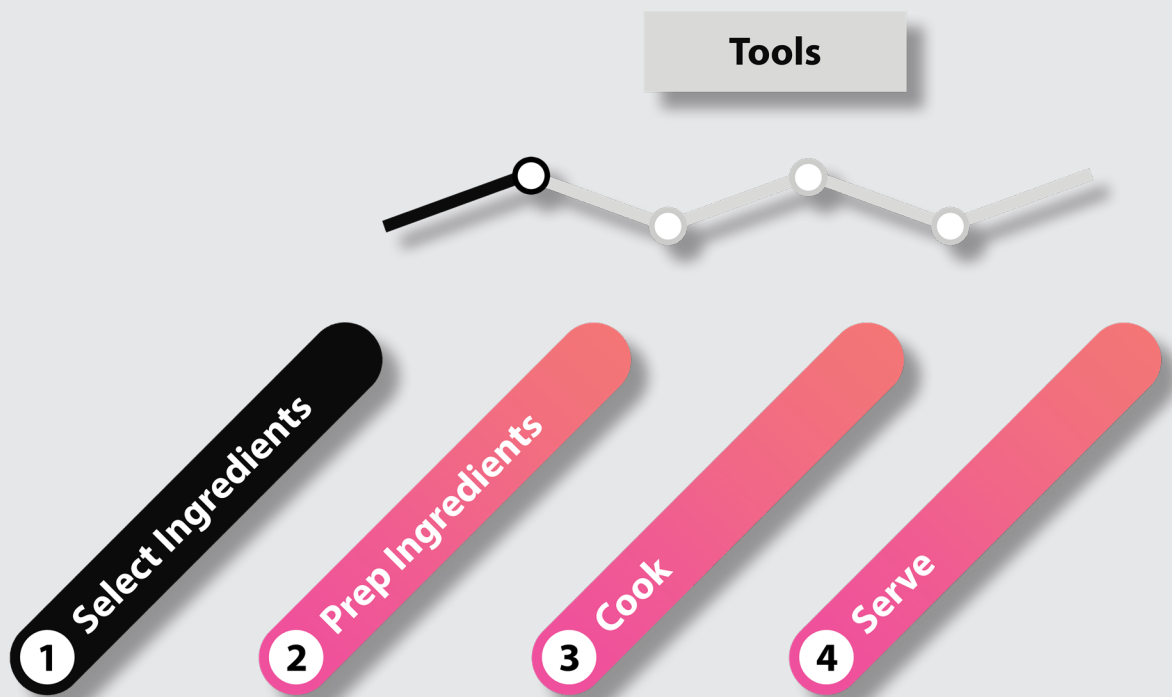
The figure above is a diagram of the meal preparation process. We include this diagram throughout the book to help you follow along as we walk through the vocabulary used at each stage of the process.



# PICTURE DICTIONARY

A visualization of the kitchen lexicon

# SELECT INGREDIENTS







# THE BUTCHER'S GUIDE



We start with sporty stuff by illustrating the most popular cuts of meat from:

Beef, Pork, Chicken, Fish, Lobster, Crab, and Shrimp

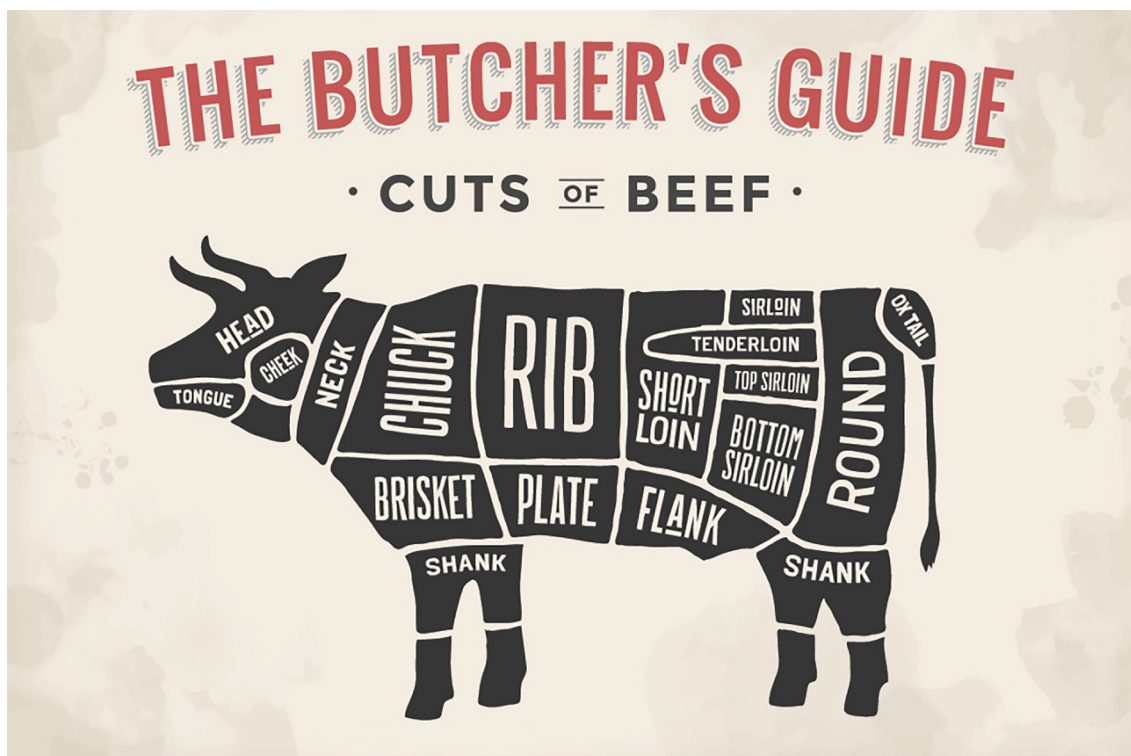
These cuts of meat are MUST-HAVE jargon for your vocabulary!

You will benefit from this knowledge even if you don't eat meat or never plan to cook most of these cuts.

At the very least, having these definitions in your toolbox will lift your confidence a little when you're dining at a restaurant or you're on the couch with friends watching the Food Network. (We didn't forget about you, Cooking Channel!)



# THE MAIN CUTS OF BEEF



**Chuck** - Chuck comes from the front of the cow, above the brisket. It is filled with connective tissues, which add a strong flavor. It can be grilled or braised, but it's best when turned into ground beef.

**Rib** - Rib is considered one of the better cuts of beef because of its succulence and marbling. The meat is carved up further into prime rib, short ribs, rib eye steaks, etc. It is best cooked over dry heat, such as in a barbecue.

**Short loin** - This cut of beef is sectioned into smaller pieces to create T-bone steak and Porterhouse steaks.

It is best cooked over dry heat, such as on a grill.

**Sirloin** - Sirloin is right above the tenderloin and is boneless. It's a versatile cut that can be slow-cooked or put on a grill.

**Round** - Round comes from the rump. It is lean meat, which makes it a little tougher to chew. Braising brings out its best flavor profile.

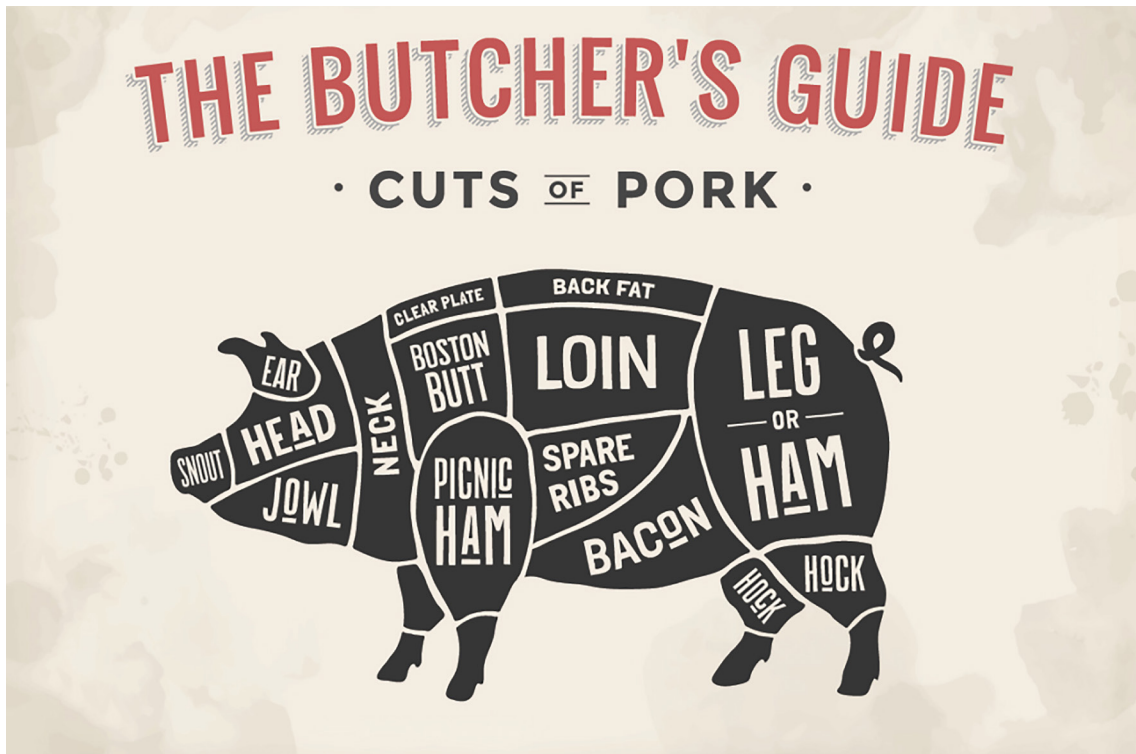
**Brisket** - Brisket comes from the cow's lower chest. It is tough and best cooked slowly by smoking or braising.

**Shank** - The shank is from the animal's legs. Since a cow's legs are very strong from carrying its own weight, it's one of the toughest cuts of meat. It's almost too tough to eat as a main course, so it's better when cooked in a stew or soup.

**Plate** - Plate comes from the front of the belly, underneath the ribs. It's fatty and tough. Great for grilling.

**Flank** - Flank contains the belly muscles and is usually braised or used in soups and stews.

# THE MAIN CUTS OF PORK



**Boston butt and picnic ham** - These are cuts of the shoulder and arm. They are mainly used for pork roast and different barbecuing recipes. These cuts are also used to make ground pork.

**Loin** - The loin is cut up into tenderloin, back ribs, rack of ribs, and pork chops. It can also be cured to make Canadian bacon.

**Back fat** - Aka fat back, this cut is used to make pork rinds and lard. Pork rind is the culinary term for edible pig skin.

**Spare ribs** - This cut includes the ribs and surrounding meat. It is very fatty and usually barbecued.

**Bacon** - The most important cut—BACON!

**Legs or ham** - Only the back legs are officially called ham.

**Hock** - This is where pork knuckle comes from.

# THE MAIN CUTS OF CHICKEN



**Breast** - Chicken breast is probably THE MOST VERSATILE cut of meat out of all the animals. It's white meat and can be cooked in many different ways, including grilled, pan-fried, oven-roasted, baked, or poached.

**Neck** - Neck is normally used for making gravy.

**Thigh** - Thigh meat is brown and has a bit more flavor than breast meat.

**Drumsticks** - The name is self-explanatory — it's where you get drumsticks from!

**Wing** - The wing contains white meat and is used for hot wings and buffalo wings.

# THE MAIN CUTS OF FISH



**Head** - The head is normally used for making soups.

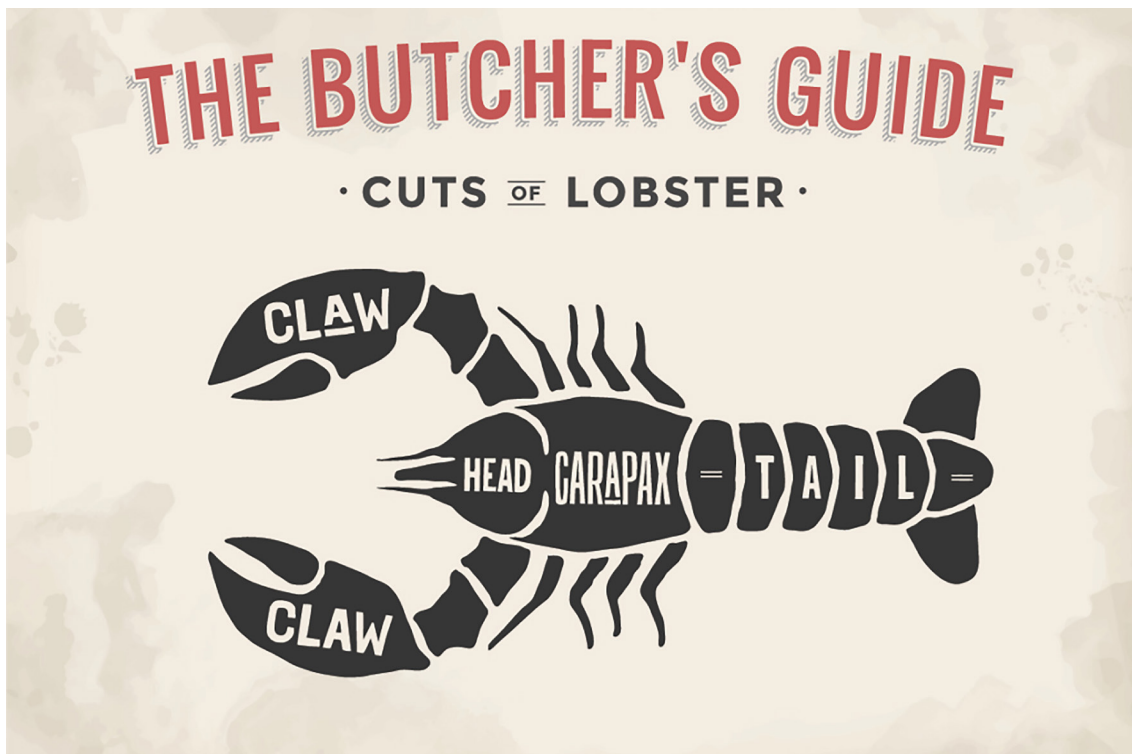
**Kama** - Aka fish collar, Kama is a tender and rich cut of fish.

**Back, abdomen, tail** - These central, primary body parts of the fish contain the most meat. They are used for fish fillet, roasted fish, and fried fish.

**Caviar** - Caviar is the part of the fish where the eggs are located. The eggs are usually salted and cured.

**Tail** - Fish tail is typically just fried and eaten, or used in stocks along with the head.

# THE MAIN CUTS OF LOBSTER

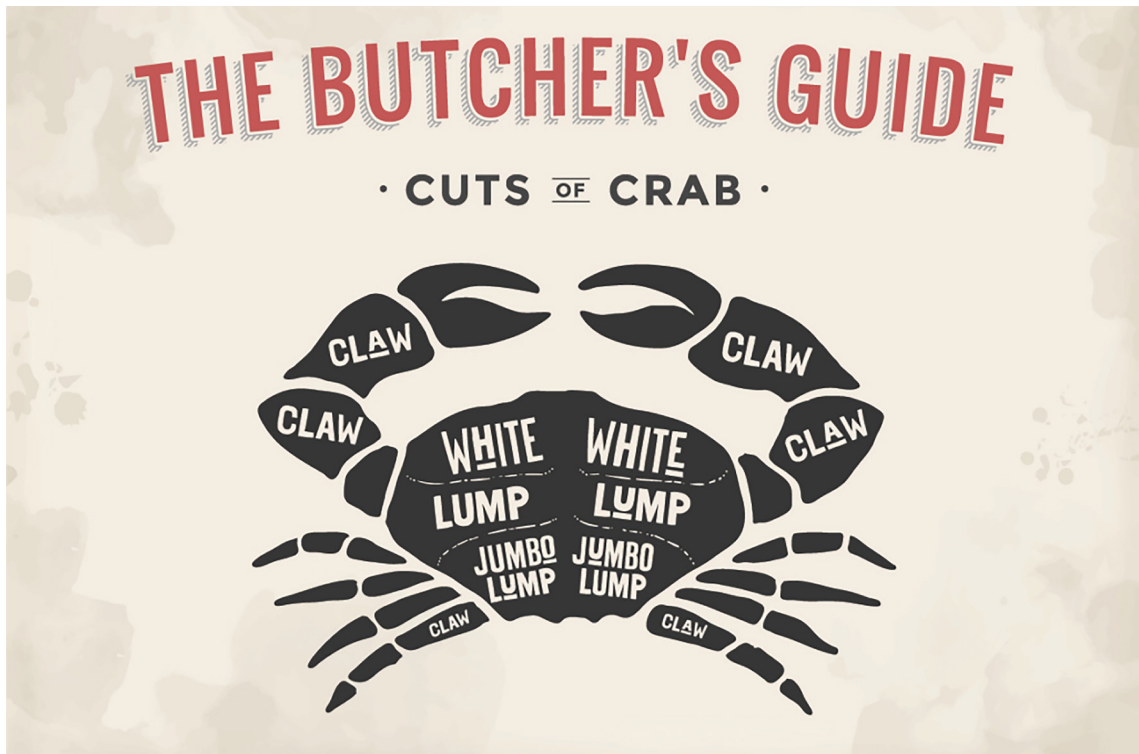


**Carapax** - Carapax (or carapace) is the armor-like body of the crustacean.

**Claws** - Lobster claws are full of sweet and tender meat.

**Tail** - Lobster tail holds the biggest chunk of meat.

# THE MAIN CUTS OF CRAB



**Jumbo lump** - The jumbo lumps are the two large muscles connected to the crab's swimming fins. They are bright white in color and taste exquisite.

**White lump** - White lump is a mix of jumbo lump and the rest of the crab meat. It is commonly used in crab cakes, dips, salads, and casseroles.

**Claw** - The claws contain brown meat that has a stronger flavor than the rest of the crab.

# THE MAIN CUTS OF SHRIMP



Shrimp are usually served whole, but you may choose to remove the heads and/or tails before cooking or plating.





# 25 MUST-KNOW SPICES

The next topic we cover is spice. Here, we'll go over a list of 25 must-know spices for your culinary word bank.

But first, what exactly is a spice?

A spice is an aromatic plant substance whose primary function is seasoning, not nutrition.

Any part of a plant's anatomy, either whole or ground, can be used as a spice. This includes the seeds, fruit, root, bark, and other parts.



## The 25 Spices (in alphabetical orders):

01

### Allspice

Allspice, aka Jamaican pepper, is used widely throughout the Caribbean, most notably in Jamaican jerk chicken.

02

### Basil

Basil is a member of the mint family. It is typically added to fresh tomatoes, tomato sauce, and other Italian foods.

03

### Bay leaves

With a distinct earthy or woody taste, bay leaves are usually added to simmering soups and stews, imparting their rich flavor, and then removed before serving.

04

### Black pepper

Often considered the king of spices, black pepper can be added to almost any dish to add both heat and flavor.

05

### Cayenne pepper

Cayenne pepper is made from small red peppers; it is often the foundation for bottled hot sauces. It's also commonly used in Cajun recipes.

06

### Chili powder

Chili powder is mainly used to add heat to food.

07

### Cinnamon

Cinnamon comes from the bark of tropical evergreen trees. It is one of the most commonly used spices in baking. It is used in cakes, cookies, pies, and other desserts.

08

### Cloves

Cloves are used in Indian and Middle Eastern curries and rice dishes. They have a very strong flavor so should be used sparingly.

09

### Coriander seed

Coriander seed is an excellent complement to dishes that have a little sweetness to them.

## 10 Cumin

Cumin is used in many Indian and Middle Eastern curries.

## 11 Curry powder

Curry powder is an Indian blend of many spices including coriander, cumin, and turmeric.

## 12 Garlic powder

Garlic powder is added to dishes to impart a garlicky flavor without the bulk of garlic cloves.

## 13 Ginger powder

Ginger powder has a more intense flavor than fresh ginger without the bulk.

## 14 Salt

Salt is a mineral, not a spice. It is so essential to seasoning that it is one of the four basic tastes: sweet, salty, sour, and bitter.

## 15 Nutmeg

Nutmeg is a warm spice frequently used in baking.

## 16 Onion powder

Similar to garlic powder, onion powder provides the flavor of onions without the bulk.

## 17 Oregano

Similar to basil, oregano is a member of the mint family and is often used in tomato-based dishes and sauces.

## 18 Paprika

With a rich, red color, paprika is often used to season meat, seafood, and vegetables.

**19** Red pepper, crushed  
Crushed red pepper heats up vegetables and red sauces. It's also used to flavor pizzas.

**20** Rosemary  
Rosemary has an aroma of pine and lemon.

**21** Saffron  
Saffron is the most expensive spice and is often used for medicinal purposes by people with digestive issues, persistent cough, or asthma.

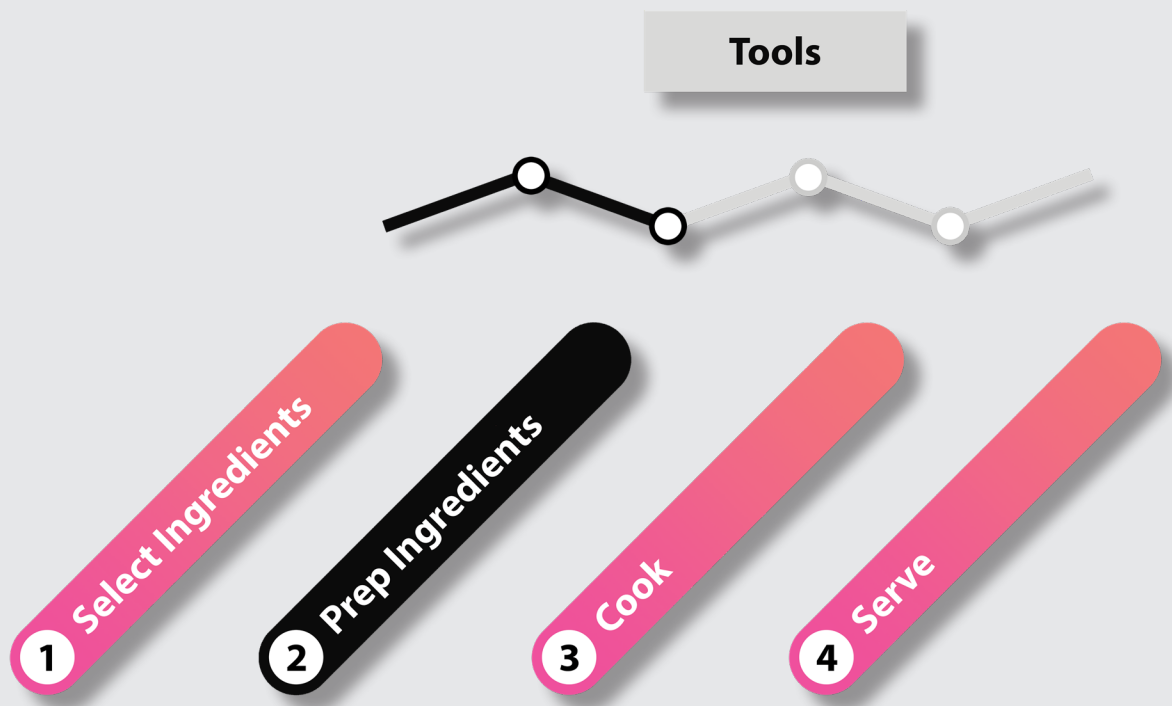
**22** Sage  
Sage is another member of the mint family. It is mostly used during the Thanksgiving holidays.

**23** Tarragon  
One of the most important spices in French cuisine, tarragon makes an excellent complement to chicken and fish.

**24** Thyme  
Thyme is a fragrant herb that adds delicate flavor to vegetables and meat.

**25** Turmeric  
Turmeric is found in many different curries and gives a vibrant yellow color to dishes.

# PREP INGREDIENTS



# FOOD **PREP** TECHNIQUES

Once you have selected the ingredients for a meal, there are many different techniques that go into preparing them prior to cooking.

## Essential Food Prep Techniques (in alphabetical order):



### Beating

What is done with eggs, for instance, before you cook them scrambled.



### Chopping

Cutting food into small, equal-sized pieces.



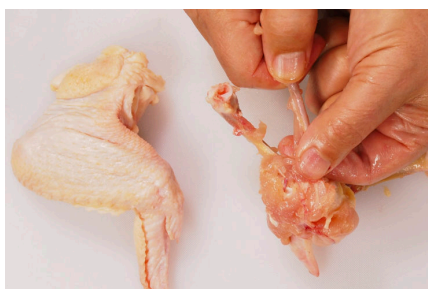
### Creaming

Softening butter into a smooth consistency and then mixing it with other ingredients.



### Crimping

Pressing or pinching into small folds or ridges, as is done with pie crust.



### Deboning

Removing the bones from meat.



### De-seeding

Removing seeds from fruits and vegetables.



## Dicing

Chopping into tiny squares.



## Filleting

Slicing thin like is done with fish.



## Glazing

Pouring sauce onto meat or other foods while they are still hot to impart flavor and glaze.



## Grating

Using a grater to pare down things like vegetables and cheese into fine slices or zest.



## Measuring Dry Ingredients

Using measuring cups or spoons to measure dry ingredients, like flour or sugar.



## Measuring Liquid Ingredients

Using special measuring cups to measure the volume of liquid ingredients.



### Mincing

Chopping as small as possible into teeny tiny pieces, typically done with ginger, garlic, and chiles.



### Peeling

Removing the skin from vegetables.



### Rinsing

Washing and cleaning vegetables under cold running water to remove dirt and germs.



### Rolling

Using a rolling pin to flatten dough.



### Shredding

Like grating, but resulting in bigger, longer pieces.



### Skinning

Removing the skin from meat.





## Slicing

Cutting with a knife into thin slices.



## Tenderizing

Pounding meat with a special hammer to break down the muscle and make it tender (so that it cooks faster and more evenly).



## Trimming

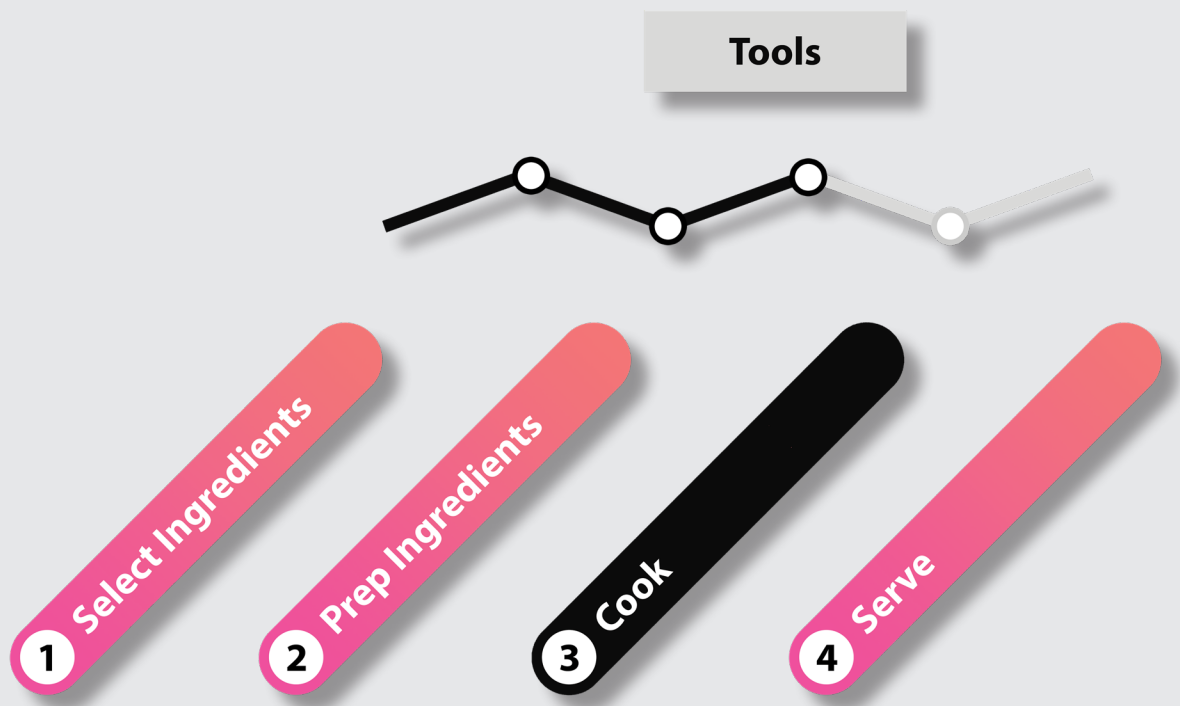
Removing any inedible or damaged parts of food before use.



## Zesting

Finely grating the skin of fruits such as lemons or oranges (generally citrus fruits).

# COOK



# COOKING TECHNIQUES

Once your ingredients are prepped, it's time to cook!

Cooking is the process of preparing food by combining and heating the ingredients in different ways.

There are many, many ways to cook, and the techniques used to cook a meal have nearly as much of an impact on the final product as the ingredients themselves. However, some techniques are tried and true, and these are the ones we're most interested in.

**Here is a list of the main cooking techniques grouped into dry and wet methods:**

## DRY HEAT COOKING

Dry heat cooking involves cooking food in an oven, on a dry and hot surface, or over an open flame. It uses conduction or convection, typically at 300°F or higher.

This method of cooking browns the exterior of food, adding delicious caramelization and flavor (think crispy chicken skin and crusty bread).

## METHODS OF DRY HEAT COOKING:

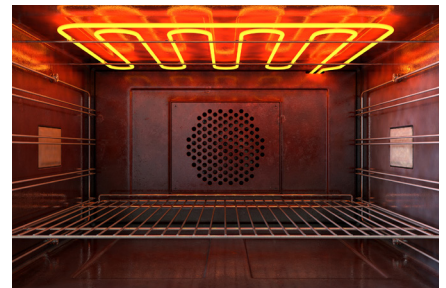
### **BAKING**



### **Baking**

Dry cooking of foods that initially lack structure, then become solid during the cooking process (e.g., cakes and muffins).

**ROASTING:** Dry cooking of foods that already have a solid structure before the cooking begins (such as meat and vegetables).



### Barbecuing

Cooking of meat, fish, or other food on a rack, over an open fire, at low temperatures, and usually for a long time. Typically this is done in the outdoors and on special occasions.

### Grilling

Similar to barbecuing, this is the cooking of food on a rack, over an open fire (or on a grill pan or char-broiler), but at high temperatures, and for a short period of time.

### Broiling

Grilling is called broiling when the heat source comes from above, usually an oven element.



### Rotisserie

Roasting of meat, with the meat skewered and rotated over an open flame or in an enclosed oven.

### Searing

Cooking the exterior of food at high temperatures until a caramelized outer layer forms.



# MOIST HEAT COOKING

Moist heat cooking involves cooking with moisture - this could be steam, water, stock, wine, etc.

Compared to dry heat cooking, moist heat cooking takes place at much lower temperatures, ranging from 140°F to a maximum of 212°F. This is because of the fact that water cannot get any hotter than that.

## METHODS OF MOIST HEAT COOKING:

### **BOILING**



#### **Boiling**

Cooking of food with liquids at or near their boiling point.



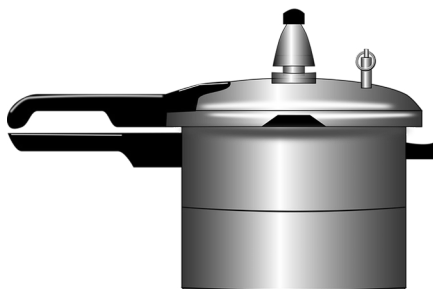
#### **Blanching**

Scalding food (usually fruits or vegetables) in boiling water, removing it after only brief submersion, then plunging it into ice water to halt the cooking process.



#### **Poaching**

Submerging food in a hot liquid, such as water, milk, stock, or wine. This is different from other moist heating techniques in that it uses a relatively low temperature.



## Pressure Cooking

Cooking food in a pressure cooker using water or another liquid. It simulates the effects of braising over a shorter time period.



## Simmering

Heating food in water or sauce kept just below its boiling point.



## Steaming

Cooking food using the steam from boiling water.



## Steeping

Soaking solid food in liquid to extract flavors or soften it.



## Stewing

Cooking solid food in a stock or sauce and serving the resulting mixture, or just the gravy.

**FRYING:** Cooking food in hot oil or in other heated fats.



### Deep Frying

Cooking food via complete submersion in hot oil or fat.

### Pan Frying

Frying in a pan with just enough oil to coat the bottom of it.

### Sautéing

Pan frying diced food quickly and at higher temperatures.



## OTHER TECHNIQUES



### Basting

Cooking meat either in its own juices or in a marinade. The meat is left to cook, then periodically coated with the juice.



### Braising

A combination of both dry and wet cooking. The food is first seared at high temperatures, then finished in a covered pot at lower temperatures in liquid.



### Curing

Preserving meat using various methods, including salting, drying, and smoking.



### Smoking

Flavoring, browning, or cooking food by exposing it to smoke from burning or smoldering material, most often wood.

# OTHER **COOKING** TERMS



## **Al Dente**

An Italian term for pasta that is cooked until it is tender but firm.



## **Baste**

To moisten food with its own drippings, or with a sauce, to add flavor and prevent it from drying.



## **Batter**

An uncooked, smooth, pourable mixture of flour, liquid, and other ingredients.



## **Blend**

To thoroughly mix two or more ingredients.



## **Bread**

To coat with crumbs before cooking.



## **Brown**

To cook with high heat on a stove to caramelize the food's exterior.



### Caramalize (sugar)

Heating sugar, usually with a torch, to liquify it into a brown syrup, which is then usually allowed to re-harden as a crust.



### Clarify

To remove impurities from a liquid, such as melted butter, by skimming the surface of the liquid as it is heated.



### Dash

An imprecise measurement — approximately 1/8 teaspoon.



### Dissolve

To mix a dry substance with a liquid until the two become a solution.



### Dollop

A spoonful of soft food, such as whipped cream or mashed potatoes.



### Drippings

Fats and juices rendered by meat while cooking.



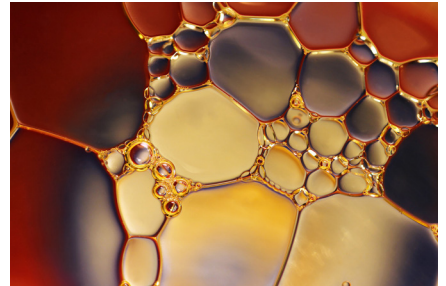
### Drizzle

To lightly sprinkle a liquid over food.



### Dust

To coat food with a dry, powdery ingredient like powdered sugar.



### Emulsify

The process of combining two liquids that don't naturally combine, such as vinegar and olive oil.



### Fluff

Using a fork to whip air into a dish, such as cooked rice before it is served.



### Folding

Combining ingredients gently by repeatedly lifting the mixture from the sides and folding it on top of itself.



### Garnish

To decorate a dish before serving to enhance its appearance and add a little flavor.



## Grind

To mechanically chop and crush solids down into fine particles.



## Julienne

To cut fruits, vegetables or cheeses into long, thin strips.



## Knead

To press dough with the palms of your hands.



## Pinch

A small amount you can hold between your thumb and forefinger(s).



## Pit/Core

To remove the pit from fruits.



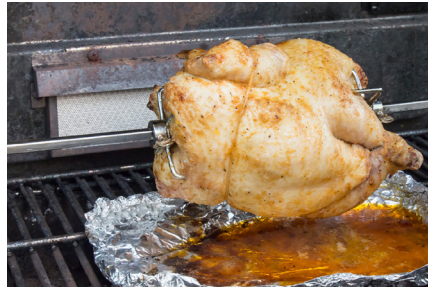
## Purée

Breaking down food in a blender so that it becomes completely smooth.



### Reduce

Boiling a sauce to evaporate the liquid and make it thicker.



### Render

To cook fatty meat over low heat for the purpose of gathering the drippings.



### Score

To slice grooves into the outer surface of food.



### Sift

To put dry ingredients through a sieve to remove lumps or large particles.



### Skim

To remove unwanted solids (like fat and cream) from the surface of a liquid while it's cooking.



### Stir

To mix ingredients in a circular motion and cause them to blend.



## Toss

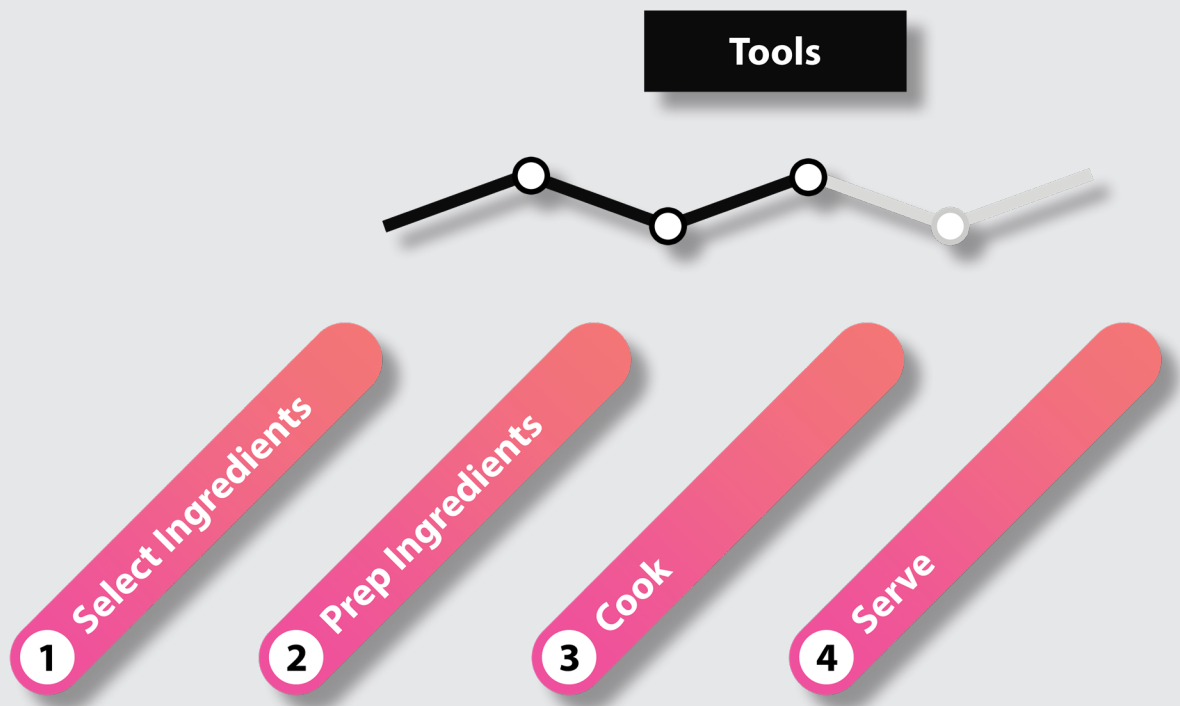
To combine ingredients using a lifting motion.



## Whip/Whisk

To beat quickly in order to incorporate air and expand a mixture, as is done with egg whites.

# TOOLS





# TOOLS AND EQUIPMENT



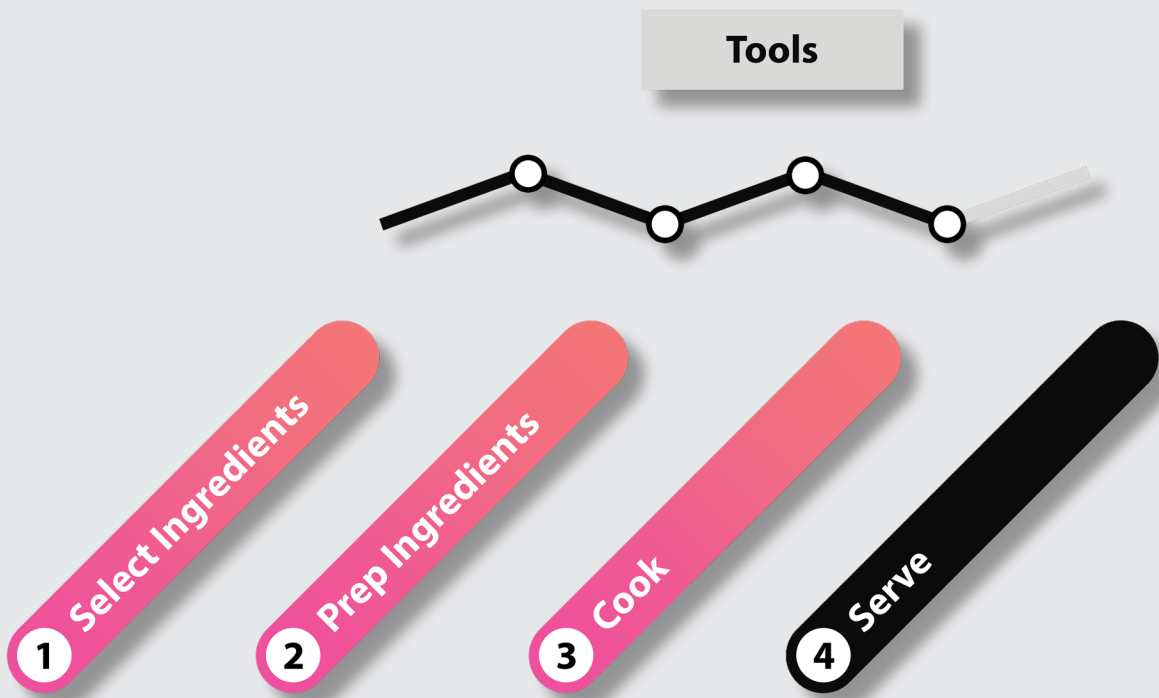
There are many different tools that can be used when preparing, cooking, and serving food.

Here's a starter list of some of the tools and equipment. Their usage is self-evident, so we have omitted their descriptions for brevity and clarity.

## TOOLS (FROM LEFT TO RIGHT AND TOP TO BOTTOM):

- Potato masher
- Turning spatula
- Ladle
- Skimmer spoon for frying
- Pasta server
- Plate
- Bowl
- Flatware:
  - Big fork
  - Knife
  - Big spoon
  - Small fork
  - Small spoon
- Cake/pie server
- Pot
- Skillet
- Knives:
  - Paring knife
  - Utility knife
  - Meat cleaver
- Cutting board
- Cake pan
- Bundt cake bowl
- Serving dish
- Pitcher
- Tea pot
- Mini milk pitcher
- Tea cup
- Coffee mug
- Tea kettle
- Oil dispenser
- Wine
- Glasses:
  - Wine glass
  - Flute
  - Cocktail glass
- Cork screw
- Thermometer
- Bottle opener
- Salad fork and spoon
- Tenderizer
- Spatula
- Grater
- Digital scale
- Rice bowl

# SERVE WITH DRINKS





# ALCOHOL

# A COMPLEMENT

# TO FOOD

The food is prepared and plated. Now all you need is good company and a couple of drinks to enjoy your hard work.

In this final section of the dictionary, we cover the fundamentals of the different types of alcohol.

After reading this, we hope that you will be yearning to expand your palate and start tasting the many different beverages available to you. Don't be surprised if you even want to pick up a drink while reading!

## TYPES OF BEER

### ALES

A

Ales are a rich beer variant offering a wide array of flavors and colors: from bitters to milds, pales to ambers, there are also abbey ales, nut brown ales, and many more, including Blue Moon. They are top-fermented, brewed at cellar temperature, and generally have malty or fruity aromas.

### LAGERS

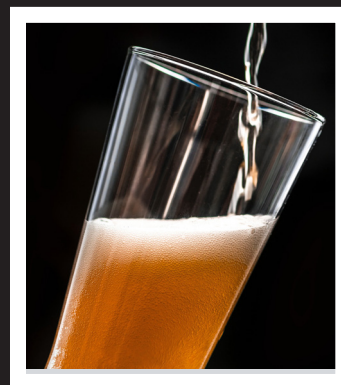
L

Lagers are bottom-fermented, and it generally takes several months at near-freezing temperatures to finish a brew. While the result is less complex than most ales, these beers offer a much sharper, crisper flavor, making them by far the world's most popular brew. Lagers like Budweiser, Coors, and Miller are what most people think of when they think beer: pale, carbonated, and lightly hoppy.

# BEER

Beer is an alcoholic beverage made from the fermentation of grains.

Beer is typically 10 proof, meaning its alcoholic content is roughly 5%.



# STOUTS & PORTERS

## S & P

Stouts and porters are the darkest beers on the market. Both are nearly black, with thick, rich, malty flavors. The color and flavor in a porter comes from a variety of roasted malts mixed with other grains. Stouts are much the same, but with a more pronounced profile from barley. Perhaps the most famous example of a stout is Guinness.

---

# MALTS

## M

Malt beers are darker, thicker, and sweeter than lagers or ales. Their flavors often have chocolatey or nutty notes. Popular malt liquors include Olde English and Colt 45.

---

# BEER

## DESCRIPTORS

### AMBER

Amber is used to refer to the color and full-bodiedness of a beer. It can describe ales and lagers, but either way an amber tends to be maltier, fuller, and darker gold. Samuel Adams Boston Lager or Sleeman's Amber Ale are popular examples.

### BLONDE

Blondes are usually ales which are a paler yellow color. They have a milder but crisp flavor and a hoppy aroma, with a light sweetness and minimal bitterness.

### BROWN

With Newcastle Brown Ale as perhaps the best known example, brown beers are darker in color with strong hints of caramel or chocolate in their flavor profile. Many variants include nutty tones, usually called nut browns.

### CREAM

Golden ales with a crisp, mild, and sweet flavor. Typically relatively clear and easy-drinking.

### DARK

Dark beers are typically either ales, stouts, or porters, though dark lagers have emerged recently and are gaining popularity. Dark ales are typically chestnut brown with a full-bodied, malty flavor. Porters and stouts, such as Guinness, are dark nearly to black.

### FRUIT

Fruit beers are brewed like ales, but the malts are held back in order to allow fruity characteristics to come through more fully. These beers are usually crisp, light, and not bitter.

### GOLDEN

Golden beers, such as Becks or Samuel Adams Golden Ale, were first produced in the UK. They carry overtones of vanilla and citrus, sometimes with additional flavors that carry a hint of spice. These are rarely hoppy and always crisp.

### HONEY

Creamy, full-bodied, and slightly sweet, these beers are usually fuller-bodied than, say, a Golden or a Cream. Sleeman's Honey Brown is a popular example.

### INDIA PALE ALE

The original IPA. It is a hoppier version of the pale ale and was originally developed during British rule in India to survive the long distance between countries. These have emerged as enormously popular in recent years.

## LIGHT

Light beers are generally simple lagers with a lower alcohol content and milder flavor. Traditional examples include Bud Light and Coors Light, which are popular throughout the United States.

## LIME

These are a relatively recent addition to the light beer collection, with Bud Light Lime being the foremost example. Light in flavor and alcohol content with the addition of lime.

## PALE ALE

The pale ale, an English invention, is a mild but enjoyable beer with a hint of fruity flavor and a clear, yellow or copper color. Many of the most well-known beers are pale ales, such as Heineken, Dos Equis, and Budweiser.

## PILSNER

Pilsners are lagers made in a particular style with hard water. They are typically more bitter than a traditional lager, with a dryer and crisper flavor and similar coloring. Stella Artois is a pilsner.

## RED

Reds, such as Rickards Red, are ales that range from red to brown in color and have a heavier flavor than an amber. Mildly hoppy and with traces of caramel, they strike a balance between light beers and dark.

## STRONG

The definition of a “strong” beer may vary geographically, but in general it refers to the broad category of beers with an alcohol percentage greater than 7%. Most malt beers, like Olde English and Colt 45, fall into this category, as do many modern craft IPAs.

## WHEAT

Wheat beers can be either filtered or unfiltered. Either way, they are typically light, easy-drinking, and mild in flavor. Unfiltered wheat beers have a cloudy profile and are hazy and opaque.

# BEER CREATION

## Hops

Hops are perhaps the best-known ingredient in beer, providing flavor and aroma in a variety of differing degrees. The plant itself is a flowering vine (latin name: *Humulus lupulus*). In addition to bitterness, hops provide stability, citrus notes, zest, and spice to a brew.

## Malt

There are many grains that can be used in beer — wheat, oats, rye, barley, and more. Malt, or malted barley, however, is generally the most-used grain in the fermentation process. Malting is the process where partial germination is used to convert starch from barley seeds into natural sugars. A rich variety of flavors and colors can be yielded from the malts chosen in the brewing process. Malts are also used for whisky making.

## Germination

Germination is the process that seeds undergo when they first sprout into plants. In the malting process, barley seeds are allowed to partially germinate so that their resources and starch reserves are made available. During the early stage of germination, enzymes are created which convert the starch from the seeds into sugar. At this point in the malting process, germination is halted and the sugars are used for fermentation. If germination were to continue, plants would grow from the seeds and they would consume the sugar as energy for growth.

## Fermentation

Fermentation is the process by which alcohol is developed from the ingredients in a brew. It is the same process that produces wine and spirits, with sugar being converted by living organisms (e.g., yeast, enzymes, etc.) into ethyl alcohol through their digestion process.

## Full-bodied alcohol

A beer's full-bodiedness is its weight and thickness in the mouth. The texture of a beer while drinking can be light, heavy, or anywhere in between, with fuller-bodied referring to richer, more complex flavor profiles.







# WINE

Wine is an alcoholic beverage made from the fermentation of grapes. The grapes used for winemaking are a very special kind though (latin name: *Vitis vinifera*). With over a thousand varieties, they are smaller with thicker skins, and taste different from store-bought grapes.

Wine is typically 24 proof, with an alcohol content ranging from 10-14%.

## Varietal/Blended

Blended and varietal wines are two broadly different categories of vino. Varietals are composed solely of one type of grape, though this can be independent of region. Blended wines are instead composed of a primary, which typically makes up about 40% of the profile, with a blend of other grapes in smaller quantities making up the rest.

## Vineyard

A vineyard is the name for a winemaking grapevine plantation, where wine grapes are grown.

## REDS

### Cabernet Sauvignon

This wine is made from grapes in the Bordeaux region of France, with a full-bodied red grape and high alcohol content. Food pairings are French and American foods, with rich, red meats, smoky flavors, and hard cheeses.



## **Syrah**

This grape is found primarily in Australia and in the French Rhone Valley. It produces a full-bodied red wine with intensely fruity flavors. Food pairings again include French and American dishes, with Mediterranean dishes also being included for their oily richness.

## **Zinfandel**

This red grape is traditionally grown in Croatia. It produces a red wine with medium body and spicy notes, which pairs well with Italian food, Asian cuisines such as Chinese, Thai, or Indian, and other full-flavored dishes, such as barbecue.

## **Pinot Noir**

This grape is grown throughout France, producing a lighter-bodied dry red. It goes well with cream sauces, pork, chicken, and other poultry, and soft cheeses.

## WHITE

### **Chardonnay**

Chardonnay grapes are a traditional French white grape, producing a dry and full-bodied white wine. This wine pairs well with shellfish such as lobster and prawns, as well as other white meats (pork, poultry) and cream sauces.

### **Sauvignon Blanc**

This tart, dry wine is produced by white grapes grown throughout France. Traditional pairings include light meats such as fish, chicken, or veal, and foods which are spicy but not heavy, as with Vietnamese or Mexican foods.

### **Pinot Gris aka Pinot Grigio**

The grapes for Pinot Grigio/Pinot Gris can be found in Italy, France, and some regions of Germany. The wine made from these grapes is dry and light, pairing well with mild flavors and delicate foods such as salad and white fish.

### **Riesling**

A highly acidic white grape that originates in the Ruhr valley in Germany. The wine can be either sweet or dry. It pairs well with a wide variety of foods thanks to its variable flavor profile, including cuisines that range from Vietnamese to Indian to Thai to Moroccan to German.

# SPIRITS

Spirits, or liquors, are produced through a distillation process carried out on ingredients that have already been fermented. This can be anything from grains, grapes, other fruits, or even vegetables (e.g. potatoes, in the case of vodka). Distillation takes the fermented product and purifies it. The alcoholic portion is isolated by selectively boiling it into a gas. This separates it from most of the other contents. Then the alcohol is condensed back into a more purified liquid form.

Spirits can be put into two categories based on their color: lights (clear) and

darks. They can also be classified into three tiers: top-shelf, middle-shelf, and value (bottom-shelf). This naming convention is derived from the three tier shelving system that most bars use for organizing their spirits. The bottles are stored on three shelves. As you move up the shelves, from the bottom, middle, to the top, the bottles increase in quality and how expensive they are. This is why specific brands and makes of liquor are often referred to in this way.

Spirits are generally 80 proof, but can often be found as high as 120 proof, or 40% to 60% alcohol.



## SIX PRIMARY SPIRITS

### CLEAR

#### Gin

Gin is distilled from fermented grain and derives its flavor from botanicals — spices, herbs, and other flavoring agents like fruit. While different types of gins contain different botanicals, they all have one in common: juniper berries, which are included in the fermentation process.

#### Rum

Rum is distilled from sugar after either molasses or raw sugar cane is fermented. It can be distilled as white rum, gold rum, or dark rum, with each possessing a toasted and sweet flavor profile. Spices are often added to make spiced rum. Bacardi is a popular brand of rum. Captain Morgan is the most famous example of a spiced rum.

#### Tequila

Tequila is distilled from a succulent known as agave. Its flavor profile features tangy sharpness as well as a warm sweetness. Patron is the most popular top-shelf tequila.

#### Vodka

Vodka is traditionally distilled from potatoes but can be produced by grain distillation as well. Classic vodka has a very neutral flavor. Flavored vodkas are also popular. Smirnoff, Grey Goose, and Ketel One are popular examples of vodka.

### DARK SPIRITS

#### Brandy

Brandy is distilled from fermented fruits. In the case of grapes, Cognac is a popular brandy. It usually tastes of very alcoholic, toasted wine.

#### Whisky

Whisky is distilled from malted barley and other grains. Depending on the primary grain that is used (e.g., corn, rye, malted barley), different whiskeys are produced. The many varieties include rye, bourbon (made from corn), scotch (created in Scotland), and others. Jack Daniel's, Maker's Mark Bourbon, and Johnnie Walker Scotch are popular brands of whisky. Johnnie Walker is an interesting scotch in that there are many labeled varieties with the same brand name of Johnnie Walker. From least to most expensive, the labels include: Red, Black, Double Black, Green, Gold, Platinum, and Blue. Southern Comfort is a special whisky that is flavored with fruit and spice.

# GLOSSARY

## A

**Al Dente** - An Italian term for pasta that is cooked until it is tender but firm.

**Ales** - Ales are a rich beer variant offering a wide array of flavors and colors: from bitters to milds, pales to ambers, there are also abbey ales, nut brown ales, and many more, including Blue Moon. They are top-fermented, brewed at cellar temperature, and generally have malty or fruity aromas.

**Allspice** - Allspice, aka Jamaican pepper, is used widely throughout the Caribbean, most notably in Jamaican jerk chicken.

**Amber beers** - Amber is used to refer to the color and full-bodiedness of a beer. It can describe ales and lagers, but either way an amber tends to be maltier, fuller, and darker gold. Samuel Adams Boston Lager or Sleeman's Amber Ale are popular examples.

## B

**Back fat** - Aka fat back, this cut of pork is used to make pork rinds and lard. Pork rind is the culinary term for edible pig skin.

**Bacon** - The most important cut of pork—BACON!

**Baking** - Dry cooking of foods that initially lack structure, then become solid during the cooking process (e.g.,

cakes and muffins).

**Barbecuing** - Cooking of meat, fish, or other food on a rack, over an open fire, at low temperatures, and usually for a long time. Typically this is done in the outdoors and on special occasions.

**Basil** - Basil is a member of the mint family. It is typically added to fresh tomatoes, tomato sauce, and other Italian foods.

**Baste** - To moisten food with its own drippings, or with a sauce, to add flavor and prevent it from drying.

**Basting** - Cooking meat either in its own juices or in a marinade. The meat is left to cook, then periodically coated with the juice.

**Batter** - An uncooked, smooth, pourable mixture of flour, liquid, and other ingredients.

**Bay leaves** - With a distinct earthy or woody taste, bay leaves are usually added to simmering soups and stews, imparting their rich flavor, and then removed before serving.

**Beating** - What is done with eggs, for instance, before you cook them scrambled.

**Beer** - Beer is an alcoholic beverage made from the fermentation of grains. Beer is typically 10 proof, meaning its alcoholic content is roughly 5%.

**Black pepper** - Often considered the king of spices, black pepper can be

added to almost any dish to add both heat and flavor.

**Blanching** - Scalding food (usually fruits or vegetables) in boiling water, removing it after only brief submersion, then plunging it into ice water to halt the cooking process.

**Blend** - To thoroughly mix two or more ingredients.

**Blonde beers** - Blondes are usually ales which are a paler yellow color. They have a milder but crisp flavor and a hoppy aroma, with a light sweetness and minimal bitterness.

**Boiling** - Cooking of food with liquids at or near their boiling point.

**Boston butt and picnic ham** - These are cuts of pork shoulder and arm. They are mainly used for pork roast and different barbecuing recipes. These cuts are also used to make ground pork.

**Braising** - A combination of both dry and wet cooking. The food is first seared at high temperatures, then finished in a covered pot at lower temperatures in liquid.

**Brandy** - Brandy is distilled from fermented fruits. In the case of grapes, Cognac is a popular brandy. It usually tastes of very alcoholic, toasted wine.

**Bread** - To coat with crumbs before cooking.

**Brisket** - A cut of beef, brisket comes

from the cow's lower chest. It is tough and best cooked slowly by smoking or braising.

**Broiling** - Grilling is called broiling when the heat source comes from above, usually an oven element.

**Brown** - To cook with high heat on a stove to caramelize the food's exterior.

**Brown beers** - With Newcastle Brown Ale as perhaps the best known example, brown beers are darker in color with strong hints of caramel or chocolate in their flavor profile. Many variants include nutty tones, usually called nut browns.

## C

**Cabernet Sauvignon** - This wine is made from grapes in the Bordeaux region of France, with a full-bodied red grape and high alcohol content. Food pairings are French and American foods, with rich, red meats, smoky flavors, and hard cheeses.

**Caramelize (sugar)** - Heating sugar, usually with a torch, to liquify it into a brown syrup, which is then usually allowed to re-harden as a crust.

**Carapax** - Carapax (or carapace) is the armor-like body of a lobster.

**Caviar** - Caviar is the part of the fish where the eggs are located. The eggs are usually salted and cured.

**Cayenne pepper** - Cayenne pepper is made from small red peppers; it is often the foundation for bottled hot sauces. It's also commonly used in Cajun recipes.

**Chardonnay** - Chardonnay grapes are a traditional French white grape,

producing a dry and full-bodied white wine. This wine pairs well with shellfish such as lobster and prawns, as well as other white meats (pork, poultry) and cream sauces.

**Chicken breast** - A cut of chicken that is probably THE MOST VERSATILE cut of meat out of all the animals. It's white meat and can be cooked in many different ways, including grilled, pan-fried, oven-roasted, baked, or poached. A c

**Chicken neck** - A cut of chicken, neck is normally used for making gravy.

**Chicken thigh** - A cut of chicken, thigh meat is brown and has a bit more flavor than breast meat.

**Chili powder** - Chili powder is mainly used to add heat to food.

**Chopping** - Cutting food into small, equal-sized pieces.

**Chuck** - A cut of beef, chuck comes from the front of the cow, above the brisket. It is filled with connective tissues, which add a strong flavor. It can be grilled or braised, but it's best when turned into ground beef.

**Cinnamon** - Cinnamon comes from the bark of tropical evergreen trees. It is one of the most commonly used spices in baking. It is used in cakes, cookies, pies, and other desserts.

**Clarify** - To remove impurities from a liquid, such as melted butter, by skimming the surface of the liquid as it is heated.

**Cloves** - Cloves are used in Indian and Middle Eastern curries and rice dishes. They have a very strong flavor so should be used sparingly.

**Coriander seed** - Coriander seed is an excellent complement to dishes that have a little sweetness to them.

**Crab claw** - The crab claws contain brown meat that has a stronger flavor than the rest of the crab.

**Cream beers** - Golden ales with a crisp, mild, and sweet flavor. Typically relatively clear and easy-drinking.

**Creaming** - Softening butter into a smooth consistency and then mixing it with other ingredients.

**Crimping** - Pressing or pinching into small folds or ridges, as is done with pie crust.

**Cumin** - Cumin is used in many Indian and Middle Eastern curries.

**Curing** - Preserving meat using various methods, including salting, drying, and smoking.

**Curry powder** - Curry powder is an Indian blend of many spices including coriander, cumin, and turmeric.

## D

**Dark beers** - Dark beers are typically either ales, stouts, or porters, though dark lagers have emerged recently and are gaining popularity. Dark ales are typically chestnut brown with a full-bodied, malty flavor. Porters and stouts, such as Guinness, are dark nearly to black.

**Dash** - An imprecise measurement — approximately 1/8 teaspoon.

**De-seeding** - Removing seeds from fruits and vegetables.

**Deboning** - Removing the bones from

meat.

**Deep frying** - Cooking food via complete submersion in hot oil or fat.

**Dicing** - Chopping into tiny squares.

**Dissolve** - To mix a dry substance with a liquid until the two become a solution.

**Dollop** - A spoonful of soft food, such as whipped cream or mashed potatoes.

**Drippings** - Fats and juices rendered by meat while cooking.

**Drizzle** - To lightly sprinkle a liquid over food.

**Drumsticks** - A cut of chicken where the name is self-explanatory — it's where you get drumsticks from!

**Dust** - To coat food with a dry, powdery ingredient like powdered sugar.

## E

**Emulsify** - The process of combining two liquids that don't naturally combine, such as vinegar and olive oil.

## F

**Fermentation** - Fermentation is the process by which alcohol is developed from the ingredients in a brew. It is the same process that produces wine and spirits, with sugar being converted by living organisms (e.g., yeast, enzymes, etc.) into ethyl alcohol through their digestion process.

**Filleting** - Slicing thin like is done with fish.

**Fish back, abdomen, tail** - These central, primary body parts of the fish contain the most meat. They are used for fish fillet, roasted fish, and fried fish.

**Fish head** - A cut of fish, the head is normally used for making soups.

**Fish tail** - Fish tail is typically just fried and eaten, or used in stocks along with the head.

**Flank** - A cut of beef, flank contains the belly muscles and is usually braised or used in soups and stews.

**Fluff** - Using a fork to whip air into a dish, such as cooked rice before it is served.

**Folding** - Combining ingredients gently by repeatedly lifting the mixture from the sides and folding it on top of itself.

**Fruit beers** - Fruit beers are brewed like ales, but the malts are held back in order to allow fruity characteristics to come through more fully. These beers are usually crisp, light, and not bitter.

**Frying** - Cooking food in hot oil or in other heated fats.

**Full-bodied alcohol** - A beer's full-bodiedness is its weight and thickness in the mouth. The texture of a beer while drinking can be light, heavy, or anywhere in between, with fuller-bodied referring to richer, more complex flavor profiles.

## G

**Garlic powder** - Garlic powder is added to dishes to impart a garlicky flavor without the bulk of garlic cloves.

**Garnish** - To decorate a dish before serving to enhance its appearance and

add a little flavor.

**Germination** - Germination is the process that seeds undergo when they first sprout into plants. In the malting process, barley seeds are allowed to partially germinate so that their resources and starch reserves are made available. During the early stage of germination, enzymes are created which convert the starch from the seeds into sugar. At this point in the malting process, germination is halted and the sugars are used for fermentation. If germination were to continue, plants would grow from the seeds and they would consume the sugar as energy for growth.

**Gin** - Gin is distilled from fermented grain and derives its flavor from botanicals — spices, herbs, and other flavoring agents like fruit. While different types of gins contain different botanicals, they all have one in common: juniper berries, which are included in the fermentation process.

**Ginger powder** - Ginger powder has a more intense flavor than fresh ginger without the bulk.

**Glazing** - Pouring sauce onto meat or other foods while they are still hot to impart flavor and glaze.

**Golden beers** - Golden beers, such as Becks or Samuel Adams Golden Ale, were first produced in the UK. They carry overtones of vanilla and citrus, sometimes with additional flavors that carry a hint of spice. These are rarely hoppy and always crisp.

**Grating** - Using a grater to pare down things like vegetables and cheese into fine slices or zest.

**Grilling** - Similar to barbecuing, this is the cooking of food on a rack, over an

open fire (or on a grill pan or char-broiler), but at high temperatures, and for a short period of time.

**Grind** - To mechanically chop and crush solids down into fine particles.

## H

**Hock** - A cut of pork, this is where pork knuckle comes from.

**Honey beers** - Creamy, full-bodied, and slightly sweet, these beers are usually fuller-bodied than, say, a Golden or a Cream. Sleeman's Honey Brown is a popular example.

**Hops** - Hops are perhaps the best-known ingredient in beer, providing flavor and aroma in a variety of differing degrees. The plant itself is a flowering vine (Latin name: *Humulus lupulus*). In addition to bitterness, hops provide stability, citrus notes, zest, and spice to a brew.

## I

**India Pale Ales** - The original IPA. It is a hoppier version of the pale ale and was originally developed during British rule in India to survive the long distance between countries. These have emerged as enormously popular in recent years.

## J

**Julienne** - To cut fruits, vegetables or cheeses into long, thin strips.

**Jumbo lump** - The jumbo lumps are the two large muscles connected to the crab's swimming fins. They are bright white in color and taste exquisite.

## K

**Kama** - Aka fish collar, kama is a tender and rich cut of fish.

**Knead** - To press dough with the palms of your hands.

## L

**Lagers** - Lagers are a bottom-fermented beer, and it generally takes several months at near-freezing temperatures to finish a brew. While the result is less complex than most ales, these beers offer a much sharper, crisper flavor, making them by far the world's most popular brew. Lagers like Budweiser, Coors, and Miller are what most people think of when they think beer: pale, carbonated, and lightly hoppy.

**Light beers** - Light beers are generally simple lagers with a lower alcohol content and milder flavor. Traditional examples include Bud Light and Coors Light, which are popular throughout the United States.

**Lime beers** - These are a relatively recent addition to the light beer collection, with Bud Light Lime being the foremost example. Light in flavor and alcohol content with the addition of lime.

**Lobster claws** - Lobster claws are full of sweet and tender meat.

**Lobster tail** - Lobster tail holds the biggest chunk of meat.

## M

**Malt** - There are many grains that can be used in beer — wheat, oats,

rye, barley, and more. Malt, or malted barley, however, is generally the most-used grain in the fermentation process. Malting is the process where partial germination is used to convert starch from barley seeds into natural sugars. A rich variety of flavors and colors can be yielded from the malts chosen in the brewing process. Malts are also used for whisky making.

**Malt beers** - Malt beers are darker, thicker, and sweeter than lagers or ales. Their flavors often have chocolatey or nutty notes. Popular malt liquors include Olde English and Colt 45.

**Measuring dry ingredients** - Using measuring cups or spoons to measure dry ingredients, like flour or sugar.

**Measuring liquid ingredients** - Using special measuring cups to measure the volume of liquid ingredients.

**Mincing** - Chopping as small as possible into teeny tiny pieces, typically done with ginger, garlic, and chiles.

## N

**Nutmeg** - Nutmeg is a warm spice frequently used in baking.

## O

**Onion powder** - Similar to garlic powder, onion powder provides the flavor of onions without the bulk.

**Oregano** - Similar to basil, oregano is a member of the mint family and is often used in tomato-based dishes and sauces.



## P

**Pale Ales** - The pale ale, an English invention, is a mild but enjoyable beer with a hint of fruity flavor and a clear, yellow or copper color. Many of the most well-known beers are pale ales, such as Heineken, Dos Equis, and Budweiser.

**Pan frying** - Frying in a pan with just enough oil to coat the bottom of it.

**Paprika** - With a rich, red color, paprika is often used to season meat, seafood, and vegetables.

**Peeling** - Removing the skin from vegetables.

**Pilsner** - Pilsners are lagers made in a particular style with hard water. They are typically more bitter than a traditional lager, with a dryer and crisper flavor and similar coloring. Stella Artois is a pilsner.

**Pinch** - A small amount you can hold between your thumb and forefinger(s).

**Pinot Gris aka Pinot Grigio** - The grapes for Pinot Grigio/Pinot Gris can be found in Italy, France, and some regions of Germany. The wine made from these grapes is dry and light, pairing well with mild flavors and delicate foods such as salad and white fish.

**Pinot Noir** - This grape is grown throughout France, producing a lighter-bodied dry red. It goes well with cream sauces, pork, chicken, and other poultry, and soft cheeses.

**Pit/Core** - To remove the pit from fruits.

**Plate** - A cut of beef, plate comes

from the front of the belly, underneath the ribs. It's fatty and tough. Great for grilling.

**Poaching** - Submerging food in a hot liquid, such as water, milk, stock, or wine. This is different from other moist heating techniques in that it uses a relatively low temperature.

**Pork legs or ham** - A cut of pork, only the back legs are officially called ham.

**Pork loin** - A cut of pork, the loin is cut up into tenderloin, back ribs, rack of ribs, and pork chops. It can also be cured to make Canadian bacon.

**Pressure cooking** - Cooking food in a pressure cooker using water or another liquid. It simulates the effects of braising over a shorter time period.

**Purée** - Breaking down food in a blender so that it becomes completely smooth.

## R

**Red beers** - Reds, such as Rickards Red, are ales that range from red to brown in color and have a heavier flavor than an amber. Mildly hoppy and with traces of caramel, they strike a balance between light beers and dark.

**Red pepper, crushed** - Crushed red pepper heats up vegetables and red sauces. It's also used to flavor pizzas.

**Reduce** - Boiling a sauce to evaporate the liquid and make it thicker.

**Render** - To cook fatty meat over low heat for the purpose of gathering the drippings.

**Rib** - Rib is considered one of the better cuts of beef because of its

succulence and marbling. The meat is carved up further into prime rib, short ribs, rib eye steaks, etc. It is best cooked over dry heat, such as in a barbecue.

**Riesling** - A highly acidic white grape that originates in the Ruhr valley in Germany. The wine can be either sweet or dry. It pairs well with a wide variety of foods thanks to its variable flavor profile, including cuisines that range from Vietnamese to Indian to Thai to Moroccan to German.

**Rinsing** - Washing and cleaning vegetables under cold running water to remove dirt and germs.

**Roasting** - Dry cooking of foods that already have a solid structure before the cooking begins (such as meat and vegetables).

**Rolling** - Using a rolling pin to flatten dough.

**Rosemary** - Rosemary has an aroma of pine and lemon.

**Rotisserie** - Roasting of meat, with the meat skewered and rotated over an open flame or in an enclosed oven.

**Round** - A cut of beef, round comes from the rump. It is lean meat, which makes it a little tougher to chew. Braising brings out its best flavor profile.

**Rum** - Rum is distilled from sugar after either molasses or raw sugar cane is fermented. It can be distilled as white rum, gold rum, or dark rum, with each possessing a toasted and sweet flavor profile. Spices are often added to make spiced rum. Bacardi is a popular brand of rum. Captain Morgan is the most famous example of a spiced rum.

## S

**Saffron** - Saffron is the most expensive spice and is often used for medicinal purposes by people with digestive issues, persistent cough, or asthma.

**Sage** - Sage is another member of the mint family. It is mostly used during the Thanksgiving holidays.

**Salt** - Salt is a mineral, not a spice. It is so essential to seasoning that it is one of the four basic tastes: sweet, salty, sour, and bitter.

**Sautéing** - Pan frying diced food quickly and at higher temperatures.

**Sauvignon Blanc** - This tart, dry wine is produced by white grapes grown throughout France. Traditional pairings include light meats such as fish, chicken, or veal, and foods which are spicy but not heavy, as with Vietnamese or Mexican foods.

**Score** - To slice grooves into the outer surface of food.

**Searing** - Cooking the exterior of food at high temperatures until a caramelized outer layer forms.

**Shank** - A cut of beef, the shank is from the animal's legs. Since a cow's legs are very strong from carrying its own weight, it's one of the toughest cuts of meat. It's almost too tough to eat as a main course, so it's better when cooked in a stew or soup.

**Short loin** - This cut of beef is sectioned into smaller pieces to create T-bone steak and Porterhouse steaks. It is best cooked over dry heat, such as on a grill.

**Shredding** - Like grating, but resulting in bigger, longer pieces.

**Sift** - To put dry ingredients through a sieve to remove lumps or large particles.

**Simmering** - Heating food in water or sauce kept just below its boiling point.

**Sirloin** - A cut of beef, sirloin is right above the tenderloin and is boneless. It's a versatile cut that can be slow-cooked or put on a grill.

**Skim** - To remove unwanted solids (like fat and cream) from the surface of a liquid while it's cooking.

**Skinning** - Removing the skin from meat.

**Slicing** - Cutting with a knife into thin slices.

**Smoking** - Flavoring, browning, or cooking food by exposing it to smoke from burning or smoldering material, most often wood.

**Spare ribs** - This cut of pork includes the ribs and surrounding meat. It is very fatty and usually barbecued.

**Spirits** - Spirits, or liquors, are produced through a distillation process carried out on ingredients that have already been fermented. This can be anything from grains, grapes, other fruits, or even vegetables (e.g. potatoes, in the case of vodka). Distillation takes the fermented product and purifies it. The alcoholic portion is isolated by selectively boiling it into a gas. This separates it from most of the other contents. Then the alcohol is condensed back into a more purified liquid form. Spirits are generally 80 proof, but can often be found as high as 120 proof, or 40% to

60% alcohol.

**Steaming** - Cooking food using the steam from boiling water.

**Steeping** - Soaking solid food in liquid to extract flavors or soften it.

**Stewing** - Cooking solid food in a stock or sauce and serving the resulting mixture, or just the gravy.

**Stir** - To mix ingredients in a circular motion and cause them to blend.

**Stouts & Porters** - Stouts and porters are the darkest beers on the market. Both are nearly black, with thick, rich, malty flavours. The color and flavor in a porter comes from a variety of roasted malts mixed with other grains. Stouts are much the same, but with a more pronounced profile from barley. Perhaps the most famous example of a stout is Guinness.

**Strong beers** - The definition of a "strong" beer may vary geographically, but in general it refers to the broad category of beers with an alcohol percentage greater than 7%. Most malt beers, like Olde English and Colt 45, fall into this category, as do many modern craft IPAs.

**Syrah** - This grape is found primarily in Australia and in the French Rhone Valley. It produces a full-bodied red wine with intensely fruity flavors. Food pairings again include French and American dishes, with Mediterranean dishes also being included for their oily richness.

## T

**Tarragon** - One of the most important spices in French cuisine, tarragon makes an excellent complement to

chicken and fish.

**Tenderizing** - Pounding meat with a special hammer to break down the muscle and make it tender (so that it cooks faster and more evenly).

**Tequila** - Tequila is distilled from a succulent known as agave. Its flavor profile features tangy sharpness as well as a warm sweetness. Patron is the most popular top-shelf tequila.

**Thyme** - Thyme is a fragrant herb that adds delicate flavor to vegetables and meat.

**Toss** - To combine ingredients using a lifting motion.

**Trimming** - Removing any inedible or damaged parts of food before use.

**Turmeric** - Turmeric is found in many different curries and gives a vibrant yellow color to dishes.

## V

**Varietal/Blended** - Blended and varietal wines are two broadly different categories of vino. Varietals are composed solely of one type of grape, though this can be independent of region. Blended wines are instead composed of a primary, which typically makes up about 40% of the profile, with a blend of other grapes in smaller quantities making up the rest.

**Vineyard** - A vineyard is the name for a winemaking grapevine plantation, where wine grapes are grown.

**Vodka** - Vodka is traditionally distilled from potatoes but can be produced by grain distillation as well. Classic vodka has a very neutral flavor. Flavored vodkas are also popular. Smirnoff, Grey

Goose, and Ketel One are popular examples of vodka.

## W

**Wheat beers** - Wheat beers can be either filtered or unfiltered. Either way, they are typically light, easy-drinking, and mild in flavor. Unfiltered wheat beers have a cloudy profile and are hazy and opaque.

**Whip/Whisk** - To beat quickly in order to incorporate air and expand a mixture, as is done with egg whites.

**Whisky** - Whisky is distilled from malted barley and other grains. Depending on the primary grain that is used (e.g., corn, rye, malted barley), different whiskeys are produced. The many varieties include rye, bourbon (made from corn), scotch (created in Scotland), and others. Jack Daniel's, Maker's Mark Bourbon, and Johnnie Walker Scotch are popular brands of whisky. Johnnie Walker is an interesting scotch in that there are many labeled varieties with the same brand name of Johnnie Walker. From least to most expensive, the labels include: Red, Black, Double Black, Green, Gold, Platinum, and Blue. Southern Comfort is a special whisky that is flavored with fruit and spice.

**White lump** - White lump is a mix of jumbo lump and the rest of the crab meat. It is commonly used in crab cakes, dips, salads, and casseroles.

**Wine** - Wine is an alcoholic beverage made from the fermentation of grapes. The grapes used for winemaking are a very special kind though (latin name: *Vitis vinifera*). With over a thousand varieties, they are smaller with thicker skins, and taste different from store-bought grapes. Wine is typically 24

proof, with an alcohol content ranging from 10-14%.

**Wing** - A cut of chicken, the wing contains white meat and is used for hot wings and buffalo wings.

## Z

**Zesting** - Finely grating the skin of fruits such as lemons or oranges (generally citrus fruits).

**Zinfandel** - This red grape is traditionally grown in Croatia. It produces a red wine with medium body and spicy notes, which pairs well with Italian food, Asian cuisines such as Chinese, Thai, or Indian, and other full-flavored dishes, such as barbecue.



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