

BAKING TERMINOLOGY

Pastry School 101

- **Aerate:** to whip, sift or beat air between particles.
- **Bake:** cook with dry, radiant heat in an oven.
- **Batter:** a batter is an unbaked mixture that can be poured or scooped.
- **Blend:** stir ingredients together until well mixed.
- **Boil:** heating liquid until bubbles rise to the surface and break. Boiling raises the temperature of the liquid and changes it into a vapor.
- **Caramelize:** caramelization is when sugars or baked goods begin to darken and turn brown during the cooking/baking process.
- **Crimp:** decorative method of folding the edges of dough.
- **Curdling:** when food separates into its component parts.
- **Coat:** to thoroughly cover a food with a liquid or dry mixture.
- **Cool:** allowing food to cool to room temperature.
- **Dough:** thick unbaked mixture of liquid and flour that can be rolled out or shaped by hand.
- **Dusting:** lightly cover a baked good or work surface with flour, sugar or spices.
- **Convection:** the movement of heat through air and water currents.
- **Creaming:** rigorous mixing of ingredients to thoroughly combine ingredients and to incorporate air.
- **Crumb:** internal description of bread, quick bread and/or cake.
- **Cutting:** the process of combing a cold fat (such as butter) with flour.
- **Emulsion:** the mixing of two unmixable liquids (fat and water) to create a homogenous mixture.
- **Fermenting:** the process of yeast feeding on sugars and starches.
- **Folding:** to gently combine ingredients (light mixture with a heavy mixture) by lifting them over on themselves, while retaining air.

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- **Glaze:** coat with a sugar or chocolate based liquid.
- **Gluten:** a protein network that forms when the proteins found in wheat (glutenin and gliadin) are combined with water and agitated. The more agitated the more the gluten forms.
- **Grease:** using fat to cover the bottom and/or sides of a pan to prevent sticking.
- **Hydration:** refers to the amount of water in a recipe.
- **Inclusions:** adding ingredients to a recipe that do not contribute to the structure or function.
- **Laminate:** to fold over and roll out a dough repeatedly to create many layers.
- **Leavening:** the Process of trapping gases as they form and expand in order to increase the volume of a baked product.
- **Oven set:** a method of baking custard in a bain marie in the oven.
- **Oven Spring:** the last rise a bread achieves in the oven before the heat kills the yeast.
- **Par Bake:** to partially bake an empty pie shell.
- **Meringue Peaks:** egg whites or cream that has been whipped to the point at which a peak will bend or fall over to one side:
 1. **Soft** peaks barely hold their shape.
 2. **Medium** peaks hold shape but the peaks curl at the tip.
 3. **Stiff** peaks stand straight up and do not curl over.
- **Proof/Proofing:** to allow yeast dough to ferment (prove the yeast is alive).
- **Sabayon:** an aerated egg foam mixture containing egg yolks or whole eggs. Can also contain other liquids and/or sugar.

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- **Sift:** passing flour and other dry ingredients through a fine mesh sifter or sieve. The process breaks apart lumps and aerates the mixture.
- **Softened:** butter that is at room temperature. Appox 65F/18C.
- **Whip:** mixing rapidly with a wire whisk to incorporate air into a mixture to lighten and increase volume.
- **Whisk:** wire loops that add air as it whips and combines ingredients together.

Notes:
