

Glossary of terms

This glossary is designed to help you to become a more effective cook.

Deglaze:

Pronounced DEE-GLAY-Z

The process of scraping of all of the browned food bits that collect at the bottom of a skillet or frying pan from cooking. By adding water, wine or stock this forms the foundation of some great sauces.

Demi-glace/ demi-glaze:

Pronounced: [DEHM-EE-GLAHS](#) [1]

Demi-glace is derived from the French word meaning 'half-frozen' or 'half-glaze'. In cooking it is the reduction of meat stock, Madera wine or Sherry and other ingredients to form a rich red-brown sauce.

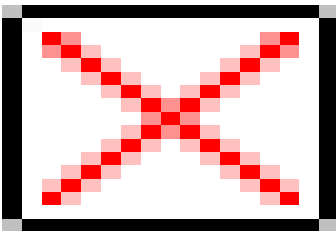
Sauté:

Pronounced [SO-TAY](#) [2] / [SAW-TAY](#). [3] The word is derived from the French word 'sauter' which means 'to jump'.

To sauté is to cook or brown the food quickly in a hot pan with a small amount of oil or butter. The food is cooked vigorously tossed or stirred to ensure even cooking, preventing the food from burning.

Skillet:

A skillet is another name for a frying pan



Shallot

Pronounced SHAL-UHT

A shallot is a type of reddish-brown onion that when sautéed or cooked adds flavor to many dishes. While onions grow as a single bulb, shallots grow in groups or clusters like garlic and produce a slightly sweeter taste.

french-shallots
pointed shallots

round shallots
rounded shallots

In some countries green spring onions are sometimes marketed as shallots.

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Links:

[1] <http://chickenmarsala.net/sound/demiglace.wav>

[2] <http://chickenmarsala.net/sound/saute2.wav>

[3] <http://chickenmarsala.net/sound/saute.wav>