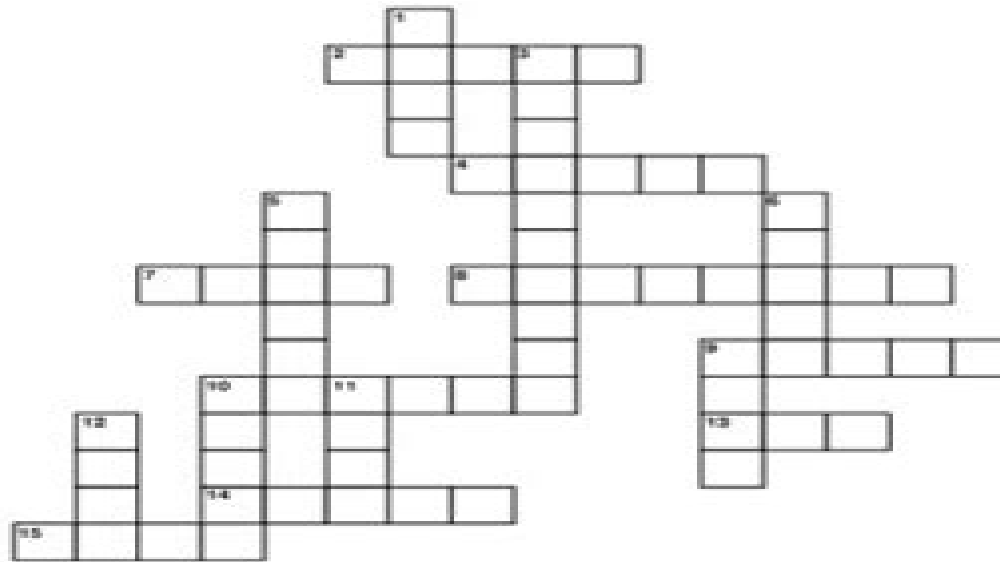


Food Preparation Techniques



Across

- [2] To gently cook food that is fully submerged in hot water.
 [4] To cook from the direct heat of a pan, using a small amount of fat or oil.
 [7] To cook 'low & slow' in liquid. Typically uses chunky vegetables and tough meats which gently simmer together for long periods of time.
 [8] Combining two or more ingredients together so that they lose their individual characteristics and become smooth and uniform.
 [9] To cut food, usually fruit and vegetables, into slices.
 [10] Boiling or simmering a liquid food to evaporate water and give a thicker, more flavoursome food.
 [13] To cook food in hot fat or oil. Food can be partially submerged or completely submerged in the fat/oil.
 [14] To use vapour from the boiling water to surround the food in hot moisture which gently cooks the food.
 [15] Vigorously mix a to a smooth consistent liquid.

Down

- [1] Cooking food in boiling water or other liquid ingredients.
 [3] To slowly cook food until it turns sweet, nutty & brown.
 [5] Evenly coat a surface with a fine layer of butter or margarine. Usually done before lining a cake tin.
 [6] To cook food by direct heat, such as over fire or hot coals or under a grill.
 [9] Passing food through a fine mesh of a sieve to incorporate air or remove lumps.
 [10] To cook food with dry heat where hot air surrounds the food from an open flame oven, or a fan oven, other heat source. Fat or oil can be applied to food to caramelise it.
 [11] To cut food into square shapes.
 [12] Using greaseproof or parchment paper to cover the inside of a baking tin. To prevent a batter from sticking to the tin when baking.

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