



Baking Glossary

- **Bake** – to cook in an oven using dry heat. The oven should always be preheated for 15-20 minutes before baking.
- **Baking Blind** – Baking an unfilled tart shell to produce a partially or fully baked crust. Done by lining the dough with baking paper or foil and filling it with pie weights, uncooked rice or dried beans to hold the shape during baking.
- **Baking Paper** – parchment, silicon paper or non-stick baking paper used to line pans before cooking or baking.
- **Baking Powder** – A leavening (raising) agent made with a combination of baking soda, starch and an acidifying ingredient (such as cream of tartar). When baking powder is mixed with moist ingredients, carbon dioxide bubbles are released, causing dough or batter to rise.
- **Baking Soda** – A leavening (raising) agent also known as sodium bicarbonate or bicarb soda. When baking soda is combined with an acidic ingredient and moisture, carbon dioxide gas bubbles are released, causing dough or batter to rise.
- **Batter** – A mixture usually made with flour and a liquid such as milk that is thin enough to pour. It may also contain other ingredients such as eggs, sugar, butter and flavouring.
- **Beat** – To combine ingredients vigorously with a spoon, fork, wire whisk, hand beater or electric mixer until the ingredients are smooth and uniform.
- **Blend** – To combine ingredients with a spoon, wire whisk or rubber spatula until smooth and uniform in texture, flavour and colour. An electric mixer or food processor may also be used.
- **Boil** – To heat a liquid until bubbles rise continually to the surface in a steady pattern, breaking on the surface. A rolling boil is when liquid is boiling so vigorously that the bubbles are no longer distinct from one another.
- **Butter cream** – A mixture of butter, icing sugar and flavourings that is used to fill and ice cakes. It may also contain other ingredients such as eggs and milk.
- **Caramelize** – To heat sugar until it melts and browns.
- **Chocolate (Compound)** – Chocolate, used in baking and coatings, in which the cocoa butter has been replaced with vegetable fats.
- **Chocolate (Dark)** – Chocolate, used in baking or for eating, made typically with a minimum 35% cocoa solids and no added milk solids.
- **Chocolate (Milk)** – Chocolate, used in baking or for eating, made typically with a minimum 25% cocoa solids and added milk solids.

- **Chocolate (White)** - Not a true chocolate as it contains no cocoa solids, typically made of sugar, cocoa butter and milk solids.
- **Cocoa Powder** - Dried, unsweetened powder formed from the solid left over after extraction of cocoa butter from the chocolate liquor.
- **Cornflour (or Cornstarch)** - A starch powder derived from maize (corn) or wheat. It is used as a thickener for sauces and gravies and in sponge cakes.
- **Cream (As a Technique)** - To beat a fat, such as butter either alone or with sugar, to incorporate air until a light and fluffy consistency is achieved.
- **Cream (Double)** - Pure cream with approximately 45% fat and no additives.
- **Cream (Pure or Whipping)** - Pure cream with approximately 35% fat and no additives.
- **Cream (Thickened)** - Cream thickened with vegetable gums or gelatine.
- **Cream (Whipped)** - Cream that has been whipped, can be used as a filling or decoration for cakes. There are many imitation whipped creams that are available in aerosol cans.
- **Cream Cheese** - Soft, mild, velvety fresh cheese made from cow's milk, is an integral component of baked or chilled cheesecakes.
- **Cream of Tartar** - A white acidic powder used in combination with bicarbonate of soda as a raising agent. When added to egg whites before beating it improves stability and volume.
- **Flour (Plain)** - Milled from the endosperm of wheat kernels, it is graded according to its gluten content; low-gluten flour for cakes through to high-gluten flours for making bread.
- **Flour (Self-Raising)** - Flour with baking powder added. Used in baking cakes, biscuits and pastries that need to rise.
- **Flour (Wholemeal)** - Milled from the entire wheat kernel (bran, germ and endosperm), wholemeal flour has a higher fibre content than white flour.
- **Fold** - To combine ingredients by gently turning one part of mixture over the other with a spoon or spatula, keeping the mixture light and taking care not to over mix.
- **Glaze** - To coat with a thin layer of liquid such as sugar syrup, icing, milk, or egg wash either before or after baking to produce a thin glossy coating on a food.
- **Knead** - To work dough by pressing, folding and stretching to produce a smooth, elastic texture.
- **Meringue** - Beaten foam of egg whites and sugar whipped to glossy peaks.
- **Proof** - To allow yeast dough to rise before baking, this is important in achieving a light aerated texture in the final baked product.
- **Royal Icing** - A mixture of icing sugar and egg whites used in decorating that dries hard.
- **Scald** - To heat a mixture or liquid to just below the boiling point.

- **Score** - To lightly cut the surface of a food, cutting only part way through the outer surface.
- **Soft Peaks** - Egg whites or whipping cream whipped to the stage where the mixture forms soft, rounded peaks when the beaters are removed.
- **Stiff Peaks** - Egg whites whipped to the stage where the mixture will hold stiff, pointed peaks when the beaters are removed.
- **Sugar (Brown)** - Made by mixing refined molasses syrup with white sugar. Light and dark brown varieties are available with the darker having more intense flavour.
- **Sugar (Caster)** - Very fine sugar, roughly half the granule size of white sugar but not powdered, also known as superfine sugar.
- **Sugar (Icing)** - Powdered sugar, often blended with cornflour, used mainly for icing, frosting and cake decorations, also known as confectioners' sugar.
- **Vanilla Bean (Pod)** - The dried and cured pod of an orchid native to South America. In cooking, it is usually split open and the seeds scraped into the dish to impart a vanilla flavour.
- **Vanilla Extract or Essence** - The liquid obtained by steeping vanilla beans in alcohol. Imitation versions using synthetic flavourings are available.
- **Whip** - To beat rapidly with a wire whisk or electric mixer to incorporate air into a mixture and increase its volume.
- **Yeast** - A living, microscopic organism that acts as a leavening agent through the release of carbon dioxide during fermentation.