

Baking Sheet:	A flat, hard sheet of metal that is used to bake cookies, breads, and other foods.
Blender:	A small electrical kitchen appliance that uses sharp, short blades to puree or blend foods.
Boil:	To heat a liquid until large bubbles rise to the surface.
Grate:	To reduce a large piece of food (like cheese, for example) to small pieces or thin shreds by moving it up and down on a surface with sharp holes.
Knead:	To mix and push dough against a flat surface (like a table) with the heel of your hand to make the dough smooth and elastic.
Parchment paper:	A type of thick, non-stick paper that is used in baking to prevent foods from sticking to a cookie sheet or pan.
Purée:	To grind or mash food until it is smooth using a blender or a food processor.
Simmer:	To cook food gently in liquid at low to medium heat while small bubbles rise to the surface.
Whisk:	A kitchen tool that is used to thoroughly mix ingredients together, or to add air into a mixture to make it light and fluffy. It is also used to help make sauces smooth.

ATCO Blue Flame Kitchen has provided household advice and recipes in the province of Alberta for more than 80 years.

Through our ATCO Blue Flame Kitchen Answer Line, our Calgary Learning Centre and our website, ATCO Blue Flame Kitchen provides reliable information on a variety of daily living, household and cooking topics.

Need tips on cooking, recipes, food safety, stain removal and other household problems? We can help. Call us toll-free at 1-877-420-9090, email us or chat with us online using our new live chat tool.