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| add | 加える | mince | 微塵きりにする |
| bake | オーブンで焼く | mix | 混ぜる |
| beat | 強くかきまぜる、泡立てる | peel | 皮をむく |
| blend | よく混ぜあわせる | poach | 熱湯に落としてゆでる |
| boil | ゆでる、ぐらぐら煮る | pour | 注ぐ |
| braise | 蒸し煮する | quarter | 四つ切にする |
| blanch | 沸騰した湯に入れ軽く火を通す | rinse | 洗う、すすぐ |
| broil | あぶる | sautee | 炒める、ソテーする |
| brown until golden | こんがり焼く | scatter | ちらす |
| brush | 刷毛でぬる | scoop out | 中身をくり貫く |
| chill | 冷やす | season | 味付けする |
| chop | ぶる切りにする | serve | 盛り付けする |
| chop up | 切り刻む | sift | ふるいにかける |
| combine A and B | AとBを混ぜあわせる | simmer | とろ火で煮こむ |
| cook slowly | ゆっくり煮こむ | skim off | （油、あくなどを）すくう |
| core | 芯をとる | slice | 薄切りにする |
| defrost | 解凍する | soak | つけておく、ひたす |
| dice | サイコロ形に切る | sprinkle | ふりかける |
| dip | ちょっとつける | steam | 蒸す |
| dissolve | 溶かす | strain | （ふるいなどで）こす |
| drain | 水気を切る | thaw | 解凍する |
| evaporate | 水分を蒸発させる | trim | 余分な部分をとって形を整える |
| fill | 詰める | whip | 泡立てる |
| fold | たたみこむようにそっと混ぜる | scald | 沸騰する直前に火を止める |
| fry    deep-fry    pan-fry | 油で揚げるたっぷりの油で揚げるフライパンで炒める | rapidly boiling            water  | ぐらぐら煮えたぎるお湯 |
| grate | すりおろす | glaze | 塗ってツヤを出 |
| grease | 油を塗る | zest | フルーツの皮をおろす |
| grill | 焼く、あぶる |  |  |
| heat | 熱を通す、温める |  |  |
| melt | 溶かす |  |  |

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**料理器具**

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| 圧力鍋 | pressure cooker | 　 | 中華鍋 | wok |
| 泡だて器 | mixer | 　 | 電子レンジﾞﾞ | microwave oven |
| 薄切器 | slicer | 　 | なべ | pot |
| 裏ごし器 | strainer | 　 | ふるい | sleve, sifter |
| おろし金 | grater | 　 | フライがえし | spatula |
| 皮むき器 | peeler | 　 | フライパン | pan |
| 缶きり | can opener | 　 | 包丁 | kitchen Knife |
| しゃくし | ladle | 　 | まな板 | chopping board |
| 栓抜き | bottle opner | 　 | 水切り | colander |
| 炊飯器 | rice cooker | 　 | ミキサー | blender |
| やかん | kettle | 　 | 蒸し器 | steamer |

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