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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 |  |  | |

**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 | |