

GLOSSARY

Blend:

To mix thoroughly two or more ingredients in a blender.

Dice:

To cut into small cubes.

Mash:

To reduce to a soft, pulpy state.

Pureed:

Cooked foods made into a paste by processing it through a sieve or in a food processor.

Refined:

Foods that are free of coarse particles.

Strained:

Foods that are forced through a strainer to remove skins and seeds and most of the fiber.

Thickened:

Increasing the density of foods.