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COOKING TERMS

AL DENTE:

Italian term used to describe pasta that is cooked until it offers a slight resistance to the bite.

BAKE:

To cook by dry heat, usually in the oven.

BARBECUE:

Usually used generally to refer to grilling done outdoors or over an open charcoal or wood fire. More specifically, barbecue refers to long, slow direct-heat cooking, including liberal basting with a barbecue sauce.

BASTE:

To moisten foods during cooking with pan drippings or special sauce to add flavour and prevent drying.

BATTER:

A mixture containing flour and liquid, thin enough to pour.

BEAT:

To mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible.

BLANCH:

To immerse in rapidly boiling water and allow to cook slightly.

BLEND:

To incorporate two or more ingredients thoroughly.

BOIL:

To heat a liquid until bubbles break continually on the surface.

GRILL:

To cook under strong, direct heat.

CARAMELIZE:

To heat sugar in order to turn it brown and give it a special taste.

CHOP:

To cut solids into pieces with a sharp knife or other chopping device.

CLARIFY:

To separate and remove solids from a liquid, thus making it clear.

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CREAM:

To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

DEGLAZE:

To dissolve the thin glaze of juices and brown bits on the surface of a pan in which food has been fried, sautéed or roasted. To do this, add liquid and stir and scrape over high heat, thereby adding flavour to the liquid for use as a sauce.

DEGREASE:

To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

DICE:

To cut food in small cubes of uniform size and shape.

DISSOLVE:

To cause a dry substance to pass into solution in a liquid.

DREDGE:

To sprinkle or coat with flour or other fine substance.

DRIZZLE:

To sprinkle drops of liquid lightly over food in a casual manner.

DUST:

To sprinkle food with dry ingredients. Use a strainer or a jar with a perforated cover, or try the good, old-fashioned way of shaking things together in a paper bag.

FLAKE:

To break lightly into small pieces.

FOLD:

To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. Cut down through mixture with spoon, whisk, or fork; go across bottom of bowl, up and over, close to surface. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

FRY:

To cook in hot fat. To cook in a fat is called pan-frying or sauteing; to cook in a one-to-two inch layer of hot fat is called shallow-fat frying; to cook in a deep layer of hot fat is called deep-fat frying.

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GARNISH:

To decorate a dish both to enhance its appearance and to provide a flavourful foil. Parsley, lemon slices, raw vegetables, chopped chives, and other herbs are all forms of garnishes.

GLAZE:

To cook with a thin sugar syrup cooked to crack stage; mixture may be thickened slightly. Also, to cover with a thin, glossy icing.

GRATE:

To rub on a grater that separates the food in various sizes of bits or shreds.

GRATIN:

From the French word for "crust." Term used to describe any oven-baked dish--usually cooked in a shallow oval gratin dish--on which a golden brown crust of bread crumbs, cheese or creamy sauce is form.

GRILL:

To cook on a grill over intense heat.

GRIND:

To process solids by hand or mechanically to reduce them to tiny particles.

JULIENNE:

To cut vegetables, fruits, or cheeses into thin strips.

KNEAD:

To work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour.

LUKEWARM:

Neither cool nor warm; approximately body temperature.

MARINATE:

To flavor and moisturize pieces of meat, poultry, seafood or vegetable by soaking them in or brushing them with a liquid mixture of seasonings known as a marinade. Dry marinade mixtures composed of salt, pepper, herbs or spices may also be rubbed into meat, poultry or seafood.

MINCE:

To cut or chop food into extremely small pieces.

MIX:

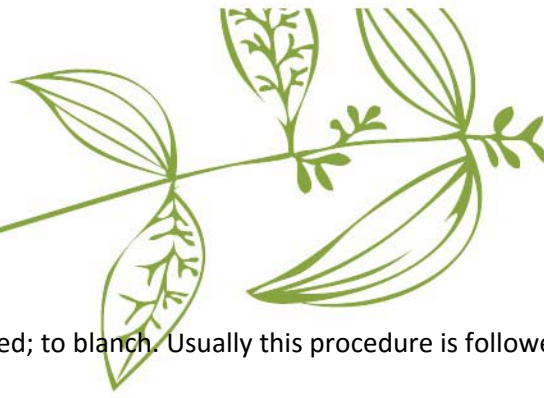
To combine ingredients usually by stirring.

PAN-FRY:

To cook in small amounts of fat.

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PARBOIL:

To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

PEEL:

To remove the peels from vegetables or fruits.

PICKLE:

To preserve meats, vegetables, and fruits in brine.

PINCH:

A pinch is the trifling amount you can hold between your thumb and forefinger.

PIT:

To remove pits from fruits.

PLUMP:

To soak dried fruits in liquid until they swell.

POACH:

To cook very gently in hot liquid kept just below the boiling point.

PUREE:

To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

REDUCE:

To boil down to reduce the volume.

REFRESH:

To run cold water over food that has been parboiled, to stop the cooking process quickly.

ROAST:

To cook by dry heat in an oven.

SAUTE:

To cook and/or brown food in a small amount of hot fat.

SCALD:

To bring to a temperature just below the boiling point.

SEAR:

To brown very quickly by intense heat. This method increases shrinkage but develops flavor and improves appearance.

SHRED:

To cut or tear in small, long, narrow pieces.

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SIFT:

To put one or more dry ingredients through a sieve or sifter.

SIMMER:

To cook slowly in liquid over low heat at a temperature of about 180°. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

SKIM:

To remove impurities, whether scum or fat, from the surface of a liquid during cooking, thereby resulting in a clear, cleaner-tasting final produce.

STEAM:

To cook in steam in a pressure cooker, deep well cooker, double boiler, or a steamer made by fitting a rack in a kettle with a tight cover. A small amount of boiling water is used, more water being added during steaming process, if necessary.

STERILIZE:

To destroy micro organisms by boiling, dry heat, or steam.

STEW:

To simmer slowly in a small amount of liquid for a long time.

STIR:

To mix ingredients with a circular motion until well blended or of uniform consistency.

TOSS:

To combine ingredients with a lifting motion.

WHIP:

To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

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Cooking Breakfasts

Breakfast Flat breads

These flat breads are easy to prepare and only take a few minutes to cook. They can be used for breakfast, lunch and dinner and make an easy pizza base, flat bread for lunch or bread for dips.

Ingredients

- 3½ self-rising (self-raising) flour
- 1½ cups natural greek yogurt
- 2 tablespoons water
- sea salt

2 tablespoons of vegetable oil for frying

Instructions:

1. Combine the self-rising flour with the greek yogurt and salt in the bowl
2. Mix all the ingredients with a wooden spoon or your hands until it forms a soft dough.
3. Dump the dough out onto a large, lightly floured surface and knead for 3 minutes.
4. Divide the dough into 10 equal pieces and press each piece out until it is about ½ cm in thickness and the size of your palm.
5. Place a frypan onto a medium heat and pour in 1 tablespoon of vegetable oil, cook the breads for 2 minutes on each side until they are golden. Serve with your favourite topping

Possible toppings

- Roast sweet potato and feta
- Roast pumpkin and spinach and cheese
- Tomato, mushrooms and bacon
- Scrambled eggs

- Shredded chicken and avocado
- Shredded chicken and cheese
- Honey and banana
- Strawberries and ice cream

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Roast Pumpkin and cheddar fritters

These are a delicious type of savoury pancake ideal for breakfast or lunch or a healthy snack. You can change over the pumpkin for the same amount of roast sweet potato, spinach, grated zucchini or grated potato.

Ingredients

- 2 cups of 1cm diced pumpkin roasted in the oven for 15 minutes on 180c
- 3 eggs
- 1 spring onions thinly sliced
- ½ red onion thinly sliced
- ¼ cup chopped parsley
- ½ cup grated cheddar
- ½ cup of plain flour
- ¼ teaspoon of baking powder
- Good pinch salt and pepper
- ¼ cup of vegetable oil



Instructions:

1. Combine the flour, sliced onions, parsley, cheese, salt and pepper together in a large bowl.
2. Fold through the cooled roasted pumpkin. In a separate bowl, whisk the eggs then add to the dry mix. Fold through carefully to ensure the mix does not get overworked.
3. Heat a large frypan over a medium heat and add in a 1 tablespoon of oil, place a large spoonful of mixture into the pan and cook on each side for 3 minutes until golden brown. Serve with poached eggs, salsa or avocado.

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Breakfast Bars



Makes 12 bars

Ingredients

- 1 ½ cups of quick cook oats
- ¼ cup of plain flour
- ¼ cup of orange juice
- 1 ½ cups of grated apple
- ½ cup of chopped dates
- 1 tablespoon of sesame seeds

Instructions:

Pre heat the oven to 180c

1. Place all the ingredients into a bowl and with your hands combine the mixture until it sticks together.
2. Press the mixture into a tray 13 x 23cm lined with baking paper and bake for 25-30 minutes until golden.
3. Cut into bars while still warm and allow to cool.

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Flat Hash Browns

Makes 8

Ingredients

2 potatoes, peeled

1 ¼ cups of grated cheddar

Salt and pepper

¼ cup vegetable oil for frying

Instructions:

1. Coarsely grate the potatoes and squeeze out as much liquid as you can. Put the squeezed potato into a bowl.
2. Stir in the cheddar cheese to combine.
3. Heat some of the oil in a large fry pan and add in ¼ cup of the mixture at a time.
4. Cook for 2 minutes on each side and using an egg flip to turn them over to cook the other side.

Extra additions into the mixture could include finely chopped onion, parsley,
Exchange 1 potato for 1 grated and squeezed zucchini

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Cooking Lunches

Chicken and mushroom pies

Makes 10-12 muffin size or 1 large pie

Add more or different vegetables if you like

Ingredients

- 2 tblsp butter
- 2 cups sliced mushrooms
- 1/2 onion, diced
- 1 cup green sliced shallots
- 1 diced zucchini
- ¼ cup chopped parsley
- 3 tblsp flour
- 1 cup milk
- 2 cups chicken stock
- 2 cups shredded chicken
- Salt and pepper
- 4 sheets of puff pastry
- 2 tablespoons of milk

Instructions

Pre heat oven to 165 c

1. Melt the butter in a pan and cook the mushrooms and onions until softened, add in the shallots and the zucchini and cook for 5 minutes.
2. Add in the flour and cook for 2 minutes, slowly add in the milk and continue to stir until thickened.
3. Add in the stock and the chicken and simmer until thick, season with salt and pepper and add the parsley. Allow to cool.
4. Cut rounds of pastry about 10cm wide and line an oiled muffin tin with the pastry, place a spoonful of the filling into the pastry and cover with another piece of puff pastry pressing down the edges of the pie.
5. Brush the pastry with milk and bake for 30 minutes until golden.
6. Use the filling to mix with pasta on top of rice or add 1lt of stock and turn into a creamy soup.

Equipment – saucepan, wooden spoon, chopping board, knife, muffin tin or casserole dish, pastry brush

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Chicken and vegetable sausage roll

Serves 8 makes 2 large sausage rolls

Ingredients

2 cups of fresh bread crumbs or use the stuffing from inside a cooked chicken
2 tblsp olive oil
1/2 onion diced
1 grated carrot
1 grated zucchini
1 1/2 cups grated cheese
2 cups shredded chicken
2 eggs
1/2 teaspoon of salt and 1/4 teaspoon of pepper
1 cup cooked shallots
1/2 cup corn kernels
2 sheets puff pastry
2 tablespoons of milk

Pre heat the oven to 165c

1. Cook the onion in the oil for 4 minutes until softened. Add in the other vegetables and mix.
2. Stir in the breadcrumbs, cheese, eggs, and chicken and corn kernels.
3. Place spoonfuls of the filling onto a sheet of pastry and roll up to make a sausage roll.
4. Brush the pastry with milk and lay it onto a sheet of baking paper or a greased oven tray, bake for 30 minutes until the pastry is golden brown.

Equipment – saucepan, wooden spoon, mixing bowl, baking tray, pastry brush

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Chicken, noodle stir-fry

Serves 4

- 1/2 onion, sliced
- 2 tblsp oil
- 1 carrot strips
- 1 zucchini strips
- 1 bunch bok choy
- 2 cups shredded chicken
- 3 tblsp soy sauce
- 1 tblsp minced ginger
- 1 tsp garlic
- 2 cups rice noodles
- 1 chili optional

Instructions

1. Prepare the noodles as directed on the packet and drain mixing them with a little oil to stop them from sticking.
2. Heat the oil and fry the onions and vegetables, cook for 3 minutes, add the chicken, flavours and sauces to taste and serve on top of the noodles serve.

Equipment - wok or large frypan, tongs, plate for serving

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Cooking with vegetables

Zucchini and carrot slice

Vegetable risotto

Pumpkin and spinach strudel

Apple crumble

Ingredients

700g pumpkin
2 carrots
2 zucchini
3 onions
1 potato
1 stalk celery
3 garlic cloves
parsley
200g grated cheese
50g grated parmesan
4 apples
Oats

Sugar
Cinnamon
Butter
3 rashers bacon
7 eggs
Oil
Rice
Baking powder
Plain flour
Milk
Baking powder
Tinned corn

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Zucchini and carrot slice
Serves 4

Ingredients

- 1 medium carrot, peeled, grated
- 1 medium zucchini, grated
- 1 medium brown onion, finely chopped
- 50g sliced ham, or bacon finely chopped
- 1 garlic clove, crushed
- ½ cup grated cheese
- ½ cup flour
- ¼ tsp baking powder
- 2 tblsp chopped fresh flat-leaf parsley leaves
- 2 eggs, lightly beaten
- 3 tblsp milk
- 2 tblsp oil

Instructions

Preheat oven to 180°C.

Step 1. Grease a small loaf tin or muffin tins with oil or butter. Combine carrot, zucchini, onion, ham, garlic, cheese, flour and baking powder and parsley in a bowl. Season with salt and pepper. Stir in egg, milk and oil.

Step 2

Spread mixture into prepared pan. Bake for 20 minutes for muffin tins or 30 to 35 minutes or until firm to touch. Set aside to cool. Cut into squares. Serve warm or cold with mixed salad.

Equipment – mixing bowl, wooden spoon, loaf tin or muffin tin

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Quick cook vegetable risotto
Serves 2

Ingredients

- ¼ cup oil
- 1 potato, peeled and diced into 1 cm cubes
- 1 carrot, diced into 1 cm cube
- ½ zucchini diced into 1 cm cubes
- ½ onion, diced
- 1 stalk celery, diced into 1 cm cubes
- 2 cloves garlic
- 1 tblsp herbs
- ½ cup rice white or risotto
- 1 ¼ cups boiling water
- 1 cup chunky diced pumpkin, roasted in an oven of 180 for 15 minutes
- ¼ cup grated parmesan cheese
- Salt and cracked black pepper

Step 1. Heat the oil in a saucepan and add in the potatoes and carrots. Let them brown for 3 minutes, then toss and cook for another 3 minutes.

Step 2. Add in the zucchini and cook for 3 minutes.

Step 4. Add the diced onion and the celery and cook for 2 minutes. Tip out all the vegetables into another bowl.

Step 5. Into the cooking saucepan, add in the rice, water and herbs and cook for 15- 20 minutes until rice is cooked, add in all of the cooked vegetables, the roast pumpkin, top with the parmesan cheese and serve.

Equipment – large saucepan, wooden spoon, bowl

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Pumpkin, bacon and spinach strudel
Serves 6

Ingredients

2 cups pumpkin roasted
50g bacon, fat trimmed and sliced
2 cups spinach chopped
1 cup corn kernels, tinned
1 cup grated cheese
1 onion thinly sliced

2 eggs, whisked
Salt and pepper
3 sheets (57g filo pastry)
Canola spray or oil/ butter melted

Pre heat the oven to 180c not fan forced

Step 1 Roast the diced pumpkin in a hot oven of 180c for 15 minutes.

Step 2 Heat a non-stick pan over moderate temperature and add the sliced bacon, onion and spinach. Cook for 3 minutes until just the bacon has browned, add the drained tinned corn. Stir for another 2 minutes.

Step 3 Add the bacon and spinach mixture to the pumpkin. Stir in the cheese. Pour in the whisked eggs and season generously with salt and pepper. Toss the ingredients together gently to cover with the egg mixture.

Step 4 Place a sheet of baking paper onto your baking tray and lay down one of the sheets of filo pastry, spray the sheet of filo with the canola spray or olive oil spray and top with a second layer of filo, repeat this again and finish with the third layer of filo.

Step 5 Place the mixture into the centre of the filo and then bring up the sides of the filo to cover the mixture twisting up the ends. Spray the outer layer of filo lightly with canola spray and bake the strudel for 40 minutes until golden and firm to touch. Allow the strudel to cool for 4-5 minutes, slice and serve with a leaf salad.

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Apple crumble – great for breakfast or dessert
Serves 4

Ingredients

4 apples, peeled and cored and diced – can use other fruit
1 dsp sugar
Good pinch cinnamon
2 tblsp water
1 ½ cup oats
½ cup flour
¼ cup sugar
¼ cup chopped almonds or nuts
2 drops vanilla optional
4 tblsp butter, melted

Instructions

Step 1. Pre heat oven to 180c
Step 2. Cook apples with the sugar, cinnamon and water until soft
Step 3. Mix together the oats, flour, nuts, sugar and melted butter
Step 4 Pour soft apples into a greased or buttered baking dish, top with crumble and bake for 15 minutes until golden.

Equipment - small saucepan, mixing bowl, baking dish

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