

English Vocabulary – Cooking Methods

<u>Style</u>	<u>Portuguese</u>	<u>Example</u>	=	
grilled	grelhado	grilled fillet of fish	=	filé de peixe grelhado
char-grilled	grelhado (c/ fogo)	char-grilled steak	=	filé de carne grelhado
roasted	assado	roasted potatoes	=	batatas assadas
slow-roasted	assado (lento)	slow-roast pork	=	suíno assado (lento)
pot-roasted	assado (na panela)	pot roast	=	carne assada (na panela)
sautéed	sauté	sautéed potatoes	=	batata sauté
seared	cauterizado	seared broccoli	=	brócolis cauterizada
fried	frito	fried cod	=	bacalhau frito
deep-fried	frito no pano fundo	deep-fried squid	=	lula frita (no pano fundo)
pan-fried	frito na frigideira	pan-fried liver	=	figado frito (na frigideira)
boiled	cozido	boiled eggs	=	ovos cozidos
toasted	torrado	toasted bread / toast	=	pão torrado
baked	assado	baked potatoes	=	batatas assadas
sun-dried	do sol	sun-dried meat	=	carne do sol
braised	refogado	braised mushrooms	=	cogumelos refogados
mashed	purê	mashed potatoes	=	purê de batatas
poached	escalfado*	poached eggs	=	ovos escalfados (pouché ?)
smoked	defumado	smoked salmon	=	salmão defumado
potted	em conserva	potted shrimps	=	camarão em conserva
pickled	em conserva	pickled onions	=	cebolas em conserva
dressed	temperado	dressed crab	=	caranguejo temperado
creamed	cremoso	creamed potato	=	purê de batatas com creme
mixed	misturado	mixed salad	=	salada mista
wrapped	enrolado	wrapped ham	=	presunto enrolado
scrambled	mexido	scrambled eggs	=	ovos mexidos
steamed	no vapor	steamed vegetables	=	legumes no vapor

gravy = molho de madeira

sauce = molho

relish/pickle = pickles

* Escalfar: Cozinhar delicadamente em água quente.