

MERCEDES ISABEL RUIZ MORALES
EDISON GERARDO LLERENA MEDINA
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GLOSARIO DE TERMINOLOGÍA TÉCNICA EN INGLÉS Y ESPAÑOL DE COCINA INTERNACIONAL

 ECUADOR




Atena
Editora

Año 2025

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PRESENTACIÓN

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El Glosario inglés–español de terminología técnica de cocina internacional surge como respuesta a las crecientes demandas de la formación superior en el ámbito gastronómico, donde el inglés como lengua extranjera se ha consolidado como una herramienta esencial para la comunicación profesional y la actualización permanente del conocimiento. En un mundo globalizado, los estudiantes universitarios y los profesionales de la cocina necesitan acceder a información especializada, comprender procedimientos, interpretar recetas y desenvolverse en espacios académicos y laborales donde el inglés constituye la lengua de referencia.

Este glosario reúne un conjunto de términos técnicos seleccionados y organizados con rigor académico, con el propósito de ofrecer un recurso claro, práctico y fiable que facilite el aprendizaje autónomo y la consolidación de competencias lingüísticas vinculadas a la gastronomía. Cada entrada incluye su definición en inglés, su traducción al español y un ejemplo en contexto, lo que no solo fortalece la comprensión terminológica, sino que también favorece la aplicación real en procesos de enseñanza, práctica culinaria y comunicación profesional.

La obra se configura como un aporte académico que integra investigación terminológica, experiencia docente y una visión pedagógica orientada a las necesidades de los estudiantes de gastronomía, así como de todos aquellos interesados en la intersección entre lengua y cocina internacional. Confiamos en que este material contribuya a enriquecer los procesos formativos, fomente la internacionalización del conocimiento y se constituya en un referente útil tanto en el ámbito académico como en el ejercicio profesional.

PRESENTATION

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The English–Spanish Glossary of Technical Terminology in International Cuisine emerges as a response to the growing demands of higher education in the gastronomic field, where English as a foreign language has become an essential tool for professional communication and the continuous updating of knowledge. In a globalized world, university students as well as culinary professionals need to access specialized information, understand procedures, interpret recipes, and engage in academic and professional settings where English serves as the language of reference.

This glossary brings together a carefully selected and systematically organized set of technical terms, with the purpose of offering a clear, practical, and reliable resource that facilitates autonomous learning and strengthens linguistic competences related to gastronomy. Each entry includes its definition in English, its translation into Spanish, and an example in context, thereby supporting not only terminological understanding but also its real application in teaching processes, culinary practice, and professional communication.

This work represents an academic contribution that integrates terminological research, teaching experience, and a pedagogical vision oriented toward the needs of gastronomy students, as well as those interested in the intersection between language and international cuisine. We trust that this material will enrich educational processes, foster the internationalization of knowledge, and become a useful reference both in academia and in professional practice.

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INTERNATIONAL CUISINE

COCINA INTERNACIONAL



By: Bing images, IA

1. Braise

Definition: A cooking method that involves browning food in fat and then slowly cooking it in a small amount of liquid.

Translation: Brasear

Example: The chef braised the beef in red wine for three hours to enhance its flavor.

2. Blanch

Definition: To briefly boil food and then quickly cool it in ice water to stop the cooking process.

Translation: Escaldar

Example: The tomatoes were blanched to make peeling easier.

3. Deglaze

Definition: To add liquid to a hot pan to dissolve and lift caramelized bits of food.

Translation: Desglasar

Example: The sauce was made by deglazing the pan with white wine.

4. Emulsify

Definition: To combine two ingredients that normally do not mix, such as oil and vinegar.

Translation: Emulsionar

Example: The chef emulsified the dressing by whisking olive oil and lemon juice.

5. Fillet

Definition: A boneless piece of meat or fish.

Translation: Filete

Example: The salmon fillet was grilled with herbs and lemon.

6. Glaze

Definition: A glossy coating applied to food, often with sugar or fat.

Translation: Glasear**Example:** The chef glazed the ham with a honey-mustard mixture.

7. Julienne

Definition: To cut food into thin, matchstick-like strips.

Translation: Juliana

Example: The carrots were julienned for the salad.

8. Knead

Definition: To work dough with the hands to develop gluten.

Translation: Amasar

Example: The baker kneaded the bread dough until it became elastic.

9. Marinate

Definition: To soak food in a seasoned liquid to enhance flavor.

Translation: Marinar

Example: The chicken was marinated in soy sauce and garlic overnight.

10. Poach

Definition: To cook food gently in simmering liquid.

Translation: Escalfar

Example: The eggs were poached in hot water with vinegar.

11. Puree

Definition: To blend food into a smooth consistency.

Translation: Puré

Example: The chef pureed the tomatoes for the soup.

12. Reduce

Definition: To simmer a liquid until it thickens and intensifies in flavor.

Translation: Reducir

Example: The sauce was reduced by half for a richer taste.

13. Rende

Definition: To cook fat out of meat over low heat.

Translation: Derretir grasa

Example: The bacon was rendered to obtain crispy bits and flavorful fat.

14. Sauté

Definition: To cook food quickly in a small amount of fat over high heat.

Translation: Saltear

Example: The vegetables were sautéed with garlic and butter.

15. Score

Definition: To make shallow cuts on the surface of food to help it cook evenly.

Translation: Marcar o hacer incisiones

Example: The chef scored the duck breast to render the fat better.

16. Sear

Definition: To cook food at high heat to create a brown crust.

Translation: Sellar

Example: The steak was seared before being finished in the oven.

17. Simmer

Definition: To cook food in liquid at a temperature just below boiling.

Translation: Hervir a fuego lento

Example: The broth was left to simmer for two hours.

18. Temper

Definition: To gradually raise the temperature of an ingredient to prevent curdling.

Translation: Templar

Example: The chef tempered the eggs before adding them to the hot mixture.

19. Whisk

Definition: To beat ingredients with a rapid motion using a whisk.

Translation: Batir

Example: The cream was whisked until it formed soft peaks.

20. Zest

Definition: The outer, flavorful skin of citrus fruits, often used for seasoning.

Translation: Ralladura

Example: Lemon zest was added to the cake batter for extra flavor.

21. Bok Choy

Definition: A type of Chinese cabbage with dark green leaves and white stalks.

Translation: Pak choi / Repollo chino

Example: The stir-fry was made with fresh bok choy and garlic.

22. Dim Sum

Definition: A variety of small Chinese dishes traditionally served with tea.

Translation: Dim sum (se mantiene igual)

Example: We enjoyed a selection of dim sum, including dumplings and buns.

23. Dashi

Definition: A Japanese stock made from dried fish and seaweed, used as a base for soups.

Translation: Caldo dashi

Example: The miso soup was prepared with a dashi base.

24. Fish Sauce

Definition: A fermented sauce made from fish, commonly used in Southeast Asian cuisine.

Translation: Salsa de pescado

Example: The Thai curry had a rich umami flavor thanks to the fish sauce.

25. Galangal

Definition: A root similar to ginger, widely used in Thai and Indonesian cooking.

Translation: Galanga

Example: The Tom Yum soup had a strong aroma of galangal and lemongrass.

26. Gyoza

Definition: Japanese pan-fried dumplings filled with meat or vegetables.

Translation: Empanadillas japonesas

Example: We ordered a plate of pork gyoza with dipping sauce.

27. Hoisin Sauce

Definition: A thick, sweet, and savory Chinese sauce made from soybeans and spices.

Translation: Salsa hoisin

Example: The Peking duck was served with hoisin sauce and pancakes

28. Jasmine Rice

Definition: A fragrant long-grain rice commonly used in Thai and Vietnamese cuisine.

Translation: Arroz jazmín

Example: The chicken curry was served over steamed jasmine rice.

29. Kimchi

Definition: A traditional Korean fermented vegetable dish, usually made with cabbage.

Translation: Kimchi (se mantiene igual)

Example: Spicy kimchi was served as a side dish with the barbecue.

30. Miso

Definition: A fermented soybean paste used in Japanese cuisine for soups and marinades.

Translation: Pasta de miso

Example: The chef added miso to the dressing for extra depth of flavor.

31. Nori

Definition: Edible seaweed used in sushi and other Japanese dishes.

Translation: Alga nori

Example: The sushi rolls were wrapped in nori for a crispy texture.

32. Panko

Definition: Japanese breadcrumbs that are light and crispy when fried.

Translation: Pan rallado japonés

Example: The shrimp was coated in panko before being deep-fried.

33. Ponzu

Definition: A citrus-based Japanese sauce used as a dressing or dip.

Translation: Salsa ponzu

Example: The sashimi was served with a tangy ponzu sauce.

34. Ramen

Definition: A Japanese noodle soup with broth, meat, and vegetables.

Translation: Ramen (se mantiene igual)

Example: The pork ramen had a rich tonkotsu broth.

35. Sambal

Definition: A spicy chili paste commonly used in Indonesian and Malaysian cuisine.

Translation: Salsa de chile sambal

Example: The noodles were served with a spoonful of sambal for extra heat.

36. Sesame Oil

Definition: A fragrant oil made from sesame seeds, used for flavoring Asian dishes.

Translation: Aceite de sésamo

Example: A few drops of sesame oil were added to enhance the stir-fry.

37. Soba

Definition: Thin Japanese noodles made from buckwheat flour.

Translation: Fideos soba

Example: The cold soba noodles were served with a dipping sauce.

38. Soy Sauce

Definition: A fermented soy-based sauce used in many Asian dishes.

Translation: Salsa de soya

Example: The rice was seasoned with soy sauce for a savory taste.

39. Sriracha

Definition: A spicy, tangy hot sauce made from chili peppers, vinegar, and garlic.

Translation: Salsa Sriracha

Example: The noodles were drizzled with Sriracha for an extra kick.

40. Wasabi

Definition: A pungent green paste made from Japanese horseradish, often served with sushi.

Translation: Wasabi (se mantiene igual)

Example: A small amount of wasabi was added to the sushi for a spicy kick.

41. Aioli

Definition: A Mediterranean garlic and olive oil-based sauce, often mixed with egg yolk.

Translation: Alioli

Example: The aioli was served alongside grilled vegetables.

42. Béchamel

definition: A white sauce made from butter, flour, and milk, used in French and Italian cuisine.

Translation: Salsa bechamel

Example: The lasagna was layered with béchamel for a creamy texture.

43. Bisque

Definition: A smooth, creamy French soup made from crustaceans like lobster or shrimp.

Translation: Bisque (se mantiene igual)

Example: The lobster bisque had a rich and velvety consistency.

44. Bouquet Garni

Definition: A bundle of herbs tied together or placed in a sachet, used to flavor broths and stews.

Translation: Ramillete de hierbas

Example: The chef added a bouquet garni to the beef stew for extra aroma.

45. Bruschetta

Definition: An Italian appetizer consisting of grilled bread topped with tomatoes, garlic, and olive oil.

Translation: Bruschetta (se mantiene igual)

Example: The bruschetta was made with fresh basil and balsamic glaze.

46. Chorizo

Definition: A Spanish cured sausage seasoned with smoked paprika and garlic.

Translation: Chorizo (se mantiene igual)

Example: The paella was flavored with slices of spicy chorizo.

47. Coq au Vin

Definition: A traditional French dish of chicken braised in red wine with mushrooms and onions.

Translation: Pollo al vino

Example: The coq au vin was slow-cooked for a deep, rich flavor.

48. Crème Fraîche

Definition: A thick, tangy cream used in French and European cuisine.

Translation: Crema fresca

Example: The soup was garnished with a spoonful of crème fraîche.

49. Focaccia

Definition: An Italian flatbread often seasoned with olive oil, salt, and herbs.

Translation: Focaccia (se mantiene igual)

Example: The fresh focaccia was served with olive oil and balsamic vinegar.

50. Fondue

Definition: A Swiss dish of melted cheese or chocolate in which food is dipped.

Translation: Fondue (se mantiene igual)

Example: The cheese fondue was enjoyed with bread and vegetables.

51. Gnocchi

Definition: Small Italian dumplings made from potatoes, flour, and eggs.

Translation: Ñoquis

Example: The gnocchi were served with a creamy gorgonzola sauce.

52. Gratin

Definition: A dish topped with breadcrumbs or cheese and baked until golden.

Translation: Gratin

Example: The potato gratin had a crispy cheese crust.

53. Meringue

Definition: A light, airy dessert made from whipped egg whites and sugar.

Translation: Merengue

Example: The lemon pie was topped with toasted meringue.

54. Mirepoix

Definition: A mixture of diced carrots, celery, and onions used as a flavor base.

Translation: Mirepoix (se mantiene igual)

Example: The soup was prepared with a mirepoix for added depth of flavor.

55. Paella

Definition: A Spanish rice dish cooked with saffron, seafood, or meat.

Translation: Paella (se mantiene igual)

Example: The seafood paella was served with fresh lemon wedges.

56. Pâté

Definition: A spreadable paste made from ground meat, liver, or seafood.

Translation: Paté

Example: The duck pâté was served on toasted bread.

57. Ratatouille

Definition: A French vegetable stew made with tomatoes, zucchini, eggplant, and bell peppers.

Translation: Ratatouille (se mantiene igual)

Example: The ratatouille was a perfect side dish for the grilled lamb.

58. Roux

Definition: A mixture of butter and flour used as a thickening agent for sauces.

Translation: Roux (se mantiene igual)

Example: The chef prepared a roux as the base for the gravy.

59. Sauerbraten

Definition: A German pot roast marinated in vinegar, spices, and wine before slow cooking.

Translation: Asado agrio alemán

Example: The sauerbraten was served with red cabbage and potato dumplings.

60. Tzatziki

Definition: A Greek yogurt-based sauce with cucumber, garlic, and herbs.

Translation: Tzatziki (se mantiene igual)

Example: The grilled lamb was accompanied by a refreshing tzatziki sauce.

61. Biryani

Definition: A fragrant rice dish cooked with spices, meat, or vegetables.

Translation: Biryani (se mantiene igual)

Example: The chicken biryani was garnished with fried onions and fresh coriander.

62. Chapati

Definition: A type of unleavened flatbread made from whole wheat flour.

Translation: Pan chapati

Example: The chapati was served warm with lentil curry.

63. Chutney

Definition: A condiment made from fruits, herbs, and spices, often served with Indian dishes.

Translation: Chutney (se mantiene igual)

Example: The mango chutney added a sweet contrast to the spicy curry.

64. Curry

Definition: A dish made with vegetables or meat cooked in a spiced sauce.

Translation: Curry (se mantiene igual)

Example: The lamb curry was rich and flavorful with coconut milk.

65. Dal

Definition: A dish made from lentils or split peas, often cooked with spices.

Translation: Guiso de lentejas

Example: The dal was served with rice and pickled vegetables.

66. Garam Masala

Definition: A blend of ground spices commonly used in Indian cuisine.

Translation: Mezcla de especias garam masala

Example: The chef sprinkled garam masala over the finished dish for extra aroma.

67. Ghee

Definition: A type of clarified butter used in Indian cooking.

Translation: Mantequilla clarificada

Example: The naan was brushed with ghee for a rich flavor.

68. Lassi

Definition: A traditional Indian yogurt-based drink, often sweet or spiced.

Translation: Batido de yogur

Example: The mango lassi was a refreshing complement to the spicy meal.

69. Masala

Definition: A mixture of spices used to flavor Indian dishes.

Translation: Mezcla de especias

Example: The chicken was marinated in a special masala before cooking.

70. Naan

Definition: A soft, leavened flatbread commonly eaten in India.

Translation: Pan naan

Example: The garlic naan was perfect for scooping up the curry.

71. Paneer

Definition: A fresh, firm cheese used in Indian vegetarian dishes.

Translation: Queso paneer

Example: The paneer tikka was grilled with a spicy yogurt marinade.

72. Papadam

Definition: A thin, crispy Indian cracker made from lentil or chickpea flour.

Translation: Pan crujiente indio

Example: The papadam was served with three different dipping sauces.

73. Raita

Definition: A cooling yogurt-based side dish with cucumber, mint, or spices.

Translation: Salsa de yogur

Example: The spicy biryani was balanced by a refreshing raita.

74. Rogan Josh

Definition: A slow-cooked, spicy lamb curry from Kashmir.

Translation: Curry de cordero rogan Josh

Example: The rogan josh was made with tender lamb and aromatic spices.

75. Samosa

Definition: A fried or baked pastry filled with spiced potatoes, peas, or meat.

Translation: Empanadilla india

Example: The vegetable samosas were served with a tangy tamarind sauce.

76. Tandoori

Definition: A style of cooking in a clay oven, often used for meats and bread.

Translation: Cocina tandoori

Example: The tandoori chicken was marinated in yogurt and spices before being grilled.

77. Tikka

Definition: Boneless pieces of meat or paneer marinated in spices and grilled.

Translation: Trozos de carne especiada

Example: The chicken tikka was served with a side of mint chutney.

78. Vindaloo

Definition: A very spicy Indian curry, often made with pork or lamb.

Translation: Curry vindaloo

Example: The lamb vindaloo was extremely hot but delicious.

79. Jeera

Definition: The Hindi name for cumin, a common spice in Indian cuisine.

Translation: Comino

Example: The rice was flavored with jeera for an earthy aroma.

80. Tamarind

Definition: A sour fruit used in Indian cuisine to add tangy flavor to dishes.

Translation: Tamarindo

Example: The tamarind sauce gave the chutney a sweet and sour taste.

81. Biltong

Definition: A type of dried, cured meat from Southern Africa, similar to beef jerky.

Translation: Carne seca curada

Example: The hunter enjoyed biltong as a protein-rich snack.

82. Bobotie

Definition: A South African dish made of spiced minced meat baked with an egg- based topping.

Translation: Pastel de carne sudafricano

Example: The bobotie was served with yellow rice and chutney.

83. Chapati

Definition: An unleavened flatbread common in East Africa, originally from India.

Translation: Pan chapati

Example: The chapati was soft and perfect for scooping up the stew.

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SOBRE LOS AUTORES

Este volumen es el resultado de nuestro trabajo académico colaborativo como grupo de investigación conformado por. TEFL Mg. Isabel Ruiz, Mg. Gerardo Llerena, Mg. Daniela Guano y Mg. Alexandra Martínez. Reunimos experiencia en educación superior, enseñanza del inglés como lengua extranjera e investigación pedagógica, áreas en las que hemos desarrollado proyectos, realizado publicaciones y participado activamente en eventos científicos de carácter nacional e internacional. A través de este esfuerzo colectivo, buscamos aportar reflexiones teóricas y prácticas que fortalezcan la enseñanza y el aprendizaje de lenguas bajo estándares internacionales. Presentamos esta obra como un referente que articula rigor investigativo, experiencia docente y un firme compromiso con la innovación educativa, con el propósito de contribuir al desarrollo de la comunidad académica y científica.

ABOUT THE AUTHORS

This volume is the result of our collaborative academic work as a research group composed of Isabel Ruiz, Gerardo Llerena, Daniela Guano, and Alexandra Martínez. We bring together experience in higher education, English language teaching, and pedagogical research, fields in which we have developed projects, published scholarly contributions, and participated actively in national and international scientific events. Through this collective endeavor, we seek to provide both theoretical and practical insights that contribute to strengthening language teaching and learning under international standards. We present this book as a reference that combines research rigor, teaching expertise, and a strong commitment to educational innovation, aiming to serve the academic and scientific community.

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