

1. A la minute- Dishes that are cooked to order at the last minute. This signifies high-quality, fresh, and immediate preparations. This is often used for pan-searing, sauces, and other fresh items.
2. Barding- A technique for wrapping lean meats in fat before roasting or grilling. This prevents food from drying out. It's often used with poultry, fish, venison, and pork.
3. Collagen- It's a key structural protein in animal connective tissue. It is crucial for tenderizing meat. For example, when cooking a tougher cut of meat, it allows the collagen to melt into a rich gelatinous form that allows a richer flavor and more tender meat. This gelatin can also be used in rich stocks and sauces.
4. Elastin- A tough connective tissue, referred to as silver skin. This needs to be trimmed off the meat. Elastin does not break down.
5. Frenching- It is a butchery technique used to trim fat, meat, and cartilage from the end of bones. It makes for a more elegant appearance. It is often used for rack of lamb, beef, and pork.
6. Grain (muscle)- Grain refers to the direction of the muscle fibers. It is important to know how the grain runs in a cut of meat for cooking purposes. It is also needed to know so that when cutting meat, you make it the easiest and most tender to chew. For example, a flank steak needs to be cut across the grain to make it tender and easy to chew.

7. Marbling- This is the intramuscular fat found in muscle tissue, primarily beef. The marbling or fat enhances the meat during cooking, resulting in tenderness, moisture, and a savory taste. Marbling is also a primary determinant in grading meat.

8. Primal Cuts- These are the main sections of meat when an animal is butchered. These sections are then broken down into more desirable cuts. It is very important to understand the primal cuts to determine the type of cooking procedure needed.

9. Sous Vide- A cooking technique where you seal food in a bag and cook it in a precisely temperature-controlled water bath. This ensures even cooking with enhanced flavor and tenderness.

10. Trussing- A technique for binding meat to create a uniform shape. This promotes an even, moist cooked product. It also enhances the visual presentation.