

Menu Lingo

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The typical American eats more than four meals a week away from home. More than 50% of us say we “always” or “usually” find it hard to eat healthfully away from home.

Menus today rarely call attention to dishes that are lower in fat and calories. So how do you get a tasty restaurant meal without excess fat and calories? It can be as simple as becoming familiar with culinary terms used in restaurant menus.

* indicates good menu choices. Be sure to ask chef to hold added fats like butter or oil.

- **Béarnaise, hollandaise, etc.:** heavy sauces (“-aise” indicates egg yolks and butter); ask to hold sauces or ask for it on the side
- **Bisque:** cream-based soup
- ***Blanched:** quickly plunged into boiling water, then cold water to halt cooking (usually applies to vegetables)
- ***Braise:** to slow-cook meats, fish or vegetables in a tightly covered pan, often with little fat added
- ***Broth:** water-based sauce with infused flavors
- **Crispy:** generally, fried
- **Crusted or encrusted:** coated with nuts, breadcrumbs, or potato and pan-fried until crispy
- ***Flame seared:** grilled over an open fire so fats can drain off
- ***Grilled:** not necessarily light – butter or oil may be added during grilling; ask chef to hold butter or oil
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- **Pan-fried:** may as well be fat fried
- ***Poached:** doesn’t always indicate cooking in water- oil or butter may be used; ask chef to hold added fat
- **Roasted:** not always light (chicken, for example, may be basted with butter before roasting)
- ***Sautéed:** lightly fried; ask chef to go easy on the butter or oil

- ***Steamed:** may not be light (butter or oil sometimes added after steaming); ask chef to hold the butter or oil.

Adapted from cookinglight.com

