

broiler, or in the oven to develop a richly browned, flavorful surface and help seal in the natural juices.

**Brush** - To spread food with butter or margarine or egg, using a small brush.

**Butterfly** - To split a food such as shrimp, boneless lamb leg or pork chop, horizontally in half, cutting almost but not all the way through, then opening (like a book) to form a butterfly shape. Butterflying exposes more surface area so the food cooks evenly and more quickly.

**Candy** - To cook fruit in a heavy sugar syrup until transparent, then drain and dry. Also, to cook vegetables with sugar or syrup to give a coating or glaze when cooked.

**Caramelize** - To melt sugar slowly over very low heat until sugar is liquid, deep amber in color and caramel flavored.

**Chill** - To refrigerate food or let it stand in ice or iced water until cold.

**Chop** - To cut food into small pieces with a knife or small cutting appliance.

**Chow (Stir-fry)** - A basic cooking method in Oriental kitchens. Generally a wok is used, but you may use a frying pan. The food is tossed about in a hot pan with very little oil, in a process not unlike sautéing.

**Clarify** - To clear a liquid, such as consommé, by adding slightly beaten egg white and egg shells; the beaten egg coagulates in the hot liquid and the particles which cause cloudiness adhere to it. The mixture is then strained.

**Coat** - To roll foods in flour, nuts, sugar, crumbs, etc., until all sides are evenly covered; or to dip first into slightly beaten egg or milk, then to cover with whatever coating is called for in a recipe.

**Coats spoon** - When a mixture forms a thin, even film on the spoon.

**Coddle** - To cook slowly and gently in water just below the boiling point. Eggs are frequently coddled.

**Combine** - To mix various ingredients together.

**Cook** - To prepare food by applying heat in any form.

**Core** - To remove the core or center of various fruits, such as apples, pears and pineapple, and vegetables, such as lettuce and cabbage. Coring eliminates small