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COOKING IN
AMERICA,
1840–1945



Alice L. McLean

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GLOSSARY

BAIN-MARIE: A French term for a “water bath.” The ingredients to be cooked are placed in a container, which, in turn, is placed in a larger container filled with water. This contraption is then heated in the oven or directly on the stove, and the heated water gently cooks the ingredients. A double boiler is, in effect, a stovetop bain-marie. Delicate custards and sauces are cooked in a bain-marie to keep them from curdling or separating, which happens far more frequently with direct heat.

CAPON: A castrated, fattened, young rooster.

CLARET: Red wine.

COCHINEAL: A red dye made from the dried, ground bodies of the female cochineal insect.

COLLOP: A small slice or piece of meat.

CYMLINGS: Summer squash. Also known as pattypan or scalloped squash.

DREDGE: To lightly coat food with flour, meal, or breadcrumbs before frying.

DRIPPINGS: The melted fat and juice that drip during the cooking of meat.

FILÉ: A powder made from the dried, ground leaves of the saffron tree, which is used as a thickener.

FORCEMEAT: Finely ground meat, poultry, fish or vegetables mixed with breadcrumbs and seasonings. Forcemeat can be mixed with egg, shaped into