Coddling

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In cooking, to **coddle** food is to heat it in water kept just below the boiling point.[1] In the past, recipes called for coddling fruit,[2] but in recent times the term is usually only applied to coddled eggs. The process is either done in a regular pan or pot, or through the use of a special device such as an "egg coddler" (originally known as a *pipkin*).[3]

Coddled egg

The word *coddle* evolved from the name of a warm drink, "caudle", and ultimately deriving from the Latin word for warm drink, *calidium*.[4]

Comparing the coddling cooking technique to boiling when it comes to whole eggs, the process of coddling takes a longer time due to the use of a lower cooking temperature, but it produces a more tender egg.[5]

See also

- Poaching
- Simmering

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References

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