THE JOY OF COOKING
Gratefully dedicated

to my friend

MARY WHYTE HARTRICH
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COCKTAILS

The chief virtue of cocktails is their informal quality. They loosen tongues and unbutton the reserves of the socially diffident. Serve them by all means, preferably in the living-room, and the sooner the better. They may be alcoholic or non-alcoholic. For the benefit of a minority serve the latter with the former.

To give this book the impression of sobriety and stability it deserves, the alcoholic cocktails have been relegated to the chapter on Beverages. There they may blush unseen by those who disapprove of them and they may be readily found in the company of many other good drinks by those who do not.

TOMATO JUICE COCKTAIL
4 Servings
Simmer for ½ hour:

- 3½ cups tomatoes (No. 2½ can) or 12 medium-sized raw tomatoes
- ½ cup water
- 1 slice onion
- 1 stalk celery
- ½ bay leaf
- 3 sprigs of parsley

Strain these ingredients. Season with:

- 1 teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon sugar

Serve the cocktail thoroughly chilled.

TOMATO CUCUMBER COCKTAIL
4 Servings
Combine in a jar, shake well, and chill:

- 2 cups tomato juice
- 2 tablespoons salad oil
- 1 tablespoon vinegar
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon herbs (page 787) optional

Peel, seed, grate, and add:

- 1 cucumber

Just before serving add:

- ½ cup cracked ice

Shake the cocktail well.

CANNED TOMATO JUICE COCKTAIL
4 Servings
Combine in a jar, shake well, and chill:

- 2 cups tomato juice
- ½ teaspoon grated onion
- 1 teaspoon grated celery
- ¼ teaspoon horseradish
- ¼ tablespoons lemon juice
- A dash of Worcestershire or Tabasco sauce
- ¼ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon sugar

This cocktail is good served hot or chilled. Curry powder, a few cloves, a stick of cinnamon, tarragon, parsley, or some other herb may be steeped in the cocktail and strained before it is served.

CHILLED TOMATO CREAM COCKTAIL or SOUP
6 Servings
Combine in a cocktail shaker:

- 2 cups chilled tomato juice
- 1 cup chilled cream
- 1 onion grated *
- 4 or more sticks raw celery, grated
- Salt
- A few drops Tabasco sauce
- A few grains cayenne

Add:

- ½ cup chopped ice

Shake the soup well. Serve it with:

Heated salted biscuits

* You may substitute garlic and celery powder to taste.

Tropical Consommet, page 61; Madrileña and Tomato Juice, page 61.
COCKTAILS

FRESH PINEAPPLE COCKTAIL
About 1½ cupfuls of juice
A very refreshing drink.
Peel a:
Pineapple
Cut it into cubes. Extract the juice by putting the pineapple through a food mincer. There will be very little pulp.
Strain the juice, and serve it with:
Cracked ice
Garnish the cocktail with:
Sprigs of mint

PINEAPPLE LOGANBERRY COCKTAIL
Combine equal parts of chilled:
Loganberry juice
Pineapple juice

PINEAPPLE and TOMATO COCKTAIL
4 Servings
Place in a cocktail shaker and shake vigorously:
1 cup pineapple juice
1 cup tomato juice
½ teaspoon salt
¼ cup cracked ice

ORANGE and LIME COCKTAIL
4 Servings
Combine in a shaker:
2 cups orange juice
1 tablespoon lime or 2 tablespoons lemon juice
A pinch of salt
¼ cup cracked ice
Shake the cocktail well.

PINEAPPLE GRAPEFRUIT COCKTAIL
6 Servings
Boil for 3 minutes:
½ cup sugar
½ cup water
Chill the syrup. Add to it:
1½ cups grapefruit juice
1 cup pineapple juice
½ cup lemon juice

GRAPEFRUIT JUICE COCKTAIL
This may be plain fresh or canned grapefruit juice or it may be combined with orange, lemon, and other fruit juices, fresh or canned, in any desired proportion or combination.
Minted grapefruit juice is good. Add chopped mint or one or two drops of oil of peppermint.

CITRUS FRUIT COCKTAIL
4 Servings
Place in a cocktail shaker and shake vigorously:
¼ grapefruit juice
¼ cup lemon juice
¼ cup orange juice
¼ to ½ cup sugar
1 cup cracked ice
Pour the cocktail into glasses and serve it garnished with:
Sprigs of mint
* One cup chilled soda water may be substituted. In that case chill the fruit juices and serve the cocktail with a very little cracked ice.

WHITE GRAPE and ORANGE JUICE COCKTAIL
Chill, then combine equal parts of:
White grape juice
Orange juice

GRAPEFRUIT and CRANBERRY COCKTAIL
Chill, then combine equal parts of:
Canned or fresh grapefruit juice
Canned cranberry juice

WHITE GRAPE and ORANGE JUICE COCKTAIL
Chill, then combine equal parts of:
White grape juice
Orange juice

GRAPEFRUIT JUICE COCKTAIL
This may be plain fresh or canned grapefruit juice or it may be combined with orange, lemon, and other fruit juices, fresh or canned, in any desired proportion or combination.
Minted grapefruit juice is good. Add chopped mint or one or two drops of oil of peppermint.
CRANBERRY COCKTAIL
4 Servings
Cook until very soft:
1 pint cranberries
2 cups water
Strain them through a cheesecloth. Add to the juice:
1⁄4 to 1⁄2 cup sugar
3 cloves (optional)
The cocktail is improved if these ingredients are boiled for 5 minutes. Serve it thoroughly chilled.

MILK EGG-NOG
2 Servings
Combine in a shaker:
2 cups chilled milk
2 eggs
2 tablespoons powdered sugar or honey
1 teaspoon vanilla or grated orange or lemon rind
1⁄4 cup cracked ice
Shake the egg-nog well. Sprinkle the top with:
Freshly grated nutmeg
Of course, it will do no harm to add to this a jigger or two of whisky, cognac, or rum.

ORANGE MILK EGG-NOG
Add to the preceding rule:
1⁄4 cup orange juice

APRICOT or PRUNE EGG-NOG
2 Servings
Combine in a shaker:
1 glass chilled apricot or prune juice
1 teaspoon lemon juice
A pinch of salt
1 egg
2 tablespoons cracked ice
Shake the cocktail well.
Or, combine for a fruit shake:
1⁄4 cup chilled apricot or prune juice
1⁄4 cups cold milk

PINEAPPLE or ORANGE EGG-NOG
4 Servings
Combine in a shaker:
2 cups chilled pineapple or orange juice
1 tablespoon powdered sugar or honey
1¼ tablespoons lemon juice
1 egg or 2 egg yolks
A pinch of salt
1⁄4 cup cracked ice
Shake the cocktail well.

CRAB COCKTAIL

CRAB COCKTAIL

OYSTER COCKTAIL

4 Servings
Measure:
8 tablespoons of sherry
Season it with:
Salt
Cayenne
Pour these ingredients, immediately before serving, over:
24 small chilled oysters
If cooking sherry is used omit the salt.

OYSTER COCKTAIL with KETCHUP

Individual Service
Combine:
1 tablespoon tomato ketchup
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce
Salt
A few grains cayenne
1 teaspoon grated horse-radish
Pour these ingredients, immediately before serving, over:
7 small chilled oysters

Alcoholic Cocktails. See Alcoholic Beverages, page 777.
COCKTAILS

SAUCE for SHELLFISH COCKTAIL

4 Servings
Stir in a small frying-pan over low heat until melted and caramelized:
2 tablespoons sugar
Add:
2 tablespoons butter
2 tablespoons finely chopped onion
2 tablespoons cocktail ketchup
6 tablespoons mayonnaise
Chill the sauce. Serve it over oysters, crab, or lobster in individual glasses.

FRESH HERB SAUCE for RAW OYSTERS
Combine:
2 tablespoons chopped parsley
2 tablespoons minced green onions or shallots
1 tablespoon chervil
1 tablespoon chives
3 tablespoons oil
3 tablespoons vinegar
1 teaspoon salt
1 teaspoon Worcestershire sauce
2 drops Tabasco sauce

DRIED HERB SAUCE for RAW OYSTERS
Combine:
2 tablespoons fresh chopped parsley
2 tablespoons minced onion
1 teaspoon in all dried chervil, basil and tarragon
3 tablespoons oil
3 tablespoons vinegar
1 teaspoon salt
1 teaspoon Worcestershire sauce
2 drops Tabasco sauce

PINK SAUCE for SHRIMPS
Combine:
1 cup mayonnaise
1/4 cup ketchup
A few drops Tabasco sauce
1/4 tablespoons lemon juice
Salt to taste

COCKTAIL SAUCE for SEA FOOD
Fine for dipping shrimps served at cocktail parties.
Measure:
1 cup mayonnaise
Beat in slowly:
1 cup heavy cream
3 tablespoons chilli sauce
1/2 teaspoon grated onion
1 tablespoon grated green pepper
1 tablespoon Worcestershire sauce
1 1/2 tablespoons lemon juice
Season the sauce with:
Salt
Paprika

QUICK SAUCE for SHELLFISH COCKTAIL
Combine equal parts of:
Tomato ketchup
Cream
You may add to the sauce:
Chopped celery, cucumber, onion, parsley, etc.

Tomato Cream Sauce for Shrimps, page 34; New Orleans Shrimps, page 33.

OYSTERS in GRAPEFRUIT
4 Servings
Prepare as for Grapefruit Cocktail (see page 5), omitting the sugar:
2 large chilled grapefruit
Place in the centre of each half, immediately before serving the cocktail:
3 small oysters
Season them with:
Lemon juice
Salt
Horse-radish
1 tablespoon sherry or a drop Tabasco sauce
If cooking sherry is used omit the salt.

SHRIMPS in GRAPEFRUIT
4 Servings
Prepare as for Grapefruit Cocktail (see page 5), omitting the sugar:
2 large chilled grapefruit
COCKTAILS

Marinate in French dressing for 30 minutes:

12 or 16 shrimps
Immediately before serving season each grapefruit half with:
Salt
Paprika
and place three or four shrimps in each centre. Garnish the cocktail with:
Sprigs of parsley

LOBSTER or SHRIMP and GRAPEFRUIT COCKTAIL

Arrange on:
Lettuce leaves or in glasses
Sections of:
Skinned grapefruit
and:
Pieces of lobster
Garnish with:
Mayonnaise
Chopped chives

GRAPEFRUIT COCKTAIL

Chill:
Grapefruit
Cut them in halves. Loosen the pulp from the peel with a sharp knife. Remove the seeds and cut out the tough fibrous centre with a pair of scissors or a patent cutter. Fifteen minutes before serving sprinkle the grapefruit with:
Powdered sugar
Add to each half immediately before serving:
1 tablespoon sherry

GRILLED GRAPEFRUIT

Delicious as a cocktail or a dessert. Fine for a winter breakfast.
Prepare by the preceding rule:
Grapefruit
Sprinkle each half with:
1 tablespoon or more sugar
Place the fruit on a grill-pan under a moderate flame. When the grapefruit is hot pour over each half:
1 tablespoon sherry
Serve the fruit at once.
When grapefruit is very ripe it is inadvisable to loosen the pulp from the peel as that makes the fruit too juicy.

GRAPEFRUIT in COCKTAIL GLASSES

4 Servings
Chill:
2 large grapefruit
Peel them, skin the sections (keeping them whole if possible) and place the fruit in cocktail glasses. Fifteen minutes before serving sprinkle it lightly with:
Powdered sugar
Immediately before serving the cocktail add to each glass:
1 tablespoon sherry (optional)
Or fill each glass 1/4 full of:
Chilled orange juice

GRAPEFRUIT and STRAWBERRY COCKTAIL

in GRAPEFRUIT CUPS

4 Servings
Remove the skins in halves from:
3 small grapefruit
Place the skins in cold water to keep them firm. Skin the grapefruit sections. Hull:
2 cups strawberries
Combine them with the grapefruit sections. Sprinkle the fruit well with:
Sugar
Chill the fruit. Wipe the grapefruit shells. Line them with:
Mint leaves
Fill them with the chilled fruit. Garnish the tops with a few:
Unhulled strawberries

FRUIT COCKTAIL

Chill and prepare for serving:
Fresh fruit
Fifteen minutes before serving sprinkle it lightly with:
Powdered sugar
Immediately before serving flavour it with:
Lime juice, lemon juice, or sherry
Or partly cover it with:
Chilled ginger ale
Seedless grapes, water-melon, green and yellow cantaloups (cut into balls with a French potato cutter), whiteheart cherries (stoned and stuffed with
COCKTAILS

FRESH PEARS in LIQUEUR

4 Servings
A cocktail or a dessert.
Combine:
- 1 cup orange juice
- 1 tablespoon castor sugar
Chill these ingredients. Fifteen minutes before serving add to the orange juice:
- 2 tablespoons curaçao
Pare and quarter and core:
- 4 pears
Cover them with the juice. Chill until ready to serve.

STRAWBERRY COCKTAIL

Place in cocktail glasses:
- Sliced strawberries
Boil for 10 minutes equal parts of:
- Orange juice
- Strawberry juice
with:
- ½ as much sugar (or as much as is palatable)
Chill the syrup. Season it well with:
- Sherry
Add:
- Shaved ice
Fill the glasses. Serve the cocktails at once.
- Or place on:
- Lettuce leaves
Hulled or unhulled:
- Strawberries
Immediately before serving moisten them with:
- French dressing to which a little castor sugar may be added
Or, cover:
- Chilled strawberries with:
- Chilled pineapple juice
Add, if needed:
- Castor sugar
Decorate the fruit with:
- Mint leaves

AVOCADO COCKTAIL I

Chill:
- Small avocados
Cut them in halves. Fill the hollows with highly seasoned, chilled:
- Tomato Juice Cocktail (page 1) or chilli sauce,* marinated seedless grapes or finely chopped dill pickles
* You may season the cocktail or chilli sauce with horse-radish.

AVOCADO COCKTAIL II

Chill:
- Avocados
Peel them. Slice them. Marinate them for about 5 minutes in chilled, highly seasoned:
- French dressing*
Sprinkle them with:
- Chopped parsley or chopped mint
* Tabasco sauce, chilli sauce, ketchup, etc., may be added to the dressing.

More Avocado Recipes will be found on pages 22 and 157. See Index.

CANNED MANDARIN ORANGE SLICES

Chill these well.
Jazz them up, if you wish, with
- Vanilla, kirsch, or some other liquor
Combine them with:
- Seedless grapes, fresh or canned or other fruit

PINEAPPLE BOATS

8 Servings
This is an attractive-looking cocktail.
Trim ⅔ from the leafy top of:
- 1 chilled pineapple
Cut the fruit into 8 lengthwise wedges. Cut off the core and place each part so that it will resemble a boat. Pare the skin in one piece, leaving it in place, and cut the pulp into 5 or 6 downward slices, retaining the boat shape. Serve each boat on an individual plate with a small mound of:
- Castor sugar
Add:
- 5 or 6 large unhulled strawberries
COCKTAILS

PINEAPPLE COCKTAIL
6 Servings
Peel, core, and dice:
  1 fresh pineapple
Boil for 5 minutes:
  ½ cup sugar
  ½ cup water
Pour this over the fruit and chill it thoroughly. Immediately before serving sprinkle the pineapple with:
  Chopped mint leaves

PINEAPPLE and ORANGE MINT COCKTAIL
Prepare:
  x cup fresh diced pineapple or
  1 cup canned diced pineapple
Peel, divide, and skin the sections of:
  3 oranges
Crush and combine with the fruit:
  ½ pound after-dinner mints
Chill the cocktail for 1 hour or more and serve it with a sprinkling of:
  Icing sugar

CANTALOUP BASKETS
Chill and cut into basket shape:
  Small cantaloups
Remove the seeds. Cut out the pulp. Dice it. Combine it with an equal amount of chilled:
  Hullled strawberries
  Stoned cherries or
  Diced pineapple
Sweeten the fruit slightly. It may be moistened with chilled:
  French dressing
Place it in the baskets and serve at once.

MELOIN MINT COCKTAILS
Boil for 5 minutes:
  ½ cup sugar
  ¾ cup water
Pour this syrup over:
  3 tablespoons chopped mint leaves
Cool the syrup. Strain it. Add to it:
  Juice of 1 lemon
  Juice of 1 orange
Chill it. Prepare and chill:
  Cantaloup balls
  Water-melon balls
Immediately before serving the cocktail place the balls in cocktail glasses and pour the syrup over them. Garnish them with:
  Sprigs of mint

HONEYDEW MELON or CANTALOUP
Cut into sections:
  1 chilled melon
Remove the seeds and the rind. Serve the sections on:
  Lettuce leaves or watercress
with:
  French dressing or with lime or lemon juice

TO SERVE with COCKTAILS
Cheese biscuits
Pretzel sticks
Cheese popcorn
Hot potato chips
Salted nuts
Canapés
Olives
Tiny grilled sausages, etc.

The following chapter on Canapés and Sandwiches is full of good suggestions.
CANAPÉS AND SANDWICHES

Innumerable hostesses—not to mention quick-lunch stands—keep green the memory of Lord Sandwich, whose mania for gambling gave the world the well-known concoction that bears his name.

HOT CANAPÉS AND SANDWICHES

RULE FOR TOASTED CANAPÉS OR SANDWICHES

For Canapés:

Spread one of the following fillings between trimmed slices of bread*—cut the slices into small attractive shapes or roll them and secure the rolls with toothpicks. Toast them immediately before serving them.

For Sandwiches:

Follow the rule for canapés. Serve more generous portions.

These canapés or sandwiches may be prepared in advance, if wrapped in a damp cloth or in waxed paper until toasted. Toast them on both sides immediately before they are served.

*For rolled sandwiches use fresh bread. For other sandwiches use one-day-old bread.

QUICK CANAPÉ SPREADS

A large number of canapé and sandwich spreads may be purchased ready for use. Chopped raw onions, herbs, including chives or parsley, chopped celery, olives, etc., may be added to these. They may be seasoned with some favourite condiment of your own if you wish to give them an original touch, but on the whole they are acceptable as they are. Spread these on potato chips, Ryvita, or any of the good biscuits to be had in all shops, or on toasted white or brown bread cut into attractive shapes. The bread may be buttered.

If you prefer some concoction of your own, have fish paste on hand (anchovy, sardelle, etc.), cheese, caviare, antipasto, etc.

TOASTED CREAM CHEESE and FISH PASTE CANAPÉS

Combine:

| 3 oz. soft cream cheese   |
| 1/2 tablespoon or more fish paste |
| 1 1/2 tablespoons butter  |
| 1/2 teaspoon Worcestershire sauce |

Cut the crusts from.

Thin slices of bread

Spread the mixture between the slices and follow the rule for Toasted Canapés (see this page).

TOASTED CREAM CHEESE CANAPÉS

Combine and beat until smooth:

| 3 oz. soft cream cheese |
| 1 tablespoon cream |
| 1/2 teaspoon salt |

Add:

| 1 tablespoon finely chopped celery (optional) |
| 1/2 teaspoon onion juice or 1 teaspoon finely chopped onion, chives, or other herb |

Cut into rounds:

Thin slices of bread

Spread the mixture between the slices and follow the rule for Toasted Canapés (see this page).
TOASTED ROQUEFORT CHEESE CANAPÉS

Combine:
3 oz. soft cream cheese
3 tablespoons or more Roquefort cheese
\( \frac{1}{2} \) cup chopped shelled walnuts
Seasoning

Cut the crusts from:
Thin slices of bread
 Spread the cheese mixture between the slices and follow the rule for Toasted Canapés.

See Cold Canapés and Sandwiches (page 15) for other cream cheese spreads that may be used for toasted sandwiches.

TOASTED MUSHROOM CANAPÉS

Cut the crusts from:
Thin slices of bread
Spread between the slices:
Creamed mushrooms minced
Follow the rule for Toasted Canapés (page 8).

TOASTED CHEESE ROLLS

This filling is quickly made. It is very good, but the following Cheese Spread is better.

Combine and stir to a smooth paste:
2 cups soft sharp grated cheese
\( \frac{1}{2} \) teaspoon salt
A few grains of cayenne
1 teaspoon prepared mustard
3 tablespoons cream

Cut the crusts from:
Thin slices of white bread
Spread the bread, roll it, and follow the rule for Toasted Canapés (page 8).

CHEESE SPREAD* for TOASTED SANDWICHES (CHEESE DREAMS)

The following delicious sandwich spread will keep for a week or more.
Heat to boiling point in a double boiler:
\( \frac{1}{2} \) cup milk
Add:
1 beaten egg
\( \frac{1}{2} \) teaspoon dry mustard

\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) pound Cheddar cheese, diced

Cook these ingredients over hot water for 15 minutes. Stir them constantly.
Cool the mixture and keep it in a closed jar in the refrigerator. When read to use it spread it between:

Rounds of bread
Place on each side of the canapés or sandwiches a generous dab of:
Butter

Toast them in a moderate oven 350° until they are crisp, or toast them under a grill.

* For other Cheese Spreads see page 188. These may be used for hot or cold canapés or sandwiches.

CHEESE PUFF CANAPÉS

Beat until very stiff:
2 egg whites
\( \frac{1}{2} \) teaspoon salt

Fold in:
1 cup grated Cheddar cheese
1 teaspoon Worcestershire sauce
\( \frac{1}{2} \) teaspoon paprika
\( \frac{1}{2} \) teaspoon dry mustard

Toast on one side:
Small rounds of bread or biscuits
Spread the untoasted side with the cheese mixture. Place the canapés under a moderate grill for about 6 minutes (until the cheese is well puffed and brown).

PUFFED CREAM CHEESE CANAPÉS

Soften:
3 oz. cream cheese
with:
2 tablespoons mayonnaise

Add:
1 tablespoon minced onion, chives or other green herb
2 tablespoons chopped nuts (optional)
\( \frac{1}{2} \) teaspoon salt*

Spread this \( \frac{1}{2} \) inch thick on biscuits. Brown them quickly under a grill.

* If biscuits are salted omit the salt.
CANAPES AND SANDWICHES

SPANISH ONION and CHEESE CANAPÉ
Prepare:

- Rounds of buttered toast
- A thin slice of onion
- Spread the slices with:
  - Grated cheese
- Mixed to a paste with:
  - Worcestershire sauce
  - Dry mustard
  - Salt
  - Paprika or a few grains of cayenne

Grill or toast them until the cheese is melted.

BRAN SCONES with CHEESE
This combination is very popular. Bake small:
- Bran Scones (page 458)
When they are cold split them. Prepare:
- Cheese Spread (pages 9, 188)
Spread the insides of the scones with the cheese. Place on the top of each scone:
- A dab of butter
Reheat them in a hot oven 425°. Serve them very hot.

MAYONNAISE PUDDS
Whip until very stiff:
- 2 egg whites
- ½ teaspoon salt
Fold in:
- 1 cup thick mayonnaise
Spread the mixture on biscuits. Grill them for 1 minute under a moderate flame.

DEVILLED BISCUITS
A quick and easy canapé made with ingredients one is apt to have on hand. Work into a paste:
- 2 teaspoons dry mustard or 1 teaspoon curry powder
- Worcestershire sauce
Beat until soft:
- 3 tablespoons butter
Beat the paste into it. Season it with:
- ½ teaspoon paprika or ½ teaspoon red pepper
Spread the mixture on thin biscuits. Heat the biscuits in a moderate oven 350° until they are light brown.

FINGER ROLL CANAPÉS
Cut into lengthwise halves:
- Small soft finger rolls
Hollow them slightly. Fill the hollows with:
  - Cheese Spread (pages 9, 188)
  - or with any of the fillings given for toasted sandwiches or hot canapés, such as Lobster, Crab, etc.
  - Reheat them in a hot oven 425°.

PUFF SHELLS I
See Cream Puffs (page 587).
Bake:
- 1 inch Puff Shells
Split them on one side. Fill them with:
  - Devilled Ham, Cream Cheese and Ketchup
  - Cheese Spread (pages 9, 188)
  - Creamed Mushrooms (page 294)
  - Oysters, fish, etc.
Reheat them in a hot oven 425°.

PAstry SNAILS
If the approval of guests is to be taken as a criterion of excellence this is the prize-winning canapé.
Roll into very thin oblongs:
- Pie Crust (page 498)
Spread the oblongs with:
- Filling (see below)
Roll them like a jelly roll. Chill the rolls; cut them in ¼-inch slices and bake them on a greased pan in a hot oven 425°.

FILLINGS for PAstry SNAILS
1. An equal amount of soft cream cheese and anchovy paste or Roquefort.
2. Grated cheese seasoned with cayenne.
3. Cottage cheese or soft cream cheese seasoned with salt and paprika.
4. Devilled ham or ham and tongue paste thinned with a very little cream, seasoned with mustard.
5. Devilled ham or ham and tongue paste sprinkled with grated cheese, seasoned with a dash of mustard, salt, and paprika.


See Turnovers Filled with Meat (page 145) and Meat Shortcakes (page 144) for good hot canapés that may be prepared in advance.

**TOMATO and CHEESE CANAPÉS**

Cut:
- 6 rounds of bread

Toast them on one side. Place on the untoasted sides:
- 6 thick slices of tomato

Sprinkle them with:
- Salt
- Paprika
- Brown sugar (optional)
- Minced onion
- Minced green pepper

Dot them with:
- Butter

Place on each slice:
- 1 teaspoon grated cheese

Place the canapés on the bottom shelf under the grill. Serve them when the tomatoes are soft and the cheese is melted.

**CHEESE BREAD CUBES**

Cut into cubes of any size:
- Fresh bread

Beat:
- 1 egg
- 1 1/2 tablespoons melted butter

Roll the cubes in the egg mixture, then:
- Finely grated cheese
- Salt
- Cayenne or paprika

Or, omit the egg and spread brown bread cubes with a paste made of:
- Butter
- Grated cheese (Parmesan)
- Caraway or celery seed
- Salt
- Mustard (optional)
- A few grains of cayenne

Toast the cubes on a greased sheet in a moderate oven 375° until the cheese is melted. Serve them hot as appetizers, good with soup or salads.

**TOMATO CANAPÉS with BACON**

Prepare:
- Rounds of buttered toast

Cover them with:
- Thick slices of tomato

Season the tomatoes lightly with:
- Salt
- Paprika
- Brown sugar

Cover them with:
- Thin slices of bacon

Grill the canapés until the bacon is crisp.

**PEANUT BUTTER and BACON CANAPÉS**

Toast on one side:
- Rounds of bread

Spread the soft side with:
- Peanut butter

Cover the canapés with:
- Very thin strips of bacon

Grill the canapés until the bacon is crisp.

**BACON and CHEESE CANAPÉS**

Toast on one side:
- Rounds of bread

Spread the untoasted side thickly with:
- 2 cups grated cheese
- 2 slices sautéed bacon, minced
- 1/2 teaspoon dry mustard
- A few grains of cayenne
- 1 teaspoon Worcestershire sauce

Toast the canapés under a grill until the cheese is melted.

**CHUTNEY and CHEESE CANAPÉS**

Cover:
- Round Biscuits with:
- Chutney
- A thin slice of Cheddar cheese

Grill the biscuits to melt the cheese.
CANAPES AND SANDWICHES

CHEESE and BACON PIN-WHEELS
Trim the crust from:
A loaf of fresh white bread
Slice the loaf lengthwise in 1-inch slices.
Spread the slices with:
Seasoned cream cheese or grated cheese
Roll them like a jelly roll. Chill the rolls. Cut them into 1-inch slices.
Surround the slices with:
Narrow strips of thin bacon
Toast in a moderate oven 375° until the bacon is crisp.

TOASTED NUT CANAPES
Beat until soft enough to stir:
1/4 cup butter
Stir in:
1 cup ground pecans
2 tablespoons Worcestershire sauce
Toast on one side:
Slices of bread
Spread the untoasted side with the mixture. Toast the canapés until they are hot.

QUICK CORNED BEEF CANAPES
Combine:
1/2 cup of corned beef, minced
1 tablespoon sherry
1/2 teaspoon Worcestershire sauce
Spread this on biscuits or toast. Grill the canapés under a quick flame.

Toasted Beef and Cheese Sandwiches, page 15.

TOASTED POTATO CHIPS
Sprinkle:
Potato chips
with:
Grated Parmesan cheese
Toast them in a hot oven 400°.

SALTINE and BACON CANAPES
Surround:
Long salted soda biscuits (Saltines)
with:
Strips of very thin bacon
Take care that the strips do not overlap. Secure them with toothpicks. Grill the bacon until it is crisp or bake the biscuits in a moderate oven 325°. Turn the biscuits. Drain them on absorbent paper. Serve at once.

GRILLED SARDINE CANAPES
Drain:
Large sardines
Blend well:
2 tablespoons butter
1 teaspoon dry mustard
A few drops Worcestershire sauce
Spread the sardines with this mixture. Dip them in:
Biscuit crumbs
Grill them quickly. Serve them on:
Strips of toast
with:
Parsley and slices of lemon

TOASTED SARDINE CANAPES I
Drain well:
Large sardines
Cut into slices the size of the sardines:
Bread
Toast it. Dip it in the sardine oil. Spread each slice with:
Anchovy paste
Sprinkle it with:
Lemon juice
Chopped parsley
Place the sardines on the toast. Heat them in a hot oven 400°.

TOASTED SARDINE CANAPES II
Mash with a fork:
12 skinless, boneless sardines
Add:
1/2 teaspoon Worcestershire sauce
1/2 teaspoon tomato ketchup
1 tablespoon finely cut celery or onion
1 tablespoon chopped stuffed olives
Moisten these ingredients until they are a good consistency to spread with:
Mayonnaise or French dressing
Season them with:
Salt
Paprika
Cut the crusts from:
Thin slices of white bread
Spread the sardine mixture on the bread. Roll the slices and secure them with toothpicks. Follow the rule for Toasted Canapés (page 8).

LOBSTER CANAPÉS I
A luxury, but the crab, an obliging understudy, may be called upon to substitute. In the absence of the crab, or the money for it, page the tuna fish.
Combine:
\frac{1}{4} pound cooked lobster
\frac{1}{4} pound Mushrooms, Sautéed (page 293)
1 cup rich Cream Sauce II (page 380)
1 tablespoon finely chopped green pepper
1 tablespoon chopped pimento
Salt
Paprika
\frac{1}{4} teaspoon curry powder or 1 teaspoon Worcestershire sauce or 2 tablespoons sherry
Heap the mixture on rounds of:
Toast (which may be spread with anchovy paste)
Sprinkle the tops with:
Grated Parmesan or Gruyère cheese
Bread crumbs
Dot them with:
Butter
Heat the canapés under a grill.

TUNA FISH CANAPÉS
Drain the contents of:
1 can tuna fish
Mash it with a fork. Add to it sufficient:
Mayonnaise or French dressing
to make a creamy paste. Spread it on:
Round or triangles of toast
Sprinkle the canapés with:
Grated cheese (optional)
Heat them under a grill until they are brown. Serve them hot.

CREAMED OYSTER CANAPÉS
Follow the rule for:
Creamed Oysters (page 96)
Place the pan containing the oysters over hot water. Toast and butter lightly:
Small rounds of bread
Place an oyster on each round.
Sprinkle it with:
Chopped parsley
Serve the canapés at once.

OYSTER and BACON CANAPÉS
Toast lightly and butter:
Small rounds of bread
Place on each round:
A large oyster
Cover each oyster with:
A thin piece of bacon
Place the canapés in a pan and grill them under moderate heat until the bacon is done or bake them in a hot oven 400° for about 3 minutes. Serve them on toothpicks.

CRAB CANAPÉS I
Toast on one side:
Large rounds of bread
Combine and spread on the rounds:
Crab
Mayonnaise
Cover the canapés with a heavy coating of:
Grated cheese
Grill them under moderate heat until the cheese is melted.

CRAB CANAPÉS II
Follow the rule for:
Lobster Canapés I (page 13)
Substitute for the lobster:
6\frac{1}{2} ounces crab
Use only:
\frac{1}{4} cup Cream Sauce II (page 380)
Rolled Asparagus Canapés, Toasted, page 17.
CANAPES AND SANDWICHES

TOASTED ROLLS with CRAB and CHEESE

4 Servings
Fine with beer or cider.
Cut into halves:
4 rolls
Cover the 4 lower halves with:
Lettuce leaves
Combine:
1 cup canned crab
1 cup mayonnaise
Spread this on the lettuce.
Spread the remaining halves with:
Butter
Slices of cheese
Mustard (optional)
Toast the cheese under a grill until it is soft. Place the tops on the lower halves. Serve the rolls at once.

HOT SLICED CHICKEN, ROQUEFORT CHEESE, and BACON SANDWICHES

Prepare:
Buttered toast
Cover the toast with:
Sliced chicken
Sprinkle it with:
Crumbled Roquefort cheese
Cover it with:
Strips of bacon *
Grill the sandwiches or bake them in a moderate oven 375° for about 10 minutes until the bacon is crisp. Sliced tomatoes may be placed on the toast.
* Notch the bacon to keep it from curling.

CHEESE SANDWICHES with BACON

4 Servings
Toast on one side:
4 slices of bread
Place on the untoasted sides:
Slices of cheese
Spread the cheese with:
Mustard or chilli sauce
Cover each sandwich with:
2 slices of bacon
Arrange between the bacon slices:
Stuffed olives, sliced (optional)
Bake the sandwiches in a moderate oven 350° for 10 minutes or until the bacon is crisp. These sandwiches may be placed under a grill until the bacon is cooked.

ROLLS with BACON and CHEESE

4 Servings
Cut into halves:
4 long hard rolls
Place between the slices:
4 oblongs of thick yellow cheese
It may be spread with:
Mustard
Wind around the rolls:
4 strips of bacon
Secure them with toothpicks. Bake the rolls on a rack in a quick oven 400°, or place them under a grill until the bacon is crisp.

TUNA FISH SANDWICHES with CHEESE

4 Servings
Skin, then cut into thick slices:
Tomatoes
Place them on:
8 rounds of buttered toast
Season them with:
Salt
Paprika
A pinch of brown sugar
Drain, then flake the contents of:
1 (7 oz.) can tuna fish *
Combine it lightly with:
Mayonnaise
Spread the tuna on the tomatoes.
Sprinkle them with:
Grated cheese
Broil them under a flame until the cheese is melted. Serve them garnished with:
Parsley
* You may substitute sardine fillets and lemon juice for the tuna and mayonnaise.
CORNED BEEF and CHEESE SANDWICHES

6 Servings
Cut into tiny slivers:
1/2 cup sharp cheese
Cream the cheese well with:
2 tablespoons mayonnaise
Shred finely and add:
4 ounces canned corned beef
Chop until fine and add:
1/4 cup sour-sweet pickles
1 tablespoon grated onion

2 teaspoons minced celery or parsley (optional)
Season the spread with:
Salt (if needed)
Paprika
Curry powder, mustard, or Worcestershire sauce
Spread it between:
Slices of bread
The sandwiches may be toasted or they may be served with sliced tomatoes and lettuce between the layers.

COLD CANAPÉS AND SANDWICHES

To Harden Bread for Slicing:
This is a suggestion that may prove to be helpful. If bread is too fresh to slice easily place it in the refrigerator for about 20 minutes. The cold air will harden the bread sufficiently to make it slice readily. For rolled sandwiches use fresh bread. For other sandwiches use one-day-old bread.

POTATO CHIPS and CHEESE
Work to a smooth paste:
Roquefort cheese or soft cream cheese
Season it with:
Worcestershire sauce
Paprika
Spread it on:
Crisp potato chips

PRETZEL and CHEESE CANAPÉS
Work with a fork until smooth:
3 oz. soft cream cheese
Season it well with:
Paprika
Place the cheese in the hollows of:
Small crisp pretzels
Press the pretzels into:
Rolled pretzel crumbs
Chill the pretzels until ready to serve. Chopped pickles may be added to the cheese mixture. These canapés should be made shortly before they are served.

ICE-CREAM WAFERS
Steam in a double boiler:
Ice-cream wafers
When they are pliable roll them into cornucopias. When they are stiff fill them with:
A cheese or other sandwich filling
These canapés should be filled shortly before they are served.
Ice-cream cones can be used.

CHEESE BISCUITS and FISH-PASTE CANAPÉS
An emergency canapé.
In the centre of:
Crisp cheese or soda biscuits
place:
A small dab of butter
A small dab of fish paste

ANCHOVY and WALNUT CANAPÉS
Combine:
10 minced anchovies
6 tablespoons chopped shelled walnuts
1 tablespoon chopped parsley
1/2 clove of garlic minced or 1 tablespoon chopped chives
1 tablespoon anchovy oil
1 teaspoon lemon juice
Heap these ingredients on:
Toast
The toast may be spread with anchovy oil.
EGG and ANCHOVY CANAPÉS
Cut:
Small rounds of bread
Spread them with:
Butter
Toast them lightly. Place on each round a slice of:
Hard-boiled egg
Place in each centre:
A rolled anchovy
The edges of the canapé may be piped with:
Mayonnaise

TOMATO and SHRIMP CANAPÉS
Prepare:
Rounds of toast
Cover them with:
Thick slices of tomato
Place in each centre:
2 or 3 marinated shrimps
Cover the shrimps with:
A dab of mayonnaise

TOMATO CANAPÉS with CAVIARE and SHRIMPS
Cut:
Thin slices of tomato
Combine:
Caviare
The yolks of hard-boiled eggs, chopped
A few drops of lemon juice
Spread this mixture on the tomato slices.
Garnish them with:
The whites of hard-boiled eggs, chopped
Serve them on:
Lettuce leaves or rounds of buttered toast
Garnish the centres with:
Marinated shrimps (optional)

CAVIARE and CUCUMBER CANAPÉS
Marinate for 20 minutes:
Slices of cucumber in French dressing
Drain them. Prepare:
Small rounds of toast
Spread them with:
Butter
Peel, then slice crosswise:
Mild onions
Separate the slices into rings. Place a ring on each round of toast so that it will form a wall. Place a slice of cucumber in each ring. Cover the cucumber with:
Small mounds of caviare seasoned with lemon and onion juice or chives
Garnish the canapés with:
Capers
Hard-boiled eggs, riced

CAVIARE CANAPÉS
Sauté in butter:
Rounds of thin toast
Combine and spread on the toast equal parts of:
Caviare
Finely chopped onion
Season them with:
Lemon juice
Put through a ricer or gravy strainer and garnish the edges of the canapés with:
The yolks of hard-boiled eggs
They may be topped with:
Shrimps or smoked salmon

MUSHROOM CANAPÉS
Sauté by the rule on page 293:
Mushrooms
Mince the mushrooms. Prepare by the rule on page 380.
Cream Sauce II (¾ as much sauce as mushrooms)
Season it with:
Salt
Paprika
Nutmeg (optional)
Combine the sauce and the mushrooms. When cold add a little:
Whipped cream
Heap these ingredients on:
Small rounds of bread or toast
Garnish the canapés with:
Paprika
Parsley

Toast Mushroom Canapés, page 9; Sandwiches with Sauce, page 120.
WATERCRESS CANAPÉS
This canapé is very refreshing. Chop until fine or chop coarsely:
- Watercress
- Mix it with:
  - Soft butter
  - A dash of salt
- Spread it on:
  - Thin slices of white bread
- Serve the canapés rolled, open, or double-deck.

WATERCRESS SANDWICHES
ROLLED
1. Cut the crust from:
   - Thin slices of fresh white bread
- Spread the slices with:
  - Soft butter
  - Chopped watercress
  - Minced onion or chives (optional)
- Or:
  2. Spread the slices with:
     - Cream cheese softened with cream
     - A thin layer of caviare
- Place on each slice:
  - A sprig of watercress
- Roll the sandwiches, letting the green leaves protrude. Serve them around the edge of a platter, letting the watercress form a wreath. Fill the centre with shrimps, celery, or sandwiches.

PICKLE CANAPÉS
A very decorative canapé.
- Remove the crust from:
  - A small loaf of fresh white bread
- Cut it into ¼-inch lengthwise slices.
- Combine and work until smooth:
  - Roquefort or soft cream cheese, thinned with cream
- Colour the mixture pink with:
  - Paprika
- Spread it on the bread. Roll each slice around:
  - A jumbo pickle
- Wrap the rolls in waxed paper. Chill them and when ready to serve cut them into ¼-inch slices.

CHEESE and CELERY CANAPÉS
Remove the crust from:
- A small loaf of white bread
- Cut it into ¼-inch lengthwise slices.
- Spread the slices with a thick layer of paste made with:
  - ½ pound Roquefort cheese
  - ¼ cup finely cut celery
  - Mayonnaise
  - A few drops Worcestershire sauce
- Roll the slices like a jelly roll. Chill the rolls. Cut them into ¼-inch slices.

ROLLED ASPARAGUS CANAPÉS or SANDWICHES
Cut the crust from:
- Thin slices of bread
- Spread the slices thinly with:
  - Butter
  - Mayonnaise
- Sprinkle them lightly with:
  - Chopped chives
- Place on each slice a well-drained:
  - Asparagus tip
- Roll the canapés. Wrap the rolls in waxed paper until ready to serve.
- If preferred the drained asparagus tips may be marinated in French dressing for ½ hour.
- These sandwiches may be toasted.

SMOKED SALMON and PRETZEL CANAPÉS
Cut into very thin slices:
- Smoked salmon
- Spread the slices with:
  - Prepared mustard
- Fasten them about one end of:
  - Small pretzels
- The mustard will hold the salmon in place.

MOCK CHICKEN SANDWICHES
Put in a strainer the contents of:
- 1 can tuna fish
- Pour over it:
  - 2 cups boiling water
- Drain the fish well and combine it with:
  - Well-seasoned mayonnaise
- Spread the mixture between:
  - Thin slices of bread
- Place between the slices:
  - Lettuce leaves or watercress
TUNA FISH, SALMON, or CRAB SANDWICH FILLING

Combine lightly with a fork:
- 1 cup flaked tuna fish
- 1 hard-boiled egg, chopped
- 1 cup chopped celery
- 2 tablespoons chopped pimento
- 2 tablespoons chopped sweet pickles
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 cup mayonnaise

Spread this filling between:
Thin slices of bread

CRAB CANAPÉS III

 Flake:
- Crab
Combine it with:
- Cream Sauce II (page 380, \( \frac{1}{2} \) as much sauce as crab)
Season it with:
- Salt
- Paprika
- Worcestershire sauce
When cold add a little:
- Whipped cream (optional, but very good)
Heap these ingredients on:
Small rounds of bread or toast

LOBSTER CANAPÉS II

Follow the preceding rule. Substitute for crab:
- Lobster

RIBBON SANDWICHES

Cut the crust from:
- White bread
- Brown bread
Spread the slices with:
- Butter or Cream Cheese Mixture (page 188)
Place about 5 slices of bread alternately in stacks. Cut them into bars, squares, or triangles.

SHRIMP and CELERY SANDWICH

Clean:
- Canned shrimps
Cut them in two lengthwise. Place them flat on slices of:
- Buttered bread
Spread them with:
- Mayonnaise
Sprinkle over them:
- Minced celery and ripe olives
Cover them with lettuce leaf and a second slice of buttered bread, or place the lettuce under the shrimps and serve the sandwich open.
The shrimps may be marinated in French dressing and you may add slices of mild

LOBSTER * SANDWICH

 Flake:
- 6 ounces or more canned lobster
Sprinkle over it:
- 1 teaspoon lemon juice
Add:
- \( \frac{1}{2} \) cup minced celery
- 1 tablespoon minced onion or chives
- \( \frac{1}{2} \) cup mayonnaise **
Season as desired with:
- Worcestershire sauce, curry, or nutmeg
You may add:
- Capers, chopped olives, pickles, or parsley, etc.
Spread these ingredients on:
- Buttered rye or brown bread
Lettuce may be added to the sandwiches
* Other sea food may be substituted.
** Mayonnaise, if too thick, is fine thinned with sour cream.

OPEN-FACED CRAB SALAD* and TOMATO SANDWICH

Prepare:
- Slices of buttered bread
Cover them with:
- Slices of tomato
Top the tomatoes with mounds of:
- Crab Salad (page 419)
Garnish with:
- Chopped parsley, olives, or chives
- Sautéed bacon, chopped
* Some other sea food may be substituted.
CANAPES AND SANDWICHES

FISH or CHICKEN SALAD SANDWICHES
The above rule may be followed and any left-over fish or meat may be used to make good sandwiches. If you have only a little and wish to stretch it, add hard-boiled eggs, chopped, canned asparagus, drained and cut into pieces, left-over cooked vegetables, etc.

CHICKEN and CREAM CHEESE SANDWICHES
Spread:
- Slices of wholemeal or brown bread
with:
- Cream cheese softened with cream
Add:
- Slices of cooked chicken
- Green olives, chopped
- Salt

CLUB SANDWICH
Individual Service
Prepare:
- 3 large square slices of toast
Cover Slice 1 with:
- A lettuce leaf
- 3 crisp slices of hot bacon
- Slices of tomato
- 1 tablespoon mayonnaise
Place Slice 2 on Slice 1 and cover it with:
- Slices of cold cooked chicken
- 1 tablespoon mayonnaise
Place Slice 3 on Slice 2 and cut the sandwich on the bias.

HAWAIIAN CLUB SANDWICH
Follow the general rule for the above Club Sandwich.
Place between the bread slices:
- Sliced chicken
- Sliced pineapple, drained
- Sliced tomatoes
- Lettuce
- Mayonnaise

CUCUMBER SANDWICHES
Chill well, pare, and slice:
- Cucumbers

Season them with:
- Salt
- Paprika
Cut the crusts from:
- Thin slices of bread
Spread them with:
- Butter
- Mayonnaise
Cover them with cucumber slices and serve them at once.

TOMATO SANDWICHES
Peel and cut into thick slices:
- Tomatoes
Sprinkle them with:
- Salt
Trim the crusts from:
- Thin slices of bread
Spread them with:
- Butter
- Mayonnaise
Sprinkle the tomatoes with:
- Cooked bacon, chopped
Place them between the slices of bread. Serve them at once.

PECAN or WALNUT SANDWICHES
Trim the crusts from:
- Thin slices of bread
Place between the slices:
- Nasturtium or lettuce leaves
- Finely chopped pecans or walnuts, moistened with mayonnaise

HARD ROLLS, STUFFED and SLICED
Hollow from one end:
- Long hard rolls
Fill the hollows with:
- A sardine or other sandwich spread*
Chill the rolls. Cut them into slices. They may be garnished with:
- Capers, parsley, olives, etc.
* A good filling may be made with:
- 3 hard-boiled eggs
- 6 anchovies chopped
- Mayonnaise
CANAPÉS AND SANDWICHES

FINGER ROLL SANDWICHES

Very good picnic sandwiches.
Cut into lengthwise halves:
   Soft finger rolls
Hollow them slightly. Fill the hollows with any palatable sandwich spread. These are easy to handle and will keep well for a long time. They are delicious filled with:
   Chicken Salad (page 418)
   Crab Salad (page 419)
   Chopped celery and mayonnaise
   Chopped olives and cream cheese,

PPUFF SHELLS II

Bake:
   1-inch Puff Shells (page 587)
Split them on one side. Fill them with:
   Chicken, lobster, crab, or fish salad, caviar, soft cream cheese and Roquefort, or any desired sandwich spread
For a decorative canapé cut a thin slice from the top of the puffs. Fill the puffs with:
   Soft cream cheese
   A dab of bright jelly

SANDWICH SPREADS

The following spreads or fillings may be used on:

| White bread | Rye bread, etc. | Plain buns |
| Brown bread | Small rolls     | Biscuits   |

For teas it is usual to cut the bread into very thin slices and to trim the edges. The bread may be toasted.
For suppers and picnics it is frequently advisable to have heftier sandwiches. Sandwiches may be served open or covered.
In addition to the spread the following may be used for flavour or for garnishes:

   Lettuce    
   Watercress
   Nasturtium leaves
   
   Parsley    
   Pickles    
   Olives

   Pimentos
   Nuts     
   Herbs, etc.

A number of commercial spreads may be purchased. To these you may add condiments or flavourings to please your palate.

ANCHOVY SPREAD

Combine:
   10 or 12 anchovies, chopped
   \( \frac{1}{2} \) cup nuts, chopped
   1 tablespoon minced parsley or chives
   \( \frac{1}{2} \) clove garlic, minced
   1 tablespoon olive oil
Spread this on:
   Toast or crackers

TUNA FISH SPREAD

Combine:
   Tuna fish
   Chopped sour or sweet pickles or olives
   Chopped cooked bacon
   Chopped celery or carrots
   Mayonnaise
   Lemon juice

SARDINE SPREAD

Follow the rule for Toasted Sardine Canapés II (page 12)

LOBSTER SPREAD

Combine:
   Chopped cooked lobster
   Chopped hard-boiled eggs
   Chopped cucumbers
   Well-seasoned mayonnaise

CREAM CHEESE SPREADS

See Toasted Cream Cheese Canapés (page 8).
These fillings may be used on biscuits or untoasted bread.
CANAPES AND SANDWICHES

GINGER CHEESE SPREAD
Moisten:
Cream cheese
with:
Rich milk
Add:
Chopped ginger
Chopped almonds

ORANGE CHEESE SPREAD
Combine:
3 oz. soft cream cheese
Rind of 1 orange or 2 tablespoons orange marmalade
¼ teaspoon salt
¼ teaspoon paprika
Spread:
Thin slices of bread
with:
Mayonnaise or butter
Cover them with the cheese and:
Toasted pecans or walnuts, chopped

MOCK PÂTÉ DE FOIE GRAS SPREAD
Remove the skin from:
½ pound liver sausage
Mash it with a fork. Beat into it:
1 tablespoon mayonnaise
1½ tablespoons lemon juice
¼ teaspoon salt
¼ teaspoon white pepper

ALMOND or BACON and EGG SANDWICH SPREAD
Combine:
½ cup finely chopped blanched almonds or cooked chopped bacon
4 hard-boiled eggs, finely chopped
Salt
¼ teaspoon Worcestershire sauce
Add until the mixture is a good consistency to spread:
Butter
Mayonnaise or French dressing

HAM SANDWICH SPREAD I
Mince:
½ pound of cooked ham
1 large sour pickle
4 hard-boiled eggs
Season them with:
Salt
Pepper
Prepared mustard
Moisten the filling until it is a good consistency to spread with:
Vinegar

HAM SANDWICH SPREAD II
Combine:
Minced cooked ham
Chopped onion or chives
Chopped celery
Moisten them with:
Cream or salad dressing
If cream is used, season with:
Salt, if required
Paprika
Spread the filling between:
Thin slices of bread

DEVILLED HAM SPREAD I
Combine:
2½ ounces devilled ham or ham and tongue paste
1 tablespoon finely chopped celery
1 finely chopped hard-boiled egg
Moisten:
½ teaspoon curry powder
with:
½ teaspoon olive oil
Add these ingredients to the ham mixture with enough Mayonnaise to make them a good consistency to spread.
Season the spread with:
Salt if needed
Paprika

DEVILLED HAM SPREAD II
Combine:
Equal parts of devilled ham or ham and tongue paste and cream cheese
Season them with:
Ketchup
VEGETABLE SPREAD
Chop, then combine:
- 1 cup celery
- 1 cup cucumbers
- 1/2 cup Spanish onion
- 1/2 cup green pepper
- 6 stuffed olives
Add to make a spread:
- Cooked salad dressing or mayonnaise

CHICKEN SALAD SANDWICH SPREAD
Chop until fine:
- 1 cup cooked chicken
Add:
- 2 tablespoons finely chopped celery
- 1 cup chopped blanched almonds or other nuts
Combine these ingredients with sufficient:
- Highly seasoned mayonnaise
to make a paste that will spread easily.

CHICKEN or HAM SPREAD
Combine:
- Chopped cooked chicken or ham
- Chopped blanched almonds
- Chopped celery
- Chopped canned pineapple
- Well-seasoned mayonnaise

CHICKEN, HAM, and OLIVE SPREAD
Combine:
- 1 cup finely chopped cooked chicken
- 1 cup finely chopped boiled ham
- 1/2 cup finely chopped green olives
- Well-seasoned mayonnaise

PECAN or WALNUT OLIVE SPREAD
4 hard-boiled eggs, chopped
1 cup chopped pecans or walnuts
2 dozen stuffed, chopped olives
- Well-seasoned mayonnaise

RIPE OLIVE SANDWICH SPREAD
Combine:
- 1/4 cup chopped ripe olives
- 1/2 green pepper, chopped
- 3 oz. cream cheese
Season the spread with:
- Onion or garlic
- French dressing
Garnish open sandwiches with:
- Ripe olives, sliced

STUFFED OLIVE SANDWICH SPREAD
Combine:
- 3 oz. cream cheese
- A few drops of cream
- 1/4 cup chopped, stuffed olives
- 1/2 cup finely chopped celery
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
Garnish open sandwiches with:
- Stuffed olives, sliced
* Chopped nuts may be added.

ALMOND SANDWICH SPREAD
Combine:
- 3 oz. cream cheese
- A few drops of cream
- 1/4 cup shredded salted almonds
- Paprika
Garnish open sandwiches with:
- Salted almonds

HARD-BOILED EGG and ANCHOVY SPREAD
Shell, then chop:
- Hard-boiled eggs
Combine them with:
- Minced anchovies
- Minced celery or carrots
Moisten these ingredients with:
- Mayonnaise

AVOCADO SPREAD (GUACAMOLE)
This makes a pretty canapé or a fine dish in which to dip potato chips. Mexicans sometimes add chopped tomato to it, but I prefer it this way.
CANAPES AND SANDWICHES

Pare:
1 or 2 avocados
Mash the pulp with a fork. Add to it:
Onion juice
Lemon juice
Salt
Heap this on small biscuits or toast.
Garnish with:
Paprika and parsley
A good holiday touch is a bit of pimento or a slice of stuffed olive.
* Or, omit the juices and add pickled onion, chopped. Minced sautéed bacon may be added.

CHICKEN LIVER PASTE
(Pâté de foie gras)
Pâté de foie gras should of course be goose liver, but you will find the more readily obtained chicken liver a fine substitute.
Drop into boiling seasoned water and simmer until barely done:
1 pound chicken livers
Drain them. Cook until hard and add:
2 eggs
Chop coarsely, then sauté:
2 medium-sized onions in:
2 tablespoons butter
Place all these ingredients on a chopping-board or in a mortar. Chop or pound them until they are in a fine paste. Season the paste with:
Salt
Pepper
You may add:
1 teaspoon dried herbs or 1 tablespoon fresh herbs

OPEN SANDWICHES

BAR-LE-DUC SANDWICHES
Spread:
Rounds or squares of bread
with:
Soft cream cheese
Place in the centre of each sandwich a small mound of:
Currant Jam or Jelly or Bar-le-Duc
(page 727)

PINEAPPLE SANDWICHES
Spread:
Rounds of white bread
with:
Soft cream cheese
Cover them with:
Thin rounds of pineapple
Garnished with:
Maraschino cherries

ORANGE SANDWICHES
Spread:
Rounds of white bread
with:
Soft cream cheese
Cover them with:
A whole or a half slice of orange
TOMATO or CUCUMBER SANDWICHES
These sandwiches are very attractive for a spring tea-party.
Cut:
Small rounds of bread
Spread them lightly with:
Butter
Place on each round, covering it completely:
Small round of sliced tomato or a large round of pared sliced cucumber*
Decorate each sandwich with a generous:
Dab of mayonnaise
To keep tomato sandwiches from being soggy, slice tomatoes, then drain them for two hours.
* Or a slice of cucumber may be placed on a slice of tomato.

ITALIAN CANAPÉ or SALAD
Place on a plate:
Crisp lettuce or slices of buttered toast
Cover with:
A thick slice of skinned tomato
A slice of salami
Heap on this to form a cone:
Well-seasoned cabbage salad
CANAPES AND SANDWICHES

Cross the top of the cone with:
2 anchovies
Chill these ingredients, other than the toast of course, in advance.

The three following sandwiches are highly decorative.

**CREAM CHEESE or MAYONNAISE and PIMENTO SANDWICHES**

Cut:
- Small rounds of white bread
Spread them with:
  - Soft cream cheese
or spread them lightly with:
  - Butter
Spread them heavily with:
  - Thick mayonnaise
Cut into narrow 2-inch strips:
  - A pimento
Cross 2 pimento strips on each sandwich and decorate the centre with:
  - A slice of stuffed olive

**CREAM CHEESE and PICKLE SANDWICHES**

Cut:
- Small rounds of white bread
Spread them with:
  - Soft cream cheese
Add to the cheese before spreading, if desired:
  - A little anchovy paste
Place across each sandwich a very narrow:
  - Strip of green pepper *
This represents a stem. Place at the top of the strip:
  - Slice of stuffed olive
This represents a flower. Cut into lengthwise slices:
  - Small sour-sweet pickles
Place the pickle slices opposite each other on the green pepper stem. These represent leaves.
  - A sprig of parsley may be substituted.

**SHRIMP and MAYONNAISE SANDWICHES**

Cut:
- Small rounds of white bread
Spread them lightly with:
  - Butter
Spread them heavily with:
  - Thick mayonnaise
Cut thin strips of:
  - Green pepper *
Place a strip on each sandwich. This represents a stem. Cut leaf shapes of:
  - Green pepper
Put 1 or 2 along each stem. Top the stem with a:
  - Shrimp or prawn, shelled
This represents a flower.
  *A sprig of parsley may be substituted.

**BUTTER SPREADS**

There are many ways of preparing good, quick sandwich spreads with a butter basis. Beat butter until soft. Add other ingredients gradually. Chill the butter mixture until it is a good consistency to spread, or cut it into small blocks and serve them with salad. Beat until soft:

- 4 tablespoons butter
Add to the butter slowly one or more of the following:
  - ½ teaspoon lemon juice
  - ½ teaspoon Worcestershire sauce or ½ teaspoon dry mustard
  - ½ teaspoon grated onion or minced garlic
Good additions to the butter mixture are:
  - 2 tablespoons chopped parsley
  - 2 tablespoons chopped chives
  - 1 tablespoon chopped mixed herbs
  - 2 tablespoons chopped watercress
  - ½ cup soft or grated cheese
  - 2 tablespoons fish paste
  - 2 tablespoons horse-radish
  - 2 tablespoons ketchup or chilli sauce
  - 1 tablespoon chutney
  - ½ teaspoon curry powder
Add if needed:
  - Salt
  - Paprika

**HONEY BUTTER**

Combine by the above rule for Butter Spreads:

- Equal parts of butter and honey

*Lemon Butter, Mint Butter, page 391.*
Place hors-d'œuvre (shrimps and bacon, rolled salt beef, mushrooms, olives, etc.) on toothpicks.

I. Cut a grapefruit in half, place it flat side down on a plate or platter. Stud the grapefruit with hors-d'œuvre on toothpicks. Place canapés around it.

II. Cut a cantaloup in half. Remove the seeds. Place it flat side down on a platter and stud it with hors-d'œuvre on toothpicks, or place it on a plate round side down and fill the centre with cheese balls, olives, etc. Stud the sides with hors-d'œuvre on toothpicks and place canapés around it.

III. Cut a pineapple in half lengthwise. Place it flat side down and end to end on a long platter. Let the leaves protrude over either side. Place on each leaf a maraschino cherry. This has a very decorative effect. Stud the pineapple halves with hors-d'œuvre on toothpicks.

IV. Cut a large colourful apple in half. Place it flat side down on a plate. Stud it with hors-d'œuvre on toothpicks. Surround it with canapés.

V. Cut the top from a small red cabbage. Hollow the cabbage. Fill it with mayonnaise. Surround it with cooked shrimps on toothpicks. The shrimps may be browned in butter.
HORS-D’ŒUVRE

Canapés and hors-d'œuvre are appetizers—consequently any palatable titbit is suitable for this preliminary step to a repast.

Serve what appeals to your imagination, but remember that, unlike the overture to an opera, it is unwise to forecast in this course any of the joys that are to follow during the meal. For instance: Should you serve, either in the drawing-room or at table, caviare in pickled beets or eggs and anchovies on tomatoes, forget the very existence of the beet and tomato when planning the vegetables for dinner. This is not a superfluous caution, for one encounters many unnecessarily repetitious meals.

If the hors-d'œuvre are served in the drawing-room choose something that can be handled easily. Toothpicks (obnoxious word implying the original purpose—happily diverted—of this article of commerce) are a help, practically and decoratively.

There are recipes given in other chapters of this book that are suitable as hors-d'œuvre. It is difficult to place certain dishes under any one heading as they obligingly play a double or triple role.

An index isn’t literature, but a careful perusal of it will sometimes produce a poem. The following are suggested as appropriate for hors-d'œuvre:

Aspic salad.
Tongue in aspic.
Fish salads.
Small fresh fruit salad—avocado, grape, etc., with nut dressing.
Small vegetable salads.
Beets pickled or moulded in gelatine salad.
Flaked lobsters, crab, etc., with sauce.
Stuffed Brussels sprouts.
Devilled eggs de luxe.
Masked eggs.
Soufflés.

STUFFED PECANS
or WALNUTS

Work to a smooth paste:
Roquefort cheese
Moisten it with:
A few drops of lemon juice cream
Spread this mixture on:
Large pecan or walnut halves
Press two halves together.

TIMBALES

Tomatoes filled with cottage cheese or other filled tomatoes.
Creamed oysters with crab and cheese.
Oysters and sweetbreads on skewers.
Baked oysters on toast.
Oysters in spinach.
Anchovies on marinated lettuce.
Herring salad.
Curled celery.
Radishes, olives, green onions, carrot sticks, etc.

FILLED CELERY

Combine:
1 tablespoon butter
1 tablespoon Roquefort cheese
3 oz. soft cream cheese
Salt
Place this mixture in:
Dwarf celery sticks
Sprinkle them with:
Paprika
Or, fill celery with:
Avocado spread (page 22)
HORS-D’ŒUVRE

RIPE OLIVES, GARLIC, and PARSLEY

Rub a bowl with:
   A clove of garlic
Place in the bowl:
   \[ \frac{1}{2} \text{ tablespoon olive oil} \]
Toss in the bowl until well covered with oil:
   \[ 12 \text{ or } 14 \text{ olives} \]
Chill the olives. Just before serving dust them with:
   Chopped parsley

HOT RIPE OLIVES

Drain:
   Ripe olives
Add to the liquid:
   A clove of garlic, minced
Boil the liquid. Add the olives.
Drain them as soon as they are hot.
Serve them hot on toothpicks.

TITBITS in BLANKETS

Surround:
   Cooked shrimp
   Oysters
   Stuffed olives
   Pickled onions
   Water-melon pickle
   Sautéed chicken livers
   Skinned grapefruit sections
   Dates stuffed with pineapple, etc.
with:
   Thin strips of bacon
Secure them with toothpicks. Grill them under moderate heat until the bacon is crisp.

SARDINE and BACON ROLLS

Drain and mash:
   Sardines
Season them with:
   Mayonnaise
   Mustard
   Onion juice
Spread this mixture on:
   Slices of bacon
Roll the bacon and secure it with toothpicks. Grill the rolls.

PEANUT BUTTER and BACON ROLLS

Grill until crisp:
   12 slices of bacon
Combine:
   6 tablespoons peanut butter
   \[ \frac{1}{2} \text{ teaspoon Worcestershire sauce} \]
   Chilli sauce to make a stiff paste
Spread the bacon with the paste. Roll it while it is hot. Secure it with toothpicks and serve it at once.

ANCHOVOY PICKLES

Wrap:
   Small pickles
with:
   Anchovies

SMOKED SALMON PICKLES

Surround:
   Small spicy pickles
with thin strips of:
   Smoked salmon

DILL PICKLE APPETIZER

Cut the ends from:
   Dill pickles
Hollow the pickles with an apple corer. Stuff them with a mixture of well-seasoned:
   Minced cooked meat thinned with a little:
      Cream
or with:
   Mock Pâté de Foie Gras (page 21)
Chill the pickles. Cut them in crosswise slices, \[ \frac{1}{2} \text{ inch thick} \].

ANTIPASTO

Italian hors-d’œuvre arranged attractively on a platter or on individual plates.
Suggestions:
   Tomato slices
   Artichoke hearts or centres, marinated
   Anchovies
   Hot Ripe Olives (page 27)
   Marinated Mushrooms (page 28)
   Curled celery
Pickled Beets with Caviare (page 33)
Sardines
Slices of salami
Hard-boiled eggs
Masked Eggs (page 33)

TITBITS on TOOTHPICKS
Alternate on toothpicks:
Small onions with pieces of cocktail sausages or gherkins with sausages
Squares of cheese with pickle slices, stuffed olives, or small onions
Slices of raw carrot and blocks of tongue or ham
Shrimps lightly flavoured with mustard and pieces of celery
Squares of cheese and slices of spring onion topped with a ripe olive
Balls of cream cheese sprinkled with paprika or chopped olives, chilled, and pieces of herring or anchovy
Pieces of ham or bacon and watermelon pickle
Pieces of kippered salmon or herring and onions
In short, use your imagination and your left-overs.

ARTICHOKE LEAVES and SHRIMPS
Cook:
Artichokes (page 284)
Chill them. Separate the leaves. Place on each leaf:
A cooked shrimp
Top it with:
A dab of mayonnaise

ARTICHOKES STUFFED with SHRIMPS or CRAB
Cook:
Artichokes (page 284)
Chill and cut them in two. Remove the inedible choke. Marinate:
Shrimps or crab
with:
French dressing or lemon juice
Fill the artichokes with the shrimps and serve them with:
Mayonnaise

MARINATED MUSHROOMS
Sauté:
Small Mushrooms (page 293)
When they are lightly browned cover them with well-seasoned:
French dressing
Add to the dressing:
1 clove garlic, sliced (optional)
Soak the mushrooms for 12 hours or more.

MARINATED SAUSAGES
Skin and cut into thick slices:
Frankfurters or other sausages
Marinate them for several hours in:
French dressing

CHEESE BALLS
Work to a paste:
1/4 cup Roquefort cheese *
1 tablespoon butter
1/2 teaspoon Worcestershire sauce
1/2 teaspoon paprika
A few grains of cayenne
Shape the paste into 1 inch balls.
Roll them in:
1/4 cup ground nuts
Chill them.
* You may use part cream cheese.

MARINATED ONIONS
Skin, then slice:
Spanish onions
Soak them for 30 minutes in:
Brine (1/2 cup water to 1 tablespoon salt)
Drain them. Soak them for 30 minutes in:
Vinegar
Drain, then chill them. They are then ready to be served side by side with celery, radishes, olives, etc.

MARINATED CELERIAC
Cook by the rule on page 418:
Celery root or celeriac
When cold cut it into oblongs. Marinate them for several hours in:
Well-seasoned French dressing
HORS-D’ŒUVRE

SALAMI CORNUCOPIAS
Remove the skin from:
Slices of salami or other sausage
Roll the slices into a cornucopia, secure them with a toothpick. Place in the centre:
A sour-sweet gherkin, a stuffed olive, or a small ball of cream cheese mixed with chopped chives

SAUSAGES in PASTRY
A very popular item.
Prepare:
Small squares of thin Pie Dough (page 498)
Roll them around:
Sausages or sausage-meat seasoned with mustard
Bake them in a hot oven 450°.

OLIVES, OYSTERS, SHRIMP, in PASTRY
Follow the above rule for Sausages in Pastry. Substitute for the sausage:
Stuffed olives or Seasoned oysters or Shelled marinated shrimps, or prawns

SAUSAGE and POTATO BALLS
Roll into 1-inch balls:
Sausage meat *
Coat the balls with:
Mashed potatoes
Roll them in:
1 egg diluted with 1 tablespoon water
then in:
Sifted, seasoned bread-crumbs
Roll them again in the egg and in crumbs. Permit them to dry for about 1 hour. Cook them until brown in:
Deep fat (page 481)
Serve them on toothpicks.
* You may season this with:
Savory, parsley, etc.

TINY GRILLED SAUSAGES
Grill:
Very small sausages (chipolatas)
Serve them at once on toothpicks with:
Mustard Cream (page 391)

HAM and EGG BALLS
Cook:
3 hard-boiled eggs
Shell them. Separate the yolks from the whites. Mash the yolks with a fork. When they are smooth add:
½ teaspoon chopped chives
Mayonnaise to make a smooth paste
Season the paste with:
Salt
Paprika
Put through a mincer the whites of the eggs and:
½ pound lean cooked ham
Combine the two mixtures.
Add, if needed:
Mayonnaise
Form the paste into 1-inch balls.
Roll them in:
Crushed cornflakes
Serve them on toothpicks.

HAM and CHEESE APPETIZERS
Cut into blocks:
Sliced boiled ham
Sliced Gruyère or Cheddar cheese
Alternate the blocks on toothpicks.

BOLOGNA TRIANGLES
Blend:
3 oz. cream cheese
2 tablespoons cream
Add:
1 tablespoon fresh-grated horse-radish
Have ready:
½ pound Bologna sausage, thinly sliced
Spread it with the cream cheese mixture. Stack six slices. Wrap them in waxed paper. Chill. Cut into 6 pie-shaped wedges.
HORS-D'ŒUVRE

TONGUE and CREAM CHEESE APPETIZERS

These are decorative and unusually good.
Cut:
Smoked boiled tongue into ¼-inch slices
Work until smooth:
Soft cream cheese
A sandwich is made of three slices of tongue and two layers of cream cheese ¼ inch thick. The edges of the sandwich are neatly trimmed and it is cut into four or five narrow slices. The block effect is very pleasing.

TONGUE ROLLS

Work until smooth:
Soft cream cheese
A few drops of cream
Season the cheese with:
Worcestershire sauce
Finely chopped onion or garlic
Paprika or freshly ground pepper
Spread this mixture on very thin slices of:
Smoked boiled tongue
Roll the canapés. Smooth, thick cottage cheese may be substituted for the cream cheese, or the meat may be spread with Sour Cream and Horseradish Sauce, page 389.

MUSHROOMS STUFFED with ANCHOVIES

6 Servings
Remove stems from:
1 pound mushrooms
Chop the stems. Sauté them in:
1 tablespoon butter
Add:
6 anchovies, chopped, or
1 tablespoon anchovy paste
¼ cup or more Creamed Spinach (page 259)
Sauté the caps by the rule on page 293 or marinate them by the rule on page 408. Fill them with the hot spinach mixture. Garnish the mushrooms with:
Parsley
Serve them around a platter of cooked sliced ham.

4 Servings
Clean, then stem:
12 large mushrooms
Dip the caps in:
Oil or melted butter
Mince the stems. Add:
1½ tablespoons minced onion
Stir and sauté these for 3 minutes in:
3 tablespoons butter
Add:
¼ to ½ cup puréed spinach
A grating of nutmeg
Salt
Fill the caps. Sprinkle them with:
Grated cheese
Bake them in a moderate oven 375° for about 15 minutes. Serve them on:
Rounds of toast

BRAISED CELERY and SHRIMP

Allow to each portion:
1 stick of dwarf celery
Wash the sticks. Drop them in a small quantity of:
Boiling highly seasoned Stock (page 36)
Boil them until they are tender. Drain them. Chill them. Serve them on:
Shredded, lightly marinated lettuce
Surround each stick with:
6 or 8 cooked chilled shrimps
Top the sticks with a tablespoon of:
Mayonnaise

TOMATOES and COTTAGE CHEESE

Prepare:
Tomato Cases (page 189)
Use small firm tomatoes. Fill them with:
Cottage cheese
Combine the cheese, if desired, with:
Blanched shredded almonds or shelled nuts
Garnish the tomatoes with:
Ripe or stuffed olives or chopped chives
A sprig of parsley
Serve the tomatoes with:
Mayonnaise
HORS-D’ŒUVRE

TOMATOES FILLED with CRAB or FISH SALAD

Prepare:
Tomato Cases (page 189)

Use small firm tomatoes. Fill them with:

Crab salad
(or see rule on page 418 for Fish Salad. Substitute crab for fish.)

Garnish the tops with:

Sprigs of parsley

Tomato and Cheese Canapés, page 11;
Green Pepper Slices, page 417;
Cucumber Slices, page 417;
Rolled Lettuce Leaves and Cottage Cheese, page 417.

TOMATOES, ANCHOVIES, and CHEESE

5 Servings

Skin:

3 large flat tomatoes

Cut them crosswise into slices 1 inch or more thick. There should be five slices. Place on the slices:

10 anchovies

Crush with a fork:

3 ounces Roquefort cheese

Combine it with:

6 tablespoons Tartar Sauce I
(page 390)

Cover the tomato slices with a thick layer of this mixture. Serve them on:

Watercress or lettuce leaves

GRILLED TOMATOES and MAYONNAISE

Combine until a thick paste is formed:

Dry bread-crumbs

Mayonnaise

Season it with:

Worcestershire sauce
Salt
A few grains of cayenne

Spread it thickly on:

Tomatoes cut in halves

Place the tomatoes in a buttered pan and grill them for 10 minutes in a quick oven 425°.

TOMATO, EGG, and CAVIARE

Prepare:

Rounds of toast

Cover them with thick slices of:

Skinned tomato

Prepare:

Hard-boiled eggs

Shell them, cut them in two, remove the yolks and put them through a ricer.

Combine:

Caviar
Grated onion
Lemon juice

Fill the egg whites with this mixture. Place them on the tomato. Garnish the canapés with the riced egg yolks.

TOMATO ASPIC with CHEESE CENTRES

8 Servings

Prepare:

Tomato Aspic I or II (page 426)

When it is about to set pour individual moulds ½ full. Combine and roll into balls:

3 oz. soft cream cheese, or cottage cheese
1 tablespoon anchovy paste
A dash of Worcestershire sauce

Drop a ball into each mould and cover it with aspic. Chill the aspic until it is firm. Unmould it on lettuce leaves. Serve it with:

Mayonnaise

CHICKEN SALAD or FISH SALAD in ASPIC

Prepare:

Aspic Jelly (page 425) or Quick Tomato Aspic (page 427)

When it is nearly set pour individual moulds ¼ full.

Place in each mould:

A small ball of rather dry Chicken Salad or Fish Salad (page 418)

Fill the moulds with aspic jelly. Chill the aspic and when it is firm unmould it on:

Lettuce leaves

Serve it with:

Mayonnaise
POACHED EGGS in ASPIC

Cook in rings by the rule on page 68:

6 Poached Eggs

Let them cool in the rings. Pour over them as it is about to set:

Aspic Jelly (page 423)

The amount depends upon the size of your rings—about \( \frac{1}{4} \) cupfuls. Chill until firm. Unmould the eggs on:

Rounds of ham

Serve them on:

Shredded lettuce or watercress

with:

Mayonnaise

HARD-BOILED EGGS on TOMATOES with SAUCE

4 Servings

Prepare:

4 hard-boiled eggs

Skin, then cut in halves crosswise:

4 large tomatoes

Cover each half with:

A very thin slice of cheese

1 egg cut crosswise

Place crosswise on each egg:

2 anchovies

Cover them with a sauce made with:

3 tablespoons olive oil

1 clove garlic, minced

1 cup tomato ketchup

1 teaspoon curry powder

1 tablespoon chopped parsley

See Index for other Egg Dishes suitable as hors-d’œuvre.

DEVILLED EGGS DE LUXE

Prepare:

Hard-boiled eggs

Shell the eggs, cut them in halves, remove the yolks, crush them with a fork, and combine them with:

Chopped onion or chives

Caviare

Lemon juice

Cream

Fill the egg whites with the paste and garnish the eggs with:

Capers or sliced olives

DEVILLED EGGS in ASPIC

Prepare:

Tomato Aspic (page 426) or some other well-seasoned aspic

Prepare:

Devilled Eggs (page 78)

Place half an egg (sunny side up) in:

\( \frac{1}{4} \) cup aspic that is about to set

Chill the aspic and when it is firm invert it on:

Lettuce leaves

Serve it with:

Mayonnaise

EGGS STUFFED with SHRIMPS or CRAB

Marinate for 30 minutes:

Shrimps or crab

In:

French dressing or lemon juice

Prepare:

Hard-boiled eggs

Shell them and cut them in halves. Remove the yolks and put them through a ricer. Moisten the shrimp with:

Mayonnaise

A dash of Worcestershire sauce

Fill the egg whites with the shrimp and garnish them with the riced egg yolks.

MAYONNAISE EGGS

8 Servings

Cook and mince:

4 slices of bacon

Shell and rice:

6 hard-boiled eggs

Combine the eggs and bacon and add:

4 tablespoons mayonnaise

\( \frac{1}{2} \) teaspoon grated onion

1 teaspoon prepared mustard

1 tablespoon chopped parsley

2 tablespoons chopped green peppers

1 teaspoon salt

\( \frac{1}{2} \) teaspoon white pepper

Form this mixture into balls or egg shapes and roll them first in:

Mayonnaise
then in:
  Grated cheese
Chill them and serve on:
  Shredded lettuce

**MASKED EGGS**
Allow 1 egg or ½ egg to a person.
Hardboil:
  Eggs
Chill and shell them. Cut them into halves lengthwise. Place them, cut side down, on:
  Watercress or shredded lettuce
Pour over them:
  Mayonnaise thinned with a little lemon juice or cream
Sprinkle them with:
  Capers, chopped anchovies, bits of ham or cooked bacon
The eggs may be surrounded with the following beets.

**PICKLED BEETS and CAVIARE**
Prepare by the rule for Pickled Beets (page 408), leaving them whole:
  Small shapely beets or canned beets
Hollow them slightly. Fill the hollows with:
  Caviare sprinkled with a very little:
  Lemon juice
Garnish them with:
  A sprig of parsley

*Grilled Sardine Canapés, page 12.*

**PICKLED BEETS STUFFED with EGGS and HERBS**
Marinate by the rule on page 408:
  Beets
Hollow them if small. If large, cut them in thick slices. Combine:
  Hard-boiled eggs, chopped
  Mayonnaise
  Herbs (preferably chives and tarragon)
Fill the beets or top the slices with the dressing.

**STUFFED BRUSSELS SPROUTS**
Drain well:
  Cooked Brussels sprouts
Cut a small hollow in each one, preferably from the top. Drop into each hollow:
  ½ teaspoon French dressing
Chill them. Fill them with any good:
  Sandwich spread *
To which you may add the chopped centre portion. Garnish with:
  A sprig of parsley, savory, basil, etc.
Serve several as a salad or serve them as hors-d'œuvre.
  *Liver sausage and tomato soup, cream cheese, and chives or anchovy or nuts, etc.

**NEW ORLEANS SHRIMPS**
4 to 6 Servings
Cook by the rule on page 237:
  2 pounds fresh shrimps
Permit them to cool in the water in which they were cooked. Shell and clean them, or use cooked prawns, shelled. Prepare the following sauce.

New Orleans Shrimp Sauce
Rub a bowl with:
  Garlic
Add:
  ¼ cup finely chopped celery
  1 stalk green onion, finely chopped
  1 tablespoon chopped chives
  6 tablespoons olive oil
  3 tablespoons lemon juice
  ½ teaspoon red pepper sauce *
  5 tablespoons horse-radish
  2 tablespoons prepared mustard
  ¼ teaspoon paprika
  ½ teaspoon salt
You may marinate the shrimps in this sauce for 12 hours, or the time may be much shorter. A clove of garlic may be added to the shrimps while marinating for a short period.
  *Tabasco, ketchup, or chilli sauce may be used. The donor of this recipe suggests a combination of the three. A good combination is ½ teaspoonful of Tabasco sauce and 2 tablespoonfuls each of chilli sauce and ketchup. Ready-boiled shrimps may be used for this dish.
HORS-D’ŒUVRE

CABBAGE and SHRIMP DISH
A decorative platter for a buffet or first course.

Shred:
White cabbage

Dress it with equal parts of:
Mayonnaise
Chilli sauce

Arrange it in a mound. Cover the top with:
Marinated shrimps

Surround the mound with:
Devilled eggs topped with caviare
Large sardines

FILLED DUTCH CHEESE
Fine for a buffet meal.
Hollow:
A Dutch cheese
Crumble the removed part. Combine it with:
2 teaspoons or more Worcestershire sauce
1 tablespoon prepared mustard
A few grains of cayenne
1 or 2 tablespoons fresh or dried herbs, minced

Refill the cheese shell. Serve it surrounded by toasted crackers.

SAUSAGE PIE
Cook in a frying-pan:
1½ pounds sausage-meat
with:
½ cup ketchup
1 teaspoon Worcestershire sauce

Press these ingredients into a small pie-pan. Chill, then unmould them. Cover the top and sides with a thin coating of:

Cream cheese
This may be thinned with:
Cream

Chill the pie. Serve it in cut wedges.

CHEESE for DIPPING POTATO CHIPS
Beat until smooth:
6 oz. cream cheese or cottage cheese
1½ tablespoons mayonnaise
1 tablespoon cream
¼ teaspoon salt
1 teaspoon grated onion, minced garlic, or chives
1 teaspoon Worcestershire sauce

Fill a large hollowed apple with this mixture. Surround it with:
Toasted potato chips

TOMATO CREAM SAUCE for SHRIMPS

Clean:
Cooked or canned shrimps

Whip until stiff:
1 cup heavy cream

Fold into it:
1 cup condensed tomato soup
1 teaspoon salt
1 teaspoon paprika
1 teaspoon ground cloves
1 teaspoon grated onion
1 teaspoon dried basil (page 788)

Place the cream in a bowl surrounded by shrimps, or use it over shrimps in cocktail glasses.

SOUPS

Soups are given many enticing names, but they fall into one or the other of the following general classifications:

White stock, made with white meats and light-coloured vegetables.
Brown stock, made with dark meats and vegetables.
Bouillon, made with beef (part of which is browned in marrow) and vegetables.
Consommé, made with beef, veal, chicken, and vegetables.
Broth or Extracts (mushroom, chicken, etc.). Vegetable or meat stock may be added to the latter. These soups are served clear.
Vegetable Soup, made with meat stock or fish stock (water in which fish has been cooked or stock made with fish bones and trimmings) and vegetable stock (water in which vegetables have been cooked). To these, vegetables and cereals are added.
Cream Soup (purée or bisque), made with cooked strained vegetables, or cooked strained fish, to which a thin cream sauce (made with butter, flour, and milk or stock) is added.
Cereal. Stock or cream soup and cereal.
Chowders. Thick soups made with fish, meat, salt pork, vegetables, milk, and biscuits.

Several years ago the French Government conferred a decoration upon the cook who prepares Campbell’s soup. It is regrettable that this distinction could not be made to include all the soup manufacturers who have brought to us this good and nutritious product at so low a cost.

It is advisable to keep several cans of soup on the emergency shelf. They may be used in many good combinations, see page 54. A can of bouillon and clear chicken soup should be kept for quick aspics and for use in place of stock. Beef, chicken, and vegetable cubes are in general use for stock and gravies. Be sure to have them on hand. No substitute, however, can compare with good home-made soup.

Most recipes for soup stock begin: ‘Take 5 lb. of lean beef, 2½ lb. marrow bones, etc.—thereby putting this dish among the luxuries.’

By following the French custom of the pot au feu good soup stock may be kept on hand by utilizing scraps. Keep bits of bone, cooked meat, chicken carcasses, fish, and roast trimmings, vegetable trimmings, the outer leaves of lettuce, unshapely tomatoes, celery tops, pea-pods, parsley, etc., for the soup-pot. Keep the liquid from cooked and canned vegetables.

Use lamb and mutton sparingly—they are frequently strong in flavour; and pork is too rich and sweet to make good soup.

If your scraps are insufficient buy a soup bone or an oxtail and a bunch of pot herbs.

The proportions of the pot au feu (anglicized—‘icebox soup’) vary greatly. See page 36, Soup Stock II.

A good rule is to use twice as much water as meat, bone, and fat, adding vegetables as desired. It is well to soak the meat for an hour in order to draw the juices into the water that is to be used in making the soup.
Use but little seasoning until the soup is to be served, as it is difficult
to gauge the amount needed.
Vegetables should be added for the last hour of cooking only, because
they are apt to absorb the delicate flavour of the meat.
Soup made from fresh meat requires at least four hours’ simmering, in
which time it will be reduced to about one-half the original amount.
Soup made from cooked meat and left-overs requires less cooking than
soup made from fresh ingredients. One to two hours’ simmering is
sufficient to extract the juices from cooked food, in which time the liquid
will be reduced to about three-fourths of the original amount.
Soup is best one day old, when its flavour is intensified and its seasoning
is higher than on the day on which it is cooked.

SOUP STOCK I
(Made with raw meat)
About 6 cupfuls of soup after 4 hours’ cooking
This is a good basic rule. More meat
may be used and a veal bone may be
added or substituted for the beef.
Place in a soup kettle:
3 pounds brisket, shin-bone, or
other soup meat and bone
Sprinkle it with:
1 tablespoon salt
After 1 hour add:
3 quarts of cold water
After 30 minutes bring the water to
the boiling point. If a clear soup is
desired remove the scum. This is
optional, as the scum contains the
main nutritive values of the soup.
Simmer the soup covered for 3 hours.
Add and simmer covered for 1 hour longer:
2 cups or more chopped vege-
tables (onions, carrots, celery
stalks with leaves, etc. See
page 37)
1 cup tomatoes
1/2 green pepper with 4 or 5 seeds
Strain the soup. Chill it, remove the
fat, and reheat the soup. Add more
seasoning if required. Serve the soup with:
2 tablespoons chopped parsley

SUPPLEMENTARY NOTES to
the PRECEDING RULE
Salting the meat draws the juices from
it, therefore it is advisable that this be
done but not necessary.

The meat may be cut into 1-inch cubes.
Soak 3 of it as directed. Sauté the
remaining 3 in hot marrow or other
fat until it is dark brown before adding
it to the soup pot. This will give both
flavour and colour to the soup.
If a stronger meat broth is desired
allow 2 cups of water to every pound
of meat, fat, and bone. When so much
meat is used only a few vegetables are
needed to give flavour to the stock.
After 4 hours’ cooking the original
amount of liquid will be reduced by
about one-half.

CHICKEN or VEAL SOUP STOCK
This is known as white or light stock.
Follow the rule for Soup Stock I.
Substitute chicken or veal for the beef.
Omit the tomatoes.

BOUILLON
Follow the rule for Soup Stock I.
Use lean beef, a beef shin-bone, and
vegetables.

CONSOMMÉ
Follow the rule for Soup Stock I.
Use lean beef, a veal bone, a chicken,
and vegetables.

SOUP STOCK II
(Made with cooked meat)
About 3 cupfuls of soup after
hours’ cooking.
Cut the meat from the bone.
To:
2 cups meat, bones, and fat
add:
4 or 5 cups water
\( \frac{1}{2} \) teaspoon salt
Soak the meat and bone in the water for 1 hour. Bring it to the boiling point and simmer it covered for 1 hour. Add and simmer covered for 1 hour longer:
- 1 cup chopped vegetables (carrots, turnips, celery, parsley, etc., see Vegetables for Soup below)
- 1 small onion
- 1 cup tomatoes
- \( \frac{1}{2} \) teaspoon sugar
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{2} \) teaspoon paprika
- \( \frac{1}{2} \) teaspoon celery salt
Strain the soup, chill it, remove the fat, and reheat the soup. Add more seasoning if required. Serve the soup with:
Chopped parsley
See Garnishes for Soup for good things to serve in soup (page 62).

SUPPLEMENTARY NOTES to the PRECEDING RULE
Meat and fish scraps, cooked or raw, bones, fat, and gravy may be used for making soup. Allow to 1 cup of these:
- 2 to 2 1/2 cups water
- \( \frac{1}{2} \) cup or more cooked or raw vegetables
After 2 hours' cooking the original amount of liquid will be reduced by one-fourth.

VEGETABLES for SOUP
Tomatoes (fresh or canned), lettuce, cabbage, onions, carrots, parsnips, turnips, celery stalks with leaves, parsley, leeks, etc., make good soup.

DRIED CELERY and PARSLEY for SOUP
Place on a rack in a very slow oven (barely warm) and dry until brittle:
Celery leaves, stalks, and roots
Parsley or other herbs
When dry, crush them, put them in a closed container, and set them aside for future use.

SOUP with VEGETABLES
If a soup with vegetables is desired, strain the meat from the soup before the vegetables are added. Chill and skim the soup. Add pared and diced vegetables and simmer them covered until they are tender. Cereals may be added with the vegetables. See Cereals and Thickenings for Soup below.

SEASONINGS for SOUPS
Salt, peppercorns, freshly ground pepper, paprika, cayenne, celery seed, celery salt, bay leaf, garlic, thyme, mace, and allspice are in general use for seasoning soups.
Season soup lightly in the beginning. Add more seasoning, if required, immediately before serving it.

CEREALS and THICKENING for SOUP
Add raw cereals to soup with the vegetables for the last hour of cooking. Allow to the original amount of water approximately:
- 1 teaspoon barley to 1 cup water
- 1 teaspoon rice to 1 cup water
- 1 teaspoon oatmeal to 1 cup water
Stir the cereal into the boiling soup. This will be a very light thickening. Add cooked cereal in any desired amount to soup shortly before serving it. Add noodles, etc., to soup for the last half-hour of cooking. Stir them into the boiling soup.
Additional thickenings are:
- Flour, eggs, and cream
Soups cooked with starchy vegetables (dried beans, peas, etc.) will separate and must be bound. To do this:
  Melt:
  - 1 tablespoon butter
Stir in until blended:
  - 1 tablespoon flour
Add a small amount of:
- Water, cold stock, or milk
Stir this mixture into about:
  - 3 cups of strained boiling soup
See Cream Soups (page 45), Chicken Broth with Egg (page 59), and Duchess Soup (page 48), for examples of soups thickened with flour and with eggs.
SOUPS

COLOURING for SOUP
Caramelized sugar and Parisian Essence are in general use for colouring soups and sauces:
Prepare:
Caramel Syrup (page 690)
The sugar is burnt until it loses practically all sweetness.
Or buy:
Parisian Essence
Use it sparingly in delicately flavoured food.
Home-made caramel syrup is preferable.

TO REMOVE GREASE from SOUP
I. Place a lettuce leaf in the hot soup. When it has absorbed the grease remove it.
II. Drag a piece of absorbent paper (blotting paper or paper napkin) over the surface of the soup. A great deal of grease will adhere to it.
III. Chill the soup. It is a simple matter to remove grease from cold soup.

TO CLARIFY SOUP STOCK
Remove the fat from:
Cold Stock
Measure the stock.
Allow to every quart of stock:
1 egg white
1 egg-shell
Beat the egg slightly and add to it:
2 teaspoons cold water
Add it to the stock with the egg-shell broken into small pieces. Place the stock over a low flame. Stir it until it boils. Boil it for 2 minutes. Permit it to stand in a warm place where it will be undisturbed for 20 minutes. Strain it through a fine strainer placed over a larger fine strainer lined with a double thickness of cheesecloth.

SUBSTITUTES for STOCK
See also Stock for Sauces, page 377.
Beef, Chicken, or Vegetable Cubes:
1 to 2 cubes to 1 cup boiling water or consommé
Canned bouillon, consommé, chicken or mushroom broth, etc.

SOUP MEAT
Brisket or other soup meat may be taken from the soup before the vegetables are added.
Serve it with:
Horse-radish Sauce (page 389)
Mustard Sauce (page 391) or
Tomato Sauce (page 385)

BEEF JUICE
Individual Serving
Cut into 1-inch squares:
1/4 pound rump-steak
Brown it lightly under a grill or in a hot pan. Press the juice from it. Season it with:
Salt
Serve it at once.

CHICKEN BROTH
About 6 cupfuls
Cover a:
4- or 5-pound fowl
with:
12 cups cold water
Simmer it for 2 hours.
Add:
5 sticks celery with leaves
1 bay leaf
1 cup chopped onion
1 cup chopped carrots
6 sprigs of parsley
1 teaspoon salt
Simmer the chicken for an hour longer or until it is very tender. Add:
Salt, if needed
Permit the chicken to cool in the broth. Remove it. Strain the broth. Remove the grease. Chill the broth. It will solidify and make a good aspic or jellied soup. Use it in this way or reheat the broth.

CHICKEN BROTH from CHICKEN FEET
Cover with boiling water:
Chicken feet
Boil them for three minutes. Drain them. Strip the skin from them. Place the chicken feet in a saucepan with:
SOUPS

Vegetables suitable for soup
(page 37)

\[ \frac{1}{2} \text{ teaspoon salt} \]
(Avoid tomatoes and turnips.) Cover these ingredients with cold water. Simmer them covered for 1 hour. Strain the broth. Season it with:
Salt
Paprika

CHICKEN BROTH or BOUILLON with EGG

Individual Serving
A good dish for an invalid.
Beat well:

\[ 1 \text{ egg} \]
Pour over it, beating constantly:

\[ 1 \text{ cup hot chicken broth} \]
Season it if needed with:
Salt
Paprika
Add:

\[ 1 \text{ tablespoon chopped parsley} \]
(optional)
Serve it at once, or keep it hot over hot water.

LEFT-OVER CHICKEN SOUP

About 3 cupfuls
Cut into pieces:

\[ 1 \text{ chicken carcass} \]
Add and simmer covered for 1 hour:

\[ 4 \text{ cups water} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
Add and simmer covered 1 hour longer:

\[ 1 \text{ cup celery with leaves} * \]
\[ 1 \text{ large onion, sliced} \]
\[ \frac{1}{2} \text{ cup carrots} \]
\[ \frac{1}{2} \text{ cup turnips} \]
Lettuce leaves
Left-over gravy
Parsley
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{2} \text{ teaspoon paprika} \]
\[ \frac{1}{2} \text{ teaspoon celery salt} \]
\[ 2 \text{ tablespoons rice (optional)} \]
Chill, strain, and reheat the soup. Add more seasoning if required. If a clear soup is desired omit the gravy and the rice.

* These vegetables may be varied in kind and quantity.

TURKEY SOUP

About 4 cupfuls
The following is a good swan song for a turkey dinner.
Cut into pieces:

\[ 1 \text{ turkey carcass} \]
Add and simmer covered for 1 hour:

\[ 6 \text{ cups water} \]
Add and simmer covered for 1 hour longer:

\[ 1 \text{ cup carrots} \]
\[ 1 \text{ cup celery with leaves} \]
\[ \frac{1}{2} \text{ cup turnips} \]
\[ \frac{1}{2} \text{ cup tomatoes} \]
\[ 3 \text{ tablespoons barley} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{2} \text{ teaspoon paprika} \]
Strain, chill, skim, and reheat the soup. Add more seasoning if required. Vary this soup according to your fancy or your materials on hand. It is sure to be good. Add left-over gravy if it is not too rich. If the carcass is small it may be necessary to add 1 or 2 beef cubes or a teaspoon of Bovril to the soup to help it along. Make this addition shortly before serving the soup.

MY FAVOURITE SOUP

About 18 cupfuls
Place in a soup kettle:

\[ 1 \text{ gallon water} \]
\[ 1 \text{ 2-pound beef bone} \]
\[ 1 \text{ 2-pound veal bone} \]
\[ 2 \text{ pounds brisket of beef} \]
\[ 1 \text{ large onion} \]
Contents of 1 No. 2 can of tomatoes
\[ 2 \text{ tablespoons salt} \]
Cut up and add:

\[ 1 \text{ head of celery with leaves} \]
\[ 1 \text{ bunch of parsley} \]
\[ 1 \text{ bunch of carrots} \]
\[ \frac{1}{2} \text{ pound string beans} \]
Simmer the soup for about 4 hours. Put it through a purée strainer. Chill the soup, remove the fat. Reheat the soup.
Add:

\[ \frac{1}{2} \text{ cups fine noodles, broken} \]
Cook the noodles about 10 minutes, or until tender.
SPLIT PEA SOUP

This makes an old-time family quantity, over three quarts.
It is a good way to utilize a turkey carcass, a ham bone, the water in which a ham was cooked (or salt pork).
Soak for 12 hours:
2 cups split peas
in:
6 cups water
Drain the peas and put them in a soup kettle. Add and simmer covered for 3 hours:
12 cups water
A turkey carcass, a ham bone, or a 2-inch cube of salt pork
Add and simmer covered for 1 hour longer:
1/2 cup chopped onions
1 cup chopped celery with leaves
1/2 cup chopped carrots
Put the soup through a colander. Chill it and remove the grease.*
Melt:
2 tablespoons butter or soup fat
Add and stir until blended:
2 tablespoons flour
Add the soup mixture slowly. Cook and stir it until it boils. Season it with:
Salt, if required
Paprika
Serve it with:
Croûtons (page 63)
* Add at this time, if desired:
3 cups Stock or Stock Substitute (page 38), milk, or cream

MONGOLE SOUP

This is the preceding Split Pea Soup with the substitution of:
3 cups of strained tomatoes for the milk or Stock or Stock Substitute (page 38)

SPLIT PEA and FISH SOUP

This may be made at low cost, as many fishmongers give away fish heads, tails, fins, and scraps. Use the rule for Split Pea Soup to make either a thick or a thin soup. Substitute fish scraps for the turkey carcass or ham bone. You will find this soup worth a trial.

LENTIL SOUP

About 12 cupfuls
Follow the preceding rule for Split Pea Soup. Substitute for the peas:
2 cups lentils
Add just before serving:
1 tablespoon vinegar
Serve the soup with:
Croûtons (page 63)
If preferred omit the vinegar and add:
1 cup strained tomatoes
when adding the other vegetables.

Italian Bean Soup, page 44.

SCOTCH BROTH

About 8 cupfuls
Soak for 12 hours:
1/4 cup barley
in:
2 cups water
Add this to:
3 pounds mutton or lamb with bones
10 cups water
Simmer the soup covered for 2 hours or until the meat is tender. Add for the last 1/2 hour of cooking:
2 cups vegetables suitable for soup (page 37)
These vegetables may be sautéed for 5 minutes in:
3 tablespoons butter
Remove the meat from the soup. Cut it from the bone into dice, add the meat to the soup, which be thickened with:
2 tablespoons butter
2 tablespoons flour
Season it with:
Salt
Pepper
Curry powder (optional)
Chopped parsley

GREEN KERN SOUP

About 8 cupfuls
This has a fine nutty flavour.
Combine and simmer for 2 1/2 hours:
2 pounds beef soup bone and meat
1 cup cut or whole wheat grains
2 carrots, washed and sliced
4 sticks of celery with leaves
1 tablespoon chopped onion or leek
8 cups water
1 teaspoon salt

Remove the meat. Force the soup through a fine wire sieve. Use a potato masher. Add additional:
Salt
Serve the soup with:
Rye Bread Croûtons (page 63)

BAKED BEAN SOUP
About 3½ cupfuls

Combine:
2½ cups pork and beans (No. 2 can)
½ cup tomato pulp
1 cup chopped onion
1 cup chopped celery with leaves

Add:
2½ cups soup Stock * or Stock Substitute (page 38)

Simmer these ingredients for 30 minutes. Press them through a sieve. Reheat the soup. Season it with:
Salt
Paprika
Worcestershire sauce

Serve it with:
Slices of lemon

* Canned bouillon may be substituted.

OXTAIL SOUP
About 4 cupfuls

Cut into pieces:
1½ pounds lean beef
Brown in a little of the beef fat:
1 split oxtail

Combine the meats. Add and simmer covered for 4 hours:
10 cups water
1 teaspoon salt

Add and simmer covered 1 hour longer:
1 cup sliced onion
1 cup shredded parsley
1 cup diced carrots
1 cup diced celery
1 bay leaf
1 tablespoon tapioca or sago
1 cup tomato pulp

Strain, chill, skim, and reheat the stock.
Brown in a pan:
1 tablespoon flour

Add and stir until blended:
1 tablespoon butter
Add the stock slowly and additional seasoning, if required. Serve the soup with:
Fritter Garnish (page 64) or slices of lemon

PEPPER POT
About 6 cupfuls

Cut into small pieces and sauté in a heavy saucepan until brown:
4 slices of bacon

Add and simmer for 5 minutes:
½ cup minced onion
½ cup minced celery
2 green peppers, seeded and minced

Wash and shred:
½ pound honeycomb tripe

Put it into the saucepan with:
6 cups Soup Stock or Stock Substitute, preferably white Stock (pages 36 and 38)
1 bay leaf
½ teaspoon pepper, freshly ground

Bring these ingredients to the boiling point.

Add:
1 cup raw peeled and diced potatoes

Simmer the soup covered for 1 hour.

Melt:
2 tablespoons butter

Stir in until blended:
2 tablespoons flour

Add a little of the soup. Bring these ingredients to the boiling point, then add them to the rest of the soup.
Season it with:
Salt
Paprika

Shortly before serving it add:
½ cup cream

TOMATO BOUILLON
About 3 cupfuls

Bring to the boiling point and simmer for 5 minutes:
3 cups strained tomato juice
½ small bay leaf
SOUPS

Add:
4 cups water or part water and
tomatoes or tomato juice
Simmer the soup covered for 1 hour.
Add:
Salt
Paprika
Add if desired:
1 bouillon cube
Serve the soup strained or unstrained.
* The vegetables may be sautéed for
5 minutes in 3 tablespoonfuls of butter.

QUICK VEGETABLE CHOWDER

About 3½ cupfuls
This is a full and delightful meal—
prepared in about 40 minutes.
Pull off the outer leaves of a head of
lettuce. Shred the inner leaves. There
should be about:
1 cup shredded lettuce*
Pull apart a head of celery. Reserve
the heart to be eaten raw. Chop the
best of the large sticks. There should
be about:
1 cup shredded celery
Peel, skin, and chop:
1 medium-sized onion
Skin and chop:
2 medium-sized carrots
Melt in a saucepan:
4 tablespoons butter
Add the prepared vegetables and sim-
mer them in the butter for about 8
minutes.
Add to them:
2 cups boiling water
½ cup skinned or canned tomatoes
(optional)
When the vegetables are boiling stir in:
1 cup noodles or 2 tablespoonfuls rice
Simmer these ingredients covered for
30 minutes. Season them lightly with:
Salt
Paprika
* The vegetables may be varied in
kind and quantity, but keep about the
same proportions of vegetables and
water. The soup is very delicately
flavoured as it is. Use the coarse let-
tuce leaves, the celery tops, carrot
skins, etc., to make the preceding
Vegetable Broth.

MUSHROOM BROTH

About 6 cupfuls
Prepare:
½ pound mushrooms, diced
2 sticks of celery, diced
1 carrot, skinned and diced
½ onion, skinned and diced
Cover these vegetables with:
3 cups water *
Simmer covered for 45 minutes. Strain
the broth. Add to make 6 cupfuls of
liquid:
Chicken Stock or Stock Substitute
(pages 36 and 38)
Add, if needed:
Salt
Paprika
Serve very hot. Add to each cupful:
1 tablespoon sherry
* If you wish to serve the vegetables
in the broth use boiling water.
Or, chop until fine:
½ pound mushrooms
Add them to:
6 cups Chicken Stock or Stock
Substitute (page 38) or consomme
Simmer covered for about twenty
minutes. Strain. Before serving add
to each cup of hot broth:
1 tablespoon sherry

VEGETABLE BROTH

About 2½ cupfuls
This is quickly made and is very good.
Chop:
3 cups or more vegetables * (page
37)
MEATLESS VEGETABLE SOUP

About 4 cupfuls
An acceptable, moderately thick vegetable soup. Vary the vegetables if you like, keeping about the same proportions of liquid and solids.

Melt:
   3 tablespoons butter
Add and cook slowly for 10 minutes:
   1 cup diced carrots
   1 cup diced turnips
   1 cup diced celery
Add and cook for 2 minutes longer:
   1 cup peeled diced potatoes
Add and simmer covered for 1 hour:
   1 cup sliced onions
   3 cups water
Melt:
   2 tablespoons butter
Add, cook, and stir until smooth:
   1 tablespoon flour
   1 cup tomatoes
Add these ingredients to the soup and simmer it covered for 1 hour longer.

Add:
   1 bouillon cube or
   1 teaspoon or more Bovril

Beat the soup with a wire whisk or a fork to break up the vegetables. Add:
   1 teaspoon sugar
   1 teaspoon salt
   1 teaspoon paprika
   3 tablespoons chopped parsley

LEFT-OVER VEGETABLE SOUP with CROUTONS and CHEESE

About 5 cupfuls
Sauté in butter until light brown:
   1½ cups diced bread (see Croûtons, page 63)
Place in a stew-pan:
   4 cups Soup Stock or Stock Substitute (pages 36 and 38)
   1 tablespoon butter
   1 cup cooked diced carrots *
   1 cup cooked sliced onions
   1 cup cooked string beans or celery
   1 teaspoon Caramel Syrup (page 630) or a few drops of Parisian Essence

Add if required:
   Salt
   Paprika

Bring these ingredients to the boiling point. Place them in a large flat oven-proof dish or individual oven-proof bowls. Place the croûtons in the soup. Sprinkle it with:
   1 cup grated cheese
Put the soup under a grill until the cheese is melted.

* This is good ‘Ice-box soup’—use whatever you happen to have on hand in the cooked vegetable line.

* This is good ‘Ice-box soup’—use whatever you happen to have on hand in the cooked vegetable line.

POtato Soup, page 47.

ONION SOUP

About 6 cupfuls
Cook:
   1½ to 2½ cups thinly sliced onions *
   in:
   1 cup water
until the water is absorbed. Sauté the onions until they are light brown in:
   4 tablespoons butter
Stir in:
   1 tablespoon flour
   6 cups Soup Stock or Stock Substitute (pages 36 and 38)
   1 teaspoon Worcestershire sauce
Simmer these ingredients covered for 1 hour.**
Season the soup with:
   Salt
   Pepper or paprika
Pour it into a flat oven-proof dish or into individual oven-proof bowls:
Arrange on top of the soup:
   Split toasted rolls or pieces of toast
Sprinkle the toast well with:
   Grated Parmesan or other cheese
Place the dish under a griller. Grill the cheese slowly until it is melted and brown. Serve the soup at once.

* It is not necessary to cook the onions in water. In some cases they are merely sautéed.

** The soup may be simmered for 3 hours or more. This diminishes the amount but improves the soup.

MEATLESS GREEN PEA SOUP

About 4 cupfuls
A Frenchwoman for whom I made this soup called it a ‘spring poem.’
Shred:
   x head of lettuce
Peel and cut into thin slices:
   x medium-sized onion
Combine these ingredients and add to them:
   2 1/2 cups Chicken Stock or Stock Substitute (pages 36 and 38)
   1/2 cup or more chopped celery
   with leaves
   2 sprigs of parsley
   1/2 bay leaf (optional)
   2 cups shelled green peas*
Simmer these ingredients covered until the peas are very soft. Put the soup through a colander or a potato ricer. Reheat the soup. Stir in:
   2 tablespoons butter
Cook until tender:
   1 cup shelled green peas
in:
   1 1/2 cups stock or water
Add these ingredients to the strained soup with:
   Seasoning if needed
Colour it with:
   A little green colouring
Serve the soup with:
   Butter Dumplings (page 64)
   Chopped mint
   * Do not try to make this soup with canned peas. This recipe calls for 3 cups of shelled peas (about 3 pounds of peas unshelled).

CORN CHOWDER

About 6 cupfuls
Sauté slowly until lightly browned:
   1/2 cup chopped salt pork
Add and sauté until brown:
   3 tablespoons chopped onion
   1/2 cup chopped celery
   3 tablespoons chopped green peppers
Add:
   1 cup raw peeled diced potatoes
   2 cups water
   1/2 teaspoon salt
   1/2 teaspoon paprika
   1/2 bay leaf
Simmer these ingredients until the potatoes are tender. Combine, stir in slowly, and bring to the boiling point:
   3 tablespoons flour
   1/2 cup milk
Add:
   1 1/2 cups hot milk
   2 cups sweet corn
Heat but do not boil the soup. Serve it sprinkled with:
   Chopped parsley

VEGETABLE BISQUE

About 2 1/2 cupfuls
This utilizes the water in which vegetables have been cooked.
Melt:
   2 tablespoons butter
Add and stir until blended:
   1 1/2 tablespoons flour
Add and stir until smooth:
   1 1/2 cups vegetable water
   1/2 cup cream*
Season the bisque with:
   Salt
   Paprika
   Celery salt
Add:
   1/4 cup cooked diced or strained vegetables (optional)
   2 tablespoons chopped parsley (optional)
   * One-half cup Stock or Stock Substitute (page 38) may be used in place of the cream.

CLEAR SOUP with VEGETABLES

Add diced vegetables that have been parboiled and drained to boiling soup stock and simmer them covered until they are tender. Use approximately 1/2 cup of vegetables to 1 cup Stock or Stock Substitute (page 38).

ITALIAN BEAN SOUP (MINESTRONE), MEATLESS

About 6 cupfuls
Soak in water to cover for 8 hours or more:
   1 cup small haricot beans
Drain them. Add to them:
   5 cups of cold water
Simmer the beans until they are tender.
SOUPS

Add boiling water, if needed, and:

½ teaspoon salt
Chop until very fine:

x clove garlic
x tablespoon onion
2 tablespoons parsley
2 cup or more celery
Heat in a saucepan:

½ cup oil or butter
Sauté the vegetables in the oil until they are golden brown. Add:

½ teaspoon salt
½ teaspoon pepper
1 cup tomato pulp (fresh or canned)
1 cup coarsely chopped cabbage
Bring these ingredients to the boiling point. Combine them with the cooked beans. Add:

1 cup Boiled Macaroni (page 79)
Simmer the soup ½ hour longer.
Add if needed:
Salt
Paprika
Serve the soup in bowls. Sprinkle the tops with:

½ cup or more grated Parmesan cheese

BORSCHT

About 6 cupfuls
A very good Russian soup.
Peel and chop until very fine:

1 cup beets
1 cup carrots
1 cup onions
Barely cover these ingredients with boiling water. Boil them gently, covered, for 20 minutes. Add to the vegetables and boil for 15 minutes:

1 tablespoon butter
2 cups beef or other stock
1 cup tomato pulp * or stewed and strained tomatoes
1 cup very finely shredded cabbage
Place the soup in bowls. Add to each bowl of soup:

1 tablespoon thick sour cream **
* The tomato pulp may be omitted.
** Have the cream at room temperature or it will chill the soup.

Quick Borscht, page 58.

BLENDER BORSCHT

See Appendix C (page 65)

CREAM SOUPS

The trouble with cream soups is that they are frequently served (with whipped cream) as the first course of a heavy meal. The wonderful thing about cream soups is that they are nearly a meal by themselves. Balanced by a green salad or fruit, they make a perfect luncheon for a banter. Place on top of a serving of cream soup one teaspoonful or more whipped cream. Garnish it with a dash of paprika. See also Pressure Cooker Soups, Appendix B (page 61).

BASIC CREAM SOUP RECIPE

4 Servings
You may use left-over vegetables for this purpose.
Melt:

2 tablespoons butter
Sauté in this for five minutes:

1 tablespoon minced onion
Blend in:

1 small tablespoons flour
½ teaspoon salt
½ teaspoon paprika
Stir in slowly and heat to the boiling point:

1 cup rich milk
1 cup stock or vegetable water

Add and heat to the boiling point:

½ to 1 cup cooked minced or sieved vegetables
Season the soup as desired.

CREAM of TOMATO SOUP

About 5½ cupfuls
Simmer covered for 15 minutes:

2 cups tomatoes
½ cup chopped celery
½ cup chopped onion
2 teaspoons sugar
Melt in a double boiler:

4 tablespoons butter
Add:

4 small tablespoons flour
SOUPS

Scald and add:

4 cups of milk (or milk and cream)
Strain into this the tomato and vegetable stock. Season it with:

1 teaspoon salt
1/2 teaspoon paprika

Place the soup over hot water for 15 minutes before serving it. Serve it with:

Croutons
Chopped parsley

CREAM of CORN SOUP

About 4 1/2 cupfuls
Simmer covered for 20 minutes:

2 cups boiling water
2 cups of canned corn
1/4 cup chopped celery with leaves
1/4 cup parsley

Strain these ingredients. Scald:

2 cups milk
1 tablespoon chopped onion

Remove the onion. Combine the milk and the strained corn stock. Melt:

2 tablespoons butter
Add and stir until smooth:

2 small tablespoons flour
Add the combined liquids. Season the soup with:

2 teaspoon salt
1 teaspoon paprika

Heat it to the boiling point and serve it with:

3 tablespoons chopped parsley
(optional)

CREAM of GREEN CORN SOUP

About 5 cupfuls
Remove the husks from:

9 ears of corn

Cut the ears to open all the grains. Place them in cold water to cover. Simmer them covered for 1 hour. Remove them from the water. Reserve the stock. Scrape the ears. Combine the scrapings with:

4 cups of the stock
Boil these ingredients for 10 minutes. Add:

1 tablespoon butter
1 cup cream
Salt and paprika

CREAM of ASPARAGUS SOUP

About 6 cupfuls
Wash and remove the tips from:

2 bunches of fresh green asparagus

Simmer the tips covered until they are tender in a small amount of:

Milk or water
Cut the stalks into pieces and place them in a saucepan. Add:

6 cups Stock (page 36)
1/2 cup chopped onion
1/2 cup chopped celery

Simmer these ingredients covered for 1/2 hour. Rub them through a sieve. Melt:

3 tablespoons butter
Stir in until blended:

3 small tablespoons flour
Stir in slowly:

1/4 cup cream

Add the asparagus stock. Heat the soup in a double boiler. When it is hot add the asparagus tips. Season the soup immediately before serving it with:

Salt
Paprika
White pepper (optional)

CREAM of CAULIFLOWER SOUP

About 6 cupfuls
Cook by the rule on page 253:

1 large cauliflower

Drain it, reserving the water. Reserve about 1/4 of the cauliflower. Cut it into flowerets. Put the remainder through a purée strainer or sieve. Melt:

4 tablespoons butter
Sauté in it until tender:

2 tablespoons chopped onion
3 celery sticks minced

Stir in:

4 small tablespoons flour
Stir in slowly:

4 cups Chicken or Veal Stock or Stock Substitute (page 36); part of this may be cauliflower water

Add the strained cauliflower and:

2 cups rich milk, scalded
Strain the soup, add the flowerets and:
   A grating of nutmeg
   Salt
   Paprika

**CREAM of GREEN PEA SOUP**

About 4½ cupfuls
Pour boiling water to cover over:
   2 pounds peas, shelled
Cook them rapidly, uncovered, for about 30 minutes. Drain off the water, measure it. Add enough hot water or chicken stock to make 2 cupfuls. Pour the liquid over the peas. Add:
   1 slice of onion
   1 teaspoon sugar
   1 teaspoon salt
Simmer the peas until they are very tender. Put them through a puree strainer or fine sieve. Combine them with White Sauce made of:
   4 tablespoons butter
   3 tablespoons flour
   2 cups rich milk
   A grating of nutmeg (optional)
Serve the soup with:
   Chopped parsley or mint

**CREAM of SPINACH SOUP**

About 5 cupfuls
Pick over and wash:
   2 pounds of spinach
Place it while moist in a covered saucepan. Cook it for 6 minutes. Drain it. Put it through a strainer. Melt in a saucepan:
   2 tablespoons butter
Add and sauté for 3 minutes:
   1 tablespoon grated onion, or 1 slice of onion which can be removed easily
Stir in and cook until blended:
   2 tablespoons flour
Stir in gradually:
   4 cups milk, Chicken Stock, or other
   Stock or Stock Substitute (pp. 36 and 38) alone or in combination
Season the soup with:
   ½ teaspoon or more salt
   ½ teaspoon paprika
   A grating of nutmeg (optional)
Add the spinach. Heat the soup well. Serve it sprinkled with:
   Grated cheese (optional)

**CREAM of CELERY SOUP**

About 4 cupfuls
Melt:
   1 tablespoon butter
Add and sauté for 2 minutes:
   1 cup or more chopped celery with leaves
   ½ cup sliced onion (optional)
Add and simmer for 5 minutes:
   2 cups Stock or Stock Substitute (pages 36 and 38)
Strain the soup. Add and bring to the boiling point:
   1½ cups milk
Dissolve:
   1½ small tablespoons cornflour in:
   ¼ cup milk
Stir these ingredients gradually into the hot soup. Bring it to the boiling point. Stir and cook it for 1 minute. Serve it with:
   2 tablespoons chopped parsley (optional)

**POTATO SOUP**

About 3 cupfuls
Peel and slice:
   2 medium-sized potatoes
Skin and chop:
   2 medium-sized onions
   4 sticks celery
Add:
   Boiling water to cover them
   ½ teaspoon salt
Boil the vegetables until the potatoes are tender. Put them through a sieve. Beat into them:
   2 tablespoons butter
Thin the soup to the desired consistency with:
   Rich milk or Stock (page 36)* or both
Add if required:
   Salt
   Paprika
Serve the soup with:
   Chopped parsley
   * Preferably Chicken Stock (page 36).
POTATO SOUP with TOMATOES

About 6½ cupfuls

A more sophisticated version of the above recipe for Potato Soup.

Prepare:
- 2 cups sliced onions

Cook them very gently in:
- ½ cup butter

Stir them, cover them, then simmer them for about 1 hour. Add and simmer, covered, for 20 minutes:
- 5 cups sliced tomatoes or 3 cups canned tomatoes
- 2 teaspoons sugar
- 1 teaspoon salt
- ½ teaspoon paprika
- A pinch of chervil

Add:
- 2 cups sliced potatoes
- 6 cups boiling water

Simmer the soup, covered, until the potatoes are very tender. Put it through a fine sieve. Reheat it and add seasoning if required. Scald and stir in:
- 1 cup cream

Serve the soup at once.

BLENDER VICHYSSEISE

See Appendix C (page 56)

BLENDER CREAM SOUPS

See Appendix C (page 56)

VICHYSSEISE (FRENCH POTATO SOUP)

About 6 cupfuls

Now called 'de Gaullesoise' in a New York restaurant. This is to be served hot or very cold.

Mince the white part of:
- 3 medium-sized leeks
- 1 medium-sized onion

Stir and sauté them until soft in:
- 2 tablespoons butter

Peel, slice very fine, and add:
- 4 medium-sized potatoes

Add:
- 4 cups consommé * (preferably chicken)

Simmer the vegetables covered until they are very tender. Put them through a fine sieve. Add:
- 1 to 2 cups cream
- Salt
- Pepper
- Chopped watercress or chives

*You may simmer the vegetables in 2 cupfuls of water and after they are sieved add 2 cupfuls of strong Chicken Stock (page 36). Another good summer soup is the following.

CHILLED VEGETABLE SOUP (GAZPACHO)

About 6 cupfuls

Peel and seed:
- 2 large ripe tomatoes

Seed:
- 1 large sweet pepper

Peel:
- 1 clove garlic

Wash:
- ¼ cup or more fresh mixed herbs (chives, parsley, basil, chervil, tarragon, etc.)

Place all ingredients on a chopping-board. Chop them. Put them in a bowl and add gradually:
- ¼ cup olive oil
- 3 tablespoons lemon juice
- 3 cups chilled water

Add:
- 1 mild onion, thinly sliced
- 1 cup cucumber, peeled, seeded, and diced
- 1½ teaspoons salt *
- ¼ teaspoon paprika

Place the soup in individual bowls. Sprinkle the tops with:
- ½ cup dry bread-crumbs

Chill the soup for 4 hours or more.

* More salt may be required.

DUCHESS SOUP

About 4 cupfuls

A rich cream soup with egg yolks lightly flavoured with cheese.

Melt:
- 1 tablespoon butter

Sauté in it for about 8 minutes:
- ¼ cup finely chopped onion

Do not permit the onion to brown. Stir in until blended:
- 1 small tablespoon flour

Stir in slowly:
- 3 cups milk

Cook these ingredients until the onion is soft. Put them through a sieve. Shortly before serving the soup combine and beat:
- 2 tablespoons grated cheese
- 2 egg yolks
- ½ cup cream

Add these ingredients to the hot soup
**SOUPS**

Stir and heat it for 2 minutes, but do not permit it to boil. Season it with:

- ½ teaspoon salt
- ½ teaspoon paprika
- A few grains of celery salt (optional)
- A few grains of cayenne

**CHEESE SOUP**

About 3 cupfuls

Prepare:

- 2 tablespoons chopped onion

Melt:

- 1 tablespoon butter

Sauté the onion in the butter for 3 minutes. Stir in until blended:

- 1 small tablespoon flour

Stir in slowly:

- ½ cup Stock or Stock Substitute (page 38)

When the sauce is smooth and boiling add:

- 2 cups milk

Heat the soup, but do not let it boil.

Add and stir until melted:

- ¼ cup grated cheese

Season the soup with:

- Salt
- Paprika

**CREAM of CHICKEN SOUP**

About 4½ cupfuls

Simmer:

- 3 cups Chicken Stock (page 36)
- ¼ cup finely chopped celery

When the celery is tender, add and cook for 5 minutes:

- ½ cup cooked rice *

Add:

- ¼ cup hot cream
- 1 tablespoon chopped parsley
- Salt
- Paprika

Do not boil the soup after adding the cream.

* Or in place of the rice melt:

- 2 tablespoons butter
- 2 tablespoons flour

Stir in the soup slowly. When it is boiling, season it and add the hot cream and parsley as directed.

**CHICKEN BISQUE**

About 5 cupfuls

Melt:

- 2 tablespoons butter

Add, cook, and stir until blended:

- 2 small tablespoons flour

Add, cook, and stir until boiling:

- 3 cups Chicken Stock (page 36)
- 1 cup cooked chicken, minced

Scald and add:

- 1 cup rich milk

Season the bisque with:

- Salt if required
- Paprika

Serve it with:

- Whipped cream (optional)
- Chopped parsley

**CREAM of ALMOND SOUP**

Melt:

- 1 tablespoon butter

Stir in until blended:

- 1 small tablespoon flour

Stir in slowly, then stir and cook for 2 minutes:

- 2 cups Chicken or Veal Stock or Stock Substitute (page 36)
- ½ cup blanched almonds, minced

Add but do not boil:

- 2 cups hot cream
- Salt
- Paprika
- Grated lemon rind

**CREAM of MUSHROOM SOUP**

About 4½ cupfuls

Prepare for cooking:

- ½ pound mushrooms with stems

Add and simmer covered for 20 minutes:

- 2 cups water or Stock or Stock Substitute (page 38)
- ½ cup diced carrots
- ½ cup chopped celery (use tender stalks)
- ½ cup sliced onion
- ½ cup shredded parsley

Drain the vegetables (reserve the stock) and put them through a mincer.* Use the finest knife. Melt:

- 2 tablespoons butter
Add and stir until smooth:
2 small tablespoons flour
Combine the vegetable stock with:
2 cups top milk or cream
Pour these liquids slowly on to the
butter mixture, cook, and stir them
until the soup boils. Add the minced
vegetables. Season the soup with:
1 1/2 teaspoons salt
1/2 teaspoon paprika
1/2 teaspoon nutmeg (optional)
Serve it topped with:
Whipped cream (optional)
Garnish it with:
Paprika
Sprigs of parsley
*If preferred the mushrooms may be
kept separate from the other vegetables
by tying the latter in a bag. Remove
them from the stock and mince the
mushrooms only.

CREAM of ONION SOUP
About 4 cupfuls
Melt:
3 tablespoons butter
Add and sauté till a golden brown:
1 cups thinly sliced onions
Stir in:
1 small tablespoon flour
1/2 teaspoon salt
Add:
4 cups milk (or milk and Stock or
Stock Substitute, page 38, com-
bined)
Simmer the soup covered until the
onions are very tender. Season it with:
Salt
Paprika
Nutmeg
Worcestershire sauce (optional)
Place in each cup:
1 tablespoon grated cheese
1 teaspoon chopped parsley
Pour the hot soup over them.

Onion Soup, page 43; Canned Con-
somme into Cream Soup, page 58.

SOUPS

SALMON BISQUE
About 3 1/2 cupfuls
Place in a saucepan the contents of a:
1-pound can of pink salmon (oil
included)
Add:
1 cup canned tomatoes, or 2 large
tomatoes, skinned
1/4 cup chopped onion
2 tablespoons chopped parsley or
celery leaves
2 cups water
Simmer these ingredients for 20
minutes. Strain them. Melt in a
saucepan:
4 tablespoons butter
Stir in until blended:
4 small tablespoons flour
Stir in slowly:
3 cups milk
Add:
1 1/2 teaspoons salt
1/2 teaspoon paprika
When the sauce is smooth and boiling
stir in the salmon mixture slowly. Do
not permit the bisque to boil. Serve it
at once. An 1/2 teaspoon bicarbonate
of soda may be added to the tomato mix-
ture before combining it with the sauce.
Follow the soup with:
A green salad
Waffles
and you have a complete and delicious
luncheon.

Quick Crab or Lobster Bisque, page 56.

LOBSTER BISQUE
6 Servings
Remove the meat from:
2 medium-sized boiled lobsters
Dice the body meat, mince the tail,
and claw meat. Crush the shells.
Add the tough end of the claws and:
2 1/2 cups water or Chicken Stock
or Stock Substitute (page 38)
1 onion, sliced
4 sticks celery with leaves
2 whole cloves
1 bay leaf
6 peppercorns
Simmer these ingredients for 1/2 hour.
If you have used water add:
2 chicken bouillon or vegetable
cubes
Strain the stock. Melt:
4 tablespoons butter
Stir in:
4 small tablespoons flour
Add gradually:
3 cups milk
Season with:
1 teaspoon salt
¼ teaspoon nutmeg
When the sauce is smooth and boiling add the lobster and the stock. Simmer the bisque covered for 5 minutes. Turn off the heat. Stir in:
1 cup scalced cream
Serve at once with:
Minced parsley
Paprika
If there is coral roe force it through a fine sieve, combine it with the butter in a mortar or bowl, add the flour, and when well blended pour the milk (heated) slowly upon it stirring until the mixture is smooth.

SHRIMP BISQUE
About 5 cupfuls
Remove the shells and intestines from:
1½ pounds Boiled Shrimps or Prawns (page 237)
Put the shrimps through a mincer. Cook covered in the top of a double boiler for 5 minutes:
6 tablespoons butter
2 tablespoons grated onion
Add the minced shrimps and:
3 cups warm milk
Cook for 2 minutes. Stir in slowly, heat but do not boil:
1 cup cream
Add:
Salt, if needed, paprika, or freshly ground pepper
A grating of nutmeg
3 tablespoons sherry
2 tablespoons parsley or chives
Serve at once.

BOUILLABAISSE
8 Servings
fish and soup dish. The fish and the soup are served separately, but eaten at the same time. Toast is placed in individual bowls, fish is added, and soup ladled over it. The toast may be omitted and biscuits served with the bouillabaisse. Ingredients for this dish vary greatly, but the basic rule is the same. It calls for vegetables of the onion family sautéed in oil or butter; to these are added tomatoes, stock seasonings, one or more kinds of fish, and one or more kinds of shellfish. This is a case of the more the merrier. Except in the case of oysters it is usual to pre-cook the shellfish. After a brief simmering, wine and chopped parsley complete the dish.

Remove the meat from:
½ pound Boiled Shrimps (page 237)
1 small Boiled Lobster (page 236)
You may add to the fish:
½ pound raw mushrooms, sliced
Cut into 2- or 3-inch pieces:
2 or 3 pounds of fish fillets
Sauté until soft:
½ cup sliced onions
2 leeks, sliced
1 clove of garlic, minced
in:
½ cup olive oil
Add:
½ cup cooked strained tomatoes
4 cups fish stock *
1 bay leaf
4 peppercorns
A pinch of saffron
2 cloves
A small slice of lemon rind
1 teaspoon salt
Simmer these ingredients covered for ½ hour. Add the fish and mushrooms. Simmer them for 10 minutes. Add the shellfish and:
2 dozen oysters (optional)
Simmer them for 5 minutes. Add:
½ cup or more dry white wine
Salt as needed
Have ready two hot dishes. Strain the soup into one, place the fish in the other. Sprinkle the fish with:
2 tablespoons chopped parsley
* Water in which the shrimps, etc., were cooked or stock made with fish and mushroom scraps.
**SOUPS**

**LOBSTER STEW**

About 5 cupfuls
Sauté for 3 or 4 minutes:

- 1 cup diced fresh lobster
- 3 tablespoons butter
Add slowly:
- 4 cups scalded milk
Season the stew with:
- 1 teaspoon salt
- 2 tablespoons chopped parsley or 1 teaspoon dried basil or tarragon

**FISH CHOWDER**

About 5 cupfuls
Bone:
- 1 pound of haddock or other fish

**OYSTER STEWS**

Here are three good recipes for oyster soup, which are like the little bear, the big bear, and the great big bear in nutritive value and effort.

The first calls for milk and is unthickened; the second for milk and flour; and the third for milk, cream, flour, and egg yolks.

The following recipe is used in the well-known Oyster Bar of New York:

**OYSTER STEW (Unthickened)**

About 4 cupfuls
Melt in the top of a double boiler:

- \( \frac{1}{2} \) cup butter
Add and bring to the boiling point, but do not permit them to boil:
- 1 pint oysters with liquor
Pour over the oysters:
- \( \frac{3}{4} \) cups milk
- \( \frac{1}{4} \) cup cream
Season them with:
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{2} \) teaspoon pepper or paprika
Place the pan over boiling water. When the oysters rise to the surface add:
- 2 tablespoons chopped parsley
and serve the soup.

**OYSTER STEW (Thickened)**

About 6 cupfuls
Place in a double boiler and heat thoroughly:

- 2 tablespoons butter
- 1 pint oysters with liquor
Combine and scald in a saucepan:
- \( \frac{3}{4} \) cups milk
- 2 tablespoons butter
- 1 teaspoon salt
- \( \frac{1}{2} \) teaspoon pepper
Combine and stir in a cup until blended:
- \( \frac{1}{4} \) cup milk
- \( \frac{1}{4} \) tablespoons flour
Add these ingredients to the scalded milk, stir and boil it until it thickens, and pour it over the hot oysters. Place the stew over hot water for 15 minutes before serving it.
SOUPS

OYSTER BISQUE

About 5 cupfuls
Heat well but do not boil:
- 1 pint oysters
Drain them (reserve the liquor) and put them through a mincer or chop them until they are fine. Melt in a saucepan:
  1½ tablespoons butter
Add, cook, and stir until smooth:
  1½ small tablespoons flour
Add and stir:
  The oyster liquor
  2½ cups milk
  ½ cup cream
  ⅛ teaspoon salt
  ⅛ teaspoon paprika
  ⅛ teaspoon nutmeg (optional)

When these ingredients are smooth and boiling add the minced oysters. Remove the bisque from the fire.

Combine and beat:
  2 egg yolks
  2 tablespoons water
Add them slowly to the hot bisque. Reduce the heat, stir, and cook the bisque very slowly for 1 minute, or place the bisque over hot water until ready to serve it. Immediately before serving sprinkle it with:
  3 tablespoons chopped parsley
If there is little oyster liquor it may be necessary to thin the bisque with hot milk.

Oyster Celery, page 104.

EMERGENCY SOUPS

EMERGENCY TOMATO SOUP

About 4 cupfuls
Simmer covered for 15 minutes, then strain:
  2½ cups tomatoes (No. 2 can)
  ½ cup sliced onion
  ¼ cup chopped celery with leaves
Melt:
  2 tablespoons butter
Add and stir until blended:
  2 small tablespoons flour
Add, cook, and stir until smooth:
  2 cups Stock (see Stock Substitute, page 38)
  ⅛ teaspoon sugar
  ⅛ teaspoon paprika
  Salt
  The strained tomato stock

Add just before serving:
  3 tablespoons chopped parsley

EMERGENCY PEA SOUP

About 6 cupfuls
Put through a ricer or sieve the contents of:
  1 No. 2 can peas
Add:
  The liquor from the can
  2 cups Stock or Stock Substitute (page 38)
  2 tablespoons lemon juice
  1 tablespoon butter
  Salt
  Paprika
Heat and serve the soup.
See Salmon Bisque (page 50) for a good emergency soup.

Canned Soup Recipes and Suggestions

Canned soups are a boon to any housekeeper. If there are women who fail to keep them on hand they are working to their own disadvantage. It would be a mistake, and false economy, to eliminate home-made soup from our menus and to choose only the modern, easier way of preparing soups, gravies, and creamed dishes, but it would be equally unfortunate to deny the usefulness of the canned product. As a time-saver canned soups stand supreme. They may be combined in many interesting ways.

Home-made stock and vegetable juices (the water in which vegetables
SOUPS

have been cooked) may be added to them. This includes the liquor from
canned vegetables and from canned sea-food—the latter must be used
sparingly because it is apt to be salty. Waste nothing that can possibly
be used. Store all juices suitable for soups and gravies (the water in
which sweetbreads, fish, etc., have been cooked) and stock—see Soup
Stock II, page 36—in glass containers in the refrigerator ready for use.
See also Stock Substitutes, page 38, and Stock for Sauces, page 377.

Unusual seasoning provides variety. Some examples follow, but it is
impossible to list all the good results that may be achieved. Experiment
freely in order to determine what you like.

Remember, please, that some soups do not call for dilution. They
are ready to be heated and served as they are. Be sure to watch this.
These diluted soups may be used, minus the addition of milk, water, or
other liquid, in all the combinations suggested in this chapter for con-
densed soups.

When combining a thick condensed soup with a thinner liquid good
results are obtained by stirring the second slowly into the first. Do this
over low heat. The quickest and easiest way to combine the two is to
use a wire stirrer (usually called a wire whisk). This little implement is
ideal for sauces and other food inclined to lump and be troublesome. Canned
soups are fine for quick sauces and gravies. See page 393.

Important Note: The word ‘can’ may be confusing. The usual can of
condensed soup contains 10½ ounces and ready-to-serve soup contains
1 pound, or 16 ounces.

So with a clear conscience let us go on to ‘soup of the evening, beautiful
soup!’

SOUP MERGER

for ‘ready to serve’ soups *

Cream of Spinach
Soup + Cream of Mushroom
Soup St. Patrick’s Soup
Vegetable Soup + Cream of Tomato Soup
Cream of Mushroom
Soup + Chicken Noodle Soup
Cream of Oyster Soup + Cream of Tomato Soup
Oyster Soupe
Louisiane
Pepper Pot Soup + Vegetable Soup Pittsburgh Pepper
Pot Soup
Cream of Celery Soup + Chicken Noodle Soup
Aunt Ellen’s Soup
Cream of Tomato Soup + Cream of Green Pea
Soup Purée Mongole
Corn Chowder + Onion Soup Indian Chowder

* Soups that need not be diluted. These usually come in 16-ounce
(1 pound) cans. Yield of 2 canfuls about 4 servings.
SOUPS

Soup Mergers—continued

| Cream of Mushroom Soup + Cream of Oyster Soup = Soupe St. Martin |
| Cream of Tomato Soup + Cream of Celery Soup = Traymore Soup |
| Consommé + Chicken Noodle Soup = Dutch Consommé |
| Corn Chowder + Cream of Tomato Soup = Berkshire Soup |

Condensed soups may be combined as suggested above and diluted as directed on the can.

CANNED TOMATO SOUP

About 3 cupfuls
Heat and stir but do not boil the contents of:

1 can condensed tomato soup

Add:

An equal amount of milk (or 1/2 fresh and 1/2 evaporated milk)
1 teaspoon salt

Heat cups or bowls. Place in each one:

A very thin slice of cheese* (optional)

Pour the soup into the cups. Serve it at once. To reheat or to keep the soup hot use a double boiler.

* You may use 1/2 to 1 teaspoonful curry powder or 1/2 teaspoonful anchovy paste.

Chilled Tomato Cream Soup, page 1.

CANNED TOMATO SOUP and CELERY SOUP

About 5 cupfuls
Stir and heat the contents of:

1 can condensed tomato soup
1 can condensed celery soup

Add:

2 cans rich milk or stock or a mixture of both

Heat the soup but do not permit it to boil. Add:

1 tablespoon chopped parsley or chives

Serve it with:

Hot cheese biscuits

CANNED TOMATO and BEAN SOUP

About 5 cupfuls
Mince, then sauté lightly:

1 slice of bacon

Add and cook until light brown:

1/4 cup sliced onions
1/4 cup sliced celery

Add the contents of:

1 can condensed tomato soup
1 can condensed bean soup

and:

2 cans water

Heat the soup. Serve it with:

Croûtons (page 63)

CANNED TOMATO CONSOMMÉ

About 3 cupfuls
Combine the contents of:

1 can condensed consommé

And:

1 1/2 cups tomato juice

Heat these ingredients. Serve the consommé in cups topped with:

1 teaspoonful whipped cream

Garnish the cream with:

Paprika
A sprig of parsley

CANNED MONGOLE SOUP

About 5 cupfuls
I should like to sing a pean of praise about this and the following soups made with a basis of pea and tomato. If there is anything better in the hurry-up culinary art I don't know
SOUPS

what it is. Rich? Yes, but you may plan to serve simple food afterward. This is worth adding a fraction of a pound to your avoirdupois. Only don't fall in love with it and serve it too often.

Combine and stir the contents of:
- 1 can condensed tomato soup
- 1 can condensed pea soup

Add:
- 2 cups top milk *

Heat these ingredients well. Flavour them if needed with:
- Salt
- Paprika

Add to each portion:
- 1 tablespoon sherry (optional)

Serve the soup sprinkled with:
- 1/4 cup grated cheese
- * Or use 1 cup Stock Substitute (page 38), and 1 of cream.

QUICK CRAB or LOBSTER BISQUE

About 4 cupfuls

So good that it must be tried. I defy you to eat it without making a noise!

Soak:
- 1 cup more or less of flaked canned crab or lobster
in:
- 3 tablespoons sherry or 1 teaspoon Worcestershire sauce

Combine and heat to the boiling point the contents of:
- 1 can of condensed tomato soup
- 1 can condensed pea soup

Stir in slowly:
- 1 can rich hot milk or cream *

Add the crab. Heat the soup but do not permit it to boil.
* A part of this may be bouillon.

CANNED LOBSTER SUPRÊME

About 3 cupfuls

Combine the contents of:
- 1 can condensed asparagus soup
- 1 can condensed mushroom soup

Add:
- 1/4 soup cans light cream

Pick over and add:
- * 6 to 8 ounces canned lobster

Heat this soup but do not permit it to boil. Add:
- 3 tablespoons sherry

CANNED SOUP with NOODLES

About 5 cupfuls

Bring to the boiling point:
- 1 can consommé *
- 1 can chicken soup
- 1 can pea soup

Add:
- 4 ounces fine noodle.
- 1 tablespoon Worcestershire sauce
- 1 tablespoon chilli sauce

Simmer the soup covered until the noodles are done (for about 15 minutes).
* If condensed soups are used you may dilute them with 1 can of water.

CANNED GREEN TURTLE SOUP

Add to each serving:
- 2 teaspoons sherry
- A thin slice of lemon
- Chopped parsley

ST. GERMAIN SOUP
(Canned Pea Soup and Consommé)

About 4 cupfuls

French has been called the language of the alimentary canal. This soup speaks wonderful French.

Mince, then sauté slowly until light brown:
- 1/4 cup diced salt pork or ham (optional)

Combine it with the contents of:
- 1 can consommé
- 1 can pea soup

If condensed soups are used you may add:
- 1/4 can water

Heat the soup to the boiling point. Serve it with:
- 1 tablespoon chopped mint
- Croûtons
SOUPS

CHEF'S PRIDE

8 cupfuls

As this calls for a variety of soups it makes a large quantity. You may, of course, reduce the amounts. It needs no sales talk. It sells itself. Combine and stir the contents of:

- 1 can condensed mock turtle soup
- 1 can condensed pea soup
- 1 can condensed consommé

Add:

2 cans water or milk

Heat the soup. Season it if advisable. Serve it hot. Add to each portion:

- 1 tablespoon sherry (optional)

Top each portion with:

- A dab of whipped cream

Garnish the cream with:

- A small sprig of parsley

CANNED CORN and MUSHROOM SOUP

About 3 cupfuls

A good main luncheon dish.

Sauté until tender:

- ½ cup sliced onion
- 2 tablespoons butter

Add them to:

- 1 No. 1 can cream style corn
- 1 can mushroom soup

If the soup is condensed dilute it with:

- Milk or water

You may add:

- Sautéed bacon, chopped
- ½ teaspoon curry powder

CANNED SCOTCH BROTH and CHICKEN SOUP or CONSOMMÉ

About 4 cupfuls

Combine the contents of:

- 1 can condensed Scotch broth
- 1 can chicken soup
- ½ teaspoon curry powder

This soup may be served strained.

CANNED OXTAIL, CHICKEN, and CURRY SOUP

About 4 cupfuls

Combine and heat in a double boiler the contents of:

- 1 can condensed oxtail soup
- 1 can condensed chicken soup
- ½ teaspoon curry powder
- 1 teaspoon Worcestershire sauce
- 1 cup cream

Strain the soup. Add when serving:

- 2 tablespoons sherry

CANNED VEGETABLE SOUP and CONSOMMÉ

About 4 cupfuls

This is an excellent combination, but so are the others given.

Combine the contents of:

- 1 can condensed vegetable soup
- 2 cans condensed consommé

Put these ingredients through a purée strainer.

Serve hot with:

- Chopped chives
- A dash of sherry

ONION SOUP with CANNED CONSOMMÉ

Follow the rule for:

Onion soup (page 43)

Use canned consommé or bouillon.

CANNED SOUP with FARINA or SEMOLINA BALLS

About 3 servings

Heat about:

- 5 cups clear soup

This may be consommé or a combination of Vegetable Stock (page 242) and some other broth or meat cube concoction. Prepare by the rule on page 68:

- Farina or Semolina Balls

Make only half the amount given. Drop the batter into the simmering soup and cook it as directed.
SOUPS

CANNED CONSOMMÉ and SHERRY
A clear soup is supposed to be better than a clear conscience. Add to each portion of consommé (hot or cold):
1 tablespoon sherry

CANNED CELERY, CONSOMMÉ, and CHEESE SOUP
4 Servings
Combine and stir over slow heat the contents of:
1 can condensed celery soup
1 can condensed consommé
Add:
1 can water or milk
½ cup grated Cheddar cheese
You may add:
1 tablespoon chopped onion
½ teaspoon Worcestershire sauce
Stir the soup until it is hot and the cheese is melted. Serve it with:
Chopped parsley

CANNED CURRY SOUP
About 4 cupfuls
Heat and stir, but do not boil the contents of:
1 can condensed mulligatawny soup
Add:
An equal amount of Stock or Stock Substitute (page 38)
2 cups of rich milk
No seasoning is required. These ingredients may be strained. To reheat or to keep the soup hot use a double boiler.

CANNED CONSOMMÉ into CREAM SOUP
About 3 cupfuls
Quickly made, delicious, delicately onion-flavoured.
Place in a pan the contents of:
2 cans consommé (about 2½ cupfuls in all)
Add:
1 small apple, grated or chopped
1 small onion, grated or chopped
Cook these ingredients until the apple and onion are very tender. Put them through a strainer. Add:
1 cup cream
Season the soup as desired with:
Salt and paprika
Curry powder
Reheat it but do not permit it to boil.

QUICK CREAM of CAULIFLOWER SOUP
About 3½ cupfuls
Make this when you have 1 cup, more or less, of left-over cauliflower on hand.
Heat:
2 tablespoons butter
Cook in the butter for 4 minutes:
¼ cup sliced onion
2 small sticks of celery with leaves, minced
Strain the butter. Add to it:
1½ cups chicken soup with rice (canned or home-made)
1 cup cooked or canned cauliflower, sieved or mashed
Heat the soup to the boiling point.
Heat, then add:
1 cup rich milk
Season it with:
Salt if needed
½ teaspoon paprika
Do not permit the soup to boil after adding the milk. Serve it with:
1 tablespoon chopped parsley
A light grating of freshly ground nutmeg (optional)

QUICK BORSCHT
About 5 cupfuls
Drain the contents of:
1 No. 2 can diced beets (2½ cups)
Reserve the beet juice. Combine the beets, the juice, and:
1 teaspoon chopped onion
1½ cups canned condensed bouillon
1 cup water
Cook these ingredients for 5 minutes.
SOUPS

Add:

1/2 teaspoon salt
1 tablespoon lemon juice
Pour the soup into bowls. Add to each portion:
1 tablespoon sour cream
Have the cream at room temperature so that it will not chill the soup.

KETCHUP CREAM SOUP
Individual Serving
If you are trying to gain weight you may like to know about this.
Heat:
2 tablespoons ketchup
Stir in gradually:
1 cup scalded cream
Season it with:
Celery salt
Serve it hot with:
Toasted biscuits
*Rich milk may be substituted.

QUICK TOMATO CORN CHOWDER
4 Servings
Combine the contents of:
1 can tomato soup*
1/4 cup cream style corn
1/2 teaspoon curry powder
1/2 teaspoon sugar
1/2 teaspoon salt
*If condensed, add an equal amount of milk.

QUICK MANHATTAN FISH CHOWDER
About 4 cupfuls
Heat:
2 tablespoons salad oil
Sauté in it for 3 minutes:
1/4 cup minced onion
Add:
1 raw potato, peeled and cut into 1/2-inch cubes
1 cup diced celery
1 cups tomatoes
1/2 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon curry powder (optional)
Simmer these ingredients for 5 minutes.

Add:
1 cup flaked fish (tuna, fish flakes, etc.)
Heat the soup and serve it with:
Grated Parmesan cheese

QUICK OYSTER and TOMATO SOUP
About 4 servings
Combine the contents of:
1 can condensed tomato soup
with:
3 cups rich milk
1/2 cup minced celery (optional)
1/2 teaspoon grated onion
1 teaspoon salt
1 teaspoon curry powder (optional) or dried herb
Heat the soup. Add:
1 pint oysters
Simmer the soup until the oysters are plump. Do not let it boil.

CANNED MOCK TURTLE and BEEF SOUP
About 41/2 cupfuls
Combine and stir the contents of:
1 can condensed mock turtle soup
1 can condensed beef soup
Add:
2 cans water
Simmer the soup for 3 minutes.

CANNED PEA SOUP and MOCK TURTLE SOUP
About 31/2 cupfuls
Combine and stir the contents of:
1 can condensed mock turtle soup
1 can condensed pea soup
Heat these ingredients. Add:
A can cream or rich milk
Heat but do not boil the soup after adding the cream. You may serve this with:
Crostons (page 63)
But if it is to be served at a family gathering make:
Toast
Pull down the blinds and 'dunk' it.
**CANNED VEGETABLE and MOCK TURTLE SOUP**

About 4 cupfuls

Combine and stir the contents of:

- 1 can condensed mock turtle soup
- 1 can condensed vegetable soup

Add:

- 1 can water

Heat these ingredients. Add:

- ¼ cup hot cream
- 1 tablespoon chopped parsley

(optional)

Do not permit the soup to boil.

**MARION’S SOUP**

About 3 cupfuls

Combine and stir the contents of:

- 1 (16 oz.) can of ready-to-serve mushroom soup
- 1 (10½ oz.) can of condensed bouillon

Heat the soup to the boiling point.

**CANNED CHICKEN and MUSHROOM SOUP**

Follow the above rule. Substitute Chicken Bouillon for Bouillon.

**CANNED BLACK BEAN SOUP**

Add to each portion when about to serve:

- A thin slice of lemon
- A slice or two of hard-boiled egg
- or, combine equal parts of:
  - Black bean soup
  - Madrilène

**CANNED MOCK TURTLE SOUP**

Add to each portion when about to serve:

- A slice of lemon
- 1 tablespoon sherry

**CANNED OXTAIL SOUP with WINE**

About 2½ cupfuls

Parboil thinly (in one or two strips):

- The rind of 1 lemon

Add to it:

- 1 cup of water

and the contents of:

- 1 can condensed oxtail soup
- Salt if needed
- ½ teaspoon paprika
- 1 teaspoon grated onion

Simmer these ingredients for 5 minutes. Remove the lemon rind. Reduce the heat. Stir in:

- ½ cup claret or ½ cup sherry
- 1 tablespoon minced parsley

Serve the soup at once with:

Toasted biscuits

**CANNED BEAN and FRESH VEGETABLE SOUP**

About 4 cupfuls

Combine and stir the contents of:

- 1 can condensed bean or pea soup

and:

- 1 can water

Add to it about:

- 1½ cupfuls fresh vegetables (grated carrots, minced onions, green peppers, finely shredded cabbage, etc.)

Simmer the soup until the vegetables are tender—for about 4 minutes. Then you may add:

- 1 tablespoon chopped parsley

This makes a delicious thick vegetable soup.

**QUICK CREAM of CHICKEN SOUP**

Easy to make and very good.

Heat:

- Chicken bouillon

Scald:

- Cream (about ½ the amount of the bouillon)

Combine the two, that’s all.

Do not permit the soup to boil after adding the cream. Add if you wish:

- A dash of nutmeg
- Chopped parsley

Add if you want to be luxurious:

- Blanched sliced mushrooms (heavy a tablespoonful to 2 cup soup)
QUICK CHICKEN CURRY SOUP

About 2 cupfuls
Melt:
1 tablespoon butter
Stir in until blended:
1/2 tablespoon flour
Stir in slowly:
1/2 cups clear canned chicken broth
When the soup is boiling season it with:
Paprika
1/2 teaspoon or more curry powder
Reduce the heat. Beat:
1 egg yolk
3 tablespoons rich milk or cream
When the soup is no longer boiling, stir these ingredients into it.
Do not permit it to boil again. Stir it over low heat until the egg has thickened slightly.

Vichyssoise, page 48.
This may be made with canned chicken soup.

TROPICAL CONSOMMÉ

About 3 cupfuls
Combine and heat the contents of:
1 can condensed consomme
1 can condensed Madrilène
Add and heat:
The juice 1 large orange
Or, these ingredients may be combined and chilled.

For Pressure Cooker Soups, see Appendix B (pages xi-xliii)
For Blender Soups, see Appendix C (pages lix-lxiv)

JELLIED SOUPS

JELLIED BOUILLON

See rule for Soup Stock I and II (page 36).
Stock made from a veal knuckle bone and a beef bone will jell readily. To jell other stock use gelatine. Allow about 1 tablespoonful of gelatine to 4 cups of liquid. Flavour the soup with lemon, vinegar, or cooking sherry. Season it well and serve it very cold.
See Aspic Salad (page 425).

QUICK JELLIED CONSOMMÉ or SOUP

1. A flavoured gelatine preparation for jellied soup may be purchased ready to be dissolved and chilled.
2. Canned jellied consommé of different kinds may be purchased and need only be placed in a refrigerator for about four hours to be set sufficiently for use. Full instructions are given on the label of the can. It is
wise to keep some of this in the refrigerator ready at all times. This jelly is fine for soup but not quite firm enough for an aspic.

3. Soak 1 tablespoon gelatine in \( \frac{1}{2} \) cup of Stock or Stock Substitute (page 38). Dissolve it in 1\( \frac{1}{2} \) cups hot stock. Flavour it with Worcestershire sauce, lemon juice, or sherry. Season it well. Chill it and you have enough jellied soup for four small servings. Serve it very cold in cups with wedges of lemon and sprigs of parsley.

Remember that left-over liquid in which vegetables have been cooked, or liquor from cans, plus a bouillon cube or two, will make a palatable basis for consommé or aspic.

To chill a soup quickly place the dish containing it in a bowl of ice water or cracked ice.

**JELLIED TOMATO BOUILLON**

8 Servings
Soak for 5 minutes:
2 tablespoons gelatine in:
\( \frac{1}{4} \) cup cold water

**CUSTARD**

Scald:
\( \frac{1}{2} \) cup milk or stock
Beat and add:
- 1 egg
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon nutmeg (optional)

Bake the custard in a bowl in hot water placed in a slow oven \( 325^\circ \) until it is set. (See rule for Cup Custard, page 642.) Drop it from a spoon into simmering soup just before serving it. The custard may be cut into shapes.

**FARINA or SEMOLINA BALLS**

6 Servings
Farina balls are heavier than soup custard, so it is advisable to serve them with a light meal. They are fine for invalids and children.
Heat to the boiling point:
2 cups milk

Heat to the boiling point:
2 cups strained tomato juice
\( \frac{1}{4} \) teaspoon grated onion or onion juice (optional)
2 cups clear Stock (page 36) *
A piece of lemon rind
A few grains of cayenne

Dissolve the gelatine in the hot stock. Cool it. Flavour it with:
Lemon juice, sherry or Worcestershire sauce
Strain the stock and pour it into a wet mould. Chill it. The bouillon may be beaten slightly before it is served. The top may be garnished with:
Lemon slices, chopped chives, mint, nasturtium leaves, parsley, or watercress, chopped olives, hard-boiled eggs riced, ketchup, relish, or horse-radish

* Canned bouillon may be used.

**GARNISHES FOR SOUPS**

Add, stir, and cook until thick:
- 1 cup farina or semolina
- 1 tablespoon butter
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon nutmeg (optional)

Remove the batter from the fire and beat in one at a time:
2 eggs

Drop the batter (a generous teaspoonful at a time) into simmering soup stock. Cook it for 2 minutes and serve the soup.

**NOODLES**

Beat slightly:
- 1 egg
- 1 teaspoon salt

Add about:
4 cup flour
to make a rather stiff dough. Knead it and permit it to stand covered for 1 hour. Roll it until it is very thin and
let it dry until it is no longer sticky. Before it becomes brittle, fold it over several times and cut it into narrow strips. Toss the noodles lightly with the fingers and spread them until they are dry, when they may be used at once or kept in a jar for future use. Drop the noodles into simmering stock or water and cook them for 3 minutes.

CROUTONS

Dice bread and sauté it in butter until it is an even brown, or butter slices of bread, cut them into dice, and brown them in a moderate oven.

FORCemeat

Chicken, Veal, Oysters, Fish

Combine:

- ¼ cup minced meat (cooked or uncooked)
- 1 egg white
- Salt
- Paprika
- A pinch of herbs (optional)
- 2 tablespoons chopped onion

Add enough:

Cream

to make the mixture the right consistency to roll into small balls. Drop them into simmering soup and cool them until they are done. See Live Dumplings (page 345).

MEAT BALLS for SOUP, SPAGHETTI, or STEW

4 Servings

These added to vegetable soup make a superb main dish.

Cut the crusts, then soak in water or milk:

- 1 slice white bread

Prepare:

- ¼ pound finely minced or scrape beef

Melt:

- 2 tablespoons butter

Sauté in it for 3 minutes:

- ¼ cup minced onion

Press the water from the onion. Add the onion mixture, the bread, meat and:

- 1 beaten egg

Season with:

- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon freshly ground nutmeg
- 1 teaspoon dried thyme, basil, etc., or ¼ teaspoon chopped parsley or chives

Mix the ingredients lightly with a fork. Shape them without pressure into 1-inch balls. Drop them into boiling soup or stock. Simmer them until done for about 10 minutes.

Liver Dumplings, page 345.

SAUSAGE BALLS for SOUP

4 Servings

These are good in pea, bean, or lentil soup.

Combine:

- ¼ pound sausage-meat
- 1 egg white
- 2 teaspoons chopped parsley
- ½ teaspoon basil
- ½ teaspoon rosemary
- 1 thin slice of white bread, toasted and rolled fine

Roll this mixture into 1-inch balls, drop them into boiling stock. Simmer the soup until the balls are done— for about 15 minutes.

CHEESE BALLS for SOUP

Combine:

- 2 beaten egg yolks
- 2 tablespoons grated cheese (preferably Parmesan)
- 2 tablespoons dry bread-crumbs
- ½ teaspoon paprika
- ½ teaspoon dried herbs, fresh chives, or parsley

Beat until stiff, then fold in:

- 2 egg whites
- ½ teaspoon salt

Drop the batter from a spoon into simmering soup—a short process. Cook the balls only 1 or 2 minutes.

BISCUIT BALLS

Pour:

- ¼ cup boiling soup or milk

over:

- ¼ cup biscuit crumbs
Add:
  1 egg slightly beaten
  1 tablespoon chopped parsley
  Salt
  Paprika

Cool the mixture. Drop it from teaspoon into simmering soup. Cook the dumplings for 10 minutes.

MARROW BALLS

Combine and beat until creamy:
  1/2 cup fresh marrow
  2 tablespoons butter

Add:
  3 eggs
  1 teaspoon salt
  1 teaspoon paprika
  2 tablespoons chopped parsley
  Biscuit crumbs

Use just enough biscuit crumbs to make the mixture the right consistency to shape into balls. Cook the balls in simmering soup for 15 minutes.

EGG DROPS

Crush with a fork:
  2 hard-boiled egg yolks

Add to them and blend well:
  1 tablespoon soft butter
  1 raw egg yolk
  A few grains of cayenne
  A few grains of nutmeg (optional)
  1/2 teaspoon salt

Form these ingredients into 1/2-inch balls. Roll them in:
  Flour

Drop the balls into simmering consommé for 1 minute.

FRITTER GARNISH

Beat until light:
  1 egg

Add:
  1/2 teaspoon salt
  1/2 teaspoon paprika
  1 cup flour
  2 tablespoons milk

Heat fat to a temperature of 360° (page 481). Put the batter through a colander into the fat and fry it until it is brown. Drain it on paper. Serve it in hot soup.

SOUPS

SPATZEN

Prepare:
  Spatzen (page 376)

Drop the batter as directed into simmering soup instead of water.

BUTTER DUMPLINGS
(BUTTERKLOESSE)

These are much like egg custard, but more quickly made.

Beat until soft:
  2 tablespoons butter

Beat and add:
  2 eggs

Stir in:
  6 tablespoons flour
  1/2 teaspoon salt

Drop the batter from a spoon into simmering soup. Simmer the dumplings for 5 minutes.

ALMOND BALLS

Beat:
  1 egg yolk
  1 cup blanched almonds, minced
  1 teaspoon salt
  1 teaspoon grated lemon rind

Fold in:
  1 stiffly beaten egg white

Drop the batter from a teaspoon into hot fat (page 481). Drain the dumplings well on absorbent paper. Add them to clear soup immediately before serving.

WHIPPED CREAM

Place on the top of a serving of cream soup:
  1 tablespoon or more whipped cream

Garnish it with:
  A dash of paprika
  A sprig of parsley

PUFFED CEREALS in SOUP

Sauté:
  Puffed cereals in:
  Butter
  Or, sprinkle them with:
  Grated cheese
  And dot them generously with:
  Butter

Toast them in a slow oven, 325°.
Soups

Raw Vegetables in Soup

Mince:
Celery and parsley
Scrape:
Carrots

Grate them. Add them to hot soup.

Raw Potatoes in Soup

A good thickening for those whose diet does not include flour.

Peel:
A potato
Grate it into clear soup. Simmer the soup for a few minutes until the potato is tender. You may add the raw vegetables given in preceding rule.

Additional Garnishes

For Clear Soup:
Thin slices of lemon or orange
Thin slices of avocado

Minced parsley, chives, mint, or other herbs
In Europe a ring of boiled rice flavoured with nutmeg is passed with clear soup.

Cooked in the Soup:
Fine noodles, marrow, or other dumplings as given in this chapter

For Cream Soup:
Salted whipped cream
Blanched, shredded, toasted almonds
Popcorn, or cheese popcorn
Minced parsley, etc.

For Thick Soups:
Sliced lemon or orange
Sliced sausages
Sliced hard-boiled eggs
Crostons
Bits of cooked meat (ham, tongue, chicken, etc.)
Grated cheese

Breads to Be Served with Soup

Melba Toast (page 479).
White or brown bread cut into shapes and toasted.
Biscuits of various kinds.
Biscuits spread with butter and fish-paste.
Pastry Snails (page 10) spread with devilled ham and cheese, mustard, and paprika.
Round biscuits sprinkled with grated cheese, mustard, paprika, and salt, placed in the oven until the cheese is melted.
Soda biscuits spread lightly with butter placed in the oven until they are light brown.
Wholemeal Cheese Wafers (page 463).
Cheese Bread Cubes (page 11).
Cheese Straws I and II (page 464).
Cream Cheese Pastry (page 502).
Ryvita or Vita-wheat.

Toasted Buttered Bread Loaf

Cut into very thin slices:
A small loaf of bread
Do not slice it all the way through; leave the bottom crust undisturbed.
Drench the bread with:
Melted butter*
Separate the slices slightly so that the butter will be evenly distributed.

Cover the loaf with a paper bag. Place it in a moderate oven 350° until the bread is light brown (for about 20 minutes). Remove it from the bag, place it on a platter, and permit the guests to serve themselves.

* The butter may be flavoured with garlic.

Pulled Bread

Remove the crust from:
A small loaf of bread
Pull the bread apart into irregular pieces with two forks. Place it in a slow oven 300° until it is dry and light brown.

Toasted Bread Sticks

Follow the recipe for:
Cinnamon Toast Sticks (page 480)
Omit the sugar and cinnamon. Substitute a light sprinkling of:
Salt

Sousflé Biscuits

Soak in ice water for 8 minutes:
Soda biscuits
Drain them. Dot them with:
Butter
Bake them in a hot oven 450° until they are puffed and brown (for about 35 minutes).
LUNCHEON AND SUPPER DISHES

Luncheon Dishes Served in Pastry, Bread Shells, etc.

Creamed dishes, eggs and left-overs may be attractively served in various ways:

1. In patty shells.
2. On rounds of bread lightly buttered and toasted or on French Toast (page 479).
3. On rusks lightly buttered and heated.
4. In bread shells prepared in the following way:
   Cut slices of bread ⅔ inches thick with a large pastry-cutter. Press a small pastry-cutter into these rounds, but not through them. Hollow the centres, leaving a shell and a bottom at least ¼ of an inch thick. Butter the insides lightly and place the shells in a slow oven until they are toasted.
5. In Melba Toast baskets made by pressing thin, crustless slices of fresh white bread lightly buttered on both sides into muffin-tins, letting the corners protrude slightly. Toast in a slow oven 300° until crisp.
6. In small rolls that have been hollowed, buttered lightly on the inside, and toasted in a slow oven.
7. In a loaf of bread that has been hollowed, buttered lightly and toasted in a slow oven.
8. In a Rice Loaf (page 89).
9. In one large or in individual Pie Shells (page 498) or in Turnovers (page 144).
10. In one large or in individual Noodle Rings (page 85).
11. In one large or in individual Rice Rings (page 88).
12. In a Pastry Roll (pages 143-4).
13. In or between Scones or Shortcakes (pages 455-6).
14. On or in Pancakes rolled (page 105).
15. On or between waffles.
16. In Noodle Nests or Potato Nests.
17. In tomatoes, peppers, potatoes, cucumbers, apples, acorn squash, etc., as suggested in the recipes in the following chapter.

Before deciding upon your luncheon menu read the chapter on Hors-d’Œuvre.

Additions that Lend Distinction to Food

Many people cultivate mental allergies toward things they do not know well. Perhaps they have at some time had a dish so generously doused with some spice that they have disliked it ever after. Use your spices and herbs sparingly until you are sure of your ground, but give them a chance. They add a variety and subtlety to food you should not overlook.

Try: Freshly ground pepper.
Clove stuck into lemon slices for tea.
A bit of freshly ground nutmeg on eggplant (aubergine), squash, or rice.
Cinnamon with apples.
Ginger with pears.
Curry with eggs or meat.
Mustard with cheese.
Paprika with almost anything.
Bay leaf in bouillon or fish stock.
Chilli in meat or rice dishes.
Add anise (a few drops) to sponge cake batter and later toast it for tea—delicious!
The new vegetable powders (not salts), parsley, celery, onion, garlic, etc., are worth your attention. They may be used in emergencies as a substitute for fresh herbs and vegetables.

Charles Rector has called garlic the vanilla of vegetables. Use it to rub the inside of a salad bowl or a pan. If you like a lot of it and don’t mind the consequences, mince it and add it to food, preferably to hot butter, or add a whole skinned clove of garlic and fish it out before the food is served. Of course, the humble—well, not so very humble—onion is a good under-study; so is the leek.

As to the herbs—they are numerous and just now tremendously in vogue. The fashionable woman seems suddenly to be cultivating a herb garden (as less fashionable gardeners have been doing for centuries with far less fuss). Parsley of course reigns supreme, but chives and delicate celery leaves are not to be despised. Tarragon is the perfect herb for salads, although this may be disputed by lovers of fennel. A bit of thyme, either fresh or dried, is a fine thing added to a sauce, soup, or gravy. So is chervil and so on down the line. It is a very long one. (See Herbs, page 787.)

Combined herbs (the French call them a bouquet) add a wonderful something to stews, sauces, and soups and combined herbs are marvellous in the salad bowl. Add one or more of your favourite herbs (dried) to your pantry-shelf, also a choice of Worcestershire, A-i, or Tabasco sauce, ketchup, poultry seasoning, horse-radish, the various new mustard combinations, French dressing, etc., and you are ready for any emergency.

Remember to let the original flavour of the food predominate. When necessary to add character to what is already there do it with a light hand. Beware of becoming like H. H. Munro’s cook who had a way of serving up chicken like beefsteak that bordered on the supernatural.

**Eggs and Egg Dishes**

Treat eggs gently. They like this consideration and will respond by being tender.

Those who have a ‘good ear for cooking’ find many ways of making eggs palatable. Those who have not may be grateful for the numerous suggestions given in this chapter.

The first thing to impress upon the novice is that eggs cook with a very low degree of heat.

‘It was so hot that you could fry an egg upon the sidewalk’ is to be taken literally. It can be done under favourable conditions. Eggs solidify so readily that it is well to remember when cooking egg dishes to place them over a low flame, or in a double boiler, to avoid the disaster of a curdled dish. Should a custard or sauce misbehave and curdle—owing to
an excess of heat—remove it at once from the fire, dump it into a cold dish and beat it vigorously with a wire whisk. By this treatment it may sometimes be induced to behave.

Note: Salt is supposed to toughen eggs. If preferred, add it to egg dishes when they are cooked. See Appendix D (page lxiii), How to Separate an Egg.

SOFT- and HARD-BOILED EGGS
Place eggs in boiling water, reduce the heat and keep the water under the boiling point. Allow 6 minutes for delicately coddled eggs, 8 minutes for firmly coddled eggs, and 30 to 35 minutes for hard-boiled eggs. If you have difficulty in regulating the heat put the eggs in the top of a double boiler, pour boiling water over them, and place the pan over boiling water. Keep the eggs hot, but do not permit the water in the lower container to boil. The eggs will be hard-boiled in 35 minutes. Plunge hard-boiled eggs, when done, into cold water to prevent discoloration of the yolks.

SAUTÉED EGGS
("FRIED EGGS")
Melt in a frying-pan over a slow fire:
1 tablespoon butter
Break into a saucer one at a time and slip from the saucer into the frying-pan:
4 eggs
Cook them over a very low fire until they are done. While cooking slash across the whites several times with a knife to permit the heat to penetrate the lower crust. When the eggs are firm serve them seasoned with:
Salt
Paprika

EGGS in BLACK BUTTER
(AU BEURRE NOIR)
Follow the preceding rule for:

Sautéed Eggs
Remove the eggs to a hot dish. Sprinkle them with:
A few capers, 1 teaspoon chopped chives, garlic, or grated onion (optional)
Add to the butter in the frying-pan and cook until brown
1 tablespoon butter

Add:
1 tablespoon lemon juice or vinegar
Pour this over the eggs and serve them at once. Garnish them with:
Chopped parsley

POACHED EGGS
Fill a frying-pan ⅔ full of water. Allow ¾ teaspoon salt to 4 cups of water. Bring the water to the boiling point, then reduce the heat and keep it under the boiling point. Break an egg into a saucer and slip it gently from the saucer into the water. Repeat this process. As the eggs cook dip some water from the sides with a spoon and pour it over them to cook the tops. When a film forms over the eggs and the whites are firm, remove them from the water with a buttered egg-slice and place them on rounds of buttered toast. Eggs may be poached in a small amount of milk or stock. When they are cooked pour the milk or stock over the toast.

SAUTÉED or POACHED EGGS PLUS
And it is the plus that gives them the punch.
Try these eggs on a small mound of:
Boiled rice or noodles
Pour over them:
Left-over gravy, well seasoned
Mushroom, tomato, or onion sauce,* or cream sauce seasoned with mustard, curry, herbs, onion, celery, green peppers, capers, anchovies, etc.

* Canned soups may be substituted for these three. See page 393.

POACHED EGGS in TOMATO SOUP
4 Servings
The following recipe is a well-balanced meal—prepared in a few minutes. It
is very good and most attractive-looking. Combine in a small frying-pan (8-inch) and heat to the boiling point over a slow fire the contents of:

1. (rof oz.) can condensed tomato soup
2. as much water
3. teaspoon sugar (optional)

Reduce the heat and keep the liquid below the boiling point. Add to the soup:

4 eggs

Follow the preceding rule for poaching eggs. Serve them on:

Rounds of toast

Sprinkle them with:

Chopped parsley

POACHED EGGS in SAUCE

4 Servings

Sauté for 10 minutes:

1 clove minced garlic

in:

2 tablespoons salad oil

Add:

1 cup hot water
3 tablespoons chilli sauce
1/2 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon paprika

Bring the sauce to the boiling point. Reduce the heat. Slip into the simmering sauce:

4 eggs

Poach them until they are set (see Poached Eggs, page 68) for about 5 minutes. Prepare:

4 slices of hot buttered toast

Serve the eggs on the toast with the sauce poured over them. Garnish with:

Chopped parsley

Or, poach 6 eggs, pour over them the following sauce, top them with 1/2 cup bread-crumbs, sprinkle them well with grated Parmesan cheese, and bake them in a hot oven 400° until it is melted.

Simmer for 15 minutes:

3 cups tomatoes
1/2 cup minced onion
1 teaspoon sugar
1 teaspoon salt
3 tablespoons butter

POACHED EGGS on TOMATOES

with HOLLANDAISE SAUCE

(EGGS BLACKSTONE)

6 Servings

Sauté, then mince:

3 slices of bacon

Reserve the fat. Cut:

6 slices of tomato 1/4 inch thick

Season them with:

Salt
Pepper

Dip the slices in flour. Sauté them in the bacon fat. Sprinkle them with the minced bacon. Cover each slice with:

Poached Egg (page 68)

Pour over the eggs:

Hollandaise Sauce (page 381)

Poached Eggs in Aspic, page 32;
Poached Eggs, Crab, and Cheese on Toast, page 112.

LUNCHEON EGGS (EGGS BÉNÉDICTINE)

6 Servings

Cut and toast:

6 rounds of bread

Cover them with:

Thin slices of cold or hot ham
Grilled Tomatoes II (page 281)
Poached Eggs (page 68)

Serve them hot with:

Hollandaise Sauce (page 381) or Easy Hollandaise Sauce (page 382)

SCRAMBLED EGGS

2 Servings

Melt in a frying-pan* over a slow fire:

1 tablespoon butter

Add and cook for 1 minute:

1 teaspoon or more chopped onion

(optional)

Beat and pour into the frying-pan:

3 eggs

3 tablespoons cream or top milk

(optional)

1 teaspoon salt
1 teaspoon paprika

When the eggs begin to thicken break
them into shreds with a fork. When they are thick serve them on:
  Hot toast lightly buttered or spread with fish paste or devilled ham
* Eggs may be scrambled in a double boiler.

**SCRAMBLED EGGS with BACON**
2 Servings
Sauté in a frying-pan over low heat until nearly done:
  4 slices bacon, minced
Pour off all but a very little fat. Beat and add to the bacon:
  4 eggs
  4 tablespoons milk
  ½ teaspoon paprika
Cook the eggs until they begin to thicken. Break them into shreds with a fork. When they are thick serve them on:
  Hot toast

**SCRAMBLED EGGS with CREAMED FOOD, VEGETABLES, HASH, etc.**
Scrambled eggs combine well with:
  Creamed fish (tuna, shrimps, crab, oysters, etc.)
  Creamed or buttered or sautéed mushrooms
  Creamed vegetables (spinach, peas, asparagus, green beans, etc.)
  Chicken livers
  Bacon
  Hash
  Ham, sausage, etc.

**SCRAMBLED EGGS and CRAB**
4 Servings
Melt over low heat:
  3 tablespoons butter
Stir in until well heated:
  ½ teaspoon curry powder
  ½ cup crab
  ½ teaspoon paprika
Beat until light:
  6 eggs
  ½ cup cream
Add the eggs to the crab mixture. Stir these ingredients gently until the eggs are scrambled.

**SUPPER DISHES**

**SCRAMBLED EGGS with CHICKEN BROTH and CHEESE**
4 Servings
Melt in a double boiler:
  ½ pound Gruyère cheese
  1 tablespoon butter
Add:
  1 cup hot chicken broth *
  1 tablespoon chopped onion
  1 tablespoon chopped parsley
  A grating of nutmeg
  ½ teaspoon salt
  ½ teaspoon paprika
Beat well and add:
  4 eggs
Cook and stir these ingredients over boiling water until they are firm. Serve them on:
  Rounds of hot toast
* Canned chicken broth may be used.

**SCRAMBLED EGGS with ONIONS**
2 or 3 Servings
Combine:
  ½ cup chopped onions
  ½ cup milk
Cook these ingredients in a covered saucepan over low heat for 5 minutes. Cool them. Beat in:
  4 eggs
Season them with:
  ½ teaspoon salt
  ½ teaspoon paprika
Melt in a small frying-pan:
  1½ tablespoons butter
Add the egg mixture. Cook it over low heat. As it thickens break it into shreds with a fork. Serve it at once on:
  Hot buttered toast or ruskas

**SCRAMBLED EGGS with TOMATO SOUP**
4 Servings
Melt in a small frying-pan over a slow fire:
  1½ tablespoons butter
Add and cook for 3 minutes:
  1 tablespoon chopped onion
  1 tablespoon green pepper (optional)
LUNCHEON AND SUPPER DISHES

SCRAMBLED EGGS

SCRAMBLED EGGS with
TOMATOES

4 Servings
Melt in a small frying-pan over a slow
fire:
1 tablespoon butter
Add and cook covered for 5 minutes:
1 teaspoon scraped onion
1 cup strained tomatoes
1 teaspoon salt
1 teaspoon pepper
1 teaspoon or more brown sugar
Cool these ingredients slightly and add:
4 beaten eggs
Cook them over a low fire. Break
them into large curds as they cook.
Serve them on:
Hot toast, lightly buttered or
spread with devilled ham

SCRAMBLED EGGS with
PINEAPPLE

2 Servings
It may be possible to induce children
who do not like eggs to eat this
tempting combination.
Drain the contents of:
1 (9 oz.) can crushed pineapple
Beat until well blended:
4 eggs
4 tablespoons pineapple juice
1 teaspoon salt
Melt in a small frying-pan:
1 tablespoon butter
Pour in the egg mixture. Follow the
rule on page 69 for scrambling eggs.
Serve the eggs on:
Toast
with the remaining pineapple juice and
pineapple.
Before the egg whites are firm stir the eggs gently with a fork. Add:

\[ \frac{1}{4} \text{tablespoons sherry} \]

Serve the eggs when they have thickened, surround by the sausages, and garnished with:

- Chopped chives or parsley

**CHINESE EGGS (EGGS FOO YUNG)**

4 Servings

Sauté for 1 minute:

- \( \frac{1}{4} \text{pound mushrooms, sliced} \)
- 2 tablespoons butter

Add:

- 1 cup sliced onions
- 1 cup diced celery

Stir and sauté these ingredients for about 3 minutes. Cool them. Beat until light:

4 eggs

Season them with:

- \( \frac{1}{4} \text{teaspoon salt} \)
- \( \frac{1}{4} \text{teaspoon pepper} \)

Add the sautéed vegetables and:

- \( \frac{1}{4} \text{cup well-drained bean sprouts} \)

Melt in a frying-pan over low heat:

- 2 tablespoons butter

Drop the egg mixture into the butter from a large spoon. Turn the cakes as soon as they are firm on the bottom. Cook the other side and serve them at once with:

- Soy sauce or with 2 cups cream sauce seasoned with 2 tablespoons soy sauce

**SHIRRED EGGS**

Beat until very stiff:

2 egg whites

Heap them in a greased oven-proof dish. Make two openings an equal distance apart, not too near the edge. Slip into the cavities:

2 egg yolks (unbroken)

Place the dish in a moderate oven 350° for 10 minutes or until the eggs are set. Season the eggs with:

- Salt
- Paprika

Sprinkle them with:

- Chopped chives (optional)

**SUPPER DISHES**

**EGGS BAKED in TOMATO or other SAUCE**

4 Servings

Prepare:

\[ 1 \text{ cup Tomato Sauce} \] *(page 38)*

Butter 4 baking-cups. Place in each cup 2 tablespoonfuls of sauce. Add a layer of:

- Biscuit crumbs

Break into each cup:

- 1 egg

Cover it with 2 tablespoonfuls of tomato sauce and a second layer of biscuit crumbs. Sprinkle the tops with:

- Grated cheese

Bake the eggs in a moderate oven 350° for about 12 minutes (until they are firm). The eggs may be baked in one small (6-inch) baking-dish.

* 1 cup mustard sauce (cream sauce flavoured with 1 teaspoon prepared mustard), creamed mushrooms, or canned soup (celery, mushroom, asparagus, etc.) may be substituted for the tomato sauce.

**BAKED EGGS (with or without CHEESE)**

4 Servings

Grease a baking-dish or 4 individual dishes with:

- 1 tablespoon butter

The baking will be hastened if the dish is thin. Spread the dish with:

- Bread-crumbs

Break into the dish:

4 eggs

Season them with:

- Salt
- Paprika or white pepper
- A few grains of cayenne or nutmeg

Cover the top with:

- \( \frac{1}{4} \text{ cup grated cheese (optional)} \)

Pour over it:

- \( \frac{1}{4} \text{ cup cream} \)

Bake the eggs in a moderate oven 350° until they are firm. Serve them on:

- Buttered toast (optional)
BAKED EGGS with CHEESE

4 Servings
Cover the bottom of a well-buttered baking-dish with:

\[ \frac{1}{4} \text{ pound finely chopped Cheddar cheese} \]

Combine and pour over the cheese:

\[ \frac{1}{4} \text{ teaspoon to } x \text{ teaspoon dry mustard} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ \text{A few grains of cayenne} \]
\[ \frac{1}{4} \text{ cup cream or evaporated milk} \]
\[ 2 \text{ teaspoons Worcestershire sauce (optional)} \]

Break over these ingredients:

6 eggs

Keep the yolks whole. Combine and pour over the eggs:

\[ \frac{1}{4} \text{ cup cream or evaporated milk} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ \frac{1}{4} \text{ teaspoon paprika} \]

Bake the eggs in a moderate oven \(350^\circ\) until they are firm.

CURRIED EGGS I

3 Servings
An occasional curry dish is a treat. Prepare:

4 hard-boiled eggs
Shell and slice them. Melt:

\[ \frac{1}{4} \text{ tablespoons butter} * \]

Stir in until blended:

\[ \frac{1}{4} \text{ tablespoons flour} \]

Stir in slowly:

\[ \frac{1}{4} \text{ cup hot milk} \]

Season the sauce with:

\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ \frac{1}{4} \text{ teaspoon paprika} \]
\[ \frac{1}{4} \text{ teaspoon or more curry powder} \]

When the sauce is smooth and boiling fold in the eggs. This dish is improved by the addition of:

\[ \frac{1}{2} \text{ cup seedless raisins} \]

Soak the raisins in the milk for 30 minutes. Strain the milk before adding it to the butter and flour. If raisins are added omit the onion.

*If desired, brown in the butter 1 teaspoon chopped onion.

CURRIED EGGS II

4 Servings
Prepare:

6 hard-boiled eggs

Shell and slice them. Peel and dice:

* small onion
* apple

Pound:

\[ \frac{1}{4} \text{ cup blanched almonds} \]

(omtional)

Sauté these ingredients for 5 minutes in:

2 tablespoons butter

Add and simmer for 8 minutes:

\[ 2 \text{ cups milk, Chicken Stock or a combination of both} \]

Add, if needed:

Salt

Paprika

Dissolve:

\[ \frac{1}{4} \text{ teaspoons cornflour} \]
\[ \frac{1}{4} \text{ teaspoons curry powder} \]

in:

\[ \frac{1}{4} \text{ cup milk or Chicken Stock} \]

Add this mixture to the other ingredients. Stir and cook them for 2 minutes. Add the eggs. Heat them well. Serve them on:

Hot buttered toast

Garnished with:

Parsley

*Curried Eggs and Mushrooms, page 173.*

EGGS on RICE with TOMATO SAUCE

4 Servings
Cook:

\[ \frac{1}{4} \text{ cup rice (about } 2 \text{ cupfuls when cooked)} \]

Add to it:

3 tablespoons finely chopped celery
1 tablespoon chopped parsley

(optional)

Season it with:

Paprika

A few grains of nutmeg (optional)

Shape the rice into four small mounds.

Prepare and place on the mounds:

4 Poached Eggs (page 68) or
4 Sautéed Eggs (page 68)

Serve them at once with:

Tomato Sauce (page 585)
Curry Sauce (page 586)
Cheese Sauce I (page 582), Tomato or other canned soup
LUNCHEON AND SUPPER DISHES

EGGS BAKED in CHEESE RICE

4 Servings
Prepare by the rule on page 88, by the Second Method:
1½ cups cooked rice
Add to it:
2 tablespoons melted butter
½ cup thin cream
A few grains cayenne
A few grains nutmeg or curry powder
Line 4 ramekins with the rice. Sprinkle them with:
½ cup grated cheese
Place in the centres of the ramekins:
4 eggs
Pour over them:
½ cup thin cream
Cover the tops with:
Bread-crumbs
Season them with:
Salt
Paprika
Dot them with:
2 tablespoons butter
Sprinkle over them:
½ cup cheese
Place the ramekins in a shallow pan half filled with hot water. Bake the eggs in a moderate oven 375° until they are firm.

EGGS BAKED in BACON RINGS

Sauté or grill lightly:
Strips of bacon
Grease the bottom of muffin-pans. Line them with the bacon. Drop into each pan:
1 egg
Sprinkle the eggs with:
Salt
Paprika
Bake them in a moderate oven 325° for about 15 minutes or until the eggs are set. Turn them out onto:
Rounds of toast or slices of drained pineapple
Garnish them with:
Parsley
* You may place in each pan 1 tablespoon chilli sauce.

PLAIN OMELET (Fluffy Omelet)

4 Servings
Combine and beat:
¾ cup milk
4 egg yolks
1 teaspoon baking powder
Combine and beat until stiff, but not dry:
4 egg whites
½ teaspoon salt
Melt in a frying-pan over a very slow fire:
1 tablespoon butter
Fold the yolk mixture lightly into the egg whites. Pour the batter into the pan. Cover the pan with a lid. As the omelet cooks slash across it several times with a knife to permit the heat to penetrate the lower crust. When the omelet is done (after about 12 minutes) it may be placed uncovered on the centre shelf of a slow oven 275° until the top is set, or it may be folded over and served at once. (Make an incision with a knife on either side of the omelet where you want it to fold. Tip the pan and push the omelet gently with a spatula or a broad knife until it folds over.) Serve the omelet sprinkled with:
Chopped parsley (optional)

Creamed dishes (celery, sweetbreads, spinach, mushrooms, oysters, etc.) are good served with omelet. A well-balanced everyday combination is omelet with Boiled Macaroni (page 79) and Tomato Sauce (page 385).

SWEET OMELET

Follow the preceding rule for Plain Omelet. Add to the yolk mixture:
1 tablespoon of sugar
Before folding the omelet spread it with:
Jam or jelly
Sprinkle the top with:
Powdered sugar

Fruit juice may be substituted for the milk and the omelet may be spread with cooked or raw fruit (sweetened) instead of jelly.

See page 661 for the other Sweet Omelets.
LUNCHEON AND SUPPER DISHES

OMELET

4 Servings
This is for the benefit of those who say: 'But I like a firm omelet.'
Beat until well-blended:
4 eggs
Add:
4 tablespoons water
1/4 teaspoon salt
1/4 teaspoon paprika
Melt in a frying-pan:
1 1/2 tablespoons butter
When this is fairly hot add the egg mixture. Cook it over low heat. Lift the edges with a pancake-turner and tilt the pan to permit the uncooked custard to run to the bottom. When it is all an even consistency, increase the heat to brown the bottom slightly. Fold over the omelet and serve it.

OMELETTE POULARD

4 Servings
Madame Poulard, an ample, pleasing French matron of Mont St. Michel, was known the world over for this dish. She cooked it in a very long-handled pan over an open fire. It is made without the addition of salt, which is supposed to toughen eggs. Beat until very light and foamy:
9 eggs
Melt in a frying-pan over a low fire:
6 tablespoons butter
Add the eggs. Stir them several times. As the omelet cooks push back the edges. Let the liquid and foam run to the sides of the pan. Some foam will remain on top. Increase the heat and shake the omelet until it loosens from the pan and is a delicate brown underneath. Fold the omelet and serve it.

Anchovy Omelet

4 Servings
Rub a small bowl with:
A clove of garlic
Prepare by the rule on page 74:
Plain Omelet
Place the milk, yolks, and baking-powder in the bowl. Stir in these ingredients:
1 teaspoon chopped parsley
1/4 teaspoon anchovy paste

LOBSTER or CRAB OMELET

4 Servings
Sauté until light brown:
1 tablespoon minced onion in:
2 tablespoons butter
Add and simmer for 3 minutes:
1 tablespoon or more chopped celery
1/4 cup diced lobster meat
Prepare in another pan by the rule on page 74:
Plain Omelet
Before folding it spread it with the lobster mixture. Fold it over. Garnish it with:
Parsley

CHEESE OMELET I

4 Servings
Prepare by the rule on page 74:
Plain Omelet
Do not fold it over. Sprinkle it with:
1/4 cup grated cheese
2 tablespoons chopped parsley
2 tablespoons chopped green pepper (optional)
Bake it in a slow oven 275°, as directed, until the cheese is melted. Serve it garnished with:
Parsley

CHEESE OMELET II

4 Servings
Prepare by the rule on page 74:
Plain Omelet
When it is nearly done sprinkle the top with:
6 tablespoons grated cheese
1/2 teaspoon salt
A few grains of cayenne
Finish cooking the omelet and fold it over. It is not necessary to bake it.

Plain Omelet

4 Servings
Prepare in another pan by the rule on page 74:
Plain Omelet
Before folding it, sprinkle it with the cheese. Fold it over. Garnish it with:
Parsley

German Pancake, page 491; Austrian Pancake, page 491.
These pancakes are closely related to the omelet and the soufflé.
LUNCHEON AND SUPPER DISHES

OMELET with HERBS

4 Servings
Prepare by one of the rules on page 74:
Omelet
Before folding it over sprinkle it with:
Dried herbs (page 787) or fresh herbs, minced

OMELET and SAUSAGES

4 Servings
Grill:
6 small sausages
Drain them on absorbent paper. Keep them hot. Prepare:
Plain Omelet (page 74)
Place the sausages on the omelet and fold it over. Garnish it with:
Parsley
Serve it with:
Tomato Sauce (page 385, optional)

OMELET and FISH ROE

Prepare:
Fish Roe (page 236)
Prepare:
Plain Omelet (page 74)
Surround the omelet with the roe. Serve it garnished with:
Lemon slices, watercress, or parsley

OMELET with CREOLE or other SAUCE

Prepare:
Creole Sauce (page 385)
Prepare:
Omelet (page 74)
Pour the sauce around it.
Try left-over gravy, with bits of meat or vegetables, cheese sauce, canned soups, etc.

OMELET with CREOLE SAUCE and PEAS

4 Servings
Prepare:
Creole Sauce (page 385)
Omit the olives and capers. Add to the sauce:
2 cups cooked peas, fresh or canned
Prepare:
Plain Omelet (page 74)
Pour the sauce round it. Serve it garnished with:
Parsley

STEAMED EGGS on TOAST

6 Servings
Carefully prepared this makes a delicious dish.
Grease individual moulds with Butter
Place in each one:
1 teaspoon chopped parsley or chopped celery
Break into each one:
1 or 2 eggs
Season them with:
Salt
Paprika
Cover the moulds with pieces of waxed paper held in place by rubber bands.
Place the moulds in a dish of hot water on the top of the stove and cook the eggs gently until they are firm. Turn them out on:
Rounds of hot buttered toast
Serve them with well-seasoned:
Cream Sauce I (page 379) or Tomato Sauce (page 385)
Custard for Timbales, page 204.

EGGS and CHEESE in BREAD CASES

4 Servings
Prepare by rule 4 or 6 under Luncheon and Supper Dishes (page 66):
4 Bread Shells or hard rolls
Spread them with:
1 tablespoon melted butter
Sprinkle them with:
⅔ cup grated cheese
Break into a bowl:
2 eggs
Add and beat well:
6 tablespoons cream
⅓ teaspoon salt
A few grains of dry mustard
A few grains cayenne
LUNCHEON AND SUPPER DISHES

CREAMED EGGS and ASPARAGUS

6 Servings
The following recipe always meets with favour. It is a fine Sunday night dish with a green salad. If you wish to "stretch" the dish serve it on slices of buttered toast.
Prepare:
5 hard-boiled eggs
When cold, peel them and cut them in very thin slices. Drain and cut in two the contents of:
1 (16 oz.) can asparagus tips
Melt in a saucepan over low heat:
4 tablespoons butter
Stir in:
4 tablespoons flour
Add slowly:
2 cups cream, or milk, and asparagus water
Season the sauce with:
Salt
Paprika
Nutmeg (optional)
Stir the sauce until it boils. Fold in the asparagus tips and remove the pan from the fire. Place a layer of sliced eggs in a buttered baking-dish, add a layer of asparagus and repeat this process until the dish is filled. Cover the top with:
½ cup bread-crumbs
Dot it with:
2 tablespoons butter
Heat (do not cook) the dish in a moderate oven 350°, or under a grill. To reheat place it over hot water.
If preferred this dish may be served without being breaded and baked.

CREAMED EGGS with FRESH GREEN PEAS
Follow the preceding recipe. Substitute for the asparagus:
1½ cups or more cooked green peas
Serve the eggs on:
6 slices of buttered toast

CREAMED EGGS with CHEESE
4 Servings
Slice into a baking-dish:
4 hard-boiled eggs
Combine:
1½ cups cream sauce
4 tablespoons chilli sauce
Pour this mixture over the eggs. Top it with:
cup dry bread-crumbs
cup grated cheese
teaspoon paprika
teaspoon salt
Place the dish under the grill or in a hot oven until the cheese is melted.
Curried Eggs, page 73; Mushrooms à la King, page 172.

EGGS in SPINACH with CHEESE
Half fill a buttered baking-dish (or individual moulds) with:
Creamed Spinach (page 259)
Sprinkle it with:
Grated Farmesan cheese (or other cheese)
Press hollows in the spinach with a large spoon. Break into each hollow:
1 egg
Season it with:
Salt
Paprika
Sprinkle the top with:
Grated cheese
Cover the entire dish with:
Cream Sauce I (page 379) or Béchamel Sauce (page 381)
Place the dish in a pan of hot water in a moderate oven 325° for about 12 minutes (until the eggs are firm).

EGGS in a NEST
4 Servings
The following is a good sequel to a ham dinner.
LUNCHEON AND SUPPER DISHES

Prepare:
2 cups Mashed Potatoes (page 245)
or soften:
2 cups cold mashed potatoes
with:
5 tablespoons hot milk
Add:
1 cup chopped ham or sautéed minced bacon
3 tablespoons chopped parsley
Salt
Paprika
Celery seed (optional)
Place this mixture in a baking-dish and press 4 large hollows in it with a spoon.
Break into the hollows:
4 eggs
The top may be sprinkled with:
Bread-crumbs
dotted with:
Butter
Bake the dish in a moderate oven 325° until the eggs are firm but not hard (for about 12 minutes). If well seasoned no sauce is needed with this dish. It may be served with Tomato Sauce (page 385).

DEVILLED EGGS
Prepare:
Hard-boiled eggs
Shell the eggs, cut them in halves, remove the yolks. Crush the yolks with a fork and work them into a smooth paste with:
Mayonnaise, French dressing,* cream, or butter
Season the paste with:
Salt
Paprika
A little dry mustard (optional)
Fill the egg whites with the paste and garnish the eggs with:
Chopped parsley or chives
Sliced olives, anchovies, capers, etc.
Paprika
* Cream and vinegar or cream and lemon juice may be substituted for the mayonnaise or French dressing, so may anchovy paste, liver sausage, deviled ham, grated Roquefort cheese, etc. Good seasonings are Worcestershire sauce, ketchup or chili sauce, Tabasco sauce, etc.

Devilled Eggs de Luxe, page 321

STUFFED EGGS with TOMATO or other SAUCE
Prepare:
Devilled Eggs (page 78)
Add to the yolk mixture:
Chopped cooked bacon or ham (optional)
Cover the bottom of a flat dish with:
Quick Tomato Sauce* (page 384)
Place the eggs—sunny side up—in the dish. Heat them in a moderate oven 350° for a few minutes.
* A canned soup, mushroom, cheese, or other sauce may be substituted.

Hard-boiled Eggs on Tomatoes with Sauce, page 32.

STARCHY FOODS

SPAGHETTI, MACARONI, NOODLES, ETC.

These are inexpensive dishes (good fillers), easily prepared and an ideal accompaniment to any number of foods. They may be cooked in advance and reheated. It is best to moisten them with butter, cream, milk, bouillon, or tomato juice, etc., when reheating them on top of a stove or in an oven.

You may combine the starch dishes with other ingredients, cooked meat, sea food, vegetables, herbs, etc. They take a good deal of doctoring to make them palatable. You may place them in a greased oven-proof dish and bake them in a moderately hot to hot oven 375° to 425° until the top is brown. Of course, you may serve them au gratin. They are doubly tempting that way. You may serve them with sauce—tomato, creole, cheese, mushroom, etc. Here are some brief rules for cooking these foods.
LUNCHEON AND SUPPER DISHES

Rules for Boiling Spaghetti, Macaroni, and Noodles
(For Pressure Cooking, see Appendix B, page xliii)

Boil:
- 2 quarts of water
- 1 teaspoon salt

Add slowly and boil for 20 minutes:
- ½ pound spaghetti, macaroni, or noodles

Drain them in a strainer. Rinse by pouring over them:
- 4 cups cold water

<table>
<thead>
<tr>
<th>Amount</th>
<th>Uncooked</th>
<th>Yield when cooked</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti</td>
<td>approx.</td>
<td>4 cupfuls</td>
</tr>
<tr>
<td>Macaroni, broken</td>
<td>2 cupfuls</td>
<td></td>
</tr>
<tr>
<td>Noodles, broken</td>
<td>2 cupfuls</td>
<td>2½ cupfuls</td>
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</tbody>
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In the following recipes spaghetti, noodles, and macaroni may be used interchangeably if the amounts and the time for cooking are properly gauged by these rules.

**SPAGHETTI**

The basis of this dish is usually an Italian noodle, cooked, to which a tomato sauce is added. Into the tomato sauce you may put garlic or onion, green pepper or other vegetables, and minced beef sauteed in olive oil or fat, but you need not confine yourself by any means to beef or to the vegetables given above. Cooked chicken, chicken livers, liver, pork, bacon, sausage-meat or sliced sausage, mushrooms, oysters, anchovies, stuffed or green olives, stock, Worcestershire sauce, etc., may be added to the dish, which seems best when largely inspirational. Some recipes call for red wine, cinnamon, cloves, and other spices. Herbs give it zest and cheese, preferably Parmesan, completes it.

**SPAGHETTI with BEEF**

About 2½ quarts

Cook by the preceding rule:
- 6 ounces spaghetti (1½ cups)
- 3 slices bacon

Add:
- ½ cup chopped onion
- 2 tablespoons olive oil
- ½ pound minced rump-steak

Cook the meat until it is nearly done.

Add:
- 2½ cups tomatoes (No. 2 can)
- ½ cup chopped green peppers
- 1 No. 1 can mushrooms, chopped, or ½ pound to 1 pound sauteed fresh Mushrooms, sliced (page 293)
- Mushroom liquor
- Salt
- Cayenne
- Paprika
- ½ pound (2 cups) grated cheese

Add the cooked, drained, and rinsed spaghetti. If the mixture is dry add:
- ½ cup stock or canned bouillon

Steam it in a double boiler or in a mould for 1 hour.

**BAKED SPAGHETTI**

Follow the preceding recipe for:

Spaghetti with Beef

Reserve the cheese. Place the spaghetti in a baking-dish, sprinkle the cheese over it, and bake for 15 or 20 minutes in a moderate oven 350°.

**ITALIAN SPAGHETTI**

About 4 quarts

Mince:
- 1 pound rump-steak
- ½ pound chicken or calf liver
LUNCHEON AND SUPPER DISHES

Chop:
3 large onions
3 or 4 carrots
1 clove garlic
5 sticks celery

Melt in a large saucepan:
½ cup shortening or oil

Sauté the vegetables in it. Stir in the meat. Cook until it is done.

Add the contents of:
1 No. 3 can tomatoes (4 cups)

Stir in:
2 tablespoons chilli powder
1 can canned, dried, or sautéed mushrooms

Simmer these ingredients until they are thick, for about 1 hour. Add:
½ cup chopped parsley
2 teaspoons dried basil

Boil by the rule on page 79:
30 ounces spaghetti

Rinse and drain it. Place alternate layers of the spaghetti and the meat mixture in a dish.

Sprinkle the top with:
Chopped parsley

Serve the spaghetti with:
Grated cheese

ITALIAN SPAGHETTI with MEAT or ANCHOVY SAUCE

About 6 Servings

In Italy spaghetti is served in one dish, the sauce in another, grated cheese in a third. The sauce may be poured over the spaghetti, which is tossed until the two are well blended.

Cook by the rule on page 79:
1 pound unbroken spaghetti

When rinsed and well drained pour over it:
½ cup melted butter

Prepare one of the following sauces.

Meat sauce for Spaghetti
Heat:
½ cup olive oil
Slice, add, and remove when brown:
2 cloves of garlic
Add and brown lightly:
½ cup chopped onion

Add:
1 pound rump-steak, minced
½ pound lean pork, minced
1 (15 oz.) can Italian tomatoes
1 (oz.) can Italian tomato paste
½ cup water
1½ teaspoons salt
½ teaspoon paprika

Simmer the sauce covered for 2 hours.
Season it with:
2 teaspoons dried basil
Serve it as directed above with:
Grated Parmesan cheese

Anchovy Sauce for Spaghetti
Sauté until light brown:
½ cup chopped onion
in:
2 tablespoons butter
2 tablespoons olive oil

Add and simmer covered for 15 minutes:
1½ cups chopped tomatoes
6 finely minced anchovies
1 tablespoon chopped parsley
½ teaspoon dried basil or thyme

Add:
2 tablespoons water
3 tablespoons grated Parmesan cheese
Salt if needed
Freshly ground pepper

See Italian Macaroni, Spaghetti, or Noodles (page 82).

ITALIAN SPAGHETTI with SEA FOOD

About 1½ quarts

Cook by the rule on page 79, then drain well:
½ pound spaghetti
1 cup meat stock
1 cup tomato purée

Combine and blend well:
1 clove of garlic, minced
Salt
Paprika
1 teaspoon Worcestershire sauce
1 cupful of cooked shredded anchovies, ham, and tongue, or
1 cupful of cooked fish

Stir in spaghetti, cover it, and simmer or steam it for at least 15 minutes.
LUNCHEON AND SUPPER DISHES

Add:
2 tablespoons butter
Serve the spaghetti with:
Grated Parmesan cheese
See Meat Balls for Spaghetti (page 63). Prepare and cook the meat balls. Add them to the spaghetti for the last 1/2 hour of cooking.

SPAGHETTI with SEA FOOD
(American version)
About 2½ quarts
Cook by the rule on page 79.
1 pound spaghetti (2 cups)
Heat the contents of:
1 (10 1/2 oz.) can condensed tomato soup
Melt in a saucepan over slow heat:
4 tablespoons butter
Add and cook for 1 minute:
1/4 cup or more chopped onion
1/2 cup chopped green pepper
Stir in until blended:
4 tablespoons flour
Stir in slowly:
2 cups Stock or Stock Substitute (page 38) or milk
When the sauce is thick, add very slowly, stirring constantly:
The hot tomato soup
1 pound cheese, diced
When the cheese is melted, add:
1/2 pound diced lobster, crab, or shrimps
and the boiled, drained, and rinsed spaghetti. Add seasoning if required. This dish may be prepared in advance. To reheat place it over boiling water.

QUICK SPAGHETTI, SOUP, and BACON
4 Servings
Sauté until nearly crisp:
8 slices of bacon *
Cut it into large pieces.
Combine the contents of:
1 No. 2 can spaghetti **
1 (10 1/2 oz.) can condensed mock turtle or pepper pot soup
Add:
1/2 cup hot water
D
Place alternate layers of this mixture and the bacon in a greased oven-proof dish.
Cover the top with:
Buttered crumbs
Bake the dish in a moderate oven 375° for about 20 minutes until it is thoroughly heated.
If you wish, omit the soup and season the spaghetti with:
1 teaspoon prepared mustard
1 teaspoon grated onion
* About 1 cupful of chopped tongue, ham, or potted meat may be substituted.
** If preferred, cook and substitute 1 1/2 cups spaghetti or use 2 1/2 cups cooked spaghetti.

QUICK SPAGHETTI, MINCED BEEF, and ONIONS
4 Servings
Melt slowly:
3 tablespoons butter or dripping
Sauté in the fat for 5 minutes:
1/2 cup minced onion
Add:
1 1/2 pound minced beef
Cook and stir these ingredients until the meat separates. Add the contents of:
1 No. 2 (20 oz.) can of spaghetti in tomato sauce (it may be with cheese)
Simmer these ingredients for about 12 minutes. Add if needed:
Salt
Paprika or pepper
This may be served au gratin. Bake it in a moderate oven 350° for 20 minutes.

QUICK SPAGHETTI with TUNA FISH or SALMON
4 Servings
Drain the contents of:
1 (8 oz.) can tuna fish or salmon
Sauté in the oil:
1/2 cup chopped onion
Add to the onion the contents of:
1 (10 1/2 oz.) can condensed tomato soup
1 No. 2 can spaghetti
Fold in the flaked fish.
Season the dish with:

\[ \frac{1}{2} \text{ teaspoon sugar} \]
\[ \text{A few grains of cayenne} \]
\[ \text{Salt} \]
\[ \text{Paprika} \]
Cook it until it is thoroughly heated.
Rub a bowl with:

A cut clove of garlic (optional)
Add the spaghetti. Serve it garnished with:

2 tablespoons chopped parsley
This dish may be served in an oven-proof baking-dish au gratin. Use a hot oven (400°) or a grill to melt the cheese.

Spaghetti Meat Pie, page 146; Jambalaya, page 91. The second is a fine rice dish in a spaghetti sauce.

ITALIAN MACARONI, SPAGHETTI, or NOODLES

Boil:

Unbroken* Macaroni or Spaghetti (page 79)
Drain and rinse it. Keep it hot. Heat a salad bowl. Rub it with a cut:

Clove of garlic
Place in it:

\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{2} \text{ teaspoon paprika} \]
\[ 4 \text{ tablespoons hot oil or melted butter} \]
\[ 1 \text{ cup grated cheese} \]
Bring the macaroni to the table. Toss it in the prepared dressing like a salad. Serve it at once.

* Place the ends of the macaroni in boiling water, bend them, thrust them farther in until the whole is limber.

BOILED MACARONI with CHEESE

4 Servings

Cook by the rule on page 79:

4 ounces Macaroni (1 cup)
Drain, rinse, and return it to the saucepan. Stir and reheat it over a
Heat fire with:

\[ \frac{1}{2} \text{ cup cream or milk} \]
Slice, add in a dish and sprinkle it with:

2 cloves or more grated cheese
Add and broil:

\[ \frac{1}{2} \text{ cup chopped sauce (page 385), optional} \]

BAKED MACARONI

6 Servings

Cook by the rule on page 79:

4 ounces Macaroni (1 cup)

Drain and rinse it. Place layers of macaroni in a buttered baking-dish. Sprinkle the layers with:

\[ \frac{1}{2} \text{ cup grated cheese} \]
Beat until blended:

1 or 2 eggs
\[ \frac{1}{2} \text{ cup milk} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{2} \text{ teaspoon paprika} \]

A few grains cayenne
Pour this mixture over the macaroni. Sprinkle the top with:

\[ \frac{1}{2} \text{ cup bread-crumbs} \]
\[ \frac{1}{2} \text{ cup cheese} \]
\[ \text{Paprika} \]
Bake the macaroni in a quick oven 400° until it is well browned.
One cup of well-seasoned Cream Sauce I (page 379) may be substituted for the egg and milk mixture.

BAKED MACARONI with TOMATOES

Follow the above rule, substitute for the milk:

\[ \frac{1}{2} \text{ cup tomato juice} \]
\[ \frac{1}{2} \text{ cup cream} \]
Add:

\[ \frac{1}{2} \text{ teaspoon sugar} \]
1 tablespoon chopped parsley or
1 teaspoon dried basil or thyme (optional)

MACARONI with TOMATOES, CHICKEN LIVERS, MUSHROOMS, and CHEESE

About 2 quarts
Cook:

\[ \frac{1}{2} \text{ pound Macaroni (page 79)} \]

Rinse and drain it. Place it in a deep casserole. Sauté:

\[ \frac{1}{2} \text{ pound Mushrooms (page 293)} \]
Sauté or boil until tender:

\[ \frac{1}{2} \text{ cup chicken livers} * \]
Chop the mushrooms and the liver. Boil until fairly thick:

4 cups (No. 3 can) tomatoes
LUNCHEON AND SUPPER DISHES

MACARONI and SHRIMP DISH
10 Servings
Boil by the rule on page 79:
\[ \frac{1}{2} \text{ cups Macaroni} \]
Rinse and drain it. Sauté:
\[ \frac{1}{2} \text{ cup minced onion} \]
in:
\[ \frac{3}{4} \text{ tablespoons butter} \]
Stir in until blended:
\[ \frac{1}{2} \text{ tablespoons flour} \]
Stir in until smooth:
\[ \frac{1}{2} \text{ cups milk} \]
\[ \frac{1}{4} \text{ cup grated cheese} \]
\[ \frac{1}{2} \text{ teaspoon Worcestershire sauce} \]
\[ \frac{1}{2} \text{ teaspoon lemon juice} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{2} \text{ teaspoon paprika} \]
A few grains of cayenne
Have ready:
\[ 1 \frac{1}{2} \text{ to 2 cups cleaned shrimps} \]
Place layers of macaroni and shrimps in a baking-dish. Pour the sauce over it. Cover the top with:
Bread-crumbs
Grated cheese
Bake the dish in a moderate oven until it is lightly browned. You may add to the chicken:
\[ \frac{1}{2} \text{ cup almonds, blanched and shredded} \]

CANNED MACARONI in CREAM SAUCE with CHEESE
This is a fine product ready to be heated and served. You may add other ingredients to the macaroni, or you may serve it as it is. Heat the macaroni, make a mound of it, surround it with a buttered vegetable, and serve it with a meat or fish dish in place of potatoes. It is delicious au gratin.

MACARONI LOAF
5 Servings
This delectable dish is very attractive in appearance. It makes a fine ring.
Boil:
\[ 5 \text{ cups water} \]
\[ \frac{1}{2} \text{ teaspoons salt} \]
Add:
\[ \frac{1}{2} \text{ cup macaroni} \]
Boil them for 20 minutes. Drain them in a colander, pour over them:
\[ 2 \text{ cups cold water} \]

Cut the meat from the bones in shreds. There should be about 2 to 3 cupfuls.
Cook by the rule on page 79:
\[ \frac{1}{4} \text{ pound macaroni} \]
Add to this:
\[ \frac{1}{4} \text{ pound Sautéed Mushrooms (page 293)} \]
Make a sauce of:
\[ 3 \text{ tablespoons butter or chicken fat} \]
\[ 2 \text{ tablespoons flour} \]
\[ 2 \text{ cups chicken broth} \]
Seasoning
Remove from fire. Add:
\[ \frac{1}{2} \text{ cup heavy cream, heated} \]
\[ 2 \text{ tablespoons sherry} \]
Add \( \frac{1}{4} \) of the sauce to the chicken and \( \frac{3}{4} \) to the macaroni and mushrooms.
Place the macaroni in a greased baking-dish. Make a hole in the centre. Place the chicken in it. Sprinkle the top with:
Grated Parmesan cheese
Bake the dish in a moderate oven 375° until it is lightly browned. You may add to the chicken:
\[ \frac{1}{2} \text{ cup almonds, blanched and shredded} \]

MACARONI and CHICKEN CASSEROLE (CHICKEN TETRAZZINI)
8 to 10 Servings
Cook by the rule on page 357:
A stewed chicken

Strain them. Season them with:
\[ \frac{1}{4} \text{ tablespoon salt} \]
\[ \frac{1}{2} \text{ teaspoon brown sugar} \]
A few grains of cayenne
\[ \frac{1}{2} \text{ teaspoon dried basil (optional)} \]
Sauté:
\[ \frac{1}{2} \text{ onion, minced} \]
\[ \frac{1}{2} \text{ clove of garlic, minced (optional)} \]
in:
\[ 2 \text{ tablespoons butter} \]
Add these ingredients to the tomatoes. Add the mushrooms and liver. Pour these ingredients over the macaroni. Mix them well with two forks. Sprinkle the top with:
Grated cheese
Bake or grill the macaroni until the cheese is melted.
* Calf liver may be substituted.

MACARONI and SHRIMP DISH
10 Servings
Boil by the rule on page 79:
\[ \frac{1}{2} \text{ cups Macaroni} \]
Rinse and drain it. Sauté:
\[ \frac{1}{2} \text{ cup minced onion} \]
in:
\[ 3 \text{ tablespoons butter} \]
Stir in until blended:
\[ \frac{1}{2} \text{ tablespoons flour} \]
Stir in until smooth:
\[ \frac{1}{2} \text{ cups milk} \]
\[ \frac{1}{4} \text{ cup grated cheese} \]
\[ \frac{1}{2} \text{ teaspoon Worcestershire sauce} \]
\[ \frac{1}{2} \text{ teaspoon lemon juice} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{2} \text{ teaspoon paprika} \]
A few grains of cayenne
Have ready:
\[ 1 \frac{1}{2} \text{ to 2 cups cleaned shrimps} \]
Place layers of macaroni and shrimps in a baking-dish. Pour the sauce over it. Cover the top with:
Bread-crumbs
Grated cheese
Bake the dish in a moderate oven for about 45 minutes.
LUNCHEON AND SUPPER DISHES

Drain them. Place the macaroni in a bowl. Scald:

\[
\frac{1}{4} \text{ cup milk}
\]

Beat into it:

2 eggs

Melt and add:

2 tablespoons butter

Pour this over the macaroni. Add:

\[
\frac{1}{4} \text{ cup soft bread-crumbs (without crusts)}
\]

\[
\frac{1}{4} \text{ cup grated cheese}
\]

\[
\frac{1}{2} \text{ cup chopped green peppers}
\]

\[
\frac{1}{4} \text{ teaspoon salt}
\]

\[
\frac{1}{2} \text{ teaspoon paprika}
\]

A few grains of cayenne

Place these ingredients in a buttered baking-dish. Bake them for 1 hour in a moderate oven 350°. (If baked in a ring, set the baking-dish in a pan of hot water.)

Serve with:

Mushroom Sauce I (page 386) or Tomato Sauce (page 385)

NOODLES

Beat lightly:

3 whole eggs

Add:

1 tablespoon melted butter

Stir in gradually:

2\frac{1}{2} cups flour

This will make a very stiff dough. Roll it into paper-thin sheets. Spread them out on cloths to dry. Before the sheets are too dry to handle fold them over into a roll and cut them into very thin shreds. Toss them apart and permit them to dry thoroughly. Store them in a glass jar until ready for use.

See rules on page 79.

SPINACH NOODLES

Cooked vegetables, drained, then finely sieved, may be used to make noodle dough in the following manner.

Combine:

\[
\frac{1}{4} \text{ cup sieved spinach, or other vegetable drained}
\]

1 beaten egg

\[
\frac{1}{4} \text{ teaspoon salt}
\]

Stir in gradually, then knead until smooth:

2 cups flour

Place the dough in a covered dish for 10 minutes. Follow the preceding rule for making Noodles.

BOILED NOODLES

5 Servings

Drop:

2 cups noodles

into:

Boiling salted water* (\frac{1}{3} teaspoon

to the quart)

Boil them for 20 minutes. Rinse them with cold water. Drain them well. Moisten them generously with:

Chicken Stock or Stock Substitute (page 38), optional

Melted butter or cream

Serve them with:

Grated cheese (optional)

Or sauté:

\[
\frac{1}{4} \text{ cup bread-crumbs}
\]

in:

2 tablespoons butter

and pour them over the noodles.

A variation of this is to stir until brown:

\[
\frac{1}{4} \text{ cup blanched chopped almonds}
\]

in:

1 tablespoon butter

Add and melt:

3 tablespoons butter

Add:

3 teaspoons poppy seeds

Stir these ingredients into the noodles. Boiled noodles may be arranged in a ring on a plate and the centre filled with a creamed meat or vegetable. This is a good simple way of serving hash.

* Noodles may be cooked in chicken stock, consommé, etc. Drain, but do not rinse these.

NOODLES in CHICKEN BROTH with CHEESE

Cook the noodles as directed above. Serve them by the rule given for Italian Macaroni, Spaghetti, or Noodles on page 79.
FRIED NOODLES
To be served in the place of a starchy vegetable or as a garnish on vegetables or other dishes, notably Chinese mixtures. Boil in water for 3 minutes:

Thin noodles
Place them in a colander and rinse them with cold water. Drain them thoroughly. Fry them in deep fat 385-395° (page 481) until they are a delicate brown. Fry only a small amount at a time. Drain them on absorbent paper. Sprinkle them lightly with:
Salt
Keep them hot or reheat them in a moderate oven 400°.

BAKED NOODLE RING
4 Servings
Cook:
1½ cups Noodles (page 79)
Rinse and drain them. Beat:
2 egg yolks
1 cup milk
2 tablespoon melted butter
1 teaspoon salt
1 teaspoon paprika
½ teaspoon nutmeg (optional)
Combine this mixture with the noodles.
Beat until stiff:
2 egg whites
Fold them lightly into the noodles. Butter a 9-inch ring mould or individual ring moulds. Fill them with the noodle mixture and bake them set in a pan of hot water in a moderate oven 350° until done (about 45 minutes for a large mould or 30 minutes for the small ones). Invert the contents of the moulds on hot plates and fill the centres with:
Creamed spinach, peas, mushrooms, hash, stewed tomatoes, etc.

NOODLE RING with CHEESE
A great favourite.
Follow the preceding rule for Baked Noodle Ring.
Use in all:
½ cup milk
Add to the noodle mixture before folding in the egg whites:
½ teaspoons Worcestershire sauce
½ tablespoon ketchup
½ cup grated cheese

NOODLE RING with WHIPPED CREAM
10 Servings
A famous eastern house makes a specialty of this dish and sells the recipe to those who are willing to pay the price. Use a 9-inch ring. For 5 servings take half the recipe and use a 7-inch ring. Cook:
2 cups fine Noodles (page 79)
Rinse and drain them. Beat and pour over the noodles:
4 egg yolks
1 teaspoon paprika
½ cup melted butter
Whip until stiff:
4 egg whites
1 teaspoon salt
Beat:
1 cup heavy cream, sweet or sour
Fold the egg whites and the cream lightly into the noodle mixture. Fill a well-greased ring. Place it in a pan of hot water. Bake it in a moderate oven 350° until it is firm (for about 1 hour or more).
Invert the ring and fill it with:
Green peas or creamed food, sweetbreads, etc.

HAM NOODLES
8 Servings
The following rule is capable of a wide interpretation and its proportions may be varied.
Cook:
1½ cups Noodles (page 79)
Grease a baking-dish. Place in it layers of noodles sprinkled with:
½ cup minced ham
½ cup grated cheese (optional)
½ cup shredded green pepper and celery (optional)
Combine:
1½ cups milk
1 or 2 eggs
1 teaspoon paprika
to ½ teaspoon salt (omit if the ham is very salty)
Pour this over the noodles. The top may be covered with:

**Bread-crumbs**

Bake the dish for 1 hour in a moderate oven 350°.

**LEFT-OVER NOODLE DISH**

Follow the above rule. Substitute for the ham:

Diced cooked roast chicken, crab, shrimps, mushrooms and other vegetables

Part gravy may be substituted for milk.

**NOODLE and APPLE DISH**

4 Servings

A good variation of the starchy dish accompanying a main course.

Prepare:

3 cups Cooked Noodles (page 79)

Drain them. While hot add to the noodles:

3 tablespoons butter
3 tablespoons grated cheese

Pare, core, and cut into thin slices:

3 large or 4 small apples

Stir in the apples and:

1/2 teaspoon salt
1/2 teaspoon mace
3/4 tablespoons brown sugar *

Place the noodle mixture in a casserole (or the pot in which it was boiled). Bake covered in a moderate oven 350° for 40 minutes, uncover and bake 15 minutes longer.

* Use sugar when this dish is to accompany pork; omit it when serving it with beef.

**RAVIOLI**

Sift on to a board:

1 1/2 cups flour
1/2 teaspoon salt

Drop into the centre:

1 whole egg
2 egg yolks

Moisten these ingredients lightly with warm water and knead into a stiff, smooth dough. Cover it with a cloth and permit it to stand for 10 minutes. Roll the dough until it is very thin. Cut it into two sheets. On one sheet put a teaspoonful of ravioli mixture in little mounds 2 inches apart. Cover them with the second sheet which may be brushed lightly with water. Press the top sheet gently around the ravioli mounds. Press the edges. Cut the dough into squares with a mound in each centre. Use a pastry-cutter. Dry the ravioli for about 2 hours. Drop them into boiling, salted water (or into chicken broth). Simmer them for 10 minutes. Remove them from the liquid with a fish or egg slice on to a hot platter. Sprinkle them with:

Grated Parmesan cheese

Serve with sauce or roast gravy.

**Ravioli Filling**

This is usually a spinach and meat mixture very finely chopped or put through a sieve. Grated cheese and light seasoning may be added. Sometimes the filling is thickened slightly with bread-crumbs or egg. There may be much leeway in the composition of the filling and you may use any combination of meat and vegetables you like.

**Filling**

1/4 cup cooked sieved spinach
1/4 cup chopped cooked meat
1 egg
2 tablespoons biscuit crumbs
2 tablespoons grated cheese
1/2 clove garlic, minced (optional)

Stock, cream, or gravy to form a stiff paste

**Seasoning**

Or:

1/4 cup cooked, drained spinach
1/4 cup cooked minced chicken
2 tablespoons grated cheese
1/2 clove garlic, minced (optional)
Salt
Pepper

1/2 teaspoon dried basil or 1/2 teaspoon nutmeg

**Sauce**

Melt:

2 tablespoons butter

Stir in:

2 small tablespoons flour

Combine and stir in:

4 tablespoons Italian Tomato Paste

1 1/2 cups water

Stir and cook the sauce until it bubbles. The Anchovy Sauce for Spaghetti (page 80) is fine for this.
LUNCHEON AND SUPPER DISHES

RICE DISHES AND CEREALS

For Pressure Cooking of Rice, see Appendix B (page xlv). See also Appendix D (page lxiii), Rice

BOILED RICE

6 to 8 Servings

(1 cup rice equals 3 or more cups of cooked rice.)

When rice is cooked by the first method in the following rule, its entire nutritive value is retained; when rice is cooked by the second method some of the nutritive value is lost, but many people prefer the drier, crisper grains.

Wash and drain:

1 cup rice

Boil:

2 quarts water (8 cups)

Add:

1 teaspoon salt

Stir the rice slowly into the water so as not to disturb the boiling. Cook it without stirring until it is tender (about 25 minutes).

First Method

Continue to cook the rice until the water is absorbed. Serve the rice with paprika and chopped parsley.

Second Method

Place the cooked rice in a strainer and pour 2 cups of cold or hot water over it, return it to the pan and place it uncovered over boiling water, or put it in the oven to reheat and dry the kernels. Stir the rice with a fork. Serve it with 2 or 3 tablespoons of melted butter poured over it.

STEAMED RICE I

6 to 8 Servings

Cook in the top of a double boiler over direct heat:

3 cups boiling water
1 teaspoon salt

Stir slowly into the boiling water:

1 cup rice, washed and drained

Cook it for 5 minutes. Place it over boiling water and cook it covered until it is tender (for about 45 minutes). Stir it frequently. Add:

2 tablespoons butter

Uncover it and cook it until it is dry.

STEAMED RICE II

This is frequently served in place of a starchy vegetable or as a main dish with tomato or some other sauce.

Prepare:

Steamed Rice I

Add to the rice when it is placed over boiling water:

3 tablespoons or more chopped celery (optional)

Serve it with:

1 tablespoon chopped parsley (optional)

RICE IN BROTH

Prepare by the rule on this page:

Steamed Rice I

Substitute for water:

Broth or part broth

Omit the salt until the rice is cooked. It may not be needed.

Milk Rice, page 648

WILD RICE

(1 cup of wild rice equals 3 cups of cooked rice.)

Cook wild rice by the rule on page 89 for:

Wild Rice Ring

It need not be baked.

Sautéed onions and Mushrooms (pages 279, 293) may be added to it shortly before it is served.

JAPANESE RICE

8 Servings

Place in a deep saucepan:

1 cup rice

Cover it with:

1½ inches of water

Soak it for 1 hour. Cover the pan, bring the rice to the boiling point, then let it simmer until the surface water is gone and bubbles come up from the bottom. This takes about ½ hour. Reduce the heat and continue to cook the rice covered for about 20 minutes longer or until it is done. Turn off the heat and let the rice stand for about 20 minutes. It is then ready to be served. You will find it dry and flaky.
LUNCHEON AND SUPPER DISHES

GREEN RICE

4 Servings
Beat:
1 egg
Add and mix well:
1 cup milk
1/4 cup finely chopped parsley
1 clove garlic, finely chopped
1 small onion, minced
2 cups cooked rice
1/2 cup grated cheese (strong)
Salt to taste

Place these ingredients in a baking-dish in which has been poured:
2 tablespoons olive oil

Bake it for 30 or 40 minutes in a moderate oven 325°.

CHEESE RICE I

6 to 8 Servings
The following is a good dish to serve with a cold supper.

Boil:
1 cup Rice (page 87)

When the water is nearly absorbed add:
1/4 cup or more grated cheese
1 teaspoon paprika
A few grains cayenne

Stir the rice over low heat until the cheese is melted.

Or, boil and then drain:
1 cup rice

Add the contents of:
1 (10 1/4 oz.) can condensed tomato or mushroom soup
1/4 cup grated cheese

Cover the top with:
Buttered bread-crumbs

Place the rice in a hot oven 400° until the crumbs are brown.

CHEESE RICE II

6 Servings

Boil:
1/4 cup Rice (page 87)

Rinse it and dry the kernels as directed.

Grease a baking-dish and place in it layers of rice sprinkled with:
1/4 cup or more grated cheese

Combine and beat:
1 cup milk
1 egg
1/2 teaspoon salt
1/2 teaspoon paprika
A few grains of cayenne

Pour this over the rice. Cover the top with:
1/4 cup bread-crumbs

Dot it with:
2 tablespoons butter

Bake the rice in a moderate oven 350° until it is crisp. You may add to the rice:
1/4 cup Sautéed Mushrooms (page 293)

ITALIAN RICE (RISOTTO)

4 Servings
This unusual way of preparing rice gives the dish a distinctive and piquant quality.

Melt:
2 tablespoons butter

Wash and drain:
1/4 cup rice

Sauté it in the butter for 1 minute. Heat to the boiling point:
2 cups Stock* or Stock Substitute (page 38)

Pour it over the rice. Add:
1/4 cup grated cheese
A few grains cayenne
1/4 teaspoon paprika
1/2 teaspoon saffron (optional)

Steam the rice in a double boiler for 1 hour. Stir it several times during the steaming. If required add:
Salt
* Minced garlic may be added to the stock.

CHEESE RICE RING

4 Servings

Boil:
1/4 cup Rice (page 87)

Drain and rinse it. Add:
1 beaten egg
2 tablespoons olive oil or melted butter
1/4 cup milk
1/4 cup grated cheese
1/2 tablespoon grated onion
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
3 tablespoons chopped parsley

Grease a mould. Fill it with the rice mixture. Bake it set in a pan of hot water in a moderate oven 350° for about 45 minutes.
LUNCHEON AND SUPPER DISHES

RICE RING with CREAMED CHICKEN, etc.

6 Servings
Boil:
1 cup Rice (page 87)
Rinse it. Season it with:
½ teaspoon nutmeg
Place it in a well-greased 7-inch ring mould. Melt and pour over it:
½ cup butter
You may add:
½ cup blanched, coarsely chopped almonds
Set the mould in a pan of hot water, Bake the rice in a moderate oven 350° for 20 minutes. Loosen the edges, invert the contents of the mould on to a platter. Fill the centre with:
Creamed Chicken (page 132)
Creamed Mushrooms (page 294) or with a creamed or buttered vegetable
Rice Timbales, page 208.

WILD RICE RING
Wash, drain, and place in a double boiler:
1 cup wild rice
Add:
1 teaspoon salt
½ clove garlic, sliced (optional)
Pour over it:
4 cups boiling water
Steam the rice until it is tender, about ½ of an hour. Stir it frequently.
Melt and add:
½ cup butter
½ teaspoon grated nutmeg
1 cup sautéed onions and mushrooms (optional)
Place it in a well-greased 7-inch ring mould. Set the mould in a pan of hot water and bake the rice in a moderate oven 350° for 20 minutes. Loosen the edges with a knife, invert the contents on to a platter and fill the centre with:
Creamed Mushrooms (page 294)
Sautéed Chicken Livers (page 128)
Sautéed Onions (page 279), etc.

* Wild rice previously soaked for 12 hours in water may be cooked directly over heat. It is fine cooked until nearly tender, with ½ (10½ oz.) can of chicken or beef broth added, then cooked until tender. Add the butter and ½ cup sherry.

BROWNED WILD RICE with MUSHROOMS

4 Servings
Cook by the preceding rule:
1½ cups wild rice
Scald, combine, and stir into it:
½ cup heavy cream
½ teaspoon paprika
½ teaspoon freshly grated nutmeg
Salt as needed
Cook and stir the rice over low heat until the cream is absorbed. Melt in a frying-pan:
2 tablespoons butter
Press down the rice into the pan. Cook it over low heat until it is browned. Fold it like an omelet. Before folding you may cover it with:
1 cup Creamed Mushrooms (page 294)
Or you may serve the rice with creamed mushrooms.

RICE with CHICKEN BROTH and EGGS

Boil in the top of a double boiler:
3 cups chicken stock
Stir in slowly:
1 cup rice
1 teaspoon salt
Cook the rice closely covered over hot water until it is tender—for about ½ hour.
Beat:
3 eggs
½ cup melted butter
½ teaspoon freshly grated nutmeg
Stir this mixture into the rice. Serve it at once with:
Chopped parsley

RICE LOAF
10 Servings
Boil:
1 cup Rice (page 87)
Rinse the rice and drain it. Line a
buttered mould with it. Reserve ½ cupful for the top.

Cook:
1 cup Cream Sauce I (page 379)

Stir in and thicken over very low heat:
1 egg yolk

Add:
1 cup salmon (cooked fish or meat), diced
½ cup bread-crumbs
1 tablespoon chopped parsley
1 tablespoon chopped onion
1 cup chopped celery
1 teaspoon lemon juice or 1 teaspoon Worcestershire sauce
Salt
Paprika
Nutmeg

Fill the mould and place the reserved rice over the top. Cover this with a piece of buttered paper. Set the mould in a pan of hot water and bake or steam it until it is set (for about 30 minutes). Invert the loaf on to a platter. Garnish it with:

Sprigs of parsley

Serve it with:
Tomato Sauce (page 385) or Mushroom Sauce (page 386), etc.

PILAF

6 Servings

A rice dish combined with shrimps or chicken livers, etc. It can be used in many variations.

Boil:
½ cup Rice (page 87)

Drain and rinse it. Brown:
3 tablespoons chopped onion

in:
1 tablespoon butter

Add it to the rice. Boil until thick:
2 cups tomatoes
½ bay leaf
3 sticks of celery with leaves
1 teaspoon salt
1 teaspoon paprika
1 teaspoon brown sugar

Strain these ingredients. Add and stir over a low fire until melted:
½ cup grated cheese * (optional)

Add:
1 cup shrimps, lobster, crab, or sautéed or boiled chicken livers

Combine these ingredients with the rice.
Season them with:
Salt if needed
Paprika

* The cheese may be omitted at this time. The rice may be placed in a greased baking-dish, the top may be sprinkled with the cheese and bread-crumbs and it may be browned under a grill or in a moderate oven 375°.

RICE with MUSHROOMS and ALMOND SAUCE

4 Servings

Boil:
½ cup Rice (page 87)

Sauté:
½ pound Mushrooms (page 293)

Prepare:
1 cup Brown Sauce (page 385)

Add the mushrooms and:
½ cup blanched, toasted almonds

Serve the sauce over the rice.

TOMATO RICE with CHEESE and MUSHROOMS

4 Servings

Boil:
½ cup Rice (page 87)

Place it on a colander and rinse it with:
3 cups cold water

Sauté:
½ cup or more Mushrooms (page 293)

Combine the rice and the mushrooms.

Add:
1 cup tomatoes, skinned and chopped, or canned tomatoes
1 teaspoon brown sugar
1 teaspoon salt
1 teaspoon paprika
2 tablespoons chopped onion
2 tablespoons chopped green pepper
½ to 1 cup cheese diced (optional)

Place the ingredients in a buttered baking-dish. Cover them with:
½ cup dry bread-crumbs

Dot them with:
1 tablespoon butter

Bake the rice in a moderate oven 350° for about 40 minutes.
LUNCHEON AND SUPPER DISHES

RICE 'TADEL' or TABLE

8 Servings

A Javanese dish served with many variations, but adaptable to our own favourite foods. As this is a very filling dish—nearly a meal in itself—it is ideal for suppers or luncheons, followed by salad or fruit. It may be made as elaborate or as simple as you wish. I shall give it in its original form with suggestions as to its modification.

Grate:

A fresh coco-nut* (or use about 2 cups canned or desiccated coco-nut)

Scald:

4 cups milk

Add the coco-nut. Permit these ingredients to stand for 2 hours in a cool place.

Melt:

1 tablespoon butter

Sauté in it until light brown:

\( \frac{1}{4} \) cup finely chopped onion

Add:

2 inches of ginger root, chopped
1 clove garlic, chopped
1½ tablespoons curry powder
1 cup coco-nut milk or Chicken Stock (page 36)

Add the milk and grated coco-nut. Combine 3 tablespoonfuls of the liquid with:

1 tablespoon flour
1 tablespoon cornflour

Heat the remaining liquid and stir the starch paste into it. Cook and stir the sauce until it boils and thickens. Season it as desired with:

Salt
Paprika

Strain the sauce. Combine \( \frac{1}{2} \) this sauce with about:

3 cups cooked, diced chicken, shrimps, fish, veal, sweetbreads, mushrooms, etc., either alone or in combination

Boil:

2 cups Rice (page 87)

Rinse and drain it. Have it rather dry and flaky.

The ceremony of serving this dish is part of its charm. In Java one refers to it by the separate dishes, as a 'One boy curry' or a 'Twenty-two boy curry', each boy representing one dish. Pass the rice first. Spread it generously over your plate forming a base or table. Pass the food in the sauce next.

Follow this with:

Shoestring potatoes **
Shoestring onions
Sieved hard-boiled eggs
Grated peanuts
Grated coco-nut if there is none in the sauce

Relish
Chutney or preserved ginger, etc.

and the remaining sauce.

In the Orient a servant passes each ingredient separately. In America the last four or five may be served from a large condiment dish. Servings from these various dishes are placed upon the rice tafel. Cut through the layers and proceed to feast.

* If you object to coco-nut, if you do not like the flavour of curry, do not discard this dish. Instead carry out the idea of the Rice Tafel by substituting creamed chicken, or some dish you do like, followed by vegetables and condiments served in some attractive way.

** Literally shoestring, French fried potatoes and onions (pages 251, 260) as crisp and as finely cut as Chinese noodles.

JAMBOLAYA

8 Servings

A rice and vegetable dish of unusual quality—ideal for a picnic supper.

Steam:

\( \frac{1}{3} \) cup Rice (page 87)

Sauté lightly in butter:

\( \frac{1}{4} \) to 1 pound of mushrooms *

Seed and chop:

2 medium-sized green peppers

Skin and chop:

1 medium-sized onion

String and chop:

2 to 3 large sticks of celery

Chop:

2 canned pimentos
1½ cup canned tomatoes

Season these ingredients with:

\( \frac{1}{2} \) teaspoon salt
A few grains of cayenne
\( \frac{1}{4} \) teaspoon paprika
Add:

\( \frac{1}{2} \) pound melted butter

These proportions may be varied. Combine the rice and the other ingredients. Place them in a greased baking-dish. Cover the dish. Bake them in a slow oven \( 300^\circ \) for about 1 hour.

* The sautéed mushroom caps and the pimentos may be used to garnish the top of the dish. They are highly decorative with a bunch of parsley in the centre.

**JAMBOLAYA with MEAT or FISH**

8 Servings

Sauté lightly in a saucepan:

2 slices bacon diced

Add and sauté until it begins to colour:

\( \frac{1}{2} \) cup chopped onion

Stir in until slightly browned:

1 tablespoon flour

Add:

1 cup tomato pulp
\( \frac{1}{2} \) cup water
\( \frac{1}{2} \) teaspoon paprika
\( \frac{1}{2} \) teaspoon salt

Bring these ingredients to the boiling point. Stir in:

3 cups cooked Rice (page 87)
2 cups coarsely diced cooked ham, chicken, sausage, tongue, or shrimps *

Season these ingredients with:

Worcestershire sauce (optional)
\( \frac{1}{4} \) teaspoon thyme
Salt if needed

Stir the jambolaya over very low heat for 10 minutes, or cook it over boiling water for \( \frac{1}{2} \) hour. Serve it sprinkled with:

Chopped parsley

* Do not feel bound by these particular foods—use what you like, alone or in combination, or any cooked food you happen to have on hand.

**CHICKEN JAMBOLAYA**

10 Servings

Cut into pieces:

A young chicken
\( \frac{1}{2} \) pound raw ham

SUPPER DISHES

Sauté these ingredients for 5 minutes in:

\( \frac{1}{2} \) cup hot lard *

Remove the meat from the pan. Sauté in the lard for 3 minutes:

\( \frac{1}{4} \) cup minced onion
\( \frac{1}{2} \) cup skinned, minced tomato

Stir in:

1 green pepper, diced
\( \frac{1}{2} \) cup diced celery
1 cup uncooked rice

When the rice is well coated with lard, stir in the sautéed chicken and ham. Cover these ingredients well with:

Boiling water

Add:

1 bay leaf
\( \frac{1}{4} \) teaspoon thyme
\( \frac{1}{4} \) cup chopped parsley
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{4} \) teaspoon pepper

Simmer these ingredients until the chicken is tender and the rice is done. Season if needed with additional:

Salt
Pepper

Dry out the jambolaya by placing it for 5 minutes or more in a moderate oven \( 350^\circ \).

* This old Creole recipe calls for lard; butter may be substituted.

**SPANISH RICE**

4 Servings

Sauté until brown:

3 slices bacon, minced

Remove the bacon. Wash, drain, add, and cook in the bacon fat until brown:

\( \frac{1}{2} \) cup rice

Add and cook until brown:

\( \frac{1}{4} \) cup thinly sliced onions

Add the bacon and:

\( \frac{1}{2} \) cups canned tomatoes
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{2} \) teaspoon paprika
1 clove garlic (optional)
1 green pepper, seeded and minced

Steam the rice in a double boiler for 1 hour. Stir it frequently. Add water or additional tomato if the rice becomes too dry. It may be served with:

Cheese Sauce (page 188 or page 382)
LUNCHEON AND SUPPER DISHES

CURRIED RICE
4 Servings
An unusual and delicious rice dish. Its popularity is undoubtedly due to the restraint with which the spice is used.
Wash and drain:
½ cup rice
Pour over it:
2 cups hot water
Place the rice where it will remain hot, but will not cook, for 45 minutes.
Add:
½ cup tomatoes
½ teaspoon curry powder
⅛ cup finely sliced onion
⅛ cup sliced green peppers
2 tablespoons melted butter
Combine the ingredients in a baking-dish in a moderate oven 350° for 1½ hours or until done. Stir them from time to time. At first there will be a great preponderance of liquid, but gradually the rice will absorb it. Remove the dish from the oven while the rice is still moist.

RICE RAMEKINS
Combine:
Cooked rice
An equal amount of crab, shrimps, or cooked fish
Measure these ingredients and add ½ as much:
Cream Sauce I (page 379)
Season the sauce with:
Salt
Paprika
Worcestershire sauce or sherry
Prepared mustard
Fill buttered ramekins or a baking-dish.
Cover the tops with:
Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Grated cheese
Heat the rice in a quick oven 400° until the crumbs are brown.

BACON and RICE CUSTARD
4 Servings
Cook until partly done:
8 slices of bacon
Use 4 muffin-tins. Line each one with 2 slices of bacon. Fill them with the following mixture.
Combine:
2 cups cooked rice
1 beaten egg
2 tablespoons cream
1 tablespoon melted butter
1 tablespoon grated onion
1 tablespoon chopped parsley
½ teaspoon salt
½ teaspoon paprika
Bake the custard in a moderate oven 325° until firm, for about ½ hour.
Serve with:
Tomato or other sauce

RICE and HAM RING
6 Servings
Combine:
2 cups cooked Rice (page 87)
1 cup cooked ham, diced
Combine and beat:
1 egg
½ cup condensed mushroom soup
½ cup milk
½ teaspoon salt
½ teaspoon dried basil (optional)
Grease a 9-inch ring mould. Place in it layers of rice and ham. Pour the liquid ingredients over them. Sprinkle the top with:
1 cup crushed potato chips or bread-crumbs
Bake the ring in 1-inch of hot water in a moderate oven 375° for about ½ hour. Invert it on to a platter.
Fill the centre with:
A cooked vegetable (carrots and peas, string beans, etc.)

ROMBAUER RICE DISH
6 Servings
Freely varied each time it is made, but in such demand that I shall try to write a general rule for it.
Rinse and boil by the rule on page 87:
½ cup rice
Reserve the rice water. Prepare by the rule on page 319:
Veal stew (1½ pounds meat)
Pare, slice, and add for the last ½ hour of cooking:
½ parsnip
2 carrots
2 onions
LUNCHEON AND SUPPER DISHES

Add:
6 sticks of celery, sliced
3 sprigs of parsley

Drain the stew. To make the gravy see the rule on page 378. There should be about 3 cupsfuls of stock. If there is not enough add chicken bouillon, a bouillon or vegetable cube and water, rice water, or sweet or sour cream to make up the difference. If there is not enough fat add butter. The better the gravy the better the dish. Combine the rice, meat, vegetables, and gravy and reheat them. Garnish the dish with:

Parsley
You may add a dash of curry powder and some herbs, thyme, basil, etc. (page 78). You may use left-over meat, gravy, and vegetables. You may serve the stew in a baking-dish au gratin or in individual bakers.

A de luxe dish is this recipe made with rice, chicken, sauce (with cream and chicken gravy), blanched slivered almonds. An everyday dish is this recipe made with corned beef and some canned soup to substitute for gravy.

KEDGEREE of LOBSTER or OTHER FISH

Combine:
2 cups cooked Rice (page 87)
1 pound boiled fresh or canned lobster
4 hard-boiled eggs, minced
4 tablespoons butter
\( \frac{1}{2} \) cup cream
Salt
Paprika

Heat these ingredients in a double boiler.

BAKED PINEAPPLE and RICE

6 Servings
This good dish may be served with baked ham or fried chicken, or as a dessert with cream.
Cook by the rule on page 87:
1 cup Rice

Rinse and drain it. Drain, then cut into pieces the contents of:
1 No. 2 \( \frac{1}{2} \) can pineapple

Place in a buttered baking-dish \( \frac{1}{2} \) of the rice. Cover with \( \frac{1}{2} \) of the pineapple. Repeat the layer of rice and pineapple. Place the last third of the rice on top. Dot each layer with:

\( \frac{1}{2} \) tablespoons butter
\( \frac{1}{2} \) cup brown sugar

(Use in all \( \frac{2}{3} \) tablespoons butter and \( \frac{1}{3} \) cup sugar.) Pour over all:
\( \frac{3}{4} \) cup pineapple juice

Bake the rice covered in a moderate oven 350° for 1 hour. Uncover it and bake it for \( \frac{3}{4} \) hours longer.

RULES AND CHART FOR COOKING CEREALS

In the top of a double boiler, over direct heat, bring the correct amount of water,* with the salt added, to a rapid boil. Sprinkle the dry cereal slowly into the rapidly boiling water, stirring constantly. Cook it for five to ten minutes, then complete the cooking in the double boiler over boiling water (or in a fireless cooker). It is well to stir coarse cereals from time to time. Fine granular cereals may be mixed with a little cold water before being added to the boiling water.

* Cereals may be cooked in part water and part milk. Start them in water, add the scalded milk when the cereal is placed over the double boiler.

<table>
<thead>
<tr>
<th>Type of Cereal</th>
<th>Amount</th>
<th>Water</th>
<th>Salt</th>
<th>Cooking Method</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coarse:</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1 cup</td>
<td>4 cups</td>
<td>t</td>
<td>Steam in double boiler or fireless cooker</td>
<td>3 hours or overnight in fireless cooker</td>
</tr>
<tr>
<td>Rolled:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hominy</td>
<td>1 cup</td>
<td>3 cups</td>
<td>t</td>
<td>Double boiler</td>
<td>1 hour</td>
</tr>
<tr>
<td>Oats</td>
<td>1 cup</td>
<td>3 cups</td>
<td>t</td>
<td>Double boiler</td>
<td>1 hour</td>
</tr>
</tbody>
</table>
LUNCH ON AND

CHEESE, MEAT, or VEGETABLES in CEREALS
Grated cheese may be stirred into cooked, hot cereals. So may cooked chopped meat, ham, and vegetables.

FRUITS in CEREALS
Shortly before cereal is done you may add: raisins, chopped dates, or figs, stewed apricots, prunes, etc.

CEREAL CAKES (OATMEAL, HOMINY and other CEREALS, SAUTÉED)
Roll cooked cereal into small balls, then flatten them. Or, pack a cooked, lukewarm cereal firmly into a small loaf-pan or a tin can rinsed in cold water. Cover the mush. Chill it well, cut it into slices. Spread the balls or slices with melted butter or dripping. They may be dipped in seasoned egg diluted with 1 tablespoonful of water and then in crumbs, flour, or corn meal. Sauté them until well browned in butter or bacon fat. Do this slowly if you like them crisp. Serve the cakes with syrup and sausages.

POLENTA (CORN MEAL MUSH or SEMOLINA with CHEESE)
This Italian dish resembles American corn meal mush. It is one of the principal articles of food among the poorer classes of Italians, who frequently buy it fried from street vendors. It lends itself to endless variations. Cheese is sometimes cooked with polenta—sometimes it is served sprinkled over it. Tomato sauce, meat gravy, or a combination of both are other favourite accompaniments. Polenta is served as mush or fried mush in the place of a potato dish at dinner or as a main dish with a salad for a lighter meal.
Combine and stir well:
2 cups white corn meal, or semolina
2 cups cold water
1 tablespoons salt
Place in the upper part of a double boiler over hot water:
4 cups boiling water
Stir the corn meal or semolina mixture in slowly. Cover the boiler. Cook the corn meal or semolina from 1 to 3 hours. Add to it for the last 15 minutes of cooking:
1 cup grated cheese (optional)
1 teaspoon paprika
A few grains of red pepper
Or serve it sprinkled generously with:
Grated cheese (preferably Parmesan)
A few grains of red pepper

FRIED POLENTA (CORN MEAL MUSH or SEMOLINA with CHEESE)
After serving the preceding dish, pour the remaining mush into a shallow greased pan. Smooth it to the thickness of about 1 inch. Chill it thoroughly. Cut it into slices. Dip the slices in:
Flour
Heat until very hot:
1 teaspoon or more bacon fat or other fat
Add the slices. Sauté them slowly and long to make them crisp. Turn them frequently. Serve the mush with:
Syrup or molasses (treacle)

GNOCCHI (with Flour)
4 Servings
An Italian dish which is either served as a separate course or in place of potatoes. It is delicate and delicious.
Scald:
1 cup milk
Melt in a frying-pan:
2 tablespoons butter
Stir and blend in until smooth:
2 tablespoons flour
2 tablespoons cornflour
1 teaspoon salt
Stir in the scalded milk. Reduce the heat to a low flame and add:
1 egg yolk
1 cup grated cheese (optional)
Beat the batter until the egg has thickened and the cheese has melted. Pour it on to a shallow greased platter or pan. When it is cool, cut it into
LUNCHEON AND SUPPER DISHES

strips 2 inches long. Place the strips in a pan and pour over them:
Melted butter
Sprinkle them with:
Grated cheese (optional)
Bake them in a moderate oven 375° until the cheese is melted. The cheese may be omitted in the batter and later without detracting from the quality of the dish. In that case use an additional tablespoon of flour.
This is the original recipe given me in Italy. I prefer poaching the batter (after it has been cut into strips) in gently boiling water or stock for 1 or 2 minutes, draining them and serving them with melted butter. Cut into small shapes this batter is good served in soup. As it is cooked it need only be well heated.

GNOCCHI with POTATOES
6 Servings
Boil, then put through a sieve:
2 medium-sized potatoes
Heat to the boiling point:
\( \frac{1}{2} \) cup milk
5 tablespoons butter
Stir in until the dough forms a ball:
1 cup flour
Remove from fire. Beat in:
2 eggs
1 teaspoon salt
\( \frac{1}{4} \) teaspoon paprika
3 tablespoons grated cheese (optional)*
and the potatoes. Sprinkle the dough with flour. Roll it into sticks \( \frac{1}{2} \) inch thick. Cut it into 1-inch lengths. Drop the gnocchi into simmering salted water. Simmer uncovered for 10 minutes. Drain. Place them on a pan in a hot oven 400° for about 3 minutes. The baking is optional.
* Gnocchi may be served dressed with melted butter and grated cheese before being baked or after being poached, or served with:
Gravy (page 378) or Italian Tomato Sauce (page 80), etc.

OYSTERS AND SEA FOOD

There are various ways of preparing bulk oysters for cooking. The favourite method seems to be to place the oysters with their liquor in a saucepan and to stew them until their edges curl. The oysters must be closely watched, as a degree too much cooking makes them tough. I prefer either of the two following methods:

Drain the oysters, reserving the liquor, place them in a single layer in a large colander over boiling water, cover them and steam them until they are plump; or place the drained oysters in the bottom of a large saucepan, cover them, and put the pan in boiling water until the oysters are plump.

In the case of creamed oysters, or other dishes where drained oysters are to be put directly into boiling cream sauce, it is not necessary to cook them beforehand.

The oyster liquor may be used in making cream sauce or in some other way in preparing oyster dishes.

CREAMED OYSTERS I
4 Servings
Drain:
2 pint oysters
Reserve the liquor. Melt in a saucepan:
2 tablespoons butter
Add and stir until blended:
2 tablespoons flour
Stir in slowly:
1 cup oyster liquor (or oyster liquor and cream, milk, chicken, or beef stock)
Add:
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{4} \) teaspoon paprika
When the sauce is smooth and boiling add the drained oysters. Heat them to the boiling point, but do not allow
the sauce to boil. When the oysters are thoroughly heated, season them with:

1 teaspoon lemon juice or
1/2 teaspoon Worcestershire sauce or
1 teaspoon sherry

Serve them at once in:
Bread cases (page 96), patty shells, or on hot buttered toast
Sprinkle them generously with:
Chopped parsley

These oysters may be served au gratin by placing them in a greased baking-dish or in individual moulds, covering the top with bread-crumbs dotted with butter or sprinkled with cheese. Brown the crumbs under a grill.

CREAMED OYSTERS II

4 Servings
This oyster dish is richer by the addition of egg yolks than Creamed Oyster I. Follow the preceding rule for:

Creamed Oysters I
When the oysters are well heated, reduce the heat. Pour part of the sauce slowly, beating it constantly, over:
2 egg yolks

Return the mixture to the pot and permit the yolks to thicken slightly by cooking the sauce 1 minute longer. Stir constantly. Add the desired flavouring and the parsley as given in the preceding rule and serve the oysters on:
Hot toast or rusk

CREAMED OYSTERS III

4 Servings
This recipe differs from the two preceding ones by calling for chopped oysters. It lends itself well to filling small patties or cases.
Heat in their liquor until the edges begin to curl:
1 pint oysters

Drain them well, reserving the liquid, and chop them coarsely.
Melt in a saucepan:
2 tablespoons butter
Add and stir until blended:
2 tablespoons flour

Stir in slowly:
2 tablespoons cream and the oyster liquor (there should be 1/2 cup in all, add top milk if there is not enough liquor)

Season with:
1/2 teaspoon salt
1/2 teaspoon paprika

When the sauce is smooth and boiling, add the oysters. Heat them to the boiling point, but do not permit the sauce to boil. Reduce the heat. Beat part of the sauce into:
2 egg yolks

Return it to the pan. Permit the eggs to thicken slightly by cooking the sauce 1 minute longer. Stir constantly. Season the sauce with:

1 teaspoon lemon juice or 1/2 teaspoon Worcestershire sauce or
1 teaspoon sherry

Add:
2 tablespoons chopped parsley

Fill individual moulds or:
Bread shells (page 66)

Cover the tops with:
Bread-crumbs
Dot them with:
Butter
or sprinkle with:
Grated cheese

Place them under a grill until the tops are brown. To keep hot or to reheat, place the oysters in a pan over hot water.

FRIED or SAUTÉED OYSTERS

Drain:
12 large oysters

Pour 1 cup of cold water over them. Dry them between towels. Beat:
1 egg with
2 tablespoons water

Dip the oysters in the egg (inserting a fork in the tough muscle of the oyster), then in:

Seasoned bread-crumbs

In the egg again and again in the crumbs. Permit the oysters to stand for 1/2 hour. Fry them in deep fat (page 481) for 4 minutes or sauté them in butter.
OYSTERS SAUTÉED with CRAB

4 Servings
Chop:
\(\frac{1}{2}\) cup crab
Combine it with:
\(\frac{1}{2}\) cup soft bread-crumbs
Season the mixture with:
Salt
Paprika

Drain:
\(1\) pint oysters
Roll them in the crumbs and crab.
Prepare the following batter:
Sift:
\(\frac{1}{2}\) cup flour
\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) teaspoon baking powder
Combine and add:
\(\frac{1}{2}\) cup milk
\(\frac{1}{2}\) beaten egg
Beat these ingredients until they are blended. Dip the oysters in the batter. Sauté them until they are well browned in:
Butter

SCALLOPED OYSTERS

4 Servings
Drain:
\(1\) pint oysters
Combine:
6 tablespoons cream and the oyster liquor
Combine:
\(\frac{1}{2}\) cup dry bread-crumbs
\(\frac{1}{2}\) cup biscuit crumbs
Pour over them:
\(\frac{1}{2}\) cup melted butter
Plan to use two layers of oysters (no more) and three layers of crumbs. Grease a baking-dish and cover it with a layer of crumbs, then proceed to build up the four other alternate layers of oysters and crumbs. Season each layer of oysters with:
Salt
Paprika
and pour \(\frac{1}{2}\) of the combined oyster liquor and cream over it.

SUPPER DISHES

SCALLOPED OYSTERS with TOMATO JUICE

6 or 8 Servings
Melt:
4 tablespoons butter
Sauté in the butter until tender:
2 tablespoons chopped celery
1 tablespoon chopped onion
1 tablespoon chopped green pepper
Stir in until blended:
\(\frac{1}{2}\) cup flour
Add:
\(\frac{1}{2}\) teaspoon salt
A few grains of pepper
Stir in slowly and cook and stir until thick:
1 cup milk
Remove these ingredients from the heat. Stir in slowly:
1 cup tomato juice
\(\frac{1}{2}\) teaspoon sugar
Butter a casserole well. Have ready:
2\(\frac{1}{2}\) cups coarsely rolled biscuit crumbs
Line the casserole with some of the crumbs. Drain:
\(1\) pint (2 cups) oysters
Place \(\frac{1}{2}\) of them in the casserole. Cover them with \(1\) cupful of the crumbs. Add \(\frac{1}{2}\) of the tomato sauce. Add the rest of the oysters, \(1\) cupful of the crumbs, and the rest of the tomato sauce. Sprinkle the last of the crumbs on top and dot them with:
2 tablespoons butter
or sprinkle them with:
\(\frac{1}{4}\) cup grated cheese
Bake the oysters in a moderate oven 375° for about 40 minutes.

The oysters may be sprinkled with
\(\frac{1}{4}\) cup chopped celery or
\(\frac{1}{4}\) cup chopped green peppers
The top layer of crumbs should be dry.
Dot it with:
Butter * (optional)
Bake the oysters for 20 minutes in a hot oven 400°.
* You may sprinkle it with 1 cup grated cheese.
OYSTERS SCALLOPED in CANNED SOUP

6 Servings
Drain, reserving the liquor:
1 pint (2 cups) small oysters
Combine:
1 cup dry bread-crumbs
3 tablespoons melted butter
1/2 teaspoon salt
1 teaspoon minced parsley
Heat to the boiling point:
10 1/2 oz. condensed celery, mushroom, or asparagus soup
The oyster liquor or 4 tablespoons water
Add the oysters. Cook them until the edges begin to curl. Place 1/2 the buttered crumbs in a hot casserole, add the oysters and soup. Top with the remaining crumbs. Place the dish under a grill until the top is brown.

OYSTERS SCALLOPED in MACARONI

4 Servings
Grease a baking-dish. Place in it three layers of:
Macaroni in cheese sauce
and two layers of drained:
Oysters * (about 1 pint)
Combine:
2 cups cooked macaroni
and about:
1/2 cup Cheese Sauce I (page 382)
Cover the top with:
 Crushed cornflakes or bread-crumbs
Dot it with:
Butter
Bake the dish in a hot oven 400° for about 20 minutes.
* Other sea food may be substituted. Marinate it in lemon juice.

OYSTERS SCALLOPED in SPAGHETTI

Follow the preceding rule. Substitute for macaroni:
Spaghetti

SCALLOP of OYSTERS and FISH FLAKES

4 Servings
Drain:
1 to 1 1/2 cups oysters
Heat them until their edges begin to curl in:
2 tablespoons butter
Drain them (you may add the juice of the soup). Combine with:
7 1/2 oz. cooked fish flakes
and:
1 cup condensed celery, asparagus, or mushroom soup
The soup should have the consistency of cream sauce. Season it with:
1/2 teaspoon curry powder
Place in a 7-inch greased oven-proof baking-dish 5 alternate layers of creamed flakes and oysters. Begin and end with the fish; place the oysters in between. The top may be sprinkled with:
Bread-crums
Grated cheese
Bake the dish in a hot oven 400° until it is well heated—for about 10 minutes.

GRILLED OYSTERS

Drain:
Oysters
Place them in a buttered pan and pour over them a mixture of:
Melted butter
Worcestershire sauce
Salt
Pepper
Paprika
Place the pan under a grill until the oysters are plump. Serve them at once with:
Lemon slices and parsley
on:
Hot buttered toast

GRILLED BREADED OYSTERS

5 Servings
Drain:
1 pint oysters
Dry them between towels. Place in a small cup:
1/2 cup melted butter
Insert a fork in the tough muscle of
the oysters and dip them in the butter, then in:

**Seasoned bread or biscuit crumbs**

Place the oysters on a buttered metal sheet and grill them, turning them frequently until they are brown.

Serve them on:
- Buttered toast
- with:
  - Slices of lemon and
  - Sprigs of parsley
- or with:
  - Lemon Butter (page 391)

**BUTTERED OYSTERS**

**2 Servings**

This is recommended as an excellent dish, quickly prepared. With grapefruit halves, rusks, and a beverage it is an ideal emergency luncheon.

Drain:
- 1 pint oysters

Place them in a covered strainer over boiling water and steam them until they are thoroughly heated. Place in a heated serving bowl:
- 2 tablespoons butter

Pour the oysters into it. Season them with:
- Salt
- Paprika

Serve them at once.

**PANNED OYSTERS**

**2 Servings**

Combine:
- 1 cup flour
- 1 teaspoon salt
- \( \frac{1}{2} \) teaspoon pepper

Combine, then beat:
- 1 egg
- 1 tablespoon salad oil

Drain:
- 21 oysters

Roll them in the flour, in the egg mixture and then in:

**Bread-crumbs**

Bake the oysters in a shallow pan in a moderate oven \( 375^\circ \) until they are brown—for about 15 minutes. Serve them with:

- *Tartar Sauce I* (page 390)

**SUPPER DISHES**

**OYSTERS BAKED in the HALF SHELL**

This original recipe is the contribution of a Maryland man. He objects to the fact that 1, a landlubber, should have recipes for 'denuded' oysters only and suggests that this rule be given a trial. The trial has taken place and the verdict is 'superlative.' I shall give the rule as much as possible in his own words, but I must begin instead of end with his final warning: 'Do not overlook, unless you are extraordinarily nimble, that the sauce should be started well before the oysters go into the oven.' Have the fish merchant open, on the deep side:

**Oysters**

Take them home and with the juice slightly warmed in a double boiler make a sauce, adding to it:
- Lemon and onion juice
- Celery seed or salt
- Tarragon vinegar
- Mustard (heavy on this)
- Pepper
- Tabasco
- Not too much butter

Meanwhile, the oysters may start cooking* each in its own half shell with a little of its own juice to prevent its drying out, propped carefully on the open grid so as to be level. The heat must come from below (do not grill). The fire must be mild. When the colour of the oysters begins to darken remove from the fire and serve with the rest of the sauce drenching them.

* A \( 325^\circ \) oven is about right.

**OYSTERS ROCKEFELLER**

Allow 6 oysters on the half shell per person. The oysters are seasoned with various ingredients and baked in a hot oven \( 450^\circ \) to \( 500^\circ \) for about 10 minutes (or until plump). Then they are browned under a grill. A complicated version is:

1. Add to the oysters:
  - Butter creamed with onion juice and chopped parsley (reserve some of this)
  - Salt
  - A few grains of cayenne
  - Cooked, minced bacon
LUNCHEON AND SUPPER DISHES

Puréed spinach
Bread-crumbs and the remaining butter

II. A simple version is to add to each oyster:
1 teaspoon chopped parsley
A few drops of lemon juice and Worcestershire sauce
1 strip of crisp bacon

Or:
1 teaspoon well-seasoned cream sauce
1 tablespoon crab
1 teaspoon grated Parmesan cheese

PLANKED OYSTERS

Grease a plank or a flat oven-proof dish. Heat the plank or dish. Place in the centre:
Oysters
Season them with:
Salt
Pepper
Onion or lemon juice

Cover them with:
Thin strips of bacon
Surround them with thick slices of:
Raw tomatoes

Sprinkle the tomatoes lightly with:
Flour
Salt
Pepper
Brown sugar (optional)

Dot them with:
Butter

Bake the tomatoes and oysters in a moderate oven 350° for 20 minutes.

Have ready:
Hot Mashed Potatoes (page 243)

Force them through a pastry tube to form a border. Serve the dish at once.

BAKED OYSTERS and BACON

4 Servings
Rub an iron frying-pan with:
A clove of garlic

Melt in the frying-pan:
4 tablespoons butter

Stir and brown in the butter:
1 cup bread-crumbs

Season them with:
1 teaspoon salt
1 teaspoon paprika

Place on an oven-proof pie plate, or in shallow ramekins:
1 pint oysters, drained

Cover them closely with the crumbs and:
Strips of bacon cut into 1-inch pieces

Place the plate in a hot oven 425° until the bacon is crisp.

OYSTERS BAKED with CHEESE in KETCHUP SAUCE

4 Servings
Drain:
1 pint oysters

Prepare a sauce with:
1 cup ketchup
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 tablespoon soft butter
1 teaspoon paprika

Pour it into a flat oven-proof plate. Place the oysters on the plate. Dot them with:
Butter

Sprinkle them with:
Grated cheese

Bake them in a moderate oven 375° until they are well heated only and the cheese is melted.

OYSTERS BAKED in MUSHROOM SAUCE

3 Servings
Chop:
4 young onions or prepare 1 cup minced onions

Sauté the onions until they are light brown in:
2 tablespoons butter

Drain:
11/2 cups oysters
Moisten them with:
3 tablespoons sherry

Cook them slowly in the butter until they are plump. Sprinkle them with:
3 tablespoons chopped parsley
1 teaspoon salt
1 teaspoon paprika
Combine and boil:
\[ \frac{1}{2} \text{ cup Cream Sauce I (page 379)} \]
\[ \frac{1}{2} \text{ cup chopped Sautéed Mushrooms (page 259)} \]
Add the oysters. Place these ingredients in a greased baking-dish. Sprinkle the top with:
- Bread-crumbs
Dot it with:
- Butter
Bake the dish in a moderate oven 375° until it is well heated. Brown the top under a grill.

**BAKED OYSTERS on TOAST**

Prepare:
- Small rounds of toast *
Put them in a shallow pan and place on each one:
  - A large oyster
Sprinkle the oysters with:
- Salt
- Paprika
Bake them in a moderate oven 375° until they are plump. Cover each oyster with:
  - \( \frac{1}{4} \) teaspoon Lemon Butter
* A thin slice of boiled ham may be placed on the toast.

**Lemon Butter**
- 3 tablespoons butter
Season it with:
  - \( \frac{1}{4} \) teaspoon salt
  - A few grains of cayenne
Add slowly:
  - 1 tablespoon lemon juice
Chill the butter before using it.

**OYSTERS in SPINACH**

These may be served in individual dishes or in a baking-dish.
Half fill ramekins with:
- Creamed Spinach (page 259)
Place in each ramekin:
  - 1 large oyster
Sprinkle it with:
- Lemon juice, Worcestershire sauce or sherry
- Grated cheese
- Salt
- Paprika
Bake the oysters in a hot oven 425° until the cheese is melted.

**OYSTERS with WINE SAUCE and CHEESE**

4 Servings
Melt:
- 3 tablespoons butter
Stir in until blended:
  - 1 tablespoon flour
Stir in slowly:
  - \( \frac{1}{3} \) cup cream
  - \( \frac{1}{4} \) teaspoons anchovy paste or anchovy sauce
  - A few grains of cayenne
  - 1 teaspoon grated lemon rind
  - 2 tablespoons sherry
When the sauce is boiling pour it into a buttered 9-inch oven-proof plate.
Place in the sauce:
  - 1 pint oysters, drained
Sprinkle them with:
  - \( \frac{1}{3} \) cup bread-crumbs
  - \( \frac{1}{4} \) teaspoon salt
  - \( \frac{1}{4} \) teaspoon paprika
  - \( \frac{1}{2} \) cup grated Parmesan cheese
Bake the oysters in a quick oven 400° until they are plump (for about 5 minutes).

**CREAMED OYSTERS with CRAB and CHEESE**

4 Servings
Melt in the top of a double boiler over a low flame:
- 2 tablespoons butter
Add and stir until blended:
  - 1 teaspoon flour
Add and stir until melted:
  - 3 tablespoons grated cheese
Stir in slowly:
  - \( \frac{1}{3} \) cup cream
  - \( \frac{1}{2} \) cup tomato ketchup
Add:
  - \( \frac{1}{4} \) teaspoon salt
  - \( \frac{1}{4} \) teaspoon paprika
  - 1 teaspoon Worcestershire sauce
When the sauce has reached the boiling point, place it over boiling water.
Cook in their liquor until plump:
  - 1 cup oysters (\( \frac{1}{2} \) pint)
Drain them well. Add them to the hot sauce with:
  - \( \frac{1}{3} \) cup crab
When these ingredients are hot serve them at once on:
- Hot biscuits or toast
LUNCHEON AND SUPPER DISHES

CREAMED CANNED SHRIMPS and BAKED OYSTERS

3 Servings
Do not take this dish too literally. Change the proportions and ingredients to suit yourself. It is a grand basic dish with which to work. Clean, then sauté lightly:

1 cup shrimps*

in:
2 tablespoons butter
Add to the butter:
1 tablespoon chopped chives or onion
Prepare and add:
1/2 cup cream sauce**
Season it with:
1/2 teaspoon Worcestershire sauce or 1 tablespoon sherry (optional)
Pour these ingredients into a greased 8-inch oven-proof dish. Cover the top with:
1/2 pint oysters drained ***
Season them lightly with:
Salt
Paprika
Lemon juice
Sprinkle them with:
Grated cheese
Bake them in a moderate oven 375° for about 8 minutes, or heat them under a grill.
* Crab, etc., may be substituted.
** Condensed mushroom or celery soup thinned to the consistency of cream sauce will do.
*** The juice may be used in the sauce.

Oyster Rarebit, page 183; Oysters and Mushrooms Creamed, page 171; Oysters on Mushrooms, page 172; Oysters and Sweetbreads on Skewers, page 159; Oysters and Bacon on Skewers, page 159.

OYSTER LOAF

8 Servings
Prepare:
A loaf of bread
by cutting off the top and taking out the centre, leaving a shell 1/2 inch thick. Spread the outside of the shell lightly with:
Melted butter

Spread the inside with:
1 egg white* (optional, use a pastry brush)
Bake the shell in a moderate oven 350° until it is well toasted. Prepare:
Creamed Oyster I, II, or III (pages 96 and 97), doubling the quantity given
Fill the shell. Sprinkle the top with:
Chopped parsley
Serve the loaf at once.
* This will keep the loaf from becoming soggy.

OYSTER PIE

4 Servings
Prepare:
Pie Dough (page 498)
Use 1/4 the amount given. Strain:
2 cups (1 pint) oysters
There should be 1 1/2 cups liquor. If there is not, substitute to make the right amount:
Milk
Add to it:
2 tablespoons butter
3 tablespoons finely chopped celery
1 tablespoon finely chopped parsley
Bring it to the boiling point. Shell, then mash with a fork:
1 hard-boiled egg
Add to it:
2 tablespoons finely crushed dry bread-crumbs
Make a paste of these ingredients with a little of the liquor. Add them to the rest of the liquor. Stir and cook the sauce for 2 minutes. Season it with:
1/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon Worcestershire sauce or curry powder (optional)
Dry the oysters between towels. Place them in the bottom of a greased baking-dish. Pour the boiling sauce over them. Roll out the pie-crust. Prick it as directed. Cover the oysters with the crust. Press down the edges with a fork. Brush the top with:
Milk
Bake the pie in a moderate oven 375° for about 1/2 hour. Serve it hot.

Beefsteak and Oysters, page 308.
OYSTER CELERY

4 Servings
In regard to this rule I feel like the author of a well-known opera guide, who classified Von Flotow's *Martha* as a French opera. He stated that of course he knew it was German, but he thought it ought to be French. Of course, I know that this is a soup, but I prefer to classify it as a luncheon dish, for if I placed it among the soups it might be lost to fame and it deserves attention.

2 cups (1 pint) oysters
Reserve the liquor. Melt in a saucepan:

\[ \frac{1}{2} \text{ cups hot top milk and oyster liquor} \]

When the sauce is smooth and boiling add the drained oysters. When the oysters are plump, reduce the heat and add:

\[ \frac{1}{2} \text{ beaten egg} \]

Cook the oysters for 1 minute longer to permit the egg to thicken. Stir them gently. Serve them at once.

SCALLOPS, SAUTÉED or BAKED

These are usually fried in deep fat and served with Tartar Sauce I (page 390), but that is by no means their limitation. Scallops may be very quickly prepared. Try this way.

Dip:

Scallops

in:

Seasoned cream * or melted butter

Roll them in:

Crushed cornflakes or bread-crumbs (optional)

Permit them to dry for about 15 minutes (not necessary, but the flakes stick better if dry). They are then ready to be sautéed in a frying-pan (a very quick process calling for from 5 to 10 minutes' cooking), or they may be put for that same length of time in a moderate oven 373° or they may be grilled.

I like them well heated throughout, plus a minute or two in addition, but that's all.

* You may add a dash of sherry or Worcestershire sauce, etc., to the cream. Or, you may dip the scallops in a beaten egg diluted with one tablespoon of water and proceed as directed.

NOTE on GRILLING or SAUTÉING INSTEAD of FRYING FISH, OYSTERS, ETC.

If fish is to be grilled or sautéed, instead of fried in deep fat, add 1 tablespoonful of salad oil to the beaten egg usually used instead of 1 tablespoonful of water. This added fat will brown the fish as evenly as when fried in deep fat.

GRILLED SCALLOPS

Wash and drain:

Scallops

Dry them between towels. Dip them in:

Sifted, seasoned bread-crumbs then in:

1 egg diluted with
2 tablespoons water

and again in the crumbs. Arrange them on individual oven-proof plates or on a large platter. Pour over them liberally:

Melted butter

Place over each plate of scallops:

A slice of bacon

Grill the scallops under a grill for 5 or 10 minutes (until the bacon is crisp and the scallops are tender). Turn them so that they will brown evenly. Serve them on the plates on which they were grilled with:

Tartar Sauce (page 390) or Tomato Sauce (page 385)

FRIED SCALLOPS

Wash scallops quickly. Dry them between towels. Follow the rule for:

Fried Oysters (page 97)

Serve them with:

Tartar Sauce I (page 390)

See Scallop, Baked and Fried, page 238, and Scallop on Skewers, page 238.
CREAMED SCALLOPS or
OYSTERS and MUSHROOMS
6 Servings
Simmer until tender in boiling water:
2 cups scallops (1 pint)*
Drain them well. Sauté for 5 minutes:
1 pound Mushrooms *(page 293) in:
2 tablespoons butter
Melt in a saucepan:
2 tablespoons butter
Stir in until blended:
2 tablespoons flour
Stir in slowly:
1/4 cup milk or chicken broth
1/4 cup cream
When the sauce is smooth and boiling
stir in the scallops and the mushrooms.
Reduce the heat to a low flame. Add:
1 beaten egg
Cook and stir these ingredients until
the egg thickens (for about 2 minutes).
Season them with:
Salt
Paprika
* When oysters are substituted cook
them in their own juice until the
edges begin to curl. Drain them well.
Substitute the juice for part of the milk.

PANCAKES FILLED with
CREAMED SEA FOOD
Cook:
French Pancakes *(page 489)
Cook:
21/2 cups Cream Sauce I *(page 379)
Season it until it is pink with:
Paprika (optional)
Moisten with part of the sauce:
1 cup crab, shrimps, or lobster,
cooked or canned *
Season the crab with:
Sherry, Worcestershire sauce, or
curry powder
Add:
2 tablespoons chopped parsley
(optional)
Spread the pancakes with the mixture.
Roll them. Cover them with the
remaining sauce. Sprinkle them with:
Grated cheese
Brown them lightly under a grill.
* Cooked meat and vegetables may
be substituted.

FISH HASH
3 Servings
Flake:
1 cup cooked fish
Melt:
2 tablespoons butter
Heat in the butter:
1 cup cooked diced potatoes
Add:
1 hard-boiled egg, chopped
2 tablespoons finely chopped green
peppers
Combine:
1/2 cup milk
1 teaspoon prepared mustard or
1 teaspoon Worcestershire
sauce
1/2 teaspoon salt
1/2 teaspoon paprika
Add these ingredients to the potato and
egg mixture. Add the fish. Melt in a
saucepan:
1 tablespoon butter
Add the hash, cover the pan, and cook
the hash until it is browned on the
bottom. Fold it over and serve it very
hot.

BAKED RICE and FISH BALLS
(12 2-inch balls)
Flake:
2 cups cooked fish
Add to it:
2 cups boiled Rice *(page 87)
2 beaten eggs
Salt
Paprika
1 tablespoon lemon juice or 2 tea-
spoons Worcestershire sauce
2 tablespoons chopped parsley
(optional)
Form these ingredients into 2-inch
balls. Roll them in:
Cream
Crushed cornflakes
Place them in a well-greased pan. Bake
then in a moderate oven 350° for about
20 minutes. Serve them with:
Easy Hollandaise Sauce *(page 382)
or Tomato Sauce *(page 385)
QUICK CASSEROLE DISHES

The four following recipes are all variations on the same theme—a starch, fish of some kind and a sauce. Please do not feel bound to follow them too closely. The first—Rice, Tuna Fish, and Cheese Sauce—may become Rice, Tuna Fish, and Celery, or some other soup sauce, to which cheese may be added or not. The second—Tuna, Noodle, and Mushroom Soup Casserole—may resolve itself, thanks to expediency, into Shrimp, Noodle, and Tomato Soup Casserole, and so on. These dishes and many other combinations are good, but even the author of a cook book must have terminal facilities.

RICE, TUNA FISH, and CHEESE SAUCE

6 Servings

Boil, then rinse:

\[ \frac{3}{4} \text{ cup Rice (page 87)} \]

There should be about 2 cupsfuls of cooked rice. Drain the contents of:

1 (7 oz.) can tuna fish *

Break it into pieces with a fork. Melt in a saucepan:

2 tablespoons butter

Stir in until blended:

4 tablespoons flour

Stir in slowly:

2 cups milk

Add:

\[ \frac{1}{2} \text{ teaspoon salt (more if the rice is unsalted)} \]

\[ \frac{1}{2} \text{ teaspoon paprika} \]

A few grains of red pepper

Reduce the heat to a low flame. Stir in until melted:

2 cups grated Cheddar cheese

Place in a baking-dish alternate layers of rice, fish, and sauce. The top may be covered with:

Bread-crumbs
dotted with:

Butter

Place the dish in a hot oven 400° or under a grill until the crumbs are brown.

* The proportions of rice and fish in this excellent dish may be varied. Sautéed Mushrooms (page 293) are a delicious addition. Increase the amount of rice or decrease the amount of tuna, or make up any combination you like. Use about \( \frac{1}{2} \) as much cream sauce as you do of the other main ingredients combined. If preferred bake the ingredients in a ring, invert it, and serve it with the centre filled with Sautéed Mushrooms.

TUNA, NOODLE, and MUSHROOM SOUP CASSEROLE

4 Large Servings

An excellent emergency dish.

Cook until tender:

2 cups Noodles (page 84)

Drain them in a colander. Pour 3 cups of cold water over them. Drain them again. Drain the contents of:

1 (7 oz.) can tuna fish

Separate it with a fork into large flakes. Be careful not to mince it as that isn’t nearly as good. Grease an oven-proof dish. Arrange a layer of noodles, then sprinkle it with fish and so on. Have noodles on top. Combine and pour over this mixture the contents of:

1 (16 oz.) can condensed mushroom soup *

\( \frac{1}{4} \text{ cup water} \)

Cover the top with:

Buttered cornflakes or biscuit crumbs

Bake the dish in a hot oven 450° until the top is brown.

Or, if you are in a hurry combine the noodles with:

1 (10 1/2 oz.) can condensed mushroom soup
7 ounces grated tuna fish
1 teaspoon curry powder

Cover with crumbs and bake as directed.

* The soup may be seasoned with Worcestershire sauce, sherry, curry powder, etc.
QUICK TUNA * and POTATO SCALLOP

4 Large Servings
Slice:
About 2 cups boiled potatoes
Drain (reserve the oil) then flake the contents of:
1 (7 oz.) can tuna fish *
Cut:
1 tablespoon diced onion
Fill a greased oven-proof dish with alternate layers of these ingredients, and the contents of:
1 (10 oz.) can condensed celery soup diluted with:
6 tablespoons water or milk
Season the layers lightly with:
Salt
Pepper
Paprika
Pour over it the oil from the can. Bake it in a hot oven 425° for about 25 minutes.
* Salmon, shrimps, clams, etc., may be substituted.

CORN, CRAB, and ASPARAGUS SOUP CASSEROLE

4 Servings
Pick over:
1 (6 oz.) can of crab
Add, then place in a casserole:
1½ cups slightly diluted cream of asparagus soup
1 cup canned corn
A grating of fresh nutmeg or ¼ teaspoon dried herb (page 787)
¼ teaspoon salt
¼ teaspoon paprika
Cover the top with:
Bread-crumbs
Sprinkle it with:
Grated cheese
Bake it in a hot oven 425° until the top is brown.

SALMON and POTATO SOUP DISH

3 Servings
Drain the contents of:
1 (16 oz.) can salmon
Remove the skin and bones, break the fish into large flakes. Place it in a greased baking-dish. Combine and heat:
10½ ounces potato soup
1 cup rich milk or cream
1 teaspoon celery salt or seed
1 teaspoon paprika
1 tablespoon chopped parsley or chives
Pour this mixture over the salmon. Cover the top with:
1½ shredded wheat biscuits, crushed
Dot with:
1 tablespoon butter
Sprinkle with:
Grated cheese
Place the dish under a grill until the top is brown.

TUNA and POTATO CHIP LOAF

4 Servings
Pat lightly until broken:
3 ounces potato chips
Flake and add:
Contents of 1 (7 oz.) can tuna fish
Combine these ingredients lightly with:
½ cup condensed mushroom soup
½ cup water
Add if desired:
Chopped pimento or stuffed olives
Bake the loaf in a greased pan in a slow oven 325° for about 1 hour.

TUNA FISH BALLS

About 4 Servings
Combine and mix well:
7 ounces tuna fish, grated or flaked
1 cup mashed potatoes
4 or 6 olives, chopped
6 or 8 capers
¼ clove garlic, minced, or 1 teaspoon grated onion
1 tablespoon minced parsley
1 teaspoon dried basil (optional)
Salt
Paprika
1 teaspoon brandy or sherry
Shape the mixture into 1-inch balls Sauté them for 2 or 3 minutes in:
½ cup hot olive oil or butter
Drain the balls, roll them in:
½ cup ground nuts
TUNA FISH PATTIES with TOMATOES and CHEESE
Cooked hot hamburger or other patties may be substituted.
Shape into patties:
Grated tuna fish
Top each one with:
A thin slice of tomato
A thin slice of cheese
Use seasoning if you wish:
Salt
Paprika
Mustard
Worcestershire sauce, curry, or herbs, etc.
Grill the patties until the cheese is melted.

INDIVIDUAL TUNA * FISH PIES
6 Servings
Bake 6 Individual Pie Shells (page 498).
Combine:
7 ounces tuna fish, flaked
1 or 1 1/2 cups thick Cream Sauce II (page 380) or condensed cream soup slightly diluted with milk
Heat this mixture. Season it with a choice of:
1/2 teaspoon dried herbs (page 787)
1/2 teaspoon curry powder
1/2 teaspoon Worcestershire sauce
1 tablespoon sherry
Place the hot tuna mixture in the hot pie shells. Serve them garnished with:
Parsley
The pies may be topped with a:
Poached egg
sprinkled with:
Parmesan cheese, chives, or parsley
* Any other fish or sea food may be substituted.

SALMON POT PIE
8 Servings
A meal in one dish. The salmon mixture may be prepared in advance, so may the dough, and combined shortly before baking. A fine thing for the hurry-up housekeeper. Canned vegetables—peas and asparagus, etc.—and, of course, other fish—crab, shrimp, tuna, etc., may be substituted.

SUPPER DISHES
Drain the contents, reserving the oil of:
1 (16 oz.) can salmon
Prepare by the rule on page 453:
Scone dough
Prepare:
1 cup cooked celery
1 cup cooked peas
Drain the vegetables, reserve the liquid.
Melt:
4 tablespoons butter
Sauté in it for 2 minutes:
1 1/2 tablespoons minced onion
Stir in until smooth:
6 tablespoons flour
Stir in until boiling:
1/4 cup salmon oil and 1/4 vegetable water
1 1/4 cups milk
Add:
1 teaspoon salt
1/2 teaspoon paprika
1 tablespoon lemon juice or 1 teaspoon Worcestershire sauce
1 teaspoon or more chopped parsley or other herb
Break the salmon into large pieces. Fold the vegetables and the salmon into the cream sauce. Add, if needed, more salt and flavouring. Place the mixture in a large casserole. Roll the scone dough to the thickness of about 1/4 inch. Cut it into rounds. Top the salmon mixture with the rounds. Bake in a hot oven 425° until it is done, for about 12 minutes.

SALMON and TOMATO SCALLOP
4 Large Servings
Drain the contents of:
1 (16 oz.) can salmon
Combine them with:
3 cups soft bread-crumbs
2 tablespoons butter or salmon oil
1/4 cup chopped onion
beaten egg (optional)
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon paprika or pepper
1 teaspoon Worcestershire sauce or lemon juice (optional)
2 1/2 cups tomatoes
LUNCHEON AND SUPPER DISHES

Place these ingredients in a greased baking-dish. The top may be sprinkled with:

- Grated cheese

Bake the dish in a moderate oven 375° until the top is brown.

SALMON LOAF with SPAGHETTI

6 Servings

Heat and stir:
- 1 cup milk
- 2 cups fresh bread-crumbs

Remove from fire, beat in:
- 2 beaten egg yolks

Add:
- 1 cup cooked spaghetti broken in pieces
- 1/2 cup cream
- 2 cups salmon
- 4 tablespoons melted butter
- 1 teaspoon salt
- 1/4 teaspoon paprika

Cool these ingredients. Beat until stiff, then fold in:
- 2 egg whites

Bake the loaf in a buttered oven-proof dish set in a pan of hot water in a moderate oven, 350° for about 50 minutes.

Sauce for Salmon Loaf

Melt in a double boiler:
- 1/4 cup butter

Stir in:
- 2 tablespoons flour

Add gradually:
- 1/2 cup milk

Season with:
- 1 teaspoon salt
- 1/4 teaspoon pepper

Permit the sauce to thicken. Remove it from the fire. Stir in:
- 1/2 cup lemon juice
- 1 teaspoon grated lemon rind
- 2 egg yolks

SALMON LOAF with CHEESE SAUCE

6 Servings

Prepare:
- 1 cup Cream Sauce I (page 379)

Reduce the heat and stir in until melted:
- 1/4 pound cheese grated *

Season the sauce with:
- 1/2 teaspoon salt
- 1/2 teaspoon paprika

A few grains cayenne

Prepare:
- 1 1/2 cups Mashed Potatoes (page 245)

Grease a baking-dish and spread the mashed potatoes in it. Cover them with 1/2 the sauce. Next place in the dish a layer of drained, skinned, and boned:
- 1 (16 oz.) can salmon

Cover it with the remaining sauce. Bake the dish in a moderate oven 350° for 30 minutes. Serve it with:

Tomato Sauce (page 385)

* The cheese may be omitted and a well-seasoned Cream Sauce I with Herbs (pages 379, 787) may be used.

QUICK FISH LOAF

4 Servings

Drain, then flake:
- 1 pound (2 cups) cooked or canned fish

Combine and beat:
- 1 egg
- 1/4 cup undiluted evaporated milk or rich cream
- 1/4 cup soft bread-crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 2 teaspoons lemon juice or 1 teaspoon Worcestershire sauce
- 1 tablespoon melted butter
- 3 tablespoons minced parsley
- 2 tablespoons chopped celery, onion, or green pepper

Add the fish. Place these ingredients in a greased baking-dish. Bake them in a hot oven 400° for 30 minutes. This loaf may be served hot with:

Cream, Tomato, or Cheese Sauce I or II (pages 379, 385, 382)
or cold with:

Mayonnaise

STEAMED FISH PUDDING or TIMBALE

6 Servings

This is a delicious way of preparing
left-over fish. For three people reduce the amount by \( \frac{1}{2} \) and boil the pudding in a large baking powder can.

Combine:
- 2 cups flaked or minced fish or 1 pound canned salmon, drained
- \( \frac{1}{2} \) cup melted butter or 4 tablespoons cream
- \( \frac{1}{2} \) cup bread-crumbs
- 3 egg yolks
- 2 teaspoons lemon juice or 1 teaspoon Worcestershire sauce
- Salt
- Paprika

Beat until stiff and fold in:
- 3 egg whites

Place these ingredients in a mould and steam them for 1 hour (page 666).

Serve the pudding with:
- Cream Sauce I (page 379)

Seasoned with:
- Worcestershire sauce

or with:
- Mustard Sauce II (page 390) or Tomato Sauce (page 385) or Shrimp Sauce for Fish (page 392)

Crab or Lobster with Piquante Sauce, page 112; Halibut Soufflé, page 214; Fish or Meat Soufflé, page 213; Fish and Nut Timbales, page 208.

**BAKED FISH RING (MOUSSE)**

6 Servings

This is a soufflé to which whipped cream is added, so it becomes somewhat of a luxury dish—a fish mousse. Mince or put through a ricer:
- 1 pound (2 cups) uncooked fish*

Heat over a low fire:
- \( \frac{1}{2} \) tablespoons butter

Stir in until blended:
- 1 tablespoon flour

Stir:
- \( \frac{1}{2} \) cup milk

Beat and stir in:
- 2 egg yolks

Season these ingredients with:
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{2} \) teaspoon paprika

Stir the yolks for 1 or 2 minutes. Permit them to thicken slightly. Add the minced fish. Cool the mixture.

**SUPPER DISHES**

Whip until stiff:
- 2 egg whites
- \( \frac{1}{2} \) teaspoon salt

Whip until stiff:
- 1 cup heavy cream

Fold these ingredients lightly into the fish mixtures. Garnish a greased 9-inch ring mould with:
- Strips of pimento
- Strips of green pepper (optional)

Pour the fish mixture into the mould. Set it in a pan of hot water. Bake it in a moderate oven 350° for about \( \frac{1}{2} \) hour. Serve it with:
- Hollandaise Sauce (page 381), Hot Shrimp Sauce (page 392), or Horse-radish Sauce (page 389)

* Cooked fish may be substituted, but uncooked fish makes a better mousse.

**FISH or SEA FOOD in CONDENSED SOUP**

The most quickly made main dish I know is a combination of tuna fish and condensed soup (tomato, mushroom, celery, etc.). The soup may be doctored in many ways of which the following may serve as an example:

**TUNA FISH with CANNED SOUP SAUCE**

About 4 Servings

Heat:
- \( x \) (10 1/2 oz.) can condensed tomato or other soup

Add:
- 1 to 2 tablespoons butter

The soup may be slightly diluted with:
- Stock (page 36) bouillon or water

Drain, flake, and add the contents of:
- \( x \) (7 oz.) can tuna fish

You may add:
- \( \frac{1}{2} \) teaspoon or more curry powder

If you like a hot sauce add one of the following:
- A few drops of Tabasco sauce
- 2 tablespoons chilli sauce
- 1 tablespoon horse-radish
- 2 teaspoons Worcestershire sauce
- A few grains of cayenne

If you like creole sauce add:
- \( \frac{1}{2} \) cup finely chopped green peppers, onion, celery, olives, and pickles
The vegetables may be sautéed in the butter.

A winner in the race for time is:
7 ounces grated tuna fish
An equal amount of condensed potato soup
2 tablespoons milk
Chopped parsley (optional)

This mixture makes good fish cakes (page 118).

CREAMED FISH or SEA FOOD

This is a general rule.

Prepare:
1 cup Cream Sauce (2 tablespoons butter, 2 tablespoons flour, 1 cup liquid)
When it is boiling add:
1 cup flaked fish, shrimps, crab, etc.

Stir it gently with a fork until the food is hot. Season it as desired with:
Salt
Paprika
Worcestershire sauce, lemon juice, curry powder, or mustard, etc.
2 tablespoons chopped parsley or ¼ teaspoon dried herb (page 787)

Serve it on:
Hot toast, rusks, waffles, pancakes, etc.

It may be served au gratin. Place the creamed fish in a baking-dish or in individual dishes. Cover the top with:
4 tablespoons bread-crumbs

Dot them with:
2 tablespoons butter
or sprinkle them with:
½ cup grated cheese

Brown the crumbs under a grill or bake the dish set in a pan of hot water in a moderate oven 375° until the crumbs are brown.

* Salmon and other fat fish call for only 1 tablespoonful of butter. The liquid used in the sauce may be cream, milk, evaporated milk, tomato juice, Stock or Stock Substitute (page 38), or a combination of these or other liquids. ¼ cup onions or celery may be browned in the butter before the sauce is made. The fish may be previously sprinkled with 1 or 2 tablespoonfuls lemon juice.

CRAB and EGGS
(DEVILLED CRAB)

4 Servings
Cook until hard:
2 eggs

When they are cold shell them and cut them into thin slices. Cook:
1 cup rich Cream Sauce I (page 379)

When the sauce is boiling add:
6 ounces canned crab
½ cup chopped celery
½ cup chopped green pepper

Remove the crab from the fire, add the sliced eggs and:
1 teaspoon Worcestershire sauce or 1 tablespoon sherry
Paprika
Salt, if required

Place these ingredients in a buttered baking-dish or in individual dishes or in crab shells. Cover the top with:
½ cup bread-crumbs

Dot it with:
2 tablespoons butter
or sprinkle it with:
½ cup grated cheese

Brown the crumbs under a grill or bake the crab set in a pan of hot water in a moderate oven 375° until the crumbs are brown.

MIXER CRAB NEWBURG

Pick over the contents of:
1 (6 oz.) can crab

Heat the contents of:
1 (10½ oz.) can condensed mushroom soup
4 tablespoons milk

Stir in the crab, heat it to the boiling point, remove it from the fire and add:
2 tablespoons sherry

DEVILLED CRABS

6 Servings
Flake:
1½ cups fresh or canned crab
Melt in a saucepan:
1 tablespoon butter
Add:
1½ tablespoons biscuit crumbs
½ cup milk or cream
Boil these ingredients until they are thick. Remove them from the fire.

 Beat and add:
- 2 small eggs
- 1/2 teaspoon salt
- 16 teaspoons prepared mustard
- A few grains of cayenne

 Add the crab. Pack these ingredients into crab shells or ramekins. Brush the tops with:
- Melted butter

 Brown them in a quick oven 400° or, under a grill.

CRAB or LOBSTER with Piquante Sauce

4 Servings

The overworked word 'intriguing' applies to this delightful dish. For a perfect luncheon or supper serve it with rice and a salad.

Combine and heat in a double boiler:
- 1/2 cup canned tomato soup
- 1/2 cup canned pea soup
- 1 cup cream

Heat in a double boiler:
- 1 cup canned crab

Pour a little of the sauce over it. Serve it garnished with:

Parsley

Rice, steamed or boiled (page 87)

And the remaining sauce. All of the sauce may be added to the crab. In that case the dish becomes a thick soup.

* Crab Bisque, page 56; Rice Ramekins with Crab or Shrimps, page 93.*

CRAB and MUSHROOMS in a PATTY SHELL

6 Servings

Sauté:
- 1/2 pound Mushrooms (page 293)

Melt:
- 3 tablespoons butter

Stir in until blended:
- 3 tablespoons flour

Stir in slowly:
- 1 cup Chicken Stock or Stock Substitute (page 38)
- 1/4 cup cream

When the sauce is boiling add:
- 1/4 cups crab

and the mushrooms. When these ingredients are well heated stir in:
- 1 cup grated Parmesan cheese
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon paprika

Remove the crab from the fire and add:
- 3 tablespoons sherry

Serve it in one large hot:
- Puff Shell (page 10), in Patty Shells (page 503), or on hot toast spread with anchovy paste

CRAB A LA KING

8 Servings

Combine:
- 8 ounces canned crab (1 cupful)
- 3 hard-boiled eggs, peeled and diced
- 1 pimento, chopped

Sauté and add:
- 1/4 cup chopped Mushrooms (page 293)

Cook until tender in boiling salted water, drain and add:
- 1/2 cup chopped green peppers

Melt:
- 3 tablespoons butter

Stir in until blended:
- 3 tablespoons flour

Stir in gradually:
- 2 cups milk

Add:
- 1/2 teaspoon salt
- 1/2 teaspoon paprika

When the sauce is smooth and boiling add the other ingredients.

Add if needed:

Salt

Season it when hot, as desired, with:
- 1 teaspoon Worcestershire sauce or
- 1 tablespoon lemon juice or
- 2 tablespoons sherry

Serve the crab over:

French Toast (page 125), toast, rusks, etc.

POACHED EGGS, CRAB, and CHEESE on TOAST

6 Servings

Drain, then pick over the contents of:
- 1 (6 oz.) can crab
LUNCHEON AND SUPPER DISHES

LUNCHEON:

Melt:
1 1/2 tablespoons butter
Add:
1 1/2 tablespoons flour
When these ingredients are bubbling stir in slowly:
1/4 cup rich milk *
Add and heat the crab. Season it as needed with:
Salt
Paprika
Remove it from the fire. Add:
x or more tablespoons sherry or 
1/2 teaspoon curry powder (optional)
Place this where it will keep hot.
Prepare:
6 large rounds of buttered toast
Place on each slice:
A poached egg
Heap the crab on the eggs.
Sprinkle it with:
Grated cheese
They are now ready to be served, but they may be run under a grill to permit cheese to melt. Top them with:
A sprig of parsley or a bit of pimento
* This may be part cream and part chicken bouillon—you may use a cube.

DEVILLED LOBSTER

10 Servings
Prepare:
3 hard-boiled eggs
Shell them. Separate the yolks from the whites. While hot crush the yolks with a fork, or rice them. Blend them with:
1 1/2 tablespoons butter
Blend:
2 tablespoons flour
1 1/2 tablespoons butter
Combine the yolk and the flour mixture. Stir in slowly:
2 1/2 cups milk
Cook and stir these ingredients over a low flame until they thicken and boil. Add the chopped egg whites and:
2 tablespoons chopped parsley
1 teaspoon minced onion
2 cups diced fresh lobster

SUPPER DISHES

LOBSTER and MUSHROOM CASSEROLE

6 Servings
Slice:
1 pound mushrooms
Sauté them for 2 minutes in:
4 tablespoons butter
Add:
3 tablespoons flour
1 teaspoon salt
1/4 teaspoon paprika
Cook and stir the mushrooms over a slow fire for 5 minutes. Stir in slowly:
1 1/2 cups milk
1/2 cup Bouillon, Chicken or Vegetable Stock (page 36)
Cook and stir these ingredients for 3 minutes. Add:
2 cups diced fresh lobster
Beat well and add:
1/4 cup cream
2 egg yolks
Stir and cook these ingredients over a low flame until they are well heated. Pour them into a buttered casserole. Cover the top with:
1/2 cup bread-crumbs
Dot it with:
1 1/2 tablespoons butter
Bake the dish in a hot oven 450° for 10 minutes.

CRAB NEWBURG

6 Servings
Heat:
1 cup cream
Melt in a saucepan:
3 tablespoons butter
Stir in:
2 cups crab
\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) teaspoon paprika
\(\frac{1}{2}\) teaspoon nutmeg

Push the meat to one side, tip the saucepan, and stir into the butter:
1 tablespoon cornflour

Cook until the butter bubbles, right the saucepan, and add the hot cream. Stir until the sauce is boiling, then reduce the heat. Beat and add:
2 egg yolks

Cook and stir gently for 2 minutes (until the yolks thicken slightly), but do not permit the sauce to boil. Add:
1 teaspoon Worcestershire sauce or
1 tablespoon sherry

Serve the crab at once on:
Buttered toast

Lobster (and Lobster Dishes), page 236.

LOBSTER NEWBURG

6 Servings
Melt in a double boiler:
4 tablespoons butter
Add, stir, and cook for 3 minutes:
2 cups diced lobster

Add and cook for 1 minute longer:
\(\frac{1}{2}\) teaspoon paprika
\(\frac{1}{2}\) teaspoon nutmeg

Beat and add:
3 egg yolks
1 cup cream

Cook and stir these ingredients over low heat for 2 minutes. Do not permit them to boil. Add:
\(\frac{1}{2}\) cup salted sherry

and if required:
Salt

Serve the lobster at once on:
Hot buttered toast

The following good recipe is a contribution of an Englishwoman living in Massachusetts. I shall give it as nearly as possible in her own words.

LOBSTER NEWBURG
BARBARINI

To serve two rather greedy people. Double the quantity for five very average servings.

LOBSTER RING

5 Servings
Melt:
2 tablespoons butter
Stir in until blended:
3 tablespoons flour

Cut into pieces about the size of an almond:

The meat of a medium-sized boiled lobster

Set it to simmer in a small double boiler with:
1 cup cream

If there is any coral in the lobster be sure to sieve it into the cream. Simmer the lobster for \(\frac{1}{2}\) hour. Meanwhile, melt in a saucepan:
4 tablespoons butter

Stir in:
2 teaspoons flour

Stir in:
Hot milk

Sufficient to make a smooth thick sauce. Cook it for 3 minutes. Transfer lobster and sauce to a large double boiler. Season it with:
White pepper
Paprika
Salt

The paprika is to give colour and should be used lavishly. Let the whole Newburg simmer happily along for about 15 minutes, then add:
2 tablespoons of sherry

Simmer for another 15 minutes. Five minutes before sending to the table add another dab of butter. Stir it well. Then add about 1 tablespoon of cold water.* Just before serving add a little extra sherry to taste.

I serve this Newburg often in a glass baking-dish with a lid of Half-Puff Pastry (page 502), which has been cooked just before. We always have cucumbers in a sharp dressing too—they give great piquancy.

If using Californian sherry, of course, cut down a little on the salt. I always mess with my sauces and add as I go by rule of palate.

* Do not inquire as to the why of the cold water. It may be lunacy on my part, but I firmly believe that it gives a special smoothness.

LOBSTER RING
LUNCHEON AND SUPPER DISHES

Stir in gradually:
2 cups chicken bouillon or 1 cup bouillon and 1 cup rich milk or cream

Add:
1 tablespoon minced parsley
1/2 cup grated bread-crumbs (not very fresh)
4 beaten egg yolks
2 cups boiled lobster, diced
Salt
Paprika

Whip until stiff:
4 egg whites
1/2 teaspoon salt

Fold them lightly into the other ingredients. Bake the lobster mixture in a well-oiled 9-inch ring mould in a moderate oven 325° until it is firm (for about 20 minutes). Unmould it and serve it with:
Mushroom Sauce (page 386)

Lobster Croquettes, page 161.

CREAMED SEA FOOD AU GRATIN

10 Servings

Do not overlook this delectable luncheon dish.

Combine three or four kinds of raw fish or shell-fish. For example:
1/2 pound lobster
1 cup drained oysters cut into pieces
1 cup minced fillet of haddock

Prepare:
Sautéed Mushrooms (page 293)

Use about the same amount of mushrooms as you have fish (about 3 cups'fuls). Prepare:
4 cups Cream Sauce I (page 379)—
(1/4 cup butter, 1/4 cup flour, 4 cups rich milk or cream, and seasoning)

When the sauce is smooth and boiling fold in the fish. When these ingredients are boiling add the mushrooms. Fill ramekins or shells with the mixture.

Cover the tops with:
Bread-crumbs

Dot them with:
Butter
or sprinkle them with:
Cheese

Bake the fish in a moderate oven 350° for about 25 minutes. Before serving season each portion by pouring over it:
1 teaspoon sherry

Reheat the fish for 1 minute under a grill.

CREAMED SEA FOOD on TOAST

12 Servings

Cook:
2 hard-boiled eggs
Shell and dice them. Sauté:
1/4 pound Mushrooms (page 293)
Cut into slices:
8 stuffed olives
Flake:
1/4 pound fresh crab

Prepare:
1 pound cooked Shrimps (page 237)

Cook:
2 cups rich Cream Sauce I (page 379)
Add the sea food, olives, mushrooms, and eggs to the boiling cream sauce. Season these ingredients with:
Salt
Paprika
2 tablespoons sherry

Serve them at once on:
Toast, buttered or spread with anchovy paste
or in a:
Rice Ring (page 89)

CREAMED SHRIMPS and CELERY, EGGPLANT (AUBERGINE) or CUCUMBER AU GRATIN

4 Servings

Cook:
1 cup chopped Celery * (page 275)

Drain it well. Prepare:
1/4 cup Cream Sauce I (page 379)

When the sauce is boiling add the celery and:
1/4 cup or more boiled shrimps

Season with:
Salt if needed
1/2 teaspoon paprika
1/2 teaspoon Worcestershire sauce (optional)
LUNCHEON AND SUPPER DISHES

Place these ingredients in greased ramekins. Sprinkle the tops with:
- **Bread-crumbles or cornflakes**
- **Butter**

Brown them under a moderate flame.

* One cup boiled aubergine or cucumber may be substituted.

**Pilaf**, page 90. A rice dish with shrimps, oysters, etc.

**SHRIMPS with CHEESE and ONION SAUCE**

4 Servings

Boil by the rule on page 237:
- 1 pound shrimps, or use ready-boiled shrimps

Shell and clean them. Melt:
- 4 tablespoons butter

Add:
- ½ cup grated onion

Simmer the onions for 3 minutes.

Stir in:
- ½ cup grated cheese
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ½ clove garlic, minced

Cook and stir these ingredients over a very low fire until the cheese has melted. Add the shrimps and:

- 6 tablespoons sherry

Batter individual baking-dishes. Place the shrimps in them. Brown them lightly under a low flame. Shortly before they are done sprinkle the tops with:

- Grated coco-nut

Serve them very hot when the coco-nut is light brown.

**MASKED CAULIFLOWER** (with Sauce and Sea Food)

4 Servings

A one-dish meal. Quick—good.

Drain:

**Cooked cauliflower**

Put it in a colander over steam to heat it. Prepare about:

- ½ cups Sauce (Celery Soup Sauce with Cheese (page 395), Cream Sauce (page 379), Tomato (page 385), or fresh Mushroom (page 386), etc.)

Add to the hot sauce:
- 1 cup cleaned shrimps

Heat them. Place the cauliflower in a hot dish. Pour the sauce over it.

You may vary this in many ways, changing your sauce, sea food, and seasoning. It may be served au gratin. Curry, mustard, or a bouquet of herbs may be added to give the canned food an uncanny flavour.

It is bound to be good and is a dish with unlimited possibilities

**SHRIMP WIGGI**

6 Servings

Melt:
- 4 tablespoons butter

Stir in and blend:
- 2 tablespoons flour

Add gradually:
- 1½ cups milk

When the sauce is boiling add:
- 1 cup shrimps
- 1 cup peas, drained *
- Paprika
- Celery salt

Lower the heat and stir in:
- 1 egg yolk (optional)

Permit the yolk to thicken slightly and add:

- 1 teaspoon lemon juice or 1 tablespoon cooking sherry (optional)

Salt if required

Serve the wiggle at once on rounds of:

**Hot buttered toast**

* ½ cup sliced olives, diced celery, and chopped parsley may be added. The wiggle may be placed in a greased baking-dish and covered with buttered crumbs or cornflakes. Brown the top under a grill.

**Stuffed Eggs on Rosettes with Savory Sauce**, page 169; **Boiled Shrimps**, page 237; **Fried Shrimps**, page 238.

**SHRIMPS in CURRY SAUCE**

6 Servings

Remove the shells and intestines from:
- 1 pound boiled Shrimps *(page 237)*

Melt in a frying-pan:
- 2 tablespoons butter
**LUNCHEON AND SUPPER DISHES**

**SHRIMP NEWBURG**

Remove shells and intestines from:
1 pound cooked shrimps

Melt:
1 tablespoon butter
Stir in until blended:
1 1/2 tablespoons flour
Stir in slowly:
1 cup cream
When the sauce is thick stir in:
3 tablespoons tomato ketchup
1/2 tablespoon Worcestershire sauce
Add the shrimps. Stir them until they are well heated. Season with:
Salt
Paprika
A few grains of cayenne
Immediately before serving add:
2 tablespoons sherry
Serve the shrimps over:
Rice

**CANNED FISH ROE in RAMEKINS**

3 Servings
To the contents of:
1 (7 1/2 oz.) can fish roe, or to 1 pound fish roe

Add:
1 1/2 teaspoons bread-crumbs
1 1/2 teaspoons butter
1 beaten egg
Salt if needed
1/2 teaspoon paprika
2 teaspoons chopped parsley
1/2 cup milk
Fill four greased ramekins. Place them in a pan of hot water in a moderate oven 325° until firm—about 20 minutes.
Serve the roe with:
Slices of lemon

**SARDINES and CANNED SPINACH**

4 to 6 Servings
Prepare:
1 cup Cream Sauce I* (page 379)
Drain the contents of:
1 No. 2 can spinach
Chop the spinach or put it through a ricer. Add the sauce and:
- A few drops of green colouring (optional)
- A few grains of nutmeg or a little grated onion
Heat the spinach well. Drain lightly the contents of:
- 1 (10 oz.) can sardines
Grill the sardines. Heap the spinach on a dish. Place the sardines around it. Garnish it with:
- Lemon slices
- Hot potato chips or triangles of toast
- * Or: 1 cup slightly diluted condensed mushroom, celery, or tomato soup.

**EMERGENCY FISH CAKES**
Excellent cakes may be made very quickly by combining fish or sea food and potato or other condensed soup. See the rule for Fish or Sea Food in Condensed Soup, page 110. Keep your mixture rather stiff. Treat it as you would any other fish ball or cake.

**SALMON CAKES**
6 Servings
Flake the contents of:
- 1 (16 oz.) can salmon
Stir in:
- 1/4 cup biscuit crumbs
- 2 beaten eggs
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
Form these ingredients into cakes. Sauté them until brown in:
- Butter
Serve the cakes with:
- Mushroom sauce, celery soup sauce, etc.

**SALMON POTATO CAKES**
Prepare by the rule on page 252.
**Potato Cakes**
Use the egg and 2 cups mashed potatoes. Add in small flakes:
- 1 cup or more salmon
Season with:
- Chopped parsley, onion juice, or celery seed

Shape the mixture into cakes. Dip them in:
- Crushed cornflakes or bread-crumbs
Sauté them slowly in:
- Butter, oil, or dripping
See the note under Tuna Fish with Canned Soup Sauce, page 110.

**CRAB CAKES**
6 3-inch cakes
Melt:
- 2 tablespoons butter
Add, stir, and simmer for 3 minutes:
- 2 tablespoons minced onion
- 1 cup soft bread-crumbs
Combine and add:
- 2 beaten eggs
- 1/2 cup cream
- 2 cups flaked crab
- 1 teaspoon dry mustard or 1 tablespoon lemon juice
- 2 tablespoons chopped parsley
- 1 teaspoon salt
- 1/2 teaspoon paprika
Chill this mixture for 2 hours. Shape into cakes. Dust them lightly with:
- Flour or bread-crumbs
Melt in a frying-pan over a quick fire:
- 1 tablespoon butter *
Brown the cakes on both sides, lower the heat, and cook the cakes slowly for about 6 minutes longer.
- * The cakes may be fried in deep fat (page 481).

**CRABBURGERS**
Combine:
- 1 pound cooked crab
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon Worcestershire sauce
- A few drops of Tabasco sauce
- 1 small onion, grated
- 5 beaten egg yolks
- 2 tablespoons chopped parsley
Whip until stiff, then fold in:
- 5 egg whites
Melt in a frying-pan:
- 1/4 cup oil or butter
Drop the batter from a spoon into the hot fat. When done place the cakes on sandwich rolls. Spread them with:
- Mayonnaise seasoned with garlic
CODFISH BALLS I

6 Servings

Soak in cold water for 3 hours:
- 1 cup shredded codfish (salt)
Drain it. Place it in boiling water.
Peel, add, and cook until tender:
- 6 medium-sized potatoes

Drain these ingredients well, separate them with a fork, permit the steam to evaporate, and shake them over heat to dry. Add and mix lightly with a fork:
- 1 tablespoon butter
- 1 teaspoon pepper
- 1 beaten egg

Shape the mixture into balls, or drop it from a spoon. Fry the codfish balls in deep fat (page 481) or sauté them in butter.

CODFISH BALLS II

Soak in cold water for 3 hours, place in boiling water, then simmer for 20 minutes:
- 1 cup codfish (salt)

Drain it and put it through a mincer or ricer. Rice or mash:
- 6 medium-sized boiled potatoes

Combine the fish and potatoes. Beat in one at a time:
- 2 eggs

Beat in until fluffy:
- 2 tablespoons cream

Season as needed with:
- Salt
- Pepper
- 1 teaspoon grated onion (optional)

Shape the mixture into balls (or drop it from a spoon). Fry the balls in deep fat (page 481) or sauté them in butter. They may be baked in a moderate oven 375° for about 35 minutes.

SCALLOPED CODFISH

8 Servings

Soak for 12 hours in water to cover:
- 1 pound dried codfish *

LUNCHEON AND SUPPER DISHES

Drain it well. There should be about 2 cupfuls of fish when it is picked over and shredded. Combine:
- 1 tablespoon flour
- 2 cups milk
- 1 well-beaten egg

Cook and stir these ingredients over boiling water until they are thick.

Season them with:
- A few grains of salt
- ½ teaspoon paprika

Prepare:
- 1½ cups bread-crumbs
- 1½ cups finely chopped celery

Grease a baking-dish. Place in it ⅔ of the fish and a layer of ⅓ of the celery.

Cover with ⅓ of the sauce and repeat the process. Put a layer of crumbs on the top. Dot it with:
- Butter

or sprinkle it with:
- Grated cheese

Cover the dish closely and place it in a moderate oven 375° for 15 minutes. Uncover it and bake it until the crumbs are crisp.

* Other fish may be substituted.

** The proportions of the bread and celery may be varied.

MARINATED HERRING

Soak for 3 hours in water to cover:
- 24 herrings, soft roed

Change the water twice. Cut off the heads and tails of the herrings. Remove the roes. Reserve them. Remove the bones. Discard them. Cut the fillets into pieces about 3 inches long. Place in a crock in alternate layers the herrings, ¼ the roes and:
- 2 lemons very thinly sliced
- 2 onions, skinned and thinly sliced
- ½ cup mixed pickle spices

Cover these ingredients with:
- Malt vinegar or other vinegar

to which the remaining roe is added after being crushed with a fork. Dilute the vinegar if it is very strong with a little water. Cover the crock and put it in a cool place. The herrings are ready to be served after two weeks.
LUNCHEON AND SUPPER DISHES

**HOT AND COLD SANDWICHES WITH HOT SAUCE OR COLD DRESSING**

A main dish for luncheon or supper. These sandwiches lend themselves to endless variations.

Many fine suggestions for sandwiches will be found in the chapter on Canapés, page 8.

**HAM, TOMATO, and EGG SANDWICH with CREAM HORSE-RADISH DRESSING**

Slice and butter:
Rye bread or Hovis
Place on it:
Slices of boiled ham
Lettuce leaves
Sliced tomatoes
Garnish the sandwiches with:
Slices of hard-boiled egg
Sprigs of parsley
Serve them with:
Sour Cream and Horse-radish Sauce (page 389) or Russian Dressing I (see page 450)

**TOMATO and BACON SANDWICH with CHEESE SAUCE**

Trim the crusts from:
Slices of bread, white or brown
Place on each slice:
Crisp Sautéed Bacon (page 336)
Lettuce leaves
Sliced tomatoes
Sliced olives or pickles
Serve the sandwiches with the following:
Cheese Sauce:
Cheese Sauce II
Rub the top of a double boiler with:
Garlic
Beat in it:
\*egg
1 cup milk
Add:
\* teaspoon salt
\* teaspoon dry mustard
\* teaspoon paprika
A few grains of red pepper
Cook and stir these ingredients over boiling water. When they are hot add and stir in until melted:
\* pound (3 cups) grated yellow cheese
Serve the sauce hot.

**LAMB or CHICKEN SANDWICH with CAVIARE DRESSING**

Trim the crusts from:
Large slices of rye bread or Hovis
Spread them with:
Butter
Place on each piece:
Slices of cold lamb or chicken
Lettuce leaves
Slices of tomato
Slices of hard-boiled egg
Serve the sandwich with:
Russian Dressing II
Combine and beat well:
1 cup mayonnaise
2 tablespoons drained chilli sauce
1 teaspoon barbecue sauce
A few drops of onion juice
2 to 4 ounces caviare

**CHEESE SANDWICH with MUSHROOM SAUCE**

Trim the crusts from:
Slices of bread, white or brown
Spread them with:
Butter
Place on each piece:
Slices of cheese
Lettuce leaves
Slices of tomato or cucumber
Slices of hard-boiled egg
Sliced olives or pickles
Serve the sandwiches with:
Mushroom Sauce (page 386)

**EGG and CHEESE SANDWICH with TOMATO SAUCE**

4 Servings
Rub:
4 slices of French bread with:
Garlic (optional)
Dip them in:
Milk seasoned with a pinch of salt
LUNCHEON AND SUPPER DISHES

Brown them in:

Olive oil

Place them on a hot oven-proof plate.

Cover them with:

4 hard-boiled eggs, chopped
1 cup or more grated cheese
6 or more chopped olives

The slices may be placed in a hot oven 450° until the cheese is melted. Serve them with:

Tomato Sauce (page 385)

TOASTED DEVILLED HAM and CHEESE SANDWICHES

Cover:

Thin slices of toast
with a paste made of:

Devilled ham, French mustard, or horse-radish

Cover the ham with thin slices of:

Cheddar cheese

Grill the sandwiches until the cheese is soft.

HOT EMERGENCY SANDWICHES

Bake:

Scones (page 455)

Split them. Spread them with:

Devilled ham or ham and tongue paste

Serve them piping hot with:

Condensed cream soup (asparagus, celery, tomato, etc.) slightly diluted with milk

MEAL-IN-ONE SANDWICH

4 Servings, but better call it 2

On your toes when you make this. It’s easy if you have all your ingredients ready before you poach the eggs.

Prepare:

4 large slices of toast
6 slices sautéed bacon
4 large tomatoes, skinned and sliced
½ cup French dressing
1 cup Cream Sauce I, page 379
1 cup grated cheese

Place the toast on a baking sheet, cover it with the bacon, tomatoes, and dressing. Poach:

4 eggs

Place an egg on each piece of toast, cover it with ¼ of the cream sauce and ¼ of the grated cheese. Place the toast under the grill until the cheese melts. Serve the sandwiches at once.

HOT ROAST BEEF SANDWICH

with OLIVE SAUCE

4 Servings

Slice:

Cold roast beef

Prepare by the rule on page 385:

1 cup Brown Sauce

Add to it:

1 tablespoon finely minced sour pickles or ¼ cup chopped olives

Cut:

6 thin slices of bread, white or brown

Beat until soft:

2 tablespoons butter
½ teaspoon prepared mustard or 1 teaspoon horse-radish

Spread the bread with this mixture. Dip the beef slices in the hot sauce. Place them between the slices of bread. Serve the sandwiches on a hot platter covered with remaining sauce.

HOT CHICKEN SANDWICHES

Cut into slices:

Cold cooked chicken

Dip the slices in:

Mayonnaise

Prepare:

Scones (page 455)

While hot open and spread them with:

Butter

Place the chicken slices in the scones. Serve them hot with:

Chicken gravy or Cheese Sauce I or III (page 382)

MINCED CHICKEN SANDWICHES

Combine:

½ cup cooked minced chicken
1 hard-boiled egg, chopped
6 stuffed olives, chopped
¼ cup mayonnaise
2 tablespoons chopped parsley (optional)
**LUNCHEON AND SUPPER DISHES**

Prepare:

Scones *(page 455)*

While hot open and spread them with:

Butter

and the minced chicken mixture.

Serve them hot with:

Chicken gravy or Mushroom Sauce *(page 386)*

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**HOT SCONES BAKED with FILLINGS**

About 18 2-inch scones

Combine:

- 1 cup cooked, shredded meat (chicken, fish, ham, veal, roast, etc.)
- ½ cup thick gravy, cream sauce, or condensed soup
- 1 tablespoon grated onion
- 1 hard-boiled egg, chopped
- 2 tablespoons chopped pickles or olives

Seasoning

Make by the rule on *page 455.*

Baking powder scone dough

Roll it to the thickness of ¼ inch. Cut it into rounds. Place on one round:

- 1 spoonful of chicken mixture

Moisten the edges and cover it with another round. Seal the edges with a fork. Prick the tops. Place the biscuits on a baking sheet and bake them until brown in a very hot oven 450°. The biscuits may be served with:

Mushroom Sauce *(page 386)*

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**GRILLED HAMBURGER SANDWICHES**

4 Servings

Combine:

- 1 pound minced beef
- 1 teaspoon salt
- ¼ teaspoon paprika

Add:

- ½ cup chopped lightly sautéed onions (optional)

Toast on one side:

- 8 slices of bread

Spread the untoasted sides with the meat mixture. Dot the tops lightly with:

Butter

Grill the sandwiches under a good flame for about 5 minutes. Serve them with or without:

Brown Sauce *(page 385)* or Creole Sauce *(page 385), etc.*

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**BAKED BEAN SANDWICHES**

2 Servings

Mash:

- 1 cup baked beans

Add:

- 1 teaspoon lemon juice or
- 2 teaspoons ketchup, chilli sauce, or prepared mustard
- 1 tablespoon melted butter
- ½ cup minced onion or celery

Seasoning

Heat this mixture. Spread it on slices of:

Brown or rye bread

Sprinkle it with:

Chopped parsley

*Strips of bacon may be placed on the sandwich. Notch them. Grill them under a moderate flame until they are crisp (or substitute sautéed bacon).*

---

**SALT BEEF and SCRAMBLED EGG SANDWICHES with TOMATO CHEESE SAUCE**

4 Servings

Prepare by the rule on *page 385*:

Quick Tomato Cheese Sauce

Prepare:

- 12 slices of thin toast

Scramble:

- 4 eggs

Place the eggs between 2 slices of toast. Place between the second and third slices:

Slices of salt beef

Pour the sauce over the sandwiches.

---

**CORNED BEEF and CHEESE SANDWICHES**

6 Servings

Cut into tiny slivers:

- ½ cup sharp Cheddar cheese

Cream the cheese well with:

- 2 tablespoons mayonnaise
LUNCHEON AND SUPPER DISHES

Shred finely and add:

4 ounces canned corned beef

Chop until fine and add:

1/2 cup sour sweet pickles
1 tablespoon grated onion
2 tablespoons minced celery or parsley (optional)

Season the spread with:

Salt (if needed)
Paprika
Curry powder, mustard, or Worcestershire sauce

Spread it between:

Slices of bread

The sandwiches may be toasted or they may be served with sliced tomatoes and lettuce between the layers.

CORNED BEEF and TOMATO SANDWICHES

Prepare:

Slices of buttered toast

Cover them with:

Sliced corned beef

seasoned with:

Mustard or horse-radish
Tomatoes, seasoned with French dressing

Sprinkle the tops with:

Grated cheese

Grill the sandwiches until the cheese is melted.

CHEESE SANDWICHES with BACON

4 Servings

Toast on one side:

4 slices of bread

Place on the untoasted sides:

Slices of cheese

Spread the cheese with:

Mustard or chilli sauce

Cover each sandwich with:

2 slices of bacon

Arrange between the bacon slices:

Stuffed olives, sliced (optional)

Bake the sandwiches in a moderate oven 350° for 10 minutes or until the bacon is crisp, or grill them.

Cheese Spreads, pages 9 and 188.

Place spread between slices of bread. Toast them.

ROLLS with BACON and CHEESE

4 Servings

Cut into halves:

4 long hard rolls

Place between the slices:

4 oblongs of thick yellow cheese

It may be spread with:

Mustard

Wind around the buns:

4 strips of bacon

Secure them with toothpicks. Bake the rolls on a rack in a quick oven 400° or place them under a grill until the bacon is crisp.

ROLLS STUFFED with HAM MIXTURE

4 Servings

Cut the tops from:

4 large hard rolls

Hollow the centres. Combine and mix well:

2 tablespoons chopped onion
2 tablespoons ketchup
2 tablespoons chopped green pepper
2 tablespoons chopped pickles
1/2 pound sharp cheese, chopped
5 ounces devilled ham or 1/2 cup finely cut cooked ham
4 tablespoons cream, melted butter, or oil

Fill the rolls with this mixture. Wrap them in waxed paper. Bake them in a moderate oven 400° for 10 minutes. These rolls may be served with:

Tomato Sauce, etc. (page 385)

TOASTED ROLLS with CRAB and CHEESE

4 Servings

Fine with beer or cider.

Cut into halves:

4 rolls

Cover the 4 lower halves with:

Lettuce leaves

Combine:

1/4 cup canned crab
1/4 cup mayonnaise
LUNCHEON AND SUPPER DISHES

Spread this on the lettuce. Spread the remaining halves with:
  - Butter
  - Slices of cheese
  - Mustard (optional)

Toast the cheese under a grill until it is soft. Combine the halves.

SHRIMP SANDWICHES with CHEESE SAUCE

3 Servings

Clean:
- 1½ cups shrimps

Melt:
- 2 tablespoons butter

Add:
- 1 tablespoon chopped onion
- 1 pimento, sliced (optional)

Combine the halves.

SHRIMP SANDWICHES with CHEESE SAUCE

3 Servings

Clean:
- 1½ cups shrimps

Melt:
- 2 tablespoons butter

Add:
- 1 tablespoon chopped onion
- 1 pimento, sliced (optional)

Combine the halves.

SARDINE PASTE on TOAST with CHEESE SAUCE

Spread:
- Toast

with a paste made of:
- Sardines
- Cream
- Lemon juice
- Grated onion or chopped chives

Grill the sandwiches. Serve them with:
- Cheese Sauce I or III (page 382)

SANDWICH SUGGESTIONS FROM A WELL-KNOWN LUNCH-ROOM

Individual Servings

2 slices toast, sliced chicken, 2 strips sautéed bacon, and grated cheese au gratin, Mushroom Sauce (page 386).

2 slices toast, creamed chicken, Parmesan cheese au gratin, grilled tomatoes, and bacon.

2 slices buttered toast, baked ham, creamed chicken, and mushrooms.

Ham, chicken, and lettuce between toast. Cheddar cheese on top, grilled until cheese is soft.

2 slices toast, sliced tongue, sliced tomatoes, mayonnaise, sautéed bacon.

2 slices buttered toast, creamed mushrooms, sliced tomatoes, and grated cheese, grilled until cheese is melted.

2 slices toast, sliced ham, creamed mushrooms.

Hot buttered scones filled with ham, mushroom sauce.

2 slices toast, lettuce, French dressing, sliced tomato and avocado, 2 slices sautéed bacon.

2 slices buttered toast, asparagus tips, 2 slices crisp bacon, Welsh rarebit.

2 slices buttered toast, lettuce, sliced chicken, sliced tomato, crumbled Roquefort cheese, 2 slices crisp bacon.

TOAST ROLLS with HAM and ASPARAGUS

4 Servings

Drain the contents of:
- 1 (16 oz.) can asparagus tips

Remove the crusts from:
- 8 thin slices of bread

Brush them lightly on both sides with:
- Melted butter

Place on each slice:
- A slice of boiled ham
- Several asparagus tips

Roll the bread around the tips or bring two corners together. Fasten the bread.
LUNCHEON AND SUPPER DISHES

LUNCHEON

with toothpicks. Bake the rolls on a baking sheet in a 400° oven until they are lightly browned. Use the asparagus water and cream to make:

Cream Sauce (page 379) or Mushroom Sauce (page 586)

Serve the rolls piping hot with the sauce. A fine luncheon or supper dish with a moulded grapefruit salad and coffee.

SANDWICH LOAF

This is a meal by itself—an excellent luncheon dish with coffee and a dessert.

Cut the crusts from:
A loaf of white or brown bread

Cut the loaf into 3 or 4 lengthwise slices. Butter the inner sides of the slices and spread them with a layer of:

Chicken or Shrimp Salad

a layer of:
Drained crushed pineapple and cream cheese

a layer of:
Sliced tomatoes, lettuce, or watercress

or with any good combination of salad or sandwich ingredients. Wrap the loaf firmly in a moist towel, chill it well and place it on a platter. Cover it with softened cream cheese, smooth cottage cheese, or with 1 cup mayonnaise to which ½ teaspoon gelatine soaked in 1 tablespoon water and dissolved over heat has been added and which is ready to set.* Garnish the loaf with:

Pimento
Hard-boiled eggs
Stuffed olives
Red caviare
Parsley
Watercress

To serve cut it into slices.

* The loaf may be covered with butter. Add to 1 cup butter, 2 tablespoons anchovy paste.

LUNCHETTES

Prepare:

Rounds of toast

While hot spread them lightly with:

Butter

Place on each round:

A thick slice of tomato

Cover the tomatoes with:
Chopped onion and chopped green pepper

Season them with:
Salt
Pepper

Place on each round:
A slice of Cheddar cheese covered by:
A slice of bacon

Place the lunchettes under a grill until the bacon is crisp. Serve them at once.

FRENCH TOAST

Cut:
4 or 6 slices of stale bread ½ inch thick

Combine:

x slightly beaten egg
1 cup milk
½ teaspoon salt
2 tablespoons sugar

Dip the bread in the egg mixture. Soak it well. Cook it on a well-greased girdle or frying-pan. Brown one side, turn the slices and brown the other. Serve the slices hot with:

Jelly or hot apple sauce sprinkled with cinnamon

HAM and PINEAPPLE FRENCH TOAST SANDWICH

Combine equal parts:

Minced ham
Crushed pineapple

Season these ingredients with:
French mustard

Spread this filling between slices of:
Buttered bread

See the above rule for French Toast. Spread the outside of the sandwiches with the egg mixture and sauté them as directed.

HAWAIIAN TOAST with BACON

4 Servings

Cut:
4 to 6 slices of stale bread ½ inch thick

Beat until light:
2 eggs
Add and beat:
  1 cup pineapple juice
  ½ teaspoon salt
Dip the bread in the egg mixture.
Soak it well. Sauté in a frying-pan:
  8 slices of bacon
Remove them to a hot platter. Keep
them hot. Fry the bread in the bacon
fat, brown one side and then the other.
Remove the bread to the hot platter.
Sauté in the bacon fat:
  4 slices of drained pineapple cut
into halves
Garnish the platter with the bacon and
the pineapple. Serve the toast at once.

FRENCH TOAST and CHEESE

4 Servings
Prepare, omitting the sugar:
  French Toast (page 125)
Butter an oven-proof plate, place the
bread on it and toast in a moderate
oven 350° for about 5 minutes. Pre-
pare and stir over very low heat until
smooth:
  ½ pound cheese, grated or minced
  ½ teaspoon salt
  A few grains of cayenne
  ¼ cup milk
  3 tablespoons butter
Remove the bread from the oven,
spread it with the cheese mixture.
Return it to the oven to brown lightly.

TOASTED SANDWICHES

These are offered as a luncheon sugges-
tion. Many of the sandwich fillings
given in the preceding rules and in the
chapter on Canapés and Sandwiches
(page 8) may be spread between slices
of bread and the bread may be toasted.
The sandwiches may be served with a
hot sauce or a cold dressing.

WAFFLE or TOASTED
SANDWICHES

These and the following sandwiches are
good for the maidless hostess who
has no toaster.
Cut into thin slices:
  White or brown bread
Spread it lightly with:
  Soft butter

SUPPER DISHES

Cut off the crusts and spread between
the slices:
  A good cheese spread or other
  sandwich filling (see pages 9, 20)
Cut the sandwiches to fit the sections
of a waffle iron. Wrap them in a
moist cloth until ready to toast. Heat
a waffle iron, arrange the sandwiches
upon the iron, lower the top, and toast
them until they are crisp.

SAUTÉED SANDWICHES

Cut into slices:
  1-day-old bread
Place between 2 slices:
  A thin slice of cheese *
Season it with:
  Salt, paprika, mustard
Press the sandwich gently, cut it into
quarters or wedges (optional). Melt
in a frying-pan over a low fire:
  Butter
Sauté the sandwich slowly until it is
well browned on both sides. Add
butter if the pan becomes dry. Serve
the sandwich at once.
  * Some other filling—devilled ham,
  meat, etc.—may be substituted. Jam
  or jelly may be used.

BAKED SWEETBREAD PATTIES
with TOMATOES and ONIONS

4 Servings
A complete course, therefore an ideal
plate luncheon dish.
Simmer:
  1 large pair Sweetbreads (page 338)
Skin them and divide them into four
parts. If they are very uneven flatten
them by placing a weight on them.
Boil:
  2 cups water
Add:
  ½ teaspoon salt
Cut and drop into the water:
  4 slices of Spanish onion ¼ inch
  thick
Cook the slices until they are nearly
tender. Drain them. Have ready:
  8 slices of bacon
Cross the strips for each patty, forming
4 plus signs. Place the pieces of sweet-
breads on the bacon, cover them with the onion slices. Then cover the onion slices with:

4 slices of tomato ½ inch thick

Season the tomatoes with:
Salt
Paprika
Brown sugar

Bring the ends of the bacon over the top of the patties and fasten them with toothpicks. Arrange the patties in a frying-pan and sauté them until slightly browned on the bottom, then place the pan on the top shelf of a moderate oven 375° and bake the patties until they are well heated and the bacon is crisp. Serve them on:

Hot rusks or rounds of toast

BAKED SWEETBREADS in HAM

4 Servings
Simmer:

A large pair Sweetbreads (page 338)

Drain them. Reserve the broth. Chill them in cold water and drain them. Remove the membrane. Break the sweetbreads into four parts. Dip them into rich heavy hot:

Cream Sauce II (page 380—½ cupful, made with part broth * and part cream)

Chill them until the sauce is firm. Roll the sweetbreads in:

Sifted bread-crumbs

Surround them with very thin:

Slices of ham

Wrap them in oiled paper. Grill them under a moderate flame. Serve them with:

Spinach Ring (page 217) or Vegetable Soufflé (page 211)

* Use the broth in which the sweetbreads were cooked. Chicken Broth may be substituted.

SWEETBREADS and MUSHROOMS in CHICKEN SAUCE

6 Servings
Cook:

2 pairs Sweetbreads (page 338)
Sprinkle them lightly with:
Salt
Paprika.

Melt in a frying-pan:

1 tablespoon butter
Add the sweetbreads. Simmer them until they begin to brown. Turn them once. Place them on a hot platter. Keep them hot. Place in the frying-pan and sauté for 3 minutes:

1 cup sliced mushrooms
1 sliced shallot or ½ teaspoon grated onion (optional)

Drain the vegetables and add them to:

1 cup hot Poulette Sauce I (page 383)

Pour the sauce over the sweetbreads. Garnish them with:
Parsley

CHICKEN GIBLETS, CREAMED
Cut into dice, put in boiling water or stock, then simmer until tender:

Chicken giblets
You may add for the last 15 minutes of cooking:

Chopped green pepper
Chopped celery

Drain these ingredients, reserving the stock. Make:

Gravy (page 378) using:

2 tablespoons butter
2 tablespoons flour
1 cup of stock

Season the gravy palatably, then reheat in it the giblets and vegetables. See the bottom of the following rule for suggestions for serving this dish.

LIVER and MUSHROOMS

4 Servings
Remove the skin from:

1 pound calf liver
Cut the liver into ¼-inch dice. Prepare for cooking:

½ pound mushrooms, page 293

Heat in a frying-pan over a moderate flame:

3 tablespoons butter or bacon fat
Add the liver and mushrooms. Stir them about until they are tender, for 2 or 3 minutes. Remove them to a hot platter. Thicken the fat with:

3 tablespoons flour (see Gravy, page 378)
Add to them:
1/2 cups thin cream or sour cream Seasoning

Pour the gravy over the liver and mushrooms. Garnish them with:
Chopped parsley or chives

For other Liver Dishes see Index.

**CHICKEN LIVERS BOILED and CREAMED**

Drop chicken livers in:
- Boiling Vegetable Stock (*page 377*)
  or Chicken Stock (*page 36*) or bouillon

Simmer them until they are tender (for about 15 minutes). Add to them:
- Cream Sauce I (*page 379*) made with part cream and part stock

Use about 1/3 as much sauce as there are livers. Or, add to them:
- Brown Sauce (*page 385*)

Serve them with:
- Rice (*page 87*) or Scrambled Eggs
  (*page 69*) or Omelet (*page 75*)
  or place them in:
- Filled Pancakes (*page 103*) or on toast, etc.

**CHICKEN LIVERS SAUTEED with ONIONS**

4 Servings
Cut in two:
12 chicken livers
Season them lightly with:
Salt
Paprika
Roll them in:
Flour

Melt in a saucepan:
2 tablespoons butter
Sauté in the butter until brown:
2 tablespoons chopped onion
Add the chicken livers. Stir and sauté them until they are brown.
Stir in until lightly browned:
1 teaspoon flour

Stir in slowly:
1/2 cup Chicken or other Stock or Stock Substitute (*page 38*)

Add:
1/2 teaspoon Worcestershire sauce
Salt if needed
Pepper

Cook these ingredients for 2 minutes. To serve them see the preceding rule for Chicken Livers Boiled.

*Chicken Livers in Blankets, page 27.*

**CHICKEN LIVERS, GREEN PEAS, and CARROTS in INDIVIDUAL CASSEROLES**

4 Servings
Boil:
2 cups fresh Peas (2 pounds)
(*page 268*)

Boil:
1/2 cup chopped Carrots (*page 262*)

Drain the vegetables. Reserve the liquids. Combine the vegetables and place them in four individual casseroles.

Melt:
3 tablespoons butter
Sauté in the butter until sauteed only:
1/2 pound chicken livers

Arrange the chicken livers on top of the vegetables in the casseroles. Stir into the butter in the pan:
1 1/2 tablespoons flour

Stir in slowly:
1/2 cup Chicken Stock or Stock SUBSTITUTE (*page 38*) or vegetable liquor
1/2 cup cream

Season the sauce with:
Salt
Paprika

Pour it over the ingredients in the casseroles. Place the casseroles covered in a moderate oven 350° for 15 minutes.

Serve this dish with:
Hashed Brown Potatoes (*page 250*), etc.

**GRILLED CALF BRAINS on TOMATOES**

4 Servings
Soak in salted water for 30 minutes:
2 sets of Calf Brains (*page 339*)

Clean them. Break them into 8 pieces.
Rub them with:
  Soft butter
Season them with:
  Salt
  Pepper
  Lemon juice
  Worcestershire sauce
Place them on the greased rack of a grill. Grill them for 5 minutes on one side. Cut:
  8 thick slices of tomato
Season them with:
  Salt
  Pepper
  Brown sugar
Cover one side with:
  Buttered crumbs
Place the brains on the tomatoes—the cooked side down. Grill them for 5 minutes longer. Serve them at once.

*Calf Brains Creamed, page 339.
These make a good filling for Tomato Cases (page 189).

**Calf Brain* Fritters
3 Servings
Cook:
  1 set of Calf Brains (page 339)
Dry them between towels. Pull them into small pieces. Sift:
  1 cup flour
  1 teaspoon baking powder
  ½ teaspoon salt
  1 teaspoon paprika
Combine, beat, and add to the sifted ingredients:
  1 egg
  1 cup milk
Add the brains. Melt and heat in a frying-pan:
  Bacon fat or other shortening
Drop the batter into it by spoonfuls and sauté the fritters until they are done, or fry them in hot fat 360° (page 481).
* For other Calf Brain dishes see Index.

**Sautéed Kidneys with Celery and Mushrooms
4 Servings
You may use this rule as a basis and omit one or more of the ingredients and still have a good stew. But if you follow it closely you may bring about the illusion of being in France.
Wash:
  8 lamb kidneys
Remove fat and membrane. Quarter the kidneys. Sprinkle them with:
  Lemon juice
Heat:
  3 tablespoons butter or dripping
Sauté lightly in this:
  1 cup chopped celery
  ½ cup chopped onion
Add the kidneys. Simmer them covered for 5 minutes. Stir in:
  1 tablespoon flour
  1 cup hot stock*
When these ingredients are blended add:
  ½ pound mushrooms, chopped
Season the kidneys lightly with:
  Paprika
  Worcestershire sauce
Simmer them covered for 15 minutes.
Add:
  Salt if needed
  2 tablespoons sherry
  1 tablespoon chopped parsley
  * Soup or a dissolved bouillon cube.

**Veal Kidney, Mushroom, and Onion Casserole
4 Servings
The original French recipe for this dish called for 3 tablespoonfuls of butter. I have cut it to 1, mindful of the indignant Englishman who complained that he had belched his way home across the Channel from France.
Dice:
  4 veal kidneys
Dust them lightly with:
  Salt
  Paprika
Boil:
  1 cup Stock or Stock Substitute (page 38)
Drop the kidneys slowly into the stock. Simmer them for 3 minutes. Drain them. Reserve the stock. Remove the kidneys to a heated oven-proof dish.
LUNCHEON AND SUPPER DISHES

Heat in a frying-pan:
1 tablespoon butter

Sauté in the butter:
1/2 to 1/2 pound sliced mushrooms
2 tablespoons minced onion *
1 tablespoon minced parsley

Stir and cook these ingredients for about 2 minutes. Stir in:
3 tablespoons flour

Stir in the boiling soup stock. Bring these ingredients to the boiling point.

Add:
1/2 cup sherry, white wine, or 1/2 cup orange juice

Add:
Seasoning if needed

Pour these ingredients into the casserole. Cover it closely. Bake it in a moderate oven 350° for about 20 minutes.

Grill:
4 thick slices of bread (optional)
Sprinkle them with:
Grated cheese

Place them on top of the kidneys. Grill them until the cheese is melted.

* This may be 1/2 clove of garlic.

GRILLED BEEF KIDNEYS,
TOMATOES, and ONIONS

Prepare for cooking by the rule on page 341:
A beef kidney

Slice it. Place in boiling salted water and simmer it until nearly tender.

Simmer in milk or water until nearly tender:
Sliced onions

Drain these ingredients. Dry them between towels. Grease an oven-proof platter. Arrange the kidneys and onions upon it with:

Thick slices of tomato

Season the vegetables with:
Salt
Paprika

Dot them and the meat with:
Butter

Grill them under a low flame until the tomatoes are done.

For other Kidney Dishes see Index.

JELLIED PIGS’ FEET

6 Servings

Wash and split in halves:
6 pigs’ feet

Cover them with water, bring to the boiling point and simmer them covered for 3 hours. Add boiling water, if needed. Season the pigs’ feet with:
1 large onion, sliced
1 cut clove of garlic
1 lemon, sliced
2 bay leaves (optional)
3 or 4 whole black peppers
1 teaspoon salt
6 or 8 whole cloves

Boil them 1 hour longer. Strain the stock through a sieve. Remove the skin and the bones from the pigs’ feet. Place the meat in the stock and season it with:
White vinegar or wine
Salt if needed

Chop and add:
1 pimento (decorative, but optional)

Pour the pigs’ feet into a mould until the stock is firm.

GRILLED PIGS’ FEET

Cook by the preceding rule:
Pigs’ feet

Cut them in two lengthwise. Roll them in:
Corn meal or biscuit crumbs

Place the pigs’ feet on a greased rack and grill them, turning them once, for about 15 minutes. Serve them with
Pickled Beets (page 408)

CHICKEN POT PIE

6 Servings

The following is a fine way of dressing up a plain chicken stew in an imposing manner:

Cook:
1 stewing Chicken (page 357)

Make about 3 cups of gravy as the crust is apt to soak up quite a bit of it. Place the chicken in a baking-dish, add the gravy, and pour the following batter over it.
LUNCHEON AND SUPPER DISHES

Sift:
2 cups flour
1½ teaspoons salt
2 teaspoons baking powder

Combine:
½ cup milk
2 tablespoons melted butter
2 well-beaten eggs

Add these ingredients quickly to the sifted flour mixture. Stir the batter as little as possible. Bake the pie in a moderate oven 375°, until it is light brown.

INDIVIDUAL CHICKEN PIES

These are of two kinds.

Prepare:

Stewed Chicken *(page 357)*
Cut the chicken into pieces and add them to the gravy. Or, prepare:

Creamed Chicken (page 132)

Prepare:

Pie Dough (page 498)
I. Cut the dough into small rounds. Fit them over the reverse side of muffin-tins or small pie-cans. Puncture them. Bake the pies in a hot oven 500° for about 12 minutes. Fill the hot (or the reheated) shells with the hot chicken mixture. Serve them garnished with parsley.

II. Line individual pie-pans with Pie Dough. Brush the inner surface with white of egg. Fill them with cooked chicken, creamed or in gravy. Cover them with a thin top of pie dough brushed on the inside with white of egg. Press down the edges and puncture the top crusts. Bake the pies in a hot oven 450° for about ½ hour.

* You may substitute other meat.

A delicious addition to the meat is drained asparagus, cooked or canned, cut in pieces and added to the boiling sauce or gravy. You may use the asparagus water and cream for the liquid of the sauce.

MEAT PIES

An agreeable disposition of ice-box accumulations. Please read the above rules for:

Individual Chicken Pie

One large pie may be made in the same manner. For a filling use stews or left-over meat creamed or in gravy. Make the gravy interesting by seasoning it well. See Gravy, page 378. Cooked vegetables may be added to the meat.

CHICKEN CHOP SUEY

8 Servings

Melt:
1½ tablespoons butter

Sauté in the butter for 5 minutes:
½ cup shredded pepper
½ cup shredded onion

Add and cook for 3 minutes:
1 cup shredded cooked chicken *

Add:
1 cup shredded celery with leaves
1 cup canned bean sprouts
1 cup chicken broth or canned chicken bouillon

Make a paste of:
½ cup chicken broth and
2 tablespoons flour

Add the paste to the other ingredients. Stir and cook them until they boil. Stir in:
1 cup blanched, shredded, and toasted almonds
2 tablespoons soy sauce

Add:
1 cup Sautéed Mushrooms (optional), page 293

Serve the chop suey hot with rather dry:

Steamed Rice (page 87)

*Raw or cooked chicken, pork, or veal may be used. If raw meat is added, cook it until it is tender.

CHICKEN À LA KING

6 Servings

Cut into dice:
1 cup cooked chicken
½ cup Sautéed Mushrooms (page 293)
½ cup canned pimento
LUNCHEON AND SUPPER DISHES

Melt:
3 tablespoons chicken fat or other shortening
Stir in and blend:
3 tablespoons flour
Add slowly:
1 1/4 cups Chicken Stock or Stock Substitute (page 38) or cream
When the sauce is smooth and boiling, add the chicken, mushrooms, and pimento. Reduce the heat and add:
1 egg yolk
Stir and permit it to thicken slightly.
Add:
Seasoning if required
1/4 cup blanched slivered almonds (optional)
1 tablespoon sherry (optional)
Serve the chicken at once. To reheat place the chicken in a saucepan over boiling water.

CHICKEN CREOLE
8 Servings
This is a case of stew your chicken first (page 357).
Melt:
3 tablespoons chicken fat
Sauté in the fat:
2 tablespoons chopped onion
2 tablespoons chopped green pepper
Stir in:
3 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon paprika
Add:
1/4 cup tomato purée or strained tomatoes
1 cup chicken broth
Stir and cook these ingredients until they boil. Add:
1 teaspoon lemon juice
1/2 teaspoon horse-radish
d2 cups cooked diced chicken meat
1/4 cup Sautéed Mushrooms, sliced (page 293)
1/4 cup chopped pimento (optional)
Salt as needed
Serve the chicken in:
Rice Ring (page 89) or Noodle Ring (page 85)

CHICKEN or VEAL CREAMED
6 Servings
There is no reason why this dish should not be delicious, whether it is made in a luxurious way or with leftover food. Proportions, seasonings, etc., are unimportant, provided that good combinations are chosen. Feel free to follow any creative urge. Prepare:
1 cup Cream Sauce I* (page 379)
Add:
2 tablespoons chopped parsley
2 cups minced chicken or veal**
Season these ingredients with:
3 tablespoons chopped pickles or olives (optional)
1 teaspoon lemon juice or 1 teaspoon Worcestershire sauce or
2 teaspoons sherry
Add:
Salt
Paprika
Celery salt if required
Grease a baking-dish and put the creamed mixture in it. Sprinkle the top with:
1/4 cup bread-crumbs
Dot it with:
2 teaspoons butter
or sprinkle it with:
Grated cheese
Place the dish under a moderate flame until the crumbs are brown. The creamed ingredients may be served unbreadcred on:
Hot toast or hot Waffles or in a Noodle or Rice Ring (pages 85, 89)
See Filled Pancakes (page 105)
* The sauce may be made with cream and Chicken Stock or vegetable water, with part gravy and part milk, etc.
** If there is insufficient meat, use part cooked or canned vegetables (celery, carrots, cauliflower, sautéed mushrooms, asparagus, etc.). Place these ingredients in the boiling sauce.

CHICKEN and MUSHROOMS CREAMED
Follow the preceding rule. Use part cooked chicken and part Sautéed Mushrooms (page 293).
LUNCHEON AND SUPPER DISHES

LEFT-OVER CHICKEN or TURKEY in SPAGHETTI with MUSHROOMS and ALMONDS

4 Servings
Cream by the rule on page 132:
1 cup cooked minced chicken or turkey
Add to it:
\( \frac{1}{2} \) cup or more Sautéed Mushrooms
(page 293)
2 cups cooked spaghetti
\( \frac{1}{2} \) cup chopped green peppers
\( \frac{1}{2} \) cup blanched allvered almonds
Place these ingredients in a greased baking-dish or in individual dishes.
Cover the top with:
Bread-crumbs
Grated Parmesan cheese
Bake in a moderate oven 375° until the top is brown.

CHICKEN and HAM CREAMED

4 Servings
Creamed dishes combine well with hot waffles or shortcakes.
Melt:
\( \frac{3}{4} \) tablespoons butter
Add and stir until blended:
\( \frac{3}{4} \) tablespoons flour
Stir in slowly:
\( \frac{1}{2} \) cup Chicken Stock or Stock Substitute (page 38)
\( \frac{1}{2} \) cup cream
When the sauce is smooth and boiling add:
\( \frac{1}{2} \) cup cooked chicken, diced
\( \frac{1}{2} \) cup cooked ham, diced
\( \frac{1}{2} \) cup chopped celery
\( \frac{1}{2} \) tablespoon chopped parsley
Pour a little of the sauce over:
1 beaten egg
Reduce the heat to a low flame. Return the sauce to the pan. Stir the sauce and permit it to thicken slightly. Season the dish, if needed, with:
Salt
Paprika
Before serving it add:
1 tablespoon sherry (optional)

JELLED CHICKEN

8 Servings
Prepare for cooking:
A 4- to 5-pound chicken
Place in a kettle and bring to the boiling point:
6 cups water
3 sticks of celery with leaves
1 carrot
1 small onion
4 or 5 sprigs of parsley
1 bay leaf
\( \frac{1}{2} \) teaspoon salt
6 peppercorns
Drop the chicken into the boiling water, reduce the heat and permit it to simmer covered until it is tender.
Remove it from the pot.
Boil the stock until there are 3 cupfuls. Clarify the stock by adding:
1 egg white, slightly beaten
Bring the stock to the boiling point.
Remove it to a warm place.
After 10 minutes skim and strain it.
Soak:
2 tablespoons gelatine
in:
\( \frac{1}{2} \) cup cold water
Dissolve it in a little boiling stock and add it to the remaining stock. Add to the stock, if needed:
Seasoning
Chill it until it is nearly set.
Cut the chicken from the bones.
Cut into pieces:
1 cup canned mushrooms or
\( \frac{1}{2} \) pound Sautéed Mushrooms*
(page 293)
2 hard-boiled eggs
12 stuffed olives
Rinse a mould in cold water.
Fill it to the depth of 3/4 inch with the chicken jelly.
Place the sliced eggs and olives in the jelly in some attractive arrangement.
Combine the remaining jelly, the chicken, and the mushrooms and fill the mould.
Chill the jelly until it is firm.
Unmould it and serve it with or without:
Mayonnaise
* Chopped celery may be substituted.

MINCED HAM on PINEAPPLE SLICES

4 Servings
Combine:
1 cup cooked minced ham
1 teaspoon prepared mustard
2 tablespoons mayonnaise
Spread this mixture on:
4 slices of drained pineapple

Bake the slices in a greased pan in a hot oven 400° for 10 minutes.

HAM CAKES and EGGS

4 Servings

Combine:
1 cup cooked minced ham
1 egg
1 tablespoon water
fol teaspoon paprika or pepper

Press these ingredients into 4 greased muffin-tins. Leave a large hollow in each one. Drop into the hollows:
4 eggs

Bake the cakes in a slow oven 325° until the eggs are firm. Turn out the cakes on:
Rounds of toast
Garnish them with:
Parsley

HAM and POTATO CAKES

4 Servings

Cook by the rule on page 245:
1 cup Mashed Potatoes

Add:
1 cup minced cooked ham
1 tablespoon chopped parsley

Season these ingredients with:
fol teaspoon Worcestershire sauce
(optional)
fol teaspoon pepper

If required add:
Salt

Shape this mixture into flat cakes.
Dip them lightly in:
Flour
Sauté them in:
Bacon or other fat

HAM CAKES with PINEAPPLE
and SWEET POTATOES or
ORDINARY POTATOES

6 Servings

Boil:
5 large sweet potatoes

Combine:
2 cups cooked, chopped, or minced ham
fol cup dry bread-crumbs
2 eggs
fol teaspoon salt
1 teaspoon prepared mustard

Shape these ingredients into 6 flat cakes.
Melt in a frying-pan:
5 tablespoons bacon fat

Brown lightly in the pan:
6 slices drained pineapple

Remove them and brown the ham cakes in the frying-pan. Place the pineapple slices in a baking-dish and cover each slice with a ham cake.
Peel the sweet potatoes. Cut them lengthwise into halves. Combine and sprinkle over them:
fol teaspoon cloves
fol cup brown sugar

Cook them slowly in the frying-pan until they are well caramelized. Place them in the baking-dish. Baste the with:
Pineapple juice

Bake the dish in a moderate oven 375° for 10 minutes.

BAKED HAM with APPLES

4 Servings

Rub:
1 slice smoked ham 1 inch thick
with:
fol teaspoon dry mustard
fol teaspoon pepper
2 tablespoons brown sugar

Place it in a baking-pan. Core:
Apples

Cut them in ¼-inch slices. Cover the ham thickly with the apples. Sprinkle them with:
fol cup sugar

Pour enough water in the pan to cover the bottom. Cover the pan closely. Bake the ham in a moderate oven 350° for 1 hour. Then remove the lid and permit the top to brown.

For other Baked Ham Dishes see Index.

HAM CREAMED

6 Servings

To:
1 pound (a cups) cooked ham, minced
add:
1 cup boiling Cream Sauce I (page 379)
LUNCHEON AND SUPPER DISHES

HAM LOAF with COOKED HAM
6 Servings
Combine:
- 2 cups cooked minced ham
- 1 cup bread or biscuit crumbs or crushed cornflakes
- 1 egg
- 2 tablespoons chilli sauce
- 1 cup grated carrots
- 1 cup milk

Bake these ingredients in a greased loaf-pan in a moderate oven 350° for about 45 minutes. Serve with:
- Tomato, Horse-radish, Mustard, Mushroom, or some other sauce, pages 380–6

HAM LOAF with TOMATO SOUP
8 Servings
Combine:
- 2 beaten eggs
- 1 cup milk
- 2 cups cooked minced ham
- 1 cup condensed tomato soup
- ½ cup minced celery or grated carrots
- ½ cup soft bread-crumbs
- 1 tablespoon chopped parsley
- 2 tablespoons grated onion
- ½ teaspoon dried savory (optional)

Place these ingredients in a buttered mould. Bake the loaf in a moderate oven 350° for about 1 hour.

Ham Loaf with Raw Ham, page 335.

HAM ROLLS with RICE and RAISIN FILLING
4 Servings
Make these when you have left-over rice.
Trim:
- 8 thin slices of baked or boiled ham

Spread them lightly with:
- Mustard

Place on each slice part of the following filling. Combine:
- ½ cups cooked rice
- ½ cup chopped raisins
- 1 beaten egg
- ½ cup chopped celery (optional)
- 1 teaspoon paprika
- ½ teaspoon Worcestershire sauce
- 2 pinches of herbs (optional)

Roll the slices and secure them with toothpicks. Brush them with:
- Milk

Grill the rolls or bake them in a hot oven 400° until they are thoroughly heated. Serve with:
- Cumberland Sauce (page 389)

Another good filling for ham rolls is the following. Place on each slice of ham:
- 4 asparagus tips

Roll, brush, and heat the ham as directed. Serve the rolls with:
- ½ cups Cheese Sauce (page 382)

DEVILLED HAM CREAMED
2 Servings
An emergency dish.
Prepare:
- 1 cup Cream Sauce I (page 379)

Stir into this the contents of:
- 1 (2½ oz.) can devilled ham

Add:
- ½ cup sliced stuffed olives * (optional)

Serve the ham on:
- Hot toast, rusks, or hot Waffles (page 493)

* One hard-boiled egg, finely chopped, may be substituted for the olives or it may be added to the other ingredients.
- ½ teaspoon of dry mustard may be added to the seasoning of the Cream Sauce.

HAM À LA KING
10 Servings
Prepare:
- 2 cups Cream Sauce I (page 379)

When the sauce is boiling add:
- 2 cups cooked diced ham
- 2 hard-boiled eggs, diced
LUNCHEON AND SUPPER DISHES

**CHICKEN MOUSSE II**

JELLIED

8 Servings

This is good served with a green or a fruit salad.

Soak:

- 1 tablespoon gelatine

in:

- ½ cup cold water

Dissolve it in:

- 1 cup Stock or Stock Substitute (page 38)

If water is used season it with:

- ½ teaspoon salt
- ½ teaspoon pepper

Chill the jelly. When it is nearly set combine it with:

- 2 cups cooked minced or chopped ham
- ½ cup chopped celery
- 1 tablespoon chopped onions
- ½ cup mayonnaise
- ½ cup chopped pickles (sour or sour-sweet)

Add, if required:

Worcestershire sauce (optional)

Seasoning

Moisten a mould with cold water. If desired decorate the sides and bottom with:

- Stuffed olives and hard-boiled eggs, sliced

Add the other ingredients.

Chill the mousse until it is firm.

**CHICKEN MOUSSE III**

BAKED

10 Servings

This good chicken dish is similar to a soufflé but calls for fewer eggs. See Timbales (page 203), Chicken Soufflé (page 214).

Prepare:

- 1 cup rich Cream Sauce I (page 379)

Cool it slightly and add:

- 2 egg yolks

Combine the sauce with:

- 2 cups cooked minced chicken
- ½ cup dry bread-crumbs
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon chopped parsley

Use Chicken Stock. Substitute cooked minced chicken for the ham, or use part chicken and part ham.

**CHICKEN MOUSSE I**

JELLIED

10 Servings

This recipe is given because it is neither so rich nor so expensive as Chicken Mousse II, and I like it just as well.

Use the above rule for Ham Mousse.
LUNCHEON AND SUPPER DISHES

**SAUTÉED APPLES and BACON**

4 Servings

A fine breakfast or luncheon dish.

**Apples**

Cut them into cubes. There should be about 4 cupfuls. Sauté in a heavy frying-pan by the rule on page 336:

8 slices of bacon

Remove the bacon as soon as it is crisp. Keep it hot. Leave about 2 tablespoonfuls of fat in the frying-pan. Add the apples. Sprinkle them with:

2 tablespoons sugar, white or brown

Cover them and cook them slowly until they are tender. Remove the cover. Turn the apples carefully. Let them brown lightly. Place them on a hot platter. Surround them with the bacon. Serve them garnished with:

Parsley

**SAUSAGE-MEAT and PINEAPPLE**

4 Servings

Drain:

6 slices canned pineapple *

Rub the slices with:

Prepared horse-radish or mustard

Place them in a flat baking-dish.

Combine:

1 pound sausage-meat

2 tablespoons flour

Form these ingredients into 6 flat cakes slightly smaller than the pineapple slices. Place them on the slices. Bake them in a moderate oven 350° for about 3/4 hour. Baste them with a little:

Pineapple juice

Serve them garnished with:

Parsley or chopped chives

* 1/2-inch slices of apple may be substituted.

**SAUSAGE-MEAT with APPLES**

2 Servings

Shape into 4 flat cakes:

1/2 pound sausage-meat

Combine and roll the cakes in:

1 tablespoon flour

1/2 teaspoon sugar

Core and cut into 1/2-inch slices:

2 firm tart apples

Boil for 5 minutes:

1 cup sugar

1/4 cup water

Add:

1 teaspoon butter

Drop the apple-rings into the syrup. Cook them slowly until they are nearly tender (for about 5 minutes). Drain them. Grill the meat cakes under a moderate flame for about 8 minutes. Arrange the apple slices on a hot platter. Place the sausage cakes on them. Serve them garnished with:

Parsley

*Apple filled with Sausage-meat, page 201.*

**PANCAKES and SAUSAGES**

Cook:

French Pancakes (page 489)

**Sausages (page 337)**

Roll the sausages in the pancakes. Serve them very hot with:

*Apple Sauce (page 399)*

Or if this seems too rich a combination, serve the sausages with omelet and apple sauce.

**SAUSAGES in PASTRY or SCONÉ DOUGH**

Spread:

Small sausages or balls of sausage-meat

with:

Mustard or horse-radish

Prepare:

*Pie Crust (page 498)* or Scone Dough (page 455)

Roll it to the thickness of 1/2 inch. Cut it into oblongs. Roll the dough around the sausages. Moisten the ends with a little water and pinch them so that the
sauces are entirely enclosed. Bake the sausages in a hot oven 425° for about 20 minutes.

**SAUSAGES and MUSHROOMS**
Fine for a late breakfast.
Prepare:
- **Mashed Potatoes** *(page 245)*
  Heap them in a mound on a hot platter.
  Keep them hot. **Cook**:
- **Sausages** *(page 337)*
  Place them around the potatoes.
  Sauté in the dripping:
  **Mushrooms** *(page 293)*
  Garnish the platter with them and:
  Sprigs of parsley
Pour the dripping over the potatoes.

**PIGS in POTATOES**
3 Servings
Combine and beat well:
- 1 teaspoon minced onion
- 1 teaspoon minced parsley
- 2 cups Mashed Potatoes *(page 245)*
- 1 egg yolk
**Cook**:
- 6 Chipolata Sausages *(page 337)* or cook and cut in halves 3 large sausages
Coat them with the potato mixture.
Roll the croquettes in:
  Finely crushed bread-crumbs
then in:
- 1 egg diluted with
- 1 tablespoon water or milk
then again in the crumbs. Heat to 375° deep fat (hot enough to brown 1-inch cube of bread in 40 seconds).
Fry the croquettes until they are a golden brown.
* These may be left-over potatoes.

**FRANKFURTERS COOKED in TOMATO SAUCE**
3 Servings
Place in a shallow pan:
- 6 frankfurter sausages
Season the contents of:
- 1 No. 1 can tomatoes *
with:
  - Salt (lightly)
  - 1 teaspoon brown sugar
  - $\frac{1}{2}$ teaspoon dry mustard
You may add:
  - Chopped green peppers
  - Minced onions or chives
Pour these ingredients over the sausages. Bake them in a hot oven 400° until they burst and the sauce thickens.
  * Barbecue Sauce, page 387, may be substituted.

**SAUSAGES in TOASTED SHREDDED WHEAT BISCUITS**
4 Servings
Split:
- 4 shredded wheat biscuits
  Toast them on both sides. **Sauté**:
  12 small sausages
Place 3 sausages between 2 biscuit slices. Spread the tops with:
  Butter
Heat the biscuits in a hot oven, 400°.
Serve them with:
  Maple syrup
  **Lima or Butter Bean and Sausage Casserole**, page 273; **Oysters and Sausages on Skewers**, page 159

**FRANKFURTERS FILLED with MASHED POTATOES**
Gash lengthwise:
- Frankfurters
  Fill the gashes with:
  Mashed Potatoes
to which you may add:
  Sautéed onions
Sprinkle the sausages with:
  Grated cheese
Bake them in a hot oven 400° until the cheese is melted and the sausages are light brown.

**FRANKFURTERS and PICKLE RELISH**
Gash lengthwise:
- Frankfurters
  Grill them until they are nearly done.
  Fill them with:
  Pickle relish or chilli sauce
Complete the grilling.
LUNCHEON AND SUPPER DISHES

FRANKFURTERS and APPLES with CHEESE
4 Servings
Place in a baking-dish:
8 franks
Spread them lightly with:
Mustard
Cover them with:
3 tart apples peeled and very thinly sliced
Sprinkle them with:
\( \frac{1}{2} \) cup sugar, white or brown
Bake them in a moderate oven \( 350^\circ \) for about 20 minutes. Sprinkle the top with:
\( \frac{1}{2} \) cup grated cheese
Bake or grill the dish until the cheese is melted.

FRANKFURTERS FILLED with SAUERKRAUT
Spread:
Frankfurters
with:
Mustard
Gash them lengthwise. Fill the gashes with:
Sauerkraut, drained *
Surround the sausages with:
Bacon
Secure it with toothpicks.
Grill or bake ** the sausages until the bacon is crisp and the sausages are well cooked.
* A pickle may be substituted.
** \( 400^\circ \) oven.

SAUSAGES in SCONCE or PIE CRUST
Spread:
Frankfurters
with:
Mustard
Horse-radish (optional)
Make:
Scone or Pie Dough (pages 455, 498)
Pat or roll it until it is thin. Roll the sausages in oblongs of dough. The ends may protrude. Moisten the edges of the dough lightly to hold them together. Bake the sausages in a hot oven \( 470^\circ \) until the covering is crisp.

TOASTED SAUSAGE ROLLS
Season small sausages with:
Mustard
Cut the edges from:
Thin slices of bread
Roll the sausages in the bread. Spread the outsides lightly with:
Melted butter
Toast the rolls in a moderate oven \( 375^\circ \) until they are light brown.

SAUSAGE-MEAT on SAUTÉED CEREAL CAKES
Prepare:
Sausage-meat Cakes
Prepare:
Cereal Cakes (page 95)
Serve the sausage on the cereal with:
Baked apples
Parsley

MIXED GRILL
Here is a fine grill—a complete course.
Heat your grill. Cut into slices:
Tomatoes
Brush them with:
Melted butter
Season them with:
Salt
Paprika
Brown sugar
Prepare for cooking:
Mushrooms
Brush them with:
Melted butter or heavy cream
Season them lightly with:
Salt
Lemon juice (optional)
Grease a rack.
Place on it the tomato slices, mushrooms and:
Slices of bacon
Sausages
Grill these ingredients until they are done. Meanwhile sauté or poach:
Eggs
Serve the eggs on a hot platter surrounded by the grilled food. Garnish the platter with:
Parsley, olives, radishes, etc.
LUNCHEON AND SUPPER DISHES

PORK CHOPS or FILLET with MUSHROOMS, OLIVES, and CREAM

4 Servings
Cut into 1-inch crosswise slices:
1 pound or more of pork chops
Sprinkle them with:
Salt
Paprika
Roll them in:
Flour
Heat:
2 tablespoons butter
Brown the meat quickly in the butter.
Bring to the boiling point:
1 cup thin cream *
2 tablespoons lemon juice
1 slice of onion
Pour this mixture over the chops. You may add at this time:
1/2 pound mushrooms, sliced **
Cover the frying-pan closely. Simmer the chops until they are done—for about 20 minutes. Add for the last 2 minutes:
6 stuffed olives, sliced
Serve the pork garnished with:
2 tablespoons chopped parsley
* If you have sour cream, use it and omit the lemon juice.
** The amount of mushrooms and olives is unimportant. You may dispense with them. A few capers or chopped pickles may be added just before serving.

See Index for other Pork Chop Dishes.

GOULASH—VEAL and PORK with SAUERKRAUT

4 Servings
Sauté until light brown:
6 tablespoons chopped onions
in:
2 tablespoons butter
Cut into 1-inch cubes and add to the onions:
1/2 pound veal
1/2 pound lean pork
Heat and add:
1 pound sauerkraut
Simmer these ingredients covered for 1 hour. Heat and add:
1 cup sour cream
1 teaspoon caraway seed
Simmer the goulash 1/2 hour longer.

HASH with CELERY

There is no set rule about making hash. In fact it makes an immense appeal to the imagination. Cooks lacking that nerve-racking quality will find the following recipe helpful.

Prepare:
1/2 cup chopped celery
1/2 cup chopped green pepper
1/2 cup chopped onion
Drop them into:
1/2 cup boiling water
Seasoned with:
1 teaspoon salt
When the vegetables are tender, drain them. Reserve the liquor, as it may be needed for the gravy. If there is enough roast gravy available use it. If there is not enough, thicken the vegetable water with:
1 tablespoon flour
and add it to the roast gravy.
If there is no gravy make it in the following way.

Melt:
1 1/2 tablespoons butter
Add and stir until blended:
1 1/2 tablespoons flour
Stir in slowly:
1/2 cup vegetable water
Add:
1 tablespoon ketchup (optional) or
2 tablespoons tomato pulp (optional)
Add if required:
Salt
Paprika
Heat the gravy to the boiling point.
Add:
1 beef cube *
Add the drained vegetables and:
1 cup cooked meat, diced
Remove the hash from the fire as soon as the meat is heated. Do not let the gravy boil after adding the meat. Unnecessary boiling does not improve the flavour of beef and sometimes
LUNCHEON AND SUPPER DISHES

causes it to become tough. To keep the hash hot place the saucepan in hot water. Serve the hash on:
Hot Waffles, hot toast, or in a hot Pie Shell or Pancake
(See Filled Pancake, page 105)
*If a beef cube is not available use canned bouillon instead of vegetable water.

HASH with POTATOES

6 Servings
This is an excellent combination. If it is not feasible to use all the ingredients given it will still be good.
 Prepare:
\[ \frac{1}{2} \text{ cup cooked, diced potatoes} \]
\[ \frac{1}{2} \text{ cup cooked, diced onions} \]
\[ \frac{1}{2} \text{ cup seeded, sliced green peppers} \]
3 tablespoons diced pimentos
2 cups cold cooked meat cut into \( \frac{1}{4} \)-inch cubes
Combine:
1 cup left-over gravy *
\[ \frac{1}{2} \text{ cup tomato purée} \]
1 tablespoon butter
Season this well with:
Paprika
Salt
1 teaspoon Worcestershire sauce
Heat the sauce and add the meat and vegetables. Pour the hash into 1 large baking-dish or into 6 individual baking-dishes. Sprinkle the top with:
Bread-crumbs
Grated cheese
Dot it lightly with:
Butter
Brown the dish in a moderate oven 350°.
*If there is no available gravy make it with 2 tablespoons butter, 2 tablespoons flour, and 1 cupful of vegetable stock or water to which 1 beef cube has been added.

SAUTÉED HASH (BROWNED HASH)

4 Servings
Combine and mince:
\[ \frac{4}{3} \text{ cups cooked meat} \]
\[ \frac{1}{2} \text{ cup raw cubed potatoes with or without skins} \]
1 medium-sized onion
Season with:
Salt, pepper, celery seed, or \( \frac{1}{2} \) teaspoon dried herbs
Turn these ingredients into a hot, well-greased frying-pan. Cook the hash over a medium flame until a crust forms on the bottom, turn it and brown the other side. Stir it from time to time to let the hash brown throughout. Shortly before it is done, pat it down firmly to form an unbroken cake. This requires about \( \frac{1}{2} \) hour cooking in all. Serve the hash with:
Ketchup or Tomato Sauce (page 385)

QUICK HASH

4 Servings
Heat over a very low flame:
\( 1 \) (10\( \frac{1}{2} \) oz.) can condensed mushroom soup
Stir in gradually:
\( \frac{1}{2} \) cup milk
Add:
\[ 1 \text{ cup cubed cooked ham or meat (frankfurters, hamburgers, etc.)} \]
\[ 2 \text{ hard-boiled eggs, sliced} \]
Season the hash with:
A pinch of dried herb
Salt
Paprika
Add:
Chopped parsley (optional)
Serve it over:
Hot bread or toast

CANNED STEW POT PIE

4 Servings
Place in the bottom of an oven-proof dish the contents of:
\( 1 \) No. 2 can of stew—beef, lamb, etc.
Cover it with:
Pie Dough or Scone Dough (pages 498, 455), or slices of bread, buttered on both sides
Bake it in a hot oven 400° until it is light brown. (For about 20 minutes for pie or scone dough.)
LUNCHEON AND SUPPER DISHES

MASHED POTATO PIE
A very good way of using a small quantity of cold mashed potatoes and bits of meat or vegetable scraps.

Line individual moulds with a wall ½ inch thick of:

Left-Over Mashed Potatoes
If the potatoes are very hard soften them with:

1 or 2 tablespoons hot milk

Brush the inner walls with:

1 egg white

Moisten:

Chopped, cooked meat and vegetables
with a small amount of:

Gravy, Tomato Sauce (page 385)
Cream Sauce (page 379) or cream

Fill the moulds and cover them with a layer of mashed potatoes. Brush the tops with:

Soft butter

Place the moulds in a pan of hot water in a quick oven 400° for 15 minutes or until the potatoes are brown.

COTTAGE PIE with HASH and SAUERKRAUT

4 Servings

Prepare:

2 cups Mashed Potatoes

Combine:

1 cup cooked meat,* diced
1½ cups sauerkraut, chopped and drained
1 cup Gravy or Stock ** (page 377)
½ teaspoon pepper
½ teaspoon celery seed or caraway seed (optional)
Salt if needed

Place these ingredients in a greased baking-dish. Cover them lightly with the potatoes. Dot the top with:

1½ tablespoons butter or dripping

Bake the dish in a moderate oven 375° until the top is brown.

* Cold roast meat, canned meat, sausage, etc.

** If stock is used thicken it with 2 tablespoons butter and 2 tablespoons flour.

SHEPHERD'S PIE I

Prepare:

Hash (page 140)

Spread it in a baking-dish. Cover it with fresh hot:

Mashed Potatoes (page 245)

Spread the top with:

Melted butter

Bake the dish in a quick oven 400° until the potatoes are brown.

SHEPHERD'S PIE II

6 Servings

More luxurious than No. 1.

Prepare by the rule on page 245:

2 cups well-seasoned Mashed Potatoes

Beat in until very light:

2 egg yolks

Whip until stiff:

2 egg whites

½ teaspoon salt

Fold them lightly into the potatoes. Spread the bottom of a greased baking-dish with ⅔ of the potatoes. Combine and place over them:

2 cups finely chopped veal or other meat

2 tablespoons chopped parsley

½ cup chopped celery

½ cup gravy or tomato pulp, or

½ cup cream

Salt

Paprika

Cover the meat with the remaining potatoes. Dot the top with:

Butter

or sprinkle it with:

Grated cheese

Bake the pie in a hot oven 400° until the top is brown. Serve it with:

Gravy or Creole Sauce (page 385, optional)

Do not use the tomato flavour in both meat and sauce—it is too monotonous.

CORN-MEAL OR OATMEAL

MUSH MEAT PIE (TAMALE PIE)

6 Servings

The idea of using a lining of corn-meal or oatmeal mush is excellent. Any meat creamed or in gravy may be
substituted for the following combination. The mush pie becomes a
tamale when the filling is highly
seasoned.
Mince or chop:
1 cup cold roast meat
Moisten it with:
1 cup meat gravy *
Add:
1/2 cups tomato soup or tomato
purée
1 small clove garlic, minced (opt-
tional)
1/2 teaspoons chilli powder
Boil:
4 cups water **
Stir in:
1 cup corn-meal or rolled oats
1/2 teaspoons salt
Cook and stir these ingredients over
low heat until the mush is thick. Line
a buttered baking-dish with 1/2 of the
mush. Pour in the meat. Dot the
top with the remaining mush rolled
into 1-inch balls. Bake the dish in a
moderate oven 350° for about 45
minutes.
* Brown Sauce (page 385) or Cream
Sauce (page 379) may be substituted.
** Part of this may be Stock or
Stock Substitute (page 38). In that
case reduce the salt measurement.

CORNED BEEF HASH in CORN-
MEAL MUSH or OATMEAL

Follow the preceding rule for:
Corn-meal Mush Meat Pie
Fill the pie with:
2 cups corned beef hash
to which you may add:
1/2 cup chopped onion
Sautéed in:
2 tablespoons butter
to which you may add:
1/2 teaspoon thyme

LEFT-OVER MEAT LOAF

4 Servings
Rather a light one, but not quite a
soufflé.
Prepare:
1 cup Cream Sauce I (page 379)
Cool it slightly. Beat in:
1 whole egg *
Add to it and mix well:
1 cup chopped cooked meat or
meat and vegetables
1/2 cup fresh bread-crumbs
2 teaspoons chopped parsley
1/2 teaspoon onion juice or
1 tablespoon minced onion
1 teaspoon salt

Place these ingredients in a greased
baking-dish. Bake them in a moderate
oven 350° for 15 minutes. This loaf
may be served with:
Tomato Sauce (page 385)
Mustard Sauce II (page 390), etc.

If this recipe is doubled, beat the
yolks in at this time. Whip the whites
separately and fold them in when all
the other ingredients are combined.

LEFT-OVER MEAT, DEVILLED

Spread:
Cooked sliced meat
with:
Prepared mustard or ketchup
Roll the slices in:
Buttered bread-crumbs
Grill them under a good flame until
browned. Serve the meat with:
Piquante Sauce (page 386) or
Spring Onion Sauce (page 387)

MEAT LOAF in PASTRY or
SCONE DOUGH

Prepare:
Beef Loaf (use any rule page 314)
or improvise a beef loaf of
cooked minced meat
Bake the loaf until it is nearly done.
Prepare:
Pie Crust (page 498) or
Scone Dough (page 455)
Roll it until it is very thin and wrap it
around the beef loaf, covering the loaf
completely. Moistern the edges of the
dough to hold them down. Bake the
loaf in a quick oven 450° until the
dough is done (about 15 minutes).
Serve it with:
Left-over gravy, Olive Sauce (page
386), or Tomato Sauce (page 385)
LUNCHEON AND SUPPER DISHES

MEAT PIE ROLL or PIN WHEELS

4 Servings
This is a palatable, easy to make, everyday dish, an attractive way to serve a small quantity of left-over meat.
Make by the rule on pages 455, 498:
Scone Dough * or Pie Dough (use 2 cups of flour)
Roll it until it is very thin. Cut it into an oblong. Use a pastry brush and brush it lightly with:
1 egg white or soft butter
(This will keep the crust from being soggy.) Spread the dough with the meat filling being careful not to get it close to the edges. Leave about 1 inch at the sides uncovered. Begin to roll it loosely. Moisten the end with water and plaster it down. Moisten the sides and pinch them together. Bake the roll in a hot oven 450° until it is done—for about 20 minutes.
Or, cut the roll into 4-inch slices. Place the slices in a lightly greased pan. Dot the tops with:
Butter
This roll may be prepared in advance and placed in the refrigerator until ready for use. Bake the slices in a hot oven 450° until the dough is done. Serve them very hot with:
Brown Sauce (page 385) or
Tomato Sauce (page 385)

* Make the scone dough a little drier than for ordinary scones or it will be difficult to handle.

Fillings
I. Raw sausage-meat may be used. It need not be moistened or seasoned.

II. Mince:
Cooked meat
Moisten it with:
Thick gravy, Cream Sauce (page 379), canned condensed soup, Brown Sauce (page 385), or a little cream
Season it lightly with:
Salt
Paprika
Mustard or Worcestershire sauce
Chopped pickles

III. Crumble:
8 ounces corned beef
Combine it with:
1/2 cups thick cream sauce *
Season the filling with:
2 teaspoons A-x or Worcestershire sauce
Salt
1 teaspoon paprika
A pinch of thyme, marjoram, and sage
1 teaspoon curry powder
1 tablespoon capers or chopped pickles

Any good chopped meat filling may be evolved with this basis. Ham loaf or veal loaf may be substituted for the corned beef, but beware of adding seasoning without tasting the mixture. Chopped cooked meat will do and sea food is highly recommended.

* 3 tablespoons butter
4 tablespoons flour
1/4 cups milk

POTATO and ONION PIE ROLL
A fine accompaniment for a meat course. Sauté until brown:
1 cup finely minced onions
in:
1/2 cup butter
Add these ingredients to:
2 cups hot Mashed Potatoes (page 245)
Follow the rule for making the above Meat Pie Roll, substituting this filling for the meat.

TURNOVERS or ROLLS FILLED with MEAT, etc.

6 Servings
This recipe and the following one make excellent hot canapés. For canapés cut the dough into small attractive shapes. For hot luncheon sandwiches make them a more generous size. If prepared in advance keep them chilled until ready to bake. Please have the patience to read to the end of this recipe. The fillings are recommended with gusto.
Prepare, using about 2 cupsfuls of flour:
Scone * or Pie Dough (pages 455, 498)
LUNCHEON AND SUPPER DISHES

MEAT SHORTCAKES

10 Cakes
Follow the rule on page 456 for:

Fluffy Scone Dough
(If a richer dough is desired, use an additional tablespoon of butter.)

Combine:

- 4 tablespoons cream
- ¾ cup devilled ham *

Roll out the dough on a lightly floured board to the thickness of ¼ to ½ inch. Spread ¼ of it with the ham mixture. Fold over the other half so that the ham is between the layers of dough. Cut the dough with a pastry cutter. Bake the cakes in a hot oven 450°.

* Minced cooked ham or other meat may be substituted. In that case ½ teaspoon prepared mustard, 2 teaspoons minced onion, or other seasoning may be added.

QUICK CANNED VEGETABLE and MEAT DISH or PIE

6 to 8 Servings
This is notable for goodness, economy, and the rapidity with which it may be made. When making it you may ad lib. to your heart’s content.

Drain, then cut into cubes, the contents of:

1 (16 oz.) can roast beef or 1 pound roast beef

Reserve the juices or gravy. Drain, reserve the juices of:

1½ to 2 cups cooked or canned mixed vegetables

Add to the juices or gravy to make 2 cupfuls of liquid:

Vegetable Stock or Stock Substitute (page 38), tomato juice, consommé, cream, etc.

Melt:

- 4 tablespoons butter

Stir in:

- 4 tablespoons flour

Add the liquid gradually. When the sauce is smooth and boiling, add the vegetables and meat. Season the dish with:

Salt
Paprika

Onion juice, horse-radish, mustard, or curry, etc.
LUNCHEON AND SUPPER DISHES

Serve it as it is, or place it in a baking-dish and cover it with:

Pie Crust (page 498) or
Scone Dough (page 455)

Bake it in a hot oven 450° until the top is done. If you prefer it may be served au gratin, or you may place over it slices of bread buttered on both sides. Bake or grill the dish until the bread is toasted.

LEFT-OVER HAM or OTHER MEAT in WAFFLES or PANCAKES

Add:
\[ \frac{1}{2} \text{ to } 1 \text{ cup minced ham} \]

Waffle Batter (page 493)

Bake the waffles. Serve them with:

Condensed Mushroom Soup Sauce (page 394)

Or, prepare condensed mushroom soup sauce, cream the ham in part of it. Make pancakes or girdle cakes. Spread the creamed ham on them. Roll them. Serve with the remaining sauce.

SQUASH or VEGETABLE MARROW and HAM
(or other MEAT)

Combine:

\[ 1\frac{1}{2} \text{ cups smoked or boiled ham, cubed} \]

with:

\[ 2 \text{ cups peeled and diced Hubbard squash or vegetable marrow} \]

Dot it well with:

Butter

Season it with:

\[ \frac{1}{4} \text{ teaspoon paprika} \]

\[ 1 \text{ teaspoon sugar} \]

\[ \frac{1}{2} \text{ teaspoon nutmeg} \]

Cover the dish closely. Bake it in a hot oven 400° for 1 hour. Meat, cooked or uncooked, may be used. Add salt.

QUICK SPAGHETTI MEAT PIE

Sauté lightly:

\[ 2 \text{ cups cooked cubed meat} \]

in:

\[ 2 \text{ tablespoons butter} \]

Add:

\[ \frac{1}{2} \text{ cup cream} \]

Season it with:

Salt
Pepper

\[ \frac{1}{2} \text{ teaspoon basil (optional)} \]

Place in a greased dish:

\[ 1 \text{ (24 oz.) can spaghetti} \]

Make a depression in the centre. Place the meat in it. Sprinkle the top with:

Buttered bread-crumbs
Grated cheese

Bake the dish in a moderate oven 375° for 25 minutes.

* 12 ounces cooked spaghetti may be used.

STEAK and KIDNEY PIE

6 Servings

Cut into 1-inch cubes:

\[ 1\frac{1}{2} \text{ pounds beef (chuck or rump steak)} \]

Slice:

\[ \frac{1}{2} \text{ pound veal or lamb kidneys} \]

Melt:

\[ 3 \text{ tablespoons butter or beef fat} \]

Brown in this:

\[ 1\frac{1}{2} \text{ cups chopped onion} \]

Add meat. Stir it until all sides are well coated and lightly browned.

Add:

\[ 3 \text{ cups boiling Stock or Stock Substitute (page 38)} \]

Cover the dish, simmer the stew for about 2 hours or until tender. Thicken the stock with:

Flour (see Gravy, page 377)

Season it with:

Salt
Pepper
Worcestershire sauce

Place the stew in a baking dish.

Cover the top with:

Pie Crust (page 498) or
Chicken Pot Pie Batter (page 130)

Bake it in a hot oven 450° for about 20 minutes.

This is the traditional way of cooking this English dish. I like to add the kidneys for the last 20 minutes of cooking only and to add at the same time 2 carrots and 1 stick of celery, diced.
LUNCHEON AND SUPPER DISHES

VEAL and PORK PIE

4 Servings
Cut into 1-inch pieces:

\( \frac{1}{2} \) pound veal
\( \frac{1}{2} \) pound lean pork

Sauté the meat until lightly browned in:

2 tablespoons hot dripping or butter

Add and simmer covered for 15 minutes:

3 cups boiling water
1 teaspoon salt
\( \frac{1}{2} \) teaspoon paprika
\( \frac{1}{2} \) bay leaf
2 whole cloves

Remove spices. Add:

\( \frac{1}{2} \) cup diced carrots
\( \frac{1}{2} \) cup diced celery
1 cup diced potatoes
12 small onions

Bring the stew to the boiling point, reduce the heat, and simmer it covered until the meat is tender—for about 30 minutes longer. Thicken the stock with:

Flour (see Gravy, page 377)

Add as required:

Seasoning
Place the stew in a baking-dish. Top it with:

Pie Crust (page 498), or
Chicken Pot Pie Batter (page 130)

Bake it in a hot oven 450° for about 20 minutes.

EGGS in CANNED CORNED BEEF HASH

4 Servings
Divide into 4 parts the contents of:

1 (16 oz.) can corned beef hash

Press each portion into a buttered oven-proof ramekin. Make a depression in each one. Place in each depression:

1 egg

Sprinkle the tops with:

Grated cheese
Paprika

Bake the corned beef in a moderate oven 375° until the eggs are set.

Garnish them with:

Parsley

CANNED CORNED BEEF HASH

PATTIES with SAUCE

4 Servings
Chill slightly:

1 (16 oz.) can corned beef hash

Open the can at both ends and push out the hash. Cut it into slices. Melt:

3 tablespoons shortening

Sauté in it:

\( \frac{1}{2} \) cup chopped onion

Brown the patties in this. Prepare:

1/2 cups Cream Sauce*

You may add to the sauce:

2 hard-boiled eggs,** diced
2 tablespoons capers (good) or chopped pickles

Serve the sauce over the patties.

Garnish them with:

Lemon wedges
Parsley

* Tomato, Mushroom, or Celery Soup, etc., may be used. (See page 395.)

** Or serve a poached egg on each slice of hash.

CREAMED CORNED BEEF
AU GRATIN

Cut into cubes:

Canned corned beef*

Add if feasible:

Sautéed Mushrooms

Prepare:

Cream Sauce,** equal in quantity to the beef

Add, if you wish:

Minced onion
Celery salt (sparingly)
Worcestershire sauce
Chopped parsley
Chopped celery or some left-over vegetable

Heat the beef in the sauce.

Serve the dish as it is over:

Hot buttered toast

Or place it in a greased baking-dish and serve it au gratin.

Bake it in a hot oven 400° for about 10 minutes.

The traditional dish to serve with this is:

Poached eggs

* Pressed beef may be substituted.

** Condensed celery or cream of mushroom soup is a fine substitute.
BAKED CORNED BEEF

Remove whole from the can:
Corned beef
Stud it with:
Whole cloves
Make a paste by stirring a little water into:
$\frac{1}{2}$ cup brown sugar
1 teaspoon chilli powder
Add to it:
2 tablespoons chopped pickle
Spread the beef with the paste. Bake it in a moderate oven 350° for about 10 minutes.

CORNED BEEF CREAMED

4 large Servings
Let’s make something good out of this.
Pull apart:
8 ounces corned beef
Melt:
3 tablespoons butter
Sauté in it until light brown:
3 tablespoons minced onion
3 tablespoons minced green pepper
Sprinkle these with:
3 tablespoons flour
Add slowly, stirring constantly:
2 cups milk
Add the beef. Simmer these ingredients until they thicken. Remove from fire and season with:
1 tablespoon chopped parsley
$\frac{1}{2}$ teaspoon paprika
2 tablespoons sherry
Serve the beef on:
Hot buttered toast or Cereal Cakes (page 95)

CORNED BEEF in CHEESE SAUCE

2 Servings
Prepare:
1 cup Cheese Sauce I (page 382)
Add to it:
4 ounces or more corned beef, shredded
Heat it. Serve it over:
Hot toast
This and the above combination may be served in pancakes. See Sea Food in Pancakes (page 105).

CORNED BEEF in CREOLE SAUCE

Prepare:
Quick Creole Sauce (page 381)
Melt:
1 tablespoon butter
Sauté in it for 1 minute:
4 ounces corned beef, shredded
Add the sauce. Heat the dish. Serve it on:
Buttered toast

CORNED BEEF, ONION, and POTATO CHIP CASSEROLE

4 Servings
Boil until nearly tender, then drain well:
10 small onions
Dilute:
2 chicken bouillon cubes
in:
$\frac{3}{4}$ cup boiling water
Add:
10% ounces condensed celery or other soup*
Stir into this:
4 ounces corned beef, shredded
Place the onions in a baking-dish, pour the soup and beef mixture over them. Cover the top with:
Crushed potato chips
Bake the dish in a hot oven 400° for about 15 minutes.
* Or an equal amount of Cream Sauce II (page 380).

PANCAKES FILLED with HASH, or VEGETABLES

Follow the rule on page 105 for:
Pancakes Filled with Creamed Sea Food
Substitute for the sea food:
Hash with Gravy, or Creamed Vegetables

LEFT-OVER MEAT in BATTER

Follow the rule for:
Calf Brain Fritters (page 129)
Substitute for the brains about:
1$\frac{1}{2}$ cups chopped cooked meat
Add to the meat, if desired:

2 tablespoons chopped parsley
1 tablespoon lemon juice or
1 teaspoon Worcestershire sauce

Serve the fritters with:

Gravy, Tomato Sauce (page 385),
Horse-radish Sauce (page 380)

LEFT-OVER MEAT in BAKED RICE BALLS

Follow the rule on page 105 for:
Baked Rice and Fish Balls
Substitute for the fish:
2 cups or less chopped cooked meat

BACON LEFT-OVERS

Measure:
Cooked minced meat
Add ⅛ the measure of:
Cooked Rice (page 87, Method II)
Moisten it lightly with:
Gravy or cream
Season it well with:
Salt
Pepper
Minced onion or onion juice

Roll the mixture into small balls, flatten them slightly, and roll around them:
Slices of bacon
Secure the bacon with toothpicks. Place the patties in a greased pan or dish and cook them in a hot oven 450° until the bacon is crisp (for about 15 minutes). Serve them with:
Tomato Sauce (page 385)

SCALLOPED VEAL and OYSTERS

Follow the rule on page 98 for:
Scalloped Oysters
Use part:
Cooked chopped veal
and part:
Oysters
Use part:
Milk
and part:
Gravy (optional)

COLD ROAST BEEF and TOMATO SAUCE

Prepare:
Creole Sauce (page 385)

Or heat the contents of:

1 (10 ½ oz.) can tomato soup

Add to it:
2 tablespoons butter

Arrange slices of beef on a hot platter. Pour the boiling sauce over them. Sprinkle the top with:
Chopped parsley or chopped chives

GERMAN MEAT BALLS (KÖNIGSBERGER KLOPS)

6 Servings—about 10 2-inch balls
Introduce this very good dish to your family.

Soak in water to cover:
1 slice of bread 1 inch thick

Put through a mincer twice:
½ pounds meat (½ pound beef, ½ pound veal, ½ pound pork or liver)

Beat well and add:
2 eggs

Melt:
1 tablespoon butter

Sauté in it until brown:
¼ cup finely minced onion

Add it to the meat. Wring the water from the bread. Add the bread to the meat and:

3 tablespoons chopped parsley
1 teaspoon salt
¼ teaspoon paprika
1 teaspoon grated lemon rind
1 teaspoon lemon juice *
1 teaspoon Worcestershire sauce (optional)

Combine these ingredients well.**

Shape them lightly into 2-inch balls. Drop them into:

5 cups boiling Vegetable Stock or
Stock Substitute (page 38)

Simmer them covered for about 15 minutes. Remove them from the stock. Measure the stock. Make gravy of it (page 377) by using:
2 tablespoons butter for every cup of stock
2 tablespoons flour for every cup of stock
LUNCHEON AND SUPPER DISHES

Season it, if needed, with:
Salt
Paprika
Cook and stir it until it is smooth and boiling. Add to it:
2 tablespoons capers or 2 tablespoons chopped pickles or lemon juice
2 tablespoons chopped parsley
Reheat the meat balls in the gravy.
Serve them with a platter of:
Boiled Noodles (page 84) or Spaetzle (page 376)
Cover them generously with:
Buttered Crumbs (page 296)
*A few minced sardelles or 1 1/2 herring may be added to the meat balls at this time or they may be added later to the gravy.
**Do this lightly with the hands—a better method than using a fork or spoon.

ITALIAN MEAT BALLS
Follow the preceding rule for:
German Meat Balls
Omit the Worcestershire sauce. Add to the meat mixture:
1 1/2 clove garlic, chopped
3 tablespoons grated Italian cheese
Roll the balls lightly in:
Flour
Place them in a casserole. Half cover them with:
Tomato pulp or canned tomatoes cooked until thick, then strained
Bake them covered in a moderate oven 350° for about 1 hour.

PORK BALLS in TOMATO SAUCE
Soak in water to cover:
A slice of bread 1 1/2 inches thick
Wring the water from it. Add to the bread:
1 pound minced pork
1/2 cup chopped onion
1 beaten egg
1 teaspoon salt
1 teaspoon paprika
Combine these ingredients lightly with the hands, until they are well blended. Shape them into 2-inch balls.

Combine the contents of:
1 (10 1/2 oz.) can tomato soup
An equal amount of water
Bring the liquid to the boiling point. Drop the balls into it. Cover the pan and simmer the balls until they are done—for about 1/2 hour.

Meat Balls for Spaghetti, page 63.

OX TONGUE with RAISIN SAUCE
An unusual dish—delicious and inexpensive. As it takes 1 hour to make the sauce it is well to begin to prepare it while the tongue is cooking.
Place in a kettle:
A fresh ox tongue
Peel and add:
2 medium-sized onions
1 large carrot
3 or more sticks of celery with leaves
Wash and add:
6 sprigs of parsley
Barely cover these ingredients with boiling water. Add:
8 peppercorns
1 teaspoon salt
Simmer the tongue until it is tender (for about 3 hours). Drain it. Reserve the liquor. Skin the tongue. Remove the roots. Place the tongue where it will keep hot.
Sauce
Blanch and split:
1/2 cup almonds (1/4 pound)
Add and simmer for 1/2 hour:
2 cups water
Add and simmer 1/2 hour longer:
1 cup seedless raisins, closely packed
Drain the sauce. Reserve the liquid. Melt:
6 tablespoons fat (from the tongue stock) or butter
Stir in until blended:
3 tablespoons flour
Stir in gradually:
The raisin and almond liquid and tongue stock to make 3 cupfuls liquid in all
1 cup crushed ginger snaps
2 teaspoons Caramel (page 690)


**LUNCHEON AND SUPPER DISHES**

Add the almonds, raisins, and:
- 1 lemon cut into very small cubes

Season the gravy with:
- Salt
- Paprika

Serve the tongue with:
- Noodles (page 84) and buttered crumbs (page 296) or with a Noodle Ring (page 85) filled with green peas

**Calf Tongues with RAISIN SAUCE**

Follow the preceding rule.
Substitute for beef tongue:
- Calf tongues

**CANNED LUNCHEON TONGUE and PEAS* CREAMED**

2 Servings
Cut into dice the contents of:
- 1 (6 oz.) can luncheon tongue
Prepare:
- 1 cup unseasoned Cream Sauce **

When the sauce is boiling, stir in:
- ½ cup cooked peas, etc.
and the diced tongue.
Season these ingredients with:
- Paprika
- Salt, if needed

* Left-over vegetables may be substituted. Good with cooked celery and green peppers.

** Canned tongue is apt to be salty. It may be soaked for 15 minutes in the liquid that is to be used to make the sauce.

**SUKIYAKI**

20 Servings
This, I suppose, should be labelled "stew"—but as it is an unusual dish it had better be known by its unusual name. It is a good thing to serve from a chafing-dish. Melt in a sauce-pan a scant:
- ½ pound suet (butter may be substituted)

Cut into very thin slices across the grain and brown in the fat:
- 2½ pounds fillet of beef
Boil and add to it approximately:
- 2½ cups Beef Stock or Stock Substitute (page 38), or canned bouillon

Cut into very thin slices and add:
- 2 cups bamboo shoots or celery
- 20 spring onions
- 2 seeded bamboo shoots or celery
- ½ pound fresh or canned mushrooms

Season the stew with:
- ½ cup or more soy sauce *
- Salt
- Paprika
- 2 tablespoons sugar

Cook these ingredients gently for 15 minutes—no more. Serve them at once with:
- Boiled Rice (page 87)

* The friend to whom I am indebted for this recipe suggests adding:
- 1 cup tomato juice
- 1 teaspoon Worcestershire sauce
- ½ cup blanched almonds

**CHOW MEIN with FRIED NOODLES**

10 Servings
This and the following good dish may be made in advance and reheated.
Cut into cubes:
- ½ pound lean pork
Melt in a frying-pan:
- 3 tablespoons butter
Add and cook for 2 minutes:
- 2 tablespoons minced onion
Brown the meat in the butter. Stir in:
- 2½ tablespoons flour
When the flour is blended stir in slowly:
- 2½ cups Chicken Stock or Stock Substitute (page 38)
Add:
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 cup diced cooked chicken
- ½ cup diced celery or bean sprouts
- ½ cup mushrooms, canned or fresh

Simmer these ingredients gently for ½ hour, or cook them in a double boiler. Add:
- 2 tablespoons soy sauce (optional) and additional seasoning, if needed.
Serve the chow mein on a large deep platter. Surround it with:
- Fried Noodles (page 85)
MEXICAN VEAL STEAK with NOODLES

6 Servings
A famous ‘Madam Malaprop’ once announced to her delighted listeners that her son would attend a masquerade in the ‘Garbage of a monk!’ Here is an old friend in a new garb—for onion lovers only.

Cut into 8 or 10 portions:

- 1 pound thin veal steak

Season the meat with:
- 1 teaspoon salt
- ½ teaspoon paprika

Dredge it with:
- ½ cup flour

Heat:
- 3 tablespoons shortening

Sauté the meat quickly on both sides until it is brown. Reduce the heat.

Cover the meat with:
- 1½ cups sliced onions
- 6 tablespoons chilli sauce
- ½ cups boiling water

Cover the pan closely. Simmer the contents for 25 minutes. Sprinkle the meat with:
- 2 ounces grated cheese

Stir the mixture until the cheese is melted. Boil by the rule on page 84:
- 5 ounces noodles

Drain them. Rinse them with water. Drain them.

Melt:
- 2 tablespoons butter

Stir in:
- 1 tablespoon flour

Stir in slowly:
- ½ cup chicken stock*

Add this to the noodles. Reheat them. Serve the noodles garnished with:
Buttered crumbs

Serve the meat garnished with:
Parsley

* Use a chicken bouillon cube.

VEAL PATTIES

3 Servings
Combine:
- ½ pound minced veal
- 2 tablespoons melted butter or dripping
- ½ teaspoon lemon juice
- ½ teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon nutmeg
- A few grains of pepper
- ¼ cup crushed cornflakes

Shape these ingredients with the hands into 5 cakes. Roll them in:
Seasoned bread-crumbs or crushed cornflakes

Dip them in:
- 1 egg diluted with 2 tablespoons water

and again in the crumbs. Heat in a frying-pan:
- 3 tablespoons shortening

Sauté the patties on both sides to a rich brown. Drain them on absorbent paper. Serve them with:
Gravy or Sauce (page 377)

HAM and VEAL LOAF

8 Servings
This is good either hot or cold.

Combine:
- 1 pound lean smoked ham, minced
- 2 pounds veal, minced
- 2 tablespoons grated onion
- 1 teaspoon Worcestershire sauce
- ½ teaspoon pepper
- ½ teaspoon paprika
- ½ cup cooked tapioca or sago
- 2 cups milk

Shape these ingredients into a loaf. Place the loaf in a greased pan. Bake it in a hot oven 450° for 20 minutes. Decrease the heat to a moderate oven 375°. Bake the loaf 45 minutes longer.

Serve it with:
Tomato Sauce (page 385), Mushroom Sauce (page 386), or Mustard Sauce (page 390), etc.

Veal Loaf, page 321; Beef Loaf, page 314.

VEAL and VEGETABLE CASSEROLE

6 Servings
Melt in a frying-pan:
- 2 tablespoons butter

Add and sauté for 3 minutes:
- ½ cup chopped onion
Pour
Prepare
Arrange
Melt
Add

Remove

6 rib veal chops
Remove the chops to a casserole.
Pour into the pan and boil:
1/2 cup tomato juice or strained tomatoes
1/2 cup water
Blend, then stir in slowly:
1 1/2 tablespoons flour
2 tablespoons cold water
Season with:
1 teaspoon salt
1/2 teaspoon paprika
1 small bay leaf
When the sauce is smooth and boiling pour it over the chops. Cover and bake them in a moderate oven 350° for 1 hour. Remove the dish from the oven. While the chops are cooking pare and cut into thirds:
4 medium-sized potatoes
Cook them in boiling salted water until they are tender. Drain them. Arrange them around the chops with:
1 1/2 cups cooked, drained peas
Cover the dish and return it to the oven for 10 minutes.

VEAL and HAM CASSEROLE
4 Servings
Melt:
2 tablespoons butter or ham fat
Sauté in the fat until brown:
1 pound veal breast or shoulder, cut in pieces
1/2 pound smoked ham, diced
Arrange the meat in a casserole.
Prepare:
1/4 cup diced celery
1 cup peeled and diced potatoes
Sear the vegetables in the fat. Place them around the meat in the casserole.
Season them with:
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon salt
Cover the casserole closely. Bake the meat in a slow oven 300° for about 2 hours. Thicken the dripping with:
Flour (see Gravy, page 377)

CANNED VEAL * MOUSSE
6 to 8 Servings
Mash with a fork the contents of:
1 (16 oz.) can veal loaf** or. Spam

Beat in:
1/2 cup light cream
Whip until stiff:
2 egg whites
1 teaspoon salt
Fold them into the meat mixture. Heat the mousse on an oven-proof plate. Bake it in a moderate oven 325° until it is well heated, for about 15 minutes.
Garnish it with:
Parsley.
Serve it with:
Cream Sauce *** (page 379)
to which add:
1 tablespoon capers or
2 tablespoons chopped pickles or olives
* Ham loaf may be substituted.
** A 7-ounce can is available—use one for a smaller serving and cut the other ingredients in half.
*** The veal is apt to be highly seasoned so use very little seasoning in the sauce.

CURRIED VEAL and RICE
4 Servings
This combination of meat, apple, and curry is luscious.
Peel and slice:
1 cup onions
Core, peel, and slice:
2 medium-sized apples
Melt in a saucepan:
3 tablespoons butter
Add the onions and apples and sauté them until the onions are tender (for about 15 minutes). Remove them from the pan. Place in the same pan about:
2 cups cooked veal, sliced or diced
Brown the meat lightly. Remove it from the pan. Place in the pan:
1 tablespoon curry powder
2 teaspoons flour
Stir in slowly:
1 cup Stock or Stock Substitute *
(page 38)
When the sauce is smooth and boiling, add the onions, apples, and meat.
Stir in:
1 tablespoon lemon juice
Serve the meat with:
Steamed or boiled rice
* Canned chicken bouillon is good with this dish.

For other Veal Dishes see Index.

**LAMB CHOPS,** **PINEAPPLE,**
and **TOMATO GRILL**

Heat your grill. Grease a rack and place it in a shallow pan or grease a grill rack. Place it on:
Seasoned lamb chops
Melt:
Butter
Dip in it:
Mushroom caps
Drained pineapple **and**
Tomato slices

Arrange these on the rack. Season the mushrooms and tomato slices with:
Salt
Paprika
Add to the tomatoes a sprinkling of:
Brown sugar
Stick the pineapple slices with a few:
Whole cloves

Place the pan on a rack about 3 inches under a grill. When one side of the chops is done turn them and the other ingredients and grill the other side, time dependent on the thickness of the chops.

Arrange these ingredients on a hot platter. Pour the dripping over them. Garnish them with:
Parsley
* Pork chops or pricked sausages may be substituted.
** Apples, cored and cut in thick slices, may be substituted. They may be buttered and sprinkled with sugar and cinnamon.

**LAMB and EGGPLANT (AUBERGINE) CASSEROLE DISH**

4 Servings

Pare and chop until fine:
1 medium-sized aubergine

Combine it with:
2 cups (1 pound) raw minced lamb
1/2 cup chopped onion
3 tablespoons chopped parsley
1 teaspoon salt
1/2 teaspoon paprika
1 cup canned tomatoes, chopped

Butter a casserole. Fill it with the lamb mixture. Bake it covered in a moderate oven 350° for about 2 hours. Remove the cover and permit the top to brown.

**LAMB TERRAPIN**

4 Servings

Cut into dice:
2 cups cold cooked lamb
Chop or rice:
2 hard-boiled eggs

Combine the lamb, the eggs, and:
2 tablespoons olive oil
1 tablespoon lemon juice

Melt:
2 tablespoons butter

Stir in until blended:
3 tablespoons flour
1 teaspoon dry mustard

Stir in slowly:
2 cups Lamb Stock or Stock Substitute (page 38) or milk

Add:
1 teaspoon Worcestershire sauce
Salt as needed

Cook and stir the sauce until it is boiling. Add the lamb and egg mixture. Heat the terrapin thoroughly. Serve it on:
Hot toast

For other Lamb Dishes see Index.

**CHICKEN TERRAPIN**

Cut into cubes:
Cooked chicken

There should be 2 cupfuls. Cook and shell:
3 hard-boiled eggs

Chop the whites until they are very fine. Crush the yolks and combine with:
3 tablespoons cream

Cook in the top of a double boiler over direct heat:
2 tablespoons butter
LUNCHEON AND SUPPER DISHES

MINCED BEEF and KIDNEY BEAN DISH

5 Servings

Melt:
3 tablespoons butter

Sauté in it for 2 minutes:
1 green pepper, chopped (optional)
1 small onion, chopped

Add:
1/2 to 1 pound minced beef

Stir and cook it until it is light brown.

Add:
1 cup condensed tomato soup

Drain, reserve the liquor, and add the contents of:
1 No. 2 can red kidney beans or baked beans

Season these ingredients with:
1/2 teaspoon salt
1/2 teaspoon paprika
1 teaspoon Worcestershire sauce
A pinch of one or two herbs (optional)

Simmer them for about 25 minutes. Add a little bean liquor if they become too dry. Serve them garnished with:
Lemon wedges
Parsley

MINCED BEEF, CORN, and TOMATO PIE

6 Servings

Food bills have a habit of growing like Jack's beanstalk. Here is a fine one-dish economy meal.

Melt:
2 tablespoons fat

Sauté in it:
1 clove garlic,* sliced

Remove the garlic. Stir in and brown
1 pound minced beef

Add:
2 cups canned tomatoes
2 cups whole kernel corn

Melt:
4 tablespoons butter

Stir in:
5 tablespoons flour

Add these ingredients to the others, stir and cook them until they boil. Season them with:
1 teaspoon brown sugar
1 teaspoon curry or chilli powder
or a few grains of cayenne
2 1/2 teaspoons salt
1 teaspoon paprika

Place them in a greased oven-proof dish. Top the dish with:
Pie Crust or Scone Rounds (pages 498, 455)
or cover it with:
Slices of buttered bread

Bake the pie in a hot oven 425° until the top is done—for about 20 minutes.

* 2 tablespoons chopped onion may be substituted.

CHILLI CON CARNE

8 Servings

This is a mild, very good chilli.

Melt:
2 tablespoons bacon fat or butter

Sauté in the fat:
1/4 cup chopped onion*

Add:
1 pound minced beef

Stir and sauté the beef until it is well done. Add the contents of:
1 (10 oz.) can condensed tomato soup
1 No. 2 1/2 can kidney beans or baked beans
2 tablespoons chilli powder, or
1 teaspoon cayenne
1/2 teaspoon or more salt

Cover and cook slowly for 1 hour.

* 1/2 clove garlic minced may be substituted or added.
**LUNCHEON AND SUPPER DISHES**

**HAMBURGER with OLIVES and TOMATO SAUCE**

3 Servings
A quick meat loaf.
Season:
- ¼ pound minced beef
- ½ cup lightly crushed cornflakes
with:
- 1 teaspoon salt
- ½ teaspoon paprika
- ½ cup minced onions
Grease a baking-dish and spread the beef in it. Cut into pieces:
- 10 or more stuffed olives
Sprinkle them over the meat. Cover it with the contents of:
- 1 (10 oz.) can condensed tomato soup
Bake the steak in a hot oven 425° for about 30 minutes.

**HAMBURGER with MUSHROOM SAUCE**

Follow the preceding rule for:
Hamburger with Olives and Tomato Sauce
Substitute for the tomato soup the contents of:
- 1 (10½ oz.) can condensed mushroom soup

**PORCUPINES**

6 Servings
Combine:
- 1 pound minced beef
- ½ cup bread-crumbs
- 1 egg
- ½ cup chopped onion
- 2 tablespoons chopped green peppers (optional)
- ½ teaspoon salt
- ½ teaspoon paprika
Roll these ingredients into balls. Press them into flat cakes. Roll them in:
- ¼ cup raw rice
Heat in a heavy pot the contents of:
- 1 (10½ oz.) can condensed tomato soup
- 2 cups boiling water
Add:
- 6 small skinned onions
- 6 sticks of celery cut into 1-inch lengths

**DOUGHNUT HAMBURGERS**

4 Servings
This recipe comes from a well-known New York quick-lunch stand.
Mix thoroughly:
- 2 pounds minced steak
- 1 egg yolk
- ½ cup matzos or biscuit meal
- Juice of 1 lemon
- 1 grated Spanish onion with juice
Form these ingredients into doughnut shapes. Cook them in hot fat 370° (page 481). Season them after cooking with:
- Salt
- Paprika
Drain them on absorbent paper.
For other Hamburger Dishes see Index.

**HAMBURGER RING**

5 Servings
Combine lightly with a fork:
- 1 pound minced beef
- ¼ cup rich milk
- 1 tablespoon grated onion
- 1 teaspoon salt
- 1 teaspoon paprika
- ½ teaspoon herbs (page 787, optional)
Bake this mixture in a greased 7-inch ring mould in a moderate oven 350° for about 1 hour. Invert it on to a platter. Use the juices for:
- Gravy (page 377)
Adding stock, cream, or tomato juice to make from 1 to 2 cupfuls. Serve the ring on a platter filled with:
- Butter beans, peas, green beans, etc.
Surround it with:
- Browned potatoes
Garnish it with:
- Parsley or watercress
**NUTBURGERS**

6 Servings
You may vary the filling of this good basic recipe. Use chopped celery, pickles, chilli sauce, with bread-crumbs or bread dressing, left-over vegetables, etc.

Sauté lightly:
6 slices of bacon

Season:
1 1/2 pounds minced beef
with:
1 teaspoon salt

Divide it into 12 portions. Shape them into flat cakes.

Make a filling with:
6 tablespoons chopped nuts
3 tablespoons chopped parsley
2 tablespoons grated onion

Spread it on 6 of the cakes. Cover each one with half a slice of the bacon. Top the remaining cakes. Pinch the edges together. Grill the nutburgers under a preheated grill for about 8 minutes, turning them once, or pan-broil them. See Hamburgers, page 313.

**BEEF CHOP SUEY**

6 Servings
Melt:
1/2 cup butter

Sauté in it until the meat loses its colour:
1 pound minced steak
1 cup minced celery
1 medium-sized onion, cubed
1/2 pound mushrooms

Add:
1 teaspoon salt

Place the ingredients in a casserole. Cover them with:
1 (10 1/2 oz.) can condensed tomato soup

Bake the suey in a hot oven 400° for about 45 minutes. Serve with:
Fried Noodles (page 85)

**LIVER and VEGETABLE CASSEROLE**

4 Servings
Cut into 2-inch squares:
1 pound liver

Combine:
1/4 teaspoons flour
1/2 teaspoon salt
1/2 teaspoon pepper

Roll the liver in this mixture. Melt:
1 1/4 tablespoons bacon fat

Sauté the liver in the fat until it is lightly browned. Remove the liver from the pan. Add to the fat and brown slightly:
1 small turnip, peeled and cubed
2 carrots, skinned and sliced
1/2 onion, skinned and chopped
1/2 cup celery, shredded (with leaves)
1 bay leaf
1 cup boiling water

Add the liver. Place these ingredients in a casserole. Cover it and bake them in a moderate oven 350° for about 1 hour. Uncover the casserole for the last 1/2 hour of cooking. Serve the liver in a:
Rice Ring (page 89)

Garnish it with:
Parsley

**AVOCADO and BACON**

2 Servings
A breakfast or luncheon dish.

Mash with a fork the pulp of:
1 avocado

Season it with:
Lemon juice
Salt
Onion juice

Heap it in small mounds on 2 plates.

Garnish it with:
Strips of sautéed bacon
Paprika
Parsley

**SPANISH CASSEROLE DISH**

8 Servings
This is a one-dish meal.

Boil:
1 cup Rice (page 87)

Rinse and drain it. Prepare:
1 cup chopped celery
1/2 cup chopped green pepper
LUNCHEON AND SUPPER DISHES

Melt in a saucepan:
2 tablespoons butter or other fat
Peel, chop, and sauté in the butter until brown:
1 medium-sized onion
Cut into cubes, add, and sauté:
1 pound steak
Season it with:
½ teaspoon salt
½ teaspoon paprika
Place in a greased baking-dish ½ of the rice and ½ of the meat. Sprinkle over it ½ of the celery and pepper. Repeat this process. Place the last of the rice on top. Pour over these ingredients the contents of:
1 (10½ oz.) can condensed tomato soup
Cover the dish and place it in a moderate oven 350° for 1 hour.

BANANAS, PINEAPPLE, and BACON

Good as a breakfast dish or served with a meat course.
Cut into lengthwise halves:
Bananas
Place between the halves:
Canned pineapple sticks
Wrap the bananas with:
Slices of bacon
Grill them in a pan under a low flame, turning them frequently until the bacon is crisp.

BANANAS in BLANKETS

Peel and cut into quarters crosswise:
Firm and ripe bananas
Dip them in:
Lemon juice
Sprinkle them very lightly with:
Sugar
Roll them in very thin:
Slices of bacon
Secure the bacon with toothpicks. Sauté the bananas in a frying-pan or bake them in a moderate oven 350° until the bacon is crisp.

UPSIDE-DOWN LEFT-OVER VEGETABLE PIE

4 Servings
Grease a casserole. Place in it:
3 cups cooked vegetables
Pour over them:
½ cup cream, Stock or Stock Substitute (page 38) or a mixture of both
Cover these ingredients with:
Pie Crust (page 498) or Scone Dough (page 455)
Bake the pie in a hot oven 425° for about 25 minutes. It may be served with sauce, Tomato (page 385) or with left-over gravy.

ONION SHORTCAKE

6 Servings
When it comes to onions don’t be a defeatist.
Peel and slice:
10 medium-sized white onions
Sprinkle them with:
½ teaspoon salt
Melt in a saucepan:
3 tablespoons butter
Add the onions. Cover them and simmer until they are tender. Cool them. Prepare by the rule on page 456:
Fluffy Scone Dough (use ½ the amount given)
Spread the dough in a deep, greased 8-inch pan or in an oven-proof dish. Cover it with the cooked onions.
Add:
½ teaspoon paprika
2 teaspoons chopped parsley (optional)
Prepare by the rule on page 379:
1 cup Cream Sauce I or use
1 cup cream
½ teaspoon salt
A grating of nutmeg
Beat into it:
1 egg
Pour the sauce over the onions.* Bake the cake in a hot oven 425° for about 20 minutes, or until the dough is done.
* The top may be sprinkled with:
½ cup grated cheese
LUNCHEON AND SUPPER DISHES

FOOD ON SKEWERS

See Appendix D (page 159)

If you have no skewers invest in a dozen or so—about 5 or 6 inches long and of uniform length. The metal ones are ornamental, but the wooden ones are easier to handle. The unadorned pegs the butcher uses will do as well as any if they are thin.

Allow about two skewerfuls of food for the average person. Place cooked or uncooked food on the skewers, alternating ingredients to make them look attractive. Brush the food (unless surrounded by bacon) with melted butter or dripping. If the food is to be baked stick the skewers into a large raw potato. If it is to be grilled place the skewers over a bread-pan and turn them once while cooking.

Bake the food, if cooked, in a hot oven 450° until it is hot; if uncooked, in a moderate oven 350° until it is done. Food on skewers may be heated in a hot, very lightly greased frying-pan.

If you wish you may roll filled skewers in biscuit crumbs or cornflakes. If you do, give them about 10 minutes to dry before cooking them. They stick better.

Suggestions for Food on Skewers

Raw oysters, bacon (you may take one strip to a skewer and wrap it around as you string on the oysters, etc.), and slices of raw onion or firm tomatoes. You may substitute cocktail sausages for the bacon.

Chicken livers or pieces of calf liver or kidney, bacon, and celery.
Blocks of cooked meat, gherkins, and pieces of raw onion or firm tomato.
Diced aubergine or squash, vegetable marrow, pieces of onion, firm tomatoes, and bacon.

Shrimps or lobster, pieces of cucumber or stuffed olives.
Pieces of fresh fish, pickles, and celery (if it is a lean day, if not, bacon). Blocks of cheese, pieces of sausage, and pickled onions.
Hamburger balls—minced beef seasoned and shaped (you may add chopped onion), pieces of unpeeled apple, and celery.
Hamburger balls, mushrooms, and slices of onion.
Scallops, bacon, and onion.

OYSTERS and SWEETBREADS on SKEWERS

Surround:

Large raw oysters
with:

Strips of bacon
Secure the bacon with toothpicks.
Place the oysters on small skewers alternating them with pieces of:

Boiled Sweetbreads (page 338)
Place the filled skewers on a grill and cook them under a moderate flame until the bacon is crisp. Turn them frequently and serve them at once.

SWEETBREADS and MUSHROOMS on SKEWERS

Cook:

Sweetbreads (page 338)
Skin them and break them or cut them into 1-inch pieces. Surround each piece with:

A very small thin slice of bacon
Spread:

Mushrooms
lightly with:

Butter
Place the sweetbreads and the mushrooms alternately on skewers. Place
the filled skewers in a frying-pan. Move them about over a slow fire until the bacon begins to melt. Cook them for about 3 minutes. Finish cooking the food in a hot oven 450° or under a grill until the bacon is crisp.

MOCK CHICKEN DRUMSTICKS
(CITY CHICKEN)

6 Servings
Cut into 1 by 1½ inch pieces:
1 pound veal steak
1 pound pork steak
Sprinkle them with:
Salt
Pepper
Arrange the veal and pork cubes alternately on 6 skewers. Press the pieces close together into the shape of a drumstick. Roll the meat in:
Flour
Beat:
1 egg
2 tablespoons water
Dip the sticks in the diluted egg, then roll them in:
Bread-crumbs
Melt in a frying-pan:
½ cup shortening
Add:
1 tablespoon minced onion (optional)
Brown the meat well. Cover the bottom of the pan with:
Boiling Stock or Stock Substitute (page 38) or water
Put a lid on the pan and cook the meat over very hot heat until it is tender.* Thicken the gravy with:
Flour (2 tablespoons flour to 1 cup of liquid)
* If preferred the pan may be covered and placed in a slow oven 325° until the meat is tender.

SUPPER DISHES

LIVER, PEPPER, ONIONS, and OLIVES on SKEWERS

Drop into boiling salted water to cover a:
Calf Liver
Simmer it until it is nearly, tender. Drain the liver. Cut it into 1-inch cubes. Cut into quarters:
Medium-sized onions
Place them in water to separate the sections. Cut into 1-inch pieces:
Strips of bacon
Seed and cut into 1-inch pieces:
Green peppers
Alternate on skewers pieces of liver, onion, green pepper, bacon, and:
Stuffed olives
Heat in a frying-pan over a low fire a few bacon scraps. Add the filled skewers. Move them about and cook them for 3 minutes. Place them in a hot oven 450° or under a grill until the bacon is crisp and the liver is tender.

For other Skewer Dishes see Index.

GRILLED LAMB with ONIONS

4 Servings
Cut into 2-inch squares:
1 pound lamb shoulder
Make a dressing of:
1 tablespoon lemon juice
2 tablespoons olive oil
½ teaspoon salt
½ teaspoon pepper
Marinate the meat in the dressing for 3 hours. Turn it several times. Place the meat on skewers alternately with:
Slices of pineapple
Slices of Spanish onion
Grill it under a flame for about 30 minutes. Turn it frequently.

CROQUETTES

RULE FOR CROQUETTES

About 12 Croquettes

While croquettes are frequently made with new ingredients (minced cooked chicken, mushrooms, sweetbreads, lobster, oysters, etc.), they are also a good means for utilizing left-over food.

Use about 1 cup of heavy sauce to 2 cups of ground or minced solids (meat or fish and vegetables). Eggs and bread-crumbs may be added:
The following is a good general rule, but it need not be followed too closely, as a great deal of leeway may be allowed, provided that there is enough
thickening to hold the ingredients together.

Prepare:

Cream Sauce III (page 380)
When the sauce is smooth and boiling add:
- 2 cups minced solid food (cooked meat and vegetables)
- 1 tablespoon chopped onion
- 2 tablespoons chopped parsley

When these ingredients are boiling, reduce the heat and beat in:
- 1 or 2 eggs

Cook and stir them for 1 minute longer to permit the eggs to thicken. Season the food well with a choice of:

Salt
Paprika
Pepper
Nutmeg
Celery salt
2 teaspoons lemon juice
1 teaspoon Worcestershire sauce
1/2 teaspoon Tabasco sauce
2 teaspoons cooking sherry
1/2 teaspoon dried herbs
1/2 teaspoon curry powder

Spread this mixture in a dish. When it is cool shape it as you wish. Roll the croquettes in:
- 2 cups sifted, seasoned bread-crumbs

then in:
- 1 egg diluted with 2 tablespoons water or milk

and again in the bread-crumbs. Be careful to cover the entire croquette with the egg mixture to prevent the fat from penetrating. Dry the croquettes for about 2 hours. This will permit the crumbs to adhere to them. Place 4 or 5 croquettes in a frying-basket at a time, no more, and fry them in deep fat at 390° until they are a delicate brown (see page 481). Drain them on paper placed in a colander. To reheat, place them in a hot oven at 400°. Serve them with:

Spring Onion Sauce (page 387),
Mushroom Sauce (page 386),
Tomato Sauce (page 385), Left-over gravy, etc. (page 377)

* In Vienna we were served delicious croquettes. The bread-crumbs and egg bath had been omitted. Instead the croquettes were dipped in thin batter, then fried. Use Fritter Batter, page 482.

CHICKEN or VEAL CROQUETTES

Follow the preceding rule for Croquettes. The cream sauce may be made with part chicken or veal stock and cream. For the 2 cups solid food, use chicken or veal, or a combination of both. Substitute part Sautéed Mushrooms (page 293), minced celery or minced nuts. Serve the croquettes with:

Mushroom Sauce (page 386) or Poulette Sauce (page 383)

SWEETBREAD CROQUETTES

Sweetbreads are delicate and light and it is well to combine them with chicken or mushrooms to give them body. Follow the rule for Croquettes. Substitute for the solid food part Boiled Sweetbreads (page 338), and part Sautéed Mushrooms (page 293). Boiled Brains (page 339) may be used in croquettes. They are good combined with mushrooms.

SALMON CROQUETTES

Follow the rule for Croquettes on page 160. Substitute 2 cups flaked salmon for the solid food, or use:

1 pound canned salmon, drained
2 cups Mashed Potatoes
1/2 teaspoons salt
1/2 teaspoon pepper
1 beaten egg
1 tablespoon minced parsley
1 teaspoon lemon juice or Worcestershire sauce

See the Index for Crab Cakes, Fish Cakes, etc.

LOBSTER CROQUETTES

Follow the rule for Croquettes on page 160. Substitute 2 cups chopped lobster for the solid food.

HAM and CORN CROQUETTES

4 Servings
Combine and mix well:

1/2 cups cream style corn
2 tablespoons chopped green pepper
LUNCHEON AND SUPPER DISHES

1 cup minced ham
1 beaten egg
1/2 cup dry bread-crumbs

Chill these ingredients. Shape them into 8 croquettes. Dip them into:
Dry seasoned bread-crumbs then into:
1 egg diluted with 2 tablespoons water
and again in crumbs. Fry them in deep fat (page 481).
Serve the croquettes with:
Tomato Sauce (page 385)

OYSTER and CHICKEN CROQUETTES

6 Servings
These whole oysters in chicken croquette mixture are very good.
Heat in their liquor until they are plump:
1 pint oysters
Drain them. Reserve the liquor. Dry them. Melt:
2 tablespoons butter
Sauté slowly in the butter until yellow:
3 tablespoons minced onion (optional)
Stir in until blended:
1/4 cup flour
Stir in slowly:
1 cup oyster liquor and Chicken Stock or Stock Substitute (page 38)
Season the sauce with:
Salt
A few grains of cayenne
A few grains of nutmeg
Stir in:
1/4 cup cooked minced chicken
Reduce the heat. Whip until stiff:
1/4 cup heavy cream
Fold in:
3 egg yolks
1 tablespoon minced parsley
Fold these ingredients into the chicken mixture. Cook and stir them over a low flame until they thicken. Spread the mixture on a platter. Cool it. Dip the oysters one at a time in the chicken mixture until they are well coated. Roll them in:
Sifted bread-crumbs

Fry them in deep fat heated to 390° (page 481). Drain them on absorbent paper. Serve them garnished with:
Lemon slices
Parsley or watercress

RICE CROQUETTES

About 8 croquettes
Place in a double boiler:
2 cups cooked Rice (page 87)
Soften it with:
2 or 3 tablespoons hot milk
Add:
2 tablespoons butter
Salt
Nutmeg or pepper *
1 1/2 tablespoons chopped parsley *
1 or 2 eggs, beaten
Cook and stir the rice until the egg thickens. Cool the mixture. For shaping, breading, and frying the croquettes follow the rule on page 160.
* The parsley and the pepper may be omitted. A little grated lemon rind may be substituted and dabs of tart jelly may be placed in the centre of the croquettes. If the croquettes are to be used as dessert, they may in addition be lightly sweetened by adding 3 tablespoonfuls sugar and flavouring with 1 teaspoon vanilla.

CHEESE and RICE CROQUETTES

About 10 croquettes
Combine:
2 cups cooked Rice (page 87)
1/4 cup grated cheese
1/4 cup Cream Sauce III (page 380)
1 tablespoon chopped parsley
1 teaspoon paprika
A few grains of cayenne
Salt
Shape these ingredients into cones or croquettes. Fry them by the rule on page 160.

NUT and RICE CROQUETTES

About 12 croquettes
Combine:
1 cup chopped walnuts
1/4 cup toasted white bread-crumbs
2 cups boiled Rice II (page 87)
1 teaspoon sugar
LUNCHEON AND SUPPER DISHES

EGG CROQUETTES

6 Servings
Chop until fine:
7 hard-boiled eggs
Melt and cook until brown:
1 1/2 tablespoons butter
Stir in:
2 tablespoons flour
Stir in slowly:
1 cup cream
When smooth, add the chopped eggs and:
1 tablespoon finely chopped parsley or other fresh herb
1/2 teaspoon salt
Pepper or paprika
Permit these ingredients to cool. Shape them into 6 croquettes. Roll them in:
Dry bread-crumbs
Permit them to dry for 1 hour. Fry the croquettes in deep fat by the rule on page 481. Serve them on a platter. Pour over them:
Creamed Sweetbreads (page 380)
Garnish the platter with:
Crisp bacon
Parsley

CHEESE CROQUETTES

About 6 croquettes
Cook over a low flame:
1/2 cup Cream Sauce III (page 380)
Add and stir until melted:
1 1/2 cups grated cheese
Season the sauce with:
A few grains of cayenne
Cool it. Beat until stiff:
2 egg whites
Fold them into the mixture.
Shape these ingredients lightly into croquettes. Dip them in:
Sifted bread-crumbs
Fry them in deep fat 390° (page 481) until they are light brown. These croquettes are not dipped in egg. A slight depression may be made in the croquettes. When fried, place in the depression:
A cube of jelly or a stuffed olive

VEGETABLE CROQUETTES

This may be a left-over dish.
Follow the rule on page 160 for:
Croquettes
For the two cups of solid food use:
2 cups cooked vegetables
Part of these may be mashed potatoes.

MUSHROOM CROQUETTES

About 6 croquettes
Prepare by the rule on page 380:
1/2 cup Cream Sauce III
Remove it from the fire. Add:
1/4 teaspoon Worcestershire sauce
1/4 teaspoon curry powder
1 egg, slightly beaten
2 tablespoons biscuit crumbs
1 cup chopped mushrooms
1/2 teaspoon salt
1/2 teaspoon paprika
Shape the mixture and fry the croquettes as directed on page 160.

MACARONI or SPAGHETTI CROQUETTES

About 10 croquettes
Combine:
2 cups cooked macaroni or spaghetti
1/4 cup Cream Sauce III (page 380)
12 stuffed olives, sliced
1/3 cup chopped nuts
1 tablespoon chopped parsley or chives
1 cup Sautéed Mushrooms (page 293) or minced chicken or ham
Salt
Paprika
Shape these ingredients into croquettes. Fry them by the rule on page 481.
LUNCHEON AND SUPPER DISHES

POTATO CROQUETTES FILLED with GREEN PEAS

About 12 croquettes
Cook:
2 pounds Green Peas * (page 268)
Drain them. Peel and boil until tender:
4 large potatoes
Mash them. There should be about
2 cupfuls. Beat into them:
1 tablespoon butter
2 tablespoons cream
2 egg yolks
Season them with:
1 teaspoon salt
10 drops onion juice
1 teaspoon paprika
1 teaspoon nutmeg
1 tablespoon minced parsley
Beat the potatoes until they are smooth.
Form them into 2½-inch balls. Scoop
out the centres. Place in each one a
tablespoonful of peas. Fill the hole
with a little of the potato. Reshape
the balls. Dip them in:
1 egg diluted with 2 tablespoons
water
then in:
Sifted bread-crumbs

Fry them in deep fat. Heat the fat to
390° (until a cube of bread dropped
into the fat will brown in 1 minute).
Drain the croquettes on absorbent
paper.
Serve them with:
Grilled Lamb Chops (page 324) or
with roast
* Canned peas may be substituted.

POTATO PUFFS

4 Servings
Combine:
½ cup sifted flour
1 teaspoon baking powder
½ teaspoon salt
Add and mix:
1 cup Mashed Potatoes *
1 egg beaten slightly
1 tablespoon minced parsley
Drop by spoonfuls into hot fat, see
page 481. Fry to a golden brown.
Drain on absorbent paper.
* The potatoes should be soft. If
they are not, add a little hot milk or
water and beat.

MISCELLANEOUS LUNCHEON DISHES

POTATO CHEESE PUFFS

6 Puffs
This is a tempting potato dish and a
good-looking one.
Beat:
2 egg yolks
Add and beat until fluffy:
2½ cups Mashed Potatoes (page 245),
hot or cold
3 tablespoons hot milk
1 cup grated cheese
Season these ingredients with:
½ teaspoon salt
½ teaspoon paprika
½ teaspoon celery salt
Add:
½ teaspoon finely chopped onion
(optional)
Beat until stiff:
2 egg whites
Fold in the egg whites and place the
batter in mounds in a greased pan.
Brush the tops with:
1½ tablespoons soft butter
Bake the potatoes in a moderate oven
350° for 20 minutes.

CHEESE, NUT, and BREAD LOAF

6 Servings
Combine well:
2 cups fresh bread-crumbs
1 cup minced walnuts or pecans
1 cup grated cheese
1 cup milk
½ teaspoon salt
½ teaspoon paprika
1 tablespoon finely chopped onion
1 tablespoon minced parsley
1 beaten egg
Shape these ingredients in a loaf by
placing them in a bread-pan. Invert
the contents of the pan on to a greased
tin. Bake the loaf in a moderate oven
LUNCHEON AND SUPPER DISHES

350° for about 25 minutes. Serve it with:
Quick Tomato Sauce (page 384), Mushroom Sauce (page 386), or Spring Onion Sauce (page 387)

NUT ROAST

6 Servings
Melt:
3 tablespoons butter
Sauté in it until soft:
1 onion, minced
1 green pepper, seeded and chopped
Add:
1 cup cooked rice
1/2 cup bread-crumbs
1 cup tomatoes
1 cup chopped or grated walnuts or other nuts
1 beaten egg
2 tablespoons chopped parsley
1/2 teaspoon salt
1/2 teaspoon paprika
Place these ingredients in a greased baking-dish. Bake them in a moderate oven 375° for 30 minutes. Cover the top with:
Mashed Potatoes
Dot them generously with:
Butter
Brown them under a grill. Serve the roast with:
Tomato Sauce (page 385)

DRIED BEAN LOAF

You may use for this and the following Bean Patties any dried beans (soy, haricot, butter, etc.) provided they have been soaked for 12 hours in water and cooked in fresh water until tender.
Put through a mincer or mash:
1/2 pound dried beans, cooked
Add and mix well:
1 teaspoon salt
1/2 green pepper, seeded and chopped
1 cup tomato pulp
1 cup cornflakes
1 onion, chopped
1/2 teaspoon paprika
1 teaspoon Worcestershire sauce
1 teaspoon horse-radish sauce
1 beaten egg
Bake these ingredients in a greased loaf pan in a moderate oven 350° for about 1 hour.
Serve the loaf with:
Cheese Sauce (page 382)
Tomato Sauce (page 383)

DRIED BEAN Patties

Please read the preceding rule.
Mince or mash:
2 cups dried beans, cooked
Add to them:
1 onion, chopped
1/2 cup parsley, chopped
Beat and add:
2 egg yolks
2 tablespoons cream or evaporated milk
1/2 teaspoon pepper
1 teaspoon salt
Shape these ingredients into balls, flatten them. Dip them in:
Flour
Chill the patties for 1 hour or more.
Sauté them slowly until brown in:
Butter, dripping, or other fat
Serve them with any:
Barbecue Sauce (page 387)

SCALLOPED CABBAGE

8 Servings
Rather luxurious treatment for this good bourgeois vegetable.
Chop, then boil:
1 medium-sized head of Cabbage (page 256)
Drain it well. Prepare:
1 1/2 cups Cream Sauce I (page 379)
Prepare:
2 tablespoons chopped peppers
2 tablespoons chopped pimentos
Sauté and mince:
6 slices of bacon (optional)
Melt:
2 tablespoons bacon fat *
Toss lightly in this:
1/4 cup bread-crumbs
Place layers of drained cabbage in a greased baking-dish. Sprinkle them with the minced bacon, the peppers, and pimentos, and:
1 cup or less grated cheese
Cover them with the cream sauce. Top the dish with the sautéed bread-crumbs. Bake the cabbage in a moderate oven 375° for 10 minutes.

* The bacon may be omitted. Butter may be substituted for the bacon fat.

_Creamed Cabbage Baked with Nuts and Cheese, page 256._

**CABBAGE with SAUSAGES**

4 Servings
Prepare by the rule on page 256:
3 cups Boiled Cabbage

Drain it well. Combine it with:
3 whole black peppercorns (optional) or 1 teaspoon caraway seed

Place it in a greased baking-dish.
Pour over it:
½ cup Soup Stock or Stock Substitute (page 38)

Place on top of it:
8 sausages

Bake it in a hot oven 425° until the sausages are done.

**CABBAGE, TOMATO, and CHEESE DISH**

6 Servings
Cook for 5 minutes:
3 cups finely shredded Cabbage (page 256)

Drain it well. Cook:
3 cups Stewed Tomatoes (page 280)

Season them with:
½ teaspoon salt
½ teaspoon paprika

Butter a baking-dish. Place in it alternate layers of tomatoes and cabbage, beginning with tomatoes.
Sprinkle the layers with:
1 cup grated cheese
1 cup bread-crumbs

Dot the top with:
1 tablespoon butter*

Bake the dish in a moderate oven 325° for about 1 hour or until the crumbs are brown.

* Two strips of bacon minced may be substituted for the butter.

**STUFFED CABBAGE**

(GEFÜLTLTER KRAUTKOPF)

6 Servings
Separate the leaves of a large:
Head of cabbage

Wash them and boil them uncovered for 5 minutes in a quantity of:
Boiling salted water (1½ teaspoons salt to the quart)

Drain the cabbage well. Reserve the liquor. Prepare the following meat stuffing. Soak in water for 2 minutes:
1 slice of bread 1 inch thick

Press the water from it. Combine the bread with:
½ pound minced pork*
½ pound minced beef
½ pound minced veal
3 beaten eggs
½ teaspoon salt
½ teaspoon paprika

Line a bowl with a large napkin and fill it with alternate layers of the leaves and the meat dressings. Cover the top with one or two large leaves, gather up the cloth and tie it with a string. Place the bag in boiling water to cover well (the water in which the cabbage was boiled and as much fresh boiling water as needed). Boil the cabbage gently for 2 hours.** Drain it on a colander, untie the bag, and place the cabbage in a hot serving dish.

Serve it with:

Onion Sauce

Brown in a double boiler:
4 tablespoons butter
Add and stir until brown:
2 tablespoons flour

Have in readiness:
2 cups Stock (page 36) or cabbage water

Pour ¼ cup of this into the butter mixture. Add:
½ cup or more chopped onion

If required season with:
Salt
Paprika

Cook the onions covered until they are very tender. Add the remainder of the stock gradually. The gravy is best when it is thick with onions.

* A good filling may be made by combining:
LUNCHEON AND SUPPER DISHES

1 pound pork sausages (skins removed)
3 ⅛-inch slices of bread
1 beaten egg

** This is a very old rule. You will find that a much shorter time will do—about 45 minutes.

FRESH CABBAGE FILLED with CANNED CORNED BEEF HASH

4 Servings
Trim the outer leaves and the stem from:

A medium-sized head of cabbage
Cook * it uncovered until it is barely tender in:

2 quarts boiling, salted water (1 teaspoon salt)

Drain it well. Scoop out the inside, leaving 1 ½ inches shell. Place the shell in a greased oven-proof dish. Keep it hot. Chop the removed part. Add it to the contents of:

1 (16 oz.) can corned beef hash, minced

You may add to this:

½ cup or more sautéed onions
A pinch of thyme

Moisten it with:

Cream, evaporated milk, or bacon fat (optional)

Heat these ingredients. Fill the shell. Cover the top with:

Buttered corn flakes

The cabbage may be heated in a hot oven over 400° for 10 minutes. It may be served with:

Onion Soup Sauce (page 394)

* Do not overcook cabbage. It is best when barely tender.

CABBAGE STUFFED with HAM and CHEESE

6 Servings
Trim the loose outer leaves from:

A firm head of cabbage

Cut out enough from stem end of the cabbage to make a deep well. Prepare a filling by combining:

2 cups cooked ham, minced or chopped
1 cup bread-crumbs
½ cup grated cheese

½ teaspoon dry mustard (optional)
Salt
½ teaspoon paprika
A few grains of cayenne

Fill the centre of the cabbage with the filling. Steam * the cabbage until it is tender, from 1 to 2 hours. Serve it with:

Cheese Sauce (page 382) or Tomato Cheese Sauce (page 385)

* Improvise a steamer by using a deep colander or a frying-basket. Place it over boiling water. Cover it with a bowl or lid, or wrap the cabbage in heavy waxed paper and bake it in a moderate oven 375° from 1 to 2 hours.

MINCED BEEF in CABBAGE LEAVES

4 Servings
Cook for 3 minutes in boiling salted water:

8 large cabbage leaves

Drain them and dry them on a towel. Combine:

1 pound minced beef *
3 tablespoons finely chopped onion
2 tablespoons finely chopped parsley
½ teaspoon salt
½ teaspoon thyme (optional)
½ clove garlic mashed (optional)
A few grains of cayenne

Divide the meat mixture into 8 parts. Put 1 part on each cabbage leaf. Roll the leaves. Secure them with toothpicks. Place them close together in a buttered baking-dish. Dot each roll with:

½ teaspoon butter

Pour into the dish:

½ cup boiling Stock (page 36), water, or tomato juice

Bake the rolls in a moderate oven 375° until the cabbage leaves are very tender.

* This may be a combination of beef, veal, and pork or liver.

CABBAGE ROLLS STUFFED with RICE and SAUSAGE-MEAT

4 Servings
Prepare by the preceding rule:

Cabbage leaves
LUNCHEON AND
SUPPER DISHES

Prepare the following stuffing. Melt:
\[ \frac{3}{4} \text{ tablespoons butter} \]
Sauté in butter for 2 minutes:
\[ \frac{1}{2} \text{ cup chopped onions} \]
\[ \frac{1}{4} \text{ cup chopped celery (optional)} \]
Add to these ingredients:
\[ \frac{3}{4} \text{ cups cooked seasoned rice} \]
\[ \frac{3}{4} \text{ cup sausage-meat (\frac{1}{2} pound)} \]
Fill and roll the cabbage leaves as directed in the preceding rule. Dot them with:
Butter
Place them in a greased baking-dish.
Bake them in a moderate oven 350° for about 45 minutes. Serve them with:
Tomato Sauce (page 381)

CABBAGE ROLLS STUFFED
with RICE and CHEESE

6 Servings
A variation of the preceding rule.
Omit the vegetables if desired. Substitute for the sausage-meat:
\[ \frac{1}{2} \text{ cup grated cheese} \]
Season well with:
Cayenne
Paprika
Salt

CABBAGE or LETTUCE and
RICE DISH

6 Servings
This is a good dish to make in the trail of a salad luncheon. You may use the outer leaves of lettuce. Melt:
\[ 2 \text{ tablespoons bacon fat} \]
\[ 2 \text{ tablespoons butter or 3 tablespoons other fat} \]
Stir in, cover, and cook gently for 10 minutes:
\[ 3 \text{ cups finely shredded cabbage or lettuce} \]
\[ \frac{1}{2} \text{ cup finely chopped onion} \]
\[ \frac{1}{2} \text{ green pepper, seeded and chopped} \]
Stir these ingredients frequently. Add to them and cook until well heated and blended:
\[ 1 \text{ cup cooked rice} \]
\[ 2 \text{ cups tomato pulp (or tomatoes that have been stewed until they are thick)} \]
Season the dish with:
Salt
Paprika
Serve it with:
Crisp bacon or cold ham (optional)

RED CABBAGE and
CHESTNUTS

6 Servings
In The House of Exile I read that the Chinese served red cabbage in green peppers (see Pepper Cases, page 195). This dish is attractive served that way.
Shell and blanch:
\[ 1 \text{ cup Chestnuts (page 295)} \]
Slice the chestnuts (optional).
Shred until very fine:
\[ 1 \text{ small head of red cabbage} \]
Place it in a bowl. Cover it with:
Boiling water
Add:
\[ \frac{1}{4} \text{ cup white wine or vinegar} \]
Permit it to soak for 15 minutes.
Drain it well. Heat in a saucepan:
\[ \frac{3}{4} \text{ tablespoons bacon fat or butter} \]
Add the cabbage. Sprinkle it lightly with:
Salt
Paprika
Sauté the cabbage until it browns.
Cover it with a lid and simmer it for 10 minutes. In a separate saucepan, combine the chestnuts with:
\[ 1 \text{ cup water} \]
\[ \frac{3}{4} \text{ tablespoons sugar} \]
\[ \frac{1}{4} \text{ cup white wine or vinegar} \]
\[ \frac{1}{2} \text{ cup seedless raisins} \]
\[ 1 \text{ apple, peeled and thinly sliced} \]
Simmer these ingredients covered until the chestnuts are tender. Sprinkle over the cabbage:
\[ 1 \text{ tablespoon flour} \]
Add it to the chestnut mixture. Cook these ingredients until they are well heated and blended. Season them if needed with:
Salt
and, if vinegar has been used, with:
\[ 1 \text{ tablespoon sherry (optional)} \]
Serve them hot.
LUNCHEON AND SUPPER DISHES

STUFFED EGGS on ROSETTES with SAVOURY SAUCE

8 Servings
This rather elaborate dish is worth the trouble because it is unusual. The rosettes and the sauce may be made the day before they are served.
Prepare:
8 hard-boiled eggs
Cut them crosswise into halves. Remove the yolks. Combine them with equal parts of:
Cooked, finely chopped, seasoned Spinach, or Creamed Spinach (page 259)
Fill the egg whites with the mixture.
Prepare:
2 cups Cream Sauce I (page 379)
Season it with:
2 tablespoons Worcestershire sauce
2 tablespoons sherry
\frac{1}{2} cup chilli sauce
Salt
Paprika
When the sauce is smooth and boiling add:
2 cups cooked or canned shrimps or diced cooked sweetbreads
Prepare by the rule on page 485:
16 rosettes
Place a stuffed egg half on each rosette and cover the eggs with sauce. Serve them at once, or make the sauce and the rosettes ahead of time. Reheat the sauce in a double boiler. Reheat the rosettes in a quick oven 400° or on top of the oven.

RAGOÛT FIN

12 Servings
A very good creamed dish—delicate and far-reaching.
Boil by the rule on page 338:
1 pair of sweetbreads
Chill, remove the skin and break them into pieces. Drain and cut in two the contents of:
1 (15 oz.) can asparagus tips
Reserve the liquid. Rub a frying-pan with:
A clove of garlic (optional)
Melt in it:
4 tablespoons butter
Sauté in the butter for 3 minutes:
\frac{1}{2} pound of mushrooms
Remove them from the pan. Add to the fat in the pan:
6 tablespoons butter
Add and stir until blended:
6 tablespoons flour
Stir in slowly:
3 cups of liquid (cream, top milk, asparagus water, Stock or Stock Substitute (page 38), or diluted evaporated milk
When the sauce is smooth and boiling, add gradually the asparagus tips, the mushrooms, and the sweetbreads. Reduce the heat to a low flame and add:
2 egg yolks
Season the ragout with:
Salt
Paprika
Nutmeg
Fold the sauce over the ingredients, taking care not to let it burn at the bottom. Cook it for 1 minute longer to permit the yolks to thicken. Just before serving add:
2 tablespoons sherry or
1 teaspoon Worcestershire sauce
Serve the ragout at once in:
Hot patty shells, on hot buttered toast, in Bread Cases (page 66), in a baked Noodle Ring (page 81), or on hot Waffles (page 493)
To reheat the ragout, place it over boiling water.

OYSTERS and MUSHROOM RAGOÛT with VEAL BALLS

This is a bit troublesome. If you are a cook with the hurry-up approach to meals, don’t bother with it. If, however, you care for unusual food, try out this old cherished recipe. It was the specialty of a well-known St. Louis hostess whose reputation as a cook reached a pinnacle.
Prepare by the rule on page 63:
Meat Balls
Use veal instead of beef. Roll the mixture into \frac{1}{4}-inch balls. Cook by the rule on page 338:
1 pair of sweetbreads
Drain them, reserving the stock. Skin, then cut them into 1-inch dice. Poach
the meat balls covered in the simmering stock for 5 minutes. Drain them. Reserve the stock. Sauté:

\( \frac{1}{2} \) pound mushrooms

in:

4 tablespoons butter

Sprinkle them with:

4 tablespoons flour

Add gradually:

2 cups drained stock

Season the stock well with:

Salt

Paprika

1 tablespoon lemon juice

Add the sweetbreads and veal balls to the boiling sauce. Heat in their liquor until the edges begin to curl:

1 pint oysters

Drain them. Add the juice to the stock. Add the oysters to the boiling sauce. Reduce the heat. Draw off part of the sauce. Beat in:

2 egg yolks

Return the sauce to the pan. Do not let it boil, but stir it gently over low heat for about 1 minute. Serve the stew at once in ramekins or over:

Buttered toast

BRUNSWICK STEW

8 Servings

Disjoint for cooking:

A 4-pound chicken

Sauté it slowly until light brown in:

\( \frac{1}{2} \) cup butter or dripping

Remove it from the pan. Brown in the fat:

\( \frac{1}{4} \) cup chopped onions

Place in a large stewing-pan the chicken, onions, and:

5 tomatoes, peeled and quartered (about 2 cupsfuls)

1 cup boiling water

6 cloves

A few grains of cayenne

Simmer these ingredients covered until the chicken is nearly tender. Add:

3 cups fresh lima beans or green peas

3 cups corn cut from the cob

Simmer these ingredients covered until the chicken and the vegetables are tender. (The meat may be removed from the bones.) Season the stew with:

Salt

2 teaspoons Worcestershire sauce

You may stir in:

1 cup toasted bread-crumbs

MUSHROOMS under GLASS

5 Servings

In former years the following dish was associated in my mind with extreme luxury. To-day it is within the reach of any one with a few extra pence and a glass bowl that fits closely over a baking-dish. Trim the stems from:

1 pound mushrooms

Beat until creamy:

\( \frac{1}{4} \) cup butter

Stir in very slowly:

2 teaspoons lemon juice

Add:

1 tablespoon chopped parsley

\( \frac{1}{2} \) teaspoon salt

\( \frac{1}{2} \) teaspoon paprika

Cut with a pastry-cutter and toast:

5 rounds of bread \( \frac{1}{4} \) inch thick

When cold spread them on both sides with \( \frac{1}{4} \) the butter mixture. Spread the rest on the mushroom caps. Place the toast in the bottom of a small baking-dish and heap the mushrooms upon them. Pour over them:

\( \frac{1}{2} \) cup cream

Cover them closely with a glass bowl. Bake them in a moderate oven 375° for 25 minutes. Add more cream if they become dry.

Just before serving add:

2 tablespoons sherry

Serve the mushrooms garnished with:

Parsley

BAKED MUSHROOMS

5 Servings

This is the easiest way I know of preparing mushrooms. It is less troublesome than the preceding recipe and nearly as good.

Remove the stems from:

1 pound large mushrooms
LUNCHEON AND SUPPER DISHES

MUSHROOM RING or MOUSSE
Put through a mincer:
1 pound mushrooms
Melt:
2 tablespoons butter
Stir in:
2 tablespoons flour
Brown the flour slightly. Sauté the mushrooms in this mixture for 2 minutes. Cool them. Beat in:
4 beaten egg yolks
1 teaspoon salt
1 teaspoon paprika
Whip until stiff:
1 cup heavy cream
In another bowl whip until stiff:
2 egg whites
1 teaspoon salt
Fold the cream lightly into the mushroom mixture. Fold in the egg whites. Butter a 9-inch ring mould. Pour in the mousse. Cover it with a piece of buttered paper. Place the ring mould in a pan of hot water. Bake it in a slow oven 325° for about 1 hour. Invert the mousse on to a platter. Fill the centre with:
Buttered peas and parsley

Mushroom Soufflé, page 215; Mushroom Soufflé with Sweetbreads or Chicken, page 215.

OYSTERS and MUSHROOMS
CREAMED, AU GRATIN
6 Servings
Both oysters and mushrooms are so good they call for no comment except that they combine very well.

Drain:
1 pint oysters
Melt in a saucepan:
2 tablespoons butter
Add and sauté over quick heat for 3 minutes:
1 pound mushrooms
Add if butter is unsalted:
1 teaspoon salt
Remove the mushrooms from the saucepan. Melt in the same pan:
2 tablespoons butter

Supper Dishes
Add and stir over slow heat until blended:

3 tablespoons flour
Stir in slowly:

1/4 cups top milk or cream and oyster liquor
Stir and cook the sauce until it is thick and boiling. Add the mushrooms and bring the sauce to the boiling point. Add the drained oysters. Fold the sauce over the oysters, being careful that it does not burn on the bottom.
Season with:

1/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon nutmeg (optional)
Heat these ingredients thoroughly, but quickly, and only until the oysters are plump. Remove the saucepan from the fire.
Season the dish with:

1 tablespoon cooking sherry
Serve it at once on:
Hot buttered toast or hot rusk

To Serve Au Gratin:
Place the mixture in a baking-dish (or in ramekins). Sprinkle the top with:

1/4 cup bread-crumbs
Dot it with:

2 tablespoons butter
Brown the crumbs under a moderate flame.
Another way of preparing the same dish is to sauté:

18 large mushrooms
in:
3 tablespoons butter
Place the mushrooms in ramekins—3 to each ramekin. Cover them with:

12 large drained oysters
Season them well with:
Salt Paprika
Cover them with:

1 cup boiling Cream Sauce I (page 379)
Sprinkle the tops with:

Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Grated cheese
Place them in a quick oven 425° until the tops are brown.

SUPPER DISHES

OYSTERS on MUSHROOMS

4 Servings
Remove the stems from:

12 large mushrooms
Melt in a frying-pan:

2 tablespoons butter
Sauté the mushrooms in it for 3 minutes.
Season them with:

1/2 teaspoon salt
Drain:

12 large oysters
Place an oyster on each mushroom cap. Season them with:
Salt Paprika
Dot each oyster with:

1/2 teaspoon butter
Place the mushrooms in a greased pan in a moderate oven 350° until the oysters are plump. Serve them at once with:
Brown Sauce (page 385)

MUSHROOMS À LA KING

6 Servings
This is a delectable concoction. Fine with a rice or noodle ring.

Prepare:

1 cup Stewed Celery (page 275)
Drain it well. Prepare:

3 hard-boiled eggs
Chill, shell, and slice them. Melt in a frying-pan:

4 tablespoons butter
Add and sauté for 3 minutes:

1 pound mushrooms
Stir in until blended:

4 tablespoons flour
Stir in slowly:

2 cups top milk *
Season these ingredients with:

1/2 teaspoon salt
1/2 teaspoon paprika
When the sauce is smooth and boiling, add the stewed celery, the sliced eggs, and:

1/2 cup sliced stuffed olives
The original recipe calls for (but it is really superfluous):

1/2 cup grated cheese
J ust before serving season with:
\( x \) tablespoon cooking sherry or
\( \frac{1}{2} \) teaspoon Worcestershire sauce
Serve the mushrooms in:
\( \text{Bread Cases (page 66), on hot} \)
\( \text{Waffles (page 493), etc.} \)

* Much better than the 2 cups of top milk, but a little more troublesome, is the substitution of 1 cup cream and 1 cup stock. Make the stock with the mushroom trimmings, the celery water, an onion, a carrot, parsley, etc., or use 1 cup of Chicken Stock.

\( \text{CHICKEN LIVERS À LA KING} \)

Follow the preceding rule for:
\( \text{Mushrooms à la King} \)
Substitute for the mushrooms:
\( x \) cup or more Sautéed Chicken Livers (page 128)

\( \text{CURRIED EGGS and} \)
\( \text{MUSHROOMS with CHEESE} \)

\( \text{4 Servings} \)
\( \text{Prepare:} \)
\( 5 \) hard-boiled eggs
Chill them in cold water. Peel them and cut them into quarters. Sauté:
\( \frac{1}{4} \) pound Mushrooms (page 293)
Prepare:
\( x \) cup Cream Sauce I (page 379)
Add to it:
\( \frac{1}{2} \) cup or more grated cheese
\( \frac{1}{2} \) teaspoon or more curry powder
\( x \) tablespoon or more chilli sauce
When the sauce is boiling add the mushrooms and the eggs. Pour this mixture into a baking-dish or into ramekins. Sprinkle the top with:
\( \text{Bread-crumbs} \)
Dot it with:
\( \text{Butter} \)
or sprinkle it with:
\( \text{Cheese} \)
Place it under a grill until the crumbs are brown.

\( \text{MUSHROOMS and ONIONS in WINE SAUCE} \)

\( \text{6 Servings} \)
Fine for a chafing dish.
Prepare for cooking:
\( x \) pound mushrooms
Melt:
\( \frac{1}{4} \) cup butter
Skin, add, and sauté for 5 minutes:
\( 16 \) very small white onions
Add the mushrooms. When they are coated with butter add:
\( 2 \) tablespoons flour
\( 4 \) tablespoons chopped parsley
\( \frac{1}{2} \) bay leaf
\( \frac{1}{2} \) teaspoon freshly grated nutmeg
\( 6 \) tablespoons bouillon
Cook and stir these ingredients until the onions are tender. Add:
\( \frac{1}{4} \) cup Madeira or sherry
Stir and cook these ingredients until hot. Garnish with:
\( \text{Croûtons (page 63)} \)
\( \text{Sprigs of parsley} \)

\( \text{SAUERKRAUT with MUSHROOMS} \)

\( \text{4 Servings} \)
Wash well in cold water:
\( 1 \) pound sauerkraut
Drain it. Dice and try out (sauté over a very slow fire):
\( \frac{1}{4} \) cup bacon or ham fat
Combine it with the kraut. Simmer these ingredients covered in a covered pan for about 1 hour. Watch them closely so that they do not burn. Add to them:
\( \frac{1}{4} \) cup sour cream
\( \frac{1}{4} \) pound Sautéed Mushrooms (page 293)
\( x \) tablespoon sugar
Place these ingredients in a greased baking-dish. Cover the top with:
\( \text{Bread-crumbs} \)
Dot it with:
\( \text{Butter} \)
Brown the crumbs under a grill.

\( \text{LIMA BEANS or BUTTER BEANS and MUSHROOMS} \)

\( \text{6 Servings} \)
Serve this with crisp bacon and grapefruit salad.
Cook:
\( 2 \) cups Lima Beans * (page 272), or
soak 12 hours and cook 2 cups butter beans
Drain them. Sauté:

\[ \frac{1}{2} \text{ pound Mushrooms (page 293)} \]

Drain them, saving the liquor if there is any. Add to the liquor and melt:

1 tablespoon butter

Stir in:

2 tablespoons flour

Cook and stir these ingredients until they are well blended. Stir in slowly:

\[ \frac{1}{2} \text{ cup Chicken Stock or Stock Substitute (page 38) } \]

\[ \frac{1}{2} \text{ cup top milk } \]

Season the sauce with:

Salt Paprika

Add the beans and mushrooms. Heat them. Add before serving:

1 tablespoon sherry (optional)

The dish may be served au gratin.

Cover the top with:

Bread-crumbs

Dot it with:

Butter

Place it under a grill until the crumbs are brown.

* Canned beans may be substituted. In that case the bean liquor may be used in place of the Chicken Stock.

LIMA BEANS or BAKED BEANS

with CHEESE and BACON

4 Servings

This, the preceding, and the following bean dishes are fine for stuffed peppers or onions.

Drain the contents of:

1 No. 2 can Lima beans or baked beans

Stir into them:

1 teaspoon Worcestershire sauce (optional)

\[ \frac{1}{2} \text{ teaspoon paprika } \]

\[ \frac{1}{2} \text{ cup Chicken Stock or Stock Substitute (page 38) or bean liquor } \]

Grease a baking-dish. Place in it alternate layers of beans and:

Grated Parmesan or other cheese

Cover the top with:

Bread-crumbs

Dot them with:

Butter

or place over them:

Strips of bacon

Or, add to the same amount of beans the following:

Melt:

2 tablespoons butter

Add and sauté for 5 minutes:

\[ \frac{1}{2} \text{ cup minced onion } \]

Stir in over low heat until melted:

\[ \frac{1}{2} \text{ pound cheese, grated } \]

Add the beans and:

\[ \frac{1}{2} \text{ cup chopped nuts } \]

\[ \frac{1}{2} \text{ teaspoon salt } \]

\[ \frac{1}{2} \text{ teaspoon pepper } \]

A few grains of cayenne

Heat the beans in a moderate oven 350° for \( \frac{1}{2} \) hour. Serve them with:

Tomato Sauce (page 385)

MEXICAN LIMA BEAN CASSEROLE

6 Servings

Drain:

2 cups cooked Lima or butter beans

Add:

\[ \frac{1}{2} \text{ pound salt pork, cut in strips } \]

\[ 1 \text{ large onion, minced } \]

\[ \frac{1}{2} \text{ tablespoon molasses (black treacle) } \]

2 cups cooked tomatoes

1 tablespoon brown sugar

\[ \frac{1}{2} \text{ teaspoon chilli powder or pepper } \]

\[ \frac{1}{2} \text{ teaspoon salt } \]

Bake these ingredients in a greased casserole in a moderate oven 375° for 45 minutes.

SAVOURY LIMA BEANS with BACON

4 Servings

Soak in cold water to cover for 8 hours:

\[ \frac{1}{2} \text{ cups dried Lima, haricot, or butter beans } \]

Drain them well. Cover them with boiling water. Add:

\[ \frac{1}{2} \text{ cup finely minced onion } \]

Simmer the beans slowly until they are tender. Add during the last 10 minutes of cooking:

\[ \frac{1}{2} \text{ teaspoon salt } \]

Drain the beans well. Add to them:

1 cup diced celery

2 tablespoons chopped green pepper
LUNCHEON AND SUPPER DISHES

**1 cup tomato soup or pulp**

**4 cup water**

**2 tablespoons melted butter**

**1 teaspoon pepper**

Salt if needed

Place these ingredients in a greased baking-dish. Cover the top with:

**Bread-crumbs**

Dot the bread-crumbs with:

**Butter**

or cover it with:

**Strips of bacon**

Bake the beans in a moderate oven 350° for about 1/2 hour.

**SPINACH with BACON and CHEESE**

Prepare:

**Creamed Spinach** *(page 259)*

Arrange it in layers in a greased baking-dish. Place between the layers:

**Thin slices of crispy sautéed bacon**

Cover the top with:

**Bread-crumbs**

Sprinkle it with:

**Grated cheese**

Bake the spinach in a hot oven 400° until the crumbs are brown.

**LEFT-OVER BRUSSELS SPROUTS in CHEESE SAUCE**

3 Servings

Prepare:

**1 cup Cream Sauce I** *(page 379)*

When the sauce is boiling, add:

**1 cup cooked Brussels Sprouts** *(page 255)*

Stir them carefully to avoid breaking them. When the sprouts are heated, reduce the heat and add:

**1/2 cup grated cheese**

Stir the sauce until the cheese is melted. Serve the sprouts on:

**Hot buttered toast**

**SCALLOPED CAULIFLOWER and HAM**

6 Servings

Cook:

**1 small head Cauliflower** *(page 253)*

Drain it. Separate it into flowerets.

**Cut into small pieces:**

**1/2 pound boiled ham**

Place in the top of a double boiler:

**3 tablespoons tapioca**

**2 tablespoons butter**

**1 teaspoon salt**

**1 teaspoon pepper**

**1 teaspoon paprika**

**2 cups scalded milk**

Cook these ingredients over boiling water until the tapioca is clear. Stir them frequently. Place in a greased baking-dish alternate layers of the tapioca mixture, the cauliflower, and the ham (with the tapioca on top). Sprinkle the top with:

**Bread-crumbs**

Dot it with:

**Butter**

Bake the dish in a moderate oven 350° for 20 minutes or until brown.

**CAULIFLOWER and MUSHROOMS in CHEESE SAUCE**

6 Servings

Cook:

**1 large Cauliflower** *(page 253)*

Drain it well and put it in a greased baking-dish. Place it where it will keep hot. Melt in a frying-pan:

**2 tablespoons butter**

Sauté in it for 2 minutes:

**1/2 pound mushrooms**

Cook:

**1 1/2 cups Cream Sauce I** *(page 379)*

Stir into the sauce over a low fire:

**1/4 cup grated cheese**

When the cheese is melted, add the sautéed mushrooms and pour the sauce over the cauliflower. Serve it at once.

**SCALLOPED TOMATOES or TOMATO PUDDING**

This recipe should make enough to serve 6 people, but it is usually only enough for 4 because it is such a wonderful tomato dish. Serve it with meat, fish, or omelet.

Place in a saucepan:

**10 ounces tomato puree**
Rinse the can with:
\[\frac{1}{2}\text{ cup boiling water}\]
and add it to the purée. Heat these ingredients to the boiling point and add:
\[\frac{1}{4}\text{ teaspoon salt}\]
\[6\text{ tablespoons brown sugar}\]
Place in a baking-dish:
\[1\text{ cup fresh white bread-crumbs}\]
Pour over them:
\[\frac{1}{2}\text{ cup melted butter}\]
Add the tomato mixture and cover the dish closely. Bake the pudding in a moderate oven \(375^\circ\) for 30 minutes. Do not remove the cover until ready to serve the tomatoes.

**GRILLED EGGPLANT (AUBERGINE) and BAKED TOMATOES**

6 Servings

Cut:

- Tomatoes *
  into 6 1 inch slices.
- Chop and combine:
  \[\frac{1}{2}\text{ cup onion}\]
  \[\frac{1}{2}\text{ cup green pepper}\]
Place the tomato slices in a greased pan, cover them with the onions and peppers. Season them with:

\[2\text{ tablespoons brown sugar}\]
\[\text{Salt}\]
\[\text{Paprika}\]
Top them with:

\[6\text{ tablespoons butter}\]
Bake them in a moderate oven \(350^\circ\) for about 30 minutes.

Pare and cut into 6 1/2-inch slices:

- Eggplant

Spread the slices with:

- Soft butter
- Sprinkle them lightly with:
  \[\text{Salt}\]
Grill them slowly for 20 minutes. Turn them once. Place the eggplant slices on:

- Rounds of toast (optional)
Cover them with the tomato slices.

* Small whole tomatoes may be substituted for the tomato slices. Cut hollows in the tomatoes and fill them with the onion and pepper combination. Season them and proceed as directed.

**EGGPLANT (AUBERGINE) with SAUSAGES**

4 Servings

Pare and cut into thick slices:

- 1 medium-sized eggplant

Slice:

- \(\frac{1}{4}\) cloves garlic
- 2 small ripe tomatoes
- \(\frac{1}{4}\) green pepper, seeded
- 2 medium-sized onions
Place these vegetables in a baking-dish in alternate layers. Sprinkle with:

- 1 teaspoon salt
- 1 teaspoon pepper

Pour over them:

- \(\frac{1}{2}\) to \(\frac{1}{2}\) cup olive oil
Bake the dish in a moderate oven \(350^\circ\) for about 45 minutes or simmer it over a slow fire until the vegetables are tender. Stir in:

- \(\frac{1}{2}\) cup sour cream (optional)
You may split:

- Frankfurter sausages
Spread them lightly with:

- Mustard or horse-radish
Bake them on top of the vegetables.

**EGGPLANT (AUBERGINE) CREOLE**

This ranks with Vegetable Casserole and Bacon or with Tomatoes Creole. Wonderful combination dishes.

Peel, then cut into dice:

- 1 medium-sized eggplant
Cook it for 10 minutes in:

- Boiling salted water
Drain it. Place it in a greased baking-dish. Melt:

- 3 tablespoons butter
Add and stir until blended

- 3 tablespoons flour
Peel, slice, and chop:

- 3 large tomatoes or 2 cups chopped canned tomatoes
Seed and chop:

- 1 small green pepper
Peel and chop:

- 1 small onion
Add the vegetables to the butter mixture with:

- 1 teaspoon salt
- 1 tablespoon brown sugar
SQUASH or VEGETABLE MARROW CREOLE

6 Servings
Slice thinly, then parboil or steam until partly tender:

Summer or crooked-neck squash* (about 2½ pounds), or small marrows

Follow one of the preceding rules for Eggplant Creole (page 176).

* If the squash is young it need not be peeled or seeded.

ZUCCHINI CREOLE

6 Servings
See the rule on page 176 for:

Eggplant Creole

Substitute for the squash:

6 medium-sized zucchinis

Do not boil them. Slice them raw and unpeeled. Place them in the baking-dish as directed. Bake them for 1 hour.

SQUASH or VEGETABLE MARROW PUDDING with BACON or SAUSAGES

4 Servings
Cook by the rule on page 288 enough:

Summer squash or marrow to make 2 cupfuls

Mash it and add:

2 tablespoons butter
1 well-beaten egg
½ cup milk or cream

Season it well with:

Salt
Pepper
Sugar
Nutmeg

Squash usually calls for a good deal of 'doctoring.' Place these ingredients in a buttered baking-dish. Top the squash with:

Slices of bacon or pricked sausages*

Bake it in a quick oven 400° for 15 minutes or until the bacon is crisp.

* If preferred the squash may be closely covered with:

Buttered crumbs or cornflakes
with or without grated cheese

For other Squash Dishes see Index.

CREAMED SQUASH

Follow the rule on page 291 for:

Eggplant or Aubergine Sautéed and Creamed

Substitute for the eggplant:

Summer squash or small marrow

VEGETABLE CASSEROLE with BACON

4 Servings
This very good dish is a complete and
LUNCHEON AND SUPPER DISHES

Delicious — if somewhat hefty — luncheon. Cut the tops off:

2 green peppers
Remove the seeds and veins and slice the peppers. Skin and slice:

2 large onions
4 large tomatoes or add about 2 cups canned drained tomatoes
Grease a baking-dish and place in it alternate layers of these vegetables.
Season them with:

1 teaspoon salt
\(\frac{1}{2}\) teaspoon paprika
and sprinkle over the tomatoes:

2\(\frac{1}{2}\) teaspoons brown sugar
Cover the dish closely and place it in a good oven 400° for 30 minutes.
Remove the cover and drain the vegetables. Measure the liquid (there should be 1 cupful or more of vegetable stock). To every cupful allow:

1 tablespoon butter
2 tablespoons flour
Melt the butter in a saucepan, add the flour, and stir it until it is blended. Add the vegetable stock slowly. Cook and stir the sauce until it is smooth and boiling. Taste the sauce to see whether additional seasoning is required. Add the vegetables to the sauce and return them to the baking-dish. Cover the top with:

Slices of bacon (optional)
Place the dish uncovered in a hot oven 500° until the bacon is crisp, or serve the vegetable dish with:

Slices of hot Sautéed Bacon (page 336)
Sometimes tomatoes are dry and there is not sufficient vegetable stock. Add meat stock, or a stock substitute (beef cubes, canned bouillon) to make up at least 1 cupful of liquid in all.
Three-fourths cup celery may be substituted for the green peppers. The proportion of the vegetables may be varied, but in that case use scant seasoning until they are cooked.

TOMATOES CREOLE

4 Servings
This dish is much like the preceding one in ingredients and flavour. It is equally good and is prepared on top of the stove instead of in the oven, which is sometimes an advantage. It makes a delicious quick luncheon dish and a well-rounded one when served with bacon. Fine for filling peppers or acorn squash.
Melt in a saucepan:

2 tablespoons butter
Add:

4 large tomatoes, skinned and sliced (or 1\(\frac{1}{2}\) cups canned tomatoes)
1 green pepper, shredded
1 large onion, chopped
Cook the vegetables until they are tender (for about 12 minutes). Season them with:

\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) teaspoon paprika
2\(\frac{1}{2}\) teaspoons brown sugar
Strain the juice from the vegetables and add to it enough:

Cream
to make 1\(\frac{1}{2}\) cups of liquid. Add to this:

1\(\frac{1}{2}\) tablespoons flour
Cook and stir the sauce until it is thick and smooth. Combine it with the vegetables and serve them hot on:

Toast
with:

Sautéed bacon

CURRIED TOMATOES

4 Servings
Peel and slice:

5 firm medium-sized tomatoes
Melt:

2 tablespoons butter
Sauté in the butter until browned:

1 tablespoon minced celery
1 tablespoon minced onion
Season them with:

\(\frac{1}{2}\) teaspoon salt
Add the tomato slices. Cook them for a few minutes. Turn them while cooking. Remove them to a hot platter. Dissolve:

\(\frac{1}{2}\) teaspoon curry powder
2 tablespoons flour
\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) teaspoon paprika
in:

2 tablespoons milk
Add:

\[
\frac{1}{4} \text{ cup heavy cream}
\]

Stir these ingredients until they are smooth. Add them slowly to the fat in the pan. Stir and cook the sauce until it boils. Pour it over the tomatoes.

**CREAMED CANNED TOMATOES**

4 Servings

This is similar in flavour to the two preceding recipes, but it calls for fewer ingredients and is very quickly made.

Simmer gently for 10 minutes:

- 2 cups canned tomatoes
- 2 tablespoons minced onion *

Season these ingredients with:

- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{2} \) teaspoon paprika
- 2 teaspoons brown sugar

Combine and boil:

- 1 tablespoon flour
- 1 cup cream

Add the tomato mixture slowly to the cream. Stir constantly to avoid curdling. Be careful not to reverse the process.

* \( \frac{1}{2} \) cup of chopped celery may be cooked with the other vegetables. Milk may be substituted for the cream. In that case add 2 tablespoons of butter to the tomato mixture.

**QUICK GRILLED TOMATOES and ONIONS with WELSH RAREBIT**

Drain the contents of:

- 1 can onions *

If they are large, cut them into slices. Cut into \( \frac{1}{2} \)-inch slices:

**Firm tomatoes**

Dip the onions and tomatoes in:

**Melted butter**

Season them with:

- Salt
- Paprika

Sprinkle the tomatoes with a little:

**Brown sugar**

Dip the slices in:

**Bread-crumbs or crushed corn-flakes**

Arrange them on a greased fireproof plate. Grill them under slow heat. Cook them, turning them once, for about 8 minutes.

Prepare:

- Welsh rarebit (page 184)

Place on a platter:

**Toasted bread**

Pour the rarebit over it. Garnish the platter with the grilled tomatoes, the onions and:

- **Parsley**

* Fresh onions, peeled and sliced \( \frac{1}{2} \) inch thick, may be substituted. Place them side by side in a frying-pan. Simmer them covered in a little milk or water for about 10 minutes. Drain them well and follow the recipe.

**TOMATO GRILL with CHEESE and BACON**

4 Servings

Prepare:

- 4 thick slices of toast

They may be buttered. Cut:

- **Thick slices of tomato**

Season them lightly on both sides with:

- **Salt**
- Paprika
- Brown sugar (optional)

Combine:

- \( \frac{1}{2} \) cup grated cheese
- 1 teaspoon Worcestershire sauce
- 1 teaspoon prepared mustard
- 2 tablespoons soft butter

Place the tomato slices on the toast. Cover them with the cheese mixture and:

- **Strips of bacon**

Place the toast on a baking-sheet in a very hot oven \( 475^\circ \) until the bacon is browned and the cheese is melted.

**TOMATOES and OLIVES**

3 Servings

If you have any prejudice against tapioca, please dismiss it long enough to try out this fine dish. Serve it with ham, scrambled eggs, omelet, etc.

Heat and strain:

- \( 1 \frac{1}{2} \) cups canned tomatoes
Melt in the top of a double boiler:
  1 tablespoon butter  
Add and sauté until brown:
  ½ cup minced onion
Add the strained tomato and:
  3 tablespoons tapioca  
  ½ teaspoon salt  
  ½ teaspoon sugar  
  ½ teaspoon paprika
Cook these ingredients until the tapioca is clear. Chop coarsely:
  18 stuffed or ripe olives
Grease a baking-dish. Fill it with alternate layers of the tomato mixture and the olives. Sprinkle the layers with:
  ½ cup grated cheese (optional)
Cover the top with:
  Bread crumbs
Dot it with:
  1 tablespoon butter
Cook the dish in a moderate oven 350° for 30 minutes.

TOMATO, CORN, and CHEESE DISH

6 Servings
Seed and chop:
  1 green pepper
Skin and chop:
  1 small onion
Melt:
  2 tablespoons butter
Sauté the vegetables in the butter until they are brown. Heat in the top of a double boiler:
  1 cup canned tomatoes or fresh tomatoes, drained  
  ½ cup canned corn
Add the sautéed vegetables and:
  2 tablespoons tapioca  
  ½ teaspoon salt  
  ½ teaspoon pepper  
  A few grains of cayenne
Cook these ingredients over boiling water until the tapioca is clear. Stir them frequently. Add and stir until melted:
  1½ cups grated cheese
Serve the corn over:
  Rusk or rounds of toast

CANNED CORN and TOMATO PUDDING

6 to 8 Servings
Prosaically known as 'slumgullion.'
Combine the contents of:
  1 No. 1 can kernel corn  
  1 No. 1 can tomatoes  
  ¼ cup chopped onion, celery, or green peppers  
  3 tablespoons melted butter
Stir in:
  1 tablespoon Worcestershire sauce  
  3 tablespoons cream  
  2 beaten eggs  
  ½ teaspoon salt  
  ½ cup soft bread crumbs
Place these ingredients in a large greased casserole. Top them with:
  Crushed cornflakes or crumbs  
  Dabs of butter or grated cheese (this is optional)
Bake them set in a pan of hot water in a moderate oven 350° for 25 minutes.

CORN À LA KING

6 Servings
A good filling for peppers.
Place in a double boiler and cook for 20 minutes:
  2½ cups corn (No. 2 can) *  
  1 green pepper, shredded  
  1 pimento, chopped
Combine and beat:
  1 egg  
  ¼ cup milk  
  1 tablespoon soft butter  
  ¼ teaspoon salt  
  ¼ teaspoon paprika
Add these ingredients to the vegetables. Cook and stir them over a low fire until they are slightly thickened. Serve them on:
  Rounds of hot buttered toast  
* If desired:
  4 slices of sautéed minced bacon  
  2 tablespoons minced onion (that has been sautéed in the bacon fat and drained)
may be added at this time.
CANNED CORN and BACON DISH

4 Servings
Sauté until crisp:
5 slices of bacon
Drain them. Chop them. To the contents of:
1 No. 1 can corn
Add:
3 tablespoons bacon fat
¼ cup chopped celery or onion (optional)
Cook this mixture for 3 minutes.
Add:
¼ cup cream *
1 teaspoon lemon juice
Salt if needed
Cook it for 3 minutes. Add the bacon.
* ¼ cup sour cream may be substituted, in that case omit the lemon juice.

CORN PUDDING

A good hefty corn dish. For a similar but daintier combination see Corn Soufflé (page 211) and the following Green Corn Pudding.

Drain the contents of:
1 No. 2 can corn (2½ cups)
Reserve the liquid. Melt:
2 tablespoons butter
Stir in until blended:
2 tablespoons flour
Stir in slowly:
1 cup cream and corn liquid combined
When the sauce is smooth and boiling add the drained corn and:
1 green pepper, seeded and chopped
1 pimento, chopped
Stir this mixture until it boils. Reduce the heat to a low flame. Beat well:
2 egg yolks
Pour part of the corn mixture over them. Beat it and return it to the saucepan. Stir and cook it for several minutes to permit the yolks to thicken slightly. Add:
½ teaspoon salt
½ teaspoon paprika

SUPPER DISHES

Cool this mixture. Place on a platter and whip until stiff:
2 egg whites
½ teaspoon salt
Fold them lightly into the corn mixture.
Bake the pudding in an ungreased baking-dish in a moderate oven 325° for 10 minutes, increase the heat to 350°, and bake it until it is firm (for about 20 minutes).

GREEN CORN PUDDING

8 Servings
This is a luscious dish, but it is a little difficult to give an exact recipe for it because corn differs with the season. If the corn is watery when scraped, it is sometimes necessary to add a tablespoon of flour. That is apt to be the case early in the season. Later it may be necessary to use more cream—up to 1 cupful. When corn is right it looks like thick curdled cream when grated.
Grate:
18 ears of corn
Add:
1 tablespoon sugar
½ cup cream
Salt
Pepper
Place these ingredients in a generously buttered flat baking-dish. Dot the top with:
Butter
Bake the pudding in a moderate oven 350° for about ¼ of an hour.

CORN FRITTERS

(With green corn)

For a short period one of our local newspapers devoted a column to masculine taste in culinary matters. Many men contributed their favourite recipes and the author of the following graciously permitted me to use it when I told him how much it pleased me.

'When I was a child, one of eight, my father frequently promised us a marvellous treat. He, being an amateur horticulturist and arboriculturist, would tell us of a fritter tree he was going to plant on the banks of a small lake
filled with molasses, maple syrup, or honey, to be located in our back-yard. When one of us children felt the urge for the most delectable repast, all we had to do was to shake the tree, the fritters would drop into the lake and we could fish them out and eat fritters to our hearts' content.

Mother was a good cook and a good helpmate, so she developed the fritter that was to grow on and fall from the tree into the lake of molasses or maple syrup or honey, as the case might be. Her recipe as preserved in our family is:

Grate twelve ears of corn, preferably sugar corn, then beat the yolks of three eggs with a very small amount of flour* (about a teaspoonful) and a scant teaspoonful of salt; beat the whites thoroughly. Mix the grated corn and yolks, then fold in the beaten whites.

Fry in butter like pancakes and serve hot. You will want more, so will your guests.

* Since writing this, Mr. William N. Matthews tells me that his family has objected strenuously to the addition of the flour, so he asks me to say that the flour 'may' be used.

Who could resist the delightful idea of a fritter tree in full fruit? Not I! I'm hungry as I write about it. Wouldn't this be a good thing to read to an invalid to whet his appetite?

CORN FRITTERS with GREEN
or CANNED CORN (CORN
OYSTERS)
Drain and mash with a potato masher:
1 cup cooked green corn or canned corrn
Beat until light and add:
2 eggs
Add:
6 tablespoons flour
1 teaspoon baking powder
1 teaspoon nutmeg
Melt in a small frying-pan:
2 tablespoons butter
When it is very hot add the batter by the tablespoonful. Permit the bottom of the cakes to brown, reverse them and brown the other side. Serve them at once with:

Mushroom Sauce (page 386) or Brown Sauce (page 385), etc.
For best results make the batter immediately before using it.

CREAMED ONION and
CHEESE on TOAST
4 Servings
Here is a homely dish that can be made quite thrilling.
Prepare by the rule on page 277:
1 x cups Creamed Onions
Prepare:
4 slices of toast
Sprinkle the slices with:
Grated cheese
Pour the onions over them. Sprinkle them with:
Chopped parsley

BAKED ONIONS with CHEESE
on TOAST
4 Servings
Peel, slice crosswise, and boil until nearly tender:
6 large white Onions (page 277)
Drain them.
Place in a baking dish:
4 slices buttered toast
Arrange on the toast the onions and:
1/4 cup grated cheese
Beat well:
1 egg
1 cup milk
1/2 teaspoon salt
1/2 teaspoon paprika
Pour this mixture over the onions.
Dot the top with:
1 tablespoon butter
Bake the dish in a moderate oven 350° for about 40 minutes.
Scalloped Potatoes and Onions, page 249.

APPLE and ONION DISH
4 Servings
This, like Vegetable Casserole with Bacon (page 177), is a complete course. It is a complete meal served with a green salad, a beverage, and bread.
LUNCHEON AND SUPPER DISHES

Peel and cut crosswise into \( \frac{1}{4} \)-inch slices:
- 6 medium-sized onions
- Peel, core, and cut in the same way:
  - 4 medium-sized apples
Sauté and cut into small pieces:
- 8 slices of bacon
Take out 2 tablespoonfuls of the bacon fat. In the remainder toss:
- \( \frac{1}{4} \) cup soft bread-crumbs
Grease a baking-dish. Arrange the onions, apples, and bacon in alternate layers. Combine and pour over them:
- \( \frac{1}{2} \) cup hot Stock (page 36) or water
- \( \frac{1}{2} \) teaspoon salt
Cover the top with the bread-crumbs. Cover the dish and bake it in a moderate oven for 30 minutes. Uncover it and cook it 15 minutes longer.

LEFT-OVER VEGETABLES I
(with CHEESE)

Combine:
- Cooked left-over vegetables
Add to them:
- Raw vegetables—celery, chopped; green pepper, shredded; carrots, grated or cubed; etc.
The addition of raw vegetables is optional. Moisten the vegetables with:
- Stock (page 36), milk, tomato juice, or soup
Season them with:
- Salt
- Paprika
Place them in a shallow greased dish. Sprinkle them with:
- Bread-crumbs and grated cheese
Cook them in a moderate oven until they are well heated and the cheese is melted.

LEFT-OVER VEGETABLES II
(with HAMBURGER)

4 Servings
Combine:
- 1 cup cooked sliced potatoes
- 1 cup cooked diced carrots
- 1 cup celery (cooked or raw)
- 2 tablespoons chopped onion
- 1 teaspoon paprika
- Cup (1 cup) minced beef
- 1 cup tomatoes
- 1 cup canned tomatoes
- 1 teaspoon salt
Place these ingredients in a greased baking-dish. Bake them in a moderate oven for 30 minutes. Other vegetables may be substituted for the carrots, and raw carrots grated may be substituted for the celery.

CORN and HAM FRITTERS

6 Servings
Beat until light:
- 2 egg yolks
Add and combine with a few swift strokes:
- \( \frac{1}{2} \) cup milk
- \( \frac{1}{2} \) cups sifted flour
- 2 teaspoons baking powder
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{2} \) teaspoon paprika
Fold in:
- 2 tablespoons minced parsley or onion
- \( \frac{1}{2} \) cup drained cream style corn
- \( \frac{1}{2} \) cup cooked minced ham
- 2 egg whites stiffly beaten
Fry the fritters in deep fat by the rule on page 481.

CHEESE DISHES

A question I am called upon to answer frequently is: ‘Why do my cheese dishes curdle or become stringy?’ The answer is: Cheese must be melted over low heat. It must be stirred constantly. It must be removed from the fire at once when it is melted. You may use a double boiler. High heat and overcooking are responsible for your failures.

Brillat-Savarin, the noted French epicure, said that a dinner without cheese is like a one-eyed woman. Housewives, who have many luncheons to plan, like cheese in the middle of the day, but most men prefer it as a midnight snack. Whenever it is served, it is overwhelmingly popular and as a Lenten ingredient it works overtime.
LUNCHEON AND SUPPER DISHES

WELSH RAREBIT I (with Beer)
6 to 8 Servings
Grate or put through a mincer:
1 pound yellow cheese
Melt in a double boiler:
1 tablespoon butter
Stir in:
1 cup beer
When the beer is warm stir in the cheese. Stir constantly with a fork until the cheese is melted. Beat slightly and add:
1 whole egg
Season the rarebit with:
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 teaspoon paprika
A few grains of red pepper
1/2 teaspoon mustard (optional)
1/2 teaspoon curry powder (optional)
Serve the rarebit at once on:
Biscuits or hot toast

WELSH RAREBIT II (with Milk)
4 Servings
Melt in a pan or double pan over hot water:
1 tablespoon butter
Stir in and melt slowly:
1 1/2 cups diced cheese
Add:
1/2 teaspoon salt
1/2 teaspoon dry mustard
A few grains of cayenne
1 teaspoon Worcestershire sauce
Stir in slowly:
1 cup cream or top milk
Remove the pan from the fire and beat in:
1 egg yolk
Serve the rarebit at once over:
Hot toasted biscuits or bread

WELSH RAREBIT over GRILLED TOMATOES or RAW TOMATOES
4 Servings
Cut into 1/4-inch slices:
2 large tomatoes
Season them with:
Salt
Paprika
Brown sugar
Dot them lightly on both sides with:
Butter
Place them in a pan in a moderate oven 375°. When they are nearly done, grill them on both sides under a good flame. Prepare by the preceding rule:
Welsh Rarebit
Pour it over the tomatoes and serve them at once. Raw tomatoes may be substituted for grilled tomatoes.

TOMATO SOUP, CHEESE, and ONION RAREBIT
Combine and bring to the boiling point the contents of:
1 (10 1/2 oz.) can tomato soup
1/4 cup water
Add and cook slowly until tender:
1/2 cup thinly sliced onions
Add and stir until melted:
1/2 pound or more thinly sliced cheese
Remove the pan from the fire. Combine and beat:
2 egg yolks
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon paprika
1 teaspoon white pepper
Add these ingredients to the tomato mixture. Cook and stir it over low heat for 1 or 2 minutes to permit the yolks to thicken slightly. Whip until stiff:
2 egg whites
1 teaspoon salt
Fold them into the hot cheese mixture.
Serve the rarebit on:
Hot toast or biscuits

TOMATO RAREBIT with HARD-BOILED EGGS
4 Servings
Prepare:
4 hard-boiled eggs
Chill, peel, and slice them.
Melt in a saucepan:
2 tablespoons butter
Add and sauté for 2 minutes:
2 tablespoons finely chopped onion
LUNCHEON AND SUPPER DISHES

Add the contents of:

1 (10 oz.) can tomato soup
When these ingredients are hot reduce the heat and stir in:

1/2 cups grated cheese
When the cheese is melted pour part of the sauce over:

1 beaten egg
Return the liquid to the pan. Stir in:

1 teaspoon Worcestershire sauce
Salt
Paprika
A few grains of cayenne
Stir constantly. Permit the egg to thicken slightly, but do not let the rarebit boil.
Prepare:

4 rounds of hot buttered toast or
4 rusks
Cover them with the hard-boiled eggs and pour the rarebit over them. Serve it at once.

RINK TUM DIDDY RAREBIT

4 Servings
Stir and melt over low heat:

1/2 pound grated cheese
Add:

1/2 teaspoon salt
A few grains cayenne
Add, stir, and heat:

1 (10 oz.) can condensed tomato soup
3 tablespoons water
Serve the rarebit on:
Toast or toasted biscuits

FLUFFY TOMATO RAREBIT

8 Servings
This may be kept hot over hot (not boiling) water for an hour or more. Combine in the top of a boiler the contents of:

1 (10 oz.) can of condensed tomato soup
1 pound sharp cheese, grated
Cook and stir these ingredients over hot water until the cheese is melted. Combine and beat:

2 egg yolks
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard

Stir them into the tomato mixture. Whip until stiff:

2 egg whites
1/2 teaspoon salt
Fold them into the rarebit. Serve it on:
Hot toast or biscuits

OYSTER RAREBIT

4 Servings
Cook in their liquor until plump:

2 cups oysters (1 pint)
Drain them, keep them hot, and reserve the liquor. Cook in a double boiler and stir until smooth:

2 tablespoons butter
1 pound diced cheese
1 teaspoon salt
A few grains of cayenne
Add and stir until thick:
The oyster liquor*
2 beaten eggs
Add the oysters. Season the rarebit with:
Salt
1 teaspoon Worcestershire sauce or
2 teaspoons sherry (optional)
Serve it on:
Toast or rusks
Garnish it with a sprinkling of:
Paprika
Sprigs of parsley
* If there is not enough oyster liquor to make a good sauce, add rich milk until it is the right consistency.

WOODCHUCK

4 Servings
Cook until very soft:

2 cups tomatoes
Beat them with a wire whisk into a purée, or heat:

1 1/2 cups tomato purée
Reduce the heat to a low flame and add:

1 pound cheese, diced (1 cup)
Cook and stir these ingredients until the cheese is melted. Add:
1 beaten egg
Cook and stir the mixture until the
eggs is slightly thickened. Season the woodchuck with:

Salt
Paprika
Brown sugar
A few grains of cayenne
Serve it at once over:
Hot toast or hot toasted biscuits

CHEESE CUSTARD PIE

4 Servings

In Switzerland we had a vile-tempered cook named Marguerite. Her one idea, after being generally disagreeable, was to earn enough to own a small chalet on some high peak where she could cater to mountain climbers. While she was certainly not born with a silver spoon in her mouth—although it was large enough to accommodate several—I am convinced she arrived with a cooking spoon in her hand. If she has attained her ideal, many a climber will feel it worth while to scale a perilous peak to reach her kitchen. The following cheese custard pie was always served in solitary state. Its flavour varied with Marguerite’s moods and her supply of cheese. It was never twice the same, as she had no written rule, but I have endeavoured to make one like hers for it would be a pity to relegate so good a dish to inaccessible roosts.

Follow the rule on page 498 for making Pie Crust.

Use:
1 cup pastry flour
1+2 tablespoons lard
1 1/2 tablespoons butter
1/2 teaspoon baking powder
1/2 teaspoon salt
3 tablespoons ice water (or just enough to hold these ingredients together)

Roll the dough and line a small pan or baking-dish with it (about 8 1/2 inches in diameter). Bake the crust for 20 minutes in a hot oven 450°. Remove it from the oven, cool it slightly, and fill it with the following cheese custard:

Scald:
1 1/2 cups top milk or cream
Reduce the heat and add:
1 cup grated cheese

Stir until the cheese is melted. Add:
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon grated onion (optional)
A few grains of cayenne
Remove the mixture from the stove and beat in one at a time:
3 eggs
Fill the pie crust and bake it in a slow oven 325° until the custard is firm (for about 45 minutes). The size of the pan is not important, but the custard is best when it is about 1 1/8 inches deep.

CHEESE TURNOVERS

Sauté until crisp:
3 slices bacon
Break it into small pieces. Whip until stiff:
1 cup heavy cream
Fold in the bacon and:
1 cup grated cheese
1/2 teaspoon dry mustard
1/2 teaspoon salt
A few grains of cayenne
1 teaspoon curry
1 well-beaten egg
Prepare by the rule on page 498:

Pie Dough

Roll it until it is very thin, cut it into squares or rounds. Place a teaspoonful of filling in the centre of each. Moisten the edges lightly with water and fold over the dough. Bake the turnovers in a hot oven 450° for about 20 minutes. Serve them very hot.

CHEESE, BREAD, and EGG DISH

4 Servings

This simple dish goes well with a green salad.
Cut into 4-inch slices:

White bread
Spread the slices lightly with:
Butter
Cut 2 of the slices twice across, making 8 triangular pieces. Cut the remaining bread into cubes. There should be about 4 cups of diced, buttered bread. Place layers of diced bread in a buttered baking-dish. Sprinkle the layers with:
1 cup grated cheese
LUNCHEON AND SUPPER DISHES

Combine and beat:

2 eggs
1 cup milk
½ teaspoon salt
½ teaspoon paprika
A few grains cayenne

Pour these ingredients over the bread and cheese. Place the triangles of bread upright around the edge to form a crown. Bake the dish in a moderate oven 350° for 20 minutes. Serve it at once.

BAKED ONIONS with CHEESE on TOAST

4 Servings
Peel, slice crosswise, and boil* until nearly tender:

6 large white onions

Drain them well. Place in a baking-dish:

4 slices buttered toast

Arrange the onions on the toast. Sprinkle them with:

½ cup grated cheese
Beat well:

1 egg
1 cup milk
½ teaspoon salt
½ teaspoon paprika

Pour this mixture over the onions.**

Dot the top with:

1 tablespoon butter

Bake the dish in a moderate oven 350° for about 40 minutes.

Serve it garnished with:

Crisp bacon
Parsley

* The onions may be poached in milk.
** A simplified spread is a paste made of grated cheese, Worcestershire sauce, and seasonings. Place the parboiled onions on the toast, spread them with paste, grill them until the cheese is melted.

CHEESE FONDUE with BREAD-CRUMBS (CHEESE MONKEY)

5 Servings
Prepare:

5½ cups soft bread-crumbs
1½ cups grated cheese

Heat, but do not boil:

x cup milk
Add:

2 egg yolks
½ teaspoon dry mustard
½ teaspoon curry powder (optional)

Add the cheese and the bread. When this is cool, whip until stiff, but not dry, then fold in:

2 egg whites
½ teaspoon salt

Bake the fondue in a buttered 9-inch baking-dish set in a pan of hot water in a moderate oven 350° for about ½ hour.

* If you wish you may cut the cheese (about ½ pound) into small slivers and dissolve it in the hot milk. Use very low heat and stir it constantly.

CHEESE and RICE FONDUE

4 Servings
Heat:

1 cup cooked Rice (page 87)
in:

2 cups milk
Add:

4 well-beaten eggs
1 cup grated cheese
½ teaspoon salt
A few drops Worcestershire or Tabasco sauce (optional)
A few grains cayenne

Stir these ingredients over very low heat until the cheese is melted. Serve the fondue over:

Hot toast (or string beans, etc.)
Spread with:

Anchovy paste (optional)

CHEESE FONDUE I

6 Servings
A fine blend. Serve it as a midnight snack with beer or cocoa.
Cut or break into small pieces:

½ pound Cheddar cheese
½ pound Gruyère cheese
½ pound Roquefort cheese
Add:

3 tablespoons butter
1 teaspoon Worcestershire sauce

Cook and stir these ingredients over
hot water. Work them to a smooth paste and whip them until they are fluffy. Add, if the mixture is too stiff to spread, a small amount of:

**Cream or mayonnaise**

Serve the fondue at once on:

Rusks, rye bread or Melba Toast *(page 479), etc.*

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**CHEESE FONDUE II**

This Swiss dish is unusually good. It is appropriate for after-the-theatre parties or for cold suppers. It will serve about 10 people, but it usually meets with such favour that it is better to count on only 8 portions if nothing else is being served.

Cut into dice:

- 2 pounds cheese

Combine it with:

- ½ cup butter

Stir these ingredients over low heat until the cheese is melted. Add slowly:

- ½ cup warm milk

Stir the fondue with a wire whisk until it is smooth. Remove it from the fire and beat in one at a time:

- 2 eggs

Add:

- ½ teaspoon salt

Serve the fondue at once over:

Hot toast or toasted biscuits

---

**CHEESE SPREAD or SAUCE**

It is a joy to know about this fine mixture for it is easily made and may be kept in the refrigerator for days. It makes excellent toasted cheese sandwiches. Use it as a spread or a sauce. For sauce, thin it as you need it with a little milk in a double boiler. Cut into small pieces and stir over very low heat, or in a double boiler, until melted:

- ½ pound cheese *

Add:

- 1 cup evaporated milk
- 1 teaspoon salt
- 1 teaspoon mustard
- ½ teaspoon curry powder (optional)
- ½ teaspoon dried herb (optional)

---

**SUPPER DISHES**

Remove the pan from the fire and stir in:

1 beaten egg (optional but recommended)

Stir and cook the cheese mixture very slowly until the egg thickens slightly. Remove it from the fire. Pour it into dish. Cool it slowly, beat it as it cools, cover and chill it.

*I find that a soft cheese is preferable to a hard cheese, but all are good.*

Try one of the softer processed cheeses that come in ½-pound packages, such as St. Ivel.

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**TOMATO CHEESE SPREAD**

Place in a saucepan the contents of:

1 (10½ oz.) can tomato soup

Add:

- 1 small onion, skinned and grated
- 1 small green pepper, seeded and grated

Boil and stir these ingredients for 2 minutes. Reduce the heat and stir in until dissolved:

- ½ pound cheese cut into cubes

Add:

- 1 teaspoon salt
- A few grains of cayenne

Place the mixture in an oiled mould. When it is chilled invert it on to a plate. Serve the cheese with:

Hot toasted biscuits

---

**CREAM CHEESE SPREAD**

A soft spread. Place it in the centre of a platter. Surround it with biscuits, pretzels, or toast.

Beat until soft:

1 or more soft cream cheeses

Crumble and beat into it ½ as much:

- Roquefort cheese

Season the mixture with:

- Salt
- Paprika
- Sherry or Worcestershire sauce

These proportions may be varied.

*Cream Cheese Balls on Watercress,*

*Roquefort Cheese Balls,*

*Page 445.*

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LUNCHEON AND SUPPER DISHES

CREAM CHEESE and GARLIC SPREAD
Rub a bowl with:
Garlic
Place in it and work to a paste:
1 or more soft cream cheeses
Season it with:
Worcestershire sauce

COTTAGE CHEESE
Permit milk to sour in a covered jar, placed in a warm (not hot) place until the whey separates from the curd. Drain the curd in a bag made of crash towelling until it is firm to the touch. Place it on ice for several hours. Remove it from the bag, put it in a bowl. Work it with a wire whisk until it is smooth and creamy. Beat into it until it is a good consistency:

Cream
Serve the cheese with:
Chopped chives
Cream
Cottage cheese is good combined with:
Chopped ripe olives

RULE for MAKING and BAKING TOMATO CASES
Cut large hollows in unpeeled tomatoes, salt them, and invert them to drain for 15 minutes. Fill them with any desired combination of cooked food. Cover the tops with bread-crumbs and dot them with butter or sprinkle them with cheese. Place the tomato cases in a pan with enough water to keep them from scorching, and bake them in a moderate oven 350° for 10 or 15 minutes or brown the tops under a grill.
If they are too soft to hold their shape, bake them in well-greased muffin-tins. Filled tomatoes are good on toast served with sauce, Cheese, Mushroom, etc., or gravy. Tomato Cases may be stuffed with any of the fillings given for Pepper Cases and vice versa.

TOMATOES FILLED with LEFT-OVER FOOD
Follow the preceding rule for making Tomato Cases.

or served in:
Tomato Cases (see below)
or with:
Stewed cherries, peaches, etc.

COOKED CHEESE (KOCH KÄSE)
Put in a moderately warm place:
4 cups rather dry cottage cheese
Stir it daily. It will ferment and in 3 or 4 days the cheese will be waxy throughout and ready to cook.
Melt in a double boiler:
2 tablespoons butter
Add the cheese and:
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{4} \) teaspoon paprika (optional)
Cook and stir these ingredients over low heat. When they are hot add:
1 cup milk
2 teaspoons caraway seed (optional)
Cook and stir the cheese for about 10 minutes. Pour it into a bowl. Chill it thoroughly. Serve it with:
Rye bread
Beer

TOMATO, PEPPER, AND OTHER CASES FOR HOT FOOD
Prepare cooked meat or fish, sweet-breads, or calf brains, chopped nuts, raw chopped celery, grated carrots, or cooked vegetables. Combine these ingredients with well-seasoned Cream Sauce (putting the solids into the boiling sauce to prevent it from becoming watery). Use \( \frac{1}{4} \) as much sauce as there are solids. Or moisten the food with cream, stock, butter, or gravy and add bread-crumbs, if thickening is required, to hold the ingredients together.
To fill and bake the tomato cases follow the preceding rule.

TOMATOES FILLED with BREAD-CRUMBS

6 Servings
Prepare by the above rule:
6 medium-sized Tomato Cases
Season the cases with:
3 tablespoons brown sugar
Chop the pulp taken from the tomatoes.
Combine it with an equal amount of:
Soft bread-crumbs
Add:
2 tablespoons chopped onion
2 tablespoons chopped pepper
Season the filling with:
Salt
Paprika
Fill the tomato cases. Bake them by the above rule for Tomato Cases.

TOMATOES FILLED with MASHED POTATOES

6 Servings
These are very attractive-looking placed around a baked fish or a roast. Prepare by the above rule:
6 medium-sized Tomato Cases
Place the tomatoes in a pan with enough water to keep them from scorching. Bake them for 10 minutes in a moderate oven 350°. Prepare:
Mashed Potatoes (page 245, use 3 medium-sized potatoes)

Add:
½ cup broken nuts (optional)
Fill the tomato cases. Garnish the tops with:
Whole nuts
A sprig of parsley or sliced stuffed olives
Return the tomatoes to the oven and bake them for 10 minutes or until they are done.

TOMATOES FILLED with CORN

4 Servings
Prepare by the rule on page 189:
4 Tomato Cases
Sauté and mince:
4 slices of bacon
Combine:
1 cup cooked corn, drained
1 pimento, chopped
¼ green pepper, chopped
2 tablespoons chopped celery
1 cup bread-crumbs
2 tablespoons corn liquor or cream
½ teaspoon salt
½ teaspoon paprika
½ teaspoon sugar (if the corn is green)
Add to these ingredients the minced bacon. Fill the tomato cases.

Sprinkle the tops with:
½ cup bread-crumbs
Dot them with:
1 tablespoon butter
or sprinkle them with:
Grated cheese
Bake them by the rule for Tomato Cases (page 189).

TOMATOES FILLED with CREAMED HAM

Prepare by the rule on page 189:
Tomato Cases
Prepare by the rule on pages 134, 135:
Creamed Ham or Creamed Devilled Ham
Fill the cases with the ham. Bake them by the rule for Tomato Cases (page 189).

TOMATOES FILLED with SHRIMPS

6 Servings
Prepare by the rule on page 189:
6 Tomato Cases
Chop the tomato pulp removed from the centres.
Melt:
1 tablespoon butter
Sauté in it for 2 minutes:
2 tablespoons finely chopped onions
Add the tomato pulp and:
1 cup chopped cooked or canned shrimps
Stir in:
1 tablespoon chopped parsley
3 tablespoons crushed biscuit crumbs
Salt
½ teaspoon paprika
Fill the tomatoes with this mixture.
Dust the tops with:
Biscuit crumbs
Dot them with:
Butter
or sprinkle them with:
Grated cheese
Bake them by the rule for Tomato Cases (page 189).
LUNCHEON AND SUPPER DISHES

TOMATOES FILLED with CRAB in CHEESE SAUCE

6 Servings
Prepare by the rule on page 189:
6 Tomato Cases
Melt over low heat:
1½ tablespoons butter
Add and cook for 3 minutes:
3 tablespoons minced green pepper
3 tablespoons minced onion
Stir in until blended:
1½ tablespoons flour
Stir in slowly:
1½ cups milk
When the sauce is thick and boiling add:
1½ cups crab
½ teaspoon salt
A few grains of red pepper
2 teaspoons Worcestershire sauce
1 cup grated cheese
Cook and stir these ingredients until the cheese is melted. Fill the tomato cases with this mixture. Bake them by the rule for Tomato Cases (page 189).

TOMATOES FILLED with STUFFED OLIVES

6 Servings
Prepare by the rule on page 189:
6 Tomato Cases
Place in the centre of each tomato:
1½ teaspoons brown sugar
Chop the removed tomato pulp and add to it:
1 cup sliced stuffed olives
½ cup biscuit or bread-crumbs
2 tablespoons melted butter
¼ teaspoon paprika
¼ teaspoon salt
Fill the tomato cases. Cover the tops with:
½ cup bread-crumbs
Dot them with:
1 tablespoon butter
Bake them by the rule for Tomato Cases (page 189).

TOMATOES FILLED with EGGS

6 Servings
Prepare by the rule on page 189:
6 Tomato Cases
Season the centres with:
Salt
Paprika
Sugar
Place the tomato cases in a baking-dish, cover the bottom with enough water to keep them from scorching. Bake them in a moderate oven 350° for 10 minutes. Remove them from the oven and cool them slightly.
Break and drop into the hollows:
6 eggs
Season them with:
Salt
Paprika
Cover the tops with:
Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Grated cheese
Bake the tomato cases in a moderate oven 350° until the eggs are firm, but not hard. Serve them on:
Rounds of hot buttered toast
Cover them with the following sauce.
Chop:
The pulp removed from the tomatoes
Melt in a saucepan:
4 tablespoons butter
Add and stir until blended:
4 tablespoons flour
Stir in slowly:
2 cups milk
When the sauce is smooth and boiling add the chopped pulp and:
2 tablespoons chopped green pepper
2 tablespoons finely chopped onion
1 teaspoon Worcestershire sauce
1 teaspoon paprika
1 teaspoon sugar
1 teaspoon celery salt (optional)
Add more seasoning if required, as the sauce should be "peppy."
TOMATOES FILLED with ONIONS
6 Servings
Prepare by the rule on page 189:
6 Tomato Cases
Melt:
½ cup bacon fat
Add and sauté until brown:
½ cup finely chopped onion
Chop:
The pulp taken from the tomatoes and combine it with the onions. Add:
½ teaspoons brown sugar
½ teaspoon salt
1 tablespoon celery seed
Cook these ingredients for 20 minutes. If the filling is too moist it may be thickened with bread-crumbs. If it is too dry it may be moistened with cream or milk. Fill the tomato cases. Cover the tops with:
Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Grated cheese
Bake them by the rule for Tomato Cases (page 189).

TOMATOES FILLED with RICE or WILD RICE
6 Servings
Prepare by the rule on page 189:
6 Tomato Cases
Season them lightly with:
Salt
Brown sugar (optional)
Cook by the rule on page 87:
¼ cup Rice or Wild Rice
Rinse it. Fill the tomato cases. Cover the tops with:
Bread-crumbs
Dot them with:
Butter
Sprinkle them with:
Cheese
Bake them by the rule for Tomato Cases (page 189).

TOMATOES FILLED with PINEAPPLE
4 Servings
Prepare by the rule on page 189:
4 medium-sized Tomato Cases
Sprinkle each hollow with:
1 teaspoon brown sugar
Place in each hollow:
1 tablespoon chilli sauce
Drain the contents of:
(9 oz.) can crushed pineapple
Fill the tomatoes with the pineapple. Sprinkle the tops with:
Bread-crumbs
Salt
Dot them generously with:
Butter
Bake them by the rule for Tomato Cases (page 189).

TOMATOES FILLED with GREEN PEAS
A very decorative dish—a fine garnish for a meat or fish platter.
Prepare by the rule on page 189:
6 Tomato Cases
Bake them as directed until they are nearly tender. Boil by the rule on page 268:
½ pounds Green Peas
Drain them. Moisten the peas with:
2 tablespoons melted butter or
1 cup cream sauce
Fill the tomato cases with the peas. Bake them by the rule for Tomato Cases (page 189). Garnish them with small:
Sprigs of parsley

TOMATOES FILLED with CREAMED MUSHROOMS and SWEETBREADS
Prepare by the rule on page 189:
6 Tomato Cases
Sauté by the rule on page 293:
1 pound Mushrooms
Cook by the rule on page 338:
1 pound Sweetbreads
LUNCHEON AND SUPPER DISHES

Cook by the rule on page 379:
Cream Sauce (½ as much as there are mushrooms and sweetbreads combined)
Add the other ingredients to the boiling cream sauce. Thicken them with:
½ cup bread-crumbs (optional)
Fill the tomato cases. Cover the tops with:
Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Cheese
Bake them by the rule for Tomato Cases (page 189).
* The mushroom and sweetbread proportions may be varied.

TOMATOES FILLED with CREAMED MUSHROOMS

Substitute for sweetbreads in the preceding rule:
Mushrooms (use ½ pound in all)

TOMATOES FILLED with CHEESE SAUCE or RAREBIT

Follow one of the rules beginning on page 189 for:
Filed Tomato Cases
Choose a filling that combines well with cheese—onion, corn, rice, olives, shrimps, etc. Serve the tomatoes on:
Toast
with:
Cheese Sauce, page 382; or Rarebit, page 184

RULE for MAKING and BAKING PEPPER CASES

Cut a gash in the side or cut the stem ends from green peppers and remove the seeds and veins.*
Drop the peppers into rapidly boiling salted water and cook them uncovered until they are nearly tender. Drain them well. Fill them with any desired combination of cooked food. Cover the tops with bread-crumbs, dot with butter, or sprinkle with cheese.

Place the peppers in a pan** with enough water to keep them from scorching and bake them in a moderate oven 350° for 10 or 15 minutes.

* Raw peppers may be rubbed on the outside at this time with butter or bacon fat. They are then stuffed and placed (without parboiling) in a moderate oven 350° and baked until they are tender.

** If they are too soft to hold their shape, bake them in well greased muffin-tins.

You may stuff pepper cases with the fillings given for Tomato Cases and vice versa.
Peppers filled with Creamed Celery (page 275), Mashed Potatoes (page 245), or Creamed Spinach (page 259), etc., are recommended.

PEPPERS FILLED with LEFT-OVER FOOD

Follow the preceding rule for Making and Baking Pepper Cases. For fillings see Tomato Cases (page 189).
To fill and bake the peppers follow the preceding rule.

PEPPERS FILLED with CREAMED ASPARAGUS

Cook until tender by the preceding rule:
4 Pepper Cases
Cut into halves and drain:
1 cup canned asparagus tips
Melt in a saucepan:
1½ tablespoons butter
Stir in until blended:
1½ tablespoons flour
Stir in slowly:
1 cup asparagus liquor
¼ cup cream
When the sauce is smooth and boiling add the asparagus and:
¼ cup blanched and shredded almonds (or other nuts)
Season with:
¼ teaspoon salt
¼ teaspoon paprika
¼ teaspoon nutmeg (optional)
LUNCHEON AND SUPPER DISHES

Fill the pepper cases. Cover the tops with:

Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Cheese
Brown the tops under a grill.

PEPPERS FILLED with CREAMED OYSTERS

Cook until tender:
4 Pepper Cases (page 193)
Prepare:
\( \frac{1}{2} \) pint Creamed Oysters (page 96, using \( \frac{1}{2} \) the amount)
Add:
2 tablespoons chopped parsley
Fill the pepper cases. Cover the tops with:
Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Cheese
Brown the tops under a grill.

PEPPERS FILLED with PEAS

Cook until tender:
4 Pepper Cases (page 193)
Fill them with:
2 cups creamed green peas
2 tablespoons chopped parsley
Do not bake them.

PEPPERS FILLED with MACARONI

Prepare by the rule on page 193:
6 Pepper Cases
Prepare by the rule on page 79:
\( \frac{1}{4} \) cup Macaroni (1 cup when cooked)
Drain and rinse. Add:
\( \frac{1}{4} \) cup grated cheese
\( \frac{1}{2} \) cup tomato juice or tomato soup
\( \frac{1}{4} \) cup bread-crumbs
\( \frac{1}{4} \) teaspoon salt
A few grains of cayenne
\( \frac{1}{2} \) teaspoon paprika
\( \frac{1}{2} \) teaspoon sugar
1 teaspoon Worcestershire sauce (optional)

Fill the pepper cases. Sprinkle the tops with:
\( \frac{1}{4} \) cup bread-crumbs
Dot them with:
1 tablespoon butter
or sprinkle them with:
Grated cheese
Bake them by the rule for Pepper Cases (page 193).
* If tomato soup is used omit these bread-crumbs.

PEPPERS FILLED with RICE

Prepare by the rule on page 193:
4 Pepper Cases
Prepare by the rule on page 87:
\( \frac{1}{4} \) cup Rice—Method II (1 cup cooked rice)
Drain the rice, rinse it, and add:
\( \frac{1}{4} \) cup Stock, cream, or tomato pulp
Season it with:
Salt
Paprika
A few grains of cayenne
\( \frac{1}{2} \) teaspoon curry powder (optional)
Add:
\( \frac{1}{4} \) cup or more grated cheese
Fill the pepper cases. Cover the tops with:
Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Cheese
Bake them by the rule for Pepper Cases (page 193).
* Wild rice cooked by the rule on page 87 may be substituted.

PEPPERS FILLED with CHEESE RICE

Follow the preceding rule for:
Peppers FILLED with Rice
Substitute for the rice mixture:
Cheese Rice I (page 88)
Brown the tops under a grill.

PEPPERS FILLED with MEAT and RICE

Prepare by the rule on page 193:
4 Pepper Cases
**LUNCHEON AND SUPPER DISHES**

Melt:
2 tablespoons dripping or butter

Sauté in it:
3 tablespoons minced onions

Add, stir, and sauté until light coloured:
½ pound minced beef

Add:
1 cup cooked rice
½ teaspoon salt
½ teaspoon paprika
½ teaspoon celery seed, curry powder, dried herbs, or Worcestershire sauce

Fill the pepper cases. Bake them by the rule for Pepper Cases, page 193.

Tomatoes Creole, page 178; Lima Beans with Cheese and Bacon, page 174; Corn à la King, page 180.

These make fine pepper fillings. Serve the last two with Tomato Sauce.

**ZUCCHINI CASES**

**(VEGETABLE MARROW)**

Zucchini is an Italian squash—now frequently found in American markets. Choose short, round zucchini. Scrub but do not peel them. This vegetable cooks very quickly when young. It is impossible to give exact proportions for the filling, as zucchini vary in size. Besides, it is not particularly important.

Cut the stems from:
Zucchini

Drop the vegetables into:
Boiling, salted water (½ teaspoons salt to the quart)

Cook them until they are partly done (2 or 3 minutes). Drain them. Cut off the long ends.* Keep the rounded ends for the cases. Hollow them.

Chop the pulp. Melt:
Butter

Sauté in it:
Chopped onions

Add the pulp and cook it for 1 minute longer. Add:
Bread-crumbs, cooked meat, or fish

Moisten these ingredients with:
Cream, butter, Cream Sauce, Stock, or gravy

Season them with:
Salt
Paprika

Fill the zucchini cases. Cover the tops with:
Bread-crumbs

Dot them with:
Butter or sprinkle them with:
Grated cheese

Place them in a pan with a very little water and bake them in a moderate oven 375° until they are tender.

* There are various ways of utilizing these. See page 287.

If zucchini are short and shapely keep them whole and hollow them from one side.

Small marrows may be cooked in the same way.

**RULE FOR MAKING and BAKING ONION CASES**

Medium-sized onions may be hollowed and used for this purpose or large onions may be cut crosswise or lengthwise into halves.

Peel, then boil until nearly tender:

Large or medium-sized Onions *

(page 277)

Drain them, cut a slice from the top, and hollow them, leaving ⅛-inch shell, or cut them into halves and hollow them. Chop the pulp taken from the centres.

Combine it with:
Bread-crumbs or cooked rice, chopped, cooked meat, fish, baked beans, mushrooms, and bacon, or with devilled ham or nuts

Moisten these ingredients with:
Cream Sauce, melted butter, Stock, cream, or gravy

Season them with:
Salt
Pepper
Chopped parsley

Fill the onion cases. Cover the tops with:
Bread-crumbs

Dot them with:
Butter
Sprinkle them with:
Grated cheese
Place them in a pan with enough water to keep them from scorching and bake them in a moderate oven 375° until they are tender. If they are too soft to hold their shape well bake them in well-greased muffin-tins.

* Spanish onions require long cooking. Allow at least 1 hour in all for small onions and longer for large ones. If raw food is used in the filling shorten the time for boiling and prolong the time for baking the onions.

ONIONS FILLED with MUSHROOMS

4 Servings
Good enough for a company main dish. Prepare by the preceding rule:
6 medium-sized Onion Cases
Hollow them. This is easily done with scissors. Chop the centres. Sauté:
1¼ cups chopped mushrooms
in:
2 tablespoons butter
Sprinkle over them:
1 tablespoon flour
Stir in:
½ cup rich milk
Season the sauce with:
Salt
Paprika
Fill the onion cases with the mushroom mixture. Melt:
1¼ tablespoons butter
Stir in until blended:
1½ tablespoons flour
Stir in slowly:
½ cup rich milk or part Stock and milk
When the sauce is boiling add the chopped onion centres and what is left of the mushrooms (if any). Season the sauce well with:
Salt
Paprika
Worcestershire sauce or sherry (optional)
Pour it into a shallow baking-dish. Place the filled onions in the sauce. The tops may be sprinkled with:
Bread-crumbs

Dot them with:
Butter
or sprinkle them with:
Cheese
Bake the onions in a hot oven 400° until they are well heated.

Garnish them with:
Parsley
They may be served on:
Toast

* If mushrooms are not available substitute canned fish, devilled ham, meat scraps, stuffed olives, etc.

ONIONS FILLED with MASHED POTATOES

4 Servings
Peel:
4 medium-sized Spanish onions
Cut a slice from the top of each onion. Parboil the onions for 10 minutes in a quantity of:
Boiling salted water (1½ teaspoons salt to 1 quart of water)

Drain them. Place them for 1 minute in:
Cold water

Drain them well. Scoop out the centres of the onions, leaving a shell ⅛ inch thick. Reserve the onion pulp.

Place the onions in a pan with:
½ cup soup Stock, or Stock Substitute (page 38)

Bake them in a moderate oven 350° for 1 hour or until they are tender.
Prepare by the rule on page 245:
1¼ cups Mashed Potatoes (3 medium-sized potatoes)

Fill the onion shells with the mashed potatoes. Chop the onion pulp. Sauté it until tender and brown in:
3 tablespoons butter or bacon fat
Sprinkle the tops of the onions with the sautéed onions. Put them back in the oven until they are thoroughly heated.

BAKED ONIONS and CHEESE

Peel:
12 medium-sized onions

Boil them until they are partly tender.
Drain them and core them with an apple-corer. Fill the centres with:
1 cup grated cheese
Season them with:
Salt
Paprika

Dot them with:
Butter

Place them in a baking-dish in enough Stock or water to keep them from scorching. Cover them and bake them in a moderate oven 375° until they are nearly tender. Remove the cover and bake them 5 minutes longer.

For other Onion Dishes see pages 277–280.

ONIONS FILLED with PEAS

Prepare:
Onion Cases (page 195)
Fill them with cooked:
Green peas—creamed or buttered
Sprinkle the tops with:
Bread-crumbs *
Dot them with:
Butter
or sprinkle them with:
Grated cheese

Follow the same rule for baking them.
* If preferred the pulp removed from the centres of the onions may be sautéed in bacon fat or butter and placed on top, either before or after the onions are baked.

ONIONS FILLED with SAUERKRAUT

4 Servings
Prepare:
6 Onion Cases (page 195)
Combine the chopped pulp and:
1 cup drained sauerkraut
1 cup soft bread-crumbs
1 cup cooked fish or meat, minced
1 teaspoon salt
1 teaspoon paprika
1 teaspoon caraway or celery seed (optional)

Heap the mixture into the onion cases. Sprinkle the tops generously with:
Buttered crumbs

Bake the onions in a pan with a very little water in a moderate oven 375° until they are well heated.

RULE for EGGPLANT
(ABERGINE) CASES

The following recipes are good examples of how to use an eggplant as a case for food. These cases may be filled with any desired combination of food, to which the cooked eggplant pulp may be added.

EGGPLANT (ABERGINE)
FILLED with LEFT-OVER FOOD

Cut the top from:
A medium-sized eggplant
Scoop out the pulp, drop it into a small quantity of boiling, salted water (1½ teaspoons of salt to the quart) and cook it until it is tender. Drain it well and mash it. Combine it with:
1 cup chopped, cooked meat
1 teaspoon bread-crumbs
1 cup chopped nuts (optional)
1 cup tomato purée (optional)
Season it with:
Salt
Paprika

Fill the eggplant shell. Cover the top with:
Bread-crumbs
Dot it with:
Butter
or sprinkle it with:
Cheese

Place the eggplant in a moderate oven 375° until the filling is well heated.


EGGPLANT (ABERGINE)
FILLED with RICE and SHRIMPS

Follow the above rule. Substitute for the meat filling:
1½ cups cooked rice
1 pound cooked, cleaned shrimps
1 clove garlic, minced
1 teaspoon grated onion
2 tablespoons chopped green pepper
1 cup cream
Salt
Paprika
LUNCHEON AND SUPPER DISHES

EGGPLANT (AUBERGINE) FILLED with MUSHROOMS and HAM

Cut a slice from:
A medium-sized eggplant
Scoop out the pulp leaving a shell ¼ inch thick. Combine the coarsely chopped pulp with:
1 cup raw sliced mushrooms
¾ cup chopped onion
Melt:
4 tablespoons butter
Sauté these ingredients in the butter for 10 minutes. Add:
1 cup minced cooked ham
¾ teaspoon salt
¾ teaspoon pepper
Fill the eggplant shell. If this is prepared in advance, cover it with waxed paper and keep it in the refrigerator until ready to bake it. Bake the eggplant in a hot oven 400° until it is well heated and browned—for about 15 minutes. Garnish it with:
Strips of pimento
Parsley

EGGPLANT (AUBERGINE) SLICES

These make a fine foundation for other food.
Prepare by the rule on page 291:
Steamed and Sautéed Eggplant Slices
or by the rule on page 290:
Baked or Grilled Eggplant Slices
Place them on a hot platter. Cover them with one of the following:
Hot asparagus tips, peas, onions, etc., buttered or creamed shrimp, tuna, etc., hash or a combination of left-over meat and vegetables
Garnish the slices with:
Parsley

CARROTS FILLED with LEFT-OVER FOOD

4 Servings
Boil until nearly tender:
8 large carrots

SUPPER DISHES

Peel them and scoop out the centres with an apple-corner. Chop the pulp and combine it with:
1 egg or 3 tablespoons cream
2 tablespoons chopped onion
½ cup bread-crumbs
½ cup cooked chopped meat
Season these ingredients with:
Salt
Paprika
Sage (optional) or parsley, chopped
Stuff the carrot cases. Roll them in:
Seasoned bread-crumbs in:
1 egg diluted with 2 tablespoons water
and again in the bread-crumbs.
Fry the carrots in deep fat (page 481) until they are brown or sauté them in:
Butter or bacon fat

CAULIFLOWER FILLED with MUSHROOMS or SHRIMPS and PEAS

6 Servings
This makes a good main dish for a luncheon.
Boil by the rule on page 253
A large cauliflower
Place it flower side down. Remove the stalk and chop it. Add it to:
1 cup sautéed Mushrooms (page 293)
1 cup cooked Peas (page 268)*
Fill the cauliflower. Cover it with:
Buttered crumbs
Sprinkle it with:
Grated cheese
Place it under a grill or in a hot oven 425° until the cheese is melted. Serve it with:
2 cups rich Cream Sauce (page 379)
This may be made with part cream and part water in which the vegetables were cooked. Add to it:
1 tablespoon lemon juice
½ teaspoon dried tarragon (optional)
* These vegetables may be moistened with cream or a little of the sauce. Cooked shrimps may be substituted.
LUNCHEON AND SUPPER DISHES

ACORN SQUASH CASES

The rule for preparing and baking acorn squash is on page 290. These good and attractively shaped vegetables are ideal for individual service. Choose them of uniform size (either small or medium-sized) to suit your purpose. Bake them filled with sausage or creamed ham or bake them first and fill them afterwards with almost any kind of creamed or cooked food suitable for a light meal.

Small marrows may take the place of squash.

ACORN SQUASH BAKED with SAUSAGE, SAUSAGE-MEAT, or CREAMED HAM

Prepare:

Acorn Squash Cases (page 290)

Omit the butter on the inside and the seasoning. Fill them with:

Chipolata Sausages, Sausage-meat, or Creamed Ham (page 134)

Bake them in a moderate oven 375° for about 1 hour. Pour out the fat that collects in the hollows.

ACORN SQUASH FILLED with CREAMED FOOD

Prepare:

Acorn Squash Cases (page 290)

Fill them with:

Creamed oysters, crab, fish, mushrooms, chicken, etc., or with hash or hash and vegetables combined

Garnish the tops with:

Parsley

Baked Acorn Squash with Spinach or Other Vegetables; page 290.

ACORN SQUASH FILLED with APPLES

Peel, quarter, and core:

Apples

Place them in a covered baking-dish in a moderate oven 325°. Cook them until tender. Cut into halves cross-wise, remove seeds, bake or boil until nearly tender:

Acorn squash (page 290)

Fill the squash with apples. Place over each top:

\[
\text{1 teaspoon or more chutney or pickle vinegar sweetened with golden syrup}
\]

The squash may be reheated in a hot oven 400° or under a grill.

SUMMER SQUASH CASES

Pare:

Small even summer squash or young marrows

Allow 1 squash to a person. Remove the seeds. This may be done before or after cooking. It will hollow the squash sufficiently to make an acceptable case. The squash may be steamed or boiled. The former is preferable as squash runs so largely to water. See page 288 for directions for cooking summer squash. Cook them until they are nearly tender. Drain the cases well.

I. Place in each one:

\[
\text{1 tablespoon soft butter}
\]

Fill them with a:

Soufflé Mixture—Cheese, Spinach, Onion, Chicken, Ham, Fish, etc. (pages 210–19)

Place them on a buttered pan.

Bake them by the rule for Soufflé (page 210) or:

II. Cook the squash until they are tender. Keep them hot. Fill them with:

Creamed fish, meat, mushrooms, tomatoes, hash, etc.

Garnish them with:

Parsley

BEET CASES

Prepare:

Boiled Beets (page 266)

Skin them. Hollow them. Pink the edges of the cases. Fill them with:

Cheese Rice (page 88)

or chop the pulp and add it to:

Sautéed Onions, etc.

Fill the cases and serve them garnished with:

Parsley
TURNIP CUPS

Peel, then boil:
Medium-sized Turnips (page 265)
Hollow them. Fill them. Place them in a pan with a few tablespoons of water. Bake the cups in a moderate oven 350° until the tops are slightly browned.

FILLED TURNIP CUPS
Prepare by the preceding rule:
8 medium-sized Turnip Cups
Chop the pulp removed from the centres. Melt:
- x tablespoon butter
Sauté in it for 3 minutes:
- x tablespoon finely minced onions
Combine the pulp with the onions.
Season it with:
Salt
Paprika
Thicken it slightly with:
Biscuit crumbs or bread-crumbs
Fill the turnip cups with this mixture.
Place them in a greased baking-dish.
Combine and pour around them:
\( \frac{1}{2} \) cup milk
\( \frac{1}{2} \) teaspoon salt
Bake them as directed.

TURNIPS FILLED with LEFT-OVER FOOD
Prepare:
Turnip Cups (see above)
Fill them with any good combination of:
Left-over meat, vegetables, and turnip pulp
Thicken them slightly with:
Bread-crumbs
Moisten them with:
Gravy, Stock, or Stock Substitute (page 38), or cream
Season them well. Fill the turnip cases. Sprinkle the tops with:
Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Cheese
Place the turnips in a baking-dish and proceed as directed for Turnip Cups.

SUPPER DISHES

TURNIP CUPS FILLED with PEAS
Prepare:
8 medium-sized Turnip Cups (see this page)
Combine:
2 cups cooked Green Peas (page 268)
2 tablespoons parsley
2 tablespoons butter or \( \frac{1}{4} \) cup Cream Sauce
Fill the cups. Bake them as directed.

RULE for CUCUMBER CASES
FILLED with FOOD
Peel:
3 medium-sized cucumbers
Cut them lengthwise into halves.
Remove the seeds and if the cucumbers are very thick, cut out some of the inner shell, leaving a case about \( \frac{1}{4} \) inch thick.* Chop the pulp (if there is any to chop). Melt in a frying-pan:
2 tablespoons butter
Add and sauté in it for 2 minutes:
2 tablespoons chopped onion
Add the chopped pulp and:
\( \frac{1}{2} \) cup bread-crumbs
\( \frac{1}{2} \) cup chopped cooked meat, bacon, or fish, creamed devilled ham or nuts
Moisten these ingredients with:
Melted butter, cream, Stock, or Stock Substitute (page 38), Cream Sauce or gravy
Season them with:
Salt
Paprika
Fill the cucumber cases. Cover the tops with:
Bread-crumbs
Dot them with:
Butter
or sprinkle them with:
Grated cheese
Place them in a pan with enough water or stock to keep them from scorching. Bake them in a moderate oven 375° until they are tender. Serve them with or without:
Cream Sauce I (page 379) made with sour cream or Tomato Sauce (page 383) or Hollandaise Sauce (page 381)
*Cucumbers may be parboiled in simmering stock for 5 minutes.
LUNCHEON AND SUPPER DISHES

BAKED AVOCADOS FILLED with CREAMED FOOD

Cut into halves:
Avocados
Place in each half:
1 tablespoon garlic vinegar (page 449)

Permit them to stand for ½ hour. Empty the shells. Fill them with creamed,* well-seasoned:
Crab, lobster,** shrimps, chicken, ham, etc.

Place them on waxed or buttered paper. Cover the tops with:
Grated cheese or buttered crumbs or cornflakes

Bake the pears in a moderate oven 375° for about 15 minutes (until they are well heated and the tops are brown).
* Use ½ as much sauce as crab, etc.
** The recipe for Lobster Canapés I on page 13 is fine for this.

PIMENTOS FILLED with FISH or MEAT

These are highly decorative. Fine for creamed turkey.
Line individual moulds with:
Pimentos, whole or in strips
Prepare in Cream Sauce II (page 380):
Chopped cooked fish or meat
Use ¼ as much cream sauce as fish or meat. Season these ingredients with:
Worcestershire sauce, lemon juice, or sherry

Fill the moulds and place them in a pan of hot water on top of the stove. Cover them and steam them gently until they are well heated (for about 10 minutes). Serve them hot with:
Chestnut Sauce II (page 384) to which add:
2 tablespoons chopped parsley
Or chill them, unmould them, and serve them cold with:
Mayonnaise

BAKED APPLES FILLED with SAUSAGE-MEAT

Wash:
6 large tart apples
Cut a slice from the tops. Scoop out the cores and pulp, leaving shells ½ inch thick. Cut the pulp from the cores. Chop the pulp. Combine it with:
1 cup well-seasoned sausage-meat
Sprinkle the shells with:
1 teaspoon salt
2 tablespoons brown sugar (optional)

Fill them heaping full with the sausage mixture. Bake them in a moderate oven 375° until they are tender. Serve them with:
Potatoes or rice
or surround a mound of:
Boiled Noodles (page 84)
with the filled apples.

Sausages with Apples, page 337.

APPLES FILLED with SAUSAGES

Wash and core:
6 apples
Cut ¼ of the peel from the top of each apple. Fill the apples with:
6 sausages

Sprinkle the apples with:
Salt
Brown sugar

Place them in a pan. Cover the bottom of the pan well with:
Water and a little lemon juice (optional)

Bake the apples until they are tender in a moderate oven 375°. Baste them frequently.

POTATOES FILLED with SAUSAGES

Wash :
Small potatoes of uniform size
Grease them with:
Lard

Cut a hole in each one with an apple-corer. Insert in the holes:
Sausages or sausage-meat

Bake the potatoes until they are done (about 1 hour) in a moderate oven 375°.

BAKED FILLED POTATOES

Follow one of the rules given for Baked Filled Potatoes.
They may be filled with any kind of cooked food, creamed, or buttered. Use left-over fish, meat, vegetables, etc., in any palatable combination. Good additions are sautéed Mushrooms (page 293), minced bacon, browned onions, chives, celery seed, or herbs (page 787).

**BAKED POTATOES FILLED with HASH**

**Bake:**

6 medium-sized Potatoes (*page* 247)

Cut a thin slice off the flat side. With a spoon remove as much as you can of the potato without breaking the skin. Do not mash the potato. Add to it and work lightly with a fork until blended:

- 1 tablespoon butter
- 1 tablespoon cream
- ½ teaspoon salt
- ½ teaspoon paprika
- 1 tablespoon minced onion
- 1 tablespoon minced parsley
- ½ cup minced celery (optional but good)
- 1 cup chopped cooked meat

Moisten these ingredients with:

Gravy or Stock

Season them with:

- 2 teaspoons Worcestershire sauce

Combine them with the potato mixture. Fill the skins, heap the tops. Place on each potato:

- ½ teaspoon butter

or sprinkle it with:

Grated cheese

Brown the potatoes under a grill or in a hot oven 400°.

* Creamed left-over vegetables and meat or fish may be substituted.

**BAKED POTATOES FILLED with VEGETABLES**

8 Servings

**Bake:**

4 Potatoes (*page* 247)

Melt:

- 2 tablespoons butter

Stir in until blended:

- 2 tablespoons flour

Stir in gradually:

- 1 cup milk

Add:

- ½ teaspoon salt
- ½ cup grated cheese
- ½ cup cooked peas
- ½ cup cooked chopped carrots
- ½ cup diced green peppers
- 2 tablespoons diced pimento

Cut the potatoes lengthwise into halves. Remove the pulp without breaking the skin. Mash the pulp. Add it to the vegetable mixture. Season it with:

Salt
Paprika

Fill the potato shells with the mixture. Cover them with:

- 3 cups shredded bread-crumbs

Browned in:

- 4 tablespoons butter

Place the potato shells in a quick oven 400° or under a grill until the tops are brown. Serve them with:

Lamb chops, cold roast meat, or ham

**BAKED POTATOES and ROQUEFORT CHEESE**

6 Servings

**Bake:**

6 Potatoes (*page* 247)

Cut them into halves. Scoop out the pulp, mash and then combine it with:

- 6 tablespoons butter
- 3 ounces Roquefort cheese
- 3 tablespoons hot cream
- Salt
- Paprika

Refill the shells and bake the potatoes in a quick oven 400° until the tops are brown.

**BAKED POTATOES FILLED with MINCED HAM**

Follow the rule on *page* 203 for:

**Potato Boats**

Reduce the salt measurement to:

- ½ teaspoon

Add:

- ½ teaspoon paprika
- 6 tablespoons minced ham or 4 tablespoons devilled ham
- 3 tablespoons chopped parsley

The use of the cheese is optional.
LUNCHEON AND SUPPER DISHES

POTATO CUPS or BOATS

Pare oval:

Potatoes

Hollow out the centres to make cups or boat shapes. Parboil for 10 minutes in:

Boiling salted water

Drain and dry them.

Heat fat to 325° (hot enough to brown a cube of bread in 40 seconds). Fry the potato cups in the fat until they are well browned. Drain them on unglazed paper. Sprinkle them with:

Salt

Fill them with:

Creamed meat, fish, or vegetables

ENTRÉES

An entrée is meant to be exactly what its name implies—an entrance or an opening wedge to a formal repast. It is also the main dish of an informal meal. I have not devoted a separate chapter to entrées, but they are generously scattered through other chapters of this book.

They include: Soufflés, timbales, mousses, various egg dishes, croquettes, sweetbreads, mushrooms, creamed dishes, lobster, oysters, crab, food on skewers—in short, any light dish is appropriate that lacks the heft that is deemed essential for the main course of a formal meal.

TIMBALES

The timbale is first cousin to the reliable custard and to the flighty soufflé. As it combines the good qualities of both, it is a valuable member of the egg dish family. It is an attractive and convenient way of serving light food and is, therefore, admirably suited to luncheon and supper purposes. Usually it is cooked in individual moulds, inverted and served with some tempting sauce, but it may be served in a ring or other large mould.

As a disguise for left-over food, the timbale is second only to the soufflé. See page 210. The basis of the latter is cream sauce and egg. In the timbale the cream sauce is omitted and a small amount of cream or stock is substituted. The average timbale has more body than the soufflé. This makes it easier to handle, as it need not be carefully timed for serving and—a very valuable feature—makes it easy to reheat. If you are sure of being able to serve your meal on time choose the soufflé; if you are uncertain as to when you will be able to serve it by all means plan for the timbale.

RULE FOR TIMBALES

Butter custard or soufflé moulds lightly. Fill them about two-thirds full with timbale mixture. Place them on a rack in a pan of hot water. The water should be as high as the filling in the moulds. If a rack is not available, fold several thicknesses of paper and place the moulds on it. Bake the timbales for about 20 minutes, or until firm, in a moderate oven 350°. If baked in a large mould a longer time will be required, about to hold the paper in place) the timbale tops will remain soft. Covered in
this way the timbales may be steamed on top of the stove. Place the pan over heat, keep the water simmering until the timbales are firm. This takes a little more time than the baking of timbales. A large lid may be placed over them to hasten the process. The timbales are done when a spoon or knife inserted in the mixture and withdrawn remains uncoated. Unmould the timbales on to hot plates. Garnish them with parsley, pimento, nuts, pickles, olives, etc. Serve them with or without sauce.

**CUSTARD for TIMBALES**

4 Servings
In France the salad is served with the meat course and the vegetable is served in solitary state. (It is usually worthy of this exalted position.) Sometimes it is accompanied by a mound or ring of delicious custard.

Combine and beat with a wire whisk:

- 1½ cups warm milk *
- 4 eggs
- ½ teaspoon salt
- 1 teaspoon paprika
- ½ teaspoon grated nutmeg or celery salt (optional)
- 1 tablespoon chopped parsley (optional)
- A few drops of onion or lemon juice (optional)

Place the mixture in a greased ring or mould and set it in a pan of hot water. Bake the custard until it is firm. Follow the preceding rule for Timbales. Invert the contents of the mould on to a hot platter. This mixture may be cooked in individual moulds.

Serve the timbales with:
- Creamed vegetables or Mushroom Sauce (page 386)
- * This may be 1 cup chicken broth and ½ cup cream.

**MUSHROOM TIMBALES**

6 Servings
Follow the rule on this page for:
- Custard for Timbales
Sauté by the rule on page 293:
- 2 cups chopped mushrooms
Drain them thoroughly. Add them to the timbale mixture. Bake it by the rule on page 203.

For Mushroom Soufflé, Mousse, etc., see Index.

**SPINACH TIMBALES**

8 Servings
Make a Cream Sauce (page 379) of:
- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk

Add to it:
- 2 cups cooked, finely chopped or strained spinach
- 3 beaten eggs
- ½ cup grated cheese
- ½ cup Chicken Stock or other Stock or Stock Substitute (page 18)
- Salt
- Paprika
- A few grains of cayenne

Place these ingredients in a greased mould or in individual moulds. Bake them by the rule for Timbales on page 203.

**CORN TIMBALES**

8 Servings
Drain the contents of:
- 1 No. 2 can corn
There should be about 1½ cupfuls of drained corn. Beat until light:
- 3 eggs
LUNCHEON AND SUPPER DISHES

Add the corn and:
1 teaspoon grated onion
1/2 teaspoon salt
1/2 teaspoon paprika
Whip until stiff:
1 cup heavy cream*
Fold it into the corn mixture. Place it in well-greased timbale moulds. Bake the timbales by the rule on page 111. Serve them with:
Mushroom Sauce (page 386)
* Plain cream may be substituted. The result is not the same, but it is good.

CORN, EGG, and CHEESE TIMBALES

4 Servings
Combine the contents of:
1 No. 1 can corn (cream style)
with:
1/2 cup grated Gruyère cheese *
2 eggs, beaten
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon mustard
A few grains of cayenne
Place these ingredients in a small greased baking-dish or in individual dishes. Bake the dish in a moderate oven 325° until it is firm—for about 25 minutes.

CARROT TIMBALES (EGGLESS CARROT RING)

6 Servings
A very good eggless timbale. This is an attractive way of serving two vegetables from one dish.
Combine and beat well:
1 cup cooked mashed carrots
1 cup heavy cream or top milk
Add:
1 teaspoon grated onion
1 cup grated bread-crumbs
1 teaspoon salt
1 teaspoon paprika
1 teaspoon Worcestershire sauce
This may be baked in a 7-inch ring or in individual moulds. Place the ring in a pan of hot water. Bake the timbale in a moderate oven 325° for about 25 minutes. Fill the ring with:

Buttered Peas (page 268), Buttered Beans (page 270), or Sautéed Mushrooms (page 293)

If the timbale is baked in individual moulds (see page 203) serve them with:
Mushroom Sauce (page 386)

CELERY and CHEESE TIMBALE

6 Servings
Boil until nearly tender by the rule on page 275:
2 cups coarsely chopped Celery
Drain it well.
Melt:
2 tablespoons butter
Stir in until blended:
2 tablespoons flour
Stir in slowly:
2 cups milk
When the sauce is smooth and boiling stir in the celery. When the sauce is boiling again reduce the heat to a low flame and stir in:
1 cup or more grated cheese (preferably Gruyère)
1 teaspoon salt
1 teaspoon paprika
When the cheese is melted stir in:
2 beaten egg yolks
Permit the eggs to thicken slightly, then cool the mixture. Beat until stiff:
2 egg whites
1/2 teaspoon salt
Fold them lightly into the other ingredients. Place them in a buttered baking-dish, or in individual moulds (see page 203). Bake the timbale in a pan of hot water in a moderate oven 325° for about 40 minutes.

ASPARAGUS TIMBALES

Served with a fruit or vegetable salad this makes a good luncheon.
Grease 4 or 5 deep custard cups.*
Place around the sides of each cup:
5 or 6 well-drained canned or cooked asparagus tips (heads down)
Fill the cups with:
Custard for Timbales (page 204)
LUNCHEON AND SUPPER DISHES

HAM TIMBALES

6 Servings
Follow the rule on page 204 for:
Custard for Timbales
Omit the seasoning.
Add to the custard:
1 to 1 1/2 cups minced ham
Season with:
Worcestershire sauce
Salt if needed
Paprika
Add:
1 tablespoon chopped parsley
1 tablespoon chopped onion
Bake the timbales by the rule on page 203.

ECONOMY TIMBALES

6 Servings
Use any good combination of cooked vegetables and meat.
Follow the rule for:
Custard for Timbales (page 204)
Omit the seasoning. Cut into small pieces:
1 to 1 1/2 cups left-over food *
After the food has been added to the timbale mixture season it to taste. If
the food is dry no additional thickening is needed. If it is slightly moist a
small amount of thickening substance will be required. If moist add to the
left-overs (before combining them with the custard) until they form a
moderately thick paste:
Biscuit crumbs or bread-crums
Bake the timbales by the rule on page 203.
Serve these economy timbales with:
Tomato Sauce (page 385)
* It is not advisable to add uncooked food to the timbale mixture as that is
apt to draw water. The use of finely chopped parsley and a small amount
of finely chopped onion is permissible.

CHICKEN TIMBALES I

See Chicken Mousse III (page 136),
Chicken Soufflé (page 214). Both may
be used in timbale form.
CHICKEN TIMBALES II

8 Servings
Chop or mince until very fine:
2 cups raw or cooked white chicken meat

Stir into it very slowly:
1/2 cup cold thick cream
1/2 teaspoon salt
1/2 teaspoon paprika

Stir these ingredients to a paste. Press them through a sieve. Whip until stiff:
4 egg whites
1/2 teaspoon salt

Fold them lightly into the chicken mixture. Line greased timbale moulds with:

Pieces of truffles, ripe olives, or pimento (optional)

Fill the moulds 2/3 full. Cover them with heavy waxed paper. Bake them by the rule for Timbales (page 203).
Invert the timbales and serve them with:

Mushroom Sauce (page 386) or Chicken gravy with chopped parsley

CHICKEN and HAM TIMBALES

4 Servings
Mince or pound in a mortar:
1 1/2 cups cooked chicken or 1 cup cooked chicken and 1/2 cup cooked ham

Beat in, one at a time:
3 egg yolks

Add:
2 tablespoons lemon juice

Stir in slowly:
1/2 cup thick cream

Season as needed with:
Salt
A few grains of cayenne

Whip until stiff:
3 egg whites
1/2 teaspoon salt

Fold them lightly into the other ingredients. Partly fill greased custard cups with the mixture. Bake them by the rule for Timbales (page 203).
Serve them with:

Béchamel Sauce (page 381) or Mushroom Sauce (page 386), etc.

CHICKEN LIVER TIMBALES

4 Servings
Very light and delicate.

Put through a sieve:
1/2 cup chicken livers
1/2 cup Boiled Rice (page 87)

Add:
1/2 teaspoon salt
A few grains of cayenne
A few grains of nutmeg
1/2 teaspoon prepared mustard

Whip until stiff:
2 egg whites
1/2 teaspoon salt

In a separate bowl whip until stiff:
1/2 cup heavy cream

Fold these ingredients lightly into the chicken-liver mixture. Fill individual moulds and bake the timbales by the rule on page 203. Serve the timbales with:

Mushroom Sauce (page 386) or Poulette Sauce (page 386)

VEAL TIMBALES

4 Servings
These may be made in two ways. The first is a rather luxurious version with a very delicate result. The second is less complicated and much heartier, but recommended as a good way of using left-over meat.

I. Mince twice:
1 1/2 cups cold cooked veal

Beat slightly and add:
3 egg yolks

Stir the ingredients well. (My French recipe says pound them in a mortar.)
Continue to stir while adding:
1/2 cup thick cream
1/2 cup cooking wine or 2 tablespoons sherry
1 teaspoon paprika
Salt as needed

Beat until stiff:
3 egg whites
1/2 teaspoon salt

Fold lightly into the other ingredients. Follow the rule for Timbales (page 203). Serve the timbales with:

Mushroom Sauce (page 386)

II. Chop the veal until it is very fine. Add the other ingredients as directed. Omit the wine. Substitute a little
CREOLE TIMBALES
A good garnish for a steak or roast platter.
Pack moulds with:
- Pilaf (page 90)
- Tomato Rice with Cheese and Mushrooms (page 90)
- Curried Rice (page 93) or Spanish Rice (page 92)
Bake them in a pan of hot water in a moderate oven 350° for 10 minutes.
Invert them and garnish timbales with:
Parsley
Serve them with:
- Spring Onion Sauce (page 387)

RICE TIMBALES
6 Servings
Follow the rule for:
- Rice Ring (page 89)
Fill buttered timbale moulds, Steam them as directed. Serve the timbales with:
- Mushroom Sauce (page 386) or Creole Sauce (page 385)

FISH and NUT TIMBALES
5 Servings
Soak:
- ½ cup dry bread-crumbs
in:
- 1 cup milk
Add:
- ½ cup finely chopped pecans or almonds
- 1 cup cooked flaked fish
- 2 lightly beaten eggs
- Salt
- Paprika
Butter individual moulds lightly. Garnish them with:
- Strips of pimento

FISH TIMBALES
5 Servings
This is a cheaper and somewhat coarser timbale basis.
Melt:
- 3 tablespoons butter
Stir in:
- ½ cup chopped celery, green pepper or onion (or a combination of the three)
Stir for 1 minute then add:
- ½ cup soft bread-crumbs
- 1 cup milk
- ½ cup flaked fish
Remove the pan from the fire. Stir in:
- 2 beaten eggs
- ½ teaspoon salt

TUNA FISH TIMBALES
4 Servings
Fill them with the fish mixture. Cover them with waxed paper secured by rubber bands or string. Follow the rule for Timbales (page 203). Serve the timbales hot with:
- Tartar Sauce (page 390)
* This dish is improved if the nuts and fish are minced instead of chopped.

Supper Dishes
- Steamed Fish Pudding or Timbale, page 109; Halibut Soufflé or Timbale, page 214; Fish Mousse, page 110.

TUNA FISH TIMBALES
4 Servings
This is a cheaper and somewhat coarser timbale basis.
Melt:
- 3 tablespoons butter
Stir in:
- ½ cup chopped celery, green pepper or onion (or a combination of the three)
Stir for 1 minute then add:
- ½ cup soft bread-crumbs
- 1 cup milk
- ½ cup flaked fish
Remove the pan from the fire. Stir in:
- 2 beaten eggs
- ½ teaspoon salt
LUNCHEON AND SUPPER DISHES

¼ teaspoon paprika
1 teaspoon Worcestershire sauce
(optional)

Pour the mixture into 4 greased shallow individual moulds. Place them in a pan of hot water in a moderate oven 350° until the timbales are firm— for about 30 minutes. Unmould them and serve with:

Sauce (cream, cheese, tomato, etc.)

* Of course other sea food may be substituted and left-over vegetables may be substituted in part.

OYSTER TIMBALE

6 Servings
Cook in their juice until the edges begin to curl:

1 quart oysters
Strain them. Reserve the liquor. Put the oysters through a food mincer. Reserve the liquor.

Add to the oysters:
4 beaten egg yolks

Add:
6 tablespoons bread-crumbs
Rind and juice of 1 lemon
A few drops of caramel or Parisian Essence
Salt
Paprika

Whip until stiff:
4 egg whites

Fold them into the oyster mixture. Fill greased timbale moulds. Follow the rule for baking Timbales on page 203. Serve the timbales with:

Oyster Sauce

Melt:
2 tablespoons butter

Stir in until blended:
2 tablespoons flour

Stir the oyster liquor* in slowly.

Add the contents of:
1 (6½ oz.) can crab

Add:
1 cup sliced Sautéed Mushrooms

(page 293)

Season the sauce with:
Salt
Paprika
A few drops of Worcestershire sauce or 1 tablespoon sherry

* There should be about 1 cupful of liquor. If there is not enough add cream or stock.

FISH ROE in RAMEKINS

3 Servings
To the contents of:
1 (7½ oz.) can fish roe

Add:
1 ½ teaspoons bread-crumbs
1 ½ teaspoons butter
1 beaten egg
Salt if needed
¼ teaspoon paprika
2 teaspoons chopped parsley
¼ cup milk

Fill 4 greased ramekins. Place them in a pan of hot water in a moderate oven 325° until firm—about 20 minutes. Serve the roe with:

Slices of lemon
SOUFFLÉS

The soufflé is the 'misunderstood woman' of the culinary world. It is a simple and useful everyday dish, but it is held in awe by many people who entertain an exaggerated idea of the difficulties of its composition.

While it should be timed to be served when it is at its peak, it may be held over some 10 or 15 minutes without any more serious injury than a slight shrinkage. Yes, properly made it will stay up.

The soufflé is a luxury or an economy dish according to your wishes. It is at all times delicate and tempting, so take your courage in your hands and try it out. The worst that can happen is the sacrifice of a few inexpensive staples, but if you read the following instruction carefully there need be no such sacrifice.

Cream sauce and eggs usually form the basis of the soufflé. To this basis cheese, vegetables, meat, fish, nuts, etc., are added.

RULE FOR SOUFFLÉS

Make a thick cream sauce of 3 tablespoons of butter, 3 tablespoons of flour, and 1 cup of liquid (milk, stock, vegetable water, or cream). See Cream Sauce II (page 380). Add the solids, cheese, etc., while the cream sauce is boiling. Reduce the heat to a low flame and add the beaten egg yolks. Cook the sauce for 1 or 2 minutes, stirring it constantly, until the yolks thicken slightly, but do not permit it to boil. Season the sauce and remove it from the fire. When it is cool fold in the stiffly beaten whites of eggs and place the mixture in an ungreased baking-dish. It will rise higher when the dish is not greased, as it will cling to the dry sides.

The soufflé may be baked with an increasing heat, beginning with a slow oven and increasing the heat slightly every 10 minutes until the oven is moderately hot (325° to 350°) or by placing the baking-dish in a slow oven (325°) and baking it until the soufflé is firm—from 25 to 45 minutes—dependent upon the size of the soufflé.

Do not place the dish in hot water unless the recipe calls for it. The water will keep the soufflé soft and in some cases it is preferable to have it crisp and crusty.

However, when making a soufflé in a ring mould, or in any other dish, with the intention of inverting the contents when done, grease the mould well, fill it, and set it in a pan of hot water. This will facilitate removing the soufflé from the mould and will give it a uniform consistency.

Soufflés may be prepared in advance, with the exception of the beating of the egg whites, which must be done immediately before the soufflé is put into the oven.

Onions and garlic add greatly to the flavour of the soufflé. If you like them, place finely chopped onions in the butter and sauté them for a minute before making the cream sauce or place a bit of garlic in the butter, sauté it for a minute, and remove it before making the cream sauce.

Evaporated milk makes a good soufflé. When using it take ½ milk or stock and ½ evaporated milk and decrease the flour from 3 tablespoons to 1½ tablespoons to 1 cup of liquid.
SOUFFLÉS

Carrots, onions, and celery may be used raw if they are finely minced or put through a mincer. Be careful to add these ingredients when the cream sauce is boiling.

Soufflés may be baked in a double boiler, over, not in, hot water. Use a quart size. Grease it well. Pour in the soufflé mixture. Cover it and cook it for about 45 minutes. Turn it out on to a hot plate.

_To make a soufflé with a 'crown.'_ Just before putting the soufflé in the oven, take a large spoon and run a groove about 1½ inches deep all round the top about 1½ inches from the edge.

**CHEESE SOUFFLÉ**

3 Servings
Prepare by the rule on _page 380:_
1 cup Cream Sauce II
Reduce the heat and stir in:
1 cup grated cheese
When the cheese is melted, add:
3 beaten egg yolks
3 teaspoon salt
1 teaspoon paprika
A few grains of cayenne
Cook and stir these ingredients for 1 minute longer to permit the yolks to thicken. Cool these ingredients.
Whip until stiff:
3 egg whites
Fold them lightly into the cheese mixture. Place the soufflé in an ungreased 7-inch baking-dish in a moderate oven 325° (_page 210). After 10 minutes increase the heat slightly. Bake the soufflé until it is firm, for about 30 minutes in all.

**CHEESE and HAM SOUFFLÉ**

Follow the preceding rule for:
Cheese Soufflé
Add to the cream sauce at the same time the grated cheese is added:
1 cup minced cooked ham

**CHEESE and CELERY SOUFFLÉ**

Follow the preceding rule for:
Cheese Soufflé
Add to the cream sauce at the same time the cheese * is added:
1 cup cooked, minced, well-drained celery
* Gruyère cheese is exceptionally good combined with celery.

**VEGETABLE SOUFFLÉ**

4 Servings
Celaiy, onions, and carrots, finely minced or grated, may be used raw. Cooked salsify, eggplant (aubergine), cauliflower, peas, onions, carrots, celery, canned or fresh asparagus, mushrooms, etc., may be used alone or in any good combination. Small quantities of leftover vegetables may be combined with minced raw carrots, celery, and onions. Prepare by the rule on _page 380:
1 cup Cream Sauce II (1/4 cup cream and 3/4 cup vegetable stock may be used in making the cream sauce)
When the sauce is boiling stir in:
1 cup minced, drained vegetables
When the vegetables are hot reduce the heat and add:
3 beaten egg yolks
Cook and stir for 1 minute longer to permit the yolks to thicken. Season as required with:
Salt
Paprika
Nutmeg (optional)
Cool these ingredients.
Whip until stiff:
3 egg whites
Fold them lightly into the vegetable mixture. Place the soufflé in an ungreased 7-inch baking-dish in a moderate oven 325°. After 10 minutes increase the heat slightly. Bake the soufflé until it is firm, for about 30 minutes in all. If you wish a dish that is a course in itself, serve the soufflé with:
Mushroom Sauce (_page 386_).
Vegetable Timbales, _page 203_.

**CORN SOUFFLÉ**

Follow the preceding rule. Use in place of the minced vegetables:
1 cup well-drained corn—canned or cooked, cut from the cob
Add:

1 pimento, chopped (optional)
1 green pepper, chopped (optional)

Corn Pudding, page 181; Corn Timbales, page 204

**POTATO SOUFFLÉ with CHEESE TOPPING**

Combine and beat well:
- 3 cups hot Mashed Potatoes (page 245)
- 2 egg yolks
- 2 tablespoons butter
- 1/2 cup hot cream
- 1 teaspoon salt
- 1 teaspoon paprika

Shape these ingredients into a mound on an oven-proof dish. Whip until stiff:
- 2 egg whites
- 1/2 teaspoon salt

Fold in:
- 1/2 cup dry grated cheese (preferably Parmesan)

Spread this mixture lightly over the mound. Bake the soufflé in a moderate oven 325° for about 15 minutes.

A good potato soufflé may be made by following the rule for Soufflé on page 210. Use 1 cup boiled riced potatoes.

**SWEET POTATO or POTATO and PINE-APPLE or APPLE-SAUCE SOUFFLÉ**

6 Servings

This is fine with cold or hot ham or other meats.

Prepare:
- 3 cups Mashed Sweet Potatoes, or Potatoes

Add and beat with a fork until the potatoes are fluffy:
- 3 tablespoons butter
- 1 teaspoon salt
- 1 teaspoon grated lemon rind
- 2 beaten egg yolks

Drain well and fold in:
- 1/4 to 1/2 cup crushed pineaplle or tart apple-sauce

Cool these ingredients. Whip until stiff and fold in:
- 2 egg whites

Bake the soufflé in a greased 7-Inch baking-dish in a moderate oven 350° for about 40 minutes.

**ONION SOUFFLÉ**

4 Servings

Prepare by the rule on page 277:
- 1 cup Boiled Onions

Drain and mince them. (Use either the mild Spanish onion or one of the stronger varieties.) Melt:
- 1 1/2 tablespoons butter

Stir in until blended:
- 1 1/2 small tablespoons flour

Combine and stir in slowly:
- 1/2 cup milk
- 1/2 cup evaporated milk*

When the sauce is smooth and boiling stir in the minced onion. When the onions are hot reduce the heat and stir in:
- 3 beaten egg yolks

Cook and stir for 1 minute longer to permit the yolks to thicken. Season with:
- Salt
- Paprika
- Nutmeg

Add:
- 2 tablespoons chopped parsley (optional)

Cool these ingredients. Whip until stiff:
- 3 egg whites

Fold them lightly into onion mixture. Place the soufflé in an ungreased 7-Inch baking-dish in a moderate oven 325°. After 10 minutes increase the heat slightly. Bake the soufflé until it is firm, for about 25 minutes in all.

* A cup of Cream Sauce II (page 380) may be substituted for the sauce given with the milk and evaporated milk.

Eggplant or Aubergine Soufflé, page 292.

**ECONOMY SOUFFLÉ**

4 Servings

Cooked left-overs may be utilized to make a very good soufflé.

Prepare by the rule on page 380:
- 1 cup Cream Sauce II (using only 2 1/2 tablespoons flour)
When the sauce is smooth and boiling stir in:

\[ \frac{1}{2} \text{ cup minced, cooked vegetables and meat or fish} \]
\[ \frac{1}{2} \text{ cup Mashed Potatoes} \]

When these ingredients are hot, stir in:

3 beaten egg yolks

Season with:

Salt, if required
Paprika
Nutmeg (optional)
Mustard or Worcestershire sauce or tomato ketchup

Cool these ingredients. Whip until stiff:

3 egg whites

Fold them lightly into the mixture. Bake the soufflé in an ungreased 7-inch baking-dish in a moderate oven 325°F. After 10 minutes increase the heat slightly. Bake the soufflé until it is firm, for about 25 minutes in all.

**FISH or MEAT SOUFFLÉ**

4 Servings

Prepare by the rule on page 380:

1 cup Cream Sauce II

When it is smooth and boiling stir in:

\[ \frac{1}{2} \text{ to } 1 \text{ cup flaked, cooked fish or finely chopped meat} \]
\[ \frac{1}{2} \text{ cup finely chopped raw carrots, celery, and parsley} \]

When these ingredients are hot reduce the heat and stir in:

3 beaten egg yolks

Cook and stir for 1 minute longer to permit the yolks to thicken. Season with:

Salt
Paprika
Nutmeg
Lemon juice, Worcestershire sauce or tomato ketchup
Curry powder

Cool these ingredients. Whip until stiff:

3 egg whites

Fold them lightly into the mixture. Bake the soufflé in an ungreased 7-inch baking-dish in a moderate oven 325°F. After 10 minutes increase the heat slightly. Bake the soufflé until it is firm, about 25 minutes in all.

Serve the soufflé with:

Tomato Sauce (page 385, optional)

**HAM SOUFFLÉ**

Follow the preceding rule for:

Fish or Meat Soufflé

Substitute for the fish or meat:

Cooked ham, chopped or minced

This is good flavoured with mustard.

**CRAB SOUFFLÉ**

Follow the rule on this page for:

Fish or Meat Soufflé

Substitute for the fish or meat the contents of:

1 (6¼ oz.) can crab

Add:

\[ \frac{1}{2} \text{ cup stuffed olives, sliced} \]

**OYSTER SOUFFLÉ**

4 Servings

This soufflé is very delicate.

Heat in their liquor until they are plump:

\[ \frac{1}{2} \text{ pint to } 1 \text{ pint oysters} \]

Drain them. Prepare by the rule on page 380:

1 cup Cream Sauce II (using part cream and part oyster liquor)

When it is boiling add the oysters.

Reduce the heat and add:

3 beaten egg yolks

Cook and stir for 1 minute longer to permit the yolks to thicken. Season with:

Salt
Paprika
Nutmeg
Lemon juice (optional)

Chill these ingredients. Whip until stiff:

3 egg whites

Fold them lightly into the mixture. Bake the soufflé in an ungreased 7-inch baking-dish in a moderate oven 325°F. After 10 minutes increase the heat slightly. Bake the soufflé until it is firm, for about 25 minutes in all.

**SHRIMP SOUFFLÉ**

6 Servings

Melt in a saucepan:

6 tablespoons butter
SOUFFLÉS

Place the soufflé in a 7-inch buttered baking-dish; set it in a pan of hot water and bake it in a moderate oven 325° for 45 minutes. Serve it with:

Almond Sauce
Blanch and slice:
\[
\frac{1}{2} \text{ cup almonds}
\]
Melt:
\[
\frac{1}{2} \text{ tablespoon butter}
\]
Brown the almonds in this. Combine and add:
\[
2 \text{ small tablespoons flour}
\]
\[
\frac{1}{2} \text{ cup cream or top milk}
\]
Season with:
\[
\frac{1}{2} \text{ teaspoon salt}
\]
\[
\frac{1}{2} \text{ teaspoon pepper}
\]
Cook and stir the sauce in a double boiler until it is thick.

CHICKEN SOUFFLÉ

16 Servings

We use the following soufflé so frequently as a company dish that I am giving it as I first “composed” it. Since, it has gone through endless variations. In a modified form it is now our regular follow-up dish to any chicken dinner (provided the partakers thereof have not been too hungry).

Stew by the rule on page 357:

A 3\(\frac{1}{2}\)-pound Chicken

Mince the chicken meat. There should be about 2\(\frac{1}{2}\) cupfuls. Prepare by the rule on page 38c:

\[
3 \text{ cups Cream Sauce II (use chicken fat, chicken stock or stock substitute, page 38, and cream or top milk to make it)}
\]

When the sauce is boiling stir in the minced chicken and:

\[
1 \text{ cup chopped nuts}
\]
\[
1 \text{ cup chopped cooked vegetables (or raw celery, carrots, and onions)}
\]

When these ingredients are hot, reduce the heat and add:

\[
9 \text{ beaten egg yolks}
\]
Cook and stir for 2 minutes longer to permit the yolks to thicken. Season with:

Salt
Paprika
Nutmeg

HALIBUT SOUFFLÉ with ALMOND SAUCE

4 Servings

Combine and cook to a paste:

\[
1 \text{ cup bread-crumbs}
\]
\[
\frac{1}{2} \text{ cup cream}
\]
When it is hot add:

\[
\frac{1}{2} \text{ pound raw halibut, finely chopped}
\]
Season with:

\[
\frac{1}{2} \text{ teaspoon salt}
\]
\[
\frac{1}{2} \text{ teaspoon paprika}
\]
Cool these ingredients. Whip until stiff:

\[
2 \text{ egg whites}
\]
Fold them lightly into the fish mixture.

Stir in until blended:

\[
3\frac{1}{2} \text{ tablespoons flour}
\]
Stir in gradually:

\[
\frac{1}{4} \text{ cups rich milk}
\]
Add:

\[
\frac{1}{4} \text{ teaspoon salt}
\]
\[
\frac{1}{2} \text{ teaspoon paprika}
\]
\[
\frac{1}{4} \text{ teaspoon curry powder (optional)}
\]
When the sauce is thick and boiling stir in approximately:

\[
\frac{1}{2} \text{ cups shrimps or prawns, fresh, cooked and shelled, or canned,* broken into small pieces}
\]
Beat well in a separate bowl:

\[
5 \text{ egg yolks}
\]
Stir part of the sauce into them. When well blended, pour this mixture into the saucepan. Stir the sauce over very low heat for a minute or two to permit the yolks to thicken slightly. Remove it from the fire.

Add:

\[
1 \text{ tablespoon Worcestershire sauce}
\]
Cool the sauce. Whip until stiff:

\[
5 \text{ egg whites}
\]
\[
\frac{1}{4} \text{ teaspoon salt}
\]
Fold them lightly into the sauce. Bake the soufflé in an ungreased 9-inch baking-dish in a moderate oven 325°. After 10 minutes increase the heat slightly. Bake the soufflé until it is firm, for about 35 minutes in all. Serve it at once with:

Tomato Sauce (page 385)

*Soak canned or cooked, shelled shrimps in cold water for 1 hour.

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Cool these ingredients. Whip until stiff:

9 egg whites

Fold them lightly into the chicken mixture. Bake the soufflé in un-greased baking-dishes * (or in individual dishes) in a moderate oven 325°. After 10 minutes increase the heat slightly. Bake the soufflé until it is firm, for about 45 minutes in all. Serve the soufflé with :

Cream Sauce I (page 379)
Add to the sauce:
Chopped parsley
Capers

or with :

Mushroom Sauce (page 386) or
Poulette Sauce (page 383), etc.

This recipe has more body than any of the others given. Its proportions may be varied.

* This soufflé may be baked in greased dishes placed in a pan of hot water, if preferred. The size of the dishes is unimportant provided they are filled only about ½ full.

FOLLOW-UP CHICKEN SOUFFLÉ

5 Servings
Prepare by the rule on page 380 :

1 cup Cream Sauce II (use chicken fat, chicken stock or stock substitute, page 38, and cream or top milk to make it)

When the sauce is boiling, add:

1 cup solids (minced chicken, nuts, cooked or raw vegetables, minced and drained)

Reduce the heat and add:

3 beaten egg yolks

Stir and cook for 1 minute longer to permit the yolks to thicken. Season with:
Salt
Paprika
Nutmeg

Cool these ingredients. Whip until stiff:

3 egg whites

Fold them lightly into the chicken mixture. Bake the soufflé in an un-greased baking-dish in a moderate oven 325°. After 10 minutes increase the heat slightly. Bake the soufflé until it is firm, for about 25 minutes in all.

MUSHROOM SOUFFLÉ

4 Servings
Sauté by the rule on page 293 :

½ pound Mushrooms
Chop them. Stew by the rule on page 275 :

½ cup minced Celery
Drain it. Reserve the water. Prepare by the rule on page 379 :

1 cup heavy Cream Sauce (2 tablespoons butter, 3 tablespoons flour, 1 cup rich milk or cream and chicken broth * or celery water)

When the sauce is boiling stir in the mushrooms and the celery. When these ingredients are boiling reduce the heat to a low flame. Stir in :

3 beaten egg yolks
Cook and stir them until they thicken slightly. Remove these ingredients from the fire. Season them with:
Salt
Paprika
½ cup grated cheese (optional)
Cool them. Whip until stiff :

3 egg whites
A few grains of salt

Fold them lightly into the mushroom mixture. Bake the soufflé in an un-greased pan in a moderate oven 325° until it is firm, for about 30 minutes.

* Canned broth is good for this purpose.

MUSHROOM SOUFFLÉ with SWEETBREADS or CHICKEN

8 Servings
Parboil by the rule on page 338 :

1 pair Sweetbreads (1 cup of cooked minced chicken may be substituted for the sweetbreads)

Remove the skin and membrane and mince the sweetbreads. Prepare by the rule on page 379 :

1 cup Cream Sauce (2½ tablespoons butter, 2½ tablespoons flour, 1 cup liquid — preferably chicken stock or stock substitute, page 38, and cream

Melt in a pan :
2 tablespoons butter
Add and sauté for 3 minutes:
- 2 slices of onion
Remove the onion from the pan.
Add:
- 1/2 cup finely minced mushrooms
- and the sweetbreads or chicken. Heat the cream sauce to the boiling point and combine it with the mushroom mixture. Reduce the heat to a low flame and stir in:
  - 1/2 cup dry bread-crumbs
  - 1 pimento, chopped
  - 1/2 teaspoon salt
  - 2 beaten egg yolks
Cook and stir 1 minute longer to permit the yolks to thicken. Cool these ingredients. Whip until stiff:
- 2 egg whites
Fold them lightly into the mushroom mixture. Place the soufflé in buttered timbale moulds (or in a buttered baking-dish or ring mould), set them in a pan of hot water, and bake them in a moderate oven 325° (covered with a piece of buttered paper) for 15 minutes or until the soufflé is firm. Invert the contents of the moulds on to a platter and surround them with:

**Mushroom Sauce II**

Melt:
- 3 tablespoons butter
Add and sauté for 3 minutes:
  - 1/2 cup thinly sliced mushrooms
Stir in:
- 2 tablespoons flour
Combine, heat, and stir in slowly:
  - 1/2 cup cream
  - 1 cup Chicken Stock (or canned chicken soup)
Season, if required, with:
  Salt
  Paprika
Stir and cook the sauce for 2 minutes.

*Mushroom Ring or Mousse, page 171; Mushroom Timbales, page 204.

**Soufflés in Squash Cases**

Prepare by the rule on page 199:
- Squash or Small Marrow Cases
(Small squash cases to be served individually or a large one.) These should be steamed or parboiled until they are nearly tender. Drain them and cool them. Fill them with any soufflé mixture. Place them in a pan with a very little water to keep the squash from scorching. Bake them in a moderate oven 325° until the soufflé mixture is firm—for about 15 minutes for small squash and 25 to 30 minutes for large ones.

**RICE and CHEESE SOUFFLÉ**

4 Servings
Combine:
- 2 cups cooked Rice
- 1 to 1/2 pound Cheddar cheese, finely diced or grated
- 1 tablespoon melted butter
- 2 beaten egg yolks
- 1 cup of milk
- 1 teaspoon salt
- 1 teaspoon paprika
- A few grains of cayenne

Beat until stiff:
- 2 egg whites
- 1/2 teaspoon salt
Fold them into the rice mixture. Bake the soufflé in a moderate oven 350° for about 25 minutes.

* You may add:
  - 1 tablespoon grated onion
  - 1 teaspoon Worcestershire sauce
  - 3 tablespoons chopped parsley

**HOMINY or SEMOLINA SOUFFLÉ with CHEESE**

6 Servings
Scald in the top of a double boiler over direct heat:
- 1 cup milk
- 1 cup water
Add and stir until thickened:
- 1/8 cup hominy or semolina
Cook these ingredients covered over hot water for 1 hour. Stir occasionally. Remove the hominy or semolina from the fire.

Beat in:
- 3 egg yolks
- 2 tablespoons butter
- 4 tablespoons grated Parmesan cheese (optional)
- A few grains of cayenne
- 1/8 teaspoon salt
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Cool the mixture. Beat until stiff:

3 egg whites
\( \frac{1}{2} \) teaspoon salt

Fold the egg whites into the semolina or hominy mixture. Place it in a baking-dish. Bake it in a moderate oven 325° for about \( \frac{1}{2} \) hour. Good with:

Creamed Mushrooms (page 294) or
Tomato Sauce (page 385)

CANNED LIMA BEAN or BUTTER BEAN SOUFFLÉ with BACON and TOMATOES

3 Servings

Sauté until crisp:

8 slices of bacon

Keep them hot. Drain, then place in a double boiler the contents of:

1 No. 2 can Lima beans or 2 cups cooked butter beans

Add to them:

3 tablespoons bacon fat

Steam the beans until they are hot. Mash them with a fork. Beat well:

1 or 2 eggs

\( \frac{1}{2} \) cup cream

teaspoon salt

teaspoon paprika

tea spoon marjoram

tea spoon thyme (optional)

Stir these ingredients into the beans. Permit them to heat and to thicken slightly (a matter of 2 or 3 minutes). Pile them on a hot platter, cover them with the bacon. Surround them with:

Tomato slices

The tomato slices may be grilled or sautéed in the bacon fat.

RING MOULD SOUFFLÉS

All the recipes given in the chapter on Soufflés may be used for ring moulds (or for any other mould, with the intention of inverting the contents on to a platter) by greasing the mould and baking the soufflé with the mould set in a dish of hot water. When the soufflé is firm, run a knife around the edges and invert the mould. Fill the centre of the soufflé with creamed meat, fish, or vegetables.

SPINACH RING with MUSHROOMS, etc.

4 Servings

Cook by the rule on page 259:

\( \frac{1}{2} \) pounds of Spinach (1 cup when cooked)

Chop it until it is very fine or put it through a sieve. Melt in a frying-pan:

3 tablespoons butter

Add and sauté for 1 minute:

1 tablespoon chopped onion

Stir in until blended:

3 tablespoons flour

Combine and stir in slowly:

\( \frac{1}{2} \) cup milk or Stock or Stock Substitute (page 38)

\( \frac{1}{2} \) cup cream or evaporated milk

When the sauce is boiling add the chopped spinach. When these ingredients are hot reduce the heat and stir in:

3 beaten egg yolks

Cook and stir for 1 minute longer to permit the yolks to thicken. Season with:

Salt

Paprika

Nutmeg

\( \frac{1}{2} \) cup grated cheese (optional)

Add (to improve the looks of the soufflé):

A few drops green colouring

Whip until stiff:

3 egg whites

Fold them lightly into the spinach mixture. Grease a 7-inch ring mould. Fill it with the soufflé mixture, set it in a pan of hot water and bake it in a moderate oven 325° until it is firm, for about 30 minutes. Invert the soufflé on a platter and serve it filled with:

Creamed Mushrooms (page 294),

Chicken à la King (page 131),

or some other creamed dish
SOUFFLES

SPINACH RING with NUTS

A fine Lenten dish.

Add to the above rule for spinach soufflé:

\[ \frac{1}{2} \text{ cup chopped nuts} \]

Omit the cheese. Fill the centre of the ring with:

Tiny new potatoes, page 244, with chopped parsley

Serve it with:

Cheese Sauce, page 382
Onion Sauce, page 383

BROCCOLI RING

4 Servings

Follow the above rule for:

Spinach Ring

Substitute for the spinach:

1 cup cooked, minced, or sieved Broccoli (page 254)

BROCCOLI RING with MAYONNAISE

8 Servings

Combine:

2 cups finely chopped or sieved cooked Broccoli
1 cup Cream Sauce II (page 380)
1 cup mayonnaise

Season with:

Salt to taste
\( \frac{1}{2} \) teaspoon paprika
\( \frac{1}{2} \) teaspoon onion juice
\( \frac{1}{2} \) teaspoon dried basil (optional)

Beat in:

6 egg yolks

Whip until stiff:

6 egg whites

\( \frac{1}{2} \) teaspoon salt

Fold the egg whites into the broccoli mixture. Place these ingredients in a greased 10-inch ring mould set in a pan of hot water. Cook the soufflé in a moderate oven \( 325^\circ \) for about 40 minutes. Invert on to a platter. Fill the centre with:

Chicken à la King (page 131)
Creamed Mushrooms or Celery (pages 294, 275)
Creamed Fish, etc., or Buttered Carrots (page 263)

CANNED SPINACH RING

SOUFFLÉ

4 Servings

Soak:

2 cups bread very loosely packed in:

1 cup water

Squeeze the water from it. Break up the bread with a fork. Chop until fine or put through a strainer:

1\( \frac{1}{2} \) cups canned or cooked drained spinach

Combine it with the bread and:

2 egg yolks

Add:

Seasoning

A drop or two green colouring (optional) to improve its appearance

Beat until stiff, then fold into the spinach mixture:

2 egg whites

A pinch of salt

Grease a ring mould, fill it with the spinach mixture, set it in a pan of hot water, and bake it in a moderate oven \( 325^\circ \) until it is firm—for about 25 minutes. Invert on to a platter.

Fill the centre with:

Chicken à la King (page 131)
Creamed Mushrooms or Celery (pages 294, 275)
Creamed Fish, etc., or Buttered Carrots (page 263)

CARROT RING and PEAS

4 Servings

Prepare by the rule on page 380:

1 cup heavy Cream Sauce II

When it is boiling add:

\( \frac{1}{2} \) cup mashed cooked carrots
\( \frac{1}{2} \) cup finely chopped celery

When the vegetables are hot reduce the heat and add:

3 beaten egg yolks

Season with:

Salt
Paprika

Cool these ingredients. Whip until stiff:

3 egg whites

Fold them lightly into the carrot mix-
SOUFFLÉS

SOUFFLÉS

Grease a 7-inch ring mould, fill it, set it in a pan of hot water, and bake the soufflé in a moderate oven 325° until it is firm, for about 30 minutes. Invert it on to a platter. Fill the centre with:

Buttered or Creamed Peas (page 269)

to which Sautéed Mushrooms (page 293) may be added.

Garnish the soufflé with:

Chopped parsley

Buttered or Creamed Peas (page 269)

CHESTNUT RING MOULD SOUFFLÉ

4 Servings

Combine:

2 tablespoons flour

1 teaspoon salt

4 teaspoon paprika

1 cup boiled Chestnuts, riced (page 295)

4 teaspoon grated onion

Add gradually:

1 cup milk

Stir and cook these ingredients over a slow fire for 5 minutes. Cool them. Whip until stiff, then fold in:

3 egg whites

Bake the soufflé in a 7-inch ring mould set in a pan of hot water in a moderate oven 325° for about 45 minutes. Invert it on to a hot plate. Fill it with:

Green Peas, buttered

Chopped parsley

It may be served with:

Mushroom Sauce (page 386)

to which add:

2 tablespoons sherry

Carrot Timbales (Eggless Carrot Ring), page 205; Mushroom Ring or Mousse, page 171.
FISH

TO CLEAN A FISH (see opposite page)

Allow ½ pound of fish per person—then proceed to prepare it. Place the fish on a large sheet of paper. Remove the scales with a fish-scaler or a knife. Begin at the tail and work towards the head. Pull out the fins or cut them off. If the fish is to be skinned do it at this time. Place it on a flat surface. Run a knife point down the entire length of the backbone. Loosen the skin near the head of the fish and strip it off towards the tail. Reverse the fish and repeat the process on the other side. Cut a gash in the abdomen. Remove the entrails. Wrap the waste in a sheet of paper. Wash the fish inside and out. Dry it thoroughly with a towel.

To remove the odour of fish from the hands, utensils, and dish-cloths, use a solution of bicarbonate of soda and water—about 1 teaspoonful of soda to the quart.

To remove the bones from a fish see Planked Fish (page 227).

Fillets are lengthwise pieces taken from fish and freed from skin and bone.

Fish steaks are slices cut crosswise from a large fish.

Many centuries ago a Chinese sage said: ‘If you would govern a country wisely, do it gently, as you would cook a small fish.’ To-day experts tell us to cook all fish gently—large and small—and they caution us to cook them until they are tender only (no longer) in order to preserve their delicate flavour. Fish is done when it can be separated easily from the bone. Test it with a toothpick. With these two admonitions we are ready to get to work, or nearly so. First, we must determine which is the best way to cook our fish.

If it is a rather dry fish it is best to boil or steam it. If it is a large juicy fish it is best to bake it or to cut it in pieces and sauté, grill, or fry it. If it is a small fish it is best to sauté it or to cook it in parchment paper. Examples of these processes are given in the following rules.

Frozen fish may be thawed before it is cooked or it may be put on the fire while still frozen. It spoils readily after it is thawed, so use it as soon as possible after it is no longer frozen. If it is cooked frozen it will require a longer period for cooking than the time given in these recipes.
To Clean and Skin a Fish

To Fillet and Bone a Fish
FISH

STUFFINGS FOR FISH

Oyster stuffing
Bread and celery stuffing
Mushroom stuffing
Onion stuffing
Olive or celery stuffing
Crab stuffing

SAUCES FOR FISH

For Boiled or Baked Fish

Mustard sauce for fish
Tomato sauce
Creole sauce
Cream sauce
Curry sauce
Horse-radish sauce
Egg sauce
Allemande sauce
Hollandaise sauce
Béarnaise sauce
Figaro sauce
Cheese sauce
Anchovy sauce
Oyster sauce

For Sautéed, Fried, or Grilled Fish

Mushroom sauce
Drawn butter sauce
Sauce for fish made with drippings
Cucumber sauce
Anchovy butter
Fresh horse-radish sauce
Tartar sauce
Hot mayonnaise
Hollandaise

For Planked Fish

Melted butter
Parsley butter
Lemon butter
Anchovy butter
Tartar sauce
Maitre d’hôtel butter

GARNISHES FOR FISH

Curled celery
Radish roses
Lemons cut in quarters
Lemon slices dipped in chopped parsley
Lemon butter balls
Anchovy butter balls
Shredded almonds browned in butter
Cucumbers and French or sour cream dressing
Hard-boiled eggs, chopped or riced
Onion rings or chopped onion
Tomatoes, raw or baked
Peeled and shredded carrots
Pickled beets
Cole slaw with green peppers
Pickles
Capers
Hollandaise sauce, Tartar sauce, or Figaro sauce in pickled beet cups or in a thick ring of green pepper
Bacon
Watercress or watercress butter
Green peppers, chopped or sliced
BOILED FISH

Scrape, remove the entrails and clean:
A fish weighing 2 or more pounds
To facilitate handling it the fish may be tied in a cloth. Place in a fish-kettle sufficient water to cover the fish.*

Add:
1 tablespoon vinegar or lemon juice
1 small onion sliced
\( \frac{1}{2} \) cup chopped celery with leaves
1 teaspoon salt

When the water boils immerse the fish. Reduce the heat and simmer the fish covered until it is tender (12 minutes to the pound). Do not permit the water to boil as that robs the fish of its delicate flavour. Drain the fish and place it on a platter garnished with:
\( \frac{1}{2} \) slices of lemon dipped in chopped parsley

or with:
Wedges of lemon and sprigs of parsley

Serve it with:
Melted butter

or with:

Cream Sauce I (page 379) and capers
or Mustard, Shrimp, or Curry Sauce for Fish (page 392) or Onion Sauce I or II (pages 383-4), etc.

* The seasoned water or stock in which fish is boiled is known as court bouillon. The above is a very simple rule, the following a more elaborate one.

COURT BOUILLON

A stock in which fish is cooked.

Melt:
3 tablespoons butter

Stir and sauté in the butter for 5 minutes:
1 cup chopped carrots
1 cup chopped celery
1 cup chopped onions

Add:
A few sprigs of parsley
6 peppercorns
3 or 4 cloves
2 quarts boiling water
1 cup acid white wine or \( \frac{1}{2} \) cup vinegar

Rub a fish with:
Salt
Lemon juice

Immerse it in the boiling court bouillon and simmer it covered, allowing 12 minutes to the pound.

COLD BOILED SALMON (or OTHER FISH) with SAUCE

This is fine for a buffet supper—stunning to look at and good to eat.

Boil by the rule on this page:
A medium-sized Salmon or other fish

This may be done in court bouillon (see the preceding rule). Skin the fish if desired. Place it in a long deep dish. Have ready the following sauce:

1 cup finely chopped onions
1 cup finely chopped dill pickles
6 tablespoons finely chopped parsley
2 hard-boiled eggs, chopped
2 tablespoons finely chopped chives
2 tablespoons capers
1 teaspoon sugar
1 cup olive oil
6 tablespoons tarragon vinegar or lemon juice
1 teaspoon freshly ground black pepper
2 cups hot fish stock

While the fish is warm baste it from time to time with \( \frac{1}{2} \) the sauce. Permit it to chill in the sauce. When the fish is cold place it on a platter.

Garnish it with:
Pickled beets
Marinated cucumbers
Hard-boiled eggs, etc.
Watercress or lettuce

Serve it with the remaining sauce.

* The matter of the sauce is optional. If preferred, omit it and prepare the following aspic.

Season well the stock in which the fish was cooked with:
Acid wine, lemon juice, or vinegar
and, if needed, with:
Salt
Paprika
Strain the stock and measure it. Allow:

1 tablespoon gelatine

to:

2 cups stock

Soak the gelatine in a little of the stock. Dissolve it over hot water. Add it to the rest of the stock. Chill it. When the gelatine is about to set pour it over the fish or brush it over the fish to glaze it, or permit the jelly to stiffen in a bowl. Turn it out on to a board and chop it with a knife. Surround the fish with the chopped jelly. Serve the fish on a garnished platter (see next rule and Fish in Aspic, page 433) with:

Mayonnaise

COLD SALMON (GLAZED)

Fine for a buffet supper or luncheon. Very decorative.

Wrap in a piece of cheesecloth:

A 3- or 4-pound piece of Salmon

Follow the rule on page 223 for:

Boiled Fish

Simmer it until it is tender. Drain the salmon. (Reserve the stock.) Let it cool in the cloth. Remove the cloth. Skin the salmon. Use it as it is or glaze it with aspic as directed in the preceding recipe. Arrange it on a bed of:

Watercress or lettuce

Garnish it with

Mayonnaise

Place around it:

Cucumbers in sour cream with herbs

Radishes

Olives

Devilled eggs

STEAMED FISH

This is a good way to cook a rather dry fish.

Scrape, remove the entrails, clean, and cut into pieces:

A large fish

Sprinkle the pieces with:

Salt

Place them in a steamer or in a colander over boiling water. Cover the colander with a closely fitting lid. Steam the fish until it is tender. Unless the pieces are very thick it will not be necessary to turn them.

Serve the fish with:

Melted butter or some sort of Fish Sauce (page 391)

or make a sauce of the drippings and the water over which the fish was steamed. Use:

Butter

Flour

The fish stock and cream (see Cream Sauce I, page 379)

Season it well with:

Mustard

Curry powder

Worcestershire sauce or lemon juice

Sprinkle the sauce with:

Salted almonds, chopped

Garnish the platter with:

Grilled Tomatoes and Onions (page 283)

A small fish may be steamed whole.

BAKED FISH

When baking fish, place a piece of clean muslin or cheesecloth in the bottom of the pan; then when fish is baked it can be lifted out of the pan and turned over on the serving plate without breaking.

This is a decorative and attractive dish. Scrape, remove the entrails, and clean:

A fish weighing 3 or more pounds

Stuff it with:

Stuffing *

Rub it with:

Salt

Soft butter or oil

Dredge it with:

Flour

Season it with:

Paprika

Cut 3 or 4 deep gashes in the sides of the fish. Force into the cuts:

Slices of bacon

Line a shallow pan with heavy waxed paper. Place the fish in the pan with:

Bacon fat or 1 or 2 slices of bacon

Bake it in a moderate oven 350°, allowing 15 minutes to the pound.

Baste it frequently with a mixture of:

Hot water and butter (2 parts water—1 part butter)
Serve the fish on a platter garnished with:
- Slices of lemon
- Sprigs of parsley
and surround it with:
- Tomatoes filled with Mashed Potatoes (page 190)
The drippings may be strained, thickened with:
- Flour (see Gravy, page 377)
and seasoned with:
- Worcestershire sauce or lemon juice
or the fish may be served with:
- Shrimp, Mustard, or Curry Sauce for Fish (page 392)
* The fish may be baked without stuffing, but it is better when filled.
This is about the right amount of stuffing for a 3-pound fish:

I. Stuffing
Combine:
- 1 1/2 cups bread-crumbs *
- 2 tablespoons chopped onion
- 1/4 cup chopped celery
- 2 tablespoons chopped parsley
- 1 or 2 beaten eggs
Season these ingredients well with:
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/2 teaspoon nutmeg (optional)
Use enough:
- Milk, melted butter, or soup stock to make a loose stuffing. Fill the fish.
Sew the sides together with a coarse needle and thread.
* This is a fine but plain and unsophisticated stuffing.

II. Stuffing
A southern and more elaborate version of bread stuffing is:
Soak for 10 minutes:
- 1 cup bread-crumbs
in:
- 1/4 cup sherry
Wring the wine from the bread. Sauté for 5 minutes:
- 1/2 cup finely chopped green pepper
- 1/2 cup finely chopped onion
in:
- 1 tablespoon butter
Add the bread-crumbs and:
- 2 teaspoons chilli sauce
- 1/4 cup canned or Sautéed Mushrooms
- 2 tablespoons chopped parsley

III. Oyster Stuffing
(For a 4-pound fish)
Melt:
- 6 tablespoons butter
Sauté in the butter until brown:
- 1/4 cup chopped onion
Add:
- 1 tablespoon chopped parsley
- 2 cups bread-crumbs
- 1 cup (1/4 pint) oysters, whole or chopped
- 1/4 teaspoon salt
- 1/4 teaspoon paprika

QUICKLY BAKED FISH
Prepare for cooking:
- Small fish, pieces of fish, or fish fillets
Season:
- Rich milk or cream
with:
- Salt
- Paprika
Dip the pieces in the milk and in:
- Bread-crumbs or crushed cornflakes
Permit the fish to dry for 1/2 hour.
Bake them in a moderate oven 350° allowing 15 minutes to the pound.
(If cut in pieces about 15 minutes in all.) Baste them once while cooking with:
- Melted butter or bacon fat

BAKED FISH with SAVOURY TOMATO SAUCE
Prepare for cooking:
- A 3-pound fish, turbot or halibut or bream *
Dredge it inside and out with:
- Flour
- Salt
- Pepper
Place it in a baking-pan. Melt:
- 6 tablespoons butter
Add and simmer for 15 minutes:
- 1/4 cup chopped onion
- 2 cups chopped celery
- 1/4 cup chopped green pepper
Add and simmer until the celery is very tender:
- 3 cups canned tomatoes
- 1 tablespoon Worcestershire sauce
- 1 tablespoon ketchup
- 1 teaspoon chilli powder
- ½ lemon, finely sliced
- 2 bay leaves
- 1 clove of garlic, minced
- 1 teaspoon salt

A few grains red pepper

Press these ingredients through a potato ricer. Pour the sauce around the fish. Bake the fish in a moderate oven 350° for about 45 minutes. Baste it frequently with the sauce.

* Some other large fish may be substituted.

**BAKED FISH with VEGETABLES**

Prepare for cooking:
A 6-pound fish, brill, or as above

Cut deep gashes in both sides crosswise of the fish about 1½ inches apart. Rub it well inside and out with:
Salt
Butter

Place in each gash:
Salt
Pepper
A teaspoon of butter
A slice of lemon

Prepare:
- 1 cup chopped celery
- 2 cup chopped green pepper
- ¾ cup chopped parsley
- 1 clove of garlic, minced

Stuff the gashes with the chopped ingredients. Place the fish in a pan. Sprinkle it lightly with:
Cinnamon

If there are vegetables left sprinkle them over the fish. Melt in a saucepan:
- ½ cup butter

Stir in slowly:
- ½ cup flour

When these ingredients are brown add and sauté lightly:
- 1 cup chopped onions

Stir in:
- 1 quart tomatoes or Stock

Cook and stir these ingredients until they thicken. Season the sauce very lightly with:
Salt
Paprika

Pour it over the fish. Bake the fish in a slow oven 325° until it is done. Allow 15 minutes to the pound. Baste it frequently with the sauce. Serve it with:
Steamed Rice *(page 87)*

**BAKED FISH with CHEESE**

Prepare for cooking:
A 3-pound fish

Fill it with the following stuffing.
Melt:
- 4 tablespoons butter

Add and sauté for 2 minutes:
- ½ cup minced mushrooms
- 1 teaspoon chopped onion
- ¼ cup shredded green pepper
- 1½ cups biscuit or bread-crumbs
- 1 beaten egg
- 1 teaspoon salt
- ½ teaspoon paprika

Fill the fish and sew the sides together with a coarse needle and thread. Roll the fish in:
- ½ cup grated cheese
or spread it with:
Snappy cheese

Bake it in a pan lined with heavy waxed paper in a moderate oven 350°, allowing 15 minutes to the pound. Baste it with a little:
Stock or Stock Substitute *(page 38)* or:
Hot water and butter (2 parts water, 1 part butter)

Serve the fish with:
Hollandaise Sauce *(page 381)*

**BAKED FISH with SOUR CREAM**

Split and remove the bones * from:
A 4-pound fish

Flatten it out. Rub it inside and out with:
Salt
Paprika
Butter

Place it under a flame until it is lightly browned. Cover it with:
- 2 cups sour cream
Place a lid over it. Bake the fish in a moderate oven 375° until it is done for about ½ hour.

* See the following recipe for Planked Fish.

**PLANKED FISH**

Scrape, remove the entrails, and clean:

A fish, weighing 2 or more pounds

Split it lengthwise from the inside so that it can be flattened out. Place it on its back and remove the bones. This can be done by making incisions in the inside of the fish along the backbone and scraping the meat from the bones with the back of a knife. The backbone and the rib bones may then be removed in one piece. Go over the fish carefully and remove the smaller bones. Place the fish, skin side down, on a plank of hickory, oak, or ash. Sprinkle it lightly with:

Salt
Paprika
and pour over it:

½ cup melted butter
and:

1 cup rolled cornflakes or bread-crumbs

Bake the fish in a moderate oven 350°. Allow 15 minutes to the pound. Brown the fish for the last 5 minutes under a grill. Serve it garnished with:

Mashed Potatoes
Beet cups filled with Tartar sauce
Parsley, etc.

**BROILED FISH**

Prepare:

A fish

by the preceding rule for Planked Fish.

Place a piece of heavy waxed paper in a pan and put the fish flat upon it, skin side down.

Season it with:

Salt
Dredge it with:
Flour, biscuit crumbs, or corn-flakes
Dot it with:
Butter
and sprinkle the top with:
Paprika

Cook the fish on the upper shelf of a hot oven 400° from 20 to 30 minutes. Serve it with:

Slices of lemon
Chopped parsley

**GRILLED FISH**

Prepare by the rule for Planked Fish:

A large fish (salmon-trout, salmon, etc.)

Rub a saucer with:
Garlic

Place in it and mix:

1 tablespoon olive oil
1 tablespoon salt
½ teaspoon pepper

Rub the fish inside and out with these ingredients. Place it on a well-greased rack. Grill it until it is brown. Turn it once. Spread it with:

Maitre d'Hôtel Butter (page 391)
or serve it with:

Drawn Butter Sauce (page 391)

Garnish it with:

Parsley
Cucumbers in sour cream with herbs

**FISH COOKED in PARCHMENT PAPER**

Clean:

Small fish *

Place each fish on a piece of parchment paper. Fold it over. Cut it along the lines of the fish leaving a margin of ½ inches. Remove the paper. Spread it well with:

Olive oil or butter

Season the fish inside and out with:

Salt
Paprika
Lemon juice

Replace it in the paper. Fold over the edges of the paper like a hem. Fasten it with paper clips so that the paper will retain the juices. Place the fish on a rack in a moderate oven 350° for about 20 minutes. Unpin the papers. Slide the fish and the juices on to a platter garnished with:

Lemon slices
Parsley

* A large fish may be prepared in the same way, but will require more time. Allow 15 minutes to the pound.
SAUTÉED FISH (‘Fried Fish’)
Scrape, remove the entrails, and clean:
A large fish (or several small fish)
Cut the large fish into pieces and roll them in:
Flour or oatmeal
Season them with:
Salt
Paprika
Melt * in a frying-pan:
Bacon fat or butter
When the fat is hot place the fish in it. Reduce the heat slightly and cook the fish until it is done (from 3 to 5 minutes).** My former cook, Virginia Turner, taught me to complete cooking one side of the fish, to turn it, and cook the other until done. This is a very good method.
See Garnishes for Fish, page 222.
* Fish may be prepared by this rule and fried in hot fat (page 481).
** Fish may be sautéed on both sides until it is seared and then be placed in a moderate oven 350° until it is done (for about 15 minutes).

FRIED FISH in SOUR SAUCE
Cut into pieces:
1½ pounds fish steaks
Sprinkle them with:
Salt
Paprika
Marinate them for 30 minutes in:
6 tablespoons white wine or 2 tablespoons lemon juice
Drain them, dry them, and dip each piece separately in:
6 tablespoons thick cream
then in:
½ cup flour
Fry the fish in deep fat 395° for about 7 minutes (page 481). Serve the fish with sauce. Sauté in butter (page 293):
½ pound Mushrooms
Prepare:
1 cup Cream Sauce I (page 379)
Use cream and the liquid in which the fish was soaked or dipped or add:
1 tablespoon lemon juice
Shortly before serving beat into the sauce, one at a time over a very low fire:
2 eggs
Keep the sauce hot over hot (not boiling) water. Place the fried fish on a platter. Pour the sauce over it. Garnish it with the sautéed mushrooms and with:
Parsley or chopped chives

BAKED FILLETS of FISH I
This simple rule is a boon to the housekeeper who does not like to handle fish.
Place on an oven-proof plate *:
Fish fillets
Dot them generously with
Butter
They may be spread with:
Anchovy paste
Season them with:
Salt
Paprika
Sprinkle them generously (optiona with:
Cornflakes
Minced onion
Grated cheese
The cornflakes may be dotted with:
Butter
Bake the fillets in a moderate oven 350° until they are done (for about 20 minutes).
* A cupful of milk may be put in the plate. Add chopped onion and seasoning. Bake the fish until it is tender, sprinkle it with grated cheese, and place it under a grill until the cheese is melted.

BAKED FILLETS of FISH II
Cut into pieces suitable for individual service:
6 fish fillets
Sprinkle them with:
Salt
Pepper
Place them in a shallow greased baking-dish. Combine and pour over them:
½ cup hot Vegetable Stock or Stock
Substitute (page 38) *
2 tablespoons cooking sherry
Salt
Paprika

Cover the fish with buttered paper. 
Bake it in a moderate oven for about 15 minutes or until it is tender.
Remove the fish to a hot platter.
Strain the drippings. Place them over (not in) boiling water. Stir in with a wire whisk:

x egg yolk
Add bit by bit:
2 tablespoons butter
Beat the sauce until it thickens. Season it as needed. Pour it over the fish.
* ½ cup of stock and 6 tablespoons acid white wine may be used. In that case omit the sherry.

BAKED FILLETS of HADDOCK in CREAM SAUCE

6 Servings
Place on an oven-proof plate:
4 haddock or other fish fillets
Prepare by the rule on page 379:
2 cups Cream Sauce *
Season the sauce well, add:
x teaspoon Worcestershire sauce or
½ teaspoon dry mustard or
2 tablespoons sherry (optional)
Pour it over the fillets. Bake the fish in a moderate oven until it is tender—this may be a matter of only 8 minutes. Remove it on to a dish.
Sprinkle over it:
1 cup or more fresh boiled or
canned shrimps **
Place the dish under a grill until the shrimps are heated. Sprinkle them with:
Chopped chives
* Cheese Sauce (page 382) may be substituted.
** The fillets are good without the addition of the shrimps.

QUICK BAKED FILLETS of FISH
A good hurry-up recipe.
Place in oven-proof dish:
2 pounds fish fillets
Stir and heat until smooth:
1 (10½ oz) can condensed soup
(tomato, celery, mushroom, or asparagus)
2 tablespoons milk
Add:
A few grains of cayenne
½ teaspoon curry powder or
tablespoons sherry
Pour the sauce over the fish. Bake it as directed above.

FISH STEAKS BAKED in MILK

4 to 6 Servings
Cut into 6 or 8 pieces:
2 pounds fish steaks
Dip them in:
1 cup flour seasoned with
½ teaspoon salt
½ teaspoon paprika
Place them in a greased pan. Cover them with:
1½ cups boiling milk
Cook the steaks in a moderate oven until nearly tender:
3 medium-sized Spanish onions
In:
3 tablespoons butter or dripping
After the fish has cooked for 10 minutes, arrange the onions on top of the steaks and place over each one:
A strip of bacon
Return the fish to the oven and cook it for 10 minutes longer or until the bacon is done.

FILLETS SAUTÉED
Prepare for cooking:
Fish fillets
Sauté the fish in a small amount of:
Hot butter or oil
This is an unusually quick process requiring only a few minutes. Turn the fish once. While the fish is cooking melt in a small frying-pan additional:
Butter
Sauté in it for 2 minutes:
Minced mushrooms (optional)
Add:
Chopped parsley
Salt
and a few drops of:
Lemon juice
Place the fish on a platter and pour the butter sauce over it.
FISH

FILLETS OF SOLE SAUTÉED
Prepare for cooking:
Fillets of sole
Dip them in:
Milk
Dust them with:
Flour
Sprinkle them lightly with:
Salt
Paprika
Melt in a frying-pan:
Butter (enough to cover the bottom well)
Sauté the fillets in the pan. Turn them once. Place them on a hot platter. Melt in the frying-pan additional:
Butter
Brown it. Pour it over the fillets. Sprinkle them with:
Blanched shredded almonds *
Garnish them with:
Lemon and parsley
* The almonds may be toasted.

GRILLED FILLETS with ONIONS and CHEESE
Spread:
Fillets of fish
with:
Anchovy paste
Butter
Grill the fish until it is tender. Turn it once. Prepare:
Tomato Sauce (page 383)
Place the fish in a flat oven-proof dish. Pour the sauce over it. Sprinkle it generously with:
Minced onion
Grated cheese
Place the dish under a grill until the cheese is melted and browned. Serve it garnished with bunches of:
Parsley or watercress

ROLLED FILLED FILLETS of FISH, BAKED

4 Servings
Cut in two lengthwise:
4 fillets of fish
Season them with:
Salt
Paprika
Butter muffin-tins.* Line them with the fillets, permitting them to overlap.
Combine:
\( \frac{1}{4} \) cup melted butter
\( \frac{1}{4} \) cups soft bread-crumbs
\( \frac{1}{4} \) cup chopped celery
1 teaspoon grated onion
1 tablespoon chopped parsley
\( \frac{1}{4} \) teaspoon dried herbs (page 787)
\( \frac{1}{4} \) teaspoon salt
Fill the muffin cups with this filling. Place the tin in a pan of hot water in a moderate oven 375 ° for about 4 hour. Unmold the fillets on a hot platter. Garnish them with:
Lemon wedges
Parsley or watercress
Serve them with:
Lemon butter (page 391)
to which you may add:
2 teaspoons Worcestershire sauce
* Instead of baking the fillets in muffin-tins you may place filling upon them and roll them. In that case secure them with toothpicks and spread with:
Melted butter or heavy cream
Bake as directed.

ROLLED BREADED FILLETS of FISH, GRILLED
Cut into strips 5 inches by 1:
Halibut or sole fillets
Sprinkle them with:
Lemon juice
Brush them with:
Melted dripping or oil
Dip them in:
Fine bread-crumbs
Season them with:
Salt
Paprika
Roll the strips. Fasten them with toothpicks. Place them on a baking-sheet under a grill, 4 inches below the flame. Baste them frequently with melted dripping or oil. Cook them for 15 minutes. Baste them with:
Cream
Cook them for 5 minutes longer.
FILLETS of SOLE or OTHER FILLETS with SEA-FOOD SAUCE

6 Servings
Place in boiling salted water* and simmer until nearly tender:
6 fillets
This will be a quick process if the fillets are small. Drain them. Place them in an oval baking-dish or platter. Keep them where they will remain hot.
Melt:
½ cup butter
Sauté it until done:
½ pound mushrooms
Prepare by the rule on page 380:
2 cups Cream Sauce II
Season it well. Cook in their liquor until plump:
½ pint (1 cup) oysters
Add them to the boiling cream sauce. Stir in:
½ pound cooked shelled shrimps
Stir in the mushrooms. Remove the sauce from the fire and add:
½ cup acid white wine
Pour the sauce over the fillets. Bake them in a moderate oven 350° for 10 minutes. Serve them garnished. See:
Garnishes for Fish (page 222)
* The fillets may be poached in milk.

BAKED FISH STEAKS
Place in a shallow pan:
Thin slices of salt pork or bacon
½ bay leaf
2 tablespoons chopped onion
Place over these ingredients a thick:
Fish steak
Combine and spread the fish with equal parts of:
Butter
Flour
Cover it with:
Soft bread-crumbs
Place over it:
Several thin slices of salt pork or bacon
Bake it in a moderate oven 325° until it is tender (allow 15 minutes to the pound). Serve it with:
Creole Sauce (page 385)

BAKED FISH STEAKS with OYSTERS
Place:
A fish steak 1 inch thick
on a greased baking-dish. Dot it lightly with:
Butter
Season it with:
Salt
Paprika
Dry:
x 2 or more oysters
Dip them in:
x egg diluted with 2 tablespoons water
Roll them in:
Seasoned bread-crumbs
Arrange the oysters on top of the fish. Bake it in a moderate oven 350° until it is tender, for about 20 minutes.
Brown:
½ cup butter
Add:
x teaspoon vinegar or Worcestershire sauce
Pour it over the fish. Serve it at once garnished with:
Parsley
Slices of lemon

BAKED HALIBUT STEAK with CHEESE
Place a slice of:
Halibut
in a greased pan. Sprinkle it with:
Salt
Paprika
Dot it with:
Butter
Bake it in a moderate oven 325° for about 15 minutes. Combine and spread over it:
½ cup bread-crumbs
½ cup grated Parmesan cheese
Dot it with:
Butter
Bake it for about 15 minutes longer or until the fish is tender. Serve it with:
Mushroom Sauce (page 386) or Horse-radish Sauce (page 380)
FILLED HALIBUT STEAKS

Prepare for cooking:
2 halibut steaks 1 inch thick

Combine:
2 cups dry bread-crumbs
1 teaspoon salt
2 tablespoons onion juice
\( \frac{1}{2} \) cup melted butter
1 tablespoon chopped parsley
Grated rind and juice of 1 lemon

Spread the stuffing between the steaks. Place them in a greased pan. Pour over them the contents of:
2 (10 oz.) cans condensed vegetable soup

Bake the steaks in a moderate oven 350° for about \( \frac{1}{2} \) hour.

HALIBUT STEAK in CURRY SAUCE

Cut into pieces suitable for individual servings:
2 pounds halibut steak *

Place it in a frying-pan. Cover it with:
Boiling water

Season it with:
Salt
4 whole black peppercorns
\( \frac{1}{2} \) bay leaf
2 teaspoons lemon juice

Simmer it for about 10 minutes, or until the fish is tender. Remove the fish to a hot platter. Strain the stock.

Sauté until brown:
1 tablespoon minced onion
in:
2 tablespoons butter
Stir in until blended:
2 tablespoons flour
Stir in slowly:
1 cup strained fish stock
Cook the sauce until it is smooth and boiling. Add:
1 teaspoon curry powder and if needed:
Salt
Stir in until hot, but not boiling:
\( \frac{1}{2} \) cup cream
Pour the sauce over the fish. Serve it garnished with:
Slices of lemon

FISHER COOKED in SOUR CREAM

4 Servings
Prepare for cooking:
1\( \frac{1}{4} \) pounds fish
Cut it into small pieces. Sauté until light brown:
\( \frac{1}{2} \) cup minced onion
In:
2 tablespoons butter
Stir in and bring to the boiling point
\( \frac{1}{2} \) cups thick sour cream
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) teaspoon paprika

Add the fish gradually. Do not disturb the boiling point. Simmer the fish for 5 minutes. Remove it to a hot platter. Pour some of the cream over:
2 beaten egg yolks
Return it to the rest of the cream. Stir and cook the sauce over low heat until the eggs have thickened slightly. Add:
Salt if needed
\( \frac{1}{2} \) tablespoons lemon juice
\( \frac{1}{2} \) teaspoon dried basil (optional)
Pour the sauce over the fish.
FINNAN HADDIE

Barely cover:
- Finnan haddie
with:
- Milk
Soak it for 1 hour.* Bring it slowly to the boiling point. Simmer it for 20 minutes. Drain it. Flake it and remove the skin and bones. Place the fish in boiling:
- Cream Sauce I (page 379)
Use about ⅛ as much sauce as you have fish. Add for each cup of flaked fish:
- 1 hard-boiled egg, chopped
- 1 teaspoon chopped green pepper
- 1 teaspoon chopped pimento
Serve the fish on:
- Rounds of toast
Sprinkle it with:
- Lemon juice
- Chopped chives or parsley
* If you wish to bake finnan haddie soak it in equal parts of milk and water. Heat it as directed. Dry it. Spread it with melted butter. Bake it for about 20 minutes in a moderate oven 350°. Or, spread it with melted butter and grill it under a low flame for about 15 minutes. Serve it with hot Lemon Butter, page 391.

BAKED FINNAN HADDIE

6 Servings
Prepare for cooking:
- 2 pounds finnan haddie
Soak it in warm water for ½ hour, skin side down. Pour off the water. Cover the fish with:
- 1 cup rich cold milk
Dot it generously with:
- Butter
Sprinkle it with:
- ½ cup chopped onions
- Paprika
Bake it in a moderate oven 350° for about 40 minutes. If milk evaporates use additional hot milk.
This may be served with:
- Cream Sauce I (page 379)

GRILLED SCROD

Split, then remove bones from:
- A young cod-fish
Season it with:
- Salt
- Pepper
Dip it in:
- Olive oil
Dip it in:
- Bread crumbs
seasoned with:
- Salt
- Pepper
Grill it under a medium flame for about 20 minutes.
Serve it with:
- Melted butter
- Lemon juice and chopped parsley

SMELTS

4 Servings
To clean smelts, spread open the outer gills and with the forefinger take hold of the inner gills and pull gently; the parts unfit for food are all attached to these inner gills and come away together, leaving the smelt in perfect shape. Rinse thoroughly and wipe dry.
Clean:
- 4 to 6 smelts
Leave them whole. Season them with:
- Salt
- Pepper
- Lemon juice
Permit them to stand covered for 15 minutes.
Roll the smelts in:
- Cream
Dip them in:
- Flour or oatmeal
Melt:
- ½ cup butter
Sauté the smelts gently until they are done, or bake them in a buttered pan in a hot oven 450° for about 5 minutes. Place them on a hot platter. Add to the butter in the pan:
- Juice of 1 lemon
- 1 tablespoon chopped parsley or chives
- 1 teaspoon anchovy paste
Pour the sauce over the smelts. Smelts may be dipped in crumbs, egg and crumbs and fried in deep fat (page 481). Serve them with:
- Tartar Sauce (page 390)
BOILED SALT MACKEREL
Soak overnight, skin up, well covered with cold water:
Salt or kippered mackerel
Drain it, place it in a shallow pan. Cover it with water and simmer it until tender (for about 12 minutes). Drain it well. Place it on a hot platter. Pour over it:
Melted butter
to which add:
Chopped chives or parsley
Lemon juice or Worcestershire

GRILLED SALT MACKEREL
Soak by the preceding rule:
Salt or kippered mackerel
Drain, then wipe it dry. Brush the fish with:
Melted butter
Grill it on a well-greased rack, skin side down. Baste it twice as it cooks with melted butter. Remove it to a hot platter. Pour over it:
1/2 cup Cream Sauce I (page 379)
Garnish with:
Chopped parsley

TROUT
4 Servings
Clean and wash:
4 (8-inch) trout
Cut off the fins. Leave the head and tail on. Dip the trout in:
Seasoned flour
Melt:
1/2 cup butter
Sauté the trout in this until they are tender and nicely browned. Remove the trout to a hot platter. Add to the drippings in the pan:
3 tablespoons butter
Permit it to brown. Pour it over the fish. Serve them with:
Lemon wedges
Chopped parsley

FILLED FISH
This, I find, is either boiled or baked.
Scald and clean well:
A fish weighing 2 pounds or more
Make a gash in the fish, take out the entrails, and remove all bones and meat, keeping the skin intact. Mince the meat. Soak in water:
1 cup bread-crumbs
Wring the water from the crumbs. Add them to the fish with:
1/2 cup melted butter
2 tablespoons minced parsley
1/2 tablespoons grated onions
1 teaspoon salt
3/4 teaspoon pepper
Freshly grated nutmeg
You may add:
1 egg
Blend these ingredients lightly with a fork. Stuff the skin with the filling and sew it together, keeping the original shape of the fish. Place the fish in boiling salted water to cover, to which you may add vegetables suitable for soup. Simmer the fish for about 45 minutes. Remove it to a hot platter. You may make a sauce of the strained stock. Thicken it by pouring part of it over 2 egg yolks, blending them well and returning them to the remaining stock. Cook and stir the sauce over very low heat until the eggs thicken slightly. Add:
Salt
Lemon juice or sherry
Or, place the fish in a baking-dish, dot it generously with butter, and bake it in a moderate oven 375° for about 45 minutes. Baste it frequently with:
Hot butter and water
Serve it with:
Sliced lemon
Chopped parsley

GRILLED or BAKED SHAD, or COD, with CREAMED ROE
Cover:
Shad roe, or fresh cod roe
with:
Boiling water
Add to it:
3 tablespoons dry white wine or lemon juice
1/2 teaspoon salt
Simmer it for 15 minutes. Drain it. Remove the outside membrane. Mash the roe. Melt in a saucepan:
2 tablespoons butter
FISH

Add and sauté for 5 minutes:
1 tablespoon finely chopped onion
(optional)
Add the roe and stir in:
2 tablespoons flour
½ cup cream
When these ingredients are hot and well-blended remove them from the fire. Stir in:
2 egg yolks
Season the roe well with:
Salt
Pepper
Dry white wine or lemon juice
Keep it hot. Bone:
A 3- or 4-pound shad or cod (see Planked Fish, page 227)
Place it skin side down on a well-greased grill rack, a flat pan, or a plank. Season the fish with:
Salt
Freshly ground pepper
Brush it with:
Melted butter
Grill it gently for about 15 minutes.* Remove it from the oven and spread the thin part with the creamed roe. Cover the fish with:
Buttered cornflakes or bread-crumbs
Return it to the grill to brown evenly. Serve it at once garnished with:
Lemon slices
Parsley or watercress
Pickled beets, cucumbers, etc.
* The shad may be baked in a moderate oven 350°. Allow 15 minutes to the pound.

CANNED SHAD or COD ROE, GRILLED

2 Servings
Separate into pieces the contents of:
1 (7½ oz.) can shad roe, * or fresh cod roe
Dry them with a paper towel. Brush them with:
Melted butter
Sprinkle them with:
Lemon juice
Paprika
Place them in a shallow greased pan or on a greased grill. Grill the roe gently for about 10 minutes. Turn it once. Baste it frequently with:
Melted butter
Serve it on toast garnished with:
Slices of lemon
Chopped parsley
* Other less expensive fish roe, such as soft herring roe, may be substituted.

CANNED SHAD ROE, or SOFT ROE, CREAMED

2 Servings
Sauté:
1 (7½ oz.) can shad roe, or soft roe
In:
Butter
Add:
Salt
Paprika
½ cup cream
½ teaspoon curry powder
Serve it on:
Toast

GRILLED SHAD ROE or FRESH COD ROE

Dip:
Shad roe
In:
Melted butter
Sprinkle it with:
Lemon juice
Paprika
Place it in a shallow pan or on a greased rack. Grill it gently for about 15 minutes. Turn it. Baste it frequently with:
Melted butter
Serve it on:
Toast
with:
Lemon slices
Crisp bacon
Maitre d'Hôtel Butter (page 391)

PARBOILED SHAD or COD ROE

Cover with boiling water:
Shad roe
Add to it:
1 tablespoon vinegar
2 teaspoons salt
Simmer it for 15 minutes. Drain it. Soak it in cold water for 5 minutes.
BAKED SHAD ROE
Parboil:

Shad roe (see above)
Place it in a buttered pan. Cover it with:
Tomato Sauces page (385).
Bake it in a hot oven 400° for about 20 minutes. Baste it every 5 minutes.
Serve it with additional:
Tomato Sauce

FRIED SHAD or COD ROE
Parboil:

Shad roe (see above)
Cut it into pieces. Sprinkle them with:
Lemon juice
Salt
Pepper
Roll them in:
Oatmeal or biscuit crumbs
Dip them in:
1 egg diluted with 2 tablespoons of water
and again in oatmeal or crumbs. Fry the roe in deep fat at 390° (page 481).
Or sauté the shad roe in:
3 tablespoons butter
until it is done. Serve it with:
Tartar Sauce (page 390)
See Appendix D (page beiv), Lobsters.

BOILED LOBSTER
Allow 1 small or ½ large lobster per serving. A 2½-pound lobster will yield about 2 cupsfuls of meat. Lobster should be boiled in a large quantity of water. Boil sufficient salted water to cover a lobster generously.
Allow:
2 tablespoons salt or
½ cup rock salt
To:
1 quart water
Let the water boil hard and steadily. Add, head first:
A live lobster
If there are several, permit the water to boil again each time before adding another. Cover the pot. Cook the lobster 20 to 30 minutes according to size. Drain it. Cool the lobster quickly. It may be plunged into cold water. Remove the claws. Crack the shells to remove the meat from the claws. Separate the tail from the body. Draw out the tail meat. Remove the intestinal vein. Discard it. Draw out the body meat, remove the liver and stomach (a small hard sack near the head). Discard them. The coral and green fat are edible (considered a delicacy). Pick all the meat from the shell. Serve with:
Hot melted butter or mayonnaise
Or, if you wish to serve the following baked stuffed lobster or lobster thermidor, split the lobster and remove the meat. Discard the intestines as directed.

To kill a lobster insert a sharp pointed knife where the tail and body join, cutting the spinal cord. To split a lobster, cross the claws, hold them firmly and draw a pointed knife through the shell lengthwise from head to tail with a rapid stroke. Crack the claws sufficiently to permit the meat to be removed.

BAKED STUFFED LOBSTER
Split in half by the preceding rule a freshly:
Boiled Lobster
Remove the meat. Chop it. Melt:
½ tablespoon butter
Stir in until blended:
½ tablespoon flour
Stir in slowly:
½ cup Chicken or other light Stock or Stock Substitute (page 38)
Season the sauce with:
1½ teaspoons dry mustard
1 teaspoon chopped onion
Salt
Paprika
Melt in a separate saucepan:
2 tablespoons butter
Sauté the lobster meat in the butter until it is heated. Add the boiling sauce. Simmer these ingredients for 2 minutes. Remove them from the fire.
Beat:
1 tablespoon cream:
2 egg yolks
Add these ingredients to the lobster with:
½ cup Sautééed Mushrooms, chopped (page 293, optional)
Fill the lobster shells with the mixture. Cover them with:

**Buttered crumbs** *(page 296)*

Bake the lobster in a moderate oven at 375° until the crumbs are brown.**

Season it as it is removed from the oven by pouring over it:

2 tablespoons sherry (optional)

* Plain bread-crumbs sprinkled with grated Parmesan cheese may be substituted.

** The lobster may be grilled until the crumbs are brown.

**LOBSTER THERMIDOR**

This is similar to the preceding Baked Stuffed Lobster. It is not so highly spiced and calls for cream as well as stock.

Split in halves:

2 freshly Boiled Lobsters *(page 236)* (1 to 1½ pounds each)

Remove the meat as directed. Dice the meat. Melt:

2 teaspoons butter

Stir in until blended:

2 teaspoons flour

Add the lobster meat. Stir in slowly:

½ cup rich cream

1 cup Stock or Stock Substitute *(page 38)*

Simmer these ingredients for 10 minutes. Stir them frequently. Season them lightly, if required, with:

Salt

Paprika

Celery salt

A few grains of cayenne

Remove the lobster from the pan. Add:

1 tablespoon sherry

Melt:

3 tablespoons butter

Add:

1½ cups shredded white bread

Cook and stir these ingredients until all the butter is absorbed. Wash the lobster shells thoroughly. Fill them with the lobster mixture. Spread the tops with the bread-crumbs. Place the lobster in a hot oven 450° for 5 minutes or brown the crumbs under a grill. Serve the lobster with:

Marinated cucumbers

See Index for other Lobster Dishes.

**GRILLED or BAKED LOBSTER**

Split by the rule on *page 236*:

A live lobster

Remove the intestinal vein, the liver, and the stomach. Discard them. The lobster may be grilled or baked, the result being much the same.

**To Grill:**

Glaze the lobster with:

Olive oil

Grill it under a hot flame for 8 minutes on the flesh side, turn it and grill it for 6 minutes on the shell side.

Season it with:

Salt

Cayenne

Dot it generously with:

Butter

or serve it with:

Butter sauce

Combine:

3 tablespoons melted butter

2 tablespoons lemon juice

A few drops Tabasco sauce

Coral from lobster, chopped

**To Bake:**

Place the lobster in a pan in a hot oven 450°. Bake it for 15 minutes. Baste it frequently with:

Butter

Season it when it is done with:

Salt

Cayenne

**BOILED SHRIMPS or PRAWNS**

Simmer for 15 minutes:

8 cups water

½ cup sliced onion

1 clove garlic

1 bay leaf

2 ribs celery with leaves

1½ tablespoons salt

½ teaspoon cayenne

Wash, drain, and add:

2 pounds raw shrimps

Slice and add:

½ lemon

Simmer the shrimps for 15 minutes. Permit them to cool in the water in which they have been cooked. Dry them between towels. Chill them. Serve them very cold in their shells (to be shelled at table) with a bowl of:

**Russian Dressing** *(page 450)*

or, shell them and use them as desired.
FRIED SHRIMPS or PRAWNS

4 Servings
Shell:
1 pound raw shrimps
Combine:
1/2 cup milk
1/2 teaspoon paprika
1/2 teaspoon salt
Soak the shrimps in the milk for 30 minutes. Drain them well. Sprinkle them with:
Salt
Roll them in:
Flour or oatmeal
Fry them in hot fat (page 481). When they are a golden brown place them on absorbent paper to drain. Serve them hot with:
Lemon juice or mayonnaise seasoned with pureed chutney
See Index for other Shrimp Dishes.

CRAWFISH

Drop:
Crawfish
one by one into:
Boiling, salted water (1 tablespoon salt to 4 cups water)
Add:
A few grains of cayenne
2 teaspoons caraway seed
(optional)
Boil the crawfish for 5 minutes. Permit them to remain in the water until they are cool. Remove them and serve them.

CRABS

Drop:
Crabs
one at a time into:
Boiling, salted water (2 tablespoons salt to 4 cups water)
Boil them for about 20 minutes. Drain them. Wash them well. Remove the claws. Crack them with a nut-cracker. Pull off the hard shell from the bodies and remove the spongy section.* Serve the remaining soft shell with the claws.
* The liver and coral are edible.
See Index for other Crab Dishes.

FRIED SCALLOPS

The muscle of this shellfish is the only edible part. Some recipes call for parboiling. Cook scallops in their own liquor until they are thoroughly heated. Use them as you would oysters.
Or, wash and pick over:
1 quart scallops
Drain them. Dry them between towels. Season them with:
Salt
Pepper
Dip them in:
1 egg diluted with 2 tablespoons water
and in:
Bread-crumbs
Fry them for 2 minutes in deep fat 385°. Drain them on absorbent paper. Serve them with:
Tartar Sauce (page 390)

BAKED SCALLOPS

Scallops may be very quickly prepared. Try this way.
Dip:
Scallops
in:
Seasoned cream* or melted butter
Roll them in:
Cornflakes or bread-crumbs (optional)
Permit them to dry for about 15 minutes (not necessary, but the flakes stick better if dry). They are then ready to be sautéed in a frying-pan (a very quick process calling for from 5 to 10 minutes' cooking), or they may be put for that same length of time in a moderate oven 375°.
I like them well heated throughout, plus a minute or two in addition, but that's all.

* You may add a dash of sherry or Worcestershire sauce, etc., to the cream.

SCALLOPS on SKEWERS

Soak in cold water to cover for 1 hour
2 cups scallops
Add to the water:
1 teaspoon salt

Drain the scallops. Drop them into:
Boiling salted water

Cook them for 2 minutes. Drain them. Dip them in:
Melted butter

Place them on skewers alternately with:

Pieces of bacon

Grill them under a good flame. Slip the scallops and the bacon from the skewers on to:

Rounds of toast

Sprinkle them with:
Chopped parsley

Serve them with:
Hollandaise Sauce (page 381) or
Tartar Sauce (page 390)

Grilled Scallops, page 104; Fried Scallops, page 258; Creamed Scallops or Oysters and Mushrooms, page 171.

CANNED FISH

Salmon, crab, shrimps, and tuna fish make good aspics, salads, sandwich fillings, and creamed dishes.

For ‘Mock Chicken’ (and this is surprisingly good), place the contents of a can of tuna fish in a colander and pour 2 cups of boiling water over it.

There are creamed fish recipes to be found in the chapter on Figg and Luncheon Dishes, and it is fun to concoct new ones. Put cooked or canned fish into boiling cream sauce and serve it at once. Use \( \frac{1}{2} \) as much sauce as there is fish. If you wish to keep creamed fish hot, or to reheat it, put it in a saucepan set in boiling water. This will keep it from being unpleasantly ‘fishy.’

Worcestershire sauce, curry, mustard, lemon, ketchup, capers, and pickles are good additions to fish dishes.

See Index for Creamed Crab, Tuna, Salmon or Shrimps in Ramekins, and other Fish Dishes.

MUSSELS

In France these are called ‘the oysters of the poor.’ There are various definitions of poverty.

Mussels are shellfish with a ‘beard’ or ragged fringe. This beard may be removed before the mussels are steamed, or they may be cooked and bearded later at table.

It is customary to serve mussels in several ways: steamed, removed from the shell, bearded, and served much like oysters, or served with a sauce poured over the mussels, shell and all.

It is permissible—probably because it is necessary—to use the hands in separating the shells. Gourmets suggest that a half shell be used to spoon up the liquor to the last drop. Here are two rules for Moules Marinére—one with an unthickened and one with a thickened sauce.

MUSSELS OR MOULES

MARINÉRE

Method 1. 4 to 6 Servings

Wash thoroughly in several waters, then scrub well with a stiff brush:
2 quarts mussels (about 5 dozen)

Trim the fringe with kitchen scissors or a sharp knife. Place the mussels in a large heavy frying-pan or saucepan for which you have a tight-fitting lid. Add:

1 cup dry white wine
\( \frac{1}{2} \) cup chopped celery
\( \frac{1}{2} \) cup chopped parsley
6 chopped shallots, or
1 sliced clove garlic
1 cup butter

Cook closely covered over a quick fire until the shells open but no longer. Serve the mussels in bowls, the sauce poured over them. The sauce may be thickened with:

2 tablespoons or more fresh bread-crumbs

Method 2.

Cook the mussels as directed in Method 1. Omit the butter. When the mussels have opened, drain the liquid and keep the mussels warm.

Place the mussel liquor over moderate heat. Reduce to one half. There should be about 2 cupfuls. Melt in a frying-pan:

4 tablespoons butter

Sauté in this for 2 minutes:
1 pound sliced mushrooms
(optional)

Remove the pan from the heat. Combine:
1 egg yolk
1 cup cream

Stir this mixture gradually into the sauce. Keep stirring over low heat until it thickens slightly but do not permit it to boil. Add:

1 tablespoon chopped chives or parsley

Place the mussels in bowls or soup dishes and pour the sauce over them.
VEGETABLES

When it comes to cooking vegetables many restaurant and hotel cooks suffer from arrested development. Delicious meat is usually accompanied by something indescribable, that turns out to be a vegetable that has come through a siege. It is drained of all life force and has despairingly surrendered to the inevitable.

There are as many opinions about the best way to cook vegetables as there are cooks, but, as in contract bridge, a few general rules have been evolved which are safe to follow.

I. Wash vegetables, but do not soak them in water for any length of time. If they are wilted, place them in water for a few minutes. Have a large container with a lid on hand for the purpose of keeping vegetables fresh. You may fit a rack into it and keep a $\frac{1}{2}$ inch or more of water in the bottom. Place the vegetables on the rack, cover the container, and put it in the refrigerator.

The exceptions to the rule are: cauliflower, artichokes, Brussels sprouts, and broccoli. These vegetables must be soaked in water before they are cooked, for small insects and dust settle in them and they cannot well be cleaned otherwise.

II. Cook vegetables rapidly in as little boiling salted water as possible, so that when they are tender they will have absorbed all the moisture in the pan. Add a small quantity of boiling water, if necessary, to keep them from scorching. This method will keep their mineral salts and vitamins from escaping. It is advisable to cook some vegetables covered.

The exceptions are: cabbage, cauliflower, kohlrabi, onions, and Brussels sprouts. These are cooked uncovered in a quantity of boiling salted water — $1$ and $\frac{1}{4}$ teaspoonfuls of salt to the quart. The strong odour of these vegetables is lessened if a crust of bread is laid on top of them as soon as they are placed in the boiling water or if a teaspoonful of sugar is added to the water.

Young broccoli is cooked covered in boiling salted water that barely covers it. It may be cooked with the heads up—the stalks being boiled and the heads steamed.

Old broccoli is cooked like cabbage.

Green corn is cooked covered in a quantity of boiling salted water, to which a little sugar is added. Epicures add milk in generous part to the water.

Drop vegetables gradually into rapidly boiling salted water so that the boiling point is maintained. Quick boiling will help to retain their colour. The use of soda is to be avoided. It will help retain the colour of vegetables, but it will destroy their vitamins.

III. Cook all vegetables as short a time as possible. As soon as they are barely tender, drain them at once. If they are served with melted
(drawn) butter, allow about 1 tablespoonful of butter to a cupful of vegetables. Place the butter in the bottom of a pan. Melt it. Add the vegetables. Cover the pan with a lid. Shake the pan. If they are served with cream sauce allow \( \frac{1}{2} \) to 1 cupful of cream sauce to 2 cupfuls of vegetables. See Dressings for Vegetables, page 296.

A steamer is a closed saucepan with a perforated tray and a water container. Vegetables cooked by this method are delicious and their full flavour and food value are retained.

There is a new gadget on the market that permits a cook to scoff at time. It is a small pressure-cooker that looks like an ordinary stew-pan with a valve.

A small amount of water is placed in the pan. Food is placed on a rack slightly above it. The handle is clamped down. The pot is placed over heat. When the water boils, a matter of a minute or two, the food is steamed according to directions. Asparagus or green beans are done in 15 seconds, lima beans or peas in 1 minute, delicious mealy potatoes in 6 minutes, and so on.

Meats, fish, and cereals are good cooked in this way and they are ready in an unbelievably short time. Flavour and vitamins remain intact.

The hurry-up cook in possession of this steamer may serve many dishes denied her by any other method. See Appendix B, Pressure-cooking, Vegetables (pages xlv-xlix).

There are heavy covered saucepans on the market in which vegetables are cooked in a very little water—the so-called waterless cookers. Good results are obtained by this method.

Excellent results are obtained by cooking vegetables in parchment. There are a number of papers on the market that are sold in large sheets with directions for use. A sheet is spread on the table and sprinkled like laundry; prepared vegetables are placed upon it and salt, pepper or paprika, cream or butter are added. The edges of the paper are gathered up into a bag which is tied tightly and the corners are turned back to prevent steam or water from entering the bag. It is then placed in a pan of boiling water and when the vegetable is tender it is taken from the bag ready to be served. This process takes a little longer than cooking vegetables in an open or closed saucepan. Stewed fruit may be cooked in the same way. The paper may be washed, dried, and used repeatedly. Several bags containing food may be placed in the same pan of water. Cooking in paper has the great advantage of doing away with the scouring of pans.

It is impossible to tell exactly how long a vegetable must be cooked in order to be palatable—the age and the size of the vegetable being determining factors.

Reheat vegetables in a double boiler, or place several left-over vegetables in high narrow dishes, set them in the same pan of boiling water, and cover them with a lid. Let the water simmer until the vegetables are hot.

The following chart, given to me by a teacher of domestic science, is a good guide for cooking vegetables. You may differ about some of the amounts of water and the length of cooking (I do), but that is the privilege of the experienced cook.
### Table for Boiling Vegetables in Portions Which Yield Four Servings—Approximately Two Cupfuls When Cooked

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Measure of Water</th>
<th>Time to Cook</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>5 cups</td>
<td></td>
</tr>
<tr>
<td>Beans, green</td>
<td>4 cups</td>
<td>15 to 35 min.</td>
</tr>
<tr>
<td>Beets, young</td>
<td>4 cups</td>
<td>40 to 60 min.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>4 cups</td>
<td>10 to 30 min.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>5 cups</td>
<td>9 to 10 min.</td>
</tr>
<tr>
<td>Cabbage, green</td>
<td>8 cups</td>
<td>6 to 8 min.</td>
</tr>
<tr>
<td>Cabbage, white</td>
<td>5 cups</td>
<td>8 to 9 min.</td>
</tr>
<tr>
<td>Cabbage, red</td>
<td>4½ cups</td>
<td>20 to 25 min.</td>
</tr>
<tr>
<td>Carrots, young</td>
<td>3 cups</td>
<td>20 to 25 min.</td>
</tr>
<tr>
<td>Carrots, old</td>
<td>3 cups</td>
<td>30 to 40 min.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>6½ cups</td>
<td>8 to 10 min.</td>
</tr>
<tr>
<td>Onions, white</td>
<td>9 cups</td>
<td>25 to 35 min.</td>
</tr>
<tr>
<td>Onions, yellow</td>
<td>9 cups</td>
<td>20 to 25 min.</td>
</tr>
<tr>
<td>Parsnips or Oyster Plant</td>
<td>3 cups</td>
<td>25 to 30 min.</td>
</tr>
<tr>
<td>Peas, shelled</td>
<td>3 cups</td>
<td>20 to 30 min.</td>
</tr>
<tr>
<td>Potatoes</td>
<td>4 cups</td>
<td>25 to 30 min.</td>
</tr>
<tr>
<td>Rutabagas (Swedes)</td>
<td>9 cups</td>
<td>25 to 30 min.</td>
</tr>
<tr>
<td>Spinach, stems removed</td>
<td>5 cups</td>
<td>4 to 5 min.</td>
</tr>
<tr>
<td>Squash</td>
<td>4 cups</td>
<td>20 min.</td>
</tr>
<tr>
<td>Turnips, white</td>
<td>8 cups</td>
<td>20 to 25 min.</td>
</tr>
</tbody>
</table>


### Canned Vegetables

Canners advise the draining of canned vegetables. The water or stock from the can is placed over heat and boiled until it is reduced by \( \frac{1}{3} \). The vegetables are then reheated in the stock. Butter and seasonings may be added. Canned vegetables, drained, may be treated like any cooked vegetable. The water from the can may be used with cream in making cream sauce. It is also good added to home-made soup or gravy, or for diluting canned condensed soup.

### Vegetable Water or Stock

It is the extravagant American custom to throw away the water in which vegetables have been cooked. This custom has been responsible for the remark that the strongest feature of our country should be our sinks, since so many vitamins are fed to them.

Keep a jar in the refrigerator for vegetable stock. See Stock for Sauces, page 377. Use it as an addition to soup, gravies, and creamed dishes. Incidentally, rice water and other waters in which cereals have been cooked are a good basis for soups and gravies.

There is a new method of cooking green vegetables that brings about very satisfactory results. It is called the boiled in butter method.

### Boiled in Butter Vegetables

Place in a saucepan:

Butter*
Prepare for cooking, rinse, and place over the butter a:

**Vegetable**

Only very young, tender vegetables may be cooked whole. Slice or dice all others except cabbage. Shred that until it is very fine. With the hands transfer the vegetable to be cooked from the water to the saucepan, letting the moisture cling to it. **Wash:**

**Large lettuce leaves**

Let the water cling to them. Tuck them over and around the vegetable. Cover the pan closely. Place it over the lowest possible heat. Let the vegetable simmer until it is tender (about the usual time allowed for other methods). Uncover it only to test it. When it is tender remove the lettuce leaves and season the vegetable with:

- **Salt**
- **Paprika**

Add to it if desired a little:

**Cream**

* Use 1 tablespoonful of butter or margarine for every pound of vegetable weighed before it is prepared for cooking.

**Moistened parchment paper may be substituted.**

**VEGETABLE PLATTER**

An attractive way of serving cooked vegetables is to place two or more varieties on a platter in a decorative manner.

For instance, place in the centre of a platter a mound of:

- **New Potatoes, boiled (page 244)**, with drawn butter, and chopped parsley

Place at either end:

- **String Beans and Cheese (page 271)**, or **String Beans with Egg Sauce (page 270)**

Or place in the centre of a platter a head of:

- **Cauliflower with Egg Sauce (page 253)**

Surround it with a ring of:

- **Green Peas and chopped parsley**

Surround the peas with a ring of:

- **Boiled Beets (page 266), or Harvard Beets (page 267)**

Or place in the centre of a platter:

- **Browned Potatoes (page 245)**

Place on one end of the platter:

- **Baked Onions (page 278)**

Place at the other end:

- **Broccoli with Hollandaise Sauce (page 254)**

and so on, building up, if desired, a very elaborate platter with as many vegetables as you wish to serve.

Don’t forget:

- **Carrot Timbale filled with Green Peas (page 205)**

Surrounded by:

- **Potato Pears (page 246)**

or:

- **Tomatoes filled with Mashed Potatoes garnished with parsley (page 190)**

flanked by:

- **Creamed Onions garnished with paprika**

and:

- **Brussels Sprouts**

or such delicious looking and tasting things as:

- **Red Cabbage in Green Peppers (page 168)**

- **Tomatoes filled with Pineapple (page 192)**

- **Small whole Boiled Carrots (page 262)**

placed on the ends of a platter in bunches with imitation tops of:

- **Bunches of parsley**

or:

- **Turnip Cups filled with Green Peas (page 200), etc.**

- **Rice Ring or Noodle Ring filled with a creamed vegetable and surrounded by a buttered vegetable**

**POTATOES**

In recent years the mania for girth control has played havoc with the fair name of the potato—bringing “insinuendoes” against it that are almost as damaging as the charges brought against the erstwhile virtue of bread. Time was when this highly respectable vegetable was held in great
repute. Those who have visited Hirschhorn in the sweetly romantic Neckar Valley and who have climbed the hill to the partly ruined castle that dominates the little village, will remember being confronted by a ‘Potato Monument’ dedicated piously ‘To God and Francis Drake, who brought to Europe for the everlasting benefit of the poor—the Potato.’ Please don’t say that Sir Walter Raleigh or Governor Lane imported the potato, for it really doesn’t matter, does it?

BOILED POTATOES (OLD)
4 Servings
Sprouts must be carefully removed from potatoes, as they are poisonous.
Pare and soak in cold water:
6 medium-sized potatoes
Soak them for ½ hour in the autumn and from 1 to 2 hours in the winter and spring. Drain them and cook them uncovered in:
4 cups boiling water
Add:
1 teaspoon salt
When they are done, drain them well and keep them only partly covered (permitting the steam to escape), until ready to serve them, or place the potatoes in a light saucepan and shake them gently over a good fire for a minute or two. This will dry them and make them mealy. Avoid putting them in a covered dish if you wish to keep the potatoes dry.

BOILED POTATOES (NEW)
Wash:
New Potatoes
Drop them into:
Boiling water to cover
(Or soak them for 30 minutes in cold water, scrape them, and drop them in boiling water.)
Cook them uncovered until they are tender, remove the skins, and serve the potatoes with:
Chopped parsley, mint, or chives
Or melt in a frying-pan:
2 or more tablespoons butter
Add the potatoes and shake them gently over a low fire until they are well coated. Serve them sprinkled with chopped parsley.

POTATOES BOILED in THEIR JACKETS
A favourite dish abroad for informal meals is potatoes (preferably new ones) served in their jackets and peeled at table.
Prepare by the preceding rule:
Scrubbed and unpeeled boiled potatoes
Mince and sauté:
Bacon
Add and sauté at the same time:
Finely chopped onions
Serve the bacon, the dripping, and the onions in a gravy-boat with the potatoes or serve them with thick sour cream.

POTATOES in BOUILLON
4 Servings
Peel, then cut into quarters:
4 large potatoes (or peel 8 small potatoes)
Simmer them until nearly tender in:
1 ½ cups Stock or Stock Substitute (page 38)
to which you may add:
3 shallots or green onions, minced
Drain. Make a sauce of the stock with:
1 tablespoon butter
1 tablespoon flour
Return the potatoes to the pot. Simmer them until tender. Season them with:
Salt
Paprika
Chopped chives or parsley

FRENCH POTATO BALLS
Pare:
Potatoes
Place them in cold water for ½ hour. Cut them into balls with a potato
ball cutter or cut them into cubes.
Cook them in:
   Boiling salted water to cover (x teaspoon salt to 2 cups potato balls)
Drain them and serve them with:
   Melted butter
   Chopped parsley
French potato balls may be prepared by the following rule for Browned Potatoes. Use the potato scraps for hashed brown or other potato dishes.

BROWNED POTATOES

4 Servings
Boil:
  8 small old or large new potatoes
  (page 244)
Cook them until they are nearly tender. Drain them. Melt in a pan:
  2 tablespoons butter or bacon fat
Cook and turn the potatoes in the fat until they are light brown. Season with:
  Salt
  Paprika
Bake them in a hot oven 400° until they are crisp and brown. Add more butter if required. Turn the potatoes to brown them evenly.

POTATOES in ROAST GRAVY

Peel:
Small, even-sized potatoes
Place them in cold water to cover for 15 minutes. Drain them. Dry them between towels. Place the potatoes in the roasting-pan about 1 hour before the roast is done. Baste them frequently with the roast dripping.

RICED POTATOES

6 Servings
Boil:
  6 medium-sized old potatoes (page 244)
Put them through a ricer or sieve. Heap them on a dish and pour over them:
  2 tablespoons melted butter

MASHED POTATOES

6 Servings, about 3 cupsfuls
Consult the Index for a large number of mashed potato dishes given elsewhere. Many of these dishes may be prepared in advance and reheated in a moderate oven or under a grill. Boil by the rule on page 244:

6 medium-sized old potatoes
Mash them with a fork or a potato-masher. Add to them: *
  3 tablespoons butter
  1 teaspoon salt
  ½ cup hot milk or cream
Beet them with a fork until they are creamy. Keep them hot by placing them over hot water. A nice variation is to shape mashed potatoes into small mounds or into one large one, make a well in the top of each mound, place a dab of butter in each well and cover it up. Brush the tops with:
  Milk (optional)
Brown the potatoes lightly under a grill, with a moderate flame.
* Mashed potatoes may be creamed with:
  Canned condensed cream soup

MASHED POTATOES BAKED

4 Servings
Richer than mashed potatoes by the addition of 1 egg.
Boil by the rule on page 244:
  4 medium-sized old potatoes *
Beat them with a fork. Add and beat
  2 tablespoons butter
  1 egg
  ½ teaspoon salt
  ½ teaspoon pepper
  ½ cup hot milk or cream
Place the potatoes in a greased baking-dish. Bake them in a moderate oven 380° until they are brown. They may be served au gratin.
* 2 cups cold mashed potatoes may be substituted. In that case use less butter, milk, and seasoning.

POTATO VOLCANO with CHEESE

6 Servings
Prepare:
  Mashed Potatoes (see above)
There should be 3 cupfuls. Shape them into a mound on an oven-proof plate. Make a hollow in the top of the mound as large as a tea-cup.

Melt:

½ cup butter

Reserve 2 tablespoonfuls of this. To the remainder add:

½ cup grated cheese
2 egg yolks
½ teaspoon salt
¼ teaspoon paprika

Beat these ingredients well and pour them in the hollow. Spread the sides of the mound lightly with the reserved melted butter. Cover the mound with:

Bread-crumbs

Brown the volcano in a moderate oven 380°. These potatoes may be shaped into individual mounds. Try filling the volcano with:

Welsh Rarebit, page 184

Let it overflow.

Gnocchi with Potatoes, page 96.

CHANTILLY POTATOES

6 Servings

The following recipe is reminiscent of the old coloured man who said all he could find that college had done for his children was to put ma ’lasses and pa on ’taters. Surely this is putting pa on ’taters.

Prepare by the rule on page 245:

3 cups Mashed Potatoes or Mashed Potatoes Baked

Whip until stiff:

½ cup cream

Season it with:

Salt
Paprika

A few grains of cayenne

Combine it with:

½ cup grated cheese

Shape the potatoes into a mound on an oven-proof plate. Cover the mound with the whipped cream mixture. Place the plate in a moderate oven 380° until the cheese is melted and the potatoes are lightly browned.

Potato Soufflé with Cheese Topping, page 212.

POTATO PEARS

6 Servings

Easy to prepare and very decorative. Prepare by the rule on page 245:

3 cups Mashed Potatoes

Divide them into 6 parts. Roll them into pear shape. Brush them with the:

Yolk of an egg

Dust one cheek of each pear with:

Paprika

Place in the blossom ends:

Cloves

Place in the stem ends:

Bits of stem

Place the pears on a greased tin in a moderate oven 380° until they are hot. These potatoes may be prepared in advance and heated shortly before they are served.

MASHED POTATO BALLS, FRIED

4 Servings

These are delicious, so are the Potato Apples that follow. The latter are richer by the addition of cheese.

Prepare:

2 cups hot Mashed Potatoes (page 245, 4 medium-sized potatoes)

Add to them:

2 eggs
1 teaspoon baking powder
½ teaspoon salt
¼ teaspoon paprika

Beat these ingredients well and drop them by the teaspoonful into hot fat. Cook the puffs until they are brown and place them to drain on paper in a colander. Serve them while hot, or reheat them in a hot oven 425°. Serve them with:

Sprigs of parsley

Potato Puffs and Potato Cheese Puffs, page 164.

POTATO-APPLES, FRIED

(Mashed Potatoes with Eggs and Cheese)

6 Servings

Prepare:

2 cups hot Riced Potatoes (page 245, 4 medium-sized boiled potatoes riced)
Add to them:
2 tablespoons butter
1/4 cup grated cheese
1 teaspoon salt
A few grains of cayenne
2 tablespoons cream
2 beaten egg yolks
1 teaspoon baking powder

Whip these ingredients until they are light. Shape them into balls. Roll the balls in:
Flour
then in:
1 egg, diluted and beaten with 2 tablespoons water
and in:
Sifted bread-crumbs

Fry the balls in deep fat (page 481). Drain them on absorbent paper.
Place in the blossom ends:
Clove (showing the seed)
Place in the stem ends:
Clove (showing the stem)

**MASHED POTATO BALLS with CORNFLAKES, BAKED or FRIED**

These very good and decorative potato balls may be made long in advance and reheated when ready to serve them.

Prepare:
Mashed Potatoes (page 245)

Use the milk sparingly. Roll the potatoes into balls. Dilute:
1 egg
in:
2 tablespoons water *

Roll the balls in the egg, then in:
Crushed cornflakes

Place them in a greased pan. Bake the balls in a moderate oven 375° until they are well heated, or fry them in deep fat (page 481).

* The balls may be rolled in melted butter and cornflakes if they are to be baked.

**MASHED POTATO BALLS, BAKED**

4 Servings

Prepare:
2 cups well-seasoned Mashed Potatoes (page 245, 4 medium-sized potatoes)

Beat in:
2 egg yolks
1 tablespoon chopped parsley

Cool these ingredients slightly. Beat until stiff:
2 egg whites

Fold them lightly into the potato mixture. Shape the mixture into balls.

Bake the potatoes in lightly greased muffin-tins or drop them on a greased sheet. Bake them in a moderate oven 350° until they are crisp. Turn them to brown evenly.

For other Mashed Potato Dishes see Index.

**BAKED POTATOES**

Wash and scrub:
Shapely potatoes

Dry them and grease them lightly with:
Lard or butter

You may cut a small slice from either end. Bake the potatoes in a moderate oven 380° for about 40 minutes.* Serve them at once or puncture the skins so that the steam may escape and prevent the potatoes from becoming soggy. Serve them with:
Butter or thick sweet or sour cream
Chopped chives or parsley

To utilize left-over baked potatoes cut them in two while they are still hot. Scoop out the centres. Combine the potatoes with:

Milk
1 egg (optional)
Salt
Paprika **

Beat these ingredients until they are smooth. Fill the shells. Cover the tops with:
Bread-crumbs

Dot them with:
Butter
or sprinkle them with:
Cheese (optional)

The potatoes are then ready to be reheated for the next day’s dinner.

* Very large potatoes require more time. Parboil them for 20 minutes,
VEGETABLES

Grease them and bake them as directed for 35 minutes.
** You may add grated onion and chopped green pepper.

_Baked Potatoes Filled with Ham, Hash, Vegetables, etc., page 202._

**NEW POTATOES, BAKED**

Follow the above rule for:

_Baked Potatoes_

Bake them in a moderate oven 400° covered or uncovered until done (for about 1½ hours). New potatoes (about 1 quart) may be peeled, placed in a baking-dish, covered with 1 cup condensed cream soup diluted with 1 cup water, covered and baked in a moderate oven 350° for about 1½ hours. Serve them with chopped parsley or chives.

**POTATO BOATS**

6 Servings

Prepare by the preceding rule:

6 Baked Potatoes

Cut them in halves. Scoop out the pulp. Add to it:

- 3 tablespoons butter
- 3 tablespoons hot milk or cream
- 1 teaspoon salt

Beat these ingredients until they are smooth. Whip until stiff:

- 2 egg whites

Fold them into the potato mixture. Fill the potato shells. Sprinkle them with:

- ½ cup grated cheese
- Paprika

Grill them under a low flame until the cheese is melted.

For other Baked Potato Dishes see Index.

**BAKED POTATO WAFERS**

Potatoes prepared in this way have a distinctive flavour.

Select large well-shaped Potatoes

Scrub them well. Rub them with:

- Butter

Cut them (without peeling them) in rounds ¼ inch thick. Place them in a generously buttered pan flat side down. Sprinkle them with:

- Salt
- Paprika

Cover them and bake them in a moderate oven 375° until they are tender. Turn the slices as they brown. Serve them garnished with:

- Minced parsley

**SCALLOPED POTATOES I**

Grease a baking-dish. Fill it with layers of peeled and very thinly sliced:

- Raw potatoes

Dredge each layer with:

- Flour *

Dot it with:

- Butter
- Heat:
- Milk

Season it well with:

- Salt
- Paprika

Pour it over the potatoes until it can be seen through the top layer. Bake the potatoes in a moderate oven 350° for 1½ hours. The potatoes may be turned with a spoon while cooking to ensure even baking.

* Or: Omit the flour, etc.

Cover each layer with slightly diluted:

- Condensed mushroom soup

**SCALLOPED POTATOES II**

8 Servings

Peel and cut into thin slices:

- Raw potatoes

There should be 4 cupfuls. Melt:

- 3 tablespoons butter

Stir in until blended:

- 3 tablespoons flour

Cook and stir in slowly

- ½ cups milk-

Season with:

- 1 teaspoon salt
- A few grains of cayenne

Cook the sauce until it is smooth and boiling. Reduce the heat and add:

- 1 cup grated cheese (½ pound)
When the cheese is melted add:

\[ \frac{1}{2} \text{ cup shredded green pepper and pimento}\]

Grease a baking-dish and fill it with alternate layers of potatoes and cheese sauce. Bake the potatoes in a moderate oven 350° for about 2 hours or until they are done. The potatoes may be turned with a spoon while cooking to ensure even baking. Parboiling the potatoes will shorten appreciably the time for baking.

**POTATOES SCALLOPED in BUTTER**

Wash and peel:
- Potatoes

Cut them in slices \( \frac{1}{2} \) inch thick. Place them in cold water to cover for 15 minutes. Drain them. Dry them between towels. Butter a shallow baking-dish generously. Sprinkle it with:

- Fine dry bread-crumbs

Cover the bottom carefully with the potato slices. Dot them generously with:
- Butter

Sprinkle them lightly with:
- Salt
- Paprika

Repeat this process until the dish is filled. Cover the dish. Bake the potatoes in a moderate oven 375° for about 1 hour or until they are tender. Turn them out on to a platter. Garnish them with:
- Parsley

**SCALLOPED POTATOES and ONIONS**

Peel and cut into very thin slices:
- Potatoes
- Onions

There should be about \( \frac{1}{2} \) as many onions as potatoes. Grease a baking-dish. Place the vegetables in it in alternate layers. Sprinkle the layers lightly with:
- Flour
- Salt
- Paprika

Dot them well with:
- Butter

Nearly cover the vegetables with:
- Milk

Bake them in a moderate oven 350° until they are done (for about 1 hour).

**POTATOES and ONIONS**

This is a variation of the preceding Scalloped Potatoes and Onions to be used when an oven is not available. Place in a frying-pan layers of thinly sliced:
- Raw potatoes and onions

Season them with:
- Salt
- Pepper
- Paprika

Add cold water until it reaches halfway to the top. Cover the pan closely. Place it on an asbestos mat. Cook the vegetables very slowly until they are thoroughly done.

**SLICED POTATO PIE**

6 Servings

Peel and cut into very thin slices:
- 6 medium-sized potatoes

Soak them in cold water. Place them in the refrigerator for 2 hours. Drain them, then dry them between towels. Heat a frying-pan. Melt in it:
- 2 tablespoons butter

When it is hot add \( \frac{1}{2} \) the potatoes. Dot them with:
- Butter

Season them with:
- Salt
- Paprika

Add the remaining potatoes and repeat the process. Do not stir them at any time. Cook them over a high flame until the potatoes are brown on the bottom — about 10 minutes. Then cover them and cook them over a low flame until the potatoes are done — \( \frac{1}{2} \) to \( \frac{3}{4} \) hour. Dot the top with:
- Butter

Grill the potatoes under a moderate flame for 15 minutes. Slice them like pie and serve them.
VEGETABLES

GRATED POTATOES,
PAN-BROILED

4 Servings
New to me. Very good, quick—something like a potato pancake.
Wash, grate on a medium grater, skin and all:
3 medium-sized potatoes *
Spread them in a well-greased frying-pan to the depth of about ¼ inch. Cook covered over a medium to slow flame until the bottom is brown. Reverse and brown the other side. Season with:
Salt
Serve piping hot.
* Grated onion may be added.

Potato Pancakes, page 492.

SAUTÉED POTATOES
("GERMAN FRIED")

4 Servings
Melt in a frying-pan:
2 or more tablespoons of fat
Add:
2 cups cold boiled potatoes, sliced
Salt
Paprika
Sauté the potatoes until they are light brown. Turn them frequently.

NEW POTATOES SAUTÉED

Wash well:
New Potatoes
Slice them crosswise (without peeling them) into thin slices. Soak them in cold water for ½ hour. Dry them. Sprinkle them with:
Salt
Paprika
To 3 cupfuls of potatoes allow:
3 tablespoons dripping
Heat the dripping and add the potatoes. Cover them closely. Cook them until they are tender. Remove the lid and permit them to brown. Stir them frequently so that they will brown evenly.

HASHED BROWN POTATOES I

Melt in a small frying-pan:
½ cup salt pork, bacon fat, or other shortening
When it is hot add:
2 cups finely chopped, boiled potatoes
Salt
Pepper
Press them with a broad knife into a cake. Cook them until they are browned underneath, then loosen them from the bottom with a broad knife and invert them on to a plate or lid. Replace them in the pan with the un-browned side down. Brown this side, turn the potatoes on to a platter and serve them at once.

HASHED BROWN POTATOES II

Prepare:
2 cups chopped, boiled potatoes, hot or cold
Add and mix well:
1 tablespoon flour
½ teaspoon salt
Stir in lightly:
½ cup rich milk or evaporated milk
Heat in an 8-inch frying-pan:
2 tablespoons butter, oil, or other fat
Drop the potatoes by large spoonfuls into the fat. Brown them well on both sides.

FRENCH FRIED POTATOES

Konrad Bercovici tells the following story: Madame Schumann-Heink, the great opera singer, was sitting in front of an enormous steak. Caruso passed her table and seeing the huge portion of meat before the singer, he said: ‘Stina, you are not going to eat that alone!’ ‘No,’ Schumann-Heink said, shaking her fine old head. ‘No, not alone. With potatoes.’ Two to one, they were French fried potatoes. Cut into lengthwise strips ½ inch thick:
Unpeeled * potatoes
Soak them in cold salted water for 1 hour. Drain them well, then dry them
between towels. Fry them in deep fat heated to 395°—hot enough to brown an inch cube of bread in 20 seconds—until they are a golden brown (page 481). Test a strip by pricking it with a fork to make sure that the potatoes are done in the centre. Drain them on paper. Sprinkle them with:
Salt
Serve them very hot.
* This is the new way. Peel them if you wish.

**SHOESTRING POTATOES**
Follow the above rule for:
French Fried Potatoes
Cut the potatoes into very thin strips.

**BAKED ‘FRENCH FRIED’ POTATOES**
Pare and cut lengthwise into strips:
4 medium-sized potatoes
Place in a casserole or pan with a tight-fitting lid:
1 tablespoons melted fat
Add the potatoes. Sprinkle them with:
1/2 teaspoon salt
1/2 teaspoon paprika
Dot them with:
2 tablespoons butter
Cover them closely. Bake them in a moderate oven 350° until they are tender (for about 50 minutes).

*Potato Cups*, page 203.

**CANNED FRENCH FRIED POTATOES**
Canned French fried potatoes are easily reheated in a hot oven 450°. Happily they fail to take on that worn and discouraged appearance typical of the lunch-stand variety. Alas! they have an outstanding drawback. A wit has said that a French fried potato is ‘in your mouth a few seconds, in your stomach a few hours, and on your hips the rest of your life.’*
*Reader’s Digest*, January, 1938.

**SOUFFLÉ POTATOES (PUFFED POTATOES)**

6 Servings

The story of the discovery of Soufflé Potatoes has become legendary.

Louis XIV (diverted for the moment by his favourite pastime of fighting the Dutch) was inspecting his army at the front. He was to dine at a given point at a given time and a fitting repast had been prepared for him.

His sumptuous travelling coach swinging along on its great springs (that little palace on wheels that was the scene of so many intrigues—of so many tender affairs) was delayed by torrential rains that made the rough roads almost impassable.

The king was due at any moment and would undoubtedly demand food at once to appease his phenomenal appetite. The cook was frantic. His delicious dinner was kept hot over steam, but the potatoes, unfortunately fried ones, were limp and cold.

A tremendous bustle heralded the arrival of the king and in despair the unfortunate cook immersed the potatoes in hot fat for the second time. Behold! there emerged the dish that was to make him rich and famous, the twice fried potato.

‘Beware the Jabberwock, my child!’
In this case, avoid red potatoes. Choose white ones and of a discreet age at that. Pare, cut into lengthwise slices about 1/8 inch thick:
8 medium-sized potatoes, suitable for baking

Soak them in ice-water for 4 minutes. See rule for Deep Fat Frying, page 481. Have ready 2 pans of deep fat. Heat the fat in the first pan to 225°. Heat the fat in the second pan to 425°. Drain the potato slices. Drop a few at a time into the first pan. Fry them for 4 or 5 minutes. Transfer the partly fried slices to the second pan, where they should start to puff immediately. When golden brown and puffed, drain the potatoes on unglazed paper. Sprinkle them with salt. Permit them to cool. If they are not sufficiently crisp return them to the hot fat for a few minutes.
VEGETABLES

Uses for Cold Boiled Potatoes.

CREAMED POTATOES with or without CHEESE
Cut into dice:
Cold boiled potatoes
Prepare:
Cream Sauce (½ as much sauce as there are potatoes)
Combine the potatoes and the sauce.
Add:
Chopped parsley, minced onion, or chives (optional)
Place these ingredients in a double boiler for 30 minutes, or put them in a greased baking-dish. Cover them with:
Bread-crumbs
Dot them with:
Butter
Bake them in a moderate oven 400° until the crumbs are brown.
To prepare the potatoes with cheese, omit the parsley, etc., and substitute cheese, or place alternate layers of potatoes and cream sauce in a baking-dish and sprinkle the layers with:
Grated cheese
Season with:
Paprika or a dash of cayenne
Cover the top with:
Bread-crumbs
Dot it with:
Butter
Bake the potatoes as directed.

CREAMED POTATO RING
Prepare by the above rule:
Creamed Potatoes
Pack them into a greased ring mould. Chill them for 6 hours or more. Bake the potatoes as directed. Invert them on to a hot plate. Fill the centre with:
A green vegetable, buttered

LEFT-OVER POTATOES, O'BRIEN
6 Servings
Boil:
6 medium-sized potatoes (page 244)
Chill the potatoes and cut them into dice. Add:
1 green pepper, chopped
1 onion, chopped
1 tablespoon flour
½ cup grated cheese (optional)
Salt
Paprika
A few grains of cayenne
Place these ingredients in a greased baking-dish. Pour over them:
1 cup rich milk
Cover them with:
Bread-crumbs
Dot them with:
Butter
Bake them in a moderate oven 350° for 15 minutes.

Hashed Brown Potatoes, page 240;
German Fried Potatoes, page 230.

Uses for Cold Mashed Potatoes.
Cold mashed potatoes, moistened with hot milk and beaten with a fork until smooth, may be substituted for fresh mashed potatoes in any of the recipes given on pages 245-8. The following recipe is perhaps the easiest way of utilizing them:

POTATO CAKES
Shape into little cakes:
Cold mashed potatoes
Dip them in:
Flour, bread-crumbs, or crushed cornflakes
Melt in a frying-pan:
Butter or other fat
Brown the cakes in this on one side, reverse them and brown the other side. A beaten egg and a little chopped parsley, celery, or celery seed may be added before shaping the potato cakes.

Hot Potato Salad, page 409.

CANDIED SWEET POTATOES I
Ordinary potatoes are good cooked this way. Cook in boiling water to cover until nearly tender:
6 sweet potatoes
Peel and cut them lengthwise in ½-inch slices. Place them in a shallow greased baking-dish. Season them with:
Salt
Paprika
Sprinkle them with:

\[\begin{align*}
\frac{1}{4} & \text{ cup brown sugar} \\
\frac{1}{2} & \text{ teaspoon grated lemon rind} \\
1 & \text{ tablespoons lemon juice}
\end{align*}\]

Dot them with:

2 tablespoons butter

Bake them uncovered in a moderate oven 375° for 20 minutes.

**CANDIED SWEET POTATOES II**

Cook for 10 minutes in boiling salted water:

6 medium-sized sweet potatoes

Peel them, cut them in halves, and place them in a greased baking-dish. Cook for 3 minutes:

\[\begin{align*}
\frac{1}{4} & \text{ cup brown sugar} \\
\frac{1}{2} & \text{ cup water}
\end{align*}\]

Add:

\[\begin{align*}
\frac{2}{3} & \text{ tablespoons butter} \\
\frac{1}{3} & \text{ tablespoons lemon juice (optional)}
\end{align*}\]

Brush the potatoes with the syrup and bake them in a moderate oven 375° until they are done. Baste them several times with the remaining syrup.

**BOILED CAULIFLOWER**

4 Servings

Cut off the stem, remove the leaves, and soak in cold water, head down, for 30 minutes:

1 medium-sized head of cauliflower

Drain it. Cut deep gashes into the stalk and place it uncovered, head up, in a quantity of:

Boiling salted water

When the stalk is barely tender, drain the cauliflower well and place it in a serving dish. Melt:

3 tablespoons butter

Sauté in it:

2 tablespoons bread-crumbs (optional)

Pour the butter over the cauliflower, or omit the butter and the crumbs and pour over it:

1 cup boiling Cream Sauce I (page 379) seasoned with:

\[\frac{1}{2} \text{ teaspoon nutmeg (optional)}\]

Or use:

Black Butter (page 297), Béchamel Sauce (page 381), Hollandaise Sauce (page 381), or the following Egg Sauce

**Egg Sauce I**

4 Servings

Place in a double boiler:

2 beaten egg yolks

\[\begin{align*}
\frac{1}{2} & \text{ cup cream} \\
\frac{1}{2} & \text{ teaspoon salt} \\
\frac{1}{2} & \text{ teaspoon nutmeg} \\
1 & \text{ tablespoon lemon juice}
\end{align*}\]

Cook and stir these ingredients until they are thick, then add a little at a time:

2 tablespoons butter

Pour the sauce over the cauliflower and serve it at once.

**STEAMED CAULIFLOWER**

Prepare for cooking by the preceding rule:

1 medium-sized cauliflower

Place it in a deep saucepan with a tight-fitting cover.

Sprinkle the cauliflower with:

Salt

Pour into the pan enough boiling water barely to cover the bottom. Steam the cauliflower closely covered for about 15 or 20 minutes until it is tender, but still firm. Drain and place it in a serving dish. Dress the cauliflower with any one of the above sauces or with buttered crumbs.

**CAULIFLOWER with CANNED MUSHROOM SOUP SAUCE, etc., AU GRATIN**

Drain well:

Freshly boiled cauliflower

Place it in a greased baking-dish.

Pour over it:

1 cup or more boiling canned condensed mushroom or celery soup or other sauce*

Sprinkle it generously with:

Grated cheese

Place the dish in a hot oven 400° or under a grill until the cheese is melted.

* See Canned Soup Sauces, page 393.
**SCALLOPED CAULIFLOWER AU GRATIN**

4 Servings
Boil by the above rule:

- x medium-sized head of cauliflower

Drain it well and separate the flowerets. Place them in a greased baking-dish.

Prepare:

- 1 cup Cream Sauce I (page 379)
Season it with:
- 1/2 teaspoon nutmeg (optional)

Pour the boiling sauce over the cauliflower. Cover the top with:

Bread-crumbs

Dot it with:

Butter

Brown the dish in a hot oven 450° or grill it under a moderate flame until it is light brown. Or omit the butter and crumbs and sprinkle the top generously with:

Grated cheese

Heat the dish in a hot oven 450° until the cheese is melted.

**SAUTÉED CAULIFLOWER**

5 Servings
Prepare:

- Boiled or steamed cauliflower

Break it into flowerets. Melt:

- 2 tablespoons butter
- 2 tablespoons salad oil

Add and cook for 2 minutes:
- 1/2 clove of garlic

Remove the garlic. Sauté the flowerets in the fat until they are well coated. Cover and cook for several minutes.

Season with:

Salt
Paprika
A fresh grating of nutmeg

Or, serve the cauliflower with:

Chopped parsley or chives

**FRIED CAULIFLOWER**

Boil:

- Cauliflower (page 253)

Drain it well. Separate the flowerets. Beat until light:

- 2 egg yolks

Add:
- 1/4 cup milk

Stir in:
- 1/4 cup flour
- 1/2 teaspoon salt

Beat the batter until it is smooth. Dip each section of cauliflower in the batter. Drop the flowerets into:

Deep hot fat (page 481)

Serve the cauliflower with:

- Hollandaise Sauce (page 381)
- Cream Sauce I (page 379)
- Sour Cream Dressing (page 451)

*Cauliflower Timbales, page 204; Cauliflower and Mushrooms, page 175.*

**BROCCOLI**

Soak for 12 minutes in cold water:

**Young broccoli**

Drain it well. Remove the large leaves and the tough part of the stalks. Cut deep gashes in the bottom of the stalks. Place the broccoli in:

- Boiling salted water

that nearly covers it, or place it heads up in boiling salted water that covers it to within 1 inch of the flowers. Cook it covered until it is barely tender. Drain it and serve it with:

- Buttered crumbs, melted butter, or lemon juice

to which you may add:

- 1/4 cup salted almonds, chopped

This is good, but broccoli is much better served au gratin or with:

- Hollandaise Sauce (page 381), Easy Hollandaise Sauce (page 382), Cheese Sauce (page 382), Onion Sauce I (page 383), French Dressing (page 446), or Sour Cream Dressing (page 451)

* Cook old broccoli like cabbage (page 256).

Broccoli Ring, page 218; Broccoli Timbales, page 204.

Good ways of using left-over broccoli.

**CREAMED BROCCOLI with BREAD-CRUMBS and CHEESE**

6 Servings
Cook by the preceding rule:

- 2 pounds broccoli
VEGETABLES

Drain it and chop it until it is very fine (it may be put through a sieve).
Melt:
  2 tablespoons butter *
Stir in until blended:
  2 tablespoons flour
Stir in slowly:
  1 cup milk
Season the sauce with:
  ¼ teaspoon salt
  ¼ teaspoon paprika
  ¼ teaspoon grated onion or onion juice
Add the broccoli. Beat the mixture until it is light. Place it in a baking-dish. Sprinkle it with:
  Bread-crumbs or crushed corn-flakes
  Grated cheese
Bake the broccoli in a hot oven 425° until the cheese is melted, or if the broccoli mixture is hot melt the cheese under a grill.
* See Canned Soup Sauces, page 393.

BROCCOLI with EGG SAUCE AU GRATIN
Make by the rule on page 381:
  Allemande Sauce
Sauté in the butter:
  1 tablespoon minced onion
Pour the sauce over cooked, drained:
  Broccoli
Sprinkle the top with:
  Chopped parsley or chives
Or, serve it au gratin by sprinkling the top with buttered crumbs or grated cheese and browning it under a grill.

SAUTÉED or FRIED BROCCOLI
Prepare by the rule on page 254:
  Broccoli
Drain it before it is tender. Cut it into quarters. Sauté the broccoli in:
  Salad oil
Sprinkle it with:
  Grated cheese
Or, dip the quarters in:
  Batter (page 482)
Fry the broccoli in deep fat (page 481) or sauté it in butter.

BRAISED BROCCOLI
6 Servings
Cut the tough stems from:
  2 pounds or more broccoli
Wash it by the rule on page 240.
Drain it. Prepare and place in a baking-dish:
  ½ cup chopped celery or carrots
  ½ cup chopped onions
Add the broccoli. Cover it well with:
  Chicken Stock or Stock Substitute (page 38)
Cover the dish. Bake the vegetables in a moderate oven 350° until they are tender (for about 1 hour).

BRUSSELS SPROUTS
If wilted pull the outer leaves from:
  Brussels sprouts
Cut off the stems. You may cut cross-wise gashes into the stem ends. Soak the sprouts for 12 minutes in cold water to which a little salt has been added. Drain them and drop them into a quantity of rapidly boiling:
  Salted water (1½ teaspoons salt to the quart)
Cook them uncovered until they are barely tender. Drain them and serve them with:
  Melted butter (1 tablespoon butter to 1 cup sprouts)
You may add to the butter:
  1 tablespoon lemon juice
or sauté in it:
  1 tablespoon chopped onion or
  2 tablespoons bread-crumbs
Sprouts may be served with:
  Onion Sauce I (page 383) (½ as much sauce as there are sprouts)
or, best of all, with:
  Lots of Hollandaise Sauce (page 381) or Black Butter (page 297)

BRUSSELS SPROUTS and CHESTNUTS BAKED
6 Servings
Cook by the preceding rule:
  2 cups Brussels Sprouts
Cook by the second rule on page 295:
  ½ pound chestnuts
Butter a baking-dish. Fill it with alternate layers of sprouts and chestnuts. Dot the layers with:

Butter
Season them very lightly with:
Pepper
Salt if required
Moisten them lightly with:
Stock or water
Bake them uncovered in a moderate oven 350° for 30 minutes.

**BRUSSELS SPROUTS with STOCK and CHEESE**

Boil:
2 cups Brussels Sprouts (page 255)

Drain them well. Place them in a buttered baking-dish. Pour over them:
2 cups Chicken Stock or Stock Substitute (page 38) or bouillon

Sprinkle them with:
½ cup grated cheese

Bake the sprouts in a hot oven 400° until the cheese is melted.

*Left-over Brussels Sprouts in Cheese Sauce, page 175.*

**BRUSSELS SPROUTS and CHESTNUTS CREAMED**

4 Servings

Cook:
2 cups Brussels Sprouts (page 255)

Shell and skin:
1 cup Chestnuts (page 295, second rule)

Cover the chestnuts with:
Boiling salted water (1½ teaspoons salt to 1 quart water)

Cook them until they are tender and the water is absorbed. Heat until brown:
1 tablespoon butter
Stir in:
1 teaspoon sugar

Add the chestnuts and cook them until they are browned. Melt:
2 tablespoons butter
Stir in until blended:
1 tablespoon flour

Stir in slowly:
½ cup Stock or Stock Substitute (page 38) or sprouts liquid

When the sauce is smooth and boiling add the chestnuts and the sprouts.

**BOILED CABBAGE**

The old way of cooking cabbage is to cut it in sections and boil it from ¾ to 1 hour. The new way is to shred it finely and barely cook it, allowing only 7 to 8 minutes' boiling. Remove the outer leaves from:
1 head of cabbage

Cut it into sections, remove the tough core, and shred or chop the cabbage. Drop it into a quantity of rapidly boiling:
Salted water (1½ teaspoons salt to the quart)

Cook it until it is barely tender (7 or 8 minutes). Drain it. Place it in a serving-dish and pour over it:
Melted butter (1 tablespoon butter to 1 cup cabbage)

Add to the butter:
Bread-crumbs, or caraway seed, or a few drops of lemon juice and a tablespoon of chopped parsley (optional)

**CREAMED CABBAGE**

Boil by the preceding rule:
1 medium-sized head of cabbage

Drain it well. Prepare:
1 cup Cream Sauce I* (page 379)

Add to the sauce:
½ teaspoon nutmeg, or 2 teaspoons prepared mustard, or ½ cup grated cheese (optional)

Combine it with the cabbage and serve it at once.

Cabbage may be creamed with canned condensed celery soup or other cream soup.

* See Horse-radish Sour Cream Sauce, page 389.

**CREAMED CABBAGE BAKED**

(With nuts and cheese)

Cook by the rule on this page:
1 medium-sized head of cabbage
Drain it well. Place it in layers in a greased baking-dish. Sprinkle the layers with:
1 cup or more chopped nuts
1 cup or more grated cheese
Pour over them:
1 cup boiling Cream Sauce I (page 379)
Cover the top with:
Bread-crums or cornflakes
Dot it with:
Butter
or sprinkle it with:
Grated cheese
Bake the cabbage in a hot oven 450° until the crumbs are brown.

CREAMED CABBAGE BAKED
(With Eggs)
Boil by the rule on page 299:
1 medium-sized head of cabbage
Drain it well and place it in a greased baking-dish. Combine:
2 beaten eggs
1 tablespoon melted butter
1 cup cream or milk
1 teaspoon salt
1 teaspoon paprika
Pour these ingredients over the cabbage. Bake it in a slow oven 375° until it is light brown. Cover the top with:
Dry bread-crums
Dot it with:
Butter
or sprinkle it with:
Grated cheese
Return it to the oven until the butter (or cheese) is melted.

CABBAGE in MILK
Cut into very fine shreds:
3 cups cabbage
Drop it gradually into:
1 cup boiling milk
Boil it for 2 minutes. Stir in:
1 cup cream
1 teaspoon salt
1 teaspoon paprika
Melt:
1 tablespoon butter
Stir in until blended:
1 tablespoon flour
Add a little of the liquid from the cabbage. Pour this sauce on to the cabbage. Cook and stir it over a quick fire for 3 minutes.

CREOLE CABBAGE
4 Servings
Cook by the rule for Boiled Cabbage on page 256:
2 pounds cabbage, shredded
Drain it well. Sauté for 5 minutes:
1 cup chopped onions
in:
2 tablespoons butter or dripping
Add and simmer for 15 minutes:
1/2 cups canned tomatoes
3 tablespoons minced green pepper
3 whole cloves
1 bay leaf
1 tablespoon brown sugar
1/2 teaspoon salt
Remove the cloves and bay leaf. Add the drained cabbage. This may be served au gratin.

AUSTRIAN CABBAGE
4 Servings
Shred:
1 small head of cabbage
Sauté it lightly in:
Butter or bacon fat
Add:
1/2 teaspoon salt
1/2 teaspoon paprika
Minced garlic or onion*
Place the cabbage in a greased baking-dish. Pour over it:
1 cup sour or sweet cream
Bake it in a moderate oven 375° for about 20 minutes.
* This may be added to the hot fat.
For Stuffed Cabbage, Scalloped Cabbage, Ground Beef in Cabbage Leaves, and other Cabbage Dishes, see Index.

FRENCH FRIED CABBAGE
Crisp in cold water:
Finely shredded cabbage
VEGETABLES

Drain and dry it. Dip it in:
  Milk
Then in:
  Flour
Fry a small amount at a time in deep
fat heated to 375° (page 481). Drain
it on absorbent paper. Season it with
salt.

RED CABBAGE

4 Servings
This good old-timer breaks all pre-
viously given rules, for it calls for
long slow cooking in a covered sauce-
pan. It was once a great favourite
and is now enjoying a revival of its
former popularity.
A coloured cook in St. Louis objects
strenuously to following this or any
other cook book. Outright rebellion
came at the suggestion that apple be
added to cabbage. When her mistress
insisted that the rule be followed, she
left the room mumbling darkly: 'That
ole Mrs. Rombauer! Ought to run
her out of town, that's what we ought
to do!'
Pull the outer leaves from:
  A head of red cabbage
Cut it into sections, remove the hard
core, shred the cabbage, and soak it in
cold water. Cut into small pieces,
place in a stewpan and sauté over low
heat:
  3 slices of bacon (or melt 3 table-
spoons butter)
When it is well tried out remove the hard
scraps of bacon. Simmer in the
fat for 3 minutes:
  2 tablespoons finely chopped onion
  (optional)
Lift the cabbage from the water with
the hands, leaving it moist. Place it
in the stewpan, cover it, and let it
simmer for 10 minutes. Core and cut
into very thin slices:
  2 apples
Add them to the cabbage with:
  ½ teaspoon salt, if bacon is used,
or 1 teaspoon salt if unsalted
  fat is used
  ½ cup boiling water
Stir these ingredients. Cover the pan
and simmer the cabbage very slowly
for 1 hour and 20 minutes. Add boil-
ing water if required. If the water
has not been absorbed when the cab-
bage is done uncover the pot and
permit it to be absorbed.
Dissolve:
  2 tablespoons flour
in:
  ¼ cup diluted vinegar *
Add:
  1 tablespoon sugar
Add these ingredients to the cabbage
and simmer it 10 minutes longer.
* Some recipes call for 4 tablespoons
of brown sugar, 4 tablespoons undiluted
vinegar, and no flour. Some substitute
red wine for the vinegar.
Red Cabbage and Chestnuts, page 168.

RED CABBAGE SIMPLIFIED

4 Servings
The preceding rule is the traditional
recipe—the one that follows is the
modern version.
Prepare:
  6 cups red cabbage, shredded
Melt:
  3 tablespoons butter or bacon fat
Sauté lightly in this:
  2 tablespoons chopped onion
Add:
  6 tablespoons brown sugar
  3 tablespoons vinegar or white
  wine
  1 tablespoon caraway seeds (op-
tional)
Add the cabbage and cook it for 25
minutes. Stir it frequently.
Canned red cabbage may be substituted.
Time for cooking—about 5 minutes.

CELERY CABBAGE
Prepare this vegetable by any of the
rules for cabbage. If young it may
require only a few minutes’ cooking.

SAUERKRAUT

6 Servings
'Eat all kind nature doth bestow.
It will amalgamate below.
If the mind says so, it shall be so.
But, if you once begin to doubt,
The gastric juice will find it out.
Calm courage conquers sauerkraut.'*
Let's hope so.
Melt in a frying-pan:
2 tablespoons butter or bacon fat
Add and sauté until clear:
½ cup sliced onion
Add and sauté for 5 minutes:
1 quart sauerkraut
Pee}, grate, and add:
1 medium-sized potato or tart apple
Cover the kraut with:
Boiling Stock or Stock Substitute
(page 38) or water
Cook the kraut uncovered for 30 minutes, cover it, and cook or bake it in a moderate oven 325° for 30 minutes longer. The kraut may be seasoned with:
1 or 2 tablespoons brown sugar
1 teaspoon caraway or celery seed
* Lines quoted by Professor E. P. Cathcart of the University of Glasgow in his Hastings Lecture.

Spare Ribs or Frankfurters and Sauerkraut, page 331.

CANNED SAUERKRAUT
6 Servings
Canned sauerkraut is excellent. Perhaps you prefer the plain unadulterated variety. If not, try this:
Heat until it is brown:
½ cup butter or dripping
You may sauté in it:
½ cup sliced onions
Add the contents of:
1 No. 3 can kraut
Cover the pot and cook the kraut until it is hot. Add, if you wish:
2 tablespoons brown sugar
1 teaspoon caraway seed or
3 or 4 whole cloves
You may pare, then cut very fine (or grate) and add:
1 large apple
Some cooks add:
½ cup vinegar

KOHLRABI
4 Servings
Wash:
8 large kohlrabis
Cut off the tops and pare the roots.
Slice the roots and drop them into a quantity of rapidly:
Boiling salted water (1½ teaspoons salt to the quart)
Cook them until they are barely tender. Drain them well. Boil the tops separately in the same manner. Drain them well, chop them until they are very fine, and combine them with the roots. Prepare a sauce with the following ingredients:
Melt in a saucepan:
2 tablespoons butter
Stir in until blended:
2 tablespoons flour
Stir in and cook slowly:
x cup stock or kohlrabi water
When the sauce is smooth and boiling add the kohlrabi.

CELERY CABBAGE
Place a head * of:
Celery cabbage
in a quantity of:
Boiling salted water (1½ teaspoons to the quart)
Cook it until it is barely tender. Drain it thoroughly. Serve it with:
Easy Hollandaise Sauce (page 382)
* It may be shredded.

CELTUCE
A vegetable recently imported from China. The large succulent stalk is edible. Remove the skin down to the crisp tender part. Celtuce may be served raw or prepared by any of the rules given for cabbage.

CREAMED SPINACH
4 Servings
If this unfortunate vegetable — so often thrust upon resisting children and grown-ups — were given a fair chance by the following rule it might retire permanently from the comic papers and the vaudeville stage.
Pick over and cut the roots and tough stems from:
VEGETABLES

½ peck (2 pounds) spinach (when cooked ½ to 1½ cups)
Wash it in several waters until it is free from sand and soil. If the spinach is old cook it for 20 minutes in:
1 quart boiling salted water (1½ teaspoons salt to the quart)
If the spinach is new lift it from the water with the hands and place it moist, but without additional water, in a saucepan, cover it, and cook it for 6 minutes, or until it is tender. Drain it well. Chill it. Chop the spinach, old or young, until it is as fine as purée, using a board and a knife, or put it through a coarse sieve.
Melt in a frying-pan:
3 tablespoons butter
Add and cook for 1 minute or if preferred until brown:
1 tablespoon or more very finely chopped onion (optional)
Stir in until blended:
2½ small tablespoons flour
Stir in slowly:
1 cup hot cream, top milk, Stock, or diluted evaporated milk
When the sauce is smooth and boiling add the spinach. Stir and cook it for 3 minutes or until it is thoroughly blended. If the spinach seems too thick it may be thinned with additional cream or milk. Season it well with:
Salt
Paprika
Nutmeg (very good but optional)
Serve it garnished with slices of:
1 hard-boiled egg
The French recipes call for 1 teaspoon of powdered sugar and the grated rind of ½ a lemon. These ingredients and the onion are optional. The flour is sometimes browned before it is added to the butter. Evaporated milk is good in spinach. Stock, cream, or milk may be used in combination.
Remember that young uncooked spinach makes a good salad; that cooked buttered spinach and grape-fruit sauce are an ideal rouladen's luncheon; and that cooked spinach greens are superb with Hollandaise Sauce (page 381), with crisp bacon, minced, or with Sautéed Mushrooms.

SPINACH with WHIPPED CREAM
4 Servings
Cook by the rule for Creamed Spinach on page 259:
2 pounds spinach
Put it through a sieve. Sprinkle it lightly with:
Salt
A grating of nutmeg
Place the spinach in a baking-dish. Dot it with:
Butter
Whip until stiff:
¼ cup heavy cream
Fold in:
2 teaspoons prepared horseradish
¾ teaspoon prepared mustard
¾ teaspoon salt
Heap the cream on the spinach. Place it under a hot grill until the cream is light brown. Serve it at once.

SPINACH with TOMATOES
4 Servings
Cook by the rule for Creamed Spinach on page 259:
2 pounds spinach
Drain it. Chop it or put it through a sieve. Add to it:
6 or 8 ounces of Italian tomato paste or tomato purée
Sauté:
1 clove of garlic, minced * in:
4 tablespoons olive oil
Add the spinach mixture and:
Salt
Paprika
* You may substitute 3 tablespoons minced onion for the garlic.

MINCED SPINACH
(Cooked or raw)
Cooked in this way spinach seems to retain all its flavour.
Wash:
2 pounds spinach
Drain it well. Run it through a mincer with:
1 small onion
Reserve the juices. Shortly before you are ready to serve the spinach place it in a saucepan with the juices. Cover it and cook it slowly for 10 minutes. Season it with:
- Butter
- Salt
- Paprika
Or dispense with the cooking and merely heat the spinach. Season it and serve it.

**SPINACH in PANCAKES**

Prepare by the rule on page 259:
- Creamed Spinach

Prepare:
- Chopped Sautéed Mushrooms (optional)
- French Pancakes (page 489)
Place the spinach and mushrooms on the pancakes. Roll them like a jelly roll. The tops may be sprinkled with:
- Grated cheese
Place the rolls under a grill until the cheese is melted.

For Eggs in Spinach, Spinach Ring, Spinach Timbales, and other Spinach Dishes see Index.

**SPINACH AU GRATIN**

Place on an oven-proof dish:
- Canned or cooked drained spinach
Spread it in a thin layer. Cover it with:
- Grated cheese
Season it with:
- Paprika
- Salt
- A few grains of cayenne
Pour over it:
2 or 3 tablespoons cream
Grill it until the cheese is melted.

**CANNED SPINACH with BACON and ANCHOVIES**

4 Servings

Drain the contents of:
- 1 No. 2 can spinach
Mince:
2 slices of bacon
Sauté them very lightly. Add:
- ½ cup chopped cucumber, peeled and seeded *
- 4 fillets of anchovy, chopped
Turn these ingredients until they are coated with fat, then add the spinach and:
- 4 tablespoons butter
Stir the spinach until it is thoroughly heated. Season it with:
- Salt
- Paprika
* Celery may be substituted.

*Spinach and Cheese Balls, page 299.*

**SWISS CHARD**

Follow the rule for Creamed Spinach on page 259. The middle ribs of the chard may be cooked separately. Treat them as you would asparagus.

**GREENS**

(Turnip, dandelion, mustard, kale, etc.)

To prepare and cook greens follow the rule on page 259 for cooking spinach given under Creamed Spinach. Sometimes it is necessary to add a little water. Dandelions, unless very young, may require a large quantity of water. *Greens* are seldom creamed, although there is no reason why they should not be. The old-fashioned custom is to cook them to death (for an hour or more) with bacon, salt pork, or ham hocks, and to serve them with vinegar. Try the new way of short cooking. Add, after the greens are drained (they may be chopped or put through a sieve), bacon and crisp sautéed bacon, minced. Lemon juice and grated onion may be added.

**ASPARAGUS**

4 to 6 Servings

Wash:
- 2 pounds asparagus
Cut off or snap off the lower part of the stalks. It is seldom necessary to skin green asparagus. If the asparagus is white, skin the lower ends of the stalks with downward strokes of a knife. Tie the asparagus in bunches.
VEGETABLES

Place them upright in a deep stewpan, or in the bottom part of a double boiler, the lower ends in:

Boiling salted water (1/4 teaspoons salt to the quart)

Let the water come to within 1 inch of the tips. Cook the asparagus closely covered (an inverted double boiler top may be used) about 15 minutes. The steam will cook the tips. Or place the asparagus in boiling salted water to cover, cook it covered, keep the tips out for the first 10 minutes and immerse them for the last 5 minutes.

Drain the asparagus well. Reserve the liquor. Melt:

1/2 cup butter

Sauté in it for 1 minute:

1 cup bread-crumbs

Pour this mixture over the tips of the asparagus or serve them with:

1 cup Cream Sauce I (page 379), Egg Sauce (page 380), or Hollandaise Sauce (page 381)

The ends, scrapings, and the asparagus liquor may be used in making soup (see page 35).

The cream sauce may be made with part cream and part asparagus liquor.

ASPARAGUS AU GRATIN

Cook by the preceding rule:

Asparagus

Drain it well. Place it in a greased baking-dish. Cover it with a little:

Boiling Cream Sauce I (page 379) or melted butter

Sprinkle the top with:

Bread-crumbs

Dot it with:

Butter

Brown it under a low flame or in a moderate oven 375°.

FRIED ASPARAGUS

Drain:

Asparagus tips

Dip them in:

1 egg diluted with 2 tablespoons water

Roll them in:

Flour, lightly salted

Dip them again in the egg mixture.

Fry them in deep fat (see page 481). Drain them on absorbent paper. Serve them very hot.

PURÉE OF AVOCADO

(UNCOOKED)

4 Servings

Peel and seed:

2 medium-sized avocados

Put the pulp through a sieve, or mash it. Add:

1 teaspoon lemon juice

1/2 teaspoon salt

1/2 teaspoon paprika

1 tablespoon chopped chives or grated onion

1 teaspoon grated lemon rind

Heat the purée in a double boiler.

BOILED CARROTS (BUTTERED or CREAMED or GLAZED)

Carrots are worthy, but frequently boring. To be interesting they need stimulating company. For good results combine them with onions, celery, green peppers, olives, mushrooms, etc. Carrots may be boiled, peeled, scraped, or unpeeled. They may be cut into slices, into dice, or if small they may be served whole.

Wash and scrape or merely wash:

Carrots

Place them in a small quantity of:

Boiling salted water

Cook them covered until they are tender. Permit them to absorb the water in which they are cooked. If necessary add a small quantity of boiling water. Skin the carrots if they have been cooked in their jackets. Celery, onions, etc., may be cooked with peeled carrots or they may be cooked separately and added later.

Serve the carrots with:

Chopped parsley

Melted butter, to which you may add 1 tablespoon grated cheese or Cream Sauce I (page 379)

1/2 cup sauce to a cup of carrots or

Spring Onion Sauce (page 387)

Or, add to 1 bunch cooked carrots:

3 tablespoons butter

3 tablespoons sugar

1/2 teaspoon ginger or cinnamon

Simmer the carrots in this mixture until well glazed.
BOILED CARROTS in BUNCHES

Cook by the preceding rule:
Small shapely carrots in their jackets
Cool them. Skin them. Reheat them by placing them over steam or by sautéing them for 2 minutes in a little butter. Serve them in two bunches—one at each end of a meat platter. Place at the blunt ends to represent carrot greens:
- Bunches of parsley
- A little:
  - Melted seasoned butter

may be poured over the carrots.

BOILED CARROTS (Lightly Creamed)

5 Servings

Prepare:
- 2 cups Boiled sliced Carrots (page 262)

Melt in a saucepan:
- 2 tablespoons butter
Add the carrots and sprinkle over them:
- ½ tablespoon flour
Add:
- ½ cup hot Stock or Stock Substitute (page 38) or cream
Stir and simmer the carrots until they are well heated.

CREAMED CARROTS AU GRATIN

6 Servings

Cook:
- 2 cups diced Carrots (page 262)
Prepare:
- 1 cup Cream Sauce I (page 379)
Combine these ingredients. Place them in a greased baking-dish. Cover them with:
- Bread-crumbs
Dot them with:
- Butter
or sprinkle them with:
- Cheese
Bake them in a hot oven 400° or place them under a grill until the crumbs are brown.
Sautéed mushrooms combine well with carrots, so does a little cheese.

MASHED CARROTS

4 Servings

Cook:
- 2 bunches of young Carrots in their jackets (page 262)
Skin the carrots and put them through a sieve or mash them with a potato-masher. Beat in:
- ½ tablespoon butter
- Salt
- Paprika
- 1 tablespoon chopped parsley
Heap the carrots in a mound or in individual mounds. Garnish them with:
- Sprigs of parsley

BAKED CARROTS

Melt:
- 3 tablespoons butter
Sauté in it for 3 minutes:
- ¼ cup chopped onion
Add:
- 2 cups peeled, shredded carrots
Place these ingredients in a baking-dish. Sprinkle them with:
- ½ teaspoon salt
- ½ teaspoon sugar
Pour over them:
- 1 cup water or Stock
Cover the dish. Bake the carrots in a moderate oven 350° until they are tender.

BUTTERED CARROTS (Cooked without water)

5 Servings
Peel or scrape:
- 2 bunches of carrots
Slice them in long thin strips. Place them in a saucepan with:
- 1 tablespoon butter
- ½ teaspoon sugar
- ½ teaspoon salt
- 1 tablespoon chopped parsley
Cover the pan closely. Simmer the
VEGETABLES

Carrots on top of the stove for about 20 minutes or place them in a moderate oven 350° until they are done.
Add:
- 1 tablespoon cream
Cook them 2 minutes longer.

CARROTS and ONIONS
Follow the preceding rule.
Melt the butter. Sauté in it:
- 3 tablespoons chopped onion
Proceed as directed.

CARMELIZED CARROTS
(Glazed Carrots)
Cook:
- Medium-sized or large Carrots in their jackets (page 262)
Skin them. Cut them into halves or into quarters. Dip them in:
- Melted butter
Sprinkle them with:
- Salt
- Paprika
- Brown sugar
Place them in a heavy frying-pan over a low fire until they are well glazed. Baste them from time to time with a little melted butter.

BREADED CARROT BALLS
Cook:
- Small Carrots* in their jackets (page 262)
Skin them. Cut the carrots with a potato ball cutter. Sprinkle them with:
- Salt
Dip them in:
- Cream
Roll them in:
- Buttered bread-crumbs or crushed cornflakes
Place them in a greased baking-dish. Cover them and bake them for 20 minutes in a moderate oven 375°. Remove the cover and permit them to brown.
* Very small canned carrots may be substituted.

FRIED CARROTS
Scrape:
- Small * tender carrots
Cook them for 10 minutes in a small amount of:
- Boiling, salted water
Drain them. Season them lightly with:
- Salt
Drop them in:
- Milk
Roll them in:
- Flour, crumbs, or crushed cornflakes
Fry them in hot fat or oil 373° (page 481). Drain them on paper.
* Large tender carrots may be cut into halves or quarters.

PARSLEY CARROTS
4 Servings
This is a nice variation of *just* plain carrots.
Boil:
- 6 large Carrots in their jackets (page 262)
Skin them and cut them into very thin slices. Melt in a saucepan:
- 2 tablespoons butter
Add and sauté for 1 minute:
- 1 tablespoon finely chopped onion
Add:
- ½ teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon lemon juice
Add the carrots and cook them quickly until they are well heated, then add:
- 2 tablespoons chopped parsley
and serve them at once.

CARROTS and PEAS
Cook:
- Boiled Carrots (page 262)
Combine them with:
- Green Peas (page 268) or canned peas (the proportions are unimportant)
Drain the vegetables well. Season them with:
- Salt
- Paprika
Pour over them:

**Melted butter** *(x tablespoon to 1 cup vegetables)*

Just before serving them add:

**Chopped parsley**

Or heat the peas and carrots in:

**Cream Sauce I** *(page 379, 1/ as much cream sauce as there are vegetables)*

and add:

**Chopped parsley**

*Carrots and Onions, page 264.*

**TURNIPS**

Wash and peel:

**Turnips**

Drop them in a small quantity of:

**Boiling salted water** *(1/2 teaspoons salt to the quart)*

Cook them covered until they are tender. Season them with:

**Paprika**

and serve them with:

**Melted butter** *(x tablespoon to 1 cup turnips)*

Or, mash them with a fork, season them with paprika, add melted butter, and beat them until they are fluffy. Turnips may be drained and placed in boiling:

**Cream Sauce I** *(page 379, 1/ as much sauce as there are turnips)*

A nice variation is to chop:

**Hot boiled turnips**

Add:

**Chopped parsley**

**Butter**

Season them well with:

**Salt**

**Paprika**

**Lemon juice or vinegar**

Place these ingredients in a double boiler over hot water for 15 minutes before serving them.

To glaze turnips:

Cook as directed:

**Young turnips**

Drain them. Brown them in:

**Very hot melted butter**

Season them with:

**Salt**

**Paprika**

**Sugar**

Drain off the butter. Dissolve in a little water:

**A beef cube**

Pour it over the turnips. Simmer them until they are nearly dry. Serve them at once with:

**Chopped parsley**

*Turnip Cups, page 200.*

**BAKED TURNIPS**

Boil by the preceding rule:

2 bunches small *turnips*

Drain them. Place them in a shallow baking-dish. Spread them with:

**Buttered, seasoned bread-crumb**

Add:

1/2 cup rich milk or sweet or sour cream

1/2 teaspoon paprika

1 teaspoon grated onion

Bake the turnips in a hot oven 400° until brown. Garnish them with:

**Chopped parsley**

**MASHED TURNIPS** or **SOUFFLÉ TURNIPS**

4 Servings

A turnip is not necessarily a depressant. Drain, then mash the contents of:

1 No. 2 can turnips or about 2 1/2 cups boiled turnips

Melt:

2 tablespoons butter

Sauté in it until light brown:

1 tablespoon minced onion

Add the turnips and:

1/2 teaspoon salt

1/2 teaspoon sugar

1/2 teaspoon paprika

A few grains of cayenne

2 beaten egg yolks or 1 whole egg

Beat the mixture well. Stir and heat the turnips over low heat and serve them piled in a mound garnished with:

**Parsley**

If you wish to make the dish a soufflé use the 2 egg yolks and cool the mixture,
VEGETABLES

TENDER VEGETABLES

Fold them into the turnip mixture. Place the soufflé in a greased baking-dish. Bake it in a moderate oven 325° for about 25 minutes.

TURNIPS and ONIONs

Peel and cut into thin slices:

Turnips
Onions

Arrange them in layers in a greased baking-dish. Sprinkle them with:

Salt
Paprika

Dot them with:

Butter *

Cover the dish closely. Bake the vegetables in a hot oven 400° for about 30 minutes, or until they are tender.

* Grated cheese may be substituted.

TURNIPS and APPLES

Cut into quarters:

3 large apples

Cook them covered in a little water until they are soft. Put them through a sieve. There should be about 1 cupful of pulp. Cook:

Turnips (page 261)

There should be about 3 cupfuls. Mash them (optional). Season them with:

Salt
Pepper
2 tablespoons butter

Stir in the apple pulp. Reheat these ingredients and serve them hot.

BOILED RADISHES

Peel:

Young radishes

They may be sliced. Cook them until tender in:

Boiling, salted water

Drain them. Dress them with:

Melted butter or Cream Sauce I (page 379)
Salt
Paprika

BOILED BEETS

In England boiled beets are sold from vegetable stands. It takes a long time to cook them—4 hours for the oldest inhabitants and 1 hour or more for the youngsters. See Baked Sliced Beets I and II and Beets in a Double Boiler. Beet greens may be prepared like Spinach (page 259). Add a little green colouring (optional), put the beets in a ring, serve the greens in the centre, dressed with melted butter.

Cut off the tops of:

Beets

Leave 1 inch of stem. Wash the beets. Drop them in:

Boiling, salted water (1 1/2 teaspoons salt to 1 quart water)

Cook them covered until they are tender. Add boiling water as needed. When the beets are done, cool them slightly, and skin them. Cut them into quarters, chop them or put them through a sieve. Season them with:

Salt

Pour over them:

Melted butter *
Chopped parsley

An improved way of boiling beets is the following. Pare and dice:

Beets

Half cover them with:

Boiling salted water (see above)

Cook them covered until they are tender. Add water if needed.

* Beets may be creamed. A fine way to do this is to follow the method for Cream Sauce I (page 379). Use orange juice and water in place of milk. Flavour the sauce with grated orange rind. Sweeten it with 3 tablespoons brown sugar (optional). Horseradish is a good addition to beet dressing, so is mustard or curry powder.

BAKED BEETS

Beets may be baked like potatoes in their jackets. Wash:

Beets

Trim the tops, leaving 1 inch of stem. Place them in a moderate oven 325°
and bake them until they are tender (for about 1 hour). Pull off the skins, Season the beets with:
Salt
Paprika
Serve them with:
Melted butter

BAKED SLICED BEETS I

Beets burn easily and smell to heaven. Having run across the following rule, I can now serve all the beets I want without giving the household one obnoxious whiff.
Peel, then slice or chop fine:
16 medium-sized beets
Grease a 7-inch baking-dish. Place the beets in it in layers. Season them with:
$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon paprika
Dot them with:
3 tablespoons butter
Sprinkle them with:
Onion juice or sliced onions (optional)
1 tablespoon lemon juice
Add:
$\frac{1}{2}$ cup water
Cover the dish closely and bake the beets in a hot oven 400° for 30 minutes or until they are tender. Stir them twice.

BAKED SLICED BEETS II

6 Servings
This is a variation of the preceding recipe.
Pare and cut into thin slices:
12 medium-sized beets
Place them in a greased baking-dish. Combine and pour over them:
2 tablespoons flour
$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup orange juice
Dot the beets with:
2 tablespoons butter
Cover the dish closely. Bake the beets in a hot oven 400° for about 30 minutes or until they are tender.

BEETS COOKED in a DOUBLE BOILER

A fine method in summer.
Prepare the preceding:
Bake Sliced Beets I or II
Place them in a double boiler. Cover the beets and cook them over boiling water for $\frac{1}{2}$ hour or until they are tender. Stir them frequently.

HARVARD BEETS (Sour-Sweet)
6 Servings
Slice or dice:
3 cups freshly cooked Boiled Beets (page 266)
Stir in a double boiler until smooth:
$\frac{1}{4}$ cup sugar
1 tablespoon corn-flour
$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup mild * cider vinegar,**
Cook and stir these ingredients until they are clear. Add the beets and place them over hot water for 30 minutes.
Just before serving heat the beets (but do not boil them) and add:
2 tablespoons butter
You may add to the beets (and it is a delicious variation):
1 small orange, minced, or
1 tablespoonful orange marmalade
* Or use 6 tablespoonfuls strong vinegar and 4 tablespoonfuls cream.
** Dry white wine may be substituted.

Pickled Beets, page 408.

OYSTER PLANT (SALSIFY) or
PARSNIPS

Dissolve:
1 or 2 tablespoons flour
in:
3 cups water
Scrape and slice:* 
Oyster plant
and drop it at once into the water. This will prevent discoloration and the oyster plant may be washed subsequently and will remain white. Drain the oyster plant and cook it covered in a small quantity of:
Boiling salted water ($\frac{1}{4}$ teaspoons salt to the quart)
When it is tender drain it. Serve it with:

**Cream Sauce I** *(page 379, ½ as much sauce as there is oyster plant)*

or with:

- Melted butter, 1 teaspoon butter to 1 cup oyster plant
- Oyster plant may be boiled, mashed, seasoned, and beaten with cream and an egg. Shape it into cakes. Sauté them in butter.

* Or boil the oyster plant whole. Drain it. Peel it. Dip it in:
  - Milk
  - Season it with:
  - Salt
  - Paprika

Roll it in:

- Flour, bread-crumbs, or crushed cornflakes

Sauté it until brown in:

- Butter

or fry it in:

- Hot fat 395° *(page 481)*

Cooked Parsnips or Oyster Plant may be baked. Place them in a baking-dish. Sprinkle them with:

- Salt
- Paprika
- Brown sugar
- Dry mustard or nutmeg (optional)

Dot them generously with:

- Butter

Cover the bottom of the dish with:

- Cream

The parsnips may be covered with:

- Bread-crumbs

Bake them in a hot oven 400° until the top is brown.

**FLORENCE FENNEL or ANISE**

This delicious vegetable may be bought sometimes from Italian hucksters or in neighbourhoods frequented by Italians. Wash, then peel the bulb and the tender part of:

- Fennel stalks

Cut them into slices. Drop them into:

- Boiling, salted water

Simmer the fennel until it is tender. Serve it seasoned with:

- Salt
- Paprika
- Hot olive oil or melted butter

**BOILED PEAS**

*(With or without carrots)*

Wash, then shell:

- Green peas

Cook them uncovered (this will preserve the colour) in a very small quantity of:

- Boiling water

Add a very small amount of:

- Salt

(It is very easy to oversalt peas.)

There is a tradition that one must add to peas:

- A pinch of sugar
- Two or three:
  - Pea-pods

may be cooked with the peas for flavour. When the peas are tender drain them if there is any water left. Season them with:

- Sautéed bacon, chopped
- Salt
- Paprika

Moisten them with:

- Melted butter or cream

Peas may be combined in any proportion with:

**Boiled Carrots** *(page 262)*

**GREEN PEAS**

Peas cooked by this rule are delicious. 1 pound of peas, unshelled, is about 1 cup of peas, shelled (about 2 servings). Wash, then shell:

- Green peas

Place them in the top of a double boiler. Cover them with large moist:

**Lettuce leaves**

Cook them covered until tender over boiling water. This is sometimes a slow process, dependent upon the size of the peas, about ½ of an hour. Remove the lettuce leaves. Add:

- Salt
- Paprika
- A few grains of cayenne
- Butter or cream

Serve the peas sprinkled with:

- Chopped parsley

Or, wash a head of lettuce, remove the heart. Prepare for cooking:

**Green Peas**
Season them with:
Salt
Paprika
A little sugar

Fill the head of lettuce with the peas, tie up the leaves, and place the head in a small quantity of:
Boiling water
Steam the peas covered for 30 minutes. Serve them with:
Melted butter or cream
The lettuce leaves may be chopped and served with the peas.


GREEN PEAS CREAMED
Wash, then shell:
2 pounds green peas (2 cups shelled)
Melt in a saucepan:
1½ tablespoons butter *
Add the peas and:
1 small onion or 3 young green onions
1 heart of lettuce
5 or 6 sprigs of parsley
1 sprig of thyme (optional)
½ teaspoon salt
Pour over them enough boiling water to cover the bottom of the pan. Cook the vegetables over a high flame for 10 minutes, then reduce the heat and simmer them closely covered until the peas are tender. Remove the lettuce and the parsley. Combine, heat, and pour over the peas:
6 tablespoons cream
3 tablespoons stock from the vegetables
* You may substitute 3 slices of bacon minced and sautéed.

GREEN PEAS and ONIONS
Cook:
2 pounds of fresh peas
Cook with the peas or cook separately:
1 cup small Onions or sliced Spring Onions (page 280)
Drain the vegetables well. Melt:
2 tablespoons butter
or heat:
4 tablespoons thick cream
Pour it over the vegetables. Sprinkle them with:
Chopped parsley (optional)

GREEN PEAS with MINT SAUCE
Cook:
2 cups green peas (2 pounds)
Drain them and serve them with:
1 cup Cream Sauce I (page 379)
Add to the sauce:
3 tablespoons chopped mint leaves

GREEN PEAS and GREEN ASPARAGUS
Cut into ¼-inch slices and cook:
Green Asparagus (page 261)
Drain them. Reserve the liquor.
Cook:
Boiled Green Peas (page 268)
Drain them. Reserve the liquor. Combine the vegetables. Pour over them a little:
Melted butter
or ½ as much:
Cream Sauce I (page 379) *
as there are vegetables.
Serve them sprinkled with:
Chopped parsley
* Use the vegetable liquor and cream for the sauce, or use it for Vegetable Bisque (page 44).

PEAS and MUSHROOMS
The proportions given for peas and mushrooms may be varied.
Drain, reserving the liquor:
2 cups (2 pounds unshelled) fresh Boiled Peas (page 268) or 2 cups canned peas (No. 2 can)
Prepare for cooking:
1 pound (more or less) mushrooms
Sauté them in:
4 tablespoons butter (page 293)
(The frying-pan may be rubbed with garlic.) Remove the mushrooms from the pan. Add to the juice in the pan:
2 tablespoons flour
VEGETABLES

GREEN BEANS and
MUSHROOMS in SOUR CREAM

4 Servings
Sauté:
  1 cup mushrooms (page 293)
in:
  2 tablespoons butter
Add:
  2 cups cooked string beans (see above)
  \( \frac{1}{4} \) cup sour cream
  \( \frac{1}{2} \) teaspoon salt
Heat and serve with:
  2 teaspoons chopped parsley or
  basil (see Herbs, page 787)

STRING BEANS with EGG
  SAUCE

String, tie loosely into small bunches:
  Straight young string beans
Cook them by the rule on this page
for string beans. When they are tender, drain and unite the beans. Place
them crosswise on a platter. Have ready the following sauce:
Melt:
  1 tablespoon butter
Stir in until blended:
  1 tablespoon flour
Stir in slowly:
  1 cup Stock or Stock Substitute
  (page 38) or milk
When the sauce is smooth and boiling
remove it from the fire and beat in:
  2 egg yolks
Reduce the heat and stir and cook the
sauce for 1 minute longer to permit
the yolks to thicken. Add:
  \( \frac{1}{4} \) teaspoon salt
  \( \frac{1}{4} \) teaspoon paprika
  1 tablespoon lemon juice
To keep the sauce hot place it over
hot water. Pour the sauce over the
beans in a broad path down the centre
of the stack.
  Garnish them with:
  Sautéed mushrooms
Serve them at once.

STRING BEANS

String and shred lengthwise:
  Green beans
Drop them into a small quantity of:
  Boiling salt water (1 1/2 teaspoons
salt to the quart)
Cook them (uncovered if you wish to
preserve the colour, covered if you
wish to preserve the vitamins) until
they are barely tender—no longer—
about 20 minutes. The addition of:
  A skinned onion
gives the beans a good flavour. Drain
the beans. Return them to the pot
and reheat them in:
  Melted butter
or in thin:
  Cream Sauce I* (page 379, 1/3 as
much sauce as there are beans)
Add to the cream sauce as desired:
  Grated cheese (optional)
  Chopped parsley
Hot, well-seasoned stock may be added
to the butter or combined with the
milk in the cream sauce. Add for a
variation in place of the butter or
cream sauce:
  Minced sautéed bacon and bacon
  fat or olive oil
  Onion Sauce, page 383
  Buttered crumbs
  Tomato soup
  A grating of nutmeg
  Black Butter, page 297
* Good made with stock and cream.

String Bean Salad II, page 408.

Stir and cook it until it bubbles.
Combine and stir in slowly:
  \( \frac{1}{4} \) cup liquor from the peas
  \( \frac{1}{4} \) cup cream
Add if required:
  Salt
  Paprika
When the sauce is smooth and boiling
add the peas and the mushrooms.
Simmer them covered for a few
minutes. Serve them sprinkled with:
  Chopped parsley

Purée of Dried Peas, see Purée of
Lentils, page 275.
GREEN BEAN CASSEROLE DISH

6 Servings

What becomes of the onions and peppers? They frequently disappear, leaving marvellously seasoned beans. This dish is great for the hostess who cooks her own dinner.

String:

1 pound green beans

Peel and chop:

4 medium-sized white onions

Remove the seeds and veins from:

2 medium-sized green peppers

Chop the peppers. Butter a baking-dish. Place in it alternate layers of the vegetables, beginning and ending with a layer of beans. Sprinkle each layer with:

Salt
Paprika

Dot each layer with:

Butter

Cover the dish. Bake the vegetables in a moderate oven 350° for about 1 hour or until the beans are tender.

Before serving cover the top with:

Buttered Bread-crums (page 296, optional)

GREEN BEANS BAKED in TOMATO SAUCE

6 Servings

A very nice variation of an old stand-by.

Prepare for cooking:

1 pound tender string beans

Place them in a greased baking-dish.

Combine:

1 cup tomato soup*
1 cup Stock or Stock Substitute (page 38)
3 tablespoons prepared horseradish or a teaspoons Worchester sauce
1/2 teaspoon salt
1/2 teaspoon paprika

Pour this mixture over the beans. Bake the beans in a moderate oven 350° for about 30 minutes. Cover the top with:

1/2 cup buttered crumbs**

Bake them in a hot oven 450° until the crumbs are brown (for about 10 minutes longer).

* A sauce made of:
2 tablespoons butter
2 tablespoons flour and
2 cups tomato juice

may be substituted for the soup and stock or you may use:
2 cups canned ready-to-serve tomato soup

** Dry crumbs, a few dots of butter, and a grating of cheese may be substituted for the buttered crumbs.

BAKED STRING BEANS with CHEESE

Prepare for cooking:

1 1/2 pound string beans

Place them in a greased baking dish.

Dot them with:

1 1/2 tablespoons butter

Sprinkle them with:

1 teaspoon salt
1/2 teaspoon paprika

A few grains of cayenne
1/2 cup grated cheese

Pour over them:

1 cup rich milk or part milk and part Stock or Stock Substitute (page 38)

Cover the dish. Bake the beans in a moderate oven 350° for about 1 hour.

SUCOTASH, with GREEN BEANS

Combine and heat:

2 cups cooked corn, cut from the cob
2 cups finely shredded cooked green beans

Season the vegetables with:

Salt
Paprika
Butter

BAKED BEANS I

4 Servings

Cover:

1 1/2 cups dried haricot beans

with:

Water
**VEGETABLES**

Bring them slowly to the boiling point, or cover beans with water and soak them for 12 hours. Drain them, cover them again with water, and simmer them long and slowly. Place a few beans in a spoon. Blow on them. If the skins burst they are sufficiently cooked. Drain them and add:

- \( \frac{1}{2} \) cup onion, chopped
- \( \frac{1}{2} \) pound salt pork, sliced
- 2 tablespoons or more dark molasses (black treacle)
- 2 or 3 tablespoons ketchup
- 1 tablespoon dry mustard
- 1 teaspoon salt

Place them in a greased casserole, decorate them with salt pork, and bake them covered in a very slow oven \( 250^\circ \) from 6 to 8 hours. If they become dry, add a little:

Well-seasoned stock

Uncover the beans for the last hour of cooking.

**BAKED BEANS II**

**8 Servings**

Cover:

- 4 cups pea beans, or small haricots,
  with:
  
  Water

Cook them by the rule under Baked Beans I, see above:

- 1 cup chopped onion
- \( \frac{1}{2} \) pound salt pork, diced
- \( \frac{1}{2} \) to 1 cup brown sugar or molasses (black treacle)
- 1 cup ketchup
- 1 teaspoon dry mustard *
- 2 teaspoons salt
- 1 tablespoon Worcestershire sauce (optional)
- 1 cup boiling water

Place the beans in a greased baking-dish. Decorate the top with:

- \( \frac{1}{2} \) pound salt pork, sliced

Bake them covered in a very slow oven \( 250^\circ \) from 6 to 8 hours. If they become dry add:

Stock or water

* Uncover the beans for the last hour of cooking. Beans are good served with:

Marinated onions (page 28)

* If you like curry add:

1 teaspoon or more curry powder

**CANNED BAKED BEANS and BACON or FRANKFURTERS**

**6 Servings**

Canned beans come in many guises. Some are perfect, others can be improved upon. If unsatisfactory, beans present unlimited possibilities for adventure. You may rinse indifferent beans with cold water and start afresh.

To the contents of:

- 1 No. 2 can beans

Add approximately:

- 4 tablespoons ketchup
- 2 tablespoons molasses (black treacle)
- 2 tablespoons brown sugar
- 2 tablespoons bacon fat
- Minced onion, celery, and green pepper
- Salt, if needed
- 3 drops Tabasco sauce or a few grains of red pepper

Make them moist and palatable. Place the beans in a greased shallow ovenproof dish. Cover the top with:

- Bacon, very thin strips of salt pork or skinned frankfurters, sliced

Bake the beans in a moderate oven \( 375^\circ \) for about 30 minutes. The raw vegetables may first be sautéed in the bacon fat and then added. The bacon may be sautéed and served separately.

**PURÉE of DRIED BEANS**

A rule for making purées of dried beans, peas, etc., is given under Lentils, page 275.

**LIMA or BUTTER BEANS**

Canned or cooked frozen beans may be substituted.

Cover:

- 1 quart young Lima beans

with:

Boiling water

Add:

- 1 tablespoon butter

Simmer the beans for 15 minutes.

Add:

- 1 teaspoon salt
Cook the beans over a good flame until the water evaporates. Add:

- ½ cup butter
- 1½ tablespoons lemon juice
- 1 tablespoon chopped parsley

or add:

- ½ cup cream*

Heat them thoroughly in the cream, but do not let them boil.

A good way of using left-over Lima beans is to combine them with cheese sauce.

Add to:

Lima beans

½ as much:

Cheese Sauce (page 382)

Chopped celery, cooked or raw, is good added to Lima beans. So are sautéed onions or Creamed Mushrooms and crisp bacon, minced.

* I know a family whose members feel abused when their beans are served without soup stock thickened with a little flour and butter.

**CANNED LIMA or BUTTER BEANS with PIQUANTE SAUCE**

6 Servings

In order to provide a Lima bean with glamour you must do a fan-dance with it.

Drain the contents of:

- 1 (No. 1) can Lima beans

Reserve the liquor. Add to it to make 1½ cupfuls of liquid

Cream

Melt:

- 3 tablespoons butter or dripping

Sauté in it until light brown:

- ½ cup chopped onion
- ¼ cup chopped celery (optional)

Stir in until it bubbles:

- 2½ tablespoons flour

Stir in the liquid slowly. Reduce the heat and stir in until melted:

- ¼ cup or more minced cheese

Season the sauce with:

- ½ teaspoon salt
- ¼ teaspoon paprika
- A few grains of red pepper
- ½ teaspoon dry mustard
- 2 teaspoons Worcestershire sauce

A pinch of three herbs—marjoram, thyme, savory, etc. (optional)

The beans may be served on:

Buttered toast

Garnish them with:

Chopped parsley

**CANNED LIMA or BUTTER BEAN CASSEROLE**

6 Servings

This is a fine main dish.

Prepare by the preceding rule

Lima beans

Add to them:

- 6 frankfurters, sliced

Place these ingredients in a baking-dish.

Cover the top with:

Bread-crumbs

Sprinkle it with:

Cheese (optional)

Bake the beans in a moderate oven, 375° for about 1½ minutes.

**DRIED LIMA or BUTTER BEANS**

Soak for 12 hours in cold water to cover:

- 2 cups dried Lima beans

Drain them. Cook them for ½ hour in:

Boiling salted water

Drain them. Reserve the liquor. Cut into small pieces and render in a frying-pan:

- ¼ pound salt pork

Remove the meat scraps. Add to the fat:

- ⅛ cup chopped onion
- ¼ cup chopped carrots

Cook these vegetables until the onion begins to brown. Add the beans and:

- 2 teaspoons chopped parsley

Place these ingredients in a greased baking-dish. Cover them half-way up with bean liquor. Bake them in a slow oven 275° until beans are tender (for about 1½ hours). When the beans become dry add:

- ½ cup soup stock
BAKED LIMA or BUTTER BEANS

Wash:
2 cups dried Lima beans

Soak them overnight in water to cover.
Add to the water:
\( \frac{1}{2} \) clove of garlic
2 tablespoons butter *
\( \frac{1}{2} \) teaspoon salt

Remove the garlic. Boil the beans until they are soft. Put them in a baking-dish with the remaining liquid. Sprinkle the beans with:
Brown sugar

Cover the top with:
Strips of bacon

Bake the beans in a slow oven 300° for 30 minutes.

* \( \frac{1}{2} \) cup celery and \( \frac{1}{2} \) cup onions may be sautéed in the butter.

For other Lima Bean Dishes see pages 173, 217.

CANNED KIDNEY BEANS and TOMATOES

4 Large Servings

Grease a baking-dish. Have ready the contents of:
1 (No. 2) can kidney beans
\( \frac{1}{2} \) pound bacon, chopped *
\( \frac{1}{2} \) cup chopped onion
1 cup canned tomatoes or diluted tomato soup

Cover the bottom of the dish with a layer of beans. Sprinkle it with some of the bacon and onions. Repeat the process. Pour the tomatoes over the whole. Cover the top with:
Bread-crumbs or cornflakes

Dot it with:
Butter

or sprinkle it with:
Grated cheese (optional)

Bake the dish in a moderate oven 350° until the top is browned (for about 30 minutes).

* If preferred cut the bacon with a pair of scissors. Scissors make quick work of celery, green peppers, raisins, and ever so many other things. Grand to have around a kitchen.

Minced Beef and Kidney Bean Dish, page 153. Excellent!

QUICK PURÉE OF PEAS

Prepare:
\( \frac{1}{2} \) cup minced onion, spring onions, or chives

Saute them until tender in:
3 tablespoons butter

Heat in a double boiler the contents of:

2 (10 oz.) cans of condensed cream of pea soup

Stir in the onions and a few drops of:
Green colouring

This dish may be served au gratin.

LENTILS

Soak in cold water for 12 hours:
2 cups lentils

Wash them in several waters. Pick them over. Add to them:

4 cups water
3 sprigs parsley or a stick of celery with leaves

1 cup sliced onions
A piece of fat corned beef or smoked sausage (optional)

\( \frac{1}{2} \) bay leaf
2 cloves (optional)

Bring them slowly to the boiling point. Simmer them until they are tender—about 1½ hours. Add boiling water if necessary. Remove the onion, parsley, and spices. Drain the lentils. Press them through a sieve.* Beat them with:

1 tablespoon butter
2 tablespoons cream

Add if needed:
Salt (1 teaspoon or more if the meat has been omitted)

Place them in a greased baking-dish. Put them in a hot oven 425° until they are very hot.

The lentils may be served as they are with:
Brown Sauce or Tomato Sauce (page 385)

Use 1 cup of lentil water to make the Brown Sauce.

Sometimes the baking is omitted. The lentils are not sieved. They are dressed in:

Sour-sweet Sauce

Combine and cook:
3 tablespoons minced sautéed bacon
3 tablespoons onions, sautéed
in:
  2 tablespoons butter
  1 tablespoon flour
When well blended add:
  3 cups lentil or other broth
  2 tablespoons vinegar or wine
A fresh grating of nutmeg
Salt
Paprika
Add and heat the drained lentils in the sauce.
* This is optional.

PURÉE of DRIED LENTILS, BEANS, or PEAS
See Appendix D (page 165) for Soaking and Cooking Dried Legumes.
Cook by the preceding rule for Lentils:
Dried lentils, beans, or peas
You may add:
A clove of garlic
After draining the lentils put them through a fine sieve. Allow to every cup of purée:
  1 tablespoon butter *
  A scant ½ teaspoon salt
  ½ teaspoon pepper or paprika
Whip the purée over a hot fire. Serve it in a mound garnished with:
Sautéd onions
Parsley
* You may brown in the butter
  1 tablespoon flour

SOY-BEANS (Green)
Shell, then boil in salted water until tender:
Green soy-beans
Drain them. Dress them with:
Melted butter
Salt
Paprika
or with some other dressing (page 296).
To roast cooked soy-beans:
Spread them in a shallow greased pan.
Dot them with butter. Roast them in a moderate oven 350° until brown or brown them in deep fat, page 481.

SOY-BEANS (Dried)
Dried soy-beans soaked and cooked will about double in bulk.
Soak in water for 12 hours:
Dried soy-beans
Boil them in fresh salted water until tender (for about 3 hours). Bacon, salt pork, and onion may be added for the last hour of cooking.
Dried soy-beans may be substituted for other dried beans, small haricots, Lima, etc., in the rules given elsewhere in this book.
Bean Loaf, page 165: Bean Patties, page 165.

GREEN PEPPERS in CHEESE SAUCE or TOMATO SAUCE
Stewed green peppers combine well with other vegetables, for example: Green peppers and celery. They are good by themselves if pepped up with a well-seasoned sauce.
Remove the stem and seed-pods from:
Green peppers
Cut the peppers into oblongs or strips. Drop them into
Boiling salted water
Boil them until they are tender. Drain them well. Serve them in:
Cheese Sauce, canned tomato, mushroom, or celery soup (equal to about ½ the amount of peppers)
Season the cheese sauce with:
Worcestershire sauce
Smothered peppers are a popular dish in Hungary. The peppers are simmered covered in a generous amount of butter. See Boiled in Butter Vegetables, page 242.
Pepper Cases Filled with Food, page 193

STEWED or CREAMED CELERY
Wash, then cut into small pieces:
1 head of celery
Drop it gradually into a small amount of:
Boiling water, lightly salted
Cook it covered until it is tender. allowing it, if possible, to absorb the water. Drain the celery.* Serve it with:
Melted butter (1 tablespoon butter to 1 cup celery)
Or drop it into:
- **Boiling Cream Sauce I** (page 379, \( \frac{1}{2} \) as much sauce as there is celery)
* Use the water with cream for the sauce.
** This may be seasoned with curry powder or with a herb (page 787).

**CELERY AU GRATIN**
Prepare the preceding:
- **Stewed Celery in Cream Sauce**
Place it in a greased baking-dish. Cover the top with:
- Bread-crumbs
Dot it with:
- Butter
or sprinkle it with:
- Grated cheese
Bake it in a hot oven 400° until the cheese is melted.

**CREAMED CELERY and GREEN PEPPERS**
Cook:
- Stewed Celery (page 275)
Drain it. Wash:
  - 2 green peppers
Cut off the top and remove the seeds and veins. Cut the peppers into small pieces and drop ham into a small quantity of:
  - Boiling salted water (1 \( \frac{1}{2} \) teaspoons to the quart)
Boil them for 15 minutes, or until they are tender, then drain them. Drop the celery and the peppers into seasoned:
  - **Boiling Cream Sauce I** (page 379, \( \frac{1}{2} \) as much sauce as there are vegetables)
Garnish them with a sprinkling of:
- Paprika

**BRAISED CELERY I**
Wash:
- Dwarf celery heads
Cut off part of the leaves. Place the celery in a small quantity of:
  - **Boiling Stock or Stock Substitute** (page 38)
Simmer them covered until they are tender. Large heads may be used, but their leaves must be cut off and the stalks must be quartered. Drain the celery and place it where it will keep warm. Reserve the stock.
Melt:
  - 2 tablespoons butter
Stir in until blended:
  - 2 tablespoons flour
Stir in slowly:
  - 1 cup stock or stock and cream *
Place the celery on slices of hot:
- Buttered toast
When the sauce is smooth and boiling pour it over the celery.
The celery may be chilled and served with:
- French dressing
  * You may vary this by adding grated lemon rind and lemon juice.

**BRAISED CELERY II**
Take the outer ribs and the top leaves from:
- 4 small heads of celery
Cut into halves. Melt:
  - 2 tablespoons butter
Sauté in the butter:
  - 1 tablespoon minced onion (optional)
Add the celery. Cover the bottom of the pan with:
- **Beef Stock or Stock Substitute** (page 38)
Cover the pan with a lid. Simmer the celery for about 20 minutes or until it is tender. Add:
  - 1 tablespoon butter
Place the pan uncovered in a moderate oven 350° until most of the liquid has been absorbed. Baste the celery frequently. Season it if needed with:
- Salt
- Paprika
Serve it hot with the stock or very cold with:
- Mayonnaise or French dressing
Or, simmer dwarf celery until tender in:
- **Beef stock**
Drain it. Marinate it in:
- French dressing
for several hours. You may add:

Anchovy paste

to the dressing.

_Celeriac or Celery Root, page 418._

A fine root vegetable, much neglected.
This is good buttered, creamed, _au gratin_, made into a pudding (see Squash Pudding, page 177) or a soufflé.

**LETTUCE**

This may be treated like spinach. It’s fine chopped and creamed. You may use the outer leaves for this purpose or you may use them for soup.

**BRAISED LETTUCE**

This is a very good ‘quick’ hot vegetable. It is frequently served in France with unthickened meat gravy. Remove the outer leaves from:

_A head of lettuce_

Cut the head into quarters and place them in a very small quantity of:

_Boiling Stock or Stock Substitute (page 38)_

Cook the lettuce covered for about 8 minutes, in which time most of the liquor should be absorbed. Add if required:

_Salt_  
_Paprika_  
1 tablespoon butter (optional)

Lettuce may be braised by the preceding rules for Braised Celery.

**BRAISED ENDIVE or LETTUCE**

Place in a baking-dish:

2 slices of bacon or 2 tablespoons butter  
1 carrot, sliced  
3 tablespoons chopped onion  
2 sprigs parsley  
3 heads endive

Cover the dish. Bake it in a moderate oven 375° for 10 minutes. Add:

1 cup well-seasoned Stock  

Bake the endive until the stalks are tender. Thicken the stock with:

Flour (2 tablespoons to 1 cup stock)

Serve the endive on:

Hot toast (optional)  

Pour the boiling sauce over it.

**ONIONS**

Onions are supposed to be the secret of health, but how can one keep the secret?

To Prepare Onions:

Pour boiling water over onions and permit them to stand for 2 minutes. Drain them, skin them under cold water.

To Boil Onions:

Drop prepared, sliced onions into a quantity of rapidly boiled salted water—twice as much water as onions—and cook them uncovered until they are tender. Drain them at once.

**BUTTERED ONIONS**

Cook by the preceding rule:

Boiled Onions

Drain them well. Serve them with:

Melted butter (1 tablespoon to 1 cup onions)

Or, melt:

½ cup butter

Add:

1 cup bread-crumbs

Sauté them for 1 minute and pour them over the onions.

Or, dress the onions with:

½ cup butter  
1 teaspoon sugar  
½ teaspoon cinnamon or cloves

**CREAMED ONIONS**

If onions were costly, surely they would be considered a great delicacy. The following is as good a vegetable dish as I know (but then, I like onions).

Cook by the above rule:

1½ cups Boiled Onions

Drain them well. Prepare:

½ cup Cream Sauce I* (page 379)

When the cream sauce is smooth and boiling add the onions and cook them for 1 minute. Sprinkle them with:

Paprika

* You may substitute Cheese Sauce, page 382. Fine served on toast.
ONIONS AU GRATIN

Prepare by the preceding rule:

Creamed Onions
Place them in a greased baking-dish or in individual dishes. Cover the top with:

Bread-crumbs
Dot it with:
Butter
or sprinkle it with:
Grated cheese
Place the dish to grill under a moderate flame until the top is brown. If prepared in advance reheat the onions over hot water before placing them in the baking-dish.
Celery cooked or raw combines well with this dish.

SMALL ONIONS BRAISED

Skin:
Small onions
Pour over them to the depth of ¼ inch:
Boiling Stock or Stock Substitute (page 38)
Cook them covered over a slow fire. Permit them to absorb the liquid. When they are tender season them with:
Salt
Paprika
Additional stock may be added as required.

GLAZED ONIONS

4 Servings
These onions are good with Pork Roast. Skin:
8 small onions
Prick them through the centre and place them in a small quantity of:
Boiling salted water
Cook them covered until they are nearly tender, permitting them to absorb the water. Dry them on a cloth.
Melt:
3 tablespoons butter
Add:
2 tablespoons sugar
Cook this syrup for 1 minute. Add the onions and move them about until they are well coated. Cook them for about 15 minutes, using an asbestos plate towards the end.

WHOLE BAKED ONIONS

Wash:
Medium-sized onions
Bake them in a moderate oven 375° until they are tender (for about 1½ hours). Cut a slice from the root end. Squeeze the onions to force out the centres. Discard the outer shells. Before serving the onions pour over them:
Melted butter
Season them with:
Salt
Paprika
Cover them with:
Grated cheese or chopped parsley (optional)

BAKED ONIONS

Skin:
12 medium-sized onions
Cut them crosswise in halves. Place them side by side in a buttered baking-dish or pan. Season them with:
1 teaspoon salt
¼ teaspoon paprika
2 teaspoons brown sugar
Dot them with:
3 tablespoons butter
Cook them in a slow oven 325° until they are done (for about 1 hour).
Serve them on slices of:
Thin buttered toast
Garnish them with:
Parsley dipped in lemon juice

SPANISH ONIONS ROASTED

Skin:
Spanish onions
Cut them crosswise into 3 slices. Place them side by side in a greased pan. Season them with:
Salt
Paprika
Dot them generously with:
Butter
Add to the depth of ¼ inch:
Boiling Stock or Stock Substitute (page 38)
Bake the onions in a moderate oven 325°. Baste them frequently until they have absorbed the stock and are tender and brown. Use additional boiling stock if required.
SCALLOPED ONIONS

Onions build you up physically, but run you down socially. When you eat these you don’t care about their disadvantages. Skin and slice:
- 6 large mild onions

Melt:
4 tablespoons butter or bacon fat
Sauté the onions in the fat until they are tender. Season them with:
Salt
Pepper

Place them in a shallow baking-dish. Sprinkle the top well with:
- Soft bread-crumbs
- Grated cheese
- Paprika

Bake the onions in a moderate oven 375° until the crumbs are brown.

ONIONS in RAMEKINS

6 Servings
Cook for 10 minutes or until tender, in an uncovered saucepan:
- 3 cups skinned, chopped onions (about 6 medium-sized onions)
- 4 cups boiling water
- 1 teaspoon salt
Drain the onions. Melt in a saucepan:
- 1 tablespoon butter
Stir in until blended:
- 1 tablespoon flour
- ½ teaspoon salt
- ½ teaspoon pepper
Stir in slowly:
- 1 cup evaporated milk
Add:
- ½ cup soft bread-crumbs
Cook and stir these ingredients 2 minutes longer, or until they are thickened. Cool them. Stir in:
- 1 slightly beaten egg yolk

Add the drained onions and:
- 1 tablespoon chopped parsley

Fold in:
- 1 stiffly beaten egg white
Pour the mixture into 6 greased custard cups or ramekins. Set them in a pan of hot water and bake them in a moderate oven 350° for 1 hour or until they are firm.

ONIONS in TOMATO SAUCE

Follow the excellent rule on page 271 for:
Beans in Tomato Sauce
Substitute:
Small onions or large onions, sliced

These may be served in ramekins au gratin.

SAUTÉED ONIONS

If you eat onions don’t breathe it to a soul.
Skin:
- 4 medium-sized onions
Cut them into very thin slices or chop them. Melt in a frying-pan:
- 2 tablespoons butter or bacon fat
Add the onions and sauté them until they are brown. Stir them frequently to keep them from burning. Before serving them season them with:
Salt

SMOTHERED ONIONS

4 Servings
Melt:
- 3 tablespoons butter or dripping
Turn in the hot fat:
- 3 cups sliced onions
Cover closely and cook them over a slow fire until tender. Season them while cooking with:
- ½ teaspoon Worcestershire sauce (optional)
Salt
Paprika

Serve them with scrambled eggs or a meat course.

ONIONS FRENCH FRIED

Skin:
Onions
Cut them crosswise in ¼-inch slices.
Combine:
- ¾ cup milk
- ½ cup water
Soak the onions in this for ½ hour.
Drain the onions, spread them on absorbent paper, and dredge them with
flour. Season them and fry them until they are light brown in deep fat, heated from 350° to 370° (page 481).

SHOESTRING ONIONS
This delicious dish is frequently served by a Filipino chef, who cuts the onions into paper-thin shreds with a cleaver.

Skin:
Onions
Cut them into the thinnest possible shreds. Fry them, a small quantity at a time, in deep fat, heated to 370° (page 481). Season them with:
Salt
Drain them on absorbent paper.

ONION RINGS in BATTER
6 Servings
Skin:
Large onions
Cut them crosswise into ¼-inch slices. Separate the slices into rings.
Beat:
2 egg yolks
Add:
½ cup milk
Sift, then stir in:
½ cup fine flour
½ teaspoon salt
Drop the onion rings into the batter one at a time. Fry them in a kettle of deep fat heated to 395° (page 481). Drain the onions on absorbent paper. Keep them hot until ready to serve them.

See Index for other Onion Dishes.

SPRING ONIONS
Spring onions are the exception that proves the rule, for they require only a very little water.

Place:
Spring onions
in a very small quantity of:
Boiling salted water (1 ½ teaspoons salt to the quart)
Cook them covered until they are nearly tender. Drain them well. Place them in rows on very thin:
Slices of toast
Pour over them:
Melted butter
Or, cut the onions into small pieces, cook them, and combine them with other cooked vegetables—peas, beans, new potatoes, etc.

SPRING ONIONS FRIED
Cut into 1-inch lengths:
Spring onions
Dip them into:
1 egg diluted with 2 tablespoons water
Roll them in:
Seasoned bread-crumbs
Fry them in deep fat. For crumbling and frying see pages 481-2.

LEEKS
Trim the roots and part of the tops from:
Leeks
Drop them into boiling:
Salted water (1 teaspoon to the quart)
Boil them until they are tender. Drain them well. Serve them with:
Melted butter
Paprika

STEWED TOMATOES
Wash:
Tomatoes
Cover them for 1 minute with:
Boiling water
Skin them, cut them into quarters, and place them in a stewpan over a slow fire for 20 minutes.
You may add:
Minced onion
2 or 3 cloves
Stir them occasionally to keep them from scorching. Season them with:
Salt
Paprika
Sugar, white or brown
Curry powder
Butter
Tomatoes may be thickened with:
Bread-crumbs
Creamed Tomatoes, page 179; Tomatoes Creole, page 178; Tomato Pudding, page 175.
STEWED CANNED TOMATOES

Follow the preceding rule for:
Stewed Tomatoes
Or, combine:
2 cups canned tomatoes
1 cup chopped celery
2 teaspoons sugar
1 teaspoon salt
2 teaspoon paprika
1 cup soft bread-crumbs
Simmer these ingredients for 10 minutes or bake them in a hot oven 400° for 20 minutes.

TOMATO VELVET or PASTE

Wash, skin, then mash:
6 large ripe tomatoes
Melt:
2 tablespoons butter
Add the tomatoes and:
1 teaspoon brown sugar
1/2 teaspoon paprika
1/2 teaspoon salt
Cook the tomatoes over a slow fire, stirring constantly, or in a double boiler, until they are the consistency of thick paste. Put the paste through a sieve. This makes a good sandwich spread or relish. It is a fine addition to sauces.

BAKED TOMATOES

Cut deep narrow holes in:
6 firm tomatoes
Season them—pushing the seasoning into the hollows—with:
3 tablespoons brown sugar
1 1/2 teaspoons salt
2 tablespoons butter
Fill the remaining space with:
4 tablespoons Buttered Bread-crumbs (page 296, optional)
Place the tomatoes in a baking-dish or in greased muffin-tins. Bake them in a hot oven 400° for about 15 minutes.

Filled Baked Tomatoes, page 189.

GRILLED TOMATOES I

(With Bread-crumbs)

Wash:
Tomatoes
Cut them crosswise into halves and

* slice a small piece off the tops and the bottoms. Sprinkle the halves with:
  Salt
  Pepper
  Brown sugar (optional)
Dip them in:
  Bread-crumbs
then in:
  1 egg diluted with 2 tablespoons water
and again in bread-crumbs.
Place them on a greased pan in a moderate oven 375° until they are nearly soft, then grill them under a moderate flame, turning them once, until they are brown.

GRILLED TOMATOES II

(With Cheese)

Wash:
4 firm tomatoes
Cut them crosswise into 1/2-inch slices.
Season them well with:
1 teaspoon salt
1/2 teaspoon pepper
Sugar, white or brown
Celery salt (optional)
Place them in a greased pan and cover them closely with:
1 cup bread-crums
Sprinkle the tops with:
1/2 cup grated cheese
2 tablespoons or more chopped onion (optional)
Dot them with:
Butter
Grill them for 10 minutes under a moderate flame, or bake them for 15 minutes in a moderate oven 375°.

GRILLED TOMATOES III

(With Oil and Mustard)

Cut a thin slice from the tops and hollow slightly:
6 firm, medium-sized tomatoes
Combine and blend well:
6 tablespoons oil
4 tablespoons brown sugar
1 1/2 teaspoons salt
2 tablespoons minced onion
2 teaspoons prepared mustard
2 teaspoons vinegar
VEGETABLES

Place 2 teaspoons of this mixture in each hollow. Sprinkle the tops with:
3 tablespoons crushed biscuits or cornflakes

Place a little of the dressing over the crumbs. Place the tomatoes in a shallow pan. Grill them under a moderate flame for about 10 minutes or until the tomatoes are tender. Baste them two or three times during the grilling with some of the dressing.

GRILLED TOMATOES IV
(With Brown Sugar Sauce on Toast)
Wash:
Tomatoes
Cut them into halves. Season them with:
Salt
Paprika
Cover them with:
Brown sugar
Dot them generously with:
Butter
Place them in a greased pan and grill under a slow flame or bake them in a moderate oven 350°. When the tomatoes are done pour off the juice. Add to it:
Cream (as much as there is stock)
Thicken the gravy with:
Flour (2 tablespoons to 1 cup stock and cream)
Cook and stir it until it boils. Place the tomatoes on rounds of:
Buttered toast
Pour the gravy over them.

SAUTÉED TOMATOES
This recipe is much like the preceding one, but it may be useful when grilling or baking is out of the question.
Wash:
4 medium-sized tomatoes
Slice them in ¼-inch slices. Season them with:
1 teaspoon salt
½ teaspoon pepper
Brown sugar (optional)*
Melt:
2 tablespoons butter or bacon fat
Add the tomato slices and sauté them on both sides. Remove the tomatoes to a hot platter or place them on:
Rounds of toast
Add to the butter in the frying-pan and blend in:
2 tablespoons flour
Stir in slowly:
x cup rich milk
When the sauce is smooth and boiling pour it over the tomatoes.
* The tomatoes may be dipped in fine dry bread-crumbs, oatmeal, or flour.

SAUTÉED GREEN TOMATOES
Follow the preceding rule for:
Sautéed Tomatoes
Substitute for ripe tomatoes:
Green tomatoes

SAUTÉED CANNED TOMATOES
A good emergency dish.
Drain the contents of:
1 can tomatoes
(Use the juice for cocktail or sauce.)
Roll the tomatoes in:
Coarse, well-seasoned bread-crumbs
Permit them to dry for 25 minutes.
Sauté the tomatoes in:
Butter
Place them on:
Buttered toast
Add to the crumbs in the pan:
Cream
Heat the cream, then pour the dripping over the tomatoes.

GREEN TOMATOES, STEWED
4 Servings
Sauté until light brown:
2 tablespoons minced onion
in:
2 tablespoons butter
Add:
2 cups green tomatoes, sliced
Stir and cook the tomatoes slowly until they are tender. Season them with:
\[\frac{1}{2}\] teaspoon salt
\[\frac{1}{2}\] teaspoon paprika
\[\frac{1}{2}\] teaspoon curry powder
Garnish the tomatoes with:
\[1\] tablespoon chopped parsley

**CANDIED TOMATOES**

Skin:
12 ripe tomatoes
Place them in a baking-pan. Sprinkle them with:
\[1\] tablespoon salt
A few grains of white pepper
2 cups brown sugar
Dot them with:
\[1\] cup butter
Bake them in a hot oven 400° for \(\frac{1}{2}\) hour. Place them on top of the stove and let the juice boil down to a thick syrup. Bake them again for \(\frac{1}{2}\) hour in a hot oven 400°.

**CANDIED CANNED TOMATOES**

Melt:
\[2\] tablespoons butter
Saute in the butter until brown:
\[\frac{1}{2}\] cup chopped onion
Add:
\[1\] quart canned tomatoes
\[\frac{1}{2}\] teaspoon salt
6 tablespoons brown sugar
Cook these ingredients very slowly (use an asbestos mat) until the juice has been absorbed. Place the tomatoes in a baking-dish.
Sprinkle them with:
\[2\] tablespoons brown sugar
\[1\frac{1}{2}\] cups buttered bread-crums
Bake them in a moderate oven 375° until the crumbs are brown.

**TOMATOES and CELERY**

Prepare:
Stewed Tomatoes ([page 280])
Shortly before serving them add:
\[1\] cup or more finely chopped celery
The celery may be added 10 minutes earlier, but as most people prefer it crisp, it is better to cook it only long enough to heat it. This, however, is a matter of taste.

Filled Tomatoes with Cheese Sauce, page 193.

**BAKED TOMATO SLICES with PEPPERS and ONIONS**

These make an attractive garnish for a meat platter.

Wash:
Tomatoes
Cut them crosswise into halves. Season them with:
Salt
Brown sugar
Place them in a greased pan. Cover the tops closely with:
Chopped green peppers
Chopped onions
Season them with:
Salt
Pepper
Place on each slice:
\[\frac{1}{3}\] tablespoon butter
Bake the tomatoes in a moderate oven 350° for about 20 minutes. Place them on:
Rounds of toast

**GRILLED TOMATOES and ONIONS**

Skin:
Onions
Cut them crosswise into \(\frac{1}{4}\)-inch slices. Drop them into:
Boiling salted water (\(\frac{1}{2}\) teaspoons to the quart)
Cook them for 5 minutes, then drain them. Wash an equal number of:
Tomatoes
Cut them crosswise in \(\frac{1}{4}\)-inch slices. Season the onions with:
Pepper
Season the tomatoes with:
Salt
Paprika
Brown sugar
Dot the onions and the tomatoes generously with:
Butter
Place them in a pan in a moderate
oven 350°. When they are nearly tender grill them on both sides under a good flame. Serve them stacked in alternate layers.

**GRILLED TOMATOES, ONIONS, and EGGPLANT (AUBERGINE)**

Prepare the preceding:

**Grilled Tomatoes and Onions**

Prepare:

**Baked Eggplant** *(page 290)*

Serve the three vegetables stacked in alternate layers.

**JERUSALEM ARTICHOKES**

It is a relief to hear that everybody is ignorant, only on different subjects. This was one of my subjects.

Wash and scrape:

1½ pounds Jerusalem artichokes

Drop them into:

**Boiling salted water**

Cook them until they are tender *

Drain them. Melt:

2 tablespoons butter

Add:

1 teaspoon mild vinegar or white wine

2 drops Tabasco sauce

2 teaspoons chopped parsley

Pour these ingredients over the artichokes, or cream them in:

1 cup **Cream Sauce I** *(page 379)*

* A good vegetable with a pronounced characteristic that will bear watching. Drain the artichokes as soon as they are tender. If permitted to cook beyond this point they will again become tough.

**ARTICHOKES**

Soak in cold water for 30 minutes:

**Artichokes**

Cut off the stems, the tough bottom leaves, and ¼ of the top leaves. Place on the stove enough water to cover the artichokes. Add:

1 onion, sliced

2 sticks celery with leaves

1½ tablespoons lemon juice

Salt (1½ teaspoons to 1 quart water)

When the water is boiling add the artichokes. Cook them for 45 minutes. Drain them and serve them hot with:

**Melted butter, mayonnaise, Hollandaise Sauce** *(page 381)* or **Béchamel Sauce** *(page 381)*

Very good results are obtained by dropping artichokes that have been soaked, trimmed, and drained into boiling soup and cooking them covered until they are tender. Unless completely immersed they will discolor slightly, but both the soup and the vegetable will gain in flavor. If cooked in soup pour boiling water over the artichokes to free them from grease.

Artichokes may be served chilled. See Index.

**STUFFED ARTICHOKES**

**BAKED**

The following excellent recipe is the contribution of my interested Italian friends and vegetable vendors:

Soak and trim:

**Artichokes** *(see above)*

Drain them well. Make a dressing of:

**Bread-crums**

**Garlic or onion, minced**

**Chopped celery**

**Anchovies, chopped, or anchovy paste**

**Salt**

**Paprika**

Push the dressing down between the leaves. The choke may be removed by the preceding rule, if desired, and the centre may be filled with dressing. Pour over the artichokes a little:

**Olive oil**

Place them in a baking-dish and cover the bottom of the dish with ½ inch of:

**Boiling water or Stock**

Bake them covered in a moderate oven until they are done (about 1 hour). Baste them frequently with:

**Olive oil or Stock**

**CORED ARTICHOKES**

Soak and trim by the preceding rule:

**Artichokes**

Dig down into the centres with a long
knife or spoon and remove the chokes. (This is rather tedious.) Tie up the artichokes with a string and boil them as directed in the preceding rule. Drain them well, untie them, and serve them either hot or cold, the centres filled with:

Hollandaise Sauce (page 381)

Or serve them cold, the centres filled with:

Marinated Shrimps and mayonnaise (see 'To Marinate,' page 833)

ARTICHOKE BOTTOMS

Remove all leaves and the choke from:

Artichokes

Drop the bottoms into:

Boiling salted water
to which you may add:

Lemon juice

Simmer them until tender.

Serve them with:

Black Butter (page 297)

Hollandaise Sauce (page 381)

Cooked or canned artichoke bottoms,

well drained, may be sautéed until hot in:

Butter or dripping

Season them with:

Salt

Paprika

Lemon juice

CORN on the COB

Remove the husks and silk from:

Ears of green corn

Drop them, ear by ear, so as not to disturb the boiling, into a large quantity of:

Boiling salted water (1 1/2 teaspoons to the quart)

Add:

1 tablespoon or more sugar

Cover the kettle and boil the corn until it is tender (from 8 to 10 minutes). Remove it at once from the water and serve it. See Grilled or Roasted Corn, page 285.

COOKED CORN CUT from the COB

Cook the preceding:

Corn on the Cob

Cut or grate it from the cob. Season it with:

Salt

Pepper

Moisten it with:

Butter and cream or butter and milk

Reheat the corn.

FRESH CORN CUT from the COB

Cut or grate from the cob:

Green Corn

Cook it for several minutes (until it is tender) in its own juice and a little:

Butter

Season it with:

Salt

Pepper

Moisten it with:

Milk or Cream

You may devil it by adding:

1 tablespoon Worcestershire sauce

Minced garlic

Corn may be cooked covered with milk in a double boiler for 15 minutes.

Season it with:

Butter or oil

Salt and paprika

Chopped green peppers

Parsley, onion, or chives (optional)

Ripe olives, chopped, are fine

GRILLED or ROASTED CORN

Cook by the recipe on this page:

Corn on the Cob

Drain it quickly. Spread the ears generously with:

Melted Butter

Place them under a heated grill close to the flame. Turn the ears as they brown and spread them with more butter. Sprinkle them with:

Salt

Serve them at once.
Or, after spreading the ears with butter, roll them in:

Grated cheese
Bake in a hot oven 400° for about 10 minutes, or until the cheese is melted.

Corn in husks may be roasted in a moderate oven 350° until tender (for about 30 minutes). Remove husks and silk. Serve the corn with:

Butter

Corn Pudding, page 181.

SCALLOPED CORN

4 Servings
Combine:
2 cups uncooked corn cut from the ear
2 beaten eggs
1/2 teaspoon salt
1/2 cup minced green pepper or chopped olives (optional)

Arrange this in two layers in a greased baking-dish. Sprinkle the layers with:
1/2 cup biscuit crumbs

Dot them with:
2 tablespoons butter

Pour over them:
1/2 cup rich milk

Bake the corn in a moderate oven 325° for about 1/2 hour.

SUCOTASH

4 Servings
Combine, then heat:
1 cup cooked fresh corn
1 cup cooked fresh Lima beans

Add:
2 tablespoons butter
1/2 teaspoon salt
1/2 teaspoon paprika
Chopped parsley

MULLED CUCUMBERS

4 Servings
The cucumber is banned from many tables as indigestible or even poisonous. Digestion, alas! is an individual matter. Since it is said that good judgment is the result of experience and that experience is the result of bad judgment—why not give the cucumber the benefit of the doubt, at least once, to see whether it has really been maligned. These are most innocuous and very good.

Pare, seed, and cut into strips:

Cucumbers
There should be 1 1/2 cupfuls. Drop them into:
1 1/2 cups boiling water
Add:
1/2 teaspoon salt
Cook them until they are nearly tender. Drain them well. Place in a double boiler:
3 cup Cream Sauce I (page 519)
Season the sauce with:
Salt
Paprika
A few grains of nutmeg (optional)
If the sauce is made with sweet milk or cream, add:
1 teaspoon or more lemon juice

When the sauce is boiling add the drained cucumbers. Place them over hot water and steam them for a few minutes before serving them.

Cucumbers may be cooked until tender, drained, and reheated in a little melted butter or in Tomato Sauce, page 585. They may be served au gratin.

* This is good made with sour cream.

FRIED or SAUTÉED CUCUMBERS

A good garnish for a fish platter cooked by the second method. It is traditional, but totally unnecessary, to soak cucumbers. If the idea prevails that this process makes them digestible, it is a fallacy. Pare and slice:

3 large cucumbers

Dredge them with:
1/2 teaspoon salt
1/2 teaspoon paprika
3 tablespoons flour

Melt in a small frying-pan:
3 tablespoons butter or bacon fat
Add and sauté until soft:
Finely chopped onion (optional)
Add the cucumbers and sauté them until they are tender. Turn them
frequently. Or, slice the cucumbers lengthwise. Dip them in:

Seasoned bread-crums or flour then in:

1 egg diluted with 2 tablespoons of water
and again in the bread-crums. Fry them in deep fat 390° (page 481).
Serve the cucumbers with a combination of:

2 tablespoons prepared horseradish
½ cup melted butter

See Index for other Cucumber Dishes.

Cucumber Cases Filled with Food, page 200.

ZUCCHINI

Zucchinis are a delectable addition to the vegetable list. They are procurable throughout the summer.
Scrubs, but do not pare:

Young zucchini
Cut them crosswise in ½-inch slices.
Drop them into a small amount of:

Boiling salted water
Cook them until they are tender (sometimes a matter of only a few minutes). Drain them well. Pour over them a little:

Melted butter or hot olive oil
Zucchini may be dressed with:
2 tablespoons melted butter
½ teaspoon sugar
2 tablespoons lemon juice
½ cup sour cream
1 tablespoon chopped chives or other herb
Salt
Zucchini may be boiled by this rule and creamed or they may be served with:

Tomato Sauce (page 385)

Sautéed Zucchini

Scrub young:

Zucchini
Cut them crosswise into thin slices.
Heat in a frying-pan:

Olive oil or butter
Sauté the zucchini in the oil until they are tender. Turn them frequently.
Season them with:
Salt
Paprika
Sweet basil or marjoram (page 787)
Garlic or onion may be added to the oil. Serve the zucchini with:

Tomato Sauce (page 385)

FRIED ZUCCHINI

Dip in:

Batter (page 482)
Sliced:

Zucchini
Fry it in oil or in deep fat (page 481). Zucchini is a very good substitute for eggplant (aubergine) in Eggplant (Aubergine) Creole (second rule) on page 176.
See Index for other Zucchini Dishes.

BAKED HUBBARD SQUASH or VEGETABLE MARROW

Cut into 2-inch pieces and remove the strings from a:

Hubbard or winter squash
Place the pieces in a dripping pan. Sprinkle them with:
Salt
Paprika
Brown sugar or molasses
Lemon juice (optional)
Dot them generously with:
Butter
Cook the squash covered for ½ hour in a moderate oven 375°. Uncover it and cook it until it is tender (for about ½ hour longer). Add butter if necessary. Serve the squash in the shell.
Hubbard squash may be boiled or steamed. It may be baked whole.
Scrub:

A 3- to 4-pound Hubbard squash
Place it on a shelf in a moderate oven 375°. Bake it until it can be pierced easily with a toothpick. Cut it in halves, remove the seeds. Peel the squash, mash the pulp.
To:

1 cup squash
add:
- 1 tablespoon butter
- 1 teaspoon brown sugar
- ½ teaspoon salt
- ¼ teaspoon ginger

Beat this well with enough:
- Cream

to make it a good consistency. Place it in a serving-dish. Sprinkle it with:
- Chopped parsley
- Raisins and nuts

BAKED HUBBARD SQUASH or MARROW with PINEAPPLE or ORANGE JUICE

Cut into halves and seed:
- 1 medium-sized winter squash

Place it in a colander over boiling water. Cover the colander closely and steam the squash until it is nearly tender. Peel it and cut it into slices ½ inch thick. Place the squash in layers in a greased baking-dish.

Sprinkle each layer with:
- Brown sugar
- Salt
- ¼ cup crushed pineapple

Dot them with:
- Butter

Or dissolve:
- ½ cup sugar in:
  - ½ cup hot orange juice

Add:
- Grated orange rind
- ¼ teaspoon salt

Brush the squash with this mixture.

Dot it generously with:
- Butter

Bake the squash in a moderate oven for about 1 hour.

BAKED SUMMER SQUASH or YOUNG MARROW

If summer squash is young it need not be peeled.

Prepare by cutting into strips:
- 3 cups summer squash

Place it in a greased baking-dish. Dot it with:
- 2 tablespoons butter

Sprinkle it with:
- 1 teaspoon salt
- ½ teaspoon paprika

Pour over it:
- ½ cup rich milk

Cover the dish. Bake the squash in a moderate oven 350° until it is tender.

SUMMER SQUASH or YOUNG MARROW MASHED

4 Servings

To be good, squash must be young and tender.

Wash, peel, and seed:
- 1¼ pounds summer squash

Cut it into small pieces.

Cook it in a small amount of:
- Boiling salted water (1½ teaspoons salt to the quart)

Or (and I find this preferable) cook it covered in a steamer over boiling water until it is tender. Drain it very well. Squash is surprisingly watery. Mash it with a fork. Beat it until it is fluffy. Beat in:
- 1 tablespoon cream
- 1 tablespoon butter
- ½ teaspoon pepper

Reheat the squash.

* The peeling and seeding are optional.

** About 2 cupfuls when cooked.

SUMMER SQUASH or YOUNG MARROW in SOUR CREAM

Cook by the above rule:
- 2 pounds summer squash

Melt:
- 2 tablespoons butter or dripping

Sauté in it:
- ½ cup chopped onions

Add the squash. Season it with:
- Salt
- Paprika

Combine and stir:
- 1 cup sour cream
- 1 tablespoon flour

Bring these ingredients to the boiling point. Pour the sauce over the squash. Serve it garnished with:
- Parsley
VEGETABLES

SUMMER SQUASH or YOUNG MARROW WHOLE

Wash:

Small summer squashes
Peel and seed them if you wish. Steam them covered in a steamer over boiling water until they are tender. Serve them with:

Melted butter (optional) or Tomato Sauce (page 385)

I have steamed medium-sized whole summer squashes (unpeeled and unseeded) and have served them without seasoning or butter with excellent results. They may be served with tomato or other sauce. There are endless ways of preparing this palatable vegetable. Be sure to become familiar with them by looking up:

Summer Squash Cases, page 199; Summer Squash Pudding with Bacon or Sausages, page 177; Squash Creole, page 177.

STUFFED SUMMER SQUASH

4 Servings
Wash thoroughly, then cut the stem ends from:

4 summer squashes or marrows
Steam or boil them by preceding rule. When tender, drain the squashes, cool them. Scoop out the centres leaving a shell about ¾ inch thick. Chop the removed pulp. Add to it:

½ teaspoon paprika
½ teaspoon Worcestershire sauce
Minced garlic or onion
½ teaspoon salt
1 tablespoon butter
½ cup grated cheese
A few grains of cayenne
½ teaspoon curry powder or dry mustard

Refill the shells. Place them in a pan in a very little water. Bake them in a hot oven 400° until hot (for about 10 minutes). Bread-crumbs, chopped ham, or other cooked meat, mushrooms, and ever so many other ingredients may be used in the stuffing.

SUMMER SQUASH or MARROW SAUTÉED or FRIED
Wash, peel, and cut into strips:
Summer squash

Dip the strips in:
Flour
Season them with:
Salt
Paprika
Sauté them slowly in:
Butter
until they are crisp and brown.
Or, roll the strips in:
Seasoned bread-crumbs
Dip them in:
1 egg diluted with 2 tablespoons water
Roll them again in crumbs. Fry them in hot fat 375° (see page 481). Drain them on paper.

SUMMER SQUASH or MARROW SAUTÉED with ONIONS

4 Servings
Wash, peel, and seed:
2 summer squashes
Dice them. There should be about 2 cups of diced squash.
Melt in a saucepan:
½ cup butter
Add and sauté until it is light brown:
1 cup minced onion
Add the squash and:
2 teaspoon salt
½ teaspoon pepper
Cover the saucepan. Cook the squash slowly without stirring for 10 minutes, then cook it for 30 minutes stirring it frequently. Serve it sprinkled with:
Paprika

Baked Bananas, page 400.
These may be served dressed with lemon juice in place of a vegetable.

CROOKED-NECK SQUASH
Treat this vegetable as you would summer squash.
Wash and cut into 1-inch slices:
Crooked-neck squash
Place it in a buttered baking-dish.
Sprinkle the squash with:
Brown sugar
Salt
Dot it with:
Butter
Bake it in a moderate oven 350° for about 20 minutes, basting it occasionally.

See Squash Creole, page 177.
Substitute crooked-neck squash.

ACORN SQUASH BAKED
(DES MOINES SQUASH)

This useful vegetable is fairly new in our markets. Baked or boiled, it resembles a sweet potato, but retains the squash flavour.

On her way to a luncheon a friend stopped to market. Later she telephoned home to give her cook the dinner menu. 'And,' she added, 'cook the acorn squash by some rule in the Joy of Cooking.' 'Squash?' said the maid. 'Them's eggplant.' 'No,' said her mistress, 'acorn squash, and cook them by Mrs. Rombauer's directions.' After dinner she complimented the maid on the unusual quality of the squash and asked: 'By what rule did you prepare them?' The answer was prompt and triumphant: 'By Eggplant I.'

Cut into halves and remove the seeds from:
Small acorn squashes
Rub them inside and out with:
Butter
Season each half with:
½ teaspoon salt
A sprinkling of paprika
½ teaspoon brown sugar (optional)
Bake them in a moderate oven 375° for 45 minutes or until done. Place a pan containing a little water on the lower grate.

Squash may be parboiled and baked or boiled until tender and seasoned after being boiled. Squash may be boiled and stuffed with squash. In that case treat the squash used for stuffing like mashed potatoes. They may be topped with crumbs and butter or cheese and reheated under a grill. Acorn squashes are good baked or boiled until nearly tender, seasoned, cooled, filled with a soufflé mixture, and baked in a moderate oven 325° for about 25 minutes.

I have served the squash filled with Tomatoes Creole (page 178) with great success. See page 199 for further suggestions.

ACORN SQUASH BAKED-FILLED with SPINACH

Prepare the preceding:
Acorn squash
Prepare:
Creamed Spinach (page 259)

It is hard to give the amount of spinach as the squash varies so much in size. Fill the hot squash cups with the spinach. Garnish them with:
Slices of hard-boiled egg or strips of pimento*
* This is a gay touch for Thanksgiving and Christmas dinners.

ACORN SQUASH BAKED
FILLED with VEGETABLES

Follow the preceding rule. Substitute for the spinach any creamed or buttered vegetable that combines well with squash.

Acorn Squash Cases Filled with Creamed Food, page 199.

BAKED or GRILLED EGGPLANT
or AUBERGINE

I once, heard an artist say: 'If only the eggplant were as good as it looks, what a gastronomic treat it would be.' There are several ways of preparing this vegetable that make it taste almost as luscious as it looks. The old-fashioned manner of dipping it in batter and frying it in deep fat has given way to newer ones, of which the baked eggplant recipe which follows is a good example. Besides being digestible, non-fattening, and exceedingly good, it is very quickly prepared.

Pare:
An eggplant
Cut it crosswise into slices ¼-inch thick. Spread the slices on both sides with:
Soft butter
Season them with:
Salt
Paprika

Place them on a baking sheet and bake them in a quick oven 400° until they are tender, turning them once (approximate time 12 minutes).
Or, grill them until they are tender under a moderate flame. If feasible finish grilling them under a steak where they can catch the dripping. Serve the eggplant while it is very hot with:

Lemon Butter (page 391, optional)
A sliced lemon or Tomato Sauce (page 385)

EGGPLANT or AUBERGINE with FRENCH DRESSING
This is luscious.
Prepare the preceding:
Baked Eggplant
Omit the butter. Marinade the slices for 15 minutes in:
French dressing
Bake or grill them as directed.

EGGPLANT or AUBERGINE with ANCHOVIES and CHEESE
Prepare for cooking by the preceding rule:
An eggplant
Spread the slices on both sides with a mixture of:
3 tablespoons butter
2 tablespoons anchovy paste
Sprinkle them with:
1 cup grated cheese
Bake on a greased sheet in a hot oven 400° until tender (for about 8 minutes).

STEAMED and SAUTÉED EGGPLANT or AUBERGINE SLICES
Peel and cut crosswise into slices 1 inch thick:
A medium-sized eggplant
Place the slices in a colander over boiling water. Cover them closely with a lid. Steam them for 20 minutes. Season them with:
Salt
Paprika
Sauté them for 1½ minutes on each side in:
Dripping or butter
or dip them in:
1 egg diluted with 2 tablespoons water
Dip them in:
Bread-crumbs
and sauté them as directed until they are light brown.

SAUTÉED or FRIED EGGPLANT or AUBERGINE
There is a superstition that an eggplant must have the juice pressed from it. All old recipes read: 'Slice, salt, and weight an eggplant.' I wonder why, when it is so good without all that bother.
Peel and cut in ¼-inch slices:
An eggplant
Dredge it with:
Flour
Season it with:
Salt
Paprika
Sauté it slowly in a little:
Butter or oil
Or, dip the seasoned and floured eggplant in:
1 egg diluted with 2 tablespoons water
then in:
Seasoned bread-crumbs
Fry the slices in deep fat 370° (page 481). If preferred the slices may be dipped in batter (page 482).
* The eggplant may be cut into cubes or sticks.

EGGPLANT or AUBERGINE SAUTÉED and CREAMED
This is a delicate and delicious way of preparing eggplant.
Pare:
A medium-sized eggplant
Dice it into ⅛-inch pieces. Sauté the pieces in:
4 tablespoons butter
Turn them frequently. Cook them until they are tender (for about 10 minutes). Prepare:
1 cup Cream Sauce I (page 379)
Pour it over the eggplant.

See Index for other Eggplant Dishes.
SCALLOPED EGGPLANT or AUBERGINE

4 Servings
Peel and cut into dice:
A medium-sized eggplant
Cook it until it is tender in:
Boiling salted water
Drain it well.* Sprinkle it with:
2 tablespoons chopped parsley
(optional)
Chop until very fine:
1 small onion (optional)
Melt:
1 tablespoon butter
Sauté the onion in this until it is light brown. Add it to the eggplant.
Melt:
3 tablespoons butter
Stir into it until the butter is absorbed:
1 cup biscuit crumbs or 1 cup bread-crumbs
Place layers of eggplant and layers of crumbs in a baking-dish. Season them if the biscuits are unsalted with:
1 teaspoon salt
1 teaspoon paprika
Have the top layer of crumbs. Pour over these ingredients:
1 cup milk
Place on the top:
Thin slices of cheese or grated cheese (optional)
Bake the eggplant in a moderate oven 375°F for 1/2 hour. Serve it with:
Sautéed Bacon (page 336)
* At this point the eggplant may be mashed and beaten with a fork until it is fluffy. Combine it with the sautéed onion, the butter, seasoning, biscuit crumbs, and milk. Substitute for the milk if desired:
2 well-beaten eggs
Bake the eggplant as directed.

SCALLOPED EGGPLANT or AUBERGINE and OYSTERS

Follow the preceding rule for:
Scalloped eggplant
Heat in their liquor until the edges begin to curl:
1 pint oysters
Place them between the layers of eggplant and crumbs.

EGGPLANT or AUBERGINE

SOUFFLÉ I with CREAM SAUCE

In the following recipes the pulp is scooped out of the centre of the eggplant. It is combined with various ingredients and is replaced in the eggplant shells, in which it is then baked and from which it is served.
Cut into halves:
An eggplant
Scoop out the centre, leaving a shell 1/2-inch thick. Cook the pulp in:
6 cups boiling salted water
Add to the water:
3/4 tablespoon vinegar
When the pulp is tender drain it and mash it with a fork. There should be about 1 cupful of pulp. Melt in a saucepan:
3 tablespoons butter
Stir in until blended:
2 tablespoons flour
Stir in slowly:
1 cup milk
When the sauce is boiling, add the mashed eggplant. Cook and stir it for 1 minute. Reduce the heat and stir in:
3 egg yolks
Stir and cook these ingredients for 1 minute to permit the yolks to thicken.
Add:
1/2 cup or less chopped nuts
Salt if needed
Paprika
Nutmeg
Cool these ingredients. Beat until stiff:
3 egg whites
Fold them into the eggplant mixture. Fill the shells and bake them in a moderate oven 325°F until the soufflé is set (about 30 minutes). A little water may be placed in the pan to keep the shells from scorching.

EGGPLANT or AUBERGINE

SOUFFLÉ II with BREAD-CRUMBS

Prepare by the preceding rule:
An eggplant
Combine the cooked mashed pulp with:

- ½ cup soft bread-crumbs
- 2 egg yolks
- 1 tablespoon melted butter
- ½ cup chopped nuts or grated cheese
- Salt
- Paprika
- Nutmeg

If the filling seems stiff add:

- 1 tablespoon or more milk

Beat until stiff:

- 2 egg whites

Fold them lightly into the other ingredients. Fill the shells. Cover the tops with:

- Buttered crumbs or cornflakes

Place them in a pan with a little water and bake them in a moderate oven 325° for 30 minutes.

**BAKED EGGPLANT or AUBERGINE with TOMATOES**

Cut into halves:

- A small eggplant

Scoop out the pulp and chop it.

Leave a shell ½ inch thick. Mince and heat in a frying-pan:

- 2 strips of bacon

Add to it and sauté until the bacon is cooked:

- ½ cup minced onion
- ¼ cup minced green pepper

Add the eggplant pulp and:

- 2 cups canned tomatoes
- ¼ cup diced celery

Simmer these ingredients until the eggplant is tender. Beat them with a fork until they are well blended.

Thicken them with:

- ½ cup bread-crumbs

Season them with:

- Salt
- Freshly ground pepper
- Paprika

Add to them:

- ½ cup Sautéed Mushrooms (see this page)

Fill the eggplant shells with the mixture.

Cover the tops with:

- Bread-crumbs

Sprinkle them with:

- Cheese

or dot them with:

- Butter

Place the eggplant in a pan with a very little water in a moderate oven 350° until it is very hot.

**Eggplant Filled with Mushrooms and Ham, page 198; Eggplant Fritters, page 298.**

Other Eggplant Dishes will be found on page 176.

**MUSHROOMS—HOW TO PREPARE**

Mushrooms are now found in the market for the greater part of the year at a low cost. They form an acceptable addition to the everyday menu, frequently taking the place of meat.

To prepare mushrooms, brush them with a brush or wipe them with a cloth and separate the cups from the stems. If they are washed, dry them thoroughly. When young and fresh they need not be skinned. When old pull off the cap-skins with the fingers or with a knife and pare the stems with a knife. To mince, break the caps into pieces and slice the stems with a knife. If the stems are tough use them for stock and save all the skins and parings for this purpose.

**MUSHROOM STOCK**

Place in a saucepan:

- Mushroom skins and ends

Add:

- Onion
- Celery ribs and leaves
- Carrots
- Parsley

Cover these ingredients with:

- Cold water

Simmer them for 30 minutes. Strain the stock. Season it when ready to use it with:

- Salt
- Paprika

**SAUTÉED MUSHROOMS**

Prepare for cooking:

- 1 pound mushrooms (see above)

Melt in a frying-pan:

- 2 tablespoons butter
(The frying-pan may be rubbed with a clove of garlic.) Add the mushrooms and:

½ teaspoon salt

Sauté them quickly until they are done (4 or 5 minutes). Shake the frying-pan or stir the mushrooms. When the mushrooms are well coated reduce the heat to a moderate flame.

Bacon fat may be substituted for butter. In that case use less salt. Sautéed mushrooms are surprising things. At first they are so dry you think they will burn, then they relieve your fear suddenly by becoming pleasantly moist.

**CREAMED MUSHROOMS**

Break into pieces and sauté by the preceding rule:

1 pound mushrooms

Sprinkle them with:

2 tablespoons flour

Stir in gradually:

1 cup rich milk, cream,* chicken bouillon, Mushroom or other Stock or Stock Substitute (page 38)

Permit the sauce to boil. Season it with:

Salt

Paprika

A pinch of herbs** (optional)

* Sour cream may be used. Finely chopped onion may be sautéed with the mushrooms. So may a bit of garlic (remove this before preparing the sauce).

** Marjoram is the traditional touch. Chives and parsley are recommended, too.

**MUSHROOMS AU GRATIN**

Cook and cream by the preceding rule:

Mushrooms

Place them in a greased baking-dish or in individual dishes. Cover the top with:

Bread-crumbs

Dot it with:

Butter

or sprinkle it with:

Cheese

Place the dish under a moderate flame until the crumbs are brown.

**STEWED MUSHROOMS**

Prepare for cooking:

1 pound mushrooms (see above)

Melt:

3 tablespoons butter

Add:

½ teaspoon salt

½ teaspoon paprika

Add the mushrooms and cook and stir them over a good flame for 2 minutes. Dredge them with:

2 tablespoons flour

Add:

1 cup sweet or sour cream or milk

Reduce the heat, cover the mushrooms, and simmer them 5 minutes.

**FRIED MUSHROOMS**

Prepare for cooking:

Mushrooms

Dip them into:

1 egg diluted with

1 tablespoon water

Then in:

Seasoned bread-crumbs

Allow the crumbs to dry for 1 hour. Fry the mushrooms in deep fat (page 481).

**GRILLED MUSHROOMS**

Prepare for cooking:

Mushrooms (page 293)

Place them cap-side down on a hot greased grill-pan and grill them for 5 minutes, turning them once. Put in each cap a small lump of:

Butter

Season the mushrooms with:

Salt

Paprika

Chopped parsley

Serve them at once on:

Hot toast

After adding the butter keep the cap-side up to preserve the juices.

**STEAMED MUSHROOMS**

Prepare for cooking:

1 pound mushrooms

Place them in the top of a double boiler. Dot them with:

2 tablespoons butter
VEGETABLES

Season with:

\[ \frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{2} \text{ teaspoon paprika} \]

Cover closely. Steam for about 20 minutes or until tender.

*Mushrooms à la King, page 172; Peas and Mushrooms, page 269, Baked Mushrooms, page 170.*

**MUSHROOMS and CHESTNUTS**

Boil until tender:

*1 pound Chestnuts* *(see below)*

Drain them well. Do not mash them.

Sauté:

*1 pound Mushrooms* *(page 293)*

Stir in until blended:

3 tablespoons flour

Stir in slowly:

*1 \frac{1}{2} cups cream or milk

Season them with:

*1 \frac{1}{2} teaspoon salt
* \frac{1}{2} teaspoon paprika

Stir in the chestnuts. Heat these ingredients thoroughly. Serve them garnished with:

Chopped parsley

* The proportions of the chestnuts and mushrooms may be varied.

**MUSHROOMS, CHESTNUTS, and CELERY**

A variation of the above. Proportions are not particularly important. Follow the preceding rule for:

*Mushrooms and chestnuts*

Add and heat:

*1 cup chopped celery*

Remove the dish from the fire. Add:

2 tablespoons sherry

See Index for other Mushroom Dishes.

**CHESTNUTS—HOW TO PREPARE THEM**

Make two cross-cut gashes on the flat side of each chestnut with a sharp pointed knife. Sometimes the shell will come off while doing this, but the inner skin will protect the kernel. Place the nuts in a pan over a quick fire, dropping oil or butter over them — 1 teaspoonful to 1 pound of nuts. Shake them until they are coated, then place them in a moderate oven until the shells and skins can be removed easily.

Or, place chestnuts in cold water to cover. Bring it to the boiling point and boil the nuts for 5 minutes. Drain them and remove the shells and skins.

Or, place chestnuts in cold water to cover. Bring the water to the boiling point, then boil the chestnuts for 30 minutes. Plunge them into cold water. Remove the shells and skins. The nuts should be sufficiently tender to be put through a sieve. If not, cover them with boiling water and cook them until tender.

**BAKED CHESTNUTS**

Prepare by the first or second rule above:

3 cups chestnuts

Season them with:

2 tablespoons or more brown sugar (optional)

Grease a baking-dish. Place the chestnuts in it. Pour over them:

1 \frac{1}{2} cups Chicken Stock

Cover them and cook them in a slow oven 325° for 3 hours. Pour off the stock. Melt:

2 tablespoons butter

Stir in until blended:

1 tablespoon flour

Stir the stock in slowly. When the sauce is smooth and boiling pour it over the chestnuts and serve them.

**BOILED CHESTNUTS**

Shell and skin:

*1 pound chestnuts (see this page)*

Drop them into:

Boiling salted water

Cook them until they are tender. Drain them well. Mash them with:

1 tablespoon butter

Salt if needed

\[ \frac{1}{2} \text{ teaspoon pepper} \]

Add:

2 or more tablespoons hot milk

Beat the chestnuts until they are fluffy. Keep them hot over hot water. Immediately before serving them stir in:

1 cup or more finely diced raw celery (optional)
**Dressings for Vegetables**

Drain cooked vegetables. Be careful not to overcook them. I like my vegetables with enough spirit left to fight back, also with their individual flavours intact.

Use a little imagination in dressings. The great favourite is drawn (melted) butter. To this you may add lemon juice, grated onion, garlic, celery salt, nutmeg, grated lemon or orange rind, paprika, salt, chives, parsley, or other herbs (page 787), curry powder, mustard, Worcestershire or chilli sauce, grated cheese, horse-radish, etc.

Vegetables are fine in black butter—butter that is cooked until it is dark, to which vinegar or lemon juice is then added. Grated onion may be sautéed in the butter, or chopped parsley may be added just before serving.

Next in popularity come buttered crumbs. To butter crumbs, allow \( \frac{1}{3} \) cupful of melted butter or bacon fat to 1 cupful of crumbs. Sauté the crumbs until well blended. To these you may add onion, grated cheese, curry powder, paprika, etc.

Then comes the creamed vegetable. Prepare Cream Sauce I (page 379). You may use milk or part cream and part vegetable stock. You may beat an egg yolk into a cup of sauce, return it to the heat, stir and cook it gently until it has thickened slightly and pour it over a vegetable. This sauce is good flavoured with lemon juice. It is particularly good over asparagus and green beans. See Allemande and Béchamel Sauce (page 381). If you wish to cream a watery vegetable—cauliflower, cabbage, etc.—drain it well and add it to boiling cream sauce, or pour very hot cream sauce over it. If you do not take this precaution the sauce may become too thin.

Vegetables au gratin: Creamed vegetables frequently are served with a bread-crumb top crust (au gratin). Spread dry bread-crumbs over a cooked vegetable. Dot the top with butter. You may sprinkle it with grated cheese. Place the vegetable in a hot oven 400° or under a grill until the cheese is melted.

You will find a variety of dressings given under the recipes for vegetables. Here are several others I hope you will try out.

**Buttered Crumbs**

| Sauté: | DRAWN BUTTER
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 cup bread-crumbs</td>
<td>(For potatoes, etc.)</td>
</tr>
<tr>
<td>in:</td>
<td>4 Servings</td>
</tr>
<tr>
<td>( \frac{1}{3} ) cup hot butter or bacon fat</td>
<td>Combine:</td>
</tr>
<tr>
<td>You may add:</td>
<td>4 tablespoons melted butter</td>
</tr>
<tr>
<td>Chopped, minced bacon</td>
<td>1 tablespoon lemon juice</td>
</tr>
<tr>
<td>Minced onions</td>
<td>(optional)</td>
</tr>
<tr>
<td>Chopped parsley</td>
<td>4 tablespoons minced parsley,</td>
</tr>
<tr>
<td>Chopped nuts</td>
<td>chives, or mint</td>
</tr>
<tr>
<td><em>Croûtons, page 63.</em></td>
<td>You may omit the lemon juice and substitute:</td>
</tr>
<tr>
<td>These are a pleasant addition to the following Drawn or Black Butter.</td>
<td>1 teaspoon Worcestershire sauce</td>
</tr>
</tbody>
</table>
VEGETABLES

BLACK BUTTER

4 Servings

Melt:

4 tablespoons butter

You may add to it:

2 teaspoons grated onion, chopped
chives, or \( \frac{1}{2} \) teaspoon minced
garlic (optional)

Cook the butter until it is brown.

Add:

1 tablespoon lemon juice or
vinegar

Salt as needed
Blanched shredded almonds
(optional)

BROWNED ONION BUTTER

4 Servings

Melt:

4 tablespoons butter

Stir and sauté in it until brown:

1 tablespoon minced onion

Add:

Salt
Paprika

HERB BUTTER for
VEGETABLES

4 Servings

Melt:

4 tablespoons butter

Add:

2 teaspoons dried or 1 tablespoon
fresh herbs (page 787)

EGG DRESSING for
VEGETABLES

4 Servings

Combine, then stir and cook in a
double boiler until thickened:

\( \frac{1}{2} \) teaspoon dry mustard
\( \frac{1}{2} \) teaspoon salt
1 teaspoon sugar
\( \frac{1}{2} \) teaspoon paprika
1 beaten egg
\( \frac{1}{2} \) cup mild vinegar or lemon juice
2 tablespoons olive oil

Add:

1 tablespoon melted butter
\( \frac{1}{2} \) teaspoon curry powder
\( \frac{1}{2} \) teaspoon grated onion

Good over cabbage, cauliflower, green
beans, etc.

SPRING ONION SAUCE for
VEGETABLES

12 Servings

Beat until fluffy:

\( \frac{1}{2} \) cup soft butter

Add gradually:

2 tablespoons lemon juice

Season with:

Salt
Paprika
3 tablespoons minced spring
onions
1 tablespoon minced parsley

Serve this sauce hot or cold on carrots,
peas, beans, cauliflower, etc.

SOUR-SWEET HORSE-RADISH
SAUCE for BEETS, CABBAGE,
ETC.

4 Servings

Combine:

\( \frac{1}{2} \) cup horse-radish
\( \frac{1}{2} \) cup vinegar
1 teaspoon salt
1 tablespoon sugar

DEVILLED SAUCE

4 Servings

Combine:

\( \frac{1}{2} \) cup vinegar
\( \frac{1}{2} \) cup melted butter
2 tablespoons castor sugar
1 teaspoon Worcestershire sauce
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) teaspoon paprika
\( \frac{1}{2} \) teaspoon dry mustard

SOUR CREAM HORSE-RADISH
DRESSING

A fine change from the well-liked but
often monotonous butter or cream
sauce.

Combine:

1 cup sour cream
1 teaspoon prepared mustard
1 teaspoon horse-radish
\( \frac{1}{2} \) teaspoon salt

SOUR-SWEET CREAM
DRESSING

Good for green beans, peas, etc.
Combine:

- beaten egg
- \(\frac{1}{2}\) cup sour cream
- 4 tablespoons sugar
- \(\frac{1}{2}\) cup vinegar
- \(\frac{1}{2}\) teaspoon salt
- \(\frac{1}{2}\) teaspoon paprika

Stir and heat the sauce over a very slow fire until the egg thickens slightly.


**SWEET-SOUR SAUCE**

Usually served over string beans or lentils, dried bean or pea purée.

Melt:
- 2 tablespoons butter

Stir in:
- 2 tablespoons flour

Add gradually:
- \(1\) cup vegetable or meat stock or stock substitute (page 38)

Stir until the sauce is boiling.

Add:
- 2 tablespoons vinegar or lemon juice
- 2 tablespoons sugar
- Salt as needed
- \(\frac{1}{2}\) teaspoon paprika

**SAUCE for CANNED or BOILED VEGETABLES**

Drain the vegetables. Permit the stock or juice to boil until it is reduced by one half.

Add to it:
- Melted butter
- Seasonings

**MARINATED VEGETABLES**

Drain cooked vegetables. Reserve the juices (see Stock for Sauces, page 377). Pour over the vegetables:
- French dressing

Permit them to stand in a cold place for 1 hour or more.

**CANNED SOUP SAUCES**

Canned condensed soup makes a good emergency sauce (see page 393).

**VEGETABLES in FRITTER BATTER**

Dip cooked or parboiled vegetables in the following batter. Cook them in deep hot fat \(375^\circ\) as directed on page 481. Cauliflower, broccoli, squash, celery, etc., may be treated this way. Mushrooms need not be precooked nor separated from their stems.

**Fritter Batter**

Combine:
- \(1\) cup sifted bread flour
- \(\frac{1}{2}\) teaspoon baking powder
- \(\frac{1}{2}\) teaspoon salt

Beat, then stir in with a few swift strokes:
- \(\frac{1}{4}\) cup milk*
- \(2\) eggs**
  * If you like a thin batter, use \(\frac{1}{4}\) cupful.
  ** The egg whites may be beaten separately and folded in at the last minute.

**VEGETABLE FRITTERS**

Delicious fritters may be made with vegetables. The following may serve as examples.

**Eggplant or Aubergine Fritters**

6 Servings

Peel and slice:
- A small-sized eggplant

Cook it until it is tender in:
- Boiling salted water to cover

Add:
- \(\frac{1}{8}\) teaspoon vinegar

Drain the eggplant. Mash it. Beat in:
- \(1\) egg
- \(\frac{1}{2}\) teaspoon salt
- 3 tablespoons flour
- \(\frac{1}{2}\) teaspoon baking powder

Drop the batter from a spoon into hot fat (page 481). Serve the fritters with a meat course.

**Mushroom Fritters**

6 Servings

Combine:
- \(1\) cup sifted bread flour
- \(\frac{1}{2}\) teaspoon baking powder
VEGETABLES

1/2 teaspoon salt
1/2 teaspoon paprika
Combine and beat:
2 egg yolks
2 tablespoons milk
Add:
1/2 cup cooked minced mushrooms
1 tablespoon melted butter
Beat until stiff, then fold in:
2 egg whites
Drop the batter from a spoon into hot fat (page 481). Cook the fritters for about 3 minutes.

Corn Fritters, page 181.

TOMATO FRITTERS

6 Servings
Chill:
6 firm medium-sized tomatoes
Combine:
1 cup sifted bread flour
2 teaspoons baking powder
1/2 teaspoon salt
Combine and beat:
1 egg
1/4 cup milk
1 tablespoon melted butter
Stir the liquid into the dry ingredients with a few swift strokes. Peel the tomatoes (optional), then cut them into thick slices. Dip them in the batter. Fry them in hot fat (page 481) until browned or sauté them in 1/2 inch of hot fat.

CARROT, PARSNIP, BUTTER BEAN, ETC., FRITTERS

3 Servings
Beat until light:
1 egg
Add and beat well:
1 cup mashed or puréed carrots, etc.
Stir in:
1/2 teaspoon salt
1 1/2 tablespoons melted butter
1 1/2 tablespoons flour
6 tablespoons milk
1 teaspoon Worcestershire sauce
1/2 teaspoon dried herbs (page 787)
Spread these ingredients on a greased platter. When they are cold shape them into balls. Roll * the balls in:
1 egg diluted with
2 tablespoons water
then in:
Sifted bread crumbs
and again in the egg mixture. Fry the balls in deep fat (page 481) heated to 390° or sauté them in butter.
* The egg and bread-crums are optional.

SPINACH and CHEESE BALLS

Measure by packing closely into a cup:
1 cup cooked, well-drained spinach
Put it through a sieve or chop until it is fine. Add and mix well:
2 beaten eggs
3/4 cups fine dry bread-crumbs
1 tablespoon finely chopped onion
1 1/4 cup grated cheese
1 teaspoon salt
1 tablespoon lemon juice
Shape this mixture into balls * about 1 1/2 inches in size. Fry the balls in deep fat (see page 481) heated to 375° until they are brown and crisp. Drain them on absorbent paper. Serve them with:
Tomato Sauce (page 385)
* Spoonfuls of this mixture may be sautéed in hot butter. Good with Easy Hollandaise Sauce, page 382. The balls may be rolled in 1 egg beaten with 2 tablespoons water, in sifted seasoned bread-crums, and again in the egg mixture before being fried or sautéed. Permit the crumbs to dry for 20 minutes.
MEAT

See Appendix D (pages lxvi–lxviii)

AMOUNT TO PURCHASE

One pound boneless meat equals 4 servings. Boned meats include: flank steaks, rolled roasts, tenderloin, liver, heart, kidneys, sausages, brains, sweetbreads, and most canned meats.

One pound meat with a small amount of bone equals 3 servings. Round steak, rib roast, pot roast, ham slices.

One pound meat with a large amount of bone equals 2 servings. Most steaks, shoulder steaks, shoulder cuts, short-ribs, neck chops, breast, plate, brisket.

RULE FOR KEEPING AND PREPARING MEAT

Keep meat cold and at an even temperature. Unwrap it as soon as it is brought into the house. Place it in an open dish, loosely covered with oiled paper, in the refrigerator. Clean it by wringing a cloth out of cold water and wiping the meat thoroughly. Dry it with a cloth, trim off the hard edges and the surplus fat. Permit it to stand until it is at room temperature. It is then ready to be cooked.

RULE FOR SEASONING MEAT

There is a diversity of opinion about this. Salt toughens meat, but it helps bring out the flavour. On the whole the tendency is to season meat before cooking or after searing it. Allow 3 teaspoon of salt to 1 pound of minced meat, 1 teaspoonful to 1 pound of solid meat.

A clove of garlic may be tucked in near the bone of a leg of lamb; a bay leaf may be added to roast pork; and a skinned onion may be placed in a corner of the pan when roasting meat.

THE MODERN METHOD FOR ROASTING MEAT

This is to-day the generally accepted manner of roasting meats and fowl. As there are a few people who fail to advance with the times or who, being otherwise progressive, hanker nostalgically for the roasts that mother used to make, a chart for roasting by the old-fashioned method is appended.

Prepare a roast for cooking by the above rule. Take it from the refrigerator at least 1 hour before roasting it.

Place the meat in a pan, fat side up, in a preheated oven (see the following chart). Do not increase or decrease the heat at any time. Add no liquid. Do not cover or baste the meat. Make gravy with part of the pan dripping and Vegetable Stock (see page 378).

A glossary will be found on page 832 explaining the terms used in this chapter, such as grilling, simmering, frying, sautéing, braising, larding, etc.

Roast meat in a slow oven 300° for beef, lamb, veal, and smoked pork; 350° for fresh pork.

300
MEAT

A meat thermometer is helpful, but not essential. Insert the bulb of the thermometer in the centre of the lean part of the meat. Be sure that it does not rest upon either fat or bone. Make a gash in the meat with a pointed knife or a skewer in order to facilitate the insertion of the thermometer.

TIME-TABLE FOR ROASTING MEAT

<table>
<thead>
<tr>
<th></th>
<th>Oven Temperature (Fahrenheit)</th>
<th>Minutes per Pound</th>
<th>Thermometer Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF, rare</td>
<td>300°</td>
<td>18 to 20</td>
<td>140°F</td>
</tr>
<tr>
<td>medium</td>
<td>300°</td>
<td>22 to 25</td>
<td>160°F</td>
</tr>
<tr>
<td>well-done</td>
<td>300°</td>
<td>27 to 30</td>
<td>170°F</td>
</tr>
<tr>
<td>PORK, fresh (always well done)</td>
<td>350°</td>
<td>30 to 35</td>
<td>185°F</td>
</tr>
<tr>
<td>* smoked</td>
<td>300°</td>
<td>25 to 30</td>
<td>170°F</td>
</tr>
<tr>
<td>LAMB</td>
<td>300°</td>
<td>30 to 35</td>
<td>180°F</td>
</tr>
<tr>
<td>VEAL</td>
<td>300°</td>
<td>25 to 30</td>
<td>170°F</td>
</tr>
</tbody>
</table>

For a small roast, allow the longer period of cooking. For a large roast allow the shorter period of cooking.

* Hams which are specially processed for tenderness require shorter cooking time. These hams should be cooked to a lower internal temperature (150° to 160° F.), allowing 20 to 22 minutes per pound. See Ham, page 332.

Fillet of beef is treated in a different manner (see the rule on page 304).

A rolled roast will require 5 to 10 minutes longer per pound.

If you wish to brown a roast after it is cooked, place it under a grill for a few minutes.

SEARED ROASTS

There is a preference among some cooks for a previously seared roast. This method is old-fashioned and optional. If you wish, try it out to determine whether you prefer it.

Place the roast in a very hot oven 500°. When lightly browned, after about 20 minutes, reduce the heat to a slow oven, 300° (see chart) and continue roasting it until done. Allow the shorter amount of time for these roasts, including the time for searing. See Timetable for Roasting Meat.

For gravy for all roasts see page 377.

The less tender cuts of meat may be improved by being placed for several hours in a marinade.

MARINADE FOR TENDERIZING MEAT

Combine:

1 cup French dressing with garlic
1 tablespoon mixed dried herbs or
2 tablespoons mixed, chopped fresh herbs—parsley, chives, basil, savory, etc. (optional)
MEAT

A GENERAL RULE FOR ROASTING MEAT BY THE OLD-FASHIONED METHOD

Prepare the meat as directed in the rule on page 300. Place it in a pan on a dripping rack in a very hot oven 480° to 500° F. until it is browned. Reduce the heat to a moderate oven 350°, pour a cup of boiling stock over the roast and cover the pan. Cook the roast until it is done, basting it frequently. It may be uncovered for the last 1/2 hour. If stock is not available for basting meat use Vegetable Stock. See the paragraph on Gravy (page 377).

A roast of beef is sometimes seared in a pan on top of the stove until light brown on all sides and then placed in a 350° oven as directed.

Fillet of beef comes under a different rule (see page 304).

TIME-TABLE FOR GRILLING MEAT

This calls for quick heat. Preheat a grill. Grease the rack. Place meat on it.

Place the top of a 1-inch steak or chop 2 inches from the source of heat.
Place the top of a 2-inch steak or chop 3 inches from the source of heat.
Grill until the top side is well browned; season with salt and pepper.
Turn and grill until the second side is browned. Only one turning is necessary. Season the second side and serve the meat on a hot platter.
Grilling time depends upon thickness of the meat and the degree of doneness desired. Approximate length of time for grilling is as follows:

STEAKS, 1 inch thick . . . . . . 12 to 15 minutes
2 inches thick . . . . . . 30 to 35 minutes
LAMB CHOPS, 1/2 inch thick . . . . 10 to 12 minutes
HAM SLICE, 1 inch thick . . . . 20 to 25 minutes

TO PAN-BROIL MEAT

See Pan-Broiled Steak, page 307; Lamb Chops, Pan-Broiled, page 324; Pork Chops, page 328.

TO BRAISE MEAT

The less tender cuts of meat are frequently braised. See Marinade on previous page. Dredge meat with flour (optional). Season it. Brown it quickly in a very little fat—the fat of the meat, rendered, hot butter, lard, oil, or dripping. Place it in a heavy pan. Add enough boiling water or stock to cover the bottom of the pot (about 1/3 cupful). Cover the pot closely. Simmer the meat on top of the stove until it is tender. Add stock if required.

Or dredge, season, and brown the meat. Pour over it 2 to 4 cups of boiling water or stock, cover the pot closely. Place it in a slow oven 250° for 3 or 4 hours. Baste it every 30 minutes. Turn the meat once, at about the middle of the cooking period.

Vegetables, pared and quartered, may be added to braised meat, either when halfway done or later. Carrots, turnips, parsnips, onions, celery, tomatoes, etc., are good for this dish.
MEATS USUALLY PREPARED BY BRAISING

Beef pot roasts  Leg of lamb or mutton, breast and neck slices
Swiss steak  Beef tongue
‘Country fried’ steak  Beef liver
Flank steak  Beef heart
Veal shoulder steaks or chops  Oxtails
Pork shoulder steaks and chops

TO STEW MEAT

Have the meat cut into small uniform pieces. Season them with salt and pepper. They may be dredged with flour. Brown the meat on all sides in a small amount of fat—the fat of the meat, rendered, butter, lard, oil, or dripping. Onion or garlic may be added to the fat. Half cover the meat with boiling water or stock. Permit the liquid to come to the boiling point, then reduce the heat to a low flame. Cook the meat (covered) very slowly. In other words, simmer it, do not boil it—temperature 185°. Approximate length of time for stewing is as follows:

BEEF . . . . . 40 to 60 minutes to the pound
MUTTON . . . . . 20 minutes to the pound
VEAL . . . . . 25 minutes to the pound
CHICKEN . . . . . 20 minutes to the pound

Add pared vegetables for the last 30 or 45 minutes of cooking, long enough to have them tender—sliced carrots, turnips, celery, parsnips, tomatoes, etc. For gravy see the chapter on Gravy (page 377).

Stews may be baked covered in a slow oven 300° to 325° after the meat has been immersed in the stock. In that case it may be necessary to add more stock during the cooking.

FRICASSEES

These are really stews. It is customary to brown the meat before stewing it, or to stew it until tender, brown it in butter or fat and return it to the stock or gravy.

TO ‘BOIL’ HAM, SALT OR FRESH BEEF

A misnomer, for these meats are never ‘boiled.’ They are simmered covered until tender.

Cover meat with water. It should be completely covered so that all of it is cooked at the same temperature. Season it with salt and pepper if required. Spices and herbs or vegetables may be added for flavour. Cover and simmer the meat until done—20 to 30 minutes per pound for ham, 15 to 25 minutes per pound for new-type processed ham, 45 minutes per pound for shoulder, and 40 to 50 minutes per pound for salt beef or fresh beef. Do not boil the meat at any time.

Add pared vegetables to the pot for the first 45 or 30 minutes of cooking, long enough for them to be tender.
MEAT

TO BARBECUE MEAT

Barbecued meat—lamb, pork, beef, fowl—is usually cooked in the open very slowly and for a long time over a pit of coals. It is basted with a highly seasoned sauce. To barbecue meat indoors, place it in a hot oven 300° for 20 minutes, reduce the heat to 300° and begin basting it with Barbecue Sauce (page 387). Baste it frequently throughout the cooking period, which may be as much longer as you like than the time given in the Time-table for Roasting Meat (page 301) The sauce is served, unthickened, with the meat.

BEEF

The best cuts of beef for roasting are the rib and sirloin. The round or aitch-bone, fore-ribs and rump, chuck, ribs, and clod may be roasted, but as these cuts are less tender than the rib and sirloin, it is better to braise or to pot-roast them. See Marinade (page 301) Neck, shoulder, shank, brisket, flank, and the heel of the round may be either stewed or braised.

Tender steaks are best either grilled or pan-broiled; less tender steaks—round, rump, etc.—are better braised. See Appendix B for Pressure-cooking of Meat (pages xlix–l).

ROAST BEEF

Remove from the refrigerator at least 1 hour before preparing for cooking:

A rib or sirloin roast of beef
Wash it with a damp cloth. Trim off the excess fat and hard edges.
Season the roast with:
Salt
Pepper
Its surface may be rubbed with:
A cut clove of garlic
and it may be dredged with:
Flour
Place the roast fat side up in a pan in an oven preheated to 300°. If the roast is very lean tie or skewer over it:
A piece of suet or salt pork
Cook it as directed by the rules and time-table for roasting meat on page 301 18 to 30 minutes to the pound.
A rolled roast will require 5 to 10 minutes longer to the pound.
Note that a roast may be browned in a hot oven 500° for 20 minutes before being cooked, uncovered, and without basting in a moderate oven 300°. If you wish to brown a roast after it is done place it under a grill for a few minutes. Use the fat and dripping in the pan for making Gravy (see page 377).

Serve the roast with:
Noodle and Apple Dish (page 86),
Yorkshire Pudding (page 376), or
Tomato Pudding (page 175)
See the Chart for Left-over Food (page 790) for recipes utilizing left-over roast.

FILLET or TENDERLOIN of BEEF

Allow 1 pound per serving
A fillet of beef, being deliciously tender of its own accord, calls for a slightly different method of cooking than other meat.
Remove the surplus fat and skin from:
A fillet of beef
Lard it with narrow strips of:
Salt Pork or Bacon
Fold over the thin ends of the fillet and secure them with string or skewers.
If the fillet is not larded spread it generously with butter or place strips of bacon over it. Season it with:
Salt
Pepper
Dredge it with:
Flour
Place it on a rack in a roasting-pan in a very hot oven 500°. Place a piece of salt pork or bacon in the bottom
of the pan. Bake the fillet from 20 to 30 minutes only (according to its size). A fillet of beef prepared as directed may be roasted in a slow oven 325° from 20 to 25 minutes per pound. Do not cover or baste it.

Gravy, page 377.
This is good made with:
Pan dripping and sour cream
Add to the gravy:
Sautéed Mushrooms Mincéd (page 293)
or surround the fillet with:
Grilled Mushrooms (page 294)
Garnish the platter with dabs of:
Tart jelly on slices of orange
Sprigs of parsley
Mashed Potato Balls (page 246)

POT ROAST
Beef shoulder, chuck, blade bone, boneless neck, and rump make good pot roasts.
Wipe with a damp cloth:
3 pounds chuck or other beef
The meat is improved by being larded with:
Salt pork or bacon
Rub the meat with:
Garlic (optional)
Season it with:
Salt
Pepper
Dredge it with:
Flour
Heat in an iron pot over a hot fire
2 tablespoons fat
Sauté lightly in the fat:
1 cup chopped onion
Remove the onion. Scar the meat on all sides in the fat until it is dark brown. Pour over it:
2 cups or more of boiling stock,
Vegetable Stock (page 377), or
1 cup of stock and 1 cup of
canned tomatoes
There should be about ½ inch of liquid in the pot. Reduce the heat and cover the pot closely.* Do not boil the meat at any time. Simmer it slowly until it is done (for 2 or 3 hours). Add stock if the roast becomes dry.

Remove the roast from the pot. Strain the stock and thicken it with:
Flour** (see Gravy, page 378)
Vegetables may be cooked and served in the stock. About 1½ cupfuls in all of green pepper, celery, carrots, parsley, potatoes, etc. Peel and slice them or mince them and add for the last ½ hour or so of cooking. Serve the pot roast with:
Noodles (page 84) or
Dumplings (page 575)
* Pot roast may be baked covered in a slow oven 300° to 325° after the stock has been poured over it.
** Some cooks like a sour-sweet gravy. You may get this effect by adding 1 teaspoon of sugar and 1½ tablespoons lemon juice, acid wine, or vinegar.

POT ROAST with CIDER
Combine:
2 cups cider
2 small onions, sliced
½ teaspoon ginger
3 cloves
½ teaspoon cinnamon
2 tablespoons sugar
Follow the above rule for Pot Roast. Soak the meat for 12 hours in the cider. Keep it in a cold place, turn it once. Use the cider in place of the hot Vegetable Stock.

POT ROAST with CRANBERRIES
Follow the rule for Pot Roast. Substitute for the vegetable stock:
2 cups boiling water
Add after 1 hour of cooking:
2 cups cranberries
And additional boiling water if needed.

CANNED ROAST BEEF
3 Servings
This is like a good pot roast. It comes in a very little sauce.
Place on an oven-proof plate the contents of:
1 can roast beef (340 grammes)
Heat it in a hot oven 400° for about
SAUERBRATEN

10 to 12 Servings

Wipe with a damp cloth:
- 3 pounds beef shoulder

Lard it with pieces of:
- Salt pork or bacon
  (or choose a cut of meat with fat).

Rub it with:
- Garlic (optional)
- Salt
- Pepper

Place it in a crock or bowl. Heat but do not boil:
- Equal parts of mild vinegar or white wine and water
- \( \frac{1}{4} \) cup sliced onion
- 2 bay leaves
- 1 teaspoon peppercorns
- \( \frac{1}{4} \) cup sugar

Pour this while hot over the beef so that it is more than half covered. Place a lid over the crock and put it in the refrigerator. Leave the meat there for a week or ten days, turning it once a day. Drain it, saving the vinegar, and cook the meat like Pot Roast (page 305). Use the vinegar mixture in place of stock. When the meat is tender remove it from the pot. Thicken the stock with:
- Flour (see Gravy, page 378)

Add:
- \( \frac{1}{4} \) cup sweet or sour cream

I like the gravy ‘straight.’ Some cooks add raisins, ketchup, and ginger snaps, but I have never had the courage to do so. Serve the roast with:
- Potato Dumplings (page 376) and you will have a treat.

GRILLED STEAK

Prepare for cooking (page 300):
- A Beefsteak 2 inches thick *

Preheat a grill thoroughly. Place steak on the centre of the grill-pan so that the top of the steak will be about 3 inches from the heating element (see time-table for Grilling Meat, page 302). When the steak is well browned on one side, season it with salt and pepper and turn it. When the second side is browned the steak will be done. Season the second side and serve the steak immediately. A steak 1\( \frac{1}{2} \) inches
thick requires 20 to 25 minutes for grilling; a steak 2 inches thick requires 30 to 35 minutes. A very thick steak may be browned on both sides, then cooked until done under a lowered flame. When it is done spread it with:

Butter

Serve it garnished with:

Sautéed Mushrooms (page 293)
French Fried Onions (page 279)

* You may rub the steak with a cut clove of garlic. You may spread it an hour before it is cooked with olive oil. Add, if desired, grated onion and prepared mustard. Or you may spread it when 3/4 cooked with French dressing or with a paste made of soft butter, grated onion, and prepared mustard. Or you may serve it with:

Sauce for Steak (page 387), Marchand de Vin Sauce (page 387), or Spring Onion Sauce (page 387)

SAUCE for STEAK

This may be prepared while the steak is being grilled.

Heat:

2 tablespoons steak dripping or butter

Sauté in the fat for 5 minutes:

1/4 cup finely chopped onion

Add:

3/4 teaspoon mustard
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 teaspoon pepper

1 cup boiling water

Cover these ingredients and simmer them for 10 minutes. Shortly before serving the steak, strain the sauce, and pour it slowly, beating it constantly, over:

1 beaten egg

Stir and cook the sauce for 1 minute over low heat. If desired stir in the steak dripping. Pour the sauce over the steak. See Sauces (page 387).

BARBECUED SIRLOIN STEAK

Cream:

6 tablespoons butter
3 tablespoons dry mustard
3 teaspoons salt
3 teaspoons sugar

1/2 teaspoon pepper
1 teaspoon paprika

Rub this well into:

A whole sirloin steak 2 or 3 inches thick

Sear it on both sides in heavy pan over a quick fire. Prepare a sauce of:

3 tablespoons Worcestershire sauce
6 tablespoons olive oil
3 tablespoons ketchup
3 teaspoons sugar
3 teaspoons salt

Brush part of this over the meat. Grill it (see above) 1/2 to 1 hour. The heat may be reduced for the last 1/2 hour of cooking. Turn the steak once. Brush it frequently with the remaining liquid.

PAN-BROILED STEAK

Prepare for cooking:

A Beefsteak (page 300)

Heat a frying-pan over a good flame until it is smoking hot. Rub it very lightly with:

Suet

Put the steak in the pan and sear it for 1 minute, turn it, and sear the other side. Season the steak with:

Salt
Pepper or paprika

Reduce the heat to a low flame and continue cooking the steak until it is done, about 10 minutes for a 1 1/2 inch steak. Pour off the fat in the pan. If it is allowed to accumulate the steak will be sautéed and not broiled. If at all doubtful of the tenderness of the steak partly cover it with a lid when the flame is reduced. This gives it more of a steamed than a grilled quality, but it does help to soften it. The dripping may be thickened with:

Flour (see Gravy, page 378)

or the preceding rule for Sauce may be followed. Serve the steak with:

German Fried Potatoes (page 250)

STEAK CREOLE

Prepare for cooking:

A tender Steak (page 300)

Sauté sufficient:

Onions (page 279)
to cover the steak. Prepare the following sauce. Combine:

\[
\begin{align*}
&1\frac{1}{2} \text{ cups tomato juice} \\
&1 \text{ tablespoon Worcestershire sauce} \\
&2 \text{ tablespoons diced ham} \\
&1 \text{ tablespoon butter}
\end{align*}
\]

Simmer these ingredients for 10 minutes. Combine:

\[
\begin{align*}
&2 \text{ tablespoons flour} \\
&\frac{1}{2} \text{ cup tomato juice}
\end{align*}
\]

Stir these ingredients slowly into the simmering stock. Season the sauce with:

- Salt
- Paprika

Place it over hot water. Add:

- 1 tablespoon sherry

Grill the steak (page 302). Place it on a hot platter. Cover it with the sautéed onions. Serve it with the

**BEEFSTEAK and OYSTERS**

Grill until nearly done:

**A Beefsteak (page 302)**

Place it in a pan. Cover it with:

**Drained oysters**

Season them lightly with:

- Salt
- Paprika

Dot them with:

- Butter

Bake the steak in a moderate oven 375° until the oysters are plump.

Serve it with:

- Lemon Butter (page 391)
- Chopped parsley
- Mashed Brown Potatoes (page 250)

**FILLET of BEEFSTEAKS**

Upon request our butcher usually will cut fillet steaks, shape them, and surround them with a strip of bacon secured by a bit of wood. If not, it must be done at home. The thickness of the steaks varies from \(\frac{1}{4}\) of an inch to 1 inch or more.

Prepare for cooking:

**Fillet steaks** *1 to 2 inches thick*

Follow the time-table for Grilling Meat, *page 302*. Spread the steaks, while hot, with:

- Butter or Hollandaise or Béarnaise Sauce (*pages 381–2*)

Serve them on a hot platter garnished with:

- Lemon
- Parsley
- Grilled Mushrooms (*page 294*)
- Mashed Potato Balls, Fried (*page 246*)

*The steaks may be spread at this time with butter.

**BEEF STROGANOFF**

4 Servings

Cut into 1/2-inch slices:

- 1\(\frac{1}{2}\) pounds fillet of beef

Pound the beef with a mallet until it is thin. Cut it into strips about 1 inch wide. Melt in a pan:

- 1 tablespoon butter

Sauté the beef for 2 minutes:

- 1 tablespoon minced onion

Sauté the beef quickly in the butter for about 5 minutes. Turn it so that it will be browned evenly. Remove the beef. Keep it hot. Add to the pan:

- 2 tablespoons butter

Slice and add, stir, and sauté in the butter:

- ¼ pound mushrooms

Add the beef. Season it with:

- Salt
- Paprika
- A grating of nutmeg (optional)
- ½ teaspoon basil (optional)

Add and heat, but do not boil:

- ½ cup warm sour cream

**SWISS STEAK**

6 Servings

Wipe with a damp cloth and trim the edges of:

**A 2-pound steak**

Rub it with:

- A half clove of garlic

Pound into both sides of the steak with the edge of a heavy plate:

- Flour (as much as the steak will hold)

- 1 teaspoon salt
- ½ teaspoon pepper

Cut the steak into pieces or leave it
whole. Heat in a large casserole or frying-pan:

1/4 cup bacon or ham fat
Add and sauté until brown:
1/4 cup chopped onion
Scrub the steak in the fat. Add:
2 cups strained boiling tomatoes*
Cover the pan closely and place it in a slow oven 275° for 2 hours or more.
Remove the steak to a hot dish. Strain the dripping.**
Thicken it with:
Flour (see Gravy, page 378)
Add if required:
Salt
Paprika
Pour the gravy over the steak. Serve it with:
Baked Potatoes (page 247)
* 1 cupful boiling water and 1 cupful or more chopped carrots, celery, and peppers may be substituted for the tomato juice, or these vegetables may be added to the tomato juice, so may 2 cupfuls of canned soup (either ready to serve or condensed soup diluted).
** The drained vegetables may be returned to the gravy after it has been thickened.

RUMP STEAK SMOTHERED IN ONIONS

6 Servings
Peel and cut into very thin slices:
5 medium-sized onions
Trim a:
2-pound rump steak
Rub it with:
Salt
Pepper
Dredge it with:
Flour
Heat in an iron frying-pan over a good flame:
1 tablespoon bacon fat
Put the onions in the pan. Place the steak over them. Permit the steak to brown on one side, turn it, and brown the other. When the steak and onions are brown cover the pan closely and simmer them over very low heat for 1½ hours, or until it is very tender.

After the water has been poured on the steak it may be covered closely and placed in a slow oven 275° and cooked until it is done (for about 1½ hours). Serve it on a hot dish. Place the onions on top of it. Garnish it with:
3 tablespoons chopped parsley
Serve the steak with:
Mashed Potatoes (page 245)
Green beans or zucchini
* Chopped celery and carrots may be added to the water.

STEAK with ONIONS and SOUR CREAM

Melt in a frying-pan:
4 tablespoons butter
Sauté in the butter until light brown:
1/4 cup finely minced onions
Cut into 4-inch dice:
1½ pounds steak
Scrub it in the butter on all sides. Add:
1 teaspoon salt
1/2 teaspoon paprika
Simmer these ingredients covered for 20 minutes. Add:
1 cup minced, Sautéed Mushrooms (page 293)
Combine:
1 cup sour cream
2 tablespoons flour
Pour these ingredients into the frying-pan. Stir and simmer them for 5 minutes. Add if needed:
Salt
Serve the meat with:
Boiled Rice (page 87)
Spanish Casserole Dish, page 157.

Sautéed RUMP STEAK

Cut into 2-inch by 4-inch pieces:
A steak 1/2 inch thick
Dip the pieces in:
Seasoned flour
Sauté them until brown over a quick fire in:
Hot butter or dripping
Reduce the heat to a low flame, cover the pan, and cook the steak until it is tender.
THIN BEEFSTEAKS with CHEESE

Pound:
Grated Parmesan cheese
into:
Thin steaks
Roll them lightly in:
Flour
Season with:
Salt
Paprika
Sauté the steaks slowly in:
Hot fat

BEEF ROLLS

Wipe with a damp cloth:
A steak $\frac{1}{2}$ inch thick
Cut it into 2-inch-by-4-inch pieces.
Season the strips with:
Salt
Pepper
Place on each strip:
A thick slice of carrot
A piece of celery
A small piece of salt pork or a slice of bacon
Roll the strips and tie them with thread. Brown them in:
Salt pork or bacon fat
Cover them with $\frac{1}{2}$ inch of:
Boiling Vegetable Stock (page 378)
Simmer them closely covered for 2 hours.* Do not let the stock boil at any time. Remove the rolls and cut the threads. Thicken the stock with:
Flour (see Gravy,** page 378)
Add if required:
Salt
Pepper
Pour the gravy over the rolls. Serve them with:
Mashed Potatoes (page 245)
Noodles (page 84)
* The rolls may be closely covered and baked in a moderate oven 325° for 2 hours. In this case it may be necessary to add more stock during the cooking. For other fillings see Veal Birds (page 321).
** Try adding a little red wine to the stock—about $\frac{1}{4}$ cupful.

MEAT

FLANK STEAK with DRESSING

4 Servings
Prepare for cooking:
A Flank Steak (page 300)
Trim the edges. Season it with:
1 teaspoon salt
$\frac{1}{2}$ teaspoon paprika
$\frac{1}{2}$ teaspoon ginger (optional)
Melt:
$\frac{1}{2}$ cup butter or bacon fat
Add and sauté until brown:
2 tablespoons chopped onion
Add:
1 cup bread-crumbs
$\frac{1}{2}$ teaspoon salt
A few grains paprika
2 tablespoons chopped parsley
3 tablespoons chopped celery
1 egg slightly beaten
Spread this dressing over the flank steak, roll it loosely, and tie it. Heat in a frying-pan:
3 tablespoons fat
Sear the steak in it on all sides. Place the steak in a casserole or closely covered dish. Stir into the fat in the pan:
2 tablespoons flour
Add:
1 cup water
1 cup tomato juice
$\frac{1}{2}$ teaspoon salt
Pour this over the steak. Bake it in a slow oven 250° closely covered for 1$\frac{1}{2}$ hours. Add seasoning if required.
Serve the steak with a:
Green vegetable

MOCK DUCK I

Follow the preceding rule for:
Flank steak
or prepare for cooking:
2 small rump steaks $\frac{1}{2}$ inch thick
Spread the dressing over $\frac{1}{4}$ of the flank steak and fold over the other $\frac{1}{2}$ or over 1 of the rump steaks and cover it with the second steak. Sew the edges together with a coarse needle and thread.
Heat in a frying-pan:
3 tablespoons fat
Place the meat in the frying-pan and brown it on both sides. Add:
2 cups boiling Vegetable Stock (page 378)

Cover the pan closely, reduce the heat, and simmer the meat until it is tender (for about 2 hours). Remove the thread. Place the meat uncovered in a moderate oven 375°. Baste it frequently. Permit it to brown.

Thicken the dripping with:
Flour (see Gravy, page 378)

Mock Duck II, page 324.
This is made with a forequarter of lamb.

GASTON BEEF STEW

8 Servings
This seems best when cooked a day ahead, but it is fine at any time. Perhaps I think that because it is frequently served by a well-known hostess at her country parties. It is a one-dish meal.

Cut into small pieces:

½ pound salt pork

Cut into pieces suitable for stewing:

2 pounds beef

Sauté the pork in a large frying-pan over a slow fire. Brown the meat in the dripping over a quick fire. Sprinkle it with:

1 tablespoon flour
1 teaspoon salt
½ teaspoon pepper

Combine and heat until boiling:

1 clove garlic, chopped
1 large onion, chopped
1 bouillon cube dissolved in 1 cup hot water
8 ounces canned tomato sauce
12 peppercorns
3 whole cloves
½ cup parsley, chopped
½ bay leaf

Place the meat in a Dutch oven. Pour the above ingredients over it. Simmer it covered for about 4 hours.

After 3 hours add:
½ cup sherry or acid white wine

Cook separately until nearly tender:

6 medium-sized potatoes, peeled and quartered
6 carrots, peeled and quartered
1 stalk celery, chopped

Add these vegetables for the last 15 minutes of cooking.

BOILED BEEF with HORSE-RADISH SAUCE

4 to 5 Servings

Place in a pot:

3 pounds lean brisket (first cut)

Add to it:

½ cup sliced onions
½ cup sliced carrots
½ cup sliced celery with leaves
½ teaspoon salt

Pour over these ingredients boiling water to cover. Cover the pot and simmer the meat until it is tender (for 3 or 4 hours). Prepare the following:

Sauce
Melt:

4 tablespoons butter

Brown lightly in the butter:

½ cup chopped onions

Stir until blended:

2 tablespoons flour

Stir in slowly:

2 cups pot liquor
½ cup freshly grated horse-radish*
or prepared horse-radish

Season the sauce with:

Salt
Sugar
Vinegar or lemon juice

* The matter of seasoning is optional.
The original recipe calls for 1 cup pot liquor, 1 cup horse-radish, 1 cup cider vinegar, and ½ cup of sugar. This seems excessive to me. I substitute a cup of pot liquor for the vinegar, then flavour the sauce as I like. Prepared horse-radish contains vinegar, so it is difficult to give exact proportions.

Cut the meat into slices. Reheat it in the boiling gravy.

Serve the dish garnished with:

Chopped parsley

Serve the beef with:

Boiled New Potatoes in their jackets (page 244)


SHIN-BONE STEW

Buy:

A 2½-pound shin-bone with meat

Brown it in:

3 tablespoons melted butter or dripping
Partly cover it with:
Boiling water
Season it with:
Salt
Paprika
Simmer the meat closely covered until it is nearly tender (for about 2 hours).
Add:
4 cups peeled, diced vegetables
These may be carrots, onions, celery, potatoes, tomatoes, etc. Simmer the stew until the meat and the vegetables are tender. Thicken the stock, if desired, with:
Flour (see Gravy, page 378)
Season the stew and serve it with:
Chopped parsley

**MEAT**

**IRISH STEW**

4 to 6 Servings
Wipe with a damp cloth, then cut into 1½-inch cubes:
1½ pounds beef
Season it lightly with
Salt
Paprika
Dredge it with:
Flour
Heat in a pot:
* 3 tablespoons fat
Brown the meat in this, then remove it from the pot. Add to the fat and brown:
½ cup sliced onions
Add the meat and cover it with:
Boiling water
Cover the pot closely, reduce the heat, and simmer the meat for 1½ hours.
Parboil for 5 minutes:
1½ cups diced potatoes
Drain them. Add to the stew
½ cup diced carrots
½ cup diced turnips
Simmer the stew for 10 minutes. Add the drained potatoes and simmer it for 20 minutes. Dissolve:
2 tablespoons flour
in:
½ cup cold Stock or Stock Substitute (page 38)
Stir it into the stew and bring the

gravy to the boiling point. Serve the
stew with:
Dumplings (page 375)
Scones (page 433)

**THrift STEWS**

Use:
Flank
Chuck
Shank
Neck
Heel of Round or
Brisket
To stew, see page 303.

**GOULASH (BEEF)**

6 Servings
This Hungarian dish is made in many different ways. Beef, veal, and other meats are used separately and in combination. Vegetables are sometimes added for the last hour of cooking. Goulash is always highly spiced—epicures insisting that one form of pepper (peppercorns freshly ground) is the requisite, others preferring the imported Rosen Paprika or some other spice. Some cooks use a very little water, others prefer stock, sour milk, cream, or red wine. This is a good general rule:
Wipe with a damp cloth and cut into 1-inch cubes:
2 pounds steak, shin-bone, or other beef, or 1 pound beef
and 1 pound lean veal
Melt in a heavy pot:
4 tablespoons butter or fat
Sauté in this:
1½ cups chopped onion
Add:
1 teaspoon salt
½ teaspoon pepper or 1 teaspoon
paprika
Brown the meat in the fat. Add:
1 cup or less boiling Stock (page 56) or tomato juice
The amount of boiling liquid used is another moot point. Some use just enough to keep the meat from scorching and add more gradually during the cooking. Cover the pot closely and simmer the meat for 1½ hours. If the larger amount of liquid is used, 6 small
peeled potatoes may be added for the last ½ hour of cooking, but they do soak up the gravy and the gravy is apt to be the best part of the goulash. Remove the meat from the pot and thicken the stock for:

**Gravy (page 378)**

It may be necessary to add stock or tomato juice. Add if required:

**Seasoning**

Serve the goulash with:

- Spätzle (page 376), or Noodles (page 84)

- Veal and Pork Goulash, page 140.

**MINCED BEEF**

Use Chuck, Flank, Shank, Neck, Heel, or Round.

**HAMBURGER PATTIES**

5 Servings

These are good—so good that one need not hesitate to serve them at any time. Put through a mincer:

1 pound steak or shoulder, etc.

Add:

- 1 teaspoon salt
- ½ teaspoon paprika
- 1 cup chopped onions (optional)
- 2 tablespoons thick cream (optional)

Work the meat lightly with the hand. Shape it loosely into 5 cakes about 1 inch thick. Surround each cake with:

- A strip of bacon *

Secure the bacon with a toothpick. Heat a frying-pan. Brush it very lightly with bacon fat. Brown the patties on both sides in the hot pan. Reduce the heat and cook them slowly until they are done. Serve them with:

**Scalloped Potatoes and Onions (page 249)**

**Brown Sauce (page 385)**

* The use of bacon is optional. * If it is omitted sauté the patties in a little hot fat.

**HAMBURGER VARIATIONS**

You may add to the above hamburger mixture a choice of:

- Italian Tomato Paste (page 752), ketchup, or chilli sauce
- Sautéed Mushrooms (page 293), chopped pickles, celery, or olives, herbs, or capers, etc.

Serve cooked hamburgers with:

- Onion Soup Sauce (page 394)

(This may make you an isolationist.)

Or add to the pan dripping:

- 3 tablespoons lemon juice
- ½ teaspoon nutmeg

Or spread the steaks with:

- Finely chopped olives or chives mixed with butter

**HAMBURGER STEAK BALLS or CAKES**

4 Servings

Combine lightly with a fork:

- 1 pound minced steak or shoulder
- ½ pound minced salt pork
- 3 tablespoons rich milk
- ½ teaspoon celery salt
- ½ teaspoon salt
- 1 tablespoon or more chopped onion *
- 1 tablespoon chopped parsley or other herb
- ½ teaspoon paprika

You may vary these seasonings by adding:

- 1 teaspoon Worcestershine sauce or 1 or 2 teaspoons prepared mustard or
- 2 teaspoons horse-radish, drained

Shape the meat into balls. Handle them very lightly so that they will not become too solid. You may flatten them into cakes and surround the cakes with:

**Strips of bacon (optional) **

Secure them with toothpicks. Heat in a frying-pan:

- 2 tablespoons butter or fat

Add the balls or cakes and brown them. Add:

- ½ cup Stock or Stock Substitute (page 38) or sour cream

Cover the pan and simmer the balls until they are done (for about 5 minutes). Thicken the dripping with:

- Flour (see Gravy, page 378)

Serve the balls with:

- Gnocchi (page 95)
MEAT

* If preferred the onion may be sautéed for 2 minutes in the fat before the meat is added.

See Index for Minced Beef in Cabbage Leaves, Stuffed Cabbage, Hamburger with Olives and Tomato Sauce, Hamburger with Mushroom Sauce, Doughnut Hamburgers, Minced Beef and Kidney Beans, Chilli con Carne, etc.

Grilled Hamburger Sandwiches, page 122.

SCRAPED BEEF

The following is a good way of preparing meat for a convalescent or a young child.

Scrape with a spoon or a dull knife:
- Rump steak
- Season the scrapings with:
  - Salt
  - Paprika

Roll them into a ball, flatten it slightly, and pan-broil it in a hot frying-pan that has been rubbed with a very little:
- Butter or suet

Sear the meat on both sides over a good flame, reduce the heat, turn the meat several times, dotting the upper side each time with a very little:
- Butter

Serve the meat on:
- Toast

BEEF LOAF I

4 to 6 Servings

Here are two good recipes for beef loaf. The first calls for an egg yolk and bread-crumbs; the second for minced vegetables, biscuit crumbs, and canned tomatoes. Beef loaf is good baked in a ring mould. Pour about ½ cupful of ketchup in the bottom of a greased ring mould. Fill the mould, cover it with a piece of buttered-paper. Bake the loaf as directed. Invert the mould. Serve the ring filled with green peas or any other vegetable. If the loaf is served cold fill it with potato or some other vegetable salad. 2 tablespoons of chilli sauce may be poured over the top of a meat loaf when it is half cooked. This gives it a good flavour and a light crust.

Combine and shape into a loaf:
- 1 pound of minced beef (⅔ this amount may be pork)
- 1 egg yolk
- 2 tablespoons chopped parsley
- 1 tablespoon butter
- 1 tablespoon bread-crumbs (optional)
- 1 teaspoon lemon juice
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon onion juice

Wrap the loaf in waxed paper and place it in a pan. Bake it in a moderate oven 350° for 1 hour. Pour over it and baste it every 5 minutes with:
- 1 cup butter
- 1 cup boiling water or Vegetable Stock (page 378)

Thicken the dripping with:
- Flour (see Gravy, page 378)

Serve the loaf with:
- Potato Boats (page 248)

BEEF LOAF II

8 to 10 Servings

Mince:
- 3 large peppers
- 1 large onion

Add:
- 1 cup biscuit crumbs or lightly crushed cornflakes
- Drain, reserving the juice:
- 3½ cups tomatoes (No. 2½ can)

Combine the vegetables and add:
- 1 pound minced beef
- 1 pound minced pork
- ½ teaspoon salt
- ½ teaspoon paprika

Shape these ingredients into a loaf. Dredge it with:
- Flour

Cover it with:
- 5 or 6 slices of bacon

Bake the loaf for 1 hour in a moderate oven 350°. Baste it frequently with:
- Tomato juice

Remove it from the pan. Thicken the dripping with:
- Flour (see Gravy, page 378)

If there is insufficient tomato juice add:
- Vegetable Stock (page 378) or Stock Substitute (page 38)
MEAT

Serve the loaf with:
Riced Potatoes (page 245)

See Index for Meat Loaf, Left-over Meat in Biscuit Dough, and other Minced Beef Dishes.

BEEF À LA LINDSTROM I
(SWEDISH MEAT BALLS)
6 Servings (about 18 14-inch balls)
There are many rules for this dish all similar to, and in my opinion none superior to, the recipe on page 149 for German Meat Balls
Follow this rule. Shape the meat into 1-inch balls.
Brown them in:
1 tablespoon butter or dripping
Simmer them closely covered until they are done (for about 15 minutes) in:
2 cups consommé or other Stock
Thicken the stock with:
Flour (see Gravy, page 378)**
Reheat the balls in the gravy. Serve them with:
Potato Dumplings (page 376)
* You may omit the veal in the recipe and substitute beef.
** You may season the gravy with sherry.

BEEF À LA LINDSTROM II
4 to 5 Servings
Put through a mincer 3 times:
2 pound steak
Beat and add:
2 egg yolks
1 teaspoon salt
Sauté until light brown:
1 cup finely minced onions
in:
2 tablespoons butter
Remove from the fire, add:
1 tablespoon capers
1 cup pickled beets, drained, then chopped
1 cup cooked potatoes, chopped
1 cup cream
Add the meat. Shape these ingredients into cakes. Sauté them quickly on both sides until done in:
1 tablespoons hot butter

SPICED BEEF

8 Servings
Good served hot—fine for a cold meat platter.
Cover:
4 or 5 pounds chuck roast
With:
Cider vinegar
2 onions, sliced
1 bay leaf
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon cloves
1 teaspoon salt
1 teaspoon pepper
Permit the roast to stand in this marinade for 12 hours or more. Drain it. Reserve the liquor. Place the meat in a roasting-pan. Heat to the boiling point and pour over it:
1 of the vinegar
2 cups water
Cover it and roast it in a slow oven 275° for 3 hours. Put through a mincer, then sauté in butter until a golden brown:
2 onions
4 large carrots
1 medium yellow turnip
1 stalk celery
Add these ingredients to the roast for the last 1/2 hour of cooking. Add if needed:
Salt
The stock may be thickened with:
Flour (see Gravy, page 378)

TO CORN BEEF

Combine and stir well:
8 cups water
1 cup salt
3 tablespoons sugar
1 bay leaf
6 peppercorns
1 clove of garlic, minced
2 teaspoons mixed pickle spices
Add:
1 teaspoon saltpetre*
Dissolved in:
1 cup warm water
Add:
5 or 6 pounds beef (brisket or rump)
Cover it with a plate and place a
heavy weight on it. Leave the meat in the brine for 36 hours.
* Not necessary, but usually done.

CORNED BEEF
Wipe with a damp cloth and tie to keep it in shape:
A 5-pound piece of corned beef
Place it in cold water to cover. Add:
\( \frac{1}{2} \) clove of garlic (optional)
6 peppercorns
Bring it to the boiling point, remove the scum, reduce the heat, cover the pot, and simmer the meat for about 5 hours or until it is tender. Leave the meat in the water in which it was cooked until it is lukewarm. Remove it and press it with a weight, or serve it warm and unpressed with:

Horse-radish Sauce (page 280)
Boiled Potatoes (page 244)
Dumplings (page 375), cooked in the corned beef stock

CORNED BEEF and CABBAGE
Prepare by the preceding rule:
Corned Beef
Peel, quarter, and add for the last hour of cooking:
3 onions
3 carrots
Cut into wedges and add for the last 10 to 15 minutes of cooking:
A head of cabbage *
Serve the beef surrounded by the vegetables and:
Dumplings (page 375)
These may be cooked in the stock.
The vegetables may be dressed with:
Melted butter
* This is not traditional, but modern. Cabbage used to be cooked with the beef for hours.

CANNED CORNED BEEF
and CABBAGE
Follow the preceding rule. Substitute canned corned beef. Put it into boiling water with the vegetables. Cook it until the vegetables are tender.

NEW ENGLAND BOILED DINNER
8 Servings
Follow the rule for Corned Beef. After the meat has cooked for 4 hours, remove it from the pot. Peel, quarter, and simmer in the stock for 30 minutes:
3 small parsnips
6 large carrots
3 large yellow turnips
Skin and add:
8 small onions
Peel, quarter, and simmer in the stock for 15 minutes longer:
6 medium-sized potatoes
Cut into wedges, add and simmer until tender (for about 10 to 15 minutes):
A head of cabbage *
Reheat the meat in the stock. Serve it on a platter surrounded by the vegetables, garnished with:
Parsley
* You may, of course, follow the old-fashioned method of cooking the cabbage much longer, in fact, for several hours. A piece of salt pork, about 2 pounds, is sometimes added for the last 2 hours.

CREAMED CORNED BEEF HASH
Cut into dice:
Cold boiled corned beef or canned corned beef *
Prepare by the rule on page 379:
Cream Sauce (\( \frac{1}{2} \) as much as there is beef, the sauce may be made with milk or stock)
When the sauce is smooth and boiling add the meat. Season it with:
Horse-radish or savory or mustard or Worcestershire sauce or curry, etc.
Serve it on:
Toast
Sprinkle it with:
Chopped parsley
* You may add to the beef an equal amount of cooked potatoes, diced.

CORNED BEEF HASH and POTATOES
Combine equal parts of:
Corned beef, minced or chopped
MEAT

Peeled potatoes, diced
Red onions, chopped
Add, then cover the pan and simmer until the onions are tender:
2 or 3 tablespoons water
Add as needed:
Salt
A generous amount of freshly ground pepper
When the beef is dry and the onions are tender add:
3 or more tablespoons butter
Brown the bottom of the hash over slow heat. Serve it, brown side up, with:
Poached Eggs (page 68)

QUICK CANNED CORNED BEEF HASH

4 Servings
Melt:
2 tablespoons butter
Sauté in it:
¼ cup chopped onions
Add to it about:
1½ cups boiled potatoes, diced
1½ cups (approximately) canned corned beef, diced
Stir the mixture until it is well heated. Serve it as it is or, better still, spread it on an oven-proof plate and brown the top under a grill. Serve it with:
Poached eggs

CANNED CORNED BEEF HASH
and CHEESE SAUCE

4 Servings
Chill:
1 (16 oz.) can corned beef hash
Remove it whole from the can. Cut it into 4 slices. Grill them on one side. Turn them. Spread the tops with:
Prepared horse-radish
Top the meat with:
Thick slices of tomato
Season with:
Brown sugar
Salt
Paprika
Grill the slices. Serve them with:
Cheese Sauce (page 382)

CANNED CORNED BEEF HASH PATTIES

4 Servings
Sauté:
3 tablespoons chopped onion in:
2 tablespoons butter
Add:
½ teaspoon thyme
16 ounces canned corned beef hash
Form patties of this mixture. Sauté them on both sides in:
Butter or dripping
Sauté in the same pan:
Slices of firm tomato
Season them with:
Brown sugar
Salt
Paprika
Arrange the tomatoes and patties on a platter garnished with:
Parsley

For other Corned Beef Dishes see Index.

VEAL

Veal requires longer cooking than beef. It is always served well done, except abroad, where it retains a luscious pink colour. It may be kept juicy by having a generous coating of fat rubbed into its surface. This also gives it a fine brown colour.

Cook veal uncovered at a low even temperature 300°. Do not sear veal roast at any time. It may be dredged with flour. Several strips of salt pork or bacon may be placed on the roast or in the pan and the roast, if dry, may be basted with the dripping. Roast veal 25 to 30 minutes to the pound. A shoulder roast or rolled roast may require a few minutes longer per pound.
MEAT

Cuts for Roasting: Kidney roast or rib, leg, loin, breast, shoulder, cushion shoulder, and rolled roast.
Cuts for Braising or Roasting: Chuck, round bone, rolled shoulder, shoulder, blade-bone shoulder, and rump roast.
Cuts for Stews: Shoulder, breast, knuckles, shanks, flank, and kidneys.

VEAL ROAST STUFFED BREAST or SHOULDER
Have a pocket cut in:
A breast or shoulder of veal
Remove it from the refrigerator at least 1/2 hour before preparing.
Wipe the meat with a damp cloth.
Fill the pocket with:
Bread Stuffing (page 370), Oyster Stuffing (page 370), or other stuffing (about 3 cupfuls)
Sew it up with a coarse needle and thread. Season the meat with:
Salt
Paprika
If it is not fat rub it with:
Butter*
Dredge it with:
Flour
Place it in a roasting-pan in a slow oven 300°. Bake it uncovered until it is done (25 to 30 minutes to the pound). See rule above or chart on page 301. You may place on the roast several strips of:
Bacon
Thicken the dripping with:
Flour (see Gravy, page 378)
* The meat may be rubbed first with garlic. Gashes may be put in a shoulder roast. Insert fine slivers of garlic, marjoram, and peppercorns, or anchovy paste.

See Chart for Left-over Food on page 790 for recipes utilizing left-over roast.

VEAL ROAST, KIDNEY, LOIN, ETC., or ROLLED ROAST
Follow the preceding rule for Breast or Shoulder. This roast is good served with:
Dumplings (page 373)
Spatzen (page 376)
Allow 35 to 40 minutes to the pound for rolled roast.

BREADED VEAL SLICES
The following Veal Slices are so delicate that they may be served as a company dish in preference to some more costly meat course.
Wipe with a damp cloth and trim the edges from:
2 pounds veal steak from the round ½ inch thick
The meat may be rubbed with:
Garlic
Pound the meat well with the edge of a plate and cut the surface lightly with crisscross gashes. Cut the meat into pieces the size of a large oyster.
Season them well with:
Salt
Paprika
Dip them in:
Bread-crumbs
then in:
1 egg diluted with 2 tablespoons water
and again in the crumbs. Heat in a frying-pan:
Butter
Brown the slices in the butter over a quick fire. Half cover the slices with:
1 cup cream and 1/2 cup Stock or Stock Substitute (page 38)
Cover the pan with a lid. Reduce the heat to a very, very low flame, or place the covered pan in a slow oven 325°.
Cook the meat for 1 hour. Thicken the dripping with:
Flour (see Gravy, page 378)
The following variation meets with great favour:
Stone and drain:
Whiteheart cherries
In the place of all cream use 1/4 cream and 1/4 cherry juice. Cook the stoned cherries in the gravy with the meat for the last 5 minutes, or cook the meat as directed and add to the stock 5 minutes before the meat is done:
1 cup of seedless grapes or peeled and seeded white grapes
COLOPPS of VEAL in WINE

4 Servings
Cut into 2-inch squares:

1¼ pounds veal ½ inch thick
Try out:
3 slices bacon, minced
Add:
4 tablespoons butter
Stir and sauté slowly in the fat until light brown:

½ cup thinly sliced onions
½ cup thinly sliced carrots
¼ cup thinly sliced shallots
1 pound thinly sliced mushrooms (optional)
Sprinkle these vegetables with:
1 teaspoon salt
½ teaspoon paprika
1 tablespoon flour
Stir in:
¾ cup claret
Add the meat. Simmer it uncovered until it is light brown and tender.

VEAL CUTLETS
Wipe with a damp cloth:
Veal cutlets ½ inch thick
They may be rubbed with:
Garlic
Dip them in:
Seasoned bread or biscuit crumbs
then in:
1 egg diluted with 2 tablespoons water
and again in the crumbs. Heat in a frying-pan:
Butter or dripping
Brown the cutlets in the butter over a quick flame, then cook them covered over a very low flame until they are tender (about ½ hour) or in a moderate oven 325°.

VEAL STEAK (WIENER SCHNITZEL)
I. Wipe with a damp cloth and trim the edges of:
A slice of veal from the round, ½ inch thick
Cook it by the preceding rule for Veal Cutlet.

II. Prepare the meat for cooking.
Season it with:
Salt
Dredge it with:
Flour
Heat in a frying-pan:
½ cup butter or dripping
Add until the fat becomes red:
Paprika
Sauté lightly in the fat:
½ cup or more sliced onions
Brown the meat in the fat. Add:
¼ cup sour cream *
Cover the pan and cook the veal over a very low flame until it is tender (about ½ hour). Thin the dripping with:
Boiling Stock or Stock Substitute (page 38)
Sprinkle the Schnitzel with:
Lemon juice
Serve it garnished with:
Parsley
Capers
Sardelles
and if you wish to add a truly European touch:
A sautéed or poached egg
* Boiling Vegetable Stock (page 378) or water may be substituted.
Veal Casserole, page 129.

VEAL STEW
Wipe with a damp cloth:
1¼ pounds of veal
The meat may be cooked in one piece or it may be cut into ½-inch cubes. Melt in a heavy pot or saucepan over a quick flame:
3 tablespoons butter or dripping *
Sear the meat in the dripping. Reduce the heat to a very low flame, cover the bottom of the pot to the depth of ½ inch with boiling:
Vegetable Stock ** (page 378)
Cover the pot closely and simmer the meat until it is tender (for 45 minutes or more).
Remove the meat from the pot. Strain the stock. Thicken the stock with:
Flour (see Gravy, page 378)
Return the meat to the pot, heat it, and serve it sprinkled with:

Chopped parsley
* The browning of the meat in fat is optional. For a pleasant change drop it directly into boiling vegetable stock and cook it as directed.

** ½ cupful sliced onions may be sautéed in the fat and boiling water may be substituted for stock. Celery, carrots, turnips, etc., may be peeled and cubed and added to the gravy for the last hour of cooking or the vegetables may be minced and added. A good proportion is:

1¾ pounds of veal
1 cup carrots
1 cup onions—small whole onions skinned or sliced onions
1 cup potatoes
If vegetables are added do not strain the stock. Thicken it if required with:

x or 2 tablespoons of flour combined with a little water (see Gravy, page 578.)

Cook the flour in the gravy for 5 minutes. Stir it from time to time. Cook and stir the flour until it thickens.

Serve the stew with:

Noodles (page 84), Farina Balls (page 62), or Rice Ring (page 85), and Fried Apples (page 399)

Veal stew is very good with a baked top crust. Follow the rule for Chicken Pot Pie Crust (page 130)

ELABORATE VEAL STEW

6 Servings
An American version of Blanquette de Veau—a very inexpensive and very good main dish.

Cut into 2-inch squares:
2½ pounds veal shoulder

Place in a saucepan and bring slowly to the boiling point:

4 cups cold water
6 sticks celery with leaves, chopped
4 sprigs of parsley
1 bay leaf
2 cloves
½ teaspoon salt
½ teaspoon white pepper
½ teaspoon grated nutmeg
½ teaspoon thyme (optional)

Drop the meat piece by piece into the pot. Do not check the boiling of the stock. Reduce the heat. Simmer these ingredients covered until the meat is tender (for 45 minutes or more). Add for the last ½ hour of cooking:

8 or 10 small onions, peeled

Remove the meat and the onions from the pot. Place them where they will keep hot. Strain the stock. Skim it.

Melt:

3 tablespoons fat or butter

Stir in until blended:

3 tablespoons flour

Stir in slowly:

2 cups stock

Add, if needed:
Salt
Paprika

Cook and stir the stock until it is smooth and boiling. Remove it from the heat. Beat in:

3 beaten egg yolks

Stir the gravy over a low flame to permit the yolks to thicken slightly. Remove it from the fire. Beat in:

3 tablespoons lemon juice or sherry

Arrange the meat and the onions on a platter around a mound of:

Boiled Rice (page 87)

Pour the gravy over the meat. Place at each end:

A bunch of parsley

6 or 8 cooked whole Carrots (page 263)

Serve it at once.

* Blanquette de Veau is soaked in water for 1 hour. It is put on in cold water which is skimmed frequently. It is boiled, not simmered, for 45 minutes. The result is a fine gravy, but meat that is robbed of nearly all flavour. I prefer the dish as given.

VEAL PAPRIKA

Cut into 2-inch squares:
2 pounds veal steak ½ inch thick

Sprinkle it with:

1 teaspoon salt
⅓ teaspoon pepper

Peel and cut in two:
1 clove of garlic
Sauté it for 3 minutes in:
2 to 6 tablespoons butter or fat
Add the meat and sauté it until it is lightly browned. Add:
2½ cups boiling Vegetable Stock  
(Page 378)
Cover the saucepan and simmer the meat for 1 hour, or until it is tender. Remove the garlic. Add:
⅛ cup sweet or sour cream
1 teaspoon paprika
Heat the cream, but do not let it boil.
Serve the meat at once with:
Potato Dumplings (Page 376)
* A small onion, peeled and quartered, may be substituted.

VEAL BIRDS

Wipe with a damp cloth and trim the edges from:
Slices of veal from the round,
⅛ inch thick
Pound the meat with the edge of a plate and cut it into pieces of about 2 by 4 inches. Make the following stuffing:
Chop the meat trimmings and combine them with an equal amount of chopped:
Salt pork
Measure the salt pork and trimmings and add to them ⅔ the amount of:
Bread-crumbs
Add:
Chopped onion *
Chopped celery
Salt
Pepper
Moisten these ingredients with enough:
Cream or Stock or Stock Substitute  
(Page 38)
to hold them together. Spread the meat lightly with the stuffing and roll it. Secure it with skewers or thread. Sprinkle the birds with:
Salt
Paprika
Roll them in:
Flour
Sauté them in:
Butter
over a quick fire until they are brown.
Reduce the heat and add:
Hot cream or milk
until the birds are half covered. Cover the pot closely and cook them until they are tender (for about 20 minutes). Thicken the dripping with:
Flour (see Gravy, Page 378)
Pour it over the meat.

For a more simple way of making veal birds follow the rule for Beef Rolls (Page 310).
In place of the stuffing the meat may be rolled around small sausages or sausage-meat.
* Substitute or add if you like:
Chopped apples or seedless raisins

Goulash, Veal, and Pork with Sauer-kraut, page 140; Mock Chicken Drumsticks (City Chicken), page 160.

VEAL in BATTER

Prepare the batter for:
Brain Fritters (Page 129)
Pound until very thin a:
½-inch slice of veal from the round
Cut it into small pieces. Add:
Chopped parsley
Lemon juice (optional)
Follow the rule for cooking Brain Fritters (Page 129). Serve them with:
Figaro Sauce (Page 382)

VEAL LOAF

8 to 10 Servings
Mince:
1½ pounds veal
Mince it a second time with:
½ pound salt pork
Remove the seeds and mince:
1 small green pepper
Peel and chop:
⅛ cup onion
Melt:
2 tablespoons butter
Brown the onion in the butter and add it to the minced ingredients. Add and combine well:
2 tablespoons cream or stock
1 tablespoon lemon juice
½ teaspoon salt
⅛ teaspoon paprika or pepper
6 tablespoons rolled biscuits or
crushed cornflakes
Place these ingredients in a small greased loaf pan. Brush the top of the loaf with the:

**White of an egg**
Bake it in a slow oven 300° for 2 hours or more, pricking the loaf frequently.
Baste it with:

\[ \frac{1}{4} \text{ cup of Stock or Stock Substitute}
\text{or } \frac{1}{4} \text{ cup pork fat} \]

Thicken the drippings with:

**Flour** (see Gravy, page 378)
Cooked minced veal may be prepared by the same rule. It requires a shorter time for baking (about 1 hour).

Ham and Veal Loaf, page 152.

**VEAL SOUFFLÉ (Steamed)**
10 Servings
The following is an excellent soufflé.
Combine:

\[ \frac{1}{2} \text{ pounds minced veal}
\frac{1}{2} \text{ pound minced pork} \]

**LAMB AND MUTTON**
See Appendix D (page lxix), To Carve Lamb

Lamb is a tender meat. All cuts may be roasted. The best-known cuts for roasting are a quarter of spring lamb, leg, crown roast, loin, shoulder, rolled shoulder, cushion shoulder, and breast. The leg, shoulder, and breast may be stuffed. Other cuts may be braised or stewed. The thriftier cuts are neck and best end of neck and scrag end. Mutton is lamb grown up. Its flavour is a bit strong, so it is boiled or stewed more frequently than roasted, in my country. You may substitute mutton for lamb in any of the following recipes. Allow 5 to 10 minutes longer per pound for cooking it.

**LAMB ROAST**
Remove from the refrigerator at least a half hour before cooking:

A piece of lamb
Wipe it with a damp cloth. Season it with:

Salt
Pepper
Dredge it with:

Flour
You may cut narrow gashes in the sides with a skewer and place in them:

Slices of garlic
Place the lamb, fat side up, in a pan in a slow oven, preheated to 300°. Roast it as directed by the chart on page 301. Allow 30 to 35 minutes to the pound.* Do not cover it or baste it. Thicken the dripping with:

Flour ** (see Gravy, page 378)
Add to it:

Sour cream or milk (optional)
Serve the roast with gravy and

Mint Sauce (page 389)
If mint sauce is not desired see:

Currant Jelly Sauce (page 386)
* The roast will be well done, according to our American custom. Europeans like it rare.
** In many homes it is traditional to
serve lamb and mutton gravy without thickening.

See the chart for Left-over Food (page 790) for ways of utilizing left-over lamb.

**CROWN ROAST of LAMB**

Allow 2 ribs per person

Wipe with a damp cloth:

A crown roast of lamb

Protect the ends of the bones by covering them with:

Heavy waxed paper, cubes of salt pork, or balls of dough

Season the roast with:

Salt
Pepper

Dredge it with:

Flour

Place the roast uncovered in a slow oven 300°. Allow 30 to 35 minutes to the pound. Remove the roast before the last hour of cooking. Fill the centre with:

Bread Stuffing or Stuffing for Crown Roast of Lamb (page 373)

Return it to the oven and complete the cooking. Remove the covering from the bones. Garnish them with a paper frill, a slice of pickle, or a stuffed olive. Thicken the dripping with:

Flour (see Gravy, page 378)

(See Currant Jelly Sauce, page 386)

An unfilled crown roast may be cooked upside-down. Omit covering the bones when roasted. Fill the hollow of the roast with:

Buttered Peas (page 268)

or with:

Cooked Chestnuts (page 293)

Garnish the roast with:

Parsley

Serve it with the gravy and:

Mint Sauce (page 389)

**SHOULDER ROAST of LAMB**

Prepare or have prepared with one side left open for inserting stuffing:

A shoulder of lamb

Rub the meat with:

A cut clove of garlic

Season it inside and out with:

Salt
Pepper

Fill the cavity with:

Bread or other stuffing (see page 370)

Sew or skewer up the open side. Roast the meat uncovered in a slow oven 300° until done (about 40 minutes to the pound). See rule for:

Gravy (page 378)

**ROAST STUFFED SHOULDER of LAMB with VEGETABLES**

6 Servings

Bone:

A shoulder of lamb

Spread the meat on a flat surface. Season it well with:

Salt
Pepper

Rub it with:

Garlic (optional)

Prepare about:

3 cups Bread Stuffing (page 370)

Spread the stuffing on the meat. Roll it like a jelly roll. Secure it with string. Place it in a dry pan in a hot oven 500° for 15 minutes. Add:

1 cup Vegetable Stock (page 378)

Reduce the heat to 350°. Some of the bones may be placed in the pan. Cover the meat and cook it for 45 minutes. Prepare for cooking:

3 cups diced vegetables (celery, carrots, onions, potatoes)

Place them in the pan with additional:

Vegetable stock (about 1 cup)

Cover the pan. Cook the meat for 1 hour longer. Pour off the liquid. Permit the meat and vegetables to glaze by cooking them uncovered for 10 minutes longer. Prepare the gravy by boiling it rapidly until it is somewhat reduced (this is traditional). Pour off the fat.

**BRAISED ROAST of LAMB**

Melt in a heavy pan:

1/4 cup melted dripping or butter

Sear on all sides in the fat a:

Rolled shoulder of lamb
Mock Venison

This is both delicate and delicious.
Wipe with a damp cloth:
- A leg of lamb or mutton

Cover it with:
- Sour milk

Soak it for 24 hours or more. Drain it.
Lard it with:
- Salt Pork or Bacon (page 336)

Dot it with:
- Butter

Season it well with:
- Salt
- Paprika

Dredge it with:
- Flour

Roast it in a very hot oven 480° for 15 minutes. Add:
- 1 cup hot Vegetable Stock (page 378)

Reduce the heat to 300° and cover the roast closely. Baste it frequently. When it is nearly done remove the cover and pour over the roast:
- 1 cup sour cream

Permit the roast to brown uncovered for 10 minutes. Thicken the dripping with:
- Flour (see Gravy, page 378)

Serve the roast surrounded by:
- Browned Potatoes (page 243)

Garnish it with:
- Parsley

Lamb Chops—Grilled

Follow directions for Grilled Steak (page 306), allowing a shorter time for cooking according to the thickness of the chops (see page 302).

Lamb Chops—Pan-Broiled

Wipe with a damp cloth and trim the edges of:
- Lamb chops

Sear them in a hot dry frying-pan.
Season them with:
- Salt
- Paprika

Reduce the heat and cook them slowly.
until they are done. Place in the centre of a platter a mound of:

**Mashed Potatoes** *(page 245)*

Make a slight depression in the top and pour the hot dripping into it. Surround the potatoes with the broiled chops. Garnish them with:

**Parsley**

Place a sprig of parsley in the centre of the potato mound. Serve the dish while the chops are very hot.

**STUFFED LAMB CHOPS**

To prepare and stuff lamb chops follow the rule for:

**Stuffed Pork Chops** *(page 329)*

Substitute:

- 6 lamb chops

The chops may be surrounded by:

**Sticks of bacon**

Use toothpicks to hold them in place.

Or cut lamb chops from the bone. Place a small ball of sausage-meat against each chop. Wrap the tail around it. Secure it with a toothpick. Grill or pan-broil the chops.

**CREOLE LAMB CHOPS**

Trim:

- 4 lamb chops *

Sprinkle them with:

**Salt**

**Pepper**

Roll them in:

**Flour**

Brown them lightly in:

- **2 tablespoons** dripping or butter

Arrange them in a baking-dish.

Sprinkle over the chops:

- **1 cup** diced onions

Combine in the frying-pan and heat to the boiling point:

- **1 cup** tomato soup

- **1 cup** water

Pour these ingredients over the chops. Cover them. Bake them in a slow oven 325° until they are done (for about 1½ hours). Serve the chops with:

**New potatoes creamed, sprinkled with chopped parsley**

* Steaks from the shoulder or leg may be substituted.

*Lamb Terrapin, page 154.*

**LAMB STEW**

Follow the rule for Veal Stew *(page 319).* Do not sear the meat unless it is very lean. Drop it as directed into boiling:

**Vegetable Stock** *(page 378)*

Cover it and simmer it until it is tender. Serve the stew, if desired, with a top crust. See Chicken Pot Pie *(page 130).* Capers or chopped pickles may be added to the gravy.

**CURRY of LAMB with RICE**

4 Servings

Remove the gristle and fat from:

- 1 pound lamb shoulder

Cut the meat into 1-inch cubes. Heat:

- **3 tablespoons** fat

Brown the meat in the fat. Add:

- **1 cup** boiling water

- **1 teaspoon** salt

- **1 teaspoon** pepper

- **1 teaspoon** curry powder

- **1 tablespoon** chopped onion

- **1 cup or more** chopped celery

- **1 tablespoon** chopped pimento *(optional)*

- **2 tablespoons** chopped parsley

Cover the meat and simmer it until it is done (for about 20 minutes). Stir it frequently. Thicken the stock with:

**Flour** *(see Gravy, page 378)*

Cook and stir it for 2 minutes. Place on a platter a mound of:

**Hot Boiled or Steamed Rice** *(page 87)*

Arrange the meat and gravy around it. Garnish the platter with:

**Parsley**

**MUTTON with CAPER SAUCE**

Wipe with a damp cloth:

**A leg of mutton**

Cut a slit in each side. Insert in each slit:

**A clove of garlic**

Rub the meat with:

**Butter**

**Salt**

**Pepper**

Melt in a heavy pan:

- **1 cup** fat or dripping
Brown the meat in it on all sides. Add:

4 cups boiling water

Cover the pot. Simmer the meat until it is tender. Allow 30 minutes to the pound. Add boiling water if necessary. When the meat has cooked for 1 hour add:

2 small whole onions
3 peppercorns
3 cloves
A sprig of thyme or ½ teaspoon dried thyme
½ bay leaf

When the meat is tender remove it from the pot. Place it where it will remain hot. Skim the fat from the stock. Melt:

6 tablespoons butter *

Stir in:

4 tablespoons flour

Stir in slowly:

3 cups of lamb stock

Cook and stir the sauce until it is thick and smooth. Add:

⅓ cup cream
⅓ cup drained capers

* The fat removed from the stock may be used.

For other Lamb Dishes see Index.

MEAT

Pork

The first rule for pork is that it must be thoroughly cooked. Avoid "pink pork"—cook the meat until it is white or greyish. Bake it uncovered in a 350° oven 30 to 35 minutes to the pound.

Any part of pork may be roasted. The choice roasts are the rib, loin, and shoulder. The lower half of the foreleg may be boned and rolled or flattened and stuffed.

Fresh hams, or legs of pork, are good roasted or braised.

PORK ROAST

Take the roast from the refrigerator at least a ½ hour before cooking it. Wipe it with a damp cloth and cut off the edges and surplus fat. Season the roast with:

Salt
Pepper

It may be rubbed with a cut clove of garlic. It may be dredged with:

Flour

Place it, fat side up, in a pan in an oven preheated to 350°. Cook it 30 to 35 minutes to the pound (see chart on page 301). Thicken the dripping with:

Flour (see Gravy, page 378)

Serve the pork roast with:

Apple Sauce (page 399)
Apple and Onion Dish (page 182)
Noodle and Apple Dish (page 86)

A rib roast may be boned, stuffed, rolled, and cooked by the above method. Cooked prunes and apricots are sometimes used for the dressing.

The chart for Left-overs (page 790) may give you novel suggestions for utilizing left-over meat.

CROWN ROAST of PORK

Prepare like Crown Roast of Lamb (page 323):

A crown roast of pork

Place it in a moderate oven 350°, allow 30 to 35 minutes to the pound. Remove the roast 1 hour before it is done. Combine:

2½ pounds pork sausage *
⅓ cup bread-crumbs
⅓ cup chopped onions
⅓ cup chopped celery

Moisten these ingredients with a very little:

Milk

Season with:

Savory
Paprika

Fill the crown with this stuffing or fill it with:

Bread or Fruit Stuffing (page 370)

Return the roast to the oven and complete the cooking. Thicken the dripping with:

Flour (see Gravy, page 378)

To garnish it see Crown Roast of Lamb.
Serve the roast with:
- Glazed Onions (page 278)
- Cinnamon Apples (page 398)
- Watercress

* If the roast is not filled with stuffing, omit the covering of the bones and cook the roast upside down.

### ROAST SUCKING-PIG

This recipe for the old-fashioned way of cooking a young pig is given because it is pleasant to preserve traditional rules. However, there is no reason why you should not stuff and season a pig and roast it throughout in a moderate oven 350°, allowing 30 to 35 minutes to the pound.

**Dress, by drawing, scraping, and cleaning:**
- A sucking-pig
  - Wash it well. Dry it inside and out. The dressed pig should weigh about 12 pounds. Rub the inside with:
    - 1 tablespoon salt
  - Fill the pig with:
    - Stuffing

**Onion stuffing is traditional, but choose your favourite kind, page 370. It takes 2½ quarts of stuffing to stuff a pig of this size. Multiply all your ingredients but not the seasonings. Use these sparingly until the stuffing is combined, then taste it and add what is lacking. Sew up the pig. Put a block of wood in the pig’s mouth to hold it open. Skewer the legs into position, pulling the forelegs forward and the hind legs backward. Rub the pig with:**
  - A cut clove of garlic (optional)
  - Salt
  - Oil or soft butter

**Dredge it with:**
- Flour

**Cover the ears with pieces of well-greased paper. Secure them with paper clips. Place the pig in a pan in a hot oven 480° for 15 minutes. Reduce the heat to a moderate oven 350°. Roast the pig until it is tender, allow 30 minutes to the pound. If you wish the surface of the roast to be soft baste it every 15 minutes with boiling:**
- Stock or Stock Substitute (page 38), use about 2 cups

If you wish it to be crusty baste it every 15 minutes with:
- Oil or melted butter
and dredge it with:
- Flour

*It may be sprinkled very lightly each time with:
- Salt
- Paprika

Remove the paper from the ears for the last 30 minutes of baking. Place the roast on a platter. Remove the wood from the mouth. Replace it with a small:
- Lemon, apple, or carrot

**Place in the eyes:**
- Raisins or cranberries

**Place around the neck a wreath of:**
- Small green leaves
  - or garnish the platter with:
- Parsley or watercress

The pig may be surrounded with:
- Cinnamon Apples (page 398)
- Apples filled with mincemeat
- Baked tomatoes filled with pine-apple, etc.

**Serve the roast with:**
- Gravy
  - made with the pan dripping or the liquid in the pan (page 378).

### PORK ROAST WITH SAUERKRAUT

Have the butcher remove the bones from:
- A pork shoulder

Sprinkle the meat inside and out with:
- Salt
- Pepper

**Fill the shoulder with:**
- Sauerkraut, drained

**Dredge it with:**
- Flour

Follow the rule for Roast Stuffed Shoulder of Lamb (page 323). If there is no dripping rack available, put ½ cup of water in the pan to keep the roast from sticking or see Modern Method for Roasting Meat, page 300.
MEAT

**POK**R TENDERLOIN (FILLET)

Split lengthwise:

- A pork tenderloin

Flatten it out. Rub it lightly with:

  - Garlic (optional)
  - Butter

Spread it with:

- Bread Stuffing (page 370—use 1/2 the amount given) or with Apple and Bread Stuffing (page 372) or with stewed stoned prunes

Sew it or tie it up. Season the meat with:

  - Salt
  - Pepper

Dredge it with:

  - Flour

Place the tenderloin in a moderate oven, 350°. Cook it 30 to 35 minutes to the pound. Thicken the dripping with:

  - Flour (see Gravy, page 378)

Add to the gravy:

- Sour cream and cooked mushrooms or sweet cream and currant jelly

Pork tenderloin may be cut into lengthwise strips, spread with stuffing (apple is good), rolled, and tied up. Season the rolls with:

  - Salt
  - Pepper

Dredge them with:

  - Flour

Sear them in a very little:

  - Fat

If the garlic has been omitted a little onion may be added to the fat. Brown the rolls well. Add:

  - 1/2 cup sour cream

Cover them closely and cook them slowly for 30 minutes.

  - Pork Chops or Fillet with Mushrooms, Olives, and Cream, page 140.

**POK**R TENDERLOIN (FILLET) FRENCHED

Wipe with a damp cloth and cut crosswise into slices:

- Pork tenderloin

Flatten the slices slightly. Season them with:

- Salt
  - Paprika

Grill them under a quick flame or sauté them like Pork Chops in the following rule.

**POK**R CHOPS

Sear in a hot pan:

- Pork Chops

Use just enough fat to keep them from sticking. Reduce the heat. Season the chops with:

  - Salt
  - Pepper

Cook them slowly, covered or uncovered, until they are done. If they are very fat pour off the excess grease while they are cooking. Thicken the dripping with:

  - Flour (see Gravy, page 378)

**BREA**DE**D** POK**R CHOPS

Prepare the chops like Veal Cutlets (page 319). Cook them in a minimum of fat in a hot pan. Reduce the heat. Pour off the excess grease and cook them until they are done. Thicken the dripping with:

  - Flour (see Gravy, page 378)

**POK**R CHOPS and APPLES

Wipe with a damp cloth and trim:

- Pork chops 1/2 inch or more thick

Sear the chops in a hot frying-pan. Season them with:

  - Salt
  - Paprika

Cut in halves crosswise and core:

- Apples

Place them on the chops, skin side down. Cover the apples with:

  - Brown sugar

Cover the bottom of the pan well with:

  - Hot cream (sweet or sour)

Cover the pan closely. Bake the chops in a moderate oven 350° from 30 to 40 minutes. Baste them frequently. When they are done thicken the dripping with:

  - Flour (see Gravy, page 378)
PORK CHOPS and PINEAPPLE

Follow the preceding rule. Sear the chops in:
- 1¾ tablespoons bacon fat
Place them in a casserole. Brown lightly in the fat:
- 6 slices pineapple

Place them on the chops. Pour around them:
- ½ cup pineapple juice
Proceed as directed.

DEVILLED PORK CHOPS

4 Servings

Place in a dish:
- 4 pork chops 1 inch thick
Marinate the chops for 1 hour in:
- 3 tablespoons chilli sauce
- 2 tablespoons lemon juice
- 1 tablespoon grated onion
- ½ teaspoon dry mustard
- 2 teaspoons Worcestershire sauce
- ½ teaspoon curry
- ½ teaspoon salt
- ½ teaspoon paprika

Drain the chops, reserving the marinade. Wipe them dry. Brown the chops in a hot greased frying-pan. Heat the marinade and:
- ½ cup water
Pour it around the chops. Reduce the heat. Simmer the chops covered until they are nearly tender, uncover them and continue cooking until they are done. Or, bake them covered in a moderate oven 350° until they are tender (for about 1 hour).

PORK CHOPS BAKED in SOUR CREAM

4 Servings

Prepare for cooking:
- 4 loin pork chops 1 inch thick
Dredge them with:
- Seasoned flour
Insert in each chop:
- 1 clove
Brown them lightly in a little hot pork fat or lard. Place them in a baking-dish. Combine, heat, and pour over them:
- ½ cup water

⅛ bay leaf
2 tablespoons vinegar
½ tablespoon sugar
½ cup sour cream
¾ teaspoon savory (optional)

Cover the dish. Bake the chops in a moderate oven 350° for about 1 hour or until done.

PORK CHOPS BAKED in TOMATO SOUP

4 Servings

Dredge:
- 6 pork chops 1 inch or more thick
with:
- Flour

Brown them in hot fat. Place the chops in a baking-dish. Combine, heat, and pour around them:
- 10½ ounces condensed tomato soup *
- 10½ ounces water
- ½ cup chopped celery
- 1 green pepper, seeded and chopped
- ½ cup minced onions
- ¼ teaspoon salt
- ¼ teaspoon paprika

Cover the dish. Bake the chops in a moderate oven 350° for about 1 hour. Remove the cover for the last 15 minutes. Cover the top with:
- Crushed cornflakes
* Some other soup may be substituted.

STUFFED PORK CHOPS

6 Servings

These are so good that if I were writing a Baedeker I would give them triple stars **.

Wipe with a damp cloth and trim:
- 6 rib pork chops (1 inch or more thick—optional)

Cut the bone from the meat. Trim off the excess fat and cut a large gash or pocket into the side of each chop. Prepare a stuffing of:
- 1 cup bread-crumbs
- ½ cup chopped celery
- ½ cup chopped onions
- 2 tablespoons chopped parsley
- Milk to moisten the stuffing
- ½ teaspoon salt
- ½ teaspoon paprika
These proportions and ingredients may be varied. Fill the pockets with the stuffing. Sew them up with a coarse needle and thread. Sear the chops in a hot frying-pan and place them in a pan with a little:

Milk or cream

Cover the pan and bake the chops in a moderate oven 350° until they are done (½ to 1 hour). Thicken the dripping with:

Flour (see Gravy, page 378)

PORK BIRDS

6 Servings

Pound to the thickness of ⅛ inch:

2 pounds pork steaks (from the shoulder or neck)

Cut them into 6 oblong pieces. Rub them with a mixture of:

⅛ teaspoon salt
⅛ teaspoon pepper
2 teaspoons lemon juice

Combine:

⅛ cup seeded raisins cut in halves
2 cups dry bread-crumbs
⅛ cup evaporated milk
⅛ teaspoon salt

Spread the meat with the stuffing. Roll it. Secure the rolls with string or toothpicks. Dredge the rolls in:

2 tablespoons flour

Melt:

2 tablespoons fat

Brown the rolls in the fat. Add:

1 cup boiling water or Stock (page 36)

Cover the pan and simmer the rolls for about 20 minutes. Serve them with the liquor in the pan.

Mock Chicken Drumsticks, page 160;
Pork Balls in Tomato Sauce, page 150.

BAKED SPARE RIBS with STUFFING

As there is much bone and little meat to spare ribs (I love the self-explanatory name) it is well to allow 1 pound of ribs to a person. Buy the meat in 2 strips.

Wipe with a damp cloth:

2 pieces of spare ribs

Spread 1 piece with a stuffing made of:

1 cup bread-crumbs
1 cup chopped apples
1 tablespoon chopped onion
½ teaspoon salt
½ teaspoon paprika
1 tablespoon sugar

Cover the stuffing with the other piece of meat. Tie the two pieces together. Rub the outside of the meat with:

2 tablespoons flour
½ teaspoon salt
A few grains of pepper

Place it on a rack in a roasting-pan. Bake it in a hot oven 480° for 20 minutes. Reduce the heat and bake it in a moderate oven 325° for 1 hour. Baste the meat every 10 minutes with the fat in the pan.

BAKED SPARE RIBS with SAUERKRAUT

6 Servings

Place in a mound in the centre of a small roasting-pan:

2 quarts sauerkraut

Wipe with a damp cloth:

3 or 4 pounds spare ribs

Season them lightly with:

Salt
Paprika

Fold the ribs into halves. Place between the folds:

Slices of onion

Cover the kraut with the folded spare ribs. Bake them in a hot oven 400° until they are nicely browned. Baste them frequently with the kraut juice. Turn the ribs and brown the other side. Add more water if necessary. Cover the pan. Reduce the temperature to 350°. Parboil until nearly tender:

6 medium-sized potatoes *

When the meat is nearly done, uncover it, place the peeled whole potatoes around it. Turn them frequently to permit them to brown. Serve the ribs and vegetables when the meat is tender.

* Or remove the meat. Place the sauerkraut on top of the stove. Add to it some form of:

Drop Dumplings (page 376)

Cover the pot and cook the dumplings until tender (for about 10 minutes).
BARBECUED SPARE RIBS

4 Servings
Cut into pieces for serving:
2 pounds spare ribs
Place them in a pan. Cover them with waxed paper. Bake the ribs in a very hot oven 500° for 15 minutes. Reduce the heat to 350°. Sauté until brown:
½ cup chopped onions
in:
1 tablespoon dripping or other fat
Add and simmer for 20 minutes:
½ cup water
2 tablespoons vinegar
1 tablespoon Worcestershire sauce
½ cup lemon juice
2 tablespoons brown sugar
1 cup chilli sauce
½ teaspoon salt
½ teaspoon paprika
Remove the paper and pour these ingredients over the meat. Bake the spare ribs for 1 hour longer. Baste them frequently with the pan liquor.

BOILED SPARE RIBS
Wipe with a damp cloth:
Spare ribs
Place them in:
Boiling water to cover
Season them with:
Salt
Pepper
Onion optional
Celery
Parsley
Carrots
Simmer the meat covered until it is tender. Drain it and serve it on a mound of hot:
Sauerkraut (page 258)
Surrounded by:
Mashed Potatoes (page 245)

BOILED SPARE RIBS or FRANKFURTER SAUSAGES with SAUERKRAUT
Wipe with a damp cloth:
Spare ribs
Sear them in a small amount of:
Pork fat
Season them with:
Salt
Paprika
Place them in a casserole between layers of:
Raw sauerkraut
Chopped onions
Cover these ingredients with:
Boiling water
Cover them closely and bake them in a slow oven 325° for 2 hours. Frankfurter sausages or ham hocks may be substituted for spare ribs. Serve the spare rib with:
Mashed Potatoes (page 245)

SAUERKRAUT and PORK HOCKS

4 Servings
Place in a casserole:
4 unskinned pork hocks
Cover them with:
3 cups drained sauerkraut
1 teaspoon caraway or celery seed (optional)
½ cup sliced onions
Pour over them:
1 cup sauerkraut juice or water
Cover the dish closely. Bake it in a moderate oven 350° for about 4 hours.

STEWED PORK HOCKS
Cover with seasoned boiling water:
Pork Hocks
Simmer them covered from 1½ to 3 hours. You may add potatoes for the last ½ hour of cooking or greens or cabbage for the last 15 minutes of cooking.

STEWED NECK BONES
Partly cover with seasoned boiling water:
Neck Bones
Simmer them covered until tender. Vegetables may be added to the stew for the last ½ hour or so of cooking.

STEWED PIGS’ FEET
Simmer by the rule on page 130 for Jellied Pigs’ feet:
Pigs’ Feet
The spices may be omitted. Towards the end of the cooking add:
Green beans or cabbage or sauerkraut
Cook the vegetables until they are tender.
MEAT

Ham

See Appendix D (page lxix), To Carve Ham

In former years ham required soaking in cold water to cover for 12 hours or more. Modern methods permit us to dispense with this step, but it is advisable to soak home-cured hams for 6 hours or more.

A 'boiled' ham should be simmered, never boiled. Allow 30 minutes per pound for simmering a medium-sized ham; allow slightly more for a small ham and slightly less for a large ham. A thermometer will register 160° when the ham is done.

For a ham that is to be 'boiled' and then baked, allow 25 minutes' simmering to the pound for a medium-sized ham and slightly more for a small ham and slightly less for a large ham. A thermometer will register 150° when the ham is ready to be baked.

HAM, BOILED and BAKED

Scrub well:

A smoked ham *

Place it in a pan of fresh simmering water that barely covers it.

Add:

Vegetables suitable for soup

1 bay leaf
8 peppercorns
6 allspice (optional)

Simmer the ham. See the preceding rule. Permit it to cool partly in the water in which it was cooked, drain it and strip off the skin. Cover the top of the ham with:

Brown sugar
A little dry mustard (optional)

Stud it with:

Whole cloves

Bake the ham in a hot oven 425° for 20 minutes.

Baste it with a choice of:

1 cup cider, pineapple or orange juice, the juice of pickled peaches, cooked prunes or apricots, wine, ginger ale, or molasses

Dredge it with:

Brown sugar

Sprinkle it with:

Grated orange rind

Lower the heat to 350°. Cook it without basting for 30 minutes. For the last 15 minutes put into the pan:

Pineapple slices

Garnish the ham with the pineapple and:

Maraschino cherries
Parsley

Serve it with:

Raisin Cider Sauce (page 388), Sour Cream and Horse-radish Sauce (page 389), Barbecue Sauce (page 387), or Horse-radish mixed with Currant Jelly

* Processed hams need not be boiled. They are sold ready to be baked. Follow the rule on page 333 for Processed Ham, Baked.

Consult the Left-over Chart (page 790) for various ways of utilizing scraps of ham and a ham bone.

'COUNTRY' HAMS (Virginia, Smithfield, etc.)

It is a custom in some parts of the United States to 'hang' hams for a long period of time. They become old and even mouldy before they are used. This means that they must be thoroughly scrubbed with a brush and rinsed before being soaked. Yellow soap may be used when necessary to remove the mould.

After cleaning the ham soak it overnight in cold water to cover. Rinse it and follow the above rule for Ham, Boiled and Baked. Allow 30 minutes to the pound for boiling an old ham.

Bake it as directed above.

BAKED HAM

Scrub well:

A smoked ham

Bake it on a rack uncovered in a slow oven 325°. Allow 25 minutes to the pound * for ½ a ham, 30 minutes for a
whole ham. Take the ham from the oven 1 hour before it is done. Remove the rind, all but a collar around the shank bone.

Combine:

1 1/2 cups brown sugar
2 teaspoons dry mustard
1/2 cup fine bread-crumbs

Moisten these ingredients with:

3 tablespoons cider vinegar, prune juice, wine, or ham dripping

Spread them over the fat side of the ham. Cut diagonal gashes across the fat side of the ham in diamond shape. Stud the fat with:

Clove

Return the ham to the oven for 45 minutes. Increase the heat to 425°. Bake the ham 15 minutes longer. Place the ham on a platter. Garnish it with:

Maraschino cherries or cranberries

Surround it with:

Pineapple slices **

It may be served with:

Wine Sauce (page 387) or some other sauce for ham (see Sauces, page 388)

* The ham is done when the meat thermometer registers 160°.

** These may be heated in the pan for the last 15 minutes.

NEW PROCESSED HAMS, BAKED

Hams processed for tenderness, now purchasable everywhere, require no soaking or boiling. Directions for cooking them are usually given on the wrapper. See that the ham is at room temperature, unwrap it, and wipe it with a damp cloth. Replace it in the paper * in which it was wrapped. Place the ham, fat side up, in a pan in a slow oven 300°. Bake it as directed, usually 20 to 22 minutes to the pound. (Internal temperature when done 150° to 160°.) 1/2 hour before the cooking time is over, remove the ham from the oven, unwrap it, score it, stud it with cloves, etc., as suggested in the last part of the above rule for:

Ham, Boiled and Baked, or Baked Ham

Return it to the oven for the last 1 1/2 hour of cooking. Baste it frequently for the first 15 minutes.

* The ham may be baked without being wrapped.

BAKED HAM with BARBECUE SAUCE

Trim and place in a casserole:

A 2-pound slice of smoked ham

Combine:

1/2 cup chopped onion
1 clove of garlic, chopped
1/2 cup tomato ketchup
2 tablespoons Worcestershire sauce
1/2 cup cider vinegar

The contents of 1 (10 1/2 oz.) can tomato soup
2 teaspoons butter
1 teaspoon brown sugar
1/2 teaspoon pepper

Pour these ingredients over the ham. Cover the casserole. Bake the ham in a moderate oven 350° until it is tender (for about 1 hour).

HAM BAKED with CRANBERRIES

Trim the edges of:

2 slices of raw ham 1 or more inches thick

Combine:

2 cups raw cranberries, cut into halves
1 cup strained honey or 1 cup white or brown sugar

Place a slice of ham in a roasting-pan or casserole. Cover it with half of the cranberries. Place the second slice of ham on top of the cranberries. Cover it with the remaining cranberries. Stud the edge of the top slice of ham with:

Whole cloves

Bake the ham in a moderate oven 350° for about 1 1/2 hours or until tender. Baste it frequently with the liquid in the pan. The cranberries may be put through a meat mincer. You may add to the cranberry mixture:

3 tablespoons horse-radish, freshly ground or prepared
SLICE of HAM, BAKED or SIMMERED

This is one of the finest everyday dishes I know, but I find it curiously neglected by most cook-book writers. There are two methods of preparing a ham slice—with scarcely a preference for one or the other method, so that becomes a matter of convenience.

Ham is prepared, covered with other ingredients and baked until done (covered or uncovered) in a moderate oven 350°. Or it is seared, covered with other ingredients and simmered (covered or uncovered) on top of a stove until done. The ingredients added are so varied that it is impossible to list them all, but any one of them seems to result in a good dish.

HAM, BAKED or SIMMERED in MILK

4 to 6 Servings

Trim the edges of:

- A small slice of smoked ham, 1/4 inches thick

Stud the fat with:

- 3 or more cloves

Combine:

- 3 tablespoons brown sugar *
- 2 teaspoons prepared mustard

Rub these ingredients into both sides of the ham. Sear it on both sides over quick heat in:

- A little fat

Pour around it:

- 1/2 cup rich milk **

Cook the ham covered in a moderate oven 350° for about 45 minutes. Bake it uncovered for the last 10 minutes. Baste it frequently. Add hot milk if needed.

Or prepare by the above rule:

- A slice of ham 1/4 inch thick

Sear it. Reduce the heat. Simmer the ham covered on top of the stove for about 10 minutes. Uncover it for the last 3 minutes. Test the ham, whether baked or simmered, for doneness. There are now so many differently prepared hams on the market that it is difficult to give the exact time.

* Or make a paste of brown sugar, mustard, and wine or horse-radish, or of mustard and currant jelly.

** Diluted evaporated milk is fine for this purpose.

HAM, BAKED or SIMMERED with FRUIT, ETC.

Prepare by one of the preceding rules:

- A slice of smoked ham

Cover it with:

- Fresh or canned fruit

Water or fruit juice may be used instead of milk. Sweeten the fruit, if you wish, with:

- White or brown sugar

Heat the liquid. After searing the ham you may cover it with a choice of:

- Thinly sliced apples or oranges
- and brown sugar
- Slices of canned pineapple, drained
- Canned apricots, peaches
- Red plums
- Sour cherries, etc., drained
- Apricot or prune purée
- Cranberries cut in two and sugared, etc.
- Raisins and cider or sherry or grapefruit juice

Cover the pan with a lid. The fruits may be sprinkled with:

- Spice (cinnamon, cloves, curry) or studded with cloves

They may be basted with ham fat or hot fruit juice. Uncover the ham as directed for the last few minutes.

Ham Baked with Apples, page 134.

BAKED HAM, POTATOES, and ONIONS

6 to 8 Servings

Place in a roasting-pan:

- A 2-pound slice of smoked ham

Peel and slice:

- 6 medium-sized potatoes

Spread them over the ham. Sift over the potatoes:

- 1 cup bread flour
- A little paprika

Peel, slice, and add:

- 2 large onions

Half cover these ingredients with:

- Milk

Cover the dish. Bake the ham in a moderate oven 350° for about 1 hour. Uncover it for the last 10 minutes of cooking.
HAM BAKED with TOMATOES and CHEESE

Place in a baking-dish:
A thick slice of smoked ham
Pour over it:
2 cups canned tomatoes
Cover them with:
1/4 pound sliced cheese
Cover the dish. Bake the ham in a moderate oven 350°F until it is tender (about 21/2 hour). Uncover it for the last 10 minutes of cooking.

GRILLED HAM I

Trim the edges from:
A slice of smoked ham 2 inches thick
Cover it with:
Cold water
Simmer it slowly allowing 30 minutes to the pound. Drain it well. Cover one side with:
Brown sugar
Stick into it:
Cloves
Grill the ham under a flame until the sugar melts.

GRILLED HAM II

Soak for 1 hour in lukewarm water:
Slices of smoked ham 1/2 inch thick
Drain them, wipe them, and grill them for 3 minutes under a quick flame.

SAUTÉED HAM and EGGS

Trim the edges of:
A thin slice of smoked ham
Rub a frying-pan with ham fat. Heat it. Brown the ham on one side, reverse it and brown it on the other. Remove it to a hot dish. Keep it hot.* Reduce the heat. Cook gently in the tried out ham fat:
Eggs
* By pushing the ham aside you may cook the eggs in the ham fat when the ham is done without removing it.

HAM STEAK and CORN FRITTERS

4 Servings
This is as American as a cigar-store Indian.

Melt in a frying-pan:
3/4 tablespoon butter
Sauté in this—2 minutes on each side:
4 six-ounce ham steaks
Remove them to a hot dish. Stir into the fat in the pan:
3 tablespoons flour
Permit this to darken. Stir in:
1 1/2 cups milk
1 teaspoon Worcestershire sauce
Paprika
Pour the sauce over the steak. Serve it surrounded by:
Corn Fritters
Garnish it with:
Thick slices of tomato
Parsley

HAM BUTT or SHANK

Use these inexpensive cuts of ham for:
New England Boiled Dinner (page 316)
Cook the ham until it is nearly tender. Add the vegetables and cook until tender.

SMOKED SHOULDER BUTT (COTTAGE ROLL)

This cut may be boned. You may cut slices from this piece for grilling or sautéing, or you may roast or "boil" it.

HAM LOAF with RAW HAM

8 Servings
Mince until fine:
1 1/2 pounds lean pork
1/4 pound smoked ham
1 small onion (optional)
Add:
1/4 cup biscuit crumbs or 1 cup crushed cornflakes
2 beaten eggs
1/4 cup milk
1 teaspoon paprika
1 teaspoon herbs or Worcestershire sauce
1 teaspoon dry mustard (optional)
Shape these ingredients into a loaf. Place it in a bread-pan. You may place in the bottom of the pan a mixture of:
1/4 cup crushed pineapple
3 tablespoons brown sugar
1 teaspoon dry mustard
Bake the loaf in a moderate oven 350° for about 1½ hours. After 45 minutes, baste the loaf with:

1 cup or more condensed soup
(tomato, celery, mushroom)

Baste it several times after that. Good served with:

Horse-radish Sauce (page 380)
Mashed Potatoes
Grilled Pineapple Slices

Ham and Veal Loaf, page 152.

CANNED HAM LOAF (Spiced and Baked)

3 Servings
Place on an oven-proof dish the contents of:

1 (12 oz.) can ham loaf
Score the top. Stick into it:
8 or 10 cloves

Bake the loaf in a moderate oven 350° for 10 minutes. Make a paste of:

½ teaspoon cinnamon
1 cup light brown sugar
1 teaspoon prepared mustard
½ teaspoon vinegar
1 teaspoon water

Place this over the top of the loaf. Bake it for 15 minutes longer. Baste it frequently.

CANADIAN BACON, BAKED

8 Servings
Combine:

1 cup brown sugar
1 teaspoon dry mustard

Spread this over:

A 2-pound piece of Canadian bacon

Bake the bacon uncovered in a slow oven 325° for 1 hour. Baste it every 15 minutes with:

1 cup pineapple or other rather acid fruit juice, cider, or wine, etc.

CANADIAN BACON, BOILED

This is a very practical thing to have on hand. It keeps for a long time, there is no waste and one is ready on short notice to make a deliciously flavoured sandwich.

Place in boiling water to cover:

1 pound or more Canadian bacon
Simmer it until it is tender—for about 1 hour. Remove it from the water.
Cool it. Wrap it in waxed paper and keep it in the refrigerator ready for

CANADIAN BACON, SAUTÉED

Place in a heavy frying-pan:

Slices of Canadian bacon
Cook them over low heat for about 5 minutes. Turn them frequently. When done the lean part is a red-brown and the fat is a light golden brown.

BACON

When Charles Dickens honoured us with his famous American tour he ventured into the wilds around St. Louis. There he stopped at a country inn where the waitress asked him if he would have ‘the white bread and chicken fixings or the corn bread and common doings.’ Upon inquiry, I have found the latter to be bacon.

Place on a rack in a dripping pan:

Strips of bacon

Bake them in a moderate oven 350° until the bacon is crisp and brown or place bacon in a cold frying-pan and cook it slowly until it is done. Pour off the dripping while cooking the bacon to ensure crispness. Turn it frequently.

SALT PORK and MILK GRAVY

4 Servings
Dip thin slices of:
Salt pork (1 pound)
in:
Boiling water
Then in:
Oatmeal or flour
Brown it slowly in a frying-pan. Turn it frequently. Thicken:

2 tablespoons dripping
with:

2 tablespoons flour (see Gravy, page 378)
Pour in slowly:
1 cup milk
Serve the pork with:
Potatoes, boiled or baked
BROILED SAUSAGES
Cut apart:
Sausages
Prick them with a fork to keep them from bursting. Place them in a frying-pan. Add a small amount of:
Boiling water
Cook the sausages for several minutes until the water evaporates. Turn them frequently. Brown them in the dry pan for about 10 minutes. Remove them from the pan. Add to the fat in the pan:
3 tablespoons boiling water
Stir it until it is blended with the fat. Pour the liquid over the sausages.

BOILED SAUSAGES
Plunge into boiling water:
Sausages
Simmer them until they are done (for about 10 minutes) dependent upon their size. Drain them. Serve them with:
Prepared mustard
For picnics serve them between:
Rolls

Sausages in Pastry or Scone Dough, page 137.

BAKED SAUSAGES
Place on a rack over a pan:
Sausages
Cook them in a moderate oven 350° until they are done.

BARBECUED FRANKFURTERS
4 Servings
Sauté:
½ cup chopped onion
in:
2 tablespoons salad oil
Add and simmer for 15 minutes:
2 teaspoons sugar
¼ teaspoon dry mustard
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
6 tablespoons ketchup
6 tablespoons water
3 tablespoons vinegar
2 teaspoons Worcestershire sauce
2 drops Tabasco sauce

Split and place in a baking-dish:
8 frankfurters
Pour the sauce over them. Bake them in a moderate oven 375° for ½ hour. Baste several times while cooking.

SAUSAGES BAKED with APPLES
4 Servings
Arrange in a baking-dish:
8 sausages
Core:
6 tart apples
Cut them into ¼-inch slices and place them around the sausages. Sprinkle them with:
½ cup brown sugar
Bake the dish in a hot oven 400° for 10 minutes, reduce the heat to 350° and continue baking for 15 minutes longer. Baste with the dripping.

BOILED SAUSAGE-MEAT
Place in a kettle:
Smoked sausage
Cover it with:
Boiling water
Simmer it for 8 or 10 minutes. Drain it and serve it with:
Sauerkraut (page 258)

SAUSAGE-MEAT
Combine:
1 pound sausage-meat
2 tablespoons flour
½ cup crushed pineapple, drained (optional)
Shape the meat into cakes ½ inch thick. Sprinkle them with:
Flour
Heat a frying-pan. No fat is required. Add the cakes and brown them quickly on both sides. Cover them with a lid. Reduce the heat to a low flame. Cook the sausage until it is done. Serve the cakes with:
Apple sauce
See Index for Sausage-meat with Pineapple and other Sausage Dishes.
MEAT

SWEETBREADS, BRAINS, KIDNEYS, LIVER, HEART, TONGUE, OXTAILS, ETC.

SWEETBREADS
Soak in cold water for 20 minutes:

Sweetbreads
Drain them well. Place in a saucepan sufficient water to cover the sweetbreads, but do not place the sweetbreads in it at this time. Add to the water:

2 tablespoons lemon juice
2 or 3 sticks of celery with leaves or sprigs of parsley
1/2 cup chopped onion
1 teaspoon salt
A few peppercorns

Bring the water to the boiling point. Drop the sweetbreads into it, lower the heat and simmer them for 20 minutes. Drain them. Reserve the stock. Place them in cold water to harden for 15 minutes. Drain them and remove the skin and membrane. The sweetbreads are now ready to be creamed, grilled, etc.

The liquid in which the sweetbreads were cooked makes an acceptable stock. If you wish, more vegetables may be used in the making of it. The vegetables may be cooked until they are tender after the sweetbreads have been removed. The stock may be flavoured with:

A beef cube

It may be used strained or unstrained. It makes a good aspic in which to mould the sweetbreads (see Aspic Salads, page 424) and is useful in making Braised Sweetbreads (see below), etc.

CREAMED SWEETBREADS
Cook by the preceding rule:

Sweetbreads
Break them into pieces. Drop them into:

Boiling Cream Sauce I (page 379, about 1 cup sauce to 1 pair sweetbreads)

The sauce may be made with stock and cream. Just before serving add:

Sherry (x tablespoonful to x cup sauce)

Sautéed SWEETBREADS
Cook by the rule on this page:

Sweetbreads

Dip them in:

Seasoned, very fine bread-crumbs in:

1 egg diluted with 2 tablespoons of water

and again in crumbs. Sauté them in:

Butter

until they are a rich brown. Serve them with:

Cream sauce (use the sweetbread stock and cream)

Season the stock with:

Sherry or lemon juice
Chopped parsley

Serve the sweetbreads with:

New potatoes and green peas

GRILLED SWEETBREADS
Cook by the rule on this page:

Sweetbreads
Break them into large pieces.
Sprinkle them with:

Salt
Paprika

Roll them in:

Flour

Surround them with:

Strips of bacon
Secure the bacon with toothpicks. Dot them well with:

Butter

Grill them under a good flame.
Baste them frequently with the juices that drip from them and if they are rather dry with additional:

Butter

Add to the gravy a small amount of:

Sherry or lemon juice (optional)

BRAISED SWEETBREADS
Cook by the rule on this page:

Sweetbreads
Break them into large pieces. Season them lightly with:

Salt
Paprika

Surround the pieces with:

Strips of bacon
Secure the bacon with toothpicks.
MEAT

Place the pieces in a baking-dish. Barely cover the bottom of the dish with:

Stock *

Cook the sweetbreads covered in a moderate oven 375° for about 10 minutes. Remove the lid. Pour over the sweetbreads additional stock thickened with:

1 or 2 teaspoons flour **

Cook them uncovered until the bacon is done. Baste them frequently. Add to the gravy for the last 2 minutes of cooking:

Sherry or lemon juice (optional)

* The stock may be the water in which the sweetbreads were cooked. Finely minced carrots and celery may be added to the boiling stock and cooked in it until tender and sautéed mushrooms may be added when the vegetables and stock are thickened with flour. This is a luxurious and delicious touch, but not a necessary one, to a very good dish.

** Only a small amount of gravy is required.

LARDED SWEETBREADS with WINE SAUCE

4 Servings

Cook by the rule on page 338:

2 pairs sweetbreads

Lard them with very small pieces of:

Salt pork

Place them in a pan. Pour over them:

2 tablespoons salad oil

Season them with:

Salt

Paprika

Dot them with small dabs of:

Butter

Bake them in a quick oven 400° for about 20 minutes. Serve them with:

Wine Sauce

Melt:

2 tablespoons butter

Stir in until blended:

2 tablespoons flour

Stir in slowly:

4 cups Chicken Stock or Stock Substitute (page 38)

When the sauce is smooth and boiling add:

1 teaspoon Caramel (page 690)

½ cup sherry

Baked Sweetbread Patties with Tomatoes and Onions, page 126; Baked Sweetbreads in Ham, page 127; Sweetbreads and Mushrooms in Chicken Sauce, page 127.

Calf Brains

Calf brains are generally in bad repute. They are charged with being too soft, but properly treated they become palatable and there are several good ways of preparing them. They combine well with other foods—eggs, salads, soufflés, ragoût, etc.—and need only a little pep in flavour—sherry, Worcestershire sauce, etc.—to make them very good.

Soak in cold water for 1 hour:

Calf brains

Remove the membrane and cook the brains like sweetbreads (page 338). Put them into cold water to harden for 1½ minutes. Drain them and break them into pieces. Calf brains may be substituted for or combined with sweetbreads. They make a delicious soufflé. In fact their flavour is—to use an overworked word—intriguing. Add a set of calf brains cooked by the above rule to 4 eggs before they are scrambled (see Scrambled Eggs, page 69) or serve the Brains Creamed and sprinkled with Chopped Parsley with Omelet (page 75).

Fried or Sautéed Calf Brains

Soak for 10 minutes in cold water:

Calf brains

Clean them and dry them between towels. Cut them in two, lengthwise. Season them with:

Salt

Paprika

Roll them in:

Flour *

Melt in a frying-pan:

Butter or bacon fat **

Cook the brains on each side for about 5 minutes. Cover them, reduce the
heat, and complete the cooking—about 15 minutes in all. Serve them with a choice of:

Lemon wedges
Tomato or Worcestershire sauce
Black Butter (page 297)

Thick slices of tomato may be sautéed in the same pan. Add bacon (sautéed previously) to these, and you have a fine meal.

* Or dip them in:

1 egg diluted with 2 tablespoons water

Roll them in:

Sifted bread-crumbs

Fry them in deep fat heated to 370° (page 481).

Serve them with:

Pickled beets or Relish

** Try a clove of garlic, minced, added to this and then invoke the privacy of the home.

Calf Brains in Blankets

4 Servings

Soak in cold water for 1 hour:

2 sets calf brains

Cook them by the rule for Sweetbreads (page 338). Chill them thoroughly by placing them in the refrigerator. Break them into 4 pieces. Surround each piece with:

A strip of bacon

Secure the bacon with toothpicks. Follow the rule for Braised Sweetbreads (page 338).

Baked Calf Brains

3 Servings

Cook by the rule for Sweetbreads on page 338:

1 set calf brains

Combine them with:

1/2 cup bread-crumbs
2 hard-boiled eggs, chopped
6 tablespoons cream
1 tablespoon ketchup or 1 teaspoon Worcestershire sauce
1 teaspoon lemon juice
1/2 teaspoon salt
1 teaspoon pepper or paprika

Place these ingredients in a greased baking-dish or in individual dishes. Sprinkle the top with:

Bread-crumbs

Dot it generously with:

Butter

Bake the brains for 15 minutes in a good oven 400°.

Grilled Calf Brains on Tomatoes, page 128; Calf Brain Fritters, page 129.

Baked Brains, Tomatoes, and Eggs

4 Servings

Cook by the rule on page 339:

2 sets calf brains

Cut them into 1-inch dice. Place them in 4 small greased casseroles. Peel:

4 tomatoes

Dice them. Combine them with:

1/2 tablespoons hot olive oil
1 teaspoon chopped parsley
1 teaspoon chopped onion or chives

Salt

2 teaspoons brown sugar (optional)
Paprika

Pour these ingredients into the casseroles. Break into each dish:

1 egg

Place the casseroles in a moderate oven 350° for about 5 minutes until the eggs are firm. Melt and brown lightly:

4 tablespoons butter

Add:

2 teaspoons lemon juice

Pour this over the eggs. Garnish them with:

Parsley

Serve them at once.

Kidneys

Veal, lamb, mutton, beef, and pork kidneys are used. Preference is usually given the first two, all are good.

Allow 1 veal, 2 or 3 lamb, 1 1/2 to 2 mutton, 1/2 beef, and 1 small pork kidney per person. Cook kidneys as short a time as possible. Long cooking tends to make them tough.
GRILLED KIDNEYS
Wash in cold water, then skin:
Veal kidneys
Cut them crosswise into slices. Grill them for about 10 minutes. Turn them and baste them with:
Melted butter
Season them with:
Lemon juice
Salt
Paprika

BAKED VEAL KIDNEYS
Place in a pan, fat side up:
Veal kidneys
Bake them uncovered in a slow oven 300° until tender (for about 1½ hours).

SAUTÉED KIDNEYS
Skin and remove some of the fat from:
3 veal or lamb kidneys
Cut them crosswise into slices. Rub a pan with:
Garlic (optional)
Melt in it:
4 tablespoons butter*
Sauté the kidneys in the fat—a quick process, about 5 minutes in all.
Season with:
Salt
Paprika
1 tablespoon lemon juice or
½ cup sherry
* You may sauté in the butter until golden brown:
½ cup sliced onion
Then add and sauté the kidneys.

Sautéed Kidneys with Celery and Mushrooms, page 129; Veal Kidney, Mushroom, and Onion Casserole, page 129.

LAMB KIDNEYS in WINE SAUCE
3 Servings
Remove the skin and cut into thin slices:
9 lamb kidneys
Melt in a saucepan:
2½ tablespoons butter

MEAT
Sauté and stir the kidneys quickly in the hot fat for about 5 minutes.
Sprinkle over them and stir in:
2 tablespoons flour
½ teaspoon grated onion
Add slowly, stirring constantly:
1 cup Stock or Stock Substitute (page 38) or consommé
When the sauce is smooth and boiling season the kidneys with:
Salt
Paprika
Remove them from the fire. Add:
2 tablespoons sherry or Madeira
Serve hot on:
Toast
Sprinkled with:
Chopped parsley

BEEF KIDNEYS
Beef kidneys must be washed or scalded, skinned, and if old, soaked in salt water (1 teaspoonful of salt to 1 quart of water) from 2 to 3 hours. You may change the water 2 or 3 times. Remove some of the fat, split the kidneys lengthwise, and cut out the white centre and tubes. Kidneys may be placed in a marinade (see page 301) for several hours, or they may be parboiled for 5 minutes. They are then ready to be grilled, stewed, and if sliced again, pan-fried.

GRILLED BEEF KIDNEYS
4 Servings
Prepare by the above rule and cut into ⅛-inch slices:
1 beef kidney
If not marinated, dip the slices in:
French dressing
Grill them under moderate heat for 10 to 15 minutes. Baste them with:
Melted butter
Lemon juice
Season with:
Salt
Paprika
They are good with Grilled Tomatoes and Onions (page 283).
MEAT

BEEF KIDNEY STEW

4 Servings
This is a contribution—the favourite recipe of a family who likes this dish for Sunday breakfast.
Select:
   2 small kidneys (or 1 beef and 1 veal kidney)
Soak them for 1 hour in cold water. Drop them into boiling, unsalted water to cover. Simmer them until tender. Remove the kidneys from the stock. Cool them. Place them in a covered dish in the refrigerator (not necessary, but preferable). Reserve the stock. When the kidneys are chilled, cut away the fat and membrane. Cut the meat into wafer-thin slices. Remove the fat from the stock. Add to the stock:
   1 bay leaf
   A few drops of brown colouring
Simmer it gently. There should be about 1 cupful. You may add to flavour it:
   1 beef or vegetable cube
Melt:
   1 to 2 tablespoons butter
Sauté the kidneys lightly in the butter. Stir in:
   1½ to 2 tablespoons flour
Pour the strained stock on to this and stir the gravy until it is smooth and boiling. Flavour by adding:
   1 slice of lemon or
   2 tablespoons sherry
   Salt and paprika as needed
Serve the kidneys on:
   Toast
   Garnished with:
   Chopped parsley

CREOLE KIDNEY STEW

4 Servings
Prepare for cooking by the rule on page 341 then cut into ¼-inch slices:
   2 medium-sized beef kidneys
Sprinkle them with:
   ¼ cup flour
Sauté slowly until light brown:
   2 slices bacon, minced
Add:
   2 tablespoons dripping or butter
Brown the kidney slices in the fat with
   1 cup chopped onions
   ¼ cup coarsely chopped celery
Simmer covered for 10 minutes, then heat and add to the above:
   1 No. 2 can tomatoes
   1 green pepper, seeded and shredded
   1 teaspoon salt
   1 teaspoon red pepper
   1 teaspoon curry powder (optional)
Cover the pan, simmer the stew for about 15 minutes. Stir it frequently. Serve it with:
   Rice or Noodles or on toast

KIDNEY STEW

4 Servings
Follow the preceding rule. After browning the kidneys, onions, and celery, cover them with:
   2 cups boiling water or Stock or Stock Substitute (page 38)
Omit the tomatoes and all that follows. Simmer the stew covered for about 15 minutes. If too thin the stock may be thickened with:
   Flour (see Gravy, page 378)
Season it as desired and flavour it with:
   A herb
   Sherry or Worcestershire sauce
For other Kidney Dishes see Index.

LIVER

Calf liver is the most desirable, but beef, lamb, and pork liver may be used. Remove membranes. Wash liver with a wet cloth or in cold water. Keep it whole or slice it. If you wish to sauté beef liver it is wise to place the slices in salt water (1 teaspoon salt to 1 quart of water) for 1 hour, or to parboil them for 5 minutes. Dry the liver, then proceed with any of the recipes given for calf liver.

SAUTÉED LIVER

A quick process, a matter of 2 or 3 minutes in all. Remove the skin and veins from:
   Calf liver
Cut into ½-inch slices. Season the slices with:

Salt
Paprika

Dredge them with:

Flour (optional)

Sauté them until done* (a matter of 2 or 3 minutes) in:

Hot bacon fat or melted butter

Serve them with:

Crisp bacon

If you wish to serve onions with sautéed liver, sauté them, keep them hot, cook liver as directed on one side, turn it, heap the onions on the cooked side, and continue to cook the liver until done. If you wish to serve bacon, sauté it first and keep it hot.

*The pan may be rubbed with a cut clove of garlic or you may flavour the liver when cooked with grated lemon rind and juice.

Some epicures have a preference for liver prepared in the following way; doctors have, too. I lean towards the sautéed liver above, but must acknowledge the good qualities of this rule, which calls for liver pure and simple.

Place in a grill-pan about 3 inches from a good flame:

Slices of liver ½ inch thick

Grill the liver exactly 1 minute on each side. Season it, if you wish. It is remarkably good as it is. Or dip the slices in:

Melted butter
Lemon juice (4 tablespoons butter to 1 tablespoon lemon juice)

Grill them (about 1½ minutes to a side). Season them lightly with:

Salt
Paprika

Grill previously:

Slices of bacon
Spanish onions

Serve the liver, bacon, and onions on a hot dish garnished with:

Parsley
A lemon cut into quarters

_Liver and Mushrooms, page 127; Liver on Skewers, page 160._

**MEAT**

**CALF LIVER COOKED in WINE**

**6 Servings**

Slice, then cut into 2 by 2 inch pieces:

A small calf liver

Melt:

3 tablespoons butter

When moderately hot turn the pieces in it until well coated. Add:

1 teaspoon minced parsley
1 tablespoon chopped chives
1 tablespoon minced celery
2 cloves

Heat and add:

1 cup claret
½ teaspoon salt
½ teaspoon paprika

Cover the liver. Simmer it for 3 minutes. Remove the liver. Add to the stock, cover, and simmer for 3 minutes:

1 cup thinly sliced mushrooms

Thicken the stock with:

Flour (see Gravy, page 377)

Place the liver in the sauce. Heat it. Serve it at once over:

Toast

**BRAISED LIVER (with or without Vegetables)**

Rub:

Salt pork or bacon
with a cut clove of:

Garlic

Cut the pork into small strips. Lard with the strips the top of:

An ox liver*

Season it lightly with:

Salt
Paprika

Dust it lightly with:

Flour

Place it in a greased roasting-pan. Add:

½ cup chopped salt pork or bacon
4 cups boiling Stock or Stock Substitute (page 38)

Cover the pan. Bake the liver in a moderate oven 350° for about 2½ hours or until tender. Add for the last hour of cooking:

1 cup peeled, sliced carrots
1 cup sliced celery
MEAT

Add the ingredients

Garnish them

Place the liver on a dish. Drain the vegetables and place them around it.

Parsley

Thicken the stock with:

Flour (see Gravy, page 378)

Or, slice:

1/2 pounds ox liver

Dredge it with:

Seasoned flour

Brown the liver in:

1/4 cup hot bacon fat

Combine and heap on the slices:

6 diced carrots

2 green peppers, seeded and chopped

6 small onions

Add to the pan:

1/2 cup boiling water

Cover it. Simmer the stew for about 1/2 hour or until the liver is tender.

Add, if necessary, more boiling water and seasonings.

* A calf liver may be substituted. It will be tender in about 1 hour.

LIVER LOAF

6 to 8 Servings

This loaf is good hot or cold. Pour boiling water over:

1 pound beef liver

After 10 minutes drain the liver. Cut 4 thin slices from:

1/2 pound salt pork

Put the remaining pork through a mincer (using a medium blade) with the liver and:

1 small onion

Add to these ingredients and mix well:

2 tablespoons minced parsley

1 cup soft bread crumbs *

1 beaten egg

Salt

Pepper

Place them in a greased loaf pan. Place the sliced salt pork on top. Dot the top lightly with:

Butter

Bake the loaf in a moderate oven 350° for about 1 hour.

* You may use stale bread soaked in milk.

LIVER LUNCHEON or BREAKFAST SPREAD

My unknown friend (the Maryland man who contributed the delicious recipe for Oysters Baked in the Half Shell, page 100), is responsible for the following equally good and unusual dish. I am giving it in his own words.

Soak (marinate) calf's liver 1/4 hour or more (perhaps overnight) in a mixture of milk and red wine. (The liver is, of course, already prepared à la Rombauer, page 342.)

Sauté in butter until nearly done, but when less than halfway done add to the frying-pan thinly sliced mushrooms to about equal the weight of the liver. Add more butter if necessary. Be sure that both liver and mushrooms are cooked to the point of tenderness, but not beyond. Cut the liver in strips for the mincer and put it and the mushrooms through a very fine mincing machine, alternately, so that they mix. Add the milk and wine in which the liver was soaked to the remaining butter, etc., in the frying-pan and heat. (Economical, what?) Thoroughly moisten the chopped mixture with this.

BEEF LIVER CREOLE

Cut into thin slices:

1 pound beef liver

Remove the skin and veins. Dust the slices lightly with:

Flour

Melt:

3 tablespoons butter or dripping

Sauté the liver until it is browned.

Add:

1 1/2 cups sliced onions

1 1/2 cups canned tomatoes, heated

1/4 cup diced celery

1 green pepper, thinly sliced

1 teaspoon salt

A few grains of cayenne

Cover the pan and simmer these ingredients for about 20 minutes. Drain them. Thicken the liquid with:

Flour (see Gravy, page 378)

Add the liver and vegetables. Simmer them 2 minutes longer. Serve with:

Boiled Rice (page 87) or Noodles (page 84), etc.
adding more wine only if necessary for more moisture. Add salt, pepper, onion salt, and Worcestershire sauce. Also paprika. Also lemon juice. All these seasonings in moderate quantities. Stir thoroughly and finish cooking in a double boiler or chafing-dish over boiling water, stirring again from time to time.

Serve on toast, French bread, if available, or for canapés, biscuits. It is not bad even when cold, but for breakfast or lunch, the hotter the plates, toast, and mixture the better.

Editorial comment. Some cook!

**LIVER DUMPLINGS**
*(LEBERKLÖSSE)*

6 Servings

Being the child of a South German, I cannot well compile a cook-book without including a dish that is typical of that neck of the woods—not exactly a handsome one, but it has qualities. Besides, liver is now *de rigueur*.

Skin and remove the fibre from:

1 pound calf liver or chicken liver
Mince or chop it until it is very fine.
Soak in water for 3 minutes, then wring the water from:

2 slices white bread (1 cup)

Beat:

2 egg yolks
1 cup soft butter

Add and combine with the liver and the bread:

2 teaspoons chopped onion
2 tablespoons chopped parsley
1 teaspoon salt
1/2 teaspoon pepper
2 tablespoons flour

Beat until stiff:

2 egg whites

Fold them into the other ingredients. Shape this mixture into 1 1/2-inch balls. Drop them into gently boiling:

Soup Stock *(page 36)*

Cook them for 5 or 6 minutes. Serve them with the soup. Or, drop them into boiling water, drain them, and serve them with:

Sautéed Onions *(page 279)*

A good ‘follow-up dish’ is liver dumplings, sliced and sautéed in onion butter.

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**LIVER PATTIES**

6 Servings

Combine:

1 pound liver, minced
1 slice bacon, chopped
d 1/2 cup dry bread-crumbs
d 1/2 cup evaporated milk or cream
d 1 teaspoon salt
d 1 teaspoon pepper

Shape these ingredients into 6 cakes. Wrap around the cakes:

6 slices of bacon

Secure the bacon with toothpicks. Place the cakes in a lightly greased pan in a hot oven 425°. Cook them until they are well browned. Turn them to ensure even baking.

*Chicken Livers, Boiled, page 128.*

**TONGUE**

Use beef, calf, lamb, or pork tongues. The best known, beef tongues, may be purchased fresh, smoked, or boiled. The smaller tongues make delicious dishes that should not be neglected.

**FRESH BEEF TONGUE, BOILED**

Place in a saucepan:

A fresh beef tongue

Peel and add:

2 medium-sized onions
1 large carrot
3 or more sticks of celery with leaves

Wash and add:

6 sprigs of parsley

Barely cover these ingredients with boiling water. Add:

8 peppercorns
1 teaspoon salt

Simmer the tongue until it is tender (for about 3 hours). Drain it. Reserve the liquor. Skin the tongue. Remove the roots. Place the tongue where it will keep hot.

Serve it with:

Mustard Sauce *(page 390)*

**PICKLED TONGUE, BOILED**

Follow the above rule for:

*Fresh Beef Tongue, Boiled*
BRAISED BEEF TONGUE

Place in boiling water and simmer for 1 hour:

A fresh beef tongue

Skin it, remove the roots, and place it on a dripping rack in a roasting-pan. Add:

2 cups diced vegetables * (carrots, turnips, onions, celery, etc.)
4 cups of the water in which the tongue was boiled

Cover the pan closely and bake the tongue in a slow oven 275° until it is tender (for about 2 hours). Remove the tongue and place it on a dish. Strain the vegetables and arrange them around the tongue or serve the tongue with:

Creamed Spinach (page 259)
Thicken the stock with:
Flour (see Gravy, page 378)

* The vegetables may be sautéed for 5 minutes in 3 tablespoons of butter.

Boiled Beef Tongue with Raisin Sauce, page 150; Tongue in Aspic, page 428.

CANNED OX TONGUE in SAUCE

Heat the contents of a can of:

Ox tongue

Serve it with the heated contents of a can of:

Condensed pea soup

to which you may add:
2 tablespoons butter
2 tablespoons sherry or 1 teaspoon Worcestershire sauce

Or, if you wish, use the delicious combination of pea and tomato soup (see Canned Mongole Soup, page 55).

CALF TONGUES

6 Servings

Place in a stew-pan:
2 calf tongues

Boil in another stew-pan:
Water to cover the tongues
Several stalks of celery with leaves
A sliced onion
1 or 2 carrots

BRAISED BEEF TONGUE

Cover with cold water and soak for 12 hours:

A 3-pound smoked beef tongue

Cover the tongue with fresh water. Add:

1 onion, sliced
1 cup chopped celery with leaves
3 bay leaves
1 teaspoon peppercorns

Simmer it until it is tender (from 2 to 4 hours). Leave it in the stock until it is slightly cooled. When cold enough to handle, skin it and remove all the dry, hard portions and the roots. It is then ready to be sliced and served. The tongue may be served hot with:

Creamed Spinach (page 259)
Horse-radish Sauce (page 380)

This is a little more elaborate than the following rule.

Boil until nearly tender:

A fresh beef tongue

Skin and trim it. Place it in a baking-dish. Melt:

3 tablespoons butter

Add and simmer for 5 minutes:

1/2 cup chopped onion
1/2 cup chopped celery

Add the contents of:

1 (101/2 oz.) can tomato soup
1 No. 2 can peas with 1/4 the liquor

Add:

1 cup sliced mushrooms (optional)
1/2 teaspoon salt
1/2 teaspoon paprika

Pour these ingredients into the baking-dish. Cover it closely. Bake the tongue in a moderate oven 325° for about 1 hour. Add, if needed, additional:

Seasoning

The stock may be thickened with:

Flour (see Gravy, page 378)

Substitute:

A pickled beef tongue

If the tongue is very salty soak it in cold water to cover for several hours.

SMOKED TONGUE, BOILED

Cover with cold water and soak for 12 hours:

A 3-pound smoked beef tongue

Cover the tongue with fresh water. Add:

1 onion, sliced
1/2 cup chopped celery with leaves
3 bay leaves
1 teaspoon peppercorns

Simmer it until it is tender (from 2 to 4 hours). Leave it in the stock until it is slightly cooled. When cold enough to handle, skin it and remove all the dry, hard portions and the roots. It is then ready to be sliced and served. The tongue may be served hot with:

Creamed Spinach (page 259)
Horse-radish Sauce (page 380)

This is a little more elaborate than the following rule.

Boil until nearly tender:

A fresh beef tongue

Skin and trim it. Place it in a baking-dish. Melt:

3 tablespoons butter

Add and simmer for 5 minutes:

1/2 cup chopped onion
1/2 cup chopped celery

Add the contents of:

1 (101/2 oz.) can tomato soup
1 No. 2 can peas with 1/4 the liquor

Add:

1 cup sliced mushrooms (optional)
1/2 teaspoon salt
1/2 teaspoon paprika

Pour these ingredients into the baking-dish. Cover it closely. Bake the tongue in a moderate oven 325° for about 1 hour. Add, if needed, additional:

Seasoning

The stock may be thickened with:

Flour (see Gravy, page 378)
MEAT

BRAISED OXTAILS

Cut into joints:
2 oxtails

Melt in a frying-pan:
4 tablespoons butter or beef dripping

Sauté the oxtail sections in the butter until they are browned. Season them with:
Salt
Paprika

Add:
2 cups Beef Stock (page 36)
4 peppercorns

Bring these ingredients to the boiling point. Place them in a casserole. Cover it closely. Bake the oxtails in a moderate oven 350° until they are tender (for 3 or 4 hours). Add additional stock as needed. For the last hour of cooking add:
8 small onions, peeled
$\frac{1}{3}$ cup diced celery
$\frac{1}{2}$ cup peeled and diced carrots

When the oxtails are tender strain the stock from them. Thicken it with:
Flour (see Gravy, page 378)

Return the meat, the vegetables, and the gravy to the casserole.

Serve the dish with a platter of:
Noodles (page 84)

Cover the noodles with:
Buttered Crumbs (page 296)

Calf’s Head

This recipe in an old family cook-book reads: ‘Calf’s head with tongue and brain, 25 cents.’ That notation belongs to the past, so does the manner in which the recipe is written, but the dish remains a standard and a great favourite with gourmets.

Remove the brain from:
A calf’s head

Boil:
2 quarts water
1 carrot
1 onion
$\frac{1}{2}$ lemon, sliced
1 bay leaf
4 cloves
1 tablespoon salt
$\frac{1}{2}$ teaspoon pepper

Add the head and tongue—the last
MEAT

optional. Simmer it covered until the meat is tender—for about 2 hours. If the tongue is used, it will take longer. Add the brains for the last 15 minutes of cooking. Dice them. Cut the meat from the cheeks into small pieces. Skin, remove the roots, then slice the tongue.

Prepare a sauce with:

4 tablespoons butter*
4 tablespoons flour
2 cups liquid, in which the meat was cooked

Reheat the meat in the sauce. Season it if needed. It is sometimes made rather acid with lemon, vinegar, or wine. Serve it with:

Chopped parsley

This dish is sometimes served with the addition at the last moment of:

½ cup scalded cream**

Or part of the sauce is drained off.

Beat into it:

2 egg yolks

Return the sauce to the pot. Heat, but do not boil the sauce after adding the yolks.

* If the tongue is used, treble this recipe.

** If you add cream or egg yolks do not add lemon, vinegar, or wine until the last moment.

HEAD CHEESE

A well-liked old-fashioned dish.

Quarter:

A calf's head

Remove ears, brains, eyes, snout, and most of the fat. Soak the quarters in cold water to extract the blood. Wash them. Cover with cold water. Simmer until the meat is ready to fall from the bones. Drain. Separate the meat from the bones. Dice it, cover it well with the stock. Add salt, pepper, and herbs. Cook for ½ hour. Pour into a mould, cover with a cloth. Put a weight on top. Chill. Serve cut into slices.

TRIPE

Tripe is the inner muscular lining of the stomach of meat animals. Honeycomb, the most delicate tripe, is the lining of the stomach of beef. Any may be used in the following recipes.

Simmering in water is a preliminary to all ways of serving tripe. Tripe is sometimes cooked before it is sold. It may also be bought pickled or canned. Pickled tripe requires a shorter period of cooking. Fresh tripe whole, calls for 4 hours or more of simmering; if it is cut into strips you may allow 2 hours or more.

STEWED TRIPE

3 Servings

Wash several times:

1 pound honeycomb tripe

Cut it into strips,* cover them with cold water. Bring the water to the boiling point. Add:

½ teaspoon salt
½ teaspoon sugar

Cover the pot. Simmer the tripe for 2 hours. Add:

1 clove garlic, sliced
½ cup chopped onion
1 cup chopped celery and parley
4 peppercorns

Simmer the tripe until it is tender (for about 1 hour longer). Watch it, as it burns easily. Thicken the stock with:

Flour (see Gravy, page 378)

Season the gravy with:

Salt
½ teaspoon prepared mustard
1 teaspoon Worcestershire sauce

Tripe may be served with Cream Sauce (use part stock and part cream), Onion Sauce, etc. You may flavour it with Worcestershire sauce or mustard.

* Tripe that is not cut requires 4 hours or more of cooking in all.

SPANISH TRIPE

Follow the above rule for:

Stewed tripe
MEAT

Add to the vegetables:
- 1 cup tomato purée, more or less
- A few grains of cayenne
- 1 teaspoon Worcestershire sauce

Add for the last 15 minutes:
- ½ cup cooked minced ham
- ¼ cup sliced mushrooms

TRIPE PIQUANTE

6 Servings
Cut into strips:
- 2 pounds cooked honeycomb tripe

Melt:
- 2 tablespoons butter
Stir and sauté in it until light brown:
- 3 tablespoons chopped onion
- 1 clove of garlic, minced
- ¼ cup sliced carrot

Add the tripe and:
- 2 tablespoons chopped parsley
- ½ bay leaf
- ½ teaspoon dried thyme
- 2 teaspoons vinegar or lemon juice

Simmer these ingredients for 1 or 2 minutes. Sprinkle them with:
- 1 tablespoon flour

Pour over them:
- 1 cup boiling water

Season the stew with:
- Salt
- Paprika

Permit it to simmer covered for 20 minutes.

GRILLED TRIPE

4 Servings
Cook in one piece by the preceding rule:
- Stewed tripe

Wring the water from it with a towel. Dip the tripe in:
- Flour, seasoned with salt and pepper

Dip it in:
- Melted butter or salad oil

and again in the flour. Dip it in:
- Bread-crumbs

Grill the tripe on the smooth side for 3 minutes, then on the other for about 2½ minutes.

Serve it garnished with:
- Melted butter
- Lemon wedges
- Minced parsley

FRIED TRIPE

Cut into squares or strips:
- Stewed Tripe (page 348)

Sprinkle it with:
- Salt
- Paprika

Dip it into:
- Fritter Batter (page 482)

Fry it in deep fat (page 481)

Serve it with:
- Tartar Sauce (page 390)
POULTRY AND GAME

See Appendix D (pages lxix—lxx) for Drawing, Trussing, and Carving of Poultry

Poultry is usually plucked and drawn when purchased. If it is not, pick the feathers from a bird. Remove all pin feathers—use a pair of tweezers or grasp them between forefingers and the tip of a knife, then pull.

To draw the bird, make an incision through the skin below the breastbone large enough to admit the hand. Draw out all entrails, giblets, etc. Cut off the head. Draw down the neck skin. Cut the neck close to the body. Leave a generous flap of skin. Remove the crop and windpipe by making an incision at the base of the neck and drawing them out. Cut out the oil sac at the base of the tail. Hold the bird by the legs and singe the hair or down over a gas flame, candle, etc. Turn it so that all parts of the skin are exposed to the heat. Now cut off the feet. Most butchers use a clever gadget that breaks the foot, holds it securely, and draws the tendons at the same time that the foot separates from the body. Amateurs have a somewhat harder time. In large birds the tendons are apt to be tough and are therefore removed. Cut the legs around just below the knee joint. Be careful not to cut the tendons. Lay the cut at the end of the table. Press down sharply to break the bone, then pull. The tendons should come away with the foot and lower leg. After cracking the bone the tendons may be drawn out with a skewer. Removing tendons sounds complicated and troublesome, but all authorities recommend it.

Scrub the chicken inside and out* with warm water to which you may add 1 tablespoonful of bicarbonate of soda. (Do not soak the chicken in water at any time.) Hold it under running water to clean the inside. Insert the fingers in the cavities to remove the last bits of viscera. Dry the bird well with a cloth. Season the inside with salt—about ½ teaspoonful to the pound. Stuff the chicken loosely with stuffing. Fill it about 2/3 full, as the stuffing will expand. Your task will be easier if you place the bird in a large bowl. The crop cavity may be stuffed too. You may loosen the breast-skin with a spoon and fill out the breast with stuffing. Close the openings with small skewers and a crisscrossed string or sew them with the old-fashioned needle and thread. Truss the chicken. You may leave long ends of string hanging from the skewers or you may tie a piece of string around the skin of the neck. Leave two long ends. Turn the wings back and pass the string around them. Tie the legs so that they will be close to the body. Tie the ends of the drumsticks together.

GIBLETS

These are the heart, gizzard, and liver. Remove the thin veins and 4 pds around the heart. Discard them. Cut the fat and membrane from Simmer tw school advances a new method. Dispense with washing the for about the bird. Rub it well with a cut lemon.
the gizzard. Make a long gash along the thick edge down to the grey lining. Don’t cut into the stomach sac if you can help it. Pull out the sac, discard it. Separate the gall bladder from the liver (don’t break it). Cut away the discoloured parts of the liver, if any. Wash the giblets. You will find a good way of using them on page 552. They are frequently served in gravy or creamed with omelet, vegetables, rice, etc. (See Chicken Liver Paste, page 23; Chicken Liver Timbales, page 207; Chicken Livers, Green Peas, and Carrots, page 128; Chicken Livers Sautéed with Onions, page 128.)

**TIME AND TEMPERATURE CHART FOR ROASTING POULTRY AND GAME**

The old method of roasting poultry and game has been discarded by moderns. It called for a hot oven at first, then a reduced heat, and much basting. The new method teaches us that a constant low temperature results in less shrinkage and juicier and more tender meat.

To figure the time for roasting fowl or game, weigh the fowl before it is drawn or after it is stuffed. Multiply the weight of the fowl by the minutes per pound given in the following chart. Use the lower figure for large birds, the higher figure for small birds. The meat should be at room temperature. If chilled add 15 to 30 minutes to the total cooking time.

| Birds and Game                      | Oven Temp. | Time per Pound |
|------------------------------------|------------|----------------|----------------|
| Capon                              | 325°F      | 22-30 min.     |
| Chicken, Roasting                  | 300°F      | 30-45 min.     |
| Duck                               | 325°F      | 20-30 min.     |
| Duckling                           | 325°F      | 15-20 min.     |
| Goose                              | 325°F      | 20-25 min.     |
| Goose, Wild                        | 325°F      | 15-20 min.     |
| Grouse or Prairie Chicken          | 350°F      | 60-75 min.     |
| Guinea Hen                         | 350°F      | 20-22 min.     |
| Partridge                          | 350°F      | 30-35 min.     |
| Pheasant                           | 325°F      | 15-20 min.     |
| Quail                              | 350°F      | 25-30 min.     |
| Rabbit, Hare, Squirrel, Squab, or Pigeon | 325°F  | 1½-2 hours     |
| Turkey:                            |            |                |                |
| 8-10 lb.                           | 300°F      | 20-25 min.     |
| 10-16 lb.                          | 300°F      | 18-20 min.     |
| 18-25 lb.                          | 300°F      | 15-18 min.     |
| Turkey, Wild                       | 325°F      | 20-25 min.     |
| Wild Duck—Rare                     | 325°F      | 10-12 min.     |
| Wild Duck—Well done                | 325°F      | 15-20 min.     |
| Venison, Rare                      | 325°F      | 25 min.        |
ROAST CHICKEN

6 Servings
A 4-to 5-pound chicken requires from 30 to 35 minutes baking per pound. A small chicken requires from 30 to 45 minutes per pound. The fowl should be weighed before it is drawn or after it is stuffed. Have the fowl at room temperature (which will give you the most satisfactory results). If the fowl is chilled add 15 to 20 minutes to the cooking time. Season the inside of the chicken with salt—use about 1 teaspoonful to the pound. You may rub the outside of a fowl with a cut lemon in preference to washing it. Stuff loosely (the filling will grow in bulk):

A 4-pound chicken with:

Boiled Rice (page 87)
Potato (page 372), Oyster, or Bread Stuffing (page 370)

Stuff the body cavity and the crop cavity. Sew them together with a needle and thread or use skewers and a piece of string to crisscross them together. Truss the chicken (see the preceding rule) and place it, uncovered, in a roasting-pan. Place over the breast a piece of body fat from the chicken, then a clean cloth, or cover it with a cloth dipped into melted unsalted fat. Roast it uncovered in a slow oven 350° until tender, basting occasionally with drippings unless using the layer of body fat, which serves to baste the bird as it melts. Season the chicken with salt when half done. Remove the cloth for the last ½ hour of the roasting period to finish browning. Serve the chicken with:

Gravy (see this page)

While the chicken is roasting, prepare:

CHICKEN STOCK

Combine and boil:

3 cups water (a cups for a small chicken)
2 sticks celery with leaves
1 sliced carrot
½ sliced onion
3 sprigs parsley

Add:
The chicken giblets
Neck
Wing tips

Simmer these ingredients until the liver is tender. Remove the liver. Simmer the remaining ingredients until the gizzard is tender. Remove the meat and strain the stock. Prepare:

CHICKEN GRAVY

About 2 cupfuls
Strain the drippings from the roast chicken. Pour off the fat. Heat:

4 tablespoons fat
Add and stir until blended:

4 small tablespoons flour

Stir in slowly:

2 cups pan dripping and stock

Cook and stir the gravy until it is smooth and boiling. Add:

1 cup or more cream (optional, but very good)

The chopped chicken giblets
Add if required:
Salt
Paprika

If the gravy is very rich it may separate. Add the cream slowly, stir it constantly. This usually will remedy it.

CHICKEN ROASTED in WAXED PAPER

4 to 5 Servings
Prepare by the rule for Roast Chicken on this page (greasing the fowl, but omitting the cloth).

A 3½- to 5-pound chicken
It may be stuffed. Wrap it in heavy waxed paper. Double the paper over the breast. Fasten it with large pins. Roast the chicken in a moderate oven 325° from 30 to 45 minutes to the pound. Unwrap it for the last ½ hour. Season it with:
Salt

Thicken the juices with:
Flour (see Gravy, page 378)

Or see the rule for Chicken Stock and Gravy under the preceding rule.

ROAST CAPON

6 to 8 Servings
Prepare for cooking (page 350)

A 6-pound capon
Poultry and Game

Rub the inside well with salt. Stuff it lightly with about 6 cupfuls of:

Chestnut Stuffing (page 374) or Bread

Rub the fowl well with:

2 tablespoons unsalted fat

Melt in a roasting-pan:

2 tablespoons unsalted fat

Brown in it:

1 tablespoon minced onion

Leaves from a stalk of celery

Place the capon in the pan, breast up, cover it with a cloth dipped in fat. Bake it in a slow oven 325° from 22 to 30 minutes to the pound. Baste it frequently with the drippings. A ½ hour before the capon is tender remove the cloth. Take the bird from the pan. Drain the drippings, replace it in the pan. Place the capon in it. Season it with salt. Brush the breast with:

¼ cup cream

Continue to cook the capon until it is tender. Thicken the drippings with:

Flour (see Gravy, page 378)

Or see the rule for Chicken Stock and Gravy under the rule for Roast Chicken.

Young Chickens, Baked

Allow ½ pound per person

Clean and cut into quarters:

Young chickens

Season them with:

Salt
Pepper

Heat in a frying-pan:

Butter

Add the chickens and sauté them until they are brown. Place them in a baking-dish. Pour over them:

¼ cup Boiling Chicken Stock (page 352) or milk

Cover the dish and place it in a slow oven 325° for 1 hour or more. Baste the chickens frequently. When they are tender remove them from the dish.

Thicken the drippings with:

Flour (see Gravy, page 378)

Add to the stock, if required:

Chicken Stock (page 352)

Cream
Salt
Paprika

SMOTHERED CHICKEN

A 3-pound chicken serves 4 persons

A good way of preparing middle-aged chickens.

Clean and cut into pieces:

A chicken

Roll the pieces in:

Flour

Season them with:

Salt
Paprika

Melt in a pot or frying-pan:

½ cup fat

Add and sauté for 2 minutes:

½ sliced onion

Brown the chicken in the fat.

Heat to the boiling point:

1 cup Chicken Stock * (page 352)

¼ cup cream

Pour this over the chicken. Cover the pot and simmer the chicken until it is tender. Remove the chicken from the pot. Strain the stock. Thicken it with:

Flour (see Gravy, page 378)

Reheat the chicken in the gravy and serve it.

* 1 ½ cups rich milk may be substituted for the chicken stock and cream. 2 slices of bacon may be added to the milk.

Grilled Spring Chicken

Allow ½ pound per person

Clean and cut into halves:

Spring chickens

Rub them on both sides with:

Butter

Sprinkle them with:

Salt
Pepper (optional)

Place them in a pan, skin side down. The skin side will brown quicker than the under side. Grill the chickens until they are brown under a good flame. Turn them frequently. After 15 minutes add, if needed:

Butter

Place in the bottom of the pan:

½ cup Chicken Stock or Stock Substitute (pages 352, 38)
POULTRY

Cover the pan and bake the chickens in a slow oven 275°. Baste them every 10 minutes. Bake them for about 1 hour. Very small chickens may be grilled for 20 minutes and require no baking. Strain the drippings. Thicken them with:

Flour (see Gravy, page 378)

Chicken may be split, spread with butter, seasoned, and placed skin side down in a hot oven 425°. After 15 minutes grill the chicken on both sides for about 5 minutes. Baste it frequently.

CHICKEN SIMMERED and GRILLED

4 Servings

Split into halves:

2 grilling chickens

Melt:

½ cup fat

Brown the chicken lightly in the fat. Add:

6 sprigs parsley
2 small onions, quartered
1 pound mushrooms
1 clove of garlic cut in two
½ teaspoon salt
½ teaspoon pepper

Cover and simmer the chicken for 15 minutes. Drain the chicken. Roll it in:

Bread-crumbs

Grill it until it is browned. Pour the drippings over it.

MARYLAND CHICKEN

4 to 5 Servings

Cut into pieces for serving:

A young roasting chicken* (about 3½ pounds)

Place in a paper bag:

1 cup flour
1 teaspoon salt
1 teaspoon paprika

Add the chicken and shake the bag vigorously. Remove the chicken from the bag. Dip it in:

1 beaten egg diluted with 2 tablespoons water

Dip it in:

Soft bread-crumbs

Permit the crumbs to dry for 1 hour. Heat in a heavy frying-pan:

1 inch of fat**

Add the chicken. Brown it on all sides over a good fire, reduce the heat and cook it slowly until tender (from 35 to 45 minutes).

This is usually served with Cream Gravy. That is, some of the fat thickened with:

Flour (see Gravy, page 378)

to which milk is added.

*2 grilling chickens may be prepared in the same way.
**Rendered salt pork, bacon dripping, or butter.

SAUTÉED CHICKEN

Allow ½ pound per person

In ordinary parlance—Fried Chicken.

Do not attempt to sauté chicken in this way unless it is young and tender. Clean and cut into halves:

Young chickens

Season them with:

Salt
Paprika

Dredge them lightly with:

Flour * (optional)

Melt in a frying-pan:

Butter or bacon fat**

When it is hot add the chicken. Cook and turn it in the hot fat until it is brown. Reduce the heat, cover the pan and continue cooking the chicken until it is done (from 20 to 30 minutes, according to size). Remove the chicken from the pan and thicken the drippings with:

Flour (see Gravy, page 378)

Add if required:

Cream
Salt
Paprika

Serve the chicken garnished with:

Parsley

If preferred the chicken may be cooked uncovered.

* A quick and efficient way to flour food is to place it in a paper bag with seasoned flour, close the bag and shake it vigorously. The food will be evenly coated. A heavy coating is apt to be tough.
**The amount of fat to be used always raises a domestic discussion. My cook, Sarah Brown, likes about 1/2 inch of fat in the frying-pan—part butter and part lard. She claims that the lard gives the chicken a better colour. I like just enough fat to cover the bottom of the pan and prefer to have it all butter (but I must admit that Sarah's chicken is mighty good). Lard seems to make a coarse gravy. Use 2 pans if several chickens are to be fried.

SAUTÉED (FRIED) CHICKEN SOUTHERN STYLE

Allow ¾ pound per person

Clean and cut into small pieces:

A 2½-pound baking chicken

Sprinkle it lightly with:

Salt
Paprika
Flour

Combine and beat:

1 egg
⅛ cup milk

Dip the chicken in the egg mixture and then in:

Fine bread or biscuit crumbs

Melt in a frying-pan:

¼ cup butter, lard, or dripping

When it is very hot brown the chicken in it. Pour into the pan:

¼ cup boiling Chicken Stock (page 352) or Stock Substitute (page 38) or water

Cover it closely and place it in a slow oven 300°. Cook the chicken until it is tender. A 2½-pound chicken calls for about 1 hour's cooking in all—30 minutes on top of the stove and 30 minutes in the oven. Thicken the drippings with:

Flour (see Gravy, page 378)

Add if required:

Chicken Stock or Stock Substitute (pages 352, 38)
Cream
Salt
Paprika

CHICKEN in BATTER—FRENCH FRIED

A 3-pound chicken serves 4 persons

Clean and cut into pieces:

Young roasting chickens

Drop the pieces slowly one by one into:

Boiling salted water to cover*

Do not disturb the boiling point. Add to the water for flavour:

Vegetable (onion, carrot, parsley, celery)

Simmer the chickens until they are tender. Cool them thoroughly. Dry them between towels. Prepare the following batter:

Sift:

2 cups flour
3 teaspoons baking powder
½ teaspoon salt

Beat:

2 eggs
1½ cups milk

Stir the liquid into the dry ingredients. Dip each piece of chicken in the batter. Drop it into deep fat heated to 375° (see page 481). Fry the chicken until the pieces are a golden brown. Serve it with gravy (page 377) made with the chicken stock and cream.

* Boiling the chickens is optional.

Chicken Pot Pie, page 130; Creamed Chicken, page 132.

SAUTÉED CHICKEN BAKED in CREAM with MUSHROOMS

3 Servings

Clean and cut into pieces:

A frying chicken (2 or 2½ pounds)

Dip it in:

Milk

Dredge it with:

Flour

Season it with:

Salt
Paprika

Melt in a frying-pan:

⅛ cup lard or bacon fat

Add the chicken. Sauté it until it is brown. Drain it on absorbent paper. Slice:

⅛ pound mushrooms

Sauté them in the pan for 2 minutes. Place the chicken in a deep baking-dish. Place the mushrooms on top of it.
Pour over it:
2 cups hot cream
Season it with:
\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) teaspoon paprika
Bake the chicken in a moderate oven 325° until it is tender and the cream is a thick sauce (for about 1 hour).

**CASSEROLE CHICKEN**

6 to 7 Servings
Prepare for cooking:
A 4-pound roasting chicken
Disjoint it. Place in a paper bag the chicken and:
\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) teaspoon paprika
\(\frac{1}{2}\) cup flour
Close the bag and shake it vigorously.
Brown the chicken in:
\(\frac{1}{2}\) cup olive or salad oil
Place it in a casserole. Cook in the fat for 10 minutes:
1 small onion, sliced
1 clove of garlic, sliced (optional)
3 or 4 stalks celery, chopped
1 medium-sized carrot
Place the vegetables in the casserole. Pour over them:
1½ cups hot Chicken Stock or Stock Substitute (pages 352, 38)
Cover the dish. Bake the chicken in a slow oven 325° for about 1½ hours or until tender. Sauté for 5 minutes:
1 cup sliced mushrooms
in:
2 tablespoons oil or fat
Add:
12 stuffed olives, sliced
Add these ingredients to the chicken 5 minutes before it is done.

**SPANISH CASSEROLE CHICKEN**

4 Servings
Cut into pieces:
A 3-pound frying chicken
Sprinkle the pieces lightly with:
Salt
Pepper
Dredge them with:
Flour
Heat in a frying-pan:
\(\frac{1}{2}\) cup olive oil
Brown the chicken in the oil. Place the pieces in a casserole. Sauté in the oil in the pan:
\(\frac{1}{2}\) cup chopped onion
3 tablespoons chopped green pepper
1 clove of garlic, minced (optional)
Add:
1 cup chopped carrots
1 cup chopped celery
1 cup tomato juice *
Pour these ingredients over the chicken in the casserole. Cover it with a lid. Bake the chicken in a moderate oven 325° for about 1 hour or until it is tender. Add if needed:

Boiling Vegetable Stock or Stock Substitute (page 38) or boiling water
5 minutes before the chicken is done add:
1 cup Sautéed Mushrooms (page 352)
1 cup sliced stuffed olives
Thicken the drippings with:
Flour (see Gravy, page 378)

**BREASTS OF CHICKEN**

Allow 1 breast for 1 Serving
Remove the breasts from:
2 or 3 young chickens
(Leave the wing-bone attached.)
Season them with:
Salt
Pepper
Dip them in:
Cream
Dust them lightly with:
Flour
Melt in a frying-pan:
2 tablespoons butter
Sauté the fillets lightly in the butter and arrange them in a well-buttered pan. Dot the fillets with:
Butter
Cover them with:
Buttered or parchment paper
Bake them from 10 to 15 minutes in a hot oven 425°. Baste them frequently
with the fat in the pan. Serve them on thin slices of:

Boiled Ham or Grilled Ham (page 333)

Garnish them with:

Sautéed Mushrooms (page 293)

Serve them with the ham and mushroom drippings, thinned with:

Chicken Stock (page 352) or Stock Substitute (page 38) and cream

and thickened with:

Flour (see Gravy, page 378)

Or with the following:

Sauce

Melt:

3 tablespoons butter or pan drippings

Stir in until blended:

3 small flat tablespoons flour

Stir in slowly:

1 cup Chicken Stock (page 352) or Stock Substitute (page 38)

1/2 cup cream

Season the sauce with:

Salt

Paprika

Pour part of it over:

1 egg yolk slightly beaten

Return the sauce to the pan. Stir and cook it over a slow fire until the egg is slightly thickened. Season the sauce with:

1 tablespoon or more sherry

HUNTER’S CHICKEN—CACCIATORE

4 Servings

This is chicken stewed with tomatoes.

Cut into individual pieces:

A 3-pound chicken

Sauté the pieces until golden brown in:

1/2 cup olive or salad oil

Add:

1/2 cup chopped onions

1 (2 lb. 3 oz.) can Italian peeled tomatoes

1 cup dry white wine

1 teaspoon salt

1 teaspoon pepper

1 bay leaf

1 teaspoon thyme

1 teaspoon marjoram

Cover the chicken. Simmer it for 1 hour. Remove the cover to permit the sauce to reduce somewhat. Cook the chicken until it is tender. Serve it with:

Boiled Spaghetti (page 79)

STEWED CHICKEN

A 5-pound stewing chicken serves 5 to 6 people

The following is the best way to prepare a large chicken of doubtful age.

Clean and cut into pieces:

A stewing chicken

Place in a stewing-pan and bring to the boiling point:

3 cups water

1 sliced carrot

1 small sliced onion

2 sticks of celery with leaves

Drop the chicken piece by piece into the boiling liquid. Do this slowly, so as not to disturb the boiling point. As the liquid will increase in volume, the chicken need only be covered to the depth of 1 inch. Cover the pot closely and simmer the chicken until it is tender (2 hours or more), but do not boil it at any time. At the end of the first hour of cooking add:

1/4 teaspoon salt

1/4 teaspoon paprika or 3 or 4 peppercorns

Remove the chicken from the pot.

First Method:

Strain the stock. Thicken it with:

Flour (see Gravy, page 378)

If a very concentrated gravy is desired, boil the stock before thickening it until it is reduced to 1 1/2 cupfuls. If the gravy threatens to separate, stir into it slowly:

2 or more tablespoons cream

Return the chicken to the boiling gravy. Serve it as directed in the second method.

Second Method:

A richer gravy is made in the following way.

Melt:

1 1/2 tablespoons chicken fat

Stir in until blended:

1/4 tablespoon flour
POULTRY AND GAME

Add and simmer until browned:

- 1 cup chopped onions

Add:

- 2 teaspoons paprika
- 2 cups Vegetable Stock or Stock Substitute (page 38) or water

When these ingredients are boiling add the chicken. Simmer it covered until it is tender (for about 1½ hours).

Stir:

- 1 teaspoon flour

Pour it slowly into the pot. Cook the chicken 5 minutes longer.

CHICKEN CURRY

A 5-pound chicken serves 6 to 7 persons

Cook by the rule for Stewed Chicken:

A large chicken

Remove it from the bone in large pieces. Add to the stock:

- 2 tablespoons butter (if the chicken is dry)
- 1 large onion
- 1 cucumber
- 1 apple

Simmer these ingredients until they are tender. Add:

- ½ cup seedless raisins
- 2 tablespoons curry powder (this amount is a matter of taste)

Allow to every cup of stock:

- 1 small flat tablespoon cornflour

Moisten the cornflour in a little cold stock. Stir it into the boiling stock. Shortly before serving stir in:

- 1 cup cream

Heat the sauce, but do not let it boil. Pour it over the hot chicken or reheat the chicken in the sauce.

Serve it with a border of:

- Boiled Rice (page 87)
- Green Peas (page 268)

BAKED STUFFED BROILERS

Allow ½ chicken per person.

Clean:

- 1¼ pounds chicken

STEWED CHICKEN and ONIONS

4 Servings

This recipe calls for a young hen.

Follow the preceding rule for:

Stewed Chicken

Peel:

- 24 small white onions

After the chicken has simmered for 1 hour add the seasoning as directed and drop in the onions slowly so as not to disturb the boiling point. Cook the stew until the chicken and the onions are tender. Remove the chicken to a hot dish. Arrange the onions around it. Keep it hot. Prepare the gravy by the Second Method. Add to it:

- 1 teaspoon lemon juice
- 2 tablespoons chopped parsley

Pour the gravy over the chicken.

CHICKEN PAPRIKA

(FRICASSEE)

3 Servings

Cut up as for frying:

A young chicken (about 2½ lb.)

Sprinkle it with:

- Salt

Melt in a heavy pot:

- 1¼ tablespoons butter
- 1½ tablespoons lard

- 3 cups chicken stock

Stir and cook these ingredients for 2 minutes.

Beat well:

- 2 egg yolks
- 2 tablespoons cream

Reduce the heat to a low flame. Stir the yolk mixture gradually into the gravy. Permit the yolks to thicken slightly. Add if needed:

- Salt
- Paprika

Pour the gravy over the chicken.

Garnish it with:

Parsley

Serve it with:

Noodles (page 84), Dumplings (page 375), Boiled Rice (page 87), or Baked Macaroni (page 82)

358
Split them. Rub them inside with:
Salt
Brush the chickens with:
Melted butter or salad oil
Fill them with:
Celery (page 373), Bread, or other
Stuffing (page 370)
Place them skin side down in a pan.
Bake them in a moderate oven 350°
for 45 minutes. Turn and baste them
with the pan drippings. Increase the
heat to 450° and bake them for about
10 minutes longer. Season the chickens
when half done with:
Salt
Pepper

BARBECUED CHICKEN
Allow ½ chicken per person
6 Servings
Clean, then split down the back:
3 grilling chickens
Brush them with:
Melted butter
Place them on a grill-pan, skin side
down. Grill them about 5 inches from
the heat for 15 minutes, brush with
melted butter, turn and grill the other
side for the same length of time.
Turn the chickens a second time.
Allow ½ to 1 hour in all. Baste them
frequently during the last period with:
Barbecue Sauce
This sauce varies from the usual sauce
used for lamb or pork by calling for only
a slight tomato flavour:
½ cup vinegar
½ cup salad oil
⅛ teaspoon Worcestershire sauce
⅛ teaspoon grated onion
⅛ clove of garlic, minced
⅛ teaspoon salt
⅛ teaspoon paprika
⅛ tablespoons tomato paste
A few drops of Tabasco
½ teaspoon dry mustard

STUFFED CHICKEN LEGS
Allow 1 or 2 legs per person
Prepare for cooking by removing bone
and tendons (page 350):
Large chicken legs
Stuff the cavities with:
Olive (page 373), Bread, or other
Stuffing (page 370)
Close the openings by sewing them.
Place the stuffed legs in a casserole.
Cover the bottom of the dish with:
½ inch boiling Chicken Stock (page
352) or Vegetable Stock (page
378)
Bake the legs in a moderate oven 350°
until they are tender (for about 1 hour).
Thicken the stock with:
Flour (see Gravy, page 378)

GUINEA HEN
2 to 3 Servings
Clean:
A guinea hen (see page 350)
Lard it * with:
Salt pork
Fill it with:
Onion (page 373), Bread, or other
Stuffing (page 370)
Close the openings. Truss the bird.
Place it in a pan breast down. Roast
it uncovered in a moderate oven 350°
for 1 hour. Roast it breast side up
for 1 hour longer or until tender.
Baste it every ½ hour. Thicken the
drippings with:
Flour (see Gravy, page 378)
* Use small thin strips.

BREASTS OF GUINEA HEN
Allow 1 breast per person
Since I have become known as a
consultant on culinary matters, endless
strangers call up, sometimes for advice,
but usually for confirmation of what
they planned to do in the first place.
I am also called on in moments of stress.
A frenzied voice came over the tele-
phone one day saying: ‘I use your
cook-book, I do. She’s gone out.
She’s left me with breast of guinea
hen. My God! What do I do?’
Lard:
Breasts of guinea hen
with:
4 lardoons * of salt pork each
Follow the rule for Breasts of Chicken
(page 356).
After 10 minutes' baking in a hot oven
425°, reduce the heat to a moderate oven 325°. Baste the fillets frequently. Cook them for about 1 hour or until they are tender. To serve them follow the rule for Breasts of Chicken (page 316).

* Small, very thin strips.

** ROAST TURKEY **

Allow ¼ to 1 pound of turkey per person

Draw (see page 330):

A turkey

Remove the windpipe and crop from the neck opening. Cut off the neck close to the body, but leave the neck skin. Scrub the turkey inside and out with warm water to which you may add 1 tablespoonful of bicarbonate of soda. Dry the turkey with a cloth. Rub it well on the inside with salt. Fill the body cavity loosely—it will increase in bulk—with:

Chestnut (page 374), Bread or other Stuffing (page 370)

Sew up the incision or secure it with skewers. Wrap a string crisscross fashion about them. Fill the neck cavity.* Sew it up or use skewers to close it. Tie back the flap of neck skin. Truss the bird so that the wings are bent behind the back and the legs are close to the body. Tie the leg bones together. Place the bird, breast up, in a roasting-pan. Brush the breast, legs, and wings with:

Unsalted, melted fat

Dip a cloth in the fat and place it over the bird, or place a thick layer of body fat on the bird and cover it with a piece of waxed paper or a cloth. Roast the turkey, uncovered, in a slow oven 300° until tender. Allow 25 minutes per pound for a bird under 12 pounds, or 20 minutes per pound for a larger bird. Baste the turkey every ½ hour with the pan drippings. Season it with salt and paprika when it is half cooked. Remove the paper or cloth for the last ¼ hour of cooking.

To prepare the gravy see:

Chicken Stock and Chicken Gravy

(page 332)

Last hour of cooking, or you may cook the giblets by the rule for Chicken Giblets (see Chicken Stock, page 352) allowing a somewhat longer time for cooking.

* The crop may be filled with one kind of stuffing, the body with another. Example: Sausage stuffing in the crop, celery stuffing in the body; oysters in the crop, bread stuffing in the body.

** ROAST GOOSE **

8 Servings

Prepare for cooking (page 330):

An 8-pound goose

Season the inside with:

Salt

Fill the cavities with:

Apple (page 372), Prune, Chestnut (page 374), or other Stuffing

Prick through the skin into the fat layer around the legs and wings. Truss the goose. Roast it on a rack in an uncovered pan in a moderate oven 325° allowing 25 minutes to the pound. You may place in the pan a cut clove of garlic or onion and several stalks of celery with leaves. Baste the goose at 15-minute intervals with the pan drippings. When the goose is half done season it with:

Salt

Pepper

¼ teaspoon ginger

Thicken the drippings with:

Flour (see Gravy, page 378, or see: Chicken Stock and Gravy, page 352)

Goose liver is considered a great delicacy. Remove the gall bladder. Soak the liver in cold salted water for 2 hours. Dry it with a cloth.

I. Sprinkle it with:

1 teaspoon salt

1 teaspoon paprika

1 teaspoon sugar

1 teaspoon ginger

Sauté it in hot goose fat until it is tender.

II. Prepare and soak the liver as directed. Place it in an oven-proof dish. Cover it with:

1 cup brown sugar

¼ teaspoon salt

1 cup sherry
Place it under a low flame for ¼ hour. Watch it so that it does not burn. Baste it frequently to prevent a crust from forming. Cook sliced apples in a thick syrup until well glazed. Place them around the liver. Continue to baste with apple syrup until the liver is tender.

**ROAST DUCK (Domestic)**

5 Servings
Wash, singe, and clean (see page 350):
A 5-pound duck
Rub it with:
- Garlic (optional)
Season the inside with:
- Salt
Fill the cavities with:
- Apple Stuffing, (page 372) cubed apples, raisins *
- Mashed Potato Stuffing, etc. (page 372)
Truss the duck. Roast it in an uncovered pan in a slow oven 325° allowing 20 to 30 minutes per pound. Baste it every 10 minutes with:
- ¼ cup hot orange juice or stock (see Chicken Stock, page 352)
When it is half done season it with:
- Salt
Thicken the drippings with:
- Flour (see Gravy, page 378, or see Chicken Stock and Chicken Gravy, page 352)
Serve the duck with:
- Fruit on skewers or currant jelly
If it has been basted with stock serve it with:
- A grating of orange rind
  * Coarsely cut celery, sliced onions, or drained sauerkraut may be substituted, Add 3 tablespoonfuls of sugar to the kraut.

**ROAST DUCK BIGARADE**

4 Servings
Prepare for cooking (see preceding rule):
A 3½- to 4-pound duck
Place it unstuffed on a rack in a pan in a moderate oven 325°. Roast the duck uncovered, allowing 20 to 30 minutes to the pound. Skin:

An orange
Scrape the white pulp from the skin with a spoon and discard. Cut the yellow peel into very thin strips (julienne). Add a cup of boiling water and simmer the peel for 15 minutes. Drain it. Remove all membrane from the orange sections, discard it. Reserve the juice. Fifteen minutes before the duck is done pour the drippings from the pan. Replace them by:
- ½ cup boiling consommé
Continue to cook the duck. Add to the dripping the orange juice and:
- ½ teaspoon salt
- ½ teaspoon sugar
- ½ teaspoon lemon juice
Simmer these ingredients for 10 minutes. Add and stir until dissolved:
- 2 tablespoons currant jelly
Add the orange peel and simmer 10 minutes longer. Add the consommé from the pan and:
- ½ tablespoons Madeira wine
Sprinkle the orange sections with:
- 3 teaspoons sugar
Grill them for 3 minutes. Cut the duck into individual servings. Arrange it on a hot dish. Garnish it with the orange sections and dabs of:
- Currant jelly
Pour the sauce over it. Duck sauce is also flavoured with kümmel, curaçao, or white wine and a more generous amount of orange juice.

**WILD DUCK, PARTRIDGE, PHEASANT, GROUSE**

**Hanging Game**

Game is hung in order to tenderize the meat. How long? Few cooks and hunters agree on this point, but it is inadvisable to hang small birds as they are apt to become too gamey. If you are a European you may insist on hanging game until it begins to decay. This is an extreme but applauded by many. Freshly shot game birds may be hung, without being
POULTRY AND GAME

drawn, in a dry, cool, airy place for several days or a week. Never scald or wash game birds. Small birds, especially woodcock, may be cooked without being drawn.

Birds with dark meat—duck, pheasant, grouse, woodcock, snipe—are usually served rare.

Birds with white meat—partridge, quail—are served well done.

To Clean Wild Duck

Clip the wing-tips and remove the coarse guard feathers, leaving the duck covered with down. Melt a cake of paraffin and paint the duck, using a brush and covering the entire surface of the bird with hot wax. Allow the paraffin to harden and pull it off. It will carry the feathers with it. Ducks shot in the spring are frequently strong-flavoured. Soak the cleaned bird 2 or 3 hours in fairly strong salt water to which 1 tablespoonful bicarbonate of soda has been added. Rinse, dry, then stuff with sliced apple or celery. Remove the stuffing before serving the duck, it will have absorbed the strong flavour.

ROAST DUCK—WILD

4 to 6 Servings

Wipe with a damp cloth:

2 (2½ pound) wild ducks

If they are not fresh add ½ teaspoon soda to a quart of water and rinse them well. Dry thoroughly inside and out. Rub the insides with:

Salt

Fill the cavities loosely with:

Skinned onions, drained sauerkraut, or peeled, cored, and chopped apples (raisins may be added)

Place the ducks in an uncovered roasting-pan. Cover the breasts with:

Thin slices of salt pork or bacon or brush them with:

Butter

Roast the ducks in a moderate oven 325°: rare duck, 10 to 12 minutes to the pound; well done, 15 to 20 minutes to the pound.

When the ducks are half done, season them with:

Salt

Paprika

Baste them frequently with the fat in the pan. Another school of thought advises roasting duck in a hot oven 500° for 18 to 20 minutes (total time). Baste them every 5 minutes with the fat in the pan. This seems to be the hunter’s ideal. The juices are red and flow freely when the duck is carved. Thicken the drippings with:

Flour (see Gravy, page 378)

Add:

Sour cream (optional)

Serve the duck with:

Currant jelly or cranberries

or with overlapping:

Slices of small oranges, each topped with a dab of bright jelly

A good way to cook wild duck and an easy way of serving it is to split it down the back, clean it well, and wipe it until it is dry. Rub it with:

Garlic (optional)

Spread it with:

Butter

Season it with:

Salt

Paprika

Place it in a pan in a hot oven 450°. Baste it frequently with the fat in the pan. Cook it until it has reached the right degree of doneness. Remove it
POULTRY AND GAME

to a hot dish. Thicken the drippings with:

Flour (see Gravy, page 378)
Serve the duck with:

Boiled Oranges or Cumquats
(pages 401, 402)
An unusual way to cook duck is to fill it with:

Skinned onions
A quartered orange
(about 3 medium-sized onions and 1 orange to each duck).
Follow the rule for cooking Wild Duck.
Place in the bottom of the pan:

1 cup grape juice or orange juice
Fried hominy is a well-known accompaniment to duck—so are grilled sweet potatoes or apples stuffed with sweet potatoes.

BRAISED WILD DUCK

Dress:
Wild duck (preferably mallards)
Stuff them with:

Apple (page 372), Celery (page 373),
Apricot (page 374), or Bread Stuffing, etc. (page 370)
Place them in a roaster. Add boiling water to the depth of 1 inch. Add:

1 onion, sliced
3 stalks celery with leaves
1 teaspoon dry thyme
Cover the roaster. Cook the duck in a slow oven 325° for about 1 hour.
Add water as needed. Remove the cover. Cook the duck for 1 hour longer. Thicken the drippings with:

Flour (see Gravy, page 378)
You may add to the gravy:

1 tablespoon orange marmalade
or you may serve the duck sprinkled with:

A grating of orange rind
and garnished with:

Currant jelly
or with:

Orange Salad for Game (page 413)

BARBECUED DUCK

4 Servings
Cut the breasts from:

2 large wild ducks
Grill them under a flame until they are brown. Baste them frequently with the following sauce. Combine and stir over heat:

4 teaspoons lemon juice
1 teaspoon Worcestershire sauce
1 teaspoon tomato ketchup
1 tablespoon butter
Sprinkle the duck after it has begun to brown with:

Salt
Paprika

DUCK PILAU

A left-over duck and rice dish.
Remove the meat from:
Roast duck
There should be about 2 cupfuls.
Break the carcasses apart. Add to them:

4 cups water
1 chopped onion
Some celery leaves
Simmer this stock for 1 hour. Strain it. Bring it to the boiling point. Stir into it slowly so as not to disturb the boiling:

1 cup rice
Cook the rice until it is tender (for about 1 hour). Strain it. Reserve the liquor. Rinse the rice in cold water.* Drain it. Melt:

2 tablespoons butter
Add and sauté covered for 5 minutes:

1 cup finely chopped celery
1 teaspoon grated onion
Add the duck scraps, the rice, and:

1 cup left-over gravy, duck liquor or cream combined
Mix these ingredients well with a fork. Season them, if needed, with:

Salt
Paprika
Serve the pilau hot with:

Stewed plums or apricots
* This is optional.

ROAST PARTRIDGE

These birds may be sautéed, smothered, or stewed by any rule for chicken. As they are somewhat drier a little additional fat helps them along. They
POULTRY AND GAME

ROAST PHEASANT

Allow 1 bird for 3 or 4 persons
Follow the above rule for:
Roast Partridge
Allow 15 to 20 minutes to the pound.

GROUSE or PRAIRIE CHICKEN

Allow 1 bird for 3 or 4 persons
Follow any rule for chicken. Roast
the bird at 350° and allow 1 to 1½ hours
total time. If sautéed allow about 45
minutes.

SMALL BIRDS

QUAIL, SNIPE, ETC.

Volumes have been written by epicures on the manner of cooking small
birds. Of course, the opinions are diverse, but a consensus seems to be
that small birds may be grilled or roasted, but large ones must be roasted.

QUAIL, SNIPE, etc., GRILLED

Pick, draw, and clean* (the French do
not draw):
6 small birds
Season them with:
Salt
Pepper
Rub them with:
2 tablespoons butter
Surround them with:
6 strips of bacon
Truss them with string. Place them
on a grill-pan under a low flame.
Cook them from 12 to 20 minutes,
according to their size. Turn them
frequently. The bacon may be removed,
if desired. Thicken the drippings with:
Flour (see Gravy, page 378)
Add the juice of:
1 lemon (optional)
Stock (page 36) or Stock Sub-
stitute (p. 58), if there is an ins-
sufficient amount of drippings
Serve the birds on:
Toast

RUB OF
Place
with:
Salt
Butter
Place over the breast:
Slices of fat bacon
Truss the bird. Roast it like chicken
in a moderate oven 350°, 30 to 35
minutes in all. The bacon is removed
for the last 15 minutes of cooking.
It is customary to serve the bird with
the unthickened pan drippings, to which
lemon juice, sherry, or port may be
added.

QUAIL, SNIPE, etc., ROASTED

Prepare by the preceding rule:
6 small birds
Place over each breast:
A thin slice of salt pork or bacon
Place in the pan:
1 tablespoon butter
Bake the birds in a hot oven 450° for
5 minutes, reduce the heat to 325°, and
bake them from 15 to 25 minutes
longer according to their size. Baste
them frequently with the drippings.
Thicken the drippings with:
Flour (see Gravy, page 378)
Serve the birds with:
Panada (Bread Sauce) (page 393)

QUAIL, SNIPE, etc.,
SMOTHERED

Prepare by the preceding rule:
6 birds
Melt in a saucepan:
2 tablespoons butter
Add and sauté for 1 minute:
½ cup carrots or celery
½ cup onions
POULTRY AND GAME

Add the birds and sauté them until they are brown. Add:

\( \frac{1}{2} \) cup boiling Stock (page 36) or Stock Substitute (page 38) or water

Cover the birds with waxed paper. Place them in a moderate oven 350° for 20 minutes. Serve them on:

Toasts

Thicken the drippings with:

Flour (see Gravy, page 378)

Add to the gravy:

2 tablespoons lemon juice or sour cream (optional)

Serve the birds garnished with:

Parsley

PIGEONS and SQUABS

Allow \( \frac{1}{2} \) to 1 pigeon per person, 1 squab per person

Squabs are young pigeons.

ROAST PIGEONS or SQUABS

Prepare for cooking:

Small pigeons or squabs

Rub them inside with:

Salt

They may be stuffed with:

Cooked wild rice, Bread Stuffing, etc. (page 370)

A thin piece of bacon or salt pork may be placed across the breasts, or they may be brushed with melted butter and dredged with flour. Roast them uncovered in a moderate oven 325° for 45 minutes or more or until tender. They may be basted while cooking. Remove the bacon. Thicken the drippings with:

Flour (see Gravy, page 378)

GRILLED PIGEONS or SQUABS

Clean, then split down the back and remove entrails from:

Squabs

Wash the birds in water to which 1 tablespoonful bicarbonate of soda has been added. Rinse them well. Wipe them dry with a cloth. Flatten the squabs. Put them on a grill-pan skin side up. Brush them well with:

Melted butter

Place them 4 inches from the heat. Turn them once. Season them when you turn them with:

Salt

Paprika

Grilling time 15 to 30 minutes. Serve them on:

Buttered toast

Pour the drippings over them. Good with:

Chopped parsley

Cranberry jelly

SMOTHERED PIGEONS or SQUABS (POTTED PIGEONS)

6 Servings

Cut into pieces or leave whole:

4 large pigeons or 6 squabs

Dredge them with:

Seasoned flour

Melt:

4 tablespoons butter

Sauté the birds slowly in the butter until they are seared. Place them in a casserole. Add to the fat in the pan:

\( \frac{1}{2} \) cup chopped onion

1 carrot, diced

\( \frac{1}{2} \) cup chopped celery

Stir these ingredients for about 3 minutes. Add:

1 cup boiling Chicken Stock (page 352) or Stock Substitute (page 38) or water

Pour this over the birds. Cover them closely. Roast them in a moderate oven 350° for about 45 to 60 minutes (until they are tender). You may add for the last \( \frac{1}{2} \) hour:

1 cup sliced mushrooms

Do not permit the birds to become dry. If they do add more stock or water. Thicken the drippings with:

Flour (see Gravy, page 378)

You may add:

Sour or sweet cream

Serve the squabs in a border of:

Rice

Sprinkle them with:

Chopped parsley or chives
Frog Legs

Clean:
- 4 frog legs
Roll them in:
- Flour
Season them with:
- Salt
- Pepper
Melt in a frying-pan:
- ½ cup butter or bacon fat
Rub the pan with:
- A ½ clove of garlic
or sauté in the drippings:
- ¼ cup chopped onions
Brown the frog legs in the butter.
Reduce the heat and add:
- ½ cup Boiling Stock or Stock Substitute (page 38)
Cover the pan, closely and cook the frog legs until they are tender (for about 10 minutes). Melt:
- ½ cup butter
Sauté in the butter:
- ½ cup bread-crumbs
Add:
- 1 teaspoon lemon juice
Roll the frog legs in the bread-crumbs and serve them garnished with:
- Parsley
Or, prepare:
- 1 cup Boiling Cream Sauce (page 379)
The sauce may be made with the drippings and cream. Flavour it with:
- Sherry
Pour it over the cooked frog legs. Serve them garnished with:
- Parsley

Frog Legs, Fried

Clean:
- Frog legs
Season them with:
- Salt
- Pepper
Dip them in:
- Sifted bread-crumbs
Then in:
- 1 egg diluted with 2 tablespoons water
and again in crumbs. Permit them to dry for 1 hour. Fry the frog legs in deep fat 375° (page 481). Drain them. Serve them with:
- Tartar Sauce (page 390)

Frog Legs in Mushroom Sauce

Clean and skin:
- 6 large frog legs
Cut each leg into 3 or 4 pieces. Place them in a saucepan. Cover them with:
- Boiling water
Add:
- 6 thin slices of lemon
- ½ teaspoon salt
- ½ teaspoon pepper
- Celery, parsley, onion * (optional)
Simmer the frog legs covered until they are tender. Drain them well. Melt in a saucepan:
- 3 tablespoons butter
Add to it and sauté until light brown:
- 1 cup sliced mushrooms
Stir in:
- 1½ tablespoons flour
Stir in slowly:
- 1½ cups Chicken Stock (page 352)**
- or Stock Substitute (page 38)
Season the sauce with:
- Salt
- Paprika
When the sauce is boiling add the frog legs. Reduce the heat to a low flame. Beat well:
- 3 egg yolks
- 3 tablespoons rich cream
Stir these ingredients into the sauce. Cook them until they thicken. Add:
- 1½ teaspoons lemon juice or a teaspoon sherry
Serve the frog legs at once.
* Any vegetable suitable for soup.
** The stock in which the frog legs were cooked may be used.
POULTRY AND GAME

Rabbit, Hare, and Squirrel

See Appendix D (pages lxix–lxxi) for Skinning Rabbit, Hare, and Squirrel

The preparation and cooking of these animals is much the same, although the size varies greatly.

**RABBIT or HARE, STEWED**
*(FRICASSEE)*

Clean and cut into pieces;
A rabbit
Season it with:
Salt
Pepper
Dredge it with:
Flour (optional)
Melt in a frying-pan:
3 tablespoons butter or dripping
You may add:
½ cup chopped onions
Sauté the rabbit in the dripping until it is lightly browned. Pour over the rabbit to the depth of ½ inch:
Boiling Stock (page 36) or Stock Substitute (page 38) or Vegetable Stock (page 378)
You may add:
A piece of lemon rind
10 peppercorns
2 sprigs of parsley
2 sticks of celery
Cover the pot closely. Simmer the meat until it is done, but do not boil it at any time. Remove the rabbit from the pot. Thicken the dripping with:
Flour (see Gravy, page 378)
Add to it:
Sour cream or milk
A few drops of Parisian Essence or Caramel (page 690)

**RABBIT, SAUTÉED**

If rabbit is young follow the rule for Sautéed Chicken (page 354). Add sour cream to the gravy.

**SMOTHERED RABBIT or HARE**
*(with ONIONS)*

Clean and cut into pieces;
A rabbit
Season it with:
Salt
Paprika
Dredge it with:
Flour

Melt in a pot or frying-pan
3 tablespoons dripping or butter
Sauté the rabbit in the dripping until it is browned. Cover it thickly with:
Sliced onions
Sprinkle the onions with:
Salt
Pour over them:
1 cup thick sour cream
Cover the pot closely and simmer the rabbit for 1 hour, or place the pot in a slow oven 325° and bake the rabbit until it is tender (for about 1 hour).

**RABBIT or HARE À LA MODE**
*(HASENPFEFFER)*

Clean and cut into pieces:
A rabbit
Place them in a crock or jar. Cover them with:
Vinegar and water, in equal parts
Add:
1 onion, sliced
½ teaspoon salt
6 peppercorns
1 bay leaf
Soak the rabbit for 2 days, then remove the meat, keeping the liquor. Follow the rule for Rabbit Stew (this page). Use the vinegar water in the place of stock and add sour or sweet cream to the gravy (see Gravy, page 378).

**ROAST RABBIT or HARE**

A rabbit is usually too small to stuff. A hare may be stuffed with any dressing suitable for fowl.
Season a rabbit or hare inside with salt, stuff it, close the opening, and truss it. Brush it all over with:
Melted butter, dripping, or olive oil
Dredge it with:
Seasoned flour
Place it on its side in a roasting-pan. Roast it uncovered in a moderate oven 325° for 1½ to 2 hours. Baste it every 15 minutes with the dripping in the pan. If it becomes dry baste with ½ butter and ½ water or stock. Turn the rabbit when half cooked. Thicken the dripping with:
Flour (see Gravy, page 378)
POULTRY AND GAME

VENISON

Hang venison in a cool airy place. Some authorities say ‘from 4 to 5 days’; others say ‘for 2 weeks or more.’ This is a matter of taste. In Europe game is hung until it is so ripe that a guest is aware of the type of dinner to be served him as soon as he enters the front door.

Venison may be prepared in as many ways as beef and much in the same manner. However, to-day this meat is an unusual treat and the addition of wine, mushrooms, cream, etc., seems in order to make a super dish of a super meat. There is a consensus that venison must be served rare.

Port, Madeira, and claret are frequently added to the gravy served with venison.

SADDLE of VENISON

8 Servings
Lard by the rule on page 334)
A 6- to 7-pound saddle of venison
Rub it with:
A cut clove of garlic (optional)
Butter
Sprinkle it with:
2½ teaspoons salt
½ teaspoon pepper or ¼ teaspoon paprika
A few grains of cayenne
Place the roast uncovered, in a moderate oven 325°. Allow 25 to 30 minutes to the pound.

Or you may place the roast in a hot oven 450° for ½ hour, then reduce the heat and continue to cook it at 300°, allowing in all 20 minutes to the pound

Thicken the dripping with:
Flour (see Gravy, page 378)

You may add:
Consommé or Chicken Stock (page 332) or Stock Substitute (page 38)
and sour or sweet cream

Garnish the platter with:
Orange slices, currant jelly
Orange Sauce for Game (page 388)
or Cumberland Sauce (page 389)

Serve venison with:
Wild Rice (page 87)

VENISON STEAKS

See that these are crisp and brown on the outside, rare and juicy within.
This means a quick hot fire. Rub:
Venison steaks
with:
A cut clove of garlic
A generous amount of butter
Season with:
Salt
Paprika or pepper

Grill the steaks under a grill or over a hot open fire. Make this a short process unless the steaks are very thick. Serve them with:
Currant Jelly Sauce (page 386)
or with:
Maître d’Hôtel Butter (page 391)

VENISON LOIN STEAKS or CUTLETS

These may be dipped in:
Olive oil
then in:
Seasoned bread-crumbs

Grill the steaks or sauté them quickly in butter. Or rub:
2 venison steaks
with:
A cut clove of garlic
Heat until sizzling:
x tablespoon olive oil

Sauté the steaks quickly in this until both sides are brown. Season the steaks with:
Salt
Paprika
POULTRY AND GAME

Stir in:

- cup dry sherry
- cup thick cream
- tablespoons currant jelly
- tablespoons butter

Add additional seasoning if required.

VENISON POT ROAST or STEW

For this use the less tender cuts of meat cut into small pieces or one large piece. You may do this by placing the meat in a marinade, or this step may be omitted and the meat may be prepared like Pot Roast (page 303).

Marinade for Venison

Cover venison with:

- Equal parts of water and wine, preferably claret

Add:

-  teaspoons salt

6 or 8 black peppercorns
- bay leaf
- to 12 whole cloves
- onion, sliced

Permit the meat to remain in the marinade from 2 to 6 days. Turn it from time to time. Dry the meat, dredge it lightly with:

- Flour

Follow the rule on page 305 for Pot Roast. Use the marinade in place of other liquid. Simmer the meat covered until tender. The time will vary with the age of the animal.

You may skim the fat from the dripping. Add to them:

- teaspoon grated lemon rind
- tablespoons lemon juice
- cup port wine
- tablespoons butter

Seasoning, if needed

Reheat the dripping. Place the meat in it.

GARNISHES FOR MEATS

Parsley.
Watercress.
Mushrooms (canned or fresh, sautéed).
Truffles.
Sautéed olives or grilled bacon.
Sliced lemons dipped in chopped parsley.
Lemon baskets (lemons cut in basket shape and hollowed, the edges pinked) filled with sauce —Tartar (page 390), Horseradish (page 380), etc.—or with cranberry or other jelly.
Oranges sliced, topped with green mint, currant, cranberry, or other jelly or with Stewed Figs (page 402).
Orange halves hollowed and filled with cranberry jelly.
Pimientos, shredded or cut into shapes.
Peppers, sliced or cut into shapes.
Pepper rings parboiled, filled with suet or raw onions.
Carrots, raw or cooked, cut into shapes.

Boiled turnip cups filled with peas.
Boiled beets cut into shapes.
Boiled Beet Cups Filled with Horseradish Sauce (page 445).
Pickled beets.
Baked Tomatoes Filled with Potatoes (page 190).
Baked Tomatoes Filled with Pineapple (page 192).
Baked Tomatoes (page 281).
Pineapple slices or pineapple slices sautéed in butter or bacon fat, garnished with maraschino cherries, jelly, or cranberry jelly.
Sautéed Bananas (page 400).
Baked Apples Filled with Mincemeat (page 399).
Peaches Filled with Mincemeat (page 399).
Peaches filled with jam or jelly.
Cinnamon Apples (page 398).
Baked Oranges (page 401).
Boiled Oranges (page 401).
Baked Pears (page 398).
Baked Peaches (page 397).
Garnishes for Meats—continued

Apple Rings (page 400),
Spiced Prunes (page 403)
Prunes on Skewers (page 403)
Cranberry Jelly (page 395)
Mashed potatoes forced through a tube in a border or as individual roses.

Whiteheart cherries, greengages, or apricots, heated.
Raw cucumber relish
Raw tomato relish.
Green Pepper or Pimento Slices I, II, and III for cold meat (page 417).

Stuffings for Meat or Fowl

These are an important part of the menu, especially on holidays. Vary them according to your means and your imagination. Stuff a bird lightly. The stuffing will swell as it cooks. An abundance of liquid will make a stuffing soggy. Allow a generous cupful of stuffing for every pound of bird. As it is better to have too much rather than too little of it, place the surplus in a greased dish. Bake it in the oven with the bird for the last hour of cooking.

BREAD STUFFING with MUSHROOMS, OYSTERS, NUTS, GIBLETS, etc.

Sufficient for a 4-pound chicken. A small turkey or a goose will require \( \frac{3}{4} \) times this amount and the recipe will have to be doubled or trebled for a large bird.

There is no set rule for the proportions of ingredients for bread stuffing. It should be palatable, light, and slightly moist, well flavoured but bland.

Chopped green peppers, nuts, sautéed mushrooms, and drained or lightly sautéed oysters may be added to it. Stock or oyster liquor may be substituted for milk.

Chop the giblets. Melt:
\[ \frac{1}{4} \text{ cup butter} \]
Add and sauté for 2 minutes:
\[ 2 \text{ tablespoons or more chopped onion and the chopped giblets (optional)} \]
Combine these ingredients with:
\[ 4 \text{ cups crustless, diced bread (white or brown),* or bread crumbs} \]
\[ 2 \text{ or 3 eggs (optional)} \]
\[ 4 \text{ tablespoons chopped parsley} \]
\[ \frac{1}{2} \text{ to 1 cup chopped celery} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{2} \text{ teaspoon paprika} \]
\[ \frac{1}{2} \text{ teaspoon nutmeg} \]
\[ \frac{1}{2} \text{ cup nuts, preferably walnuts (optional)} \]
Milk, stock, or melted butter to moisten the dressing very lightly.

In place of the nuts you may use:
6 pork sausages, skinned, sliced, and browned, or
\[ \frac{1}{4} \text{ cup or more sliced mushrooms sautéed with the onion} \]
*Preferably 1 day old. Bread 2 days old may be toasted for a light stuffing.

OYSTER STUFFING

Follow the preceding rule. Omit the giblets and the nuts. Add:
\[ \frac{1}{4} \text{ to 1 pint oysters, drained} \]
Chop them or leave them whole. They may be preheated in the hot butter. Use part milk and part oyster liquor.

LEFT-OVER STUFFING

Place left-over stuffing in a greased baking-dish. Spread it about 1 inch thick. Place over the top:
Mushrooms, whole or sliced
Dot them well with:
Butter
Sprinkle them with:
Cream
Bake in a hot oven 400° for about 15 minutes.
GARNISHES AND STUFFINGS

‘DRY’ STUFFING
This name is given by my cook, Sarah Brown, to a stuffing she frequently makes, which is by no means dry when served. Combine:
Shredded bread (white or brown)
Chopped celery
Chopped onion
Season the inside of a chicken, quail, turkey, etc., with:
Salt
Paprika
Partly fill it with the stuffing. Melt:
Butter
Pour it on to the stuffing. Fill the cavity lightly with the remaining stuffing. Melt:
Butter
Pour it on to the stuffing. Sew up the opening. Proportions seem to be of no importance whatever in this case as the ingredients are never measured and the stuffing is always light and good. Chopped pecans or walnuts, oysters, olives, etc., may be added to it.

SAUSAGE STUFFING for TURKEY or FOWL
Wash:
Turkey giblets
Turkey neck
Place them in a saucepan with:
2 cups boiling water
½ bay leaf (optional)
Some celery sticks and leaves
Salt
Cook them until they are very tender. Chop the giblets very fine and add them later to the turkey gravy. (Use the stock for the gravy.) Crush or grind enough toasted bread to make:
6 cups dry bread-crumbs (brown or white)
Add and mix thoroughly:
1 teaspoon salt
3 tablespoons finely chopped onion
3 tablespoons chopped parsley
6 tablespoons melted butter
1 teaspoon pepper or paprika
1 pound sausage-meat
1½ cups chopped celery
Moisten these ingredients lightly with the:
Giblet stock
The stuffing should be crumbly—not very moist.

RICE STUFFING
Sufficient for 2 3-pound chickens or 1 large flank steak. Double the recipe for a 12-pound turkey
Mince:
6 slices of bacon
Sauté it lightly for 5 minutes with:
3 tablespoons chopped onion
Pour off all but 2 tablespoonfuls of the fat. Combine the contents of the frying-pan with:
4 cups cooked Rice (page 87)
1 cup dry bread-crumbs
1 cup chopped celery
1 teaspoon salt
1 teaspoon pepper
1 teaspoon sage or nutmeg (optional)
1 cup rich milk or evaporated milk

OYSTER RICE STUFFING
Sufficient for a small goose or turkey
Melt:
¼ cup butter
Sauté lightly in the fat:
Chopped giblets
¼ cup chopped onions
Add:
1½ quarts oysters,* drained
Cook them until their edges curl.
Add:
3 cups cooked Rice (page 87)
¼ cup or more chopped celery
3 or more tablespoons chopped parsley
1 small clove of garlic, minced
1 teaspoon or more salt
1 teaspoon paprika
* Shrimps may be substituted. Use less salt if the shrimps are salty.

WILD RICE or RICE STUFFING for GAME
Sufficient for a 3½-pound chicken
Chop the:
Giblets
Bring to the boiling point:
4 cups water
1 teaspoon salt
Drop the giblets into the water and simmer them for 15 minutes. Remove them from the water and stir into it:
1 cup wild rice or rice
Cook it until it is nearly tender.
GARNISHES AND STUFFINGS

Melt in a frying-pan:
1/2 cup butter
Sauté in it for 3 minutes:
2 tablespoons chopped onion
1 tablespoon chopped green pepper
1/2 cup chopped celery
Add the hot drained rice and the chopped giblets.

POTATO STUFFING
I. Stuff a fowl lightly with:
Mashed Potatoes (page 245)
You may beat into the potatoes:
1 or 2 eggs, chopped celery, nuts, sautéed mushrooms, onions, etc.

II. Peel and cut into very thin slices:
Raw potatoes
Sprinkle them with:
Flour
Season them with:
Salt
Pepper
Dot them with:
Butter
Moisten them with:
Stock or milk
Add, if desired:
Chopped celery

III. Dice:
Cold cooked potatoes
Melt:
Butter or bacon fat
Sauté in them for 1 minute:
Chopped onion
Add the potatoes and cook them until they are lightly browned. Season them with:
Salt
Pepper
Sage (optional)
Chopped parsley
Add, if desired:
Chopped celery

RAW POTATO and CELERY STUFFING for POULTRY
Sufficient for a 3½-pound chicken
Peel, then grate or put through a mincer:
5 large raw potatoes
2 stalks of celery
1 medium-sized onion
Melt:
2 tablespoons butter or poultry dripping
Sauté in the fat until golden brown:
1 large onion, diced
Add:
1/2 cup chopped celery leaves or parsley
1/2 cup shortening
Cook these ingredients for 2 minutes. Add them to the potato mixture.
Season the stuffing with:
1 teaspoon salt
1/2 teaspoon paprika

APPLE STUFFING for DUCK
Peel, quarter, and core:
Cooking apples
Combine them with:
Currants or raisins (optional, about 1 cup of currants or raisins to 6 cups of apples)
The currants or raisins may be soaked in boiling water to cover for 5 minutes.

APPLE and BREAD STUFFING
For a small crown roast of pork or for a duck. Melt in a saucepan:
2 tablespoons fat
Add and sauté until light brown:
1 tablespoon chopped onion
Combine these ingredients with:
1 cup soft bread cubes
2 cups finely chopped tart apples
1 cup chopped celery (optional)
Moisten them with a very little:
Rich milk
Season them with:
1/2 teaspoon salt
1/2 teaspoon paprika

SAUSAGE and APPLE STUFFING for a FLANK STEAK
Heat and stir in a frying-pan:
1/4 cup sausage-meat
Drain off the surplus fat. Add:
1/4 cup chopped tart apples
2 cups biscuit crumbs
\[ \frac{1}{2} \text{ teaspoon minced onion} \\
\frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{2} \text{ teaspoon paprika} \\
\text{Moisten the dressing with:} \\
\frac{1}{4} \text{ cup hot water} \]

**LIVER STUFFING**

Sufficient for a 4-pound chicken

Chop:

- \( \frac{1}{2} \) pound calf liver

Sauté it lightly in:

- 1\frac{1}{2} tablespoons butter

to which you may add:

- 1 tablespoon grated onion

Combine these ingredients with:

- 2 cups soft bread-crumbs
- \( \frac{1}{2} \) cup chopped nuts
- 2 beaten eggs
- \( \frac{1}{4} \) cup rich milk, or cream and
  - Stock or Stock Substitute (page 38)
- 1 teaspoon sugar
- 1 teaspoon salt
- \( \frac{1}{2} \) teaspoon paprika
- 1\frac{1}{2} tablespoons minced chives, parsley, or other fresh herb
- 1 teaspoon lemon juice
- 2 tablespoons sherry (optional)

**STUFFING for a CROWN ROAST of LAMB**

Heat:

- 3 tablespoons salad oil

Brown in it lightly:

- \( \frac{1}{2} \) cup finely chopped onion

Add and cook for 1 minute:

- \( \frac{1}{4} \) cup chopped carrot
- \( \frac{1}{4} \) cup chopped celery
- 2 tablespoons chopped parsley
- 1 cup boiled rice
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon paprika
- \( \frac{1}{2} \) teaspoon cloves

Add and mix well:

- 1 cup crushed pineapple, drained
- \( \frac{1}{2} \) cup raisins
- 2 cups dry bread-crumbs

\[ 4 \text{ cups boiling salted water} \]

Drain them. Add:

- 3 cups dry bread-crumbs
- 1 beaten egg
- \( \frac{1}{4} \) cup melted butter
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{2} \) teaspoon paprika
- \( \frac{1}{2} \) teaspoon poultry seasoning or
  - grated nutmeg

**CRAB STUFFING**

This recipe won a $500.00 prize.

Flake the contents of:

- \( \frac{1}{2} \) (6 oz.) can crab

Add:

- 2 slightly beaten eggs

Melt:

- 2 tablespoons butter

Sauté in it:

- \( \frac{1}{4} \) cup chopped onion
- \( \frac{1}{4} \) cup chopped celery
- 2 slices minced bacon
- 1 cup fresh bread-crumbs

Combine these ingredients with the crab. Season them with:

- Salt
- Pepper

An addition of my own, not in the recipe:

- 1 teaspoon Worcestershire sauce or
- 1 tablespoon sherry

This amount will fill a small fowl of 4 green peppers or 6 tomato cases.

**OLIVE or CELERY STUFFING**

Sufficient for a 3\( \frac{1}{2} \)-pound chicken

Pull apart:

- 3 cups stale bread

Moisten it lightly with:

- Chicken Stock (page 352) or canned
  - chicken bouillon

Add:

- 1 beaten egg

Melt:

- \( \frac{1}{4} \) cup butter

Add and sauté for 1 minute:

- \( \frac{1}{4} \) cup chopped Spanish onion

Combine this with the bread mixture,
GARNISHES AND STUFFINGS

Add:
- 1 cup chopped parsley
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup stoned chopped olives*
- 1 chopped pimento (optional)
- 1 chopped pimento (optional)
- 1 cupful chopped celery may be substituted for the chopped olives.

CHESTNUT STUFFING
Sufficient for a 3½-pound chicken
Double or treble the recipe for a turkey
Shell and skin:
- 3 cups Chestnuts (page 295)
Drop the chestnuts into:
Boiling salted water
Cook them until they are soft. Put them through a potato sieve. Combine them with:
- 1 cup seedless raisins (optional)
- 1 cup melted butter
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup cream
- 1 cup dry bread or biscuit crumbs
- 2 tablespoons chopped parsley
- 1 cup chopped celery
- 1 tablespoon grated onion

CHESTNUT OYSTER STUFFING
Sufficient for a 12-pound turkey
Follow the above rule for:
Cheestnut Stuffing
Use part chestnuts and part:
Oysters
The oysters may be chopped and cooked lightly in melted butter. The oyster liquor may be added to or used in the place of cream. A fine stuffing may be made with:
- 2 pounds Chestnuts Boiled and Riced (page 295)
- 1 pint Oysters Creamed (page 96)

APRICOT STUFFING for FOWL or PORK TENDERLOIN CHOPS
Sufficient for a 4-pound chicken
Combine:
- 1 cup dried apricots
- 1 cup cold water
Bring these ingredients to the boiling point. Simmer them for 5 minutes.
Drain them. Cut them into strips.
Combine them with:
- 4 cups dry bread-crumbs
- 1 cup melted butter
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup chopped green pepper or celery
Moisten them lightly with:
Stock or apricot water

PRUNE STUFFING
Follow the preceding rule for:
Apricot Stuffing
Substitute for the apricots:
- 1½ cups dried prunes

APPLE and PRUNE STUFFING
Sufficient for a 5-pound bird
Combine lightly:
- 3 cups diced crustless bread
- 1 cup melted butter or dripping
- 1 cup cubed apples
- 1 cup cooked prunes, chopped
- 1 cup chopped nuts
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 tablespoon lemon juice

DUMPLINGS AND YORKSHIRE PUDDING
RULE FOR DUMPLINGS
Dumplings are apt to be heavy if the lid is lifted frequently before they are done. In order to see how the dumplings are progressing while cooking, cover the pan with a glass pie plate. This will tell you what you want to know without curbing their desire for Lebensraum.
GARNISHES AND STUFFINGS

DUMPLINGS

4 Servings

These dumplings are worth a trial as the experiment is apt to be repeated.

Measure, then sift 3 times:

1 cup cake flour
4 teaspoons baking powder
½ teaspoon salt

Break into a measuring cup:
1 egg

Add until the cup is ½ full:
Milk

Beat well and stir the liquid slowly into the sifted ingredients. Add more milk if necessary, but keep the batter as stiff as possible. Thicken:

2 or 3 cups Stock (page 36) or Stock Substitute (page 38)

with:
Flour (allow 1½ tablespoons of flour to 1 cup of stock)

Heat the stock in a 9-inch saucepan. Dip a spoon in it, fill it with batter, and drop the batter into the stock. Continue doing this until the dumplings are barely touching. Then cover them and simmer for 2 minutes, turn them, cook them 2 minutes longer, and serve them at once.

VEGETABLE DUMPLINGS

Follow the above rule. Add to the batter:

½ teaspoon grated onion
3 tablespoons minced green peppers

CHEESE DUMPLINGS

To the above rule for:

Dumplings

Add:

2 tablespoons grated cheese

Cook the dumplings in:

Tomato juice

Thicken this as suggested or dilute tomato soup. If in haste use the following rule.

QUICK CHEESE DUMPLINGS 
in TOMATO SAUCE

10 2-inch dumplings

Combine:

2 cups scone mix
2 tablespoons grated cheese *

Follow the recipe for scones or prepare and add the cheese to Scone Mix (page 456). Pat or roll out the dough to the thickness of ½ inch. Cut it into 3-inch rounds. Place in the centre of each round:

1 tablespoon grated cheese

Wet the edges of the rounds with cold water. Gather up the edges to form a ball. Pinch them well. Drop the dumplings into boiling:

Thin tomato soup or juice, Stock or Stock Substitute (page 38), or bouillon **

Cover them tightly with a lid. Steam them for 15 minutes. Subdue your curiosity and do not lift the lid, no, not even to peek. Serve the dumplings at once. They may be sprinkled with:

Chopped parsley

* About ½ cup grated cheese in all.

** This takes an 8- or 9-inch pot and a lot of liquid. I use about 5 cupfuls. It may be slightly thickened, but it must not be thick. It is best to cook your dumplings and then thicken the stock as for Cream Sauce (page 379) using 1½ tablespoonfuls of butter and the same amount of flour to every cupful of stock.

Farina Balls, page 62, make good dumplings.
Liver Dumplings, page 345.

Pie Dough (page 498), cut into strips or shapes, simmered in stock, is frequently substituted for a dumpling mixture.

Remember the good Vegetable Noodles on page 84.

CROÛTONS

Cut into ½-inch cubes:

Bread

Sauté the cubes in:

Hot butter

Stir them gently, or shake the frying-pan until they are toasted. Serve them over:

Noodles (page 84)
Spaetzle (page 376)
Potato Dumplings (page 376)
or serve them in:

Soup
GARNISHES AND STUFFINGS

POTATO DUMPLINGS
(KARTOFFELKLÖSSE)

These are light and tender, especially good with beef à la mode or other roast gravy. It is traditional to serve them with Sauerbraten.

Boil uncovered in their jackets until tender:

6 medium-sized potatoes

Chill them thoroughly for 12 hours or more. Peel them and grate or rice them. Add:

2 eggs
1/2 teaspoons salt
1/4 cup flour

Beat the batter with a fork until it is fluffy. Roll it lightly into balls 1 inch in diameter* and drop them into gently boiling salted water for 10 minutes. Drain them well. Melt:

1/2 cup butter or dripping
Stir in:
1/4 cup dry bread-crumbs

Or prepare:
1/2 cup Croutes (page 375)

Pour them over the dumplings.

*Many cooks prefer to put the croutes in the balls. Put 1 crouton into the centre of each 1-inch ball. If you wish to make large balls, roll several croutes into each ball.

SPATZEN or SPÄTZLE
(GERMAN EGG DUMPLINGS)

Spätzlen are good at any time, but they are particularly good served with roast veal.

Beat:
2 eggs

Combine them with:
1/2 cups flour
1/4 cup water
1/2 teaspoon salt
1/2 teaspoon baking powder

Beat these ingredients well. Drop small bits of the batter from a spoon into simmering salted water, or place it on a plate and cut shreds of the batter with a knife from the side of the plate into the water, or put the batter through a colander.

Spätzlen should be very light and delicate.

Try out a sample and if it is too heavy, add water to the batter. Simmer them until they are done. Drain them, place them in a dish, and cover them with:

Croutes (page 375) or 1/4 cup bread-crumbs sautéed in 1/4 cup butter

Spätzle may be cooked and served in:

Soup

YORKSHIRE PUDDING

It was customary to cook this old and delicious dish in the pan with the roast or under the roast, letting the dripping fall upon it. As we now cook roast beef in a slow oven we must revise the cooking of Yorkshire pudding. It is best to cook it separately in the hot oven it requires to puff it up and brown it quickly.*

Place the batter in a hot pan containing hot fat or dripping. Cook it as directed and you will have a dish not unlike a popover. Serve it from the dish in which it was cooked, cut into squares. Substitute the pudding for the usual starch served with a main course—

potatoes, rice, spaghetti, etc.

Sift into a bowl:

1/2 cup flour
1/2 teaspoon salt

Make a well in the centre into which pour:

1/2 cup milk
Stir in the milk. Beat until fluffy:
2 eggs

Beat them into the batter. Add:
1/4 cup water

Beat the batter well until large bubbles rise to the surface. Permit this to stand for 1 hour (optional). Beat it again.

Have ready a hot oven-proof dish (about 10 inch by 10 inch) containing about 1/2 inch of hot beef dripping or melted butter. Pour in the batter. It should be about 1/4 inch high. Bake the pudding in a hot oven 400° for about 20 minutes. Reduce the heat to 350° and bake it 10 to 15 minutes longer.

* Some cooks recommend a 350° oven for 1/4 hour.

** The pudding may be baked in hot muffin-tins.
GRAVIES AND SAUCES

SAUCES FOR MEAT AND FISH

GRAVIES

Having once been asked my opinion of a newcomer I gave it unhesitatingly. "She is the kind of person who serves grey gravy!"

Sauces are not only the hall-mark of the good cook—they are an indication of her aesthetic sense as well. There is nothing about them that is synonymous with the bogy man. On the whole they are simple and in order to excel with them it is necessary to master only one or two basic principles.

My favourite cooking utensil looks like this. It is not an imposing implement, but armed with it you may scoff at lumps and curdles. It is a tremendous time-saver. Vigorously wielded it will ensure the smoothest of gravies and sauces. I use it in preference to a rotary beater because its action requires only one hand instead of two, and because it will do anything a rotary beater can do and more. It is called a wire whisk.*

STOCK FOR SAUCES

The word stock usually applies to the liquid gained by simmering meat (or fish) and vegetables in water. The resulting essence is used in soups, sauces, aspics, etc.

There are many sources for obtaining stock. An enlightened housekeeper will keep a jar or other container in her refrigerator in which to collect the stock that would otherwise be wasted.

Celery tops and parings, bean parings, a few pea pods, carrot skins, parsley stems, a bit of onion, etc., may be combined, barely covered with water and simmered for about 1 hour. A meat cube may be added to the strained stock, or it may be used as it is as a basis for a sauce or soup.

The juices from mild-flavoured vegetables (peas, beans, asparagus, etc.) whether freshly cooked or canned should be saved in this way.

The juice from vegetables that are pronounced in flavour, cabbage, Brussels sprouts, turnips, etc., are too strong for the stock-pot, but they may be kept separately and used as a basis for a soup or a sauce that is to accompany a coarse dish.

The maintenance of a stock-pot is a bit of thrift that not only eliminates all waste, but adds materially to the nutritional value of the food served your family. Remember that vegetable juices are rich in vitamins.

After the little household economies mentioned above, in behalf of better gravies come commercial aids that are valuable: meat cubes, vegetable cubes, condensed broths, essences, pastes, jellies, etc. My favourites are clear chicken broth and mushroom broth. These combine well with cream and other ingredients in sauces adding distinction and flavour to egg, fish, and vegetable dishes.

*Editor’s Note. A flat wire whisk can take the place of this implement.

*N
For good gravies keep the following ingredients on hand—all available juices from cooked or canned food, home-made stock, and the commercial substitutes listed above.

Plain gravies are of two kinds:
I. Gravy made with dripping in which meat has been sautéed.
II. Gravy made with the juices of stews and roasts.

RULE for MAKING GRAVY with PAN DRIPPING in which MEAT HAS BEEN SAUTÉED

1 cupful
Remove the meat from the pan. Place it where it will remain hot. Pour off all but 2 tablespoonfuls of the dripping. Blend into them:
1 or 2 small tablespoons flour
Stir the gravy with a wire whisk. Add slowly until the gravy has the right consistency, cooking it slowly and stirring it constantly, about 1 cupful of:
Hot Stock (page 36), Stock Substitute (page 38), hot milk or hot water and cream
Season the gravy with:
Salt, pepper, minced herbs—fresh or dried, grated lemon rind, etc. (see the following Seasonings for Sauces)
Colour it with:
A few drops of Caramel (page 690) or Parsian Essence
Strain the gravy, reheat it and serve it.

RULE for MAKING GRAVY for STEWS

Use soup stock, water in which vegetables were cooked, or prepare the following:

Vegetable Stock
Combine:
2 cups of water
1 onion, sliced
Asparagus scrapings or vegetables that are used in soups
2 or 3 celery sticks and leaves, chopped
1 carrot, sliced
Parsley
Scant seasoning
If the stock is to be used for pot roast or stew bring these ingredients to the boiling point and pour them over the seared meat.

RULE for MAKING GRAVY for ROASTS

About 1 cupful
Modern meat cookery keeps the juices where they should be, in the roast. You will find very little in the pan. Strain what there is into a tall receptacle (glass or cup) and place it in cold water. The fat will rise quickly. Take what you need of it for your gravy measurement. Skim off the rest and use it later as dripping. The remaining liquid in the cup will be good for your gravy, but if there is not enough you will have to add stock (see preceding rule), a diluted meat cube or canned soup to make up the remainder. Don’t use water unless driven to it.
Melt over low heat:
3 tablespoons fat
Blend in:
2 tablespoons flour *
Stir in slowly:
1 cup Stock (page 36)
Cook and stir the gravy until it is smooth and boiling. Season it with:
Salt, paprika, pepper, minced herbs, grated lemon rind, etc. (See the following seasonings for sauces.)
Colour it with:
A few drops of Caramel (page 690) or Parisian Essence
When making gravy from fat meats it will sometimes separate. This looks calamitous, but it is easily remedied. Add a little cream very slowly, continue stirring all the time, and the gravy will become smooth and thick. Taste the gravy and if it is not good, make it so. Add paprika, celery salt, ketchup (sparingly).
Stock or meat or vegetable cubes give it character. Having made it good, a great deal has been accomplished, but not enough—it must also look good. Keep a bottle of Caramel or Parisian Essence on hand. Add enough of this to make the gravy a fine colour and it is ready to serve. Never over-season or add unnecessarily to good gravy. Doctor only the indifferent ones and colour them to make them attractive. There is no excuse, except inefficiency, for whitish, lumpy, tasteless gravies, but one encounters them, alas, in endless varieties. Therefore these instructions.

* Sauces may be thickened with tapioca. Use 1½ teaspoonfuls to 1 cup boiling liquid. Stir the sauce over low heat until it is thick and smooth.

### Seasonings and Ingredients for Sauces

Sauces can be made interesting in so many different ways by varying the seasonings and ingredients used. Here are a few suggestions:

| Chopped parsley | Sautéed mushrooms |
| Chopped basil | Capers |
| Chopped tarragon | Chopped pickles |
| Chopped thyme | Chopped lemons |
| Chopped chervil | Lemon rind |
| Chopped shallot | Lemon juice |
| Chopped savory | Sherry |
| Chopped onion | Madeira |
| Freshly ground nutmeg | Worcestershire sauce |
| 2 or 3 cloves | Tabasco sauce |
| Part of a bay leaf | Horse-radish, etc. |
| Freshly ground pepper | Soy sauce |
| Paprika | Pepper sauce |
| Curry powder | Garlic |
| Celery seed | Leeks |
| French celery seed | Celery salt |
| Chilli powder | Onion salt |
| Mustard | Garlic salt |

The incomparable ‘Tilda’ of the ‘funny sheet’ says: ‘There’s many a live wire around that would be a dead one except for its connections.’ Apply this to indifferent food enlivened by sauces. Remember, please, that there are sauces other than white and brown.

**Note:** All spoon measurements are flat: use a small tablespoon (equivalent of 3 flat teaspoonsful).

### CREAM SAUCE or WHITE SAUCE I

**1 cupful**

This sauce is used for creaming vegetables, fish, etc.

Cream sauce and all its relations are best made in a double boiler. As this is a rather tedious process, requiring 10 to 15 minutes’ cooking and stirring, most cooks prefer the shorter way. I do, but I feel constrained to draw attention to the fact that it is unconventional.

Melt over low heat:

- 2 tablespoons butter

Add and blend in:

- 1½ to 2 small tablespoons flour

Stir in slowly:

- 1 cup hot milk *

Season these ingredients with:

- ½ teaspoon salt
- ½ teaspoon paprika or pepper

Cook and stir the sauce with a wire whisk until it is smooth and boiling. (Combine it with other ingredients...
when it is boiling so that it will not become watery.)

* Cream may be substituted for milk.

The sauce may be made with part stock and part milk or cream.

It may be flavoured with a choice of:

- Celery salt
- A grating of nutmeg
- 1 teaspoon lemon juice
- 3/4 teaspoon Worcestershire sauce
- 1 teaspoon sherry
- 1 teaspoon onion juice
- 2 tablespoons chopped parsley
- 2 tablespoons chopped chives

For creamed dishes use about 1/2 as much sauce as there are solids.

**CREAM SAUCE II (HEAVY CREAM SAUCE)**

1 cupful

This sauce is used in soufflés.

Follow the preceding rule for:
- Cream Sauce I

Use in all:
- 3 tablespoons butter
- 3 small tablespoons flour
- 1 cup of liquid

**CREAM SAUCE III**

1 cupful

This sauce is used in croquettes.

Follow the above rule for:
- Cream Sauce I (page 379)

Use in all:
- 3 tablespoons butter
- 1/2 cup flour
- 1 cup liquid

**CURRY SAUCE**

1 cupful

Fine for eggs, fish, and meat.

Prepare:
- 1 cup Cream Sauce I (page 379)

Add to it:
- 1 teaspoon minced onion
- 1 teaspoon or more curry powder
- 1 teaspoon lemon juice

*Egg Sauce I, page 253.*

**EGG SAUCE II**

1 1/4 cupfuls

Prepare:
- Cream Sauce I *

Add to it:
- 2 hard-boiled eggs, chopped
- 1 tablespoon capers or (optional) chopped pickles

* Good made with chicken stock and cream.

**MUSTARD SAUCE I**

1 cupful

This sauce is good served with corned beef, fish, etc. Add 1 teaspoonful of prepared mustard to 1 cupful of Cream Sauce I (see page 379) or make the sauce of the following ingredients.

Melt:
- 3 tablespoons butter

Stir in until blended:
- 1 1/2 to 2 small tablespoons flour

Add:
- 1 teaspoon prepared mustard
- 1 cup boiling Stock or Stock Substitute (page 38)

Salt if required

Stir the sauce until it boils.

**HORSE-RADISH SAUCE**

1 cupful

Usually used with boiled meat—beef, corned beef, etc.

Prepare:
- Cream Sauce I (page 379)

Remove it from the fire, add:
- 3 tablespoons prepared horseradish

Or prepare:
- Brown Sauce (page 385)

Add:
- 3 tablespoons prepared horseradish

**VELOUTÉ SAUCE**

This, and the following Béchamel Sauce, are good with both meat and vegetables.

Prepare:
- Cream Sauce I (page 379)

Substitute for the milk:
- Stock or Stock Substitute (page 38)
BÉCHAMEL SAUCE

1 cupful
Melt:
2 tablespoons butter
Stir in until blended:
1½ to 2 small tablespoons flour
Stir in slowly:
½ cup hot milk
½ cup well-flavoured light meat or
Vegetable Stock (page 378)
Cook and stir the sauce until it is
smooth and boiling. Season it with:
Salt
Paprika
The addition of an egg yolk may be
made to this very good sauce. Beat a
little of the sauce into it, combine it
with the rest of the sauce, then stir
the sauce over very low heat until the
yolk thickens slightly. Do not boil
the sauce after adding the yolk.

ALLEMANDE SAUCE

1 cupful
This is fine with asparagus or beans.
Prepare:
Cream Sauce I (page 379)
Substitute for milk:
Stock or vegetable water *
Just before removing the sauce from
the fire reduce the heat and beat in:
1 egg yolk
 Permit the egg to thicken slightly.
Add:
1 teaspoon lemon juice
and serve the sauce.
* Preferably a light stock—veal or
chicken.

HOLLANDAISE SAUCE

(Never-fail)
1 cupful
My cook calls this 'holiday sauce'—
isn't that a grand name for it? Hollandaise sauce made by this method
may be prepared long in advance. It
may be kept hot for a ½ hour or more
over (not in) water, or it may be set
aside, chilled, and reheated when
needed, over (not in) hot water,
provided it is placed in a small crock
and is stirred constantly with a wire
whisk until it is hot.
Place where it will melt slowly and
keep warm:
¼ cup butter
The top of the oven is a good place.
Heat in the same way:
1½ tablespoons lemon juice
Have ready a small saucepan of boiling
water and a tablespoon with which to
measure it when ready. Find a small
bowl or crock that will fit over the top
of a hot-water saucepan. Have boiling
water in the saucepan to the depth of
about 1 inch. The bottom of the
crock must be well over (not in) the
boiling water. Put the crock on a
table. Place in it:
3 egg yolks
Place the crock on the saucepan. Beat
the yolks with a wire whisk until they
begin to thicken. Add 1 tablespoonful
of boiling water. Beat again until the
eggs begin to thicken. Repeat this
process until you have added in all
4 tablespoonfuls of boiling water.
Then beat in the hot lemon juice. Re-
move the crock from the fire. Beat
the sauce well with a wire whisk.
Beat constantly while adding the melted
butter slowly and:
½ teaspoon salt (less if butter is
salted)
½ teaspoon paprika
A few grains of cayenne
Put the crock back on the saucepan in
which the water must now be hot, but
not boiling. Cover the crock lightly.
Beat the sauce again before serving it.
Should the sauce separate—a remote
contingency when made in this way—
bet into it gradually:
1 tablespoon cream
The sauce may be made in the top of
a double boiler. Follow this rule, but
hold the top container over the steam.
Never permit it to touch the boiling
water in the bottom container.
A friend who is a wonder with sauces
contributes the following version of
the above Hollandaise Sauce. She
says it is excellent and made in one fell
swoop. 'Use your favourite recipe as
to quantities. Use the top of a double
boiler. Cream all the butter at once.
Beat in the egg yolks, lemon juice, and
seasonings gradually. Mix well. Stir
in the boiling water slowly. Place the sauce over the bottom of a double boiler in which 1 inch of water is simmering. Stir well for 5 minutes until the sauce thickens. Remove from heat and beat for 1 minute.*

**SAUCE BÉARNAISE**

Follow the preceding rule for:

**Hollandaise Sauce**

Add:
- Finely chopped parsley, tarragon, shallot, or onion
- ½ teaspoon grated horse-radish

**FIGARO SAUCE**

A variation of the well-known Hollandaise sauce.

Prepare:
- 1 cup Hollandaise Sauce (page 381)

Beat in very slowly:
- ½ cup warm tomato pulp

Add:
- 2 tablespoons chopped parsley

**EASY HOLLANDAISE SAUCE**

1½ cupfuls

Soften:
- 1 tablespoon butter *

Add and beat well:
- 3 egg yolks

Add:
- 1 teaspoon cornflour
- 1½ teaspoons lemon juice

Just before serving the sauce add:
- 1 cup boiling water

Hold the pan over boiling water, or high over a low flame, and stir the sauce until it thickens. Add:
- ½ teaspoon salt
- ½ teaspoon paprika

This sauce may be placed over (not in) hot water until ready for use. It may be reheated over very slow heat. Stir it constantly.
* This amount may be increased to 3 tablespoonfuls and 1½ tablespoons lemon juice may be used.

**CHEESE SAUCE I**

About 2 cupfuls

Melt in a saucepan:
- 2 tablespoons butter

Stir in until blended:
- 2 small tablespoons flour

Stir in slowly:
- 1½ cups milk

When the sauce is smooth and boiling reduce the heat and add:
- 1 cup or less mild cheese, grated or diced *

Season it with:
- ½ teaspoon salt
- ½ teaspoon paprika
- A few grains of cayenne
- ½ teaspoon dry mustard (optional)

Stir the sauce until the cheese is melted.
* Dice processed cheese; grate other cheese.

**CHEESE SAUCE II, page 120.**

This sauce is made without flour. It is heavier in cheese than Cheese Sauce I and more highly seasoned—a paragon among sauces.

**CHEESE SAUCE III**

About 1½ cupfuls

Scald:
- 1 cup rich milk *

Stir in:
- ½ pound diced processed cheese **
- 1 teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon celery salt, curry powder, or mustard
- A few grains of cayenne

Cook the sauce over very low heat. Stir it constantly until smooth. This sauce will keep a long time in a refrigerator.
* You may use evaporated milk.
** Other cheese is better grated.

**MORNAY SAUCE**

About 1½ cupfuls

Sometimes served over hash—good with fillets of fish and egg dishes.

Prepare:

**Cream Sauce I (page 379)**
When very hot reduce the heat and stir in gradually:
2 tablespoons butter
2 tablespoons each of 2 kinds of grated cheese*
A few grains of cayenne
* Try Parmesan and Gruyère.

**BUTTER SAUCE with HERBS**

*About ½ cupful*

For meat, vegetable, or egg dishes.

Place in a double boiler, cook, and stir until smooth:
1 tablespoon flour
½ cup butter
2 tablespoons milk
⅛ teaspoon salt
2 tablespoons fresh fennel, parsley, chives, basil, or other herb, chopped, or
1 tablespoon dried herb

**POULETTE SAUCE I**

*About 2 cupfuls*

This and the following sauce are good with soufflés, sweetbreads, cucumbers, etc. Simmer for 3 minutes:

⅝ cups Chicken or Veal Stock* (page 36)
1 sliced shallot or 2 teaspoons chopped onion
2 tablespoons chopped celery
1 tablespoon butter
A dash of Tabasco sauce
A few grains of cayenne

Beat well until blended:

2 egg yolks
2 teaspoons flour

Add:
1 tablespoon cold stock

Pour the simmering ingredients on the yolk mixture. Return them to the saucepan. Stir them over a low flame until they thicken. Do not permit them to boil. Season them, if needed, with:
Salt

Add to the sauce:
2 teaspoons white wine, sherry, or lemon juice
2 teaspoons chopped parsley

Serve the sauce at once or keep it hot over hot water.

* Canned bouillon may be substituted.

**POULETTE SAUCE II**

*(With Cream)*

*About 1½ cupfuls*

Melt:
⅝ tablespoons butter

Stir in until blended:
1 small tablespoon flour

Stir in slowly:
1 cup Chicken Broth*

Reduce the heat to a low flame. Beat together:
⅛ cup cream
1 egg yolk

Stir these ingredients slowly into the hot sauce. Stir and cook them until the egg yolk has thickened. Do not permit the sauce to boil. Season the sauce if needed with:
Salt
Paprika

Stir in slowly:
1 teaspoon lemon juice

Serve the sauce at once or keep it hot over hot water.

* Canned bouillon may be substituted.

**ONION SAUCE I**

*(With Milk and Eggs)*

*About 2 cupfuls*

This is good over cabbage, cauliflower, etc.

Boil until tender:

⅝ cups chopped Onions (page 277)

Drain them. Put them through a sieve. There should be about 1 cupful of pulp. Add the pulp to:

⅝ cups hot top milk

Season the sauce with:
Salt
Paprika

When it is thoroughly heated remove it from the fire and beat in:
2 beaten egg yolks

Pour the sauce over a vegetable. Top it with:
Buttered Crumbs (page 296) or Croûtons (page 63)
ONION SAUCE II (with Stock)

About 2 cupfuls

This sauce, like the preceding one, is fine for vegetables, fish, and meat. Cover with boiling water and cook for 5 minutes:

2 cups sliced onions

Drain them. Cover them with:

2 cups boiling water

Boil them until they are soft. Rub them through a sieve. Add to the onions and juice enough water to make 1½ cupfuls and:

1 bouillon cube

Melt:

3 tablespoons butter

Stir in until blended:

3 small tablespoons flour

Stir in the onion purée. Season the sauce, if needed, with:

Salt
Paprika

Stir the sauce until it boils.

An Onion Sauce will be found on page 166. Onion Soup Sauce, page 394.

CHESTNUT SAUCE

About 2½ cupfuls

To be served with game or roast. Sauté for 5 minutes:

2 tablespoons chopped carrot
2 tablespoons chopped onion

in:

3 tablespoons butter

Stir in until blended:

3 small tablespoons flour

Add and simmer for 20 minutes:

1½ cups Stock or Stock Substitute (page 38)

½ bay leaf
2 tablespoons chopped parsley
8 peppercorns

Strain the sauce. Season it with:

Salt

Add:

A few drops of colouring
3 tablespoons Madeira or sherry wine
1 tablespoon butter
1 cup finely chopped Boiled Chestnuts (page 295)

CHESTNUT SAUCE II

About 2 cupfuls

Prepare:

Brown Sauce (page 385)

Boil:

1 cup Chestnuts (page 295)

Chop the chestnuts. Add them to the sauce.

HOT MAYONNAISE I

1 cupful

Place in a double boiler:

½ cup Cream Sauce I (page 379)

Add to it:

½ cup mayonnaise

Stir these ingredients until they are hot.

Serve the sauce over a:

Cooked vegetable (cauliflower, cabbage, asparagus, etc.)

HOT MAYONNAISE II

Good over steak.

Heat and stir:

Mayonnaise

Add:

Lemon juice
Capers

CAPER SAUCE for BOILED MEATS, MUTTON, TONGUE, etc.

Follow the rule for:

Cream Sauce I (page 379)

Use the stock in which the meat was boiled instead of milk, or part stock and part rich milk. Add, just before removing the sauce from the fire:

2 tablespoons or more capers

QUICK TOMATO SAUCE*

About 2 cupfuls

Heat the contents of:

1 (10½ oz.) can condensed tomato soup

Add:

2 tablespoons butter

The sauce may be thinned with:

A little boiling Stock or Stock Substitute (page 38) or water

* This, and the following tomato sauce, may be used interchangeably.
GRAVIES AND SAUCES

TOMATO SAUCE

About \( \frac{1}{2} \) cupfuls

Please read the note below the preceding rule for Quick Tomato Sauce. Cook for 15 minutes, then strain:
- 2 cups or more canned tomatoes, or fresh tomatoes, stewed
- 1 slice of onion
- 2 sticks of celery with leaves (optional)
- Parsley (optional)
- 1 carrot (optional)
- \( \frac{1}{4} \) green pepper (optional)

Melt in a saucepan:
- 3 tablespoons butter
- Stir in until blended:
- 3 small tablespoons flour

Add the strained stock slowly. Cook and stir the sauce until it is smooth and boiling. Season it with:
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{4} \) teaspoon pepper
- \( \frac{1}{4} \) teaspoon sugar

If the vegetables other than the tomatoes are cut in small pieces, tied in a bag, and cooked with the tomatoes, they may be taken from the bag and replaced in the sauce just before it is removed from the fire.

QUICK TOMATO CHEESE SAUCE

About \( \frac{1}{2} \) cupfuls

Heat in a double boiler the contents of:
- 1 (10 1/2 oz.) can condensed tomato soup

Add:
- \( \frac{1}{4} \) teaspoon salt
- \( \frac{1}{4} \) teaspoon pepper or paprika

Stir and cook these ingredients until they are hot. Beat in:
- 1 cup or more grated cheese

Use a wire whisk. Beat the sauce until the cheese is melted.

CREOLE SAUCE

About 2 cupfuls

Melt over a slow fire:
- 2 tablespoons butter

Add and cook covered for 2 minutes:
- 1 tablespoon chopped onion
- 6 olives, shredded (optional)

Add and cook until the sauce is thick:
- \( \frac{1}{2} \) cupful of this may be Brown Sauce (see below).

QUICK CREOLE SAUCE

To:
- Tomato Soup Sauce (page 384)

Add:
- \( \frac{1}{4} \) cup finely chopped green peppers, onion, celery, olives, and pickles

BROWN SAUCE

1 cupful

Melt in a small saucepan:
- 2 tablespoons butter

Add and sauté until light brown:
- \( \frac{1}{4} \) slice of onion

Remove the onion. Cook and stir the butter until it is light brown. Stir in and permit to brown:
- 2 small tablespoons flour

Stir in slowly:
- 1 cup Stock (page 36), Stock Substitute (page 38), or tomato pulp

Stir and cook the sauce until it is smooth and boiling. Season it with:
- Salt
- Paprika
- Sherry, Madeira, or Worcestershire sauce (optional)

This sauce is good with left-over meat dishes.
EMERGENCY BROWN SAUCE
or GRAVY
About ⅓ cupful
You may rub your pan with:
½ clove of garlic
Melt:
2 tablespoons butter
Let it brown. Stir in until blended:
2 small tablespoons flour
Stir in:
1 cup canned bouillon *
Permit the gravy to boil. Stir it constantly. Season it as required with:
Salt
Pepper or paprika
Sherry or Worcestershire sauce
Lemon juice, ketchup, or chili sauce
Dried herbs
Or if you want a barbecue effect, add:
Tabasco sauce
Worcestershire sauce
Lemon juice
Chili sauce
Ketchup, etc.
Or reduce the butter measurement to ½ tablespoonful, use for liquid ⅔ cup bouillon and ½ cup rich cream.
A delicious addition to brown sauce is the following.
Pare, then grate:
1 small apple
1 small onion
Simmer these for 1 minute in the gravy. Remove it from the fire. Add:
2 tablespoons sherry
*A bouillon cube or two may be dissolved and substituted.

OLIVE SAUCE
About ⅔ cupfuls
Remove the stones from:
12 green or ripe olives *
Slice the olives. Add them to the preceding:
Brown Sauce or Emergency Brown Sauce
* Stuffed olives may be substituted.

MUSHROOM SAUCE I
About 2 cupfuls
Sauté:
½ pound mushrooms (page 293)
2 tablespoons butter
Remove the mushrooms from the pan. Reserve the fat. Slice the mushrooms. Make:
Brown Sauce or Emergency Brown Sauce (page 386)
Use the fat from the mushrooms and add butter if necessary. When the sauce is smooth and boiling add the sautéed mushrooms. Heat them well.
* Mushroom Stock (page 293) or part mushroom stock and cream may be substituted for other stock.

PIQUANTE SAUCE
About ⅔ cupfuls
Prepare:
Brown Sauce (page 385)
Add to it:
1 tablespoon lemon juice
1 tablespoon minced onion
1 tablespoon chopped green pepper
1 tablespoon capers or chopped pickles
A few grains of cayenne

CURRANT JELLY SAUCE
⅔ cupfuls
Good with roast, game, or cold meat.
Heat:
Brown Sauce (see page 385) or 1 cup lamb gravy
Dissolve in it:
⅔ glass currant jelly
Add:
1 tablespoon sherry or 2 teaspoons lemon juice
Or combine equal parts of:
Currant jelly
Prepared mustard
Or in place of sauce serve:
Blocks of currant jelly
Sprinkled with:
Chopped mint or
Grated orange rind
BARBECUE SAUCE

About 2½ cupfuls

A rule 'To Barbecue Meat' will be found on page 304.
A bachelor doctor's contribution follows.

Sauce I

Combine:
12 to 14 ounces of tomato ketchup
½ cup white distilled vinegar
2 tablespoons Worcestershire sauce
3 bay leaves
1 clove of garlic, minced
2 tablespoons onion, chopped
1 cup tomatoes, skinned and chopped, or canned tomatoes
3 sticks of celery with leaves, chopped
½ lemon thinly sliced
1½ cups water

Simmer these ingredients for 15 minutes. Stir it frequently.

Sauce II

About 2½ cupfuls

5 tablespoons vinegar
4 tablespoons tomato ketchup
2 tablespoons Worcestesshire sauce
3 bay leaves
1 clove of garlic, minced
2 tablespoons onion, chopped
1 cup tomatoes, skinned and chopped, or canned tomatoes
3 sticks of celery with leaves, chopped
½ lemon thinly sliced
1½ cups water

Simmer these ingredients for 15 minutes. Strain them. Add:
½ cup butter

Other Barbecue Sauces will be found under Barbecued Sirloin Steak, page 307; Barbecued Spare Ribs, page 331; Barbecued Chicken, page 359.

SAUCE for STEAK I

About ¾ cupful

Good on grilled meat or fish.

Melt:
3 tablespoons butter

Add:
3 tablespoons lemon juice
¾ teaspoon dry mustard
1 tablespoon Worcestershire sauce (optional)

Salt
Pepper or paprika

SPRING ONION SAUCE for STEAK

Chop:
Spring onions
Sauté them for 5 minutes in:
Butter
Season them with:
Salt
Paprika

Add to the butter:
Worcestershire sauce

Bring the sauce to the boiling point and serve it.

Maitre d'Hôtel Butter, page 391; Anchovy Butter, page 391.

MARCHAND DE VIN SAUCE for GRILLED STEAK

(Red Wine Mushroom Sauce)

6 Servings

Sauté:
½ pound finely sliced mushrooms in:
2 tablespoons butter

Add and simmer covered for 10 minutes:
½ cup hot Stock or Stock Substitute (page 38)

In another pan sauté:
½ cup sliced onions in:
2 tablespoons butter

Add and cook covered for 20 minutes:
1 cup hot Stock
½ cup dry red wine

Stir until blended a little of the onion stock and:
2 teaspoons flour

Stir it into the onion mixture. Permit the onions to boil again, then remove them from the fire. Add the mushrooms and season with:
Salt
Paprika

Serve the sauce with:
Grilled Steak (page 306)

WINE SAUCE for HAM

About 1 cupful

Melt:
1½ tablespoons butter
GRAVIES AND SAUCES

Add and brown slowly:
1½ small tablespoons flour
Stir in slowly the contents of:
1 (10½ oz.) can consommé
Add:
1 bay leaf
½ teaspoon thyme
Simmer these ingredients for 20 minutes.
Strain them. Add:
1 tablespoon of sherry or Madeira

WINE SAUCE for HAM II

This calls for many ingredients, but you may omit some or substitute others.
Combine:
1 teaspoon dry mustard
1 tablespoon brown sugar
½ teaspoon powdered ginger
A few grains of cayenne
½ teaspoon salt
½ teaspoon ground cloves
1½ cups red wine, preferably port
1 cup seedless raisins
1 cup almonds, blanched and slivered
Simmer the sauce covered for 8 minutes.
Dissolve:
2 teaspoons cornflour
in:
2 tablespoons cold water
Stir this into the sauce. Let it simmer for 2 minutes. Stir in:
½ cup tart jelly
1 tablespoon grated orange and lemon rind
½ cup orange juice
2 tablespoons lemon juice

Wine Sauce I, page 387.

RAISIN CIDER SAUCE

About 1½ cupfuls
Good with hot or cold ham or ham sandwiches.
Combine in a saucepan:
½ cup brown sugar (firmly packed)
1½ small tablespoons cornflour
½ teaspoon salt
Stir in:
1 cup fresh or bottled cider
½ cup raisins cut in halves
8 whole cloves
1 2-inch stick of cinnamon
Cook and stir these ingredients for 10 minutes. Add:
1 tablespoon butter
Remove the spices. Serve the sauce very hot.

ORANGE SAUCE for GAME

About 2 cupfuls
Melt:
3 tablespoons butter
Stir in until browned:
4 small tablespoons flour
Stir in slowly:
1½ cups Stock or Stock Substitute (page 38)
Season with:
Salt
Paprika
Keep the sauce hot over hot water.
Shortly before serving add:
1 tablespoon grated orange rind
½ cup hot orange juice
2 tablespoons sherry

CUCUMBER SAUCE I

About 1½ cupfuls
For fish or meat, preferably cold food.
Beat until stiff:
½ cup heavy cream *
Add slowly:
2 tablespoons vinegar or lemon juice
Season the sauce with:
½ teaspoon salt
½ teaspoon paprika
Pare, seed, cut finely, and drain well
1 large cucumber
Add it to the sauce.
* The cream may be sour. In that case omit the lemon juice or vinegar.

CUCUMBER SAUCE II

For hot or cold fish.
Pare, seed, and grate:
Cucumbers
Season them with:
Salt
Paprika
Vinegar
GRAVIES AND SAUCES

CURRANT JELLY and
CHUTNEY SAUCE

About 1½ cupfuls
For game or cold meat.
Heat in a double boiler just before serving:

1 small jar (¼ cup) currant jelly

Stir in:

¼ cup Indian chutney
1 teaspoon lemon juice
1 tablespoon brandy

MEXICAN SAUCE

About 1 cupful
Just what you might expect. You will feel hot inside down to your toes.
Place in a small saucepan and simmer until fairly thick:

¼ cup canned tomatoes (or about 3 large fresh tomatoes, skinned and quartered)
6 tablespoons chilli sauce
2 teaspoons dry mustard
3 tablespoons grated or prepared horse-radish
½ teaspoon sugar
½ teaspoon salt
A few grains of cayenne
¼ teaspoon curry powder
6 tablespoons vinegar
1 teaspoon onion juice
1 clove of garlic, sliced

Strain the sauce. Add:

1 teaspoon dried or 2 teaspoons fresh herbs (see page 787)

This may be served—in discreet quantities—by itself, but it combines excellently with hot cream sauce or hot or cold mayonnaise. Use as much of the Mexican sauce as you find palatable.

CUMBERLAND SAUCE I

About 1 cupful
Good over ham.
Stir over hot water until soft:

1 small jar (¼ cup) currant jelly

Beat in:

1 egg yolk
2 tablespoons vinegar
¼ teaspoon dry mustard
2 tablespoons sugar
Salt
Pepper

Stir the sauce until it is thickened, for about 15 minutes. You may add:

¼ cup raisins

CUMBERLAND SAUCE II

About 1½ cupfuls
Good with cold meat.
Combine and beat well:

Grated rind of 2 lemons
Juice of 2 lemons
Grated rind of 2 oranges
Juice of 2 oranges
1 tablespoon confectioner’s sugar
1 tablespoon grated horse-radish or prepared horse-radish
¼ cup currant or plum jelly

If the jelly is very stiff it may have to be diluted over heat with 1 or 2 tablespoonfuls of hot water.

FRESH HORSE-RADISH SAUCE

About ¼ cupful
This, and the following sauce, may be served in beet cups as a garnish for a meat dish.
Combine:

¼ cup fresh grated horse-radish
2 teaspoons prepared mustard
2 teaspoons vinegar
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon sugar
3 or 4 tablespoons cream

Heat, but do not boil the sauce.

SOUR CREAM and
HORSE-RADISH SAUCE

Beat well:

Thick sour cream
Add:

Grated horse-radish (fresh or prepared)
Vinegar or lemon (if the horse-radish is fresh)

MINT SAUCE

About 1 cupful
The usual accompaniment to roast lamb.
Heat:

3 tablespoons water
Dissolve in it:

\[
\frac{1}{2} \text{ tablespoons icing sugar}
\]

Cool the syrup and add:

\[
\frac{1}{2} \text{ cup finely chopped mint leaves} \\
\frac{1}{2} \text{ cup strong vinegar}
\]

This is best made \(\frac{1}{2}\) hour before serving it.

**HOT ORANGE and LEMON MINT SAUCE**

About \(\frac{1}{2}\) cupful

For lamb or game.

Combine and stir well:

\[
\begin{align*}
\text{1 teaspoon grated orange rind} \\
\text{1 cup orange juice} \\
\text{1 teaspoon grated lemon rind} \\
\text{1 cup lemon juice} \\
\text{1 cup fresh chopped mint} \\
\text{1 tablespoon icing sugar} \\
\text{1 teaspoon salt} \\
\text{1 teaspoon paprika} \\
\text{1 teaspoon nutmeg}
\end{align*}
\]

Place these ingredients over hot water for 30 minutes.

**BORDELAISE SAUCE**

About 2 cupfuls

For oysters, sweetbreads, etc.

Brown:

\[
2 \text{ tablespoons butter}
\]

Stir in until brown:

\[
2 \text{ tablespoons flour}
\]

Stir in gradually:

\[
\begin{align*}
2 \text{ cups Stock or Stock Substitute (page 38)} \\
3 \text{ cloves of garlic, minced} \\
2 \text{ tablespoons chopped onion} \\
2 \text{ tablespoons chopped ham} \\
\text{1 bay leaf} \\
\text{1 tablespoon Worcestershire sauce} \\
\text{1 tablespoon ketchup} \\
\frac{1}{2} \text{ teaspoon celery salt}
\end{align*}
\]

Simmer these ingredients for 5 minutes.

Strain the sauce. Season it, if needed, with:

Salt
Paprika

Add:

\[
2 \text{ tablespoons sherry}
\]

Believe it or not, the original recipe called for a grain of asafoetida! Why bring that up?

**TARTAR SAUCE I**

About \(\frac{1}{2}\) cupfuls

Usually served with fried scallops, oysters, frog legs, etc.

Combine and beat:

\[
\begin{align*}
\text{1 teaspoon mustard} \\
\frac{1}{2} \text{ teaspoon pepper} \\
\frac{1}{2} \text{ teaspoon icing sugar} \\
\frac{1}{2} \text{ teaspoon salt} \\
\text{Onion juice} \\
2 \text{ egg yolks}
\end{align*}
\]

Add to these ingredients very slowly as in mayonnaise dressing:

\[
\begin{align*}
\frac{1}{2} \text{ cup olive oil} \\
3 \text{ tablespoons vinegar}
\end{align*}
\]

When the sauce is thick add:

\[
\begin{align*}
\text{1 tablespoon chopped olives} \\
\text{1 tablespoon capers} \\
\text{1 tablespoon chopped cucumber pickle} \\
\text{1 tablespoon chopped parsley}
\end{align*}
\]

If the parsley is omitted this sauce will keep for weeks in a cold place.

**TARTAR SAUCE II**

About 2 cupfuls

This unusual Tartar sauce has a flour and stock basis.

Stir:

\[
\frac{1}{2} \text{ cup flour}
\]

into:

\[
\begin{align*}
\text{1 cup Stock or bouillon}
\end{align*}
\]

Cook and stir these ingredients until they are thick. Beat in very slowly:

\[
2 \text{ egg yolks}
\]

Remove the sauce from the fire. Beat in very slowly:

\[
\begin{align*}
\text{1 cup salad oil}
\end{align*}
\]

Continue to beat while adding:

\[
\begin{align*}
2 \text{ tablespoons vinegar} \\
2 \text{ tablespoons lemon juice} \\
\text{1 teaspoon dry mustard} \\
\text{1 cup home-made or commercial pickle relish} \\
\text{Salt if needed}
\end{align*}
\]

Chill the sauce thoroughly.

**MUSTARD SAUCE II**

About 1 cupful

Try this over raw or cooked vegetables or sea food.
GRAVIES AND SAUCES

Combine:
- 6 ounces Italian tomato paste
- 1 teaspoon dry mustard
- 1 tablespoon sugar
- ½ teaspoon salt
- 1 tablespoon vinegar
- 1 tablespoon drained horse-radish
- 1 tablespoon chopped onion, chives, or fresh herbs (optional)

You will find many good sauces for vegetables on page 296.

MUSTARD SAUCE for BOILED or COLD MEATS
This is in the nature of a relish.
Combine:
- 2 teaspoons grated onion
- 1 tablespoon prepared mustard
- 1½ teaspoons sugar
- 1 teaspoon oil
- 1 teaspoon vinegar (optional)

MUSTARD CREAM
A highly seasoned sauce for cold meats or grilled sausages.
Blend gradually:
- 2 tablespoons or more powdered mustard
with:
- Water
until it is the consistency of thick cream. Fold this paste into:
- ½ cup heavy cream or evaporated milk, whipped
Season the sauce, if desired, with:
- Salt
- Paprika

DRAWN BUTTER SAUCE
(Parsley Sauce)
For asparagus, other vegetables, and fish. Fine for new potatoes.
Melt:
- ¼ cup butter
Add to it:
- 2 tablespoons chopped parsley or blanched almonds, shredded
- Salt
- Paprika

Lemon juice and Worcestershire sauce may be added when this sauce is used for fish.

MAÎTRE D'HÔTEL BUTTER
Good over grilled steak, etc.
Cream until it is soft:
- ½ cup butter
Add:
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon chopped parsley

Add very slowly, stirring the sauce constantly:
- ½ to 1½ tablespoons lemon juice

LEMON BUTTER for MEAT or VEGETABLES
A nice thing to serve in individual portions shaped into balls with artichokes, steaks, etc.
Beat until soft:
- ½ cup butter
Add very slowly:
- 1 tablespoon lemon juice

Add:
- 1 teaspoon salt, if the butter is unsalted
- ½ teaspoon curry powder (optional)

MINT BUTTER for LAMB, etc.
Add to the preceding rule for:
- Lemon Butter
- ½ cup finely chopped mint leaves

ANCHOVY BUTTER for FISH, etc.
Fine spread on hot grilled fish, steak, or canapés.
Cream until it is soft:
- ¼ cup butter
Beat in:
- 1 teaspoon anchovy paste
- ½ teaspoon onion juice
- ½ teaspoon lemon juice
- A few grains of cayenne

SAUCE for BAKED FISH MADE with PAN DRIPPING
Thicken the dripping in the pan with:
- 1 tablespoon or more flour
Add enough:
- Vegetable Stock (page 378)
to make the sauce the right consistency.
GRAVIES AND SAUCES

Add:
- Chopped parsley
- Chopped pickles or capers

EGG and MILK SAUCE for FISH

About 1½ cupfuls
Beat until smooth:
- 2 eggs
- ½ cup vinegar
Stir and heat to the boiling point:
- 1 tablespoon flour
- 1 teaspoon butter
- 1 cup milk
Remove these ingredients from the fire. Beat the egg mixture into the milk mixture with a wire whisk. Place the sauce over a low fire. Stir it until it thickens. Beat in:
- 1 tablespoon butter
Have ready a cooked fish. Pour over it:
- Melted butter
- Chopped parsley
Serve it with the sauce.

Easy Hollandaise Sauce, page 382.
Remember this sauce when serving fish, beans, etc.

Onion Sauces I and II, pages 383-4
Another reminder. Fine for onion fanciers.

MUSTARD SAUCE for FISH

About 1 cupful
Melt:
- 3 tablespoons butter
Stir in until blended:
- 2 small tablespoons flour
Stir in slowly:
- 1 cup Fish Stock (Court Bouillon) (page 223)
When the sauce is thick add and cook for 1 minute:
- ½ teaspoon dry mustard
- ½ teaspoon salt (if needed)
- ½ teaspoon freshly ground black pepper

CURRY SAUCE for FISH

About 1½ cupfuls
Melt:
- 2 tablespoons butter
Add and cook until slightly brown:
- 1 tablespoon chopped onion
Stir in until blended:
- 2 small tablespoons flour
Stir in slowly:
- 1 cup Fish Stock (Court Bouillon) (page 223)
Stir and cook the sauce until it is thick. Add, stir, and cook for 1 minute:
- 1 teaspoon curry powder
Just before serving stir in slowly and heat, but do not boil:
- ½ cup cream or top milk *
Season, if needed, with:
- Salt
- Paprika
- 2 egg yolks or 1 egg may be substituted.

SHRIMP SAUCE for FISH

3½ cupfuls
This is an elaborate sauce. I am giving it in full. Do not hesitate to deduct from, add to, or alter it.
Prepare:
- 2 cups Tomato Sauce (page 385) or
- 2 cups Cream Sauce I (page 379)
Season the sauce well. Add and heat to the boiling point:
- 1 teaspoon Worcestershire or 2 teaspoons chilli sauce
- 2 tablespoons chopped parsley
- 1 cup chopped olives
- 1 cup shrimps, boiled or canned
- 1 cup sautéed or canned mushrooms
- 1 cup finely chopped celery
Serve the sauce with baked or boiled fish, or place the fish on a dish and pour the sauce over it. Heat it under a grill.

ANCHOVY SAUCE for FISH

1 cupful
Prepare:
- Cream Sauce I (page 379)
Add to it:
- 1 teaspoon anchovy paste
Blend it well with the sauce.
GRAVIES AND SAUCES

OYSTER SAUCE for FISH
Prepare:
1 cup Cream Sauce II (page 380)
Season it well with:
Salt
Paprika
1 teaspoon Worcestershire sauce
(optional)
Shortly before serving bring the sauce to the boiling point and add:
3 tablespoons chopped parsley
1 cup finely chopped or minced oysters

SAUCE for BOILED FISH
About 2 cupfuls
Melt:
3 tablespoons butter
Stir in:
3 small tablespoons flour
Stir in gradually:
1 1/2 cups strained Fish Stock (Court Bouillon (page 223)
When the sauce is smooth and boiling, pour part of it over:
2 beaten egg yolks
Reduce the heat. Return the sauce to the pan. Cook and stir over a slow fire until the yolks thicken slightly.
Stir in:
1/2 to 1/4 cup dry white wine or caper juice
2 tablespoons capers
Add if needed:
Seasonings

DEVIL’S SAUCE
About 1 1/2 cupfuls
For fish or meat.
Place in a small saucepan:
1/2 cup tarragon vinegar
2 cloves of garlic, sliced
2 teaspoons dry mustard
1 bay leaf
8 whole peppercorns
1 teaspoon salt
1/4 teaspoon paprika
A few grains of cayenne
Boil these ingredients until the liquid is reduced to about half. Strain the sauce. Add:
1 cup tomato puree or condensed tomato sauce
Dissolve:
2 meat cubes
in:
1/4 cup boiling water
Add:
1 teaspoon Worcestershire sauce
Combine this with the sauce. Keep it hot over boiling water. Add:
1 tablespoons butter
1 teaspoon dried herbs (page 787)

BREAD SAUCE (PANADA)
About 3 cupfuls
Usually served with small roasted wild birds or roast meat.
Skin:
A small onion
Stud it with:
3 whole cloves
Place the onion in a saucepan with:
2 cups milk
Boil the milk. Pour it over:
3 cups fine dry bread-crumbs
Place it over hot (not boiling) water and permit the crumbs to absorb the milk. Remove the onion. Discard it. Beat the crumbs with a fork.
Season them with:
1/2 teaspoon salt
1/4 teaspoon paprika
This should be neither thick nor thin. Add more bread-crumbs or milk to suit your taste. Cut up and beat in:
2 tablespoons butter
or you may beat in:
1 tablespoon butter
and cover the top of the sauce when served with:
1/4 cup coarse stale bread-crumbs
browned in:
2 tablespoons butter

SAUCES MADE WITH CANNED SOUPS AND OTHER QUICK SAUCES
Good quick sauces may be made with canned soup (or, if a household is very small, for reasons of economy with powdered soup). You may purchase canned gravies of various kinds and sauces galore, but even the
most limited emergency shelf is apt to boast a tin or two of canned soup—so we shall rank that first as a basis for emergency gravy.

It is a little difficult to write about canned soups in a sweeping way because they have not the same consistency. Some are thicker than others (also some people like a thick gravy and others a thin one). The best I can urge upon you is to make a selection of the same soup made by various companies, to determine your preference, then keep that particular brand on hand for future use.

The thick soups may be thinned to the consistency you like with milk, cream, or stock. The thinner soups may be thickened by melting a tablespoonful or two of butter in a pan, stirring in the same amount of flour, and then slowly stirring in the soup and cooking it until it boils.

As to seasoning, that is an individual matter. Most soups converted into gravies require little additional seasoning, but if you like your gravy sharp, add it by all means. You will find suggestions for the usual (and a few unusual) seasonings in the chapter on Gravy (page 377).

**SAUCES MADE with CANNED SOUPS**

Heat the contents of:

\[ \frac{1}{2} (10\text{ oz.}) \text{ can condensed soup} \]

(mushroom, celery, asparagus, pea, etc.)

It may be just the consistency you like for gravy. If not, thin it with about:

6 tablespoons milk or stock

Or, thicken (like Cream Sauce):

Ready-to-serve soup

with about:

\[ \frac{1}{2} \text{ tablespoons butter and the same amount of flour} \]

For a highly seasoned sauce add:

Red pepper, chilli, Tabasco, or Worcestershire sauce

For a more sophisticated sauce add, after removing the sauce from the fire:

2 tablespoons sherry

For a fish sauce dilute the sauce with:

\[ \frac{1}{4} \text{ cup or more white wine or add} \]

\[ \frac{1}{4} \text{ tablespoon lemon juice} \]

Do not permit the sauce to boil after adding the wine. For a variation add:

\[ \frac{1}{2} \text{ teaspoon or more curry powder or dry mustard} \]

\[ \frac{1}{4} \text{ tablespoon horse-radish or a pinch or two of dried herb} \]

For a creole sauce add finely chopped or grated:

Green pepper
Onion
Celery

You may add:

Chopped pickles, peppers, or capers and anything that appeals to you that will give your sauce distinction.

To achieve this follow your feminine hunch with abandon. After all, one need not be inhibited about a sauce that is to be eaten en famille.

*Emergency Brown Sauce*, page 386; *Quick Tomato Sauce*, page 385; *Quick Tomato Cheese Sauce*, page 385.

**ONION SOUP SAUCE**

Good over bland vegetables—green beans, cauliflower, etc.

Heat:

Ready-to-serve onion soup

You may add to it:

Grated cheese

or you may thicken it with a little:

Flour

**MOCK TURTLE SOUP SAUCE**

About \( \frac{1}{2} \) cupfuls

Good over bland food, noodles, etc.

Heat the contents of:

\[ \frac{1}{2} (10\text{ oz.}) \text{ can condensed mock turtle soup} \]

Add:

6 tablespoons water

**EMERGENCY GRAVY**

Fine for one or two people.

Keep on hand one or more packages of dried soup (mushroom, pea, etc.).
GRAVIES AND SAUCES

Dilute:

Dried soup
with:

Hot water or stock
until it is the consistency of gravy.

Quick Creole Sauce, page 385; Hot
Mayonnaise II, page 384.

CELEBRITY CHEESE SAUCE

1 1/2 cupfuls

Stir and heat over a low flame:

1 cup condensed celery soup
6 tablespoons milk
2 ounces pimento cheese
A few grains of cayenne

QUICK À LA KING SAUCE

About 1 1/2 cupfuls

To the rescue whenever this type of sauce is required.

Sauté until tender:

1 green pepper, minced

FRESH FRUITS, STEWED AND BAKED
(To be served with Meats)

RULE for STEWING UNPARED FRUIT

Boil:

2 cups water

Prepare and add:

1 quart unpeeled fruit

Simmer it until it is nearly tender.

Add:

1/2 to 1 cup sugar

Cook the fruit until it is tender. This method will keep the skin soft.

RULE for STEWING PARED FRUIT

Boil for 3 minutes:

2 cups water
1/2 to 1 cup sugar
1/2 teaspoon salt

Drop into the boiling syrup about:

1 quart prepared fruit

Cook it gently until it is tender.

CRANBERRY JELLY

Wash and pick over:

1 quart cranberries

Place them in a saucepan. Cover them with:

2 cups boiling water

As soon as the water begins to boil again, cover the saucepan with a lid.

Boil the berries for 3 or 4 minutes.

Put them through a sieve or ricer.

Stir in:

2 cups sugar

Place the berries on the fire and permit them to boil. Remove them at once and pour them into a wet mould.

SPICED CRANBERRY JELLY

Follow the preceding rule. Add to the water:

2 inches stick cinnamon
2 whole cloves
1/2 teaspoon salt
CRANBERRY RING
Place in a ring mould:
Cranberry Jelly (page 395)
When firm invert it on to a dish.
Drain:
White stoned cherries
Soak them in:
Rum (optional)
Place in each cherry:
A nut, shelled
Chill them. Serve the cherries in the ring.

BAKED CRANBERRIES
Wash, drain, then place in an oven-proof dish:
1 quart cranberries
Sprinkle them with:
2½ cups sugar
Make a hole in the centre. Pour into it:
½ cup water
Bake the berries in a slow oven 300° for about ½ hour.

CRANBERRY APPLE SAUCE
Combine and stir:
2 cups cranberries
2 cups quartered apples
¾ cup water
Cook these ingredients slowly until the fruit is soft. Put it through a sieve. Add:
1 cup sugar
Cook and stir the purée until the sugar is dissolved. It may be sprinkled with:
Grated orange rind

CRANBERRY RELISH or CONSERVE
This relish is to be served like a compote. It will keep, if placed in a cold place, for 3 or 4 days.
Put through a mincer:
1 quart cranberries
Remove the seeds, mince, and add:
1 orange (skin and all)

Stir in:
2 cups sugar
Place these ingredients in covered jars in the refrigerator. Permit them to ripen for 2 days before using them. Serve the relish with meat, fowl, or bread.

FRIED PEACHES or APRICOTS
Cut into halves and remove the stone from unpeeled:
Fresh halves or apricots
Sauté the fruit, soft side down in:
Butter
Baste it frequently with the melted butter. Turn the fruit. Sauté it until it is tender. Sprinkle it with:
Sugar
Cook the fruit until the sugar is melted.

STEWED PEACHES
Pare:
12 large peaches
Leave them whole or cut them in halves and remove the stones.
To cook them follow the rule for Stewing Pared Fruit at the beginning of this chapter.

STEWED PEARS
Even those uncompromising forget-me-nots, the Kieffer Pears, have been known to respond readily to this treatment.
Pare, quarter, and core:
12 large pears
Follow the rule for Stewing Pared Fruit at the beginning of this chapter.
Add to the syrup:
2 sticks cinnamon
½ lemon, sliced
Or omit the spices and add when the pears are cold:
1 to 3 tablespoons rum or crème de menthe
A little red or green colouring

STEWED APPLES
Pare and core:
12 large apples
Follow the rule for Stewing Pared Fruit at the beginning of this chapter.
FRUITS, STEWED AND BAKED

Add to the syrup:
2 sticks cinnamon
If the apples are not tart add:
\( \frac{1}{2} \) to 1 lemon, sliced

STEWED PLUMS
Cut into halves and remove the stones * from:
4 cups plums
Drop them into:
\( \frac{1}{4} \) cups boiling water
When they are nearly tender add:
\( \frac{1}{2} \) to 1 cup sugar
Cook them a few minutes longer.
* The fruit may be left whole.

STEWED CHERRIES
Remove the stems from cherries.*
Follow the preceding rule for Stewed Plums.
Cherries require only a few minutes’ cooking.
* They may be stoned.

STEAMED RHUBARB
Wash and cut, without peeling, into 1-inch blocks:
1 quart rhubarb
Place it in the upper part of a double boiler over boiling water. Cover it closely. Steam it for 20 or 30 minutes until it is nearly tender. Do not stir it at any time. Dissolve:
\( \frac{1}{2} \) to \( \frac{3}{4} \) cup sugar
\( \frac{1}{2} \) teaspoon bicarbonate of soda in:
1 cup hot water
Pour this over the rhubarb and steam it for 2 minutes longer.
This is a good and a nice-looking dish.

STEWED RHUBARB
Peel and cut into small pieces:
Rhubarb
Place it in an earthen or enamelled dish. Sprinkle it generously with:
Sugar
Use about \( \frac{1}{2} \) as much sugar as there is fruit. Permit it to stand for 12 hours or more. Put it in a saucepan and cook it without the addition of water. Simmer it gently until it is tender, or bake it covered in a slow oven 325°.

STEWED RHUBARB and PINEAPPLE
Wash, peel, and cut into 1-inch cubes:
Rhubarb
Peel and cut into 1-inch cubes an equal amount of:
Fresh pineapple
Combine these ingredients. Sprinkle them with:
Sugar
Use about \( \frac{1}{2} \) as much sugar as there is fruit. Permit these ingredients to stand for 1 hour. Cook them without stirring over slow heat until the sugar is dissolved. Increase the heat slightly and cook them until the rhubarb is soft but unbroken. Chill the fruit before serving it.

BAKED RHUBARB
Place in a buttered baking-dish alternate layers of:
Sliced rhubarb
Sugar
Have a layer of sugar on top. Use about \( \frac{1}{2} \) as much sugar as there is fruit. Dot the layers with:
Butter
Sprinkle them with:
Grated lemon rind or cinnamon
Bake the rhubarb in a slow oven 300° until it is red.

STEWED BLUEBERRIES
(Bilberries)
Cook in a very little water:
Blueberries
When they are nearly tender add:
A few grains of salt
Sugar
Cook them a minute longer.

BAKED PEACHES
Pare, cut in halves, and remove the stones * from:
Firm juicy peaches
Place them in a baking-dish. Fill each hollow with:

- \(\frac{1}{2}\) teaspoon butter
- 1 teaspoon sugar
- A sprinkling of lemon juice
- A dusting of cinnamon or nutmeg

Place in the bottom of the dish:
- 2 tablespoons water

Bake the peaches for 20 minutes in a moderate oven 350°.

* The fruit may be left whole.

**BAKED PEARS**

Pare, cut in halves, and core:

- Pears

Place them in a baking-dish. Sprinkle them with:

- Sugar

Dust them with:

- Cinnamon

Add to the bottom of the dish:

- 1 tablespoon water for each pear

Cover them closely and cook them from 1 to 3 hours in a very slow oven 300°. The pears may be dotted with:

- Butter

* Small pears are good baked whole.

**BAKED APPLES**

Apples are baked in a hot oven, in a moderate oven and in a very slow one with results that seem to be equally satisfactory to cooks and their victims. The addition of grated lemon rind, lemon juice, cinnamon, or nutmeg is recommended when apples lack flavour.

Wash and core:

- 6 apples

Pare the upper fourth of each apple. Place them in a baking-dish.

Fill each centre with about:

- 1 tablespoon sugar (white or brown)
- \(\frac{1}{2}\) teaspoon butter
- Blanched almonds or other nuts (optional)

Pour into the dish:

- 1 tablespoon water for each apple

Cook the apples, covered or uncovered, in a hot oven until they are tender. Baste them frequently. Test them with a straw. 20 or 30 minutes' cooking is usually sufficient. They may be served with:

- Cream

**GLAZED APPLES**

Prepare by the preceding rule:

- Baked Apples

Sprinkle them with:

- Sugar

Grill them under a moderate flame until the sugar is melted. Baste them frequently with the water in which they were cooked.

**FILLED APPLE HALVES**

Cut into halves and bake by one of the preceding rules:

- Cored apples

When cold fill the halves with:

- Mint, currant, or cranberry jelly

See Baked Apples and Mincemeat on page 399 and Apples with Orange Juice (page 660).

**CINNAMON APPLES**

4 Servings

Pare and core:

- 4 apples

Boil in a saucepan:

- \(\frac{1}{2}\) cup sugar
- 1 cup water
- \(\frac{1}{2}\) cup (½ pound) cinnamon drops

When the cinnamon drops are dissolved add the apples slowly one at a time. Cook them gently until they are tender. Test them with a straw. Remove them from the syrup. Fill the hollows with:

- Blanched almonds or other nuts and raisins (optional)

Boil the syrup until it falls heavily from a spoon. Pour it over the apples. Chill them.

**GREEN MINT APPLES**

4 Servings

Prepare the preceding:

- Cinnamon Apples

Substitute for the cinnamon drops:

- 2 drops peppermint oil

A very little green vegetable colouring
BAKED APPLES and MINCE-MEAT

Wash and core:

Apples

Hollow them—leave a shell ½-inch thick. Chop the pulp and combine it with:

Mincemeat

Add:

Brown sugar (allow 1 tablespoon or more for each apple)

Fill the apples. Place them in a baking-dish with:

Water (allow 1 tablespoon for each apple)

Sprinkle the apples with:

Brown sugar

Bake them in a moderate oven 350° until they are done. Baste them frequently. These apples may be served as a dessert with or without:

Hard Sauce (page 688)

Flavour the sauce with:

Brandy or sherry

BAKED PEACHES and MINCE-MEAT

Drain:

Canned peaches

Fill each half with:

Mincemeat

Place the peach halves in a shallow pan with enough peach juice to keep them from scorching. Bake them in a slow oven for 25 or 30 minutes. Serve them with roast fowl or ham.

GRILLED PEACHES

This and the above—Baked Peaches and Mincemeat—make a good garnish for a meat dish.

Drain:

Canned peaches

Place them, hollow side up, in a shallow pan. Place in each hollow:

A dab of butter

Sprinkle each peach lightly with:

Salt

Grill the peaches under a moderate flame until they are light brown.

See Index for other peach dishes.

APPLE SAUCE

Wash and cut into quarters:

Apples

Place them in a saucepan and partly cover them with water. Old apples require more water than new ones. New apples require very little water. Add to tasteless* apples:

Sliced lemon

Stew the apples until they are tender. Put them through a sieve. Return the strained apples to the saucepan. Add enough:

Sugar
to make them palatable. Boil them for 3 minutes. Sprinkle the apple sauce, if desired, with:

Cinnamon

Serve it hot or cold. If served hot add:

1 to 2 teaspoons butter

If served cold add:

½ teaspoon vanilla or a few drops of almond extract

If apple sauce is to be served with pork add:

1 or 2 tablespoons horse-radish

* Canned apple sauce may be seasoned in the same way.

SAUTÉED APPLES (‘Fried Apples’)

The following recipe is good only when made with tart, well-flavoured apples. Then it is delicious:

Core and slice:

6 large apples*

Melt in a frying-pan over a quick fire:

2 tablespoons butter or bacon fat

When it is hot, add the apples. Cover them until they are steaming. Sprinkle the apples with:

½ cup sugar

½ teaspoon salt

Cook them covered over a gentle fire until they are nearly tender. If the apples are dry a little hot water may be added. Uncover them and cook them until they are tender. Add additional butter as needed. Serve the apples with a meat course or with:

Bacon

* Ripe firm peaches peeled may be
FRUITS, STEWED AND BAKED

substituted. Onion lovers may begin making this dish by placing a layer of onions (about 1 cupful) in the butter. Cook them slowly for 5 minutes. Season with salt and paprika. Add the apples, sugar, and salt and proceed as directed.

*Apple and Onion Dish, page 182.*

APPLE RINGS

Wash, core, and cut crosswise into slices:

3 large perfect cooking apples
Heat in a frying-pan:
3 tablespoons bacon fat or butter
Place in it a single layer of apple rings.
Sprinkle them lightly with:
Powdered sugar
Add to the pan:
2 tablespoons water
Cover the pan and cook the apples until they are tender. Remove the cover and brown the rings on both sides. Serve them hot, the centres filled with:
Bright red jelly
Or dust the rings with:
Cinnamon

APPLE SLICES

Core:

Apples
Cut them into ½-inch slices. Grill the slices on one side under a low flame for 5 minutes. Place on the other side:
Cinnamon drops
Grill the second side for 5 minutes.

BAKED BANANAS

Butter, sugar, lemon juice, and salt are called for in most recipes for baked bananas. These additions are good but optional. Peel:

Bananas
Place them in a well-greased baking-dish. Bake them in a moderate oven 350° until they are very tender (about 30 minutes). Season them with:
Salt (optional)
If desired sprinkle them after baking with:

Lemon juice
Icing sugar
Bananas may be baked in their skins. Bake them in a moderate oven 375° for about 20 minutes.

FRIED BANANAS

4 Servings
Combine:
1 teaspoon salt
3 tablespoons cream
1 egg, slightly beaten
Peel, then cut into 1-inch pieces:
4 firm bananas
Roll them in the egg mixture, then in:
3 tablespoons crushed cornflakes or dry bread-crumbs
Fry the bananas in deep fat (see page 481).

SAUTÉED BANANAS

Peel and cut in half and then into lengthwise slices:

Bananas
They may be sprinkled with:
Lemon juice
Dredge them with:
Seasoned flour
Heat in a frying-pan:
Butter or bacon fat
Sauté the bananas in the fat. Serve them very hot sprinkled with:
Icing sugar

SAUTÉED or GRILLED PINEAPPLE

Drain and dry between towels:

Large slices of canned pineapple
Cut them into halves. Dip them in:
Flour
Heat in a frying-pan:
Butter or bacon fat
Sauté the pineapple in the fat. Serve the slices hot. Use them with:
Parsley
To garnish a meat dish.
To grill the slices, dip them in:
Melted butter
Brown sugar
Melt the sugar under a moderate flame.
FRUITS, STEWED AND BAKED

**GLAZED PINEAPPLE**

Drain:
- Canned pineapple slices or spears

Dip them in:
- Brown sugar

Brown them by cooking them in hot:
- Bacon fat, dripping, or butter
- or dust them with:
  - Grated cheese
  - A few grains of red pepper

Grill or bake the pineapple in a moderate oven to melt the cheese.

**SPICED PINEAPPLE**

Drain the contents of:
- 1 No. 3 can pineapple

Reserve the juice. Combine it with:
- 1 cup sugar
- 1 cup vinegar
- 2 sticks cinnamon
- 20 whole cloves

Boil these ingredients for 10 minutes. Add the pineapple slices. Simmer them in the syrup for 10 minutes.

**GRILLED PINEAPPLE**

4 Servings

Drain:
- 8 pineapple spears

Wrap around them:
- 8 slices of bacon

Fasten the slices with toothpicks. Grill the bacon under a moderate flame.

**BOILED ORANGES (STEWED ORANGES)**

6 Servings

Wash and cut into halves or thick slices crosswise:
- 3 navel oranges

Place them in a saucepan. Pour over them:
- Boiling water to cover

Cook them for 1 hour. Drain them well. Discard the water. Cook for 5 minutes:
- 1 cup sugar
- 1 cup water
- 3 tablespoons lemon juice

Place the oranges in the syrup. Cook them until they are tender, for about 1 hour. Place them in a jar in the syrup. Keep them in a cold place until ready to use them. The centres may be slightly hollowed and filled with:
- Crushed pineapple, chopped nuts, maraschino cherries, or a dab of tart jelly

These oranges are very good served with baked ham and a green salad.

**BAKED ORANGES I**

Select medium-sized:
- Oranges

Soak them for 12 hours in cold water. Cut off the tops and take out the cores. Loosen the peel with a knife to the depth of 1½ inches. Fill the centres with:
- Sugar
- 1 tablespoon butter

Place the oranges in a baking-pan half full of water, cover them and bake them slowly until they are done (for about 2 hours) in a 325° oven. Remove the cover and brown them slightly. They may be topped with:
- Marshmallows

The marshmallows may be roasted. As I do not belong to the marshmallow school of cooking, I prefer seasoning the oranges with:
- Sherry

The juice in the pan may be thickened with:
- Flour (see Gravy, page 378)

Heat it to the boiling point, stir it constantly, and flavour it with sherry.

**BAKED ORANGES II**

Wash:
- Thin-skinned oranges of even size

Soak them for 12 hours in cold water. Cut a slice from the top of each orange and remove the meat. Remove the fibre and the pits from the pulp and chop it. Add an equal measure of:
- Crushed pineapple, drained

Sweeten it with:
- Sugar

Fill the shells with the mixture. Put on each orange:
- 1 tablespoon butter
FRUITS, STEWED AND BAKED

Place them in a baking-dish. Cover them closely and bake them in a slow oven 325° until the skins are tender—about 2 hours.

Refill the shells as the filling cooks down and baste the oranges frequently with:

Pineapple juice

CANNED Pears, Peaches, or Apricots

Drain:

Canned pears, peaches, or apricots

Fill them with:

Mint or other jelly

Use them to garnish a dish or plate. You may add butter to the fruit and heat it gently before adding the jelly. Whole canned apricots are good stuffed with cream cheese, to which you may add grated onion or chopped nuts.

ORANGE SLICES with JELLY or CRANBERRY JELLY

Wash and cut into ¼-inch slices:

2 oranges

Remove the pips. Cover the slices with:

Tart jelly, mint, or Cranberry Jelly (page 395)

Mould the cranberry jelly in a straight glass. Unmould it, cut it into slices, and cover the orange slices with the cranberry jelly. Try to have it the same size as the orange slices. These slices are very decorative on a platter or for individual plate service.

BOILED CUMQUATS

Place:

1 quart cumquats

in water to cover well. Bring them to the boiling point. Drain them. Repeat this process twice so that the cumquats will have been boiled in three waters. Boil them in the last water until they are tender. Boil for 5 minutes:

½ cup water

2 cups sugar

Cook the cumquats in this syrup for 5 minutes. The cumquats may be served whole or they may be cut into halves, in which case remove the pips. Chill the cumquats thoroughly. Use them as a garnish for a meat dish or in salads.

Cumquat Salad, page 414.

FROSTED GRAPES

Very decorative on top of a Christmas basket or fruit bowl.

Beat until slightly frothy:

1 egg white

Spread it on a bunch of grapes.

Sprinkle them with:

Granulated sugar

Permit the sugar to dry. Tie a bow of silver or white gauze ribbon around the main stem of the grapes. You may shock the garden club by using sprays of ivy as a garnish. Very pretty, if somewhat irregular.

DRIED FRUITS

Modern methods of dehydrating have removed the necessity of long soaking of dried fruits. Wash them in several waters (lukewarm) or until the water is clear.

APRICOTS

Wash:

1 pound dried apricots

Add:

4 cups water

Simmer the fruit for 35 minutes.

Add:

2 cups sugar

Boil the fruit 5 minutes longer.

FIGS

Wash and remove the stems from

1 pound dried figs

Add:

Cold water to cover well

1½ tablespoons lemon juice

A piece of lemon rind

A large piece of ginger root (optional)
DRIED FRUITS

Stew the figs covered until they are soft. Drain them. Measure the juice. Add:

½ as much sugar as there is juice
Simmer the syrup until it is thick. Add:

1 tablespoon lemon juice
Replace the figs in the syrup. Cook them for 1 minute. Cool them. Add:

1 tablespoon sherry (optional)
Chill them and serve them with:
Cream

PRUNES

Cover with hot water and soak for 1 hour:

1 pound dried prunes
Bring them to the boiling point in the water in which they were soaked. Cook them gently for 30 minutes. Add:

½ cup or more sugar
Cook them 10 minutes longer. Optional additions to prunes while cooking:

½ lemon, sliced
1 stick cinnamon

SPICED PRUNES

These prunes are deliciously spiced and their piquant quality makes them a good addition to a meat course.

Prepare prunes by the preceding rule. Cook them for 30 minutes. Drain them. Prepare the following syrup. Combine and boil for 5 minutes:

1 cup brown sugar
½ cup vinegar
1 lemon, sliced

A few grains of salt
2 inches stick cinnamon
1 teaspoon nutmeg, allspice, and cloves (combined)

Add the drained prunes and cook them for 3 minutes. Cool them. Place them in a covered jar in a cold place for 3 days.

PRUNES or APRICOTS on SKewERS

Steam until nearly tender in a double boiler or in a covered colander over boiling water:

Large prunes or apricots
Remove the stones. Stuff the prunes or apricots with prunes or with pieces of:

Canned pineapple, drained
Unbroken nuts

Place 2 or more prunes on a skewer. Surround them with:

Slices of bacon
Place them on a grill-pan under a moderate flame. Turn them frequently and cook them until the bacon is crisp. Or, alternate on skewers:

Steamed apricots and prunes
(Stone the prunes. They may be stuffed as suggested above.) Roll the skewers in:

Melted butter
Brown sugar

Bake them in a greased pan in a moderate oven, 325° to 350° with a roast, duck, etc., for about 15 minutes. Turn them once. Sprinkle them with:

Brown sugar
Grill the fruit under a moderate flame until glazed.
SALADS

LETTUCE

Lettuce, endive, and watercress should be served crisp and cold. They should be dressed immediately before being served (except in the case of wilted lettuce).

Soak the heads of lettuce in cold water for 1 hour. Separate the leaves, wash them well, drain or shake the water from them, and place them in a bag on ice. See page 240, for keeping vegetables fresh in a mechanical refrigerator. When ready to serve the lettuce, add the dressing, or prepare the dressing at the table and add it to the lettuce.

Watercress calls for the same treatment. The stalks are cut off shortly before it is served, and the coarse leaves are sometimes removed.

Heads of Iceberg lettuce are not separated. They are cut into wedge-shaped pieces or into crosswise slices.

A little garlic is a popular flavouring for green salads. A wit has said that there is no such thing, but there are two ways of giving to salad a delicate touch of this pungent product. Split a clove of garlic and rub the inside of the salad bowl with it, or cut a 1/4-inch cube of rather dry or toasted bread or a small crust of bread and rub the bread on all sides with a split clove of garlic. Place the bread in the bowl with the salad ingredients. Add the dressing and toss the salad lightly to distribute it. Serve the salad at once.

Remember, please, that there are endless ways of varying a lettuce salad (lettuce in this case includes endive, romaine (cos lettuce), etc.). See the many versions of French dressing in the chapter on Salad Dressings.

A bit of cream, ketchup, horse-radish, anchovy, potato, or cheese may transfigure an otherwise commonplace dish, and chopped chives, parsley, or other herb, fresh or dried (see Herbs, page 787), may make it the success of the meal. Sliced hard-boiled eggs or radishes, chopped olives, nuts, pimento, or green pepper, sardelle or anchovy, slivered or grated carrots, celery, onions, ham, tongue, chicken, curry, chutney, and many other additions may be made to French dressing, boiled dressing, or mayonnaise. Please read the rule for French Dressing on page 446.

WILTED LETTUCE

Sautée:

4 or 5 slices of bacon
Remove it from the pan. Cut it into small pieces. Add to the bacon fat:

½ cup mild vinegar
1 teaspoon fresh herbs, chopped (optional. See page 787)
2 tablespoons sweet or sour cream (optional)

Heat this and add the bacon. Pour the dressing while hot over:

Lettuce

Serve it at once with:

Sliced hard-boiled eggs

WILTED LETTUCE with CREAM DRESSING

Place in a salad bowl:

1 head lettuce, separated

Sprinkle over it:

Chopped spring onion

Sautée until crisp:

3 slices of bacon, diced

Pour off the fat while the bacon is cooking leaving about:

1 tablespoon bacon fat

Sprinkle the bacon over the lettuce.

Combine, stir well, and heat:
SALADS

\[ \frac{1}{2} \text{ teaspoon dry mustard} \]
\[ \frac{1}{2} \text{ cup thick cream} \]
Freshly ground black pepper

Pour these ingredients over the lettuce.

Add to the pan and heat:
\[ 2 \text{ tablespoons vinegar} \]

Pour it over the salad. Toss it in the bowl. Serve it at once.

LETTUCE and EGGS with ANCHOVIES

Rub a salad bowl with:
Garlic

Place in it:
\[ 1 \text{ head lettuce, separated} \]

Peel, slice, and add:
\[ 3 \text{ hard-boiled eggs} \]

Drain and chop:
\[ 6 \text{ or } 8 \text{ anchovies} \]

Peel, slice, and add:
\[ 2 \text{ tomatoes} \]

Moisten the salad well with:
French dressing

Toss it in the bowl. Serve it at once.

LETTUCE and HERRING SALAD

Change these ingredients to suit yourself. Add hard-boiled eggs, substitute pickled beets for the carrots and celery, etc.

Place in a salad bowl:
\[ 1 \text{ head lettuce, separated} \]
\[ \frac{1}{4} \text{ cup grated carrots} \]
\[ 1 \text{ stalk celery, chopped} \]
\[ 1 \text{ pickled herring, chopped} \]

Moisten the salad well with:
French dressing

Season the dressing with:
Ketchup or chilli sauce

Toss the salad in the bowl. Serve it at once.

If the herring is not available see Beet and Anchovy Dressing, page 447.

COMBINATION SALAD

Rub a salad bowl with:
Garlic

Place in it:
Lettuce leaves
Sliced cucumbers
Stoned ripe olives
Sliced radishes
Shredded green peppers
Diced celery

Dress the salad with:
Ketchup Dressing (page 446), Nut Dressing (page 449), or thick sour cream with herbs (page 451)

CHEF SALAD

Rub a salad bowl with:
Garlic

Place in it tender:
Lettuce leaves

Add to them:
Anchovies
Stoned ripe olives
Sliced radishes
Peeled and quartered tomatoes
Sliced hard-boiled eggs
Shredded Gruyère cheese

Dress the salad with:
Roquefort Cheese Dressing I (page 447)

SMITH SALAD

Combine:
Lettuce
Endive
Romaine (cos lettuce)
Watercress

Cut into narrow strips:
Salami
Sautéed bacon
Anchovies
Gruyère cheese

Dice and add:
Raw cauliflower
Cooked string beans

Marinate these ingredients for \( \frac{1}{2} \) hour in:
French dressing

Serve the salad half wilted.

RAW VEGETABLE SALAD

Grate or put through a mincer in any desired amounts:
Young spinach
Carrots
Celery  
Cabbage  
Onions

Moisten these ingredients with:
- French dressing or thin mayonnaise

Shape them into mounds. Serve the salad with or without additional dressing. Garnish the mounds with:
- Stuffed olives
- Sliced pimento
- Grated nuts

RAW VEGETABLE and FRUIT SALAD

Follow the above rule. Use, in addition to celery, cabbage, carrots, onions, etc., apples, peaches, raisins, pears, nuts, olives in any combination that appeals to you. Serve as directed above.

CARROT and PEANUT SALAD

4 Servings
Combine lightly:
- 4 large carrots, peeled and chopped fine
- ½ cup mayonnaise
- 1 cup salted peanuts, chopped
- 1 teaspoon grated onion
- Salt if needed
- Paprika

Chill the salad. Serve it in mounds on lettuce.

VEGETABLE SALAD PLATTER

Cook separately a variety of:
- Vegetables (cauliflower, carrots, string beans, Lima or butter beans, beets, etc.)

It seems to be a case of the more the merrier. Marinate these vegetables in separate bowls for several hours with:
- French dressing

Arrange the vegetables in some attractive way on a large dish. For example, place the cauliflower or the beets in the centre and alternate the other vegetables according to colour in mounds about them on:
- Lettuce leaves
- Garnish the platter with:
  - Curled celery
  - Radishes

Hard-boiled eggs, sliced  
Devilled eggs  
Riced eggs, etc.

Or place in the centre of a platter chilled:
- Bean Salad I (p. 407) or II (p. 408)

Surround it with overlapping slices of skinned:
- Tomatoes
- or with:
  - Dwarf tomatoes filled with cottage cheese

Garnish the dish with:
- Shredded lettuce or watercress
- Devilled eggs or sardines

VEGETABLE SALAD DISH

with FISH, CHICKEN, or ASPIC SALAD

This recipe shows a little more imagination than the first one.

Follow the preceding rule for:
- Vegetable Salad Dish

Place in the centre of the dish:
- Cooked shrimps, cooked flaked fish,* Chicken or Fish Salad (page 418), Chicken Jelly Salad (page 429), or Tomato, Meat, or Fish Aspic (pages 424–6)

Place the marinated vegetables in mounds around the edge of the dish. Top any one of these with:
- Mayonnaise, Boiled Salad Dressing, or Boiled Sour Cream Dressing (page 452)

* Try cooked flaked fish marinated in French dressing, topped with mayonnaise, garnished with shrimps and stuffed olives, surrounded by vegetables.

ZUCCHINI

Zucchini served in the following manner are similar to avocados. Follow the rule on page 287 for boiling:
- Zucchini

Drain and chill them. Serve them on:
- Lettuce
- with:
  - French dressing

or one of its many variations, ketchup, nut, tomato soup dressing, etc.
CARROT SALAD

Raw carrots are served peeled and cut in lengthwise strips, or they are grated or put through a mincer (the finest knife being used) and combined with shredded celery, green peppers and cabbage or drained sauerkraut. They are served with mayonnaise or French dressing. Grated carrots are good in gelatine salads, alone, combined with other vegetables or with fruits (see Health Salad, this page, and Golden Glow Salad, page 437).

SPINACH SALAD

Wash well:
Young spinach
Dry it. Crisp it in the refrigerator.
Shred the spinach and serve it tossed in:
French dressing
to which you may add:
x teaspoon anchovy paste
Garnish it with:
Hard-boiled egg, grated
Chopped parsley or chives

RADISH SALAD

Shred crosswise:
Red radishes
Combine them with:
French dressing
Serve them at once on lettuce or use them as a garnish for other salads.

CHILLED CANNED TOMATOES

Chill the contents of a can of:
Whole tomatoes
(or use the firm part of any canned tomatoes). Place them in individual dishes. Sprinkle them with:
Celery salt
Lemon juice
Salt
Brown sugar
or anything you like. The main thing is to serve them cold.

CUCUMBERS to be SERVED with FISH

Peel, then slice very thin
3 cucumbers
Add:
x tablespoon salt
Allow the cucumbers to stand for ½ hour. Squeeze all the salt from them.
Chop very fine:
x medium-sized onion
Combine the cucumbers, onion, and:
½ cup vinegar
Mix well, then add:
3 tablespoons thick sweet cream
Garnish with:
Pepper or paprika

HEALTH SALAD

6 Servings
Pee and grate:
x cup carrots
Shred:
x cup lettuce
Chop:
x cup celery
The proportions of this salad may be varied. Chill the ingredients thoroughly. Immediately before serving moisten the salad with:
French dressing
or try French Dressing with Potato (page 447). It is very good.

STRING BEAN SALAD I

Cook:
String Beans (page 270)
Drain them and while hot marinate them well in:
French dressing
Add:
Chopped chives, chopped onion, or pearl onions
The dressing may be thinned with a little:
Meat or Vegetable Stock (page 378), a little ketchup or chilli sauce
Chill the beans thoroughly and serve them on:
Lettuce
STRING BEAN SALAD II

6 Servings
This is the best salad imaginable (except perhaps Italian salad) for a cold supper or picnic.

Cook:
1 pound String Beans (page 270)
Drain them. Sauté in a frying-pan:
4 slices of bacon
Remove the bacon and mince it. Add to the fat in the frying-pan:*
1 cup mild vinegar
1 teaspoon paprika
Add the minced bacon. Heat these ingredients. Add if needed:
Salt
Combine the dressing with the beans. They may be served hot or they may be chilled and served hours later.
* 1 cupful chopped onion may be sautéed in the bacon fat before the vinegar is added. Herbs may be added (see page 787).

CELEERY SALAD
Wash and chill:
Celery
Cut it into small crosswise pieces.
Serve it moistened with:
French dressing, mayonnaise, or boiled salad dressing
Thin the dressing with a little:
Sour cream (optional)

ASPARAGUS SALAD
Cook:
Asparagus (page 261)
Drain and chill them. Cover the tips with:
Mayonnaise or boiled salad dressing
Thin the dressing with a little:
Sour cream
My country friends serve this salad made of great white asparagus. In the dressing they add that most aromatic and delicious of herbs:
Chopped tarragon
If that is not available add:
Chopped parsley or chives
Or serve asparagus salad with:
Winegrette Dressing (page 448)

ASPARAGUS TIP SALAD
Drain the contents of a can of:
Asparagus tips
Place around 4 or 5 tips a ring of:
Red or green pepper or pimento
Place the asparagus in the ring on:
Shredded lettuce
Serve the salad with:
French dressing or mayonnaise

MARINATED MUSHROOMS
The ranchers of the West when hungry frequently resort to a repast of raw mushrooms.
Cut into thin slices:
Large firm mushrooms
Marinate them for 1 hour or more if:
French dressing
Add to the dressing:
Chopped chives
Chopped parsley
Serve the mushrooms on:
Lettuce

BEET SALAD (Pickled Beets)
Prepare:
Boiled Beets (page 266)
Skin them and cut them in crosswise slices or into quarters. While they are hot pour over them a hot dressing of equal parts of:
Vinegar and water
Season it well with:
Salt
Peppercorns
Paprika
Bay leaves
Cloves
Herbs
Or, try:
2 cups cooked, sliced beets *
1 teaspoon sugar
1 teaspoon salt
1 teaspoon horse-radish
1 cup mild vinegar
Chill the beets well before serving them.
* The beets may be canned.

CANNED BEETS, PICKLED
Drain the contents of:
1 (No. 2) can beets
(Reserve the juice.) Slice them. Place them in a fruit jar. Boil:
½ cup sharp vinegar
½ cup beet water
Add:
2 tablespoons sugar
2 cloves
½ teaspoon salt
3 peppercorns
½ bay leaf
1 green pepper, sliced (optional)
1 small onion, sliced (optional)
When these ingredients are boiling pour them over the beets. Seal the jar. Serve the beets very cold.

ITALIAN SALAD

6 Servings
Prepare:
Boiled Beets * (page 266)
Prepare:
Boiled Carrots (page 263)
Skin the vegetables and cut them into dice. There should be about 1 cupful of each. Chill them. Combine them with:
1 cup chopped celery
½ cup cooked or canned green peas
½ cup pared, seeded, and diced cucumbers (optional)
Moisten the vegetables well with:
Boiled salad dressing or mayonnaise
The dressing may be thinned with:
Sweet or sour cream
Serve the salad in a bowl garnished with:
Lettuce
* The proportions given may be varied.

POTATO SALAD with
MAYONNAISE

Boll in their jackets in a covered saucepan until they are tender:
Potatoes
Chill them for several hours, peel, and slice them. Marinate them well* with:
French dressing
Soup Stock (pages 36, 38) or canned bouillon
Chop or slice and add:
Hard-boiled eggs
Onions
Olives
Pickles
Celery
Cucumbers
Capers
Season the salad well with:
Salt
Paprika
A few grains of cayenne
Horse-radish (optional)
After 1 hour or more add:
Mayonnaise dressing, boiled salad dressing, or sour cream or cream
* Make the salad very moist, as it will absorb a great deal of liquid. It may be made in advance; in fact, it seems to be better the second day.

HOT POTATO SALAD with
BACON DRIPPING

6 Servings
Cook in their jackets in a covered saucepan until tender:
6 medium-sized potatoes
Peel and slice them while they are hot.
Heat in a frying-pan:
4 strips of bacon, minced, or
2 tablespoons bacon fat
Add and sauté until brown:
½ cup chopped onion
½ cup chopped celery
1 dill pickle, chopped
Heat to the boiling point:
cup water
cup vinegar
teaspoon sugar
teaspoon salt
teaspoon paprika
teaspoon dry mustard (optional)
Pour these ingredients into the frying-pan. Combine them with the potatoes and serve them at once.

MASHED POTATO SALAD

4 Servings
Chop or dice:
2 hard-boiled eggs
1 small onion
½ cup celery
2 cups cold mashed potatoes
SALADS

Stir in lightly:
- 2 tablespoons French dressing
- 4 tablespoons or more mayonnaise
Season the salad palatably with:
- Salt
- Paprika
- Chopped chives or parsley
Mould it in cups. Chill it. Serve garnished with:
- Lettuce

SPAGHETTI or MACARONI

This is so much better than it sounds. My friend, a born cook, insists that exact proportions are unimportant.
Boil by the rule on page 79:
- Italian Spaghetti or Macaroni
Drain, then rinse the spaghetti in cold water. Marinate it for 2 hours or more in:
- French dressing
Add to the salad in any desired quantity:
- Chopped green pepper
- Chopped pimento
- Chopped celery
- Grated onion
- Salt
- Paprika
Combine it with a generous amount of:
- Mayonnaise
Serve the salad on:
- Lettuce
Garnished with:
- Strips of pimento

COLE SLAW

Remove the outer leaves and the core from:
- A small head of cabbage
Shred or chop the remainder, cutting only as much as is needed for immediate use. A deep bowl and the sharp edge of a baking powder can are fine for this purpose. Soak the chopped cabbage in ice water for 1 hour. Drain it well, dry it between towels and chill it. Immediately before serving it, moisten the cabbage with:
- French dressing, boiled dressing, Boiled Sour Cream Dressing, equal parts of mayonnaise and chilli sauce, or thick cream, sweet or sour, vinegar, salt, and sugar
To the last you may add:
- Chopped anchovies
- Celery seed
Red cabbage may be used. Very finely shredded red and white cabbage may be combined with good effect. Peeled and diced apples, pineapple, etc., may be added.

COLE SLAW in TOMATO ASPIC RING

Prepare by above rule:
- Cole slaw
Combine it as directed with:
- Dressing
Place it in a:
- Tomato Aspic Ring (page 427)
Add to the slaw if desired:
- Blanched chopped almonds

CELERY, CABBAGE, and GREEN PEPPERS

Prepare:
- Cole slaw
Combine it with:
- Shredded green peppers
- Chopped apples
- Chopped celery
- Mayonnaise

HOT SLAW with APPLE

6 Servings
Place in a stew-pan:
- 3 cups shredded cabbage
Add:
- 3 tablespoons vinegar
- 2 tablespoons water
- 1 tablespoon sugar
- 1 teaspoon caraway seeds
- 1 teaspoon salt
- 2 tablespoons butter
Cook these ingredients over quick heat until they boil. Reduce the heat to a low flame. Add:
- 1 large apple, peeled and grated
Heat the slaw for 1 minute longer.
SALADS

CABBAGE, APPLES, and NUTS
6 Servings
Prepare:
1 cup shredded cabbage
1 cup diced apples or pineapple
Combine these ingredients with:
1 cup walnuts or pecans
1 cup mayonnaise or boiled dressing

CABBAGE, CELERY, and OLIVES
8 Servings
Shred:
4 cups cabbage
Dice:
1/2 cups celery
Peel and mince:
1 small onion
Seed and chop:
1/2 green pepper
Chill these ingredients. Immediately before serving moisten them with:
Mayonnaise
to which add:
1 cup chilli sauce
10 pimento olives, sliced

KIDNEY, BUTTER, or LIMA BEAN SALAD
Men like the heft of this.
Place on a colander the contents of:
1 (No. 2) can of kidney or Lima beans, or 2 cups cooked butter beans
Pour hot water over them to remove the sauce. Drain them well. Chill them. Combine them with:
3 hard-boiled eggs, sliced
1/2 cup chopped celery
2 tablespoons minced onion or chopped chives
6 small sour-sweet pickles, chopped
1/2 cup mayonnaise thinned with
1/4 cup tomato ketchup or India relish
1 teaspoon salt
Add, if needed, additional seasoning.
Serve the salad in:
Lettuce cups
Garnish it with:
Parsle

CORN SALAD
4 Servings
Drain the contents of:
1 No. 2 can whole kernel corn
Chop and add:
1 pimento
1 onion
1 green pepper
1 small cucumber
Combine these ingredients with:
1 cup well-seasoned French dressing
Serve them on:
Lettuce cups
or use this filling combined with well-seasoned mayonnaise as a stuffing for 8 hollowed tomatoes.

CUCUMBER SALAD
Chill, peel, and cut into crosswise slices:
Cucumbers
Combine them with:
French dressing or sour cream dressing
Serve them at once.

CUCUMBER and PINEAPPLE SALAD
Peel, core, and dice:
Fresh pineapple*
Peel, seed, and dice:
Cucumbers
The proportions may be varied. Immediately before serving combine these ingredients with:
Mayonnaise or French dressing
Serve them on:
Lettuce
or in:
Tomatoes
* Canned pineapple may be substituted.

APPLE SALAD
Pare, core, and slice:
Well-flavoured apples*
Serve them on:
- Lettuce
  with:
  - Lemon and Sherry Dressing (448)
Garnish the salad with:
- Cream cheese and nut balls or Roquefort cheese balls
* The apples may be cut into rings and the cheese balls placed in the centre.

**WALDORF SALAD**

6 Servings
Prepare:
- 1 cup diced celery
- 1 cup diced apples
Combine them with:
- 1 cup walnuts or pecans
- 1 cup mayonnaise or boiled dressing

**SEEDLESS GRAPES**
Seedless grapes are good served on lettuce leaves with French dressing, in Lemon or Orange Jelly (page 425), and as an addition to all fruit and to many vegetable salads. See Seedless Grape and Celery Ring (page 437).

**MALAGA and TOKAY GRAPES**
Skin and seed grapes and serve them in Lemon or Orange Jelly (page 425), or as an addition to any fruit salad. See Ginger-ale Salad (page 439).

**GRAPES and COTTAGE CHEESE WITH FRENCH DRESSING**
Place in a ring mould, or in individual moulds:
- Cottage cheese
Chill it and invert it on to:
- Lettuce
Dust it with:
- Paprika
Serve it with:
- Seedless grapes
- French dressing
If the cottage cheese is too soft to hold its shape prepare Moulded Cottage Cheese (page 442).
* Chopped ripe olives may be added to the cheese.

**JAPANESE PERSIMMONS**
This is an attractive-looking salad.
Chill:
- Ripe Japanese persimmons
Serve them whole or cut in halves on:
- Lettuce
Garnish them with:
- Chopped green peppers (optional)
Serve them with:
- French dressing
A good way of serving the dressing is to place on each plate a small avocado (unpeeled) partly filled with French dressing.
If desired, the persimmons may be peeled. Cut gashes in the sides and pull the skin off with the back of a knife. Do not remove the decorative blossom ends.

**MELONS**
I. Cut into lengthwise slices:
- Ripe chilled melons
Remove the rind and serve the slices whole, or in pieces on:
- Lettuce
Sprinkle the pieces with:
- Lemon or lime juice
Or serve them with:
- French dressing
II. Cut into balls with a potato cutter:
- Melon meat
Serve the balls in cocktail glasses or on:
- Lettuce
Use pink and green melons for a decorative effect. Sprinkle them with:
- Salt or icing sugar
Or serve them with:
- Lime or lemon juice or French dressing

**MELONS and COTTAGE CHEESE**
Prepare:
- Melons I or II (see above)
Serve them with:
- Cottage cheese
Or cut melons in halves, remove the seeds, and serve the halves filled with
cottage cheese. The cheese may be sprinkled with:
- Paprika or chopped chives
Serve the salad with:
- Mayonnaise (optional)
Honeydew melon is marvellous served this way. It is an ideal summer luncheon or supper dish.

**GRAPEFRUIT SALAD**
See Appendix D (*page bxxi*), To Prepare Grapefruit or Orange Sections
Skin:
- Grapefruit
Separate it into sections and remove the thin skin carefully, keeping the sections whole, if possible. Place the fruit in a strainer and chill it well. Serve it with:
- French dressing
Use grapefruit juice in place of vinegar and add a little:
- Icing sugar

**HAWAIIAN SALAD**
Individual Service
Place on a plate:
- A lettuce leaf
- A slice of pineapple
Pile on it in cone shape:
- Skinned grapefruit and orange sections
Place on top of the cone:
- A maraschino cherry
Decorate the sides of the cone with:
- Diamond-shaped pieces of green pepper
Serve the salad with:
- French dressing
Add to the dressing:
- 1 tablespoon grated horse-radish (fresh or prepared)

**AVOCADO, ORANGE, and GRAPEFRUIT SALAD**
Pare:
- Avocados
Slice them lengthwise and arrange them with skinned sections of:
- Orange and grapefruit
in wheel shape on:
- Lettuce
Serve the salad with:
- French dressing (*page 446*) or Nut Dressing (*page 449*)
Prepare the dressing with lime juice in preference to lemon juice or vinegar.
Mexican Avocado Salad I and II (*page 424*)
SALADS

AVOCADO and SHRIMPS
Place:

½ avocado
on:

Watercress
Partly fill the centre with:

Chilli sauce or ketchup
Surround it with:

Marinated shrimps or other sea food

SHRIMP, APPLE, and CUCUMBER SALAD
4 Servings
Cut into lengthwise strips, leaving ½ inch uncut at leaf end:

8 sticks of celery
Place them in ice water until they are curled. Clean:

1½ cups canned shrimps
They may be soaked for 10 minutes in cold water. Drain them. Marinate them in:

French dressing or lemon juice
Slice (unpeeled):

1 red apple
Dip the slices in:

Lemon juice
Pare, then slice crosswise:

1 cucumber
Arrange the vegetables and fruit in rows on:

Lettuce cups
Place the shrimps on either side. Garnish the dish with the celery. Serve it with:

Mayonnaise

BLACK-EYED SUSAN
Skin unbroken whole or half sections of:

Orange or grapefruit
Arrange them on:

Lettuce
Around a centre of:

Chopped dates and nuts
Serve the salad with:

French dressing
Cheese Straws (page 464), optional

ORANGE and GRAPEFRUIT
SALAD
Skin unbroken sections of:

Oranges and grapefruit
Place them on:

Lettuce
Sprinkle them with:

Chopped chives or chopped parsley
Serve them with:

French dressing

CHERRY and HAZEL-NUT
SALAD
Drain and stone:

Canned white cherries
Insert in each cherry:

A hazel-nut
Serve them very cold with:

Cottage cheese
Mayonnaise

CHERRY and CREAM CHEESE
SALAD
Drain and stone:

Canned white cherries
Fill the centres with:

Soft cream cheese or
Smooth cottage cheese
Chill the cherries. Serve them on:

Lettuce
with:

Mayonnaise or French dressing

PRUNE SALAD
Stew (or steam in a double boiler):

Large prunes
Drain them and remove the stones. Fill the prunes with:

Cream cheese combined with nuts and mayonnaise
Serve them on:

Lettuce

CUMQUAT SALAD
Cook:

Cumquats (page 402)
Split them. Remove the seeds. Chill
the cumquats thoroughly. Stuff them with:
  Slightly salted cream cheese
Serve them on:
  Watercress or shredded lettuce
with:
  French dressing
Make the dressing with a combination of vinegars, tarragon, etc.

PEACH SALAD
Chill:
  Fresh peaches
Pare them just before serving them, or prepare them in advance, wrap them in waxed paper, and place them on ice.
Serve them on:
  Lettuce
with:
  French dressing
Canned peaches may be substituted. The hollows may be filled with:
  Cream cheese and chopped nuts

FRESH PEACH and CHEESE SALAD
6 Servings
Cut into 6 parts:
  3 ounces cream cheese
Roll the cheese into balls. Roll the balls in:
  Chopped nuts
Pare, then cut into halves and remove the stones from:
  6 peaches
Place a ball of cheese between 2 peach halves. Press the peach into shape. If they are not to be served at once wrap each peach in waxed paper.
Serve the peaches on:
  Watercress
with:
  French dressing
A bit of cress (stem and several leaves) may be placed in the stem end of each peach.

PEAR SALAD I
Chill and pare:
  Fresh pears *
Leave them whole and follow the preceding rule for Peach Salad. Brush the side of each pear with:
  Red colouring or paprika
Place in the blossom ends:
  A clove
and in the stem ends:
  A bit of watercress
Serve the pears with:
  French dressing
Garnish them with:
  Nut Creams (page 444) or large black cherries, stoned and stuffed with cottage cheese
  * Drained canned pears may be substituted. Fill the hollows with cream cheese combined with chopped ginger.

PEAR SALAD II
Prepare:
  Pear Salad I (see above)
Serve the pears on:
  Watercress
with a choice of:
  Chutney Dressing (page 448)
  French dressing with chilli sauce
  Cottage cheese with anchovies, stuffed olives, chopped chives, parsley, or other herb (see page 787)

PEAR and GRAPE SALAD
Peel:
  Fresh pears
or drain:
  Canned pears
Place ½ pear, cut side down, on a plate.
Thin:
  Cream cheese
with:
  Cream
to make a good consistency to spread. Cover each pear half with a coating of cheese. Press into the cheese, close together to look like a bunch of grapes:
  Stemmed seedless grapes
Add a leaf of some kind, preferably grape, but an ivy leaf is a good substitute, and a bit of stem. Serve with:
  Mayonnaise
PINEAPPLE SALAD

Drain:

Slices of canned pineapple

Serve them on:

Lettuce

with:

French dressing

Add to the French dressing:

A little icing sugar

or cover the slices with:

Soft cream cheese, riced

Top them with:

A spoonful of currant jelly

Serve the salad with:

French dressing or mayonnaise

PINEAPPLE and TOMATO SALAD

4 Servings

Skin and slice:

4 medium-sized tomatoes

Drain and cut into eighths:

4 slices of canned (or fresh) pineapple

Arrange the tomatoes and pineapple on:

Lettuce

Serve the salad with:

French dressing

Add to the dressing a little:

Pineapple juice

or serve the salad with:

Cream Horse-radish Dressing

(page 451)

Or place on a plate:

Lettuce or watercress

Cover it with:

A slice of pineapple

Cover the pineapple with:

A thick slice of skinned tomato

Place on the tomato:

A ring of green pepper

Place in the pepper ring:

Mayonnaise or Cream Horse-radish Dressing

PINEAPPLE MINT JELLY SALAD

Prepare by the rule on page 724:

Mint jelly

Mould it in the pineapple can. When it is set unmould the jelly and cut it into slices. Place a slice of pineapple on a plate, cover it with a slice of mint jelly. Garnish it with:

Mayonnaise

Candied mint leaves (page 443)

Place on each plate:

Nut Creams (page 444)

MOULDED EGG and CAVIARE SALAD

A good hors-d’œuvre.

Run through a mincing machine:

8 hard-boiled eggs

Stir into them:

3 tablespoons melted butter

½ teaspoon dry mustard

2 ounces caviare

3 tablespoons lemon juice

1 tablespoon Worcestershire sauce

Pack these ingredients firmly into tiny individual moulds. Unmould them on to slices of:

Tomato

or use them to decorate a salad platter. Cover them with a dab of:

Mayonnaise

and place on top of each one:

A rolled anchovy

CREAM CHEESE and OLIVE SALAD

6 Servings

Crush with a fork:

6 ounces soft cream cheese

Stir in:

2 tablespoons cream

½ teaspoon salt

½ teaspoon paprika

12 chopped olives (ripe, stuffed, or green)

1 chopped pimento

Pack the cheese into a small straight glass. Chill it until it is firm. Cut it into slices. Serve it on:

Watercress or lettuce

with:

Mayonnaise
**GREEN PEPPER (or PIMENTO) SLICES I**

8 to 10 Slices

These slices are highly decorative. They make good hors-d’œuvres on toast or biscuits.

Beat:

- 6 ounces soft cream cheese

Moisten it slightly with:

- Cream or mayonnaise

Add if it does not interfere with the colour scheme:

- Paprika

Wash:

- 2 medium-sized red or green peppers

Cut a piece from the stem end of the peppers. Remove the seeds and veins. Stuff the peppers with the cheese mixture and chill them for 12 hours. Slice them with a sharp, hot knife and replace them on ice. Serve the pepper slices on:

- Lettuce

with:

- French dressing or mayonnaise

If you do not want to go to the trouble of chilling the peppers cut rings of pepper about 1/4 inch thick.

Add to the cheese:

- Grated onion
- Salt
- A little mayonnaise

and fill the rings. Serve them on slices of:

- Tomatoes on lettuce

with:

- French dressing

These slices are a good addition to Tomato Salad (page 421) or any other suitable salad.

**GREEN PEPPER SLICES II**

10 to 12 Slices

Wash:

- 3 medium-sized red or green peppers

Cut a piece from the stem ends of the peppers. Remove the seeds and veins. Soak for 5 minutes:

- 1 teaspoon gelatine

Dissolve it by placing it over hot water. Cool and combine it with:

- 6 ounces soft cream cheese
- 1/2 cup drained, crushed canned pineapple
- 1 pimento, chopped
- 2 tablespoons chopped nuts

To fill and serve the peppers follow the preceding rule for Green Pepper Slices I.

_Green Pepper Slices III, with Horseradish Jelly, page 432._

**CUCUMBER SLICES**

Pare:

- Cucumbers

Cut off one end and hollow the cucumbers with an apple corer. Fill the centres with the cheese mixture given in the rule for Green Pepper Slices I (page 417). Wrap the cucumbers in waxed paper. Chill them thoroughly. Slice them and serve them on:

- Lettuce

with:

- French dressing or mayonnaise

**HAM and CHEESE SLICES**

12 Slices

Combine:

- 1 cup cooked minced ham
- 1 cup finely chopped celery
- 6 ounces cream cheese
- 1/2 cup chopped parsley
- Salt if required

Wash:

- 4 medium-sized green peppers

Follow the rule for Green Pepper Slices I (page 417).

**ROLLED LETTUCE LEAVES and COTTAGE CHEESE SALAD**

Beat until smooth:

- Cottage cheese

Add:

- A sprinkling of chives or chopped onion (optional)*
- Chopped boiled ham (optional)
**SALADS**

Spread a thick layer of the cheese on:
Large lettuce leaves

Roll the leaves and secure them with toothpicks. Chill them. Garnish them with:
- Pearl onions
- Crisp celery
- Radishes
- Shredded carrots

Allow 2 or 3 rolls to a person and serve them with:
- Mayonnaise or French dressing

* Add to the cheese, if desired, seedless raisins, chopped celery, green peppers, and nuts.

**ROLLED TONGUE ROLLS**

Prepare:
Rolled Tongue Canapés (page 30)

Follow the preceding rule for serving them.

**CELERIAC or CELERY ROOT SALAD**

8 to 10 Servings

This is very nice with cold meat or sausage. The French peel young celeriac, slice it, marinate it for 12 hours or more, and serve it uncooked.

Peel:
3 or 4 celery roots

Drop them into:
Boiling salted water*

Cover them and cook them until they are tender (for about 2 hours) or quarter the roots and steam them until they are tender. Drain the celery and slice it. Heat an equal amount of:

Vinegar and celery water

Season it with:
Salt
Pepper

Moisten the sliced celery with this mixture. Serve it hot or cold, or slice the celery, chill it, and serve it with:
- Mayonnaise, boiled dressing, or French dressing with cream

* A sliced onion or other soup vegetables may be added to the water.

**CHICKEN SALAD**

8 Servings

Dice:
- 2 cups cooked chicken
- 1 cup celery

Chill these ingredients. They may be marinated lightly with:
- French dressing

When ready to serve, combine them with:
- 1 cup oil mayonnaise

Season the salad, if required, with:
- Salt
- Paprika

Serve it on:
- Lettuce

Garnish it with:
- Pimento
- Olives
- Radishes

**VARIATIONS of CHICKEN SALAD**

Follow the preceding rule. Use in any desired proportions:

- Chicken and celery
- Chicken, cucumber, and English walnuts
- Chicken, Boiled Chestnuts (page 295), and celery. Pimento may be added
- Chicken and parboiled oysters
- Chicken and fruit (seedless grapes, pineapple, orange, grapefruit, etc.)

Add to the mayonnaise strained chilli sauce.

*Chicken Salad in Aspic*, page 424.

**FISH SALAD**

4 Servings

Flake:
- 1 cup cold cooked fish or canned fish

Combine it with:
- 1 cup celery

Add:
- Chopped green peppers (optional)
- Chopped pickles (optional)
- Capers (optional)
Moisten these ingredients with:
\[ \frac{1}{2} \text{ cup mayonnaise or boiled dressing} \]
Serve the salad on:
Lettuce
Garnish it with:
Salad dressing
Hard-boiled eggs, riced or sliced
These proportions may be varied.

**CRAB SALAD**

4 Servings
Crab may be substituted in the preceding rules for Chicken or Fish Salad. Combine:
\[ \begin{align*}
\text{1 cup crab} \\
\text{1 cup apples, peeled and shredded} \\
\text{1 cup mayonnaise}
\end{align*} \]

**SHRIMP SALAD**

4 Servings
If canned shrimps are used soak them in ice water for 1 hour. Drain them. Moisten:
\[ \begin{align*}
\text{1 cup shrimps} \\
\text{1 teaspoon lemon juice}
\end{align*} \]
Add:
\[ \begin{align*}
\text{1 cup diced celery} \\
\text{1 cup mayonnaise} \\
\text{Salt} \\
\text{Pepper} \\
\text{Celery salt}
\end{align*} \]
Garnish the salad with:
Hard-boiled eggs, sliced
Watercress

**SHRIMP and CUCUMBER SALAD**

4 Servings
If canned shrimps are used soak them in ice water for 1 hour. Moisten:
\[ \begin{align*}
\text{1 cup shrimps} \\
\text{French dressing}
\end{align*} \]
Chill them. Just before serving combine them with:
\[ \begin{align*}
\text{Diced cucumbers} \\
\text{\( \frac{1}{2} \) cup mayonnaise}
\end{align*} \]
Serve them in:
Tomatoes (page 421) or on lettuce

**LOBSTER SALAD**

4 Servings
Dice:
\[ \begin{align*}
\text{1 cup lobster, canned or cooked}
\end{align*} \]
Add to it:
Grated onion (optional)
Marinate it with:
French dressing
Chill it for 1 hour. Combine it with:
\[ \begin{align*}
\text{1 cup chopped celery}
\end{align*} \]
Place it on:
Lettuce
Cover it or combine it with:
\[ \begin{align*}
\text{\( \frac{1}{2} \) cup mayonnaise}
\end{align*} \]
Garnish it with:
Lobster claws
Olives
Radishes
Hard-boiled eggs
Capers
Pickles
Or prepare:
Tomato Aspic (page 426)
Place it in a ring or in individual moulds. Invert the aspic on:
Lettuce
Fill the ring or surround the moulds with lobster salad.

**SALADS of SWEETBREADS, CUCUMBERS, MUSHROOMS, etc.**

There is nothing set about these good salads.
Combine:
Boiled Sweetbreads (page 338)
Cucumbers
Canned or Raw Mushrooms (page 28)
Celery
Hard-boiled eggs
Walnuts or pecans
Chicken
Peppers
Apples
Olives
Dice the ingredients and marinate them lightly if you wish with:
French dressing
Serve the salad garnished with:
Mayonnaise
Or combine the mayonnaise with the salad. Use about $\frac{1}{2}$ as much mayonnaise as there are other ingredients.

**HAM SALAD**

Let this be a matter of inspiration.

Dice:
- Cooked ham
- Hard-boiled eggs
- Celery
- Green peppers or pickles (optional)

Combine these ingredients with:
- Tart mayonnaise or French dressing

Garnish with:
- Chopped chives, parsley, or other herbs

Surround the ham with tomatoes, sliced or whole, or use the ham salad as a stuffing for tomatoes.

*Tomatoes Filled with Ham Salad, page 422.*

**MEAT SALAD I**

Follow the preceding rule for:
- Ham Salad

Substitute for the ham:
- Cooked corned beef, veal, beef, etc.

**MEAT SALAD II**

This is a popular salad in Europe.

Dice:
- Cooked meat

You may add:
- Cooked potatoes, diced
- Chopped onion
- Chopped celery
- Minced parsley or other herb

Season these ingredients with:
- Tart French dressing

*Quick Aspic Salad, page 433.*

**HERRING SALAD I**

About 20 Servings

One of the recollections of my childhood is herring salad. Served at Christmas time, its rich colour (thanks to the red of beets) and elaborate garnishing made this dish an imposing sight.

Soak in water for 12 hours:
- 6 herrings with soft roes

Skin them, remove the roe and the bones. Rub the roe through a colander with:

- 1 cup dry red wine or vinegar

Cut into $\frac{1}{4}$-inch cubes:
- The herrings
- 1 $\frac{1}{2}$ cups cold cooked veal
- 2 hard-boiled eggs
- 1 $\frac{1}{2}$ cups Pickled Beets (page 408)
- 1 cup onions
- 1 cup pickles
- 2 stalks of celery
- 1 cup cold boiled potatoes

Prepare and add:

- 3 cups diced apples

Blanch, shred, and add:
- 1 cup almonds

Combine the roe mixture with:

- 1 cup sugar
- 2 tablespoons horse-radish
- 2 tablespoons chopped parsley

Pour this over the other ingredients. Mix them well. Shape the salad into a mound or place it in a bowl. Garnish it with:
- Hard-boiled eggs, riced
- Pickles
- Sardelles
- Olives
- Parsley

**HERRING SALAD II**

8 Servings

Unusual and delicious. Begin its preparation one day before serving the salad.

Cut into $\frac{1}{4}$-inch pieces:

- 9 large herrings with soft roes

Add:

- 2 apples, thinly sliced
- 3 large salt pickles, thinly sliced
- $\frac{1}{2}$ cup sugar
- 1 cup broken pecans or walnuts

Shortly before serving whip until it begins to thicken, then fold in:

- 2 cups heavy cream

* You may use the herring put up in glass.
SALADS

TOMATOES

A bit of tomato skin was once as much out of place at a dinner-table as a bowie-knife. The discovery that tomato skins contain highly valued vitamins makes them salofähig, so whether to serve tomatoes skinned or unskinned rests with the hostess's sense of delicacy or her desire for health. After all, tomato skins are rather uninviting.

RULE FOR SKINNING TOMATOES

Wash tomatoes. Peel them by one of the following methods:
I. Rub the surface of very ripe tomatoes with the back of a knife, then pull off the skin with a knife.
II. Immerse tomatoes in boiling water for 2 minutes. Drain them and skin them.
III. Place a tomato on a fork over heat. The skin will crack and it is then easily removed.

TOMATO SALAD

Skin and chill:
- Tomatoes
Cut them from the top into quarters or eighths, but do not cut them all the way through (or slice the tomatoes).
Serve them on:
- Lettuce
with:
  - French dressing
The centres may be filled with:
  - Diced cucumbers
  - Chopped celery
  - Cream cheese
  - Nuts, etc.
Substitute for French dressing, if desired:
  - Mayonnaise, boiled sour cream dressing, Anchovy dressing, etc.

RULE for PREPARING and FILLING TOMATO CASES for SALAD

Skin:
- Tomatoes (see above)
Hollow them. Sprinkle the hollows with:
  - Salt
Invert the tomatoes to drain for 20 minutes. Chill them and fill the hollows with a choice or a combination of:
  - Cole slaw
  - Celery

Asparagus, cooked and chilled
Green peppers
Chopped onions
Stuffed olives
Cucumbers
Grated nuts
Fresh pineapple
Chicken salad
Fish salad
Cottage cheese

Moisten these ingredients with:
  - Mayonnaise, boiled dressing, or thick sour cream
If you do not wish to serve large portions cut the tomatoes in halves or in slices. Place on each slice a ring of green pepper \( \frac{1}{2} \) inch or more thick. Fill the ring with any one of the fillings suggested for tomato cases.

Tomatoes Filled with Cottage Cheese, page 189.

TOMATOES FILLED with PINEAPPLE and CELERY

Prepare:
- Tomato Cases
Combine equal parts of:
  - Chopped celery
  - Walnuts
  - Fresh pineapple, shredded *
Moisten these ingredients with:
  - Mayonnaise
Fill the tomato cases.
  * Canned pineapple, drained and shredded, may be substituted.
SALADS

TOMATOES FILLED with EGGS and ANCHOVIES

Prepare:
Tomato Cases (see page 421)
Combine:
- Hard-boiled eggs, chopped
- Anchovies, chopped, or anchovy paste
- Onion juice or minced onion
- Paprika
- Salt

Fill the tomato cases. Cover the tops with:
- Mayonnaise

Decorate each top with:
- A rolled anchovy

Cottage cheese may be substituted for the eggs.

TOMATOES FILLED with HAM SALAD

Prepare:
- 4 Tomato Cases (page 421)
- 2 hard-boiled eggs, chopped
- 1 cup minced ham
- ½ cup chopped celery
- 12 stuffed olives cut in two
- 2 sweet pickles, chopped

Moisten these ingredients lightly with:
- Sour cream dressing or mayonnaise

Fill the tomato cases. Garnish them with:
- Sprigs of parsley

TOMATOES FILLED with EGGS and OLIVES

6 Servings

Prepare:
- 6 Tomato Cases (page 421)

Peel, then chop:
- 4 hard-boiled eggs

Combine them with:
- ½ cup ripe olives, stoned, or stuffed olives
- 2 tablespoons anchovy paste or
- 4 tablespoons liver sausage

If required add:
- Seasoning

Fill the tomato cases with this mixture.

Decorate the tops with:
- Chopped parsley or chives

Serve the tomatoes with:
- Mayonnaise

TOMATOES FILLED with ASPIC

6 Servings

Prepare:
- 6 Tomato Cases (page 421)

Chill them. Prepare by any rule about:
- 1½ cups aspic *

When the aspic is about to set fill the tomato cases. Chill them until the aspic is firm. Garnish them with:
- Olives, parsley, etc.

Serve them with:
- Mayonnaise

* This may be an Aspic Salad (page 424) to which chopped meat or fish and vegetables, etc., may be added, or it may be Foundation Recipe I or II with vegetables or fruit added.

TOMATOES FILLED with DEVILLED EGGS

This is an easily handled picnic salad.

Prepare:
- Tomato Cases (page 421)

Place in each hollow:
- ½ Devilled Egg (page 78)

Serve the tomatoes on:
- Lettuce

with:
- Anchovy Dressing (page 447)

TOMATO and ONION SALAD

Peel and chill:
- Medium-sized tomatoes

Cut 5 or 6 crosswise gashes in the tomatoes equal distances apart. Place in each gash a thin slice of:
- Spanish onion

Serve the tomatoes on:
- Lettuce

with:
- French dressing or
- Sour cream dressing, etc.
TOMATOES and CUCUMBERS
Follow the preceding rule. Substitute peeled and sliced cucumbers for the onion slices.

FRESH TOMATO RELISH
About 2 cupfuls
This is fine at times when it is inconvenient to serve a salad.
Combine these ingredients and chill them for 2 hours before serving them:
2 cups tomatoes, skinned and diced
1 tablespoon lemon juice
½ cup chopped onion
1 teaspoon salt
1 teaspoon sugar

RAW APPLE RELISH
Skin, core, and chop:
3 apples
Skin and chop and add:
1 onion
Chop and add:
2 dill pickles

RAW CUCUMBER RELISH
About 1 cupful
Paré and seed:
1 large cucumber
Chop it until it is fine. Add to it:
1 tablespoon lemon juice or vinegar
½ teaspoon salt
½ teaspoon paprika
A few grains of cayenne
1 teaspoon finely minced onion

FILLED CUCUMBERS
Good for a luncheon plate or as hors-d'œuvre.
Choose:
Small shapely cucumbers
Paré them. Cut them in halves lengthwise or cut off a slice lengthwise and remove the seeds. The cucumber boats may be wrapped in waxed paper and chilled. Fill them with:
Chicken Salad (page 418) or Fish Salad (page 418)
or with:
Crab, shrimps, or anything that is suitable that you can think of (celery, nuts, olives, etc.)
These ingredients may be moistened with or served with:
Mayonnaise
or some other suitable dressing:
Beet and Anchovy (page 447) or Chutney Dressing (page 448), etc.
Serve the cucumbers on:
Shredded lettuce or watercress

FILLED PIMENTOS or CHRISTMAS SALAD
6 Servings
A decorative and delicious salad.
Drain the contents of:
x (No. 2) can pimentos
(6 pimentos)
Drain the contents of:
x (No. 2) can pineapple
Dice the pineapple. Add to it:
x⅓ cup diced celery
x⅓ ounces cocktail onions (a generous tablespoonful)
Whip until stiff:
⅓ cup cream
Combine it with:
x cup mayonnaise
Fold into these ingredients the pineapple, celery, and onions. Stuff the pimentos with the mixture. Chill them. Bed them on a nest of:
Shredded lettuce
Roll into small balls:
6 ounces soft cream cheese
Roll the balls in:
Chopped parsley
Place them around the pimentos, or if they are served individually, beside them.

STUFFED ARTICHOKE SALAD
8 Servings
Cook:
8 large Artichokes (page 284)
Add to the water in which they are boiled:
⅓ cup vinegar
When the artichokes have been drained and cooled spread the leaves outward. Pull out the tight conical centre of the leaves. Scrape out the choke (the thorny, fuzzy substance) with a teaspoon.

Combine the following salad mixture:
- 3 cups crab
- 1 cup chopped celery
- 1 cup finely chopped green pepper
- 1 cup mayonnaise
- 2 tablespoons chopped chives or parsley (optional)

Fill the artichokes. Decorate each one with:
- 1 tablespoon mayonnaise

As the leaves are removed they are dipped in the mayonnaise. This leaves the remaining salad to be eaten with the artichoke hearts.

* Shrimps or lobster may be substituted or even the overworked tuna fish. If you do not care for fish use cooked chicken or veal, diced. Almost any palatable salad mixture that is not sweet will do.

**AVOCADO FILLED with LOBSTER or CRAB SALAD**

Cut into halves:
- Chilled avocados

Season:
- Shredded lobster or crab (cooked or canned)

with:
- Lime or lemon juice
- Chilli sauce

Fill the pear cups. Serve them very cold.

**MEXICAN AVOCADO SALAD I**

4 Servings
Peel and mash the pulp of:
- 1 large, very ripe avocado

Add:
- 2 small onions, skinned and chopped
- 2 ripe tomatoes, skinned and chopped
- 1 teaspoon paprika
- 1 teaspoon salt

Shape these ingredients into 4 mounds on:
- Lettuce leaves

Serve the salad with:
- French dressing

**MEXICAN AVOCADO SALAD II**

4 Servings
Peel and mash the pulp of:
- 1 large, very ripe avocado

Add:
- 6 stuffed olives, chopped
- 1 tablespoon French or 2 tablespoons mayonnaise dressing

Season these ingredients with:
- Salt
- Paprika

This mixture may be used to stuff a cucumber (page 200) or a pepper (page 193) or it may be pressed into small moulds. Chill it well before serving it. Serve the salad on:
- Lettuce leaves
- or as hors-d’œuvre.

*Avocado Spread, page 22.*

**ASPIG SALADS**

**CHICKEN, VEAL, FISH, ETC.**

Any clever person can take a few desolate-looking ice-box left-overs and glorify them into a tempting aspic salad. For utilizing left-overs an aspic is second only to a soufflé—well-combined scraps resulting in a dish that is sometimes as good as one composed of delicacies.

Use:
- Cooked diced meat
- Cooked flaked fish
- Hard-boiled eggs
- Cooked sweetbreads
- Shredded cabbage
- Nuts
- Cooked beets
- Cooked or raw carrots
- Skinned grapefruit sections
- Stuffed ripe or green olives
SALADS

Pickles
Diced cucumbers
Diced celery
Cooked celeriac
Sliced green peppers

BASIC RECIPE for ASPIC SALAD

5 Servings

Soak:
\[ \frac{1}{4} \text{ tablespoon gelatine} \]
in:
\[ \frac{1}{4} \text{ cup cold Stock (page 36)} \]
Dissolve it in:
\[ \frac{1}{4} \text{ cup boiling Stock} \]
Add this to:
\[ \frac{1}{4} \text{ cup cold Stock} \]
\[ 2 \text{ tablespoons vinegar or } \frac{1}{4} \text{ tablespoons lemon juice} \]
Salt
Paprika
Celery salt
\[ \frac{1}{4} \text{ teaspoon sugar (optional)} \]

If the aspic is to cover unseasoned food make the gelatine mixture 'peppy.' Chill it and when it is about to set combine it with:
\[ 1 \frac{1}{2} \text{ cups solid ingredients} \]

Pour the aspic into a wet mould and chill it until it is firm. Unmould it on lettuce leaves and serve it with or without:

- Mayonnaise, cream horse-radish dressing, etc.

EMERGENCY ASPIC

5 Servings

Follow the preceding recipe. Substitute beef cubes, Bovril, or canned bouillon for the stock. Dissolve:
\[ 1 \text{ beef cube} \]
in:
\[ 1 \text{ cup boiling water} \]
or dissolve:
\[ \frac{1}{4} \text{ teaspoon Bovril} \]
in:
\[ 1 \text{ cup boiling water} \]

Use canned bouillon as directed on the label.

Canned asparagus
Seedless grapes
Cranberries, halved
Chopped parsley, chives, mint, or other herbs (see page 787)

FOUNDATION RECIPE for JELLY I—for VEGETABLE SALADS

6 Servings

Soak:
\[ 1 \text{ tablespoon gelatine} \]
in:
\[ \frac{1}{4} \text{ cup cold water} \]
Dissolve it in:
\[ 1 \text{ cup boiling water or Light Coloured Stock (page 36)} \]
Add:
\[ 2 \text{ to } 4 \text{ tablespoons sugar} \]
\[ \frac{1}{4} \text{ teaspoon salt (if water is used)} \]
\[ \frac{1}{4} \text{ cup mild vinegar or lemon juice} \]
\[ 1 \text{ tablespoon grated onion (optional)} \]

Chill the aspic and when it is about to set combine it with:
\[ 1 \frac{1}{2} \text{ cups cooked or raw diced vegetables} \]

Place the salad in a wet mould. Chill it until it is set. Serve it on:

- Lettuce

with:

- Mayonnaise

FOUNDATION RECIPE for JELLY II—for FRUIT SALADS

6 Servings

It is well to know that fresh pineapple cannot be added to a gelatine salad without ruining it. The pineapple must be cooked. Canned pineapple complies with this rule and may be used as it is.

Soak:
\[ 1 \text{ tablespoon gelatine} \]
in:
\[ \frac{1}{4} \text{ cup cold water} \]
Dissolve it in:
\[ 1 \text{ cup boiling water or fruit juice} \]
Add:
\[ 4 \text{ to } 6 \text{ tablespoons sugar *} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ \frac{1}{4} \text{ cup lemon juice} \]
Chill the aspic and when it is about to set combine it with:

1 1/2 cups prepared drained fruit
Place it in a wet mould and chill it until it is firm. Serve it with:

Cream mayonnaise
* If sweetened fruit juice is used less sugar is required.

MINT GELATINE for FRUIT SALADS
Pour:
1 cup boiling water over:
1/2 cup crushed mint leaves
Allow them to steep for 5 minutes. Drain this infusion. Add a few drops of:
Green colouring
Prepare by the rule on page 425:
Foundation Jelly II (substitute the mint infusion for the boiling water)

FOUNDATION RECIPE for MAYONNAISE JELLY
5 Servings (without the addition of solid ingredients)
This aspic has a rich, creamy consistency, but is not at all rich. It is a desirable summer dish which combines well with meat, fish, vegetables, or fruit.
Soak:
1 tablespoon gelatine
in:
1/2 cup cold water
Dissolve it in:
1 1/2 cups boiling water or Stock or Stock Substitute (page 38)
Chill these ingredients slightly, then combine them with:
1/2 cup mayonnaise or other salad dressing
Salt
Paprika
Chill the jelly and when it is about to set add:
2 cups solid ingredients (meat or fish and vegetables cut into small pieces)
The solid ingredients may be omitted and the jelly may be served on:
Lettuce

TOMATO ASPIC I
8 Servings (without the addition of solid ingredients)
Boil for 30 minutes, then strain:
3 1/4 cups tomatoes (contents of a No. 21 can)
1 teaspoon salt
1/2 teaspoon paprika
1 1/2 teaspoons sugar
2 tablespoons lemon juice*
3 tablespoons chopped onion
1 bay leaf
4 sticks of celery with leaves
Soak:
2 tablespoons gelatine
in:
1 1/2 cup cold water
Dissolve it in the strained hot juice. Add water to make 4 cups of liquid. Chill the aspic. When it is about to set add 1 or 2 cupfuls of solid ingredients—a choice or a combination of:
Sliced olives
Chopped celery
Chopped green peppers
Grated or chopped carrots
Chopped meat
Flaked fish
Well-drained oysters, etc.
Chill the aspic until it is firm. Un-mould it and serve it with:
Mayonnaise or boiled dressing
If the aspic is made without the addition of solid ingredients serve it with:
Cream Horse-radish Dressing (page 451) or Almond and Cucumber Dressing (page 451)
See Tomato Aspic Ring below.
* The aspic may be pepped up later by the addition of horse-radish and Worcestershire sauce.

TOMATO ASPIC II
8 Servings
Delicious and unusual.
Soak:
1 tablespoon gelatine
in:
2 tablespoons cold water
Dissolve it in:
2 tablespoons boiling water
Add the contents of:
1 (10 1/2 oz.) can tomato soup
Heat about:
2 cups tomato juice *
Dissolve in it:
1 pint square lemon jelly
Combine the two mixtures. Add:
\( \frac{1}{2} \) teaspoon salt
Mould and chill the aspic.
* Contents of two 7\( \frac{1}{2} \)-ounce cans.

**TOMATO ASPIC RING**

Prepare the preceding:
Tomato Aspic I or II

Make it with or without the addition of the solid ingredients. Pour it into a wet ring mould.* Chill it until it is firm. Unmould it on:

**Lettuce**

Fill the centre with:

- Cole slaw
- Sliced cucumbers
- Shrimps, etc.
- Diced avocado

Combine these ingredients with:

- Mayonnaise or
- Boiled salad dressing

or fill the ring with:

- Chicken or Fish Salad (page 418)
- Chilled Oysters, Crab, etc.
- Cottage cheese and chives

Or prepare a highly seasoned aspic ring with fish or oysters and fill the ring with something bland like:

- Celeriac Salad (page 418) or
- Marinated cucumbers

* Individual ring moulds may be lined with a thin sheet of caviare then filled with aspic that is about to set.

**QUICK TOMATO ASPIC**

8 Servings

Soak:
2 tablespoons gelatine
in:
\( \frac{1}{2} \) cup cold tomato juice
Dissolve it in:
3\( \frac{1}{2} \) cups hot tomato juice

Tomato juice varies. It is wise to taste the aspic to see whether additional seasoning is required. Lemon juice is good, so is a teaspoonful of chopped or dried herbs (see page 787), preferably basil. Add, if desired, 1 or 2 cupfuls of solid ingredients (see Tomato Aspic, page 426). Mould, chill, unmould, and serve the aspic as directed.

**FROZEN TOMATO ASPIC**

12 to 15 4\( \frac{1}{2} \)-inch cubes

This is fine for plate luncheons, frozen in refrigerator trays and served in cubes topped with a dab of mayonnaise.

Prepare the above:

Quick Tomato Aspic

Cool it. Place it in a refrigerator tray until partially frozen. Add:

- 1 or 2 stiffly beaten egg whites

Beat the mixture well. Freeze it.

**CIDER ASPIC**

About 3 cupfuls without solid ingredients

Dissolve:

- 1\( \frac{1}{2} \) tablespoons gelatine

in:

- \( \frac{1}{4} \) cup water

Combine and heat:

- 2 cups cider
- \( \frac{1}{4} \) cup lemon juice
- \( \frac{1}{2} \) to \( \frac{3}{4} \) cup sugar
- \( \frac{1}{2} \) teaspoon salt

You may add:

- \( \frac{1}{4} \) teaspoon cinnamon
- \( \frac{1}{4} \) teaspoon cloves

Add the soaked gelatine. Heat and stir it until it is dissolved. Mould and chill the aspic.

This is a good aspic into which you may mould when nearly set 2\( \frac{1}{2} \) cupfuls of ingredients:

- Grated carrots, chopped apples, avocado, celery, nuts, etc.

**GRAPEFRUIT ASPIC**

8 Servings

Soak:

- 1\( \frac{1}{2} \) tablespoons gelatine

in:

- 1 cup cold water

Dissolve it in:

- 1 cup boiling water
SALADS

Add to it:
3 tablespoons lemon juice
½ cup sugar
Chill the jelly until it is about to set.
Peel:
3 large grapefruit
Separate the inner skin from the sections. Reserve the juice. Add the juice and the fruit to the gelatine mixture. Chop and add:
½ cup tender celery
½ cup blanched shredded almonds (optional)
Place the aspic in a wet ring mould or in individual moulds. Chill it until it is firm. Unmould it and serve it on lettuce with:
Mayonnaise or Cream Cucumber Dressing (page 431)

GRAPEFRUIT JELLY with SHERRY

10 Servings
Soak:
2½ tablespoons gelatine
in:
½ cup cold water
Stir over heat until the sugar is dissolved:
½ cup water
1 cup sugar
Dissolve the gelatine in the hot syrup. Cool it. Add the contents of:
2 (9½ oz.) cans grapefruit juice or
2 cups and 6 tablespoons of fresh grapefruit juice*
3 tablespoons lemon juice
½ cup sherry
½ teaspoon salt
Pour these ingredients into a well-oiled 9-inch ring mould. Chill the jelly until it is firm. Turn it out on a dish. Fill the centre with:
Water-melon balls
If water-melon is not available substitute:
Soft cream cheese balls rolled in chopped nuts
Garnish the outer edge of the dish with:
Alligator pear slices
alternating with skinned:
Grapefruit or orange sections
on:
Watercress or shredded lettuce
Sprinkle it with:
Pomegranate seeds
Serve the salad with:
Mayonnaise and French dressing
* For delicacy of flavour the fresh juice is preferable.

ASPIC with GRAPEFRUIT, SWEETBREADS, and CELERY

12 to 14 Servings
Sometimes with the luck of a Madame Galvani—only with less far-reaching results—a hostess will hit upon an unusual combination. This is one:
Soak:
2½ tablespoons gelatine
in:
½ cup cold Stock or Stock Substitute (page 38)
Dissolve it in:
3¾ cups boiling Stock
Add:
Grated lemon rind and as much grapefruit or lemon juice as is palatable
As the aspic is to go over unseasoned food season it highly with:
Salt
Paprika
A few grains of cayenne
Chill it. When it is about to set, combine it lightly with:
Skinned sections of 2 grapefruits
1 large stalk celery, diced
1 pair of Sweetbreads (page 338), boiled and diced
½ cup nuts (optional)
Mould the salad in individual moulds or in one mould. Chill it and unmould it. Serve it with:
Mayonnaise

TONGUE in ASPIC

8 Servings
A fine-looking dish as well as a palatable one.
Cover with cold water and soak for 12 hours:
A 3-pound smoked ox tongue *

Cover the tongue with fresh water.
Add:
- 1 onion, sliced
- 1 cup chopped celery with leaves
- 3 bay leaves
- 1 teaspoon peppercorns

Simmer it until it is tender (from 2 to 4 hours). Leave it in the stock until it is slightly cooled. When cold enough to handle, skin it and remove all the dry, hard portions and the roots.

Prepare the following aspic.
Soak:
- 3½ tablespoons gelatine

Dissolve it in:
- 1¼ cups boiling tongue stock (to which beef cubes or Bovril may be added)
- ½ cup vinegar or juice of 1 lemon
- 1 tablespoon sugar
- Salt if required
- A few drops of Caramel (page 690) or Parisian Essence for colour
- 1 teaspoon Worcestershire sauce

Chill the aspic and when it is about to set add:
- ½ cup chopped sour-sweet pickles
- 1 cup chopped celery
- ½ cup chopped green peppers

Have ready a mould or bread pan that has been moistened with cold water. Place a small amount of aspic in the bottom of the mould. If desired mould into this sliced eggs, carrots, cooked beets, canned mushrooms, etc. Put the tongue into the mould and pour the remaining aspic around and over it. When well chilled unmold the aspic on a dish. Garnish:

- Lettuce leaves
- Devilled eggs
- Parsley
- Slices of lemon

Serve it with:

Mayonnaise

* A fresh ox tongue may be substituted.

Do not soak it. Cover it with boiling water to which the onion, etc., have been added.

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**SALAD**

**CHICKEN JELLY SALAD**

6 Servings

Soak:
- 1 tablespoon gelatine

in:
- ½ cup cold Chicken Stock (page 36)

Dissolve it in:
- ½ cup hot, well-flavoured Chicken Stock

Add, if the stock is not already seasoned:
- ½ teaspoon grated onion
- Salt
- Paprika

Cool this mixture until it is about to thicken. Beat it with a wire whisk until it is frothy.

In a separate bowl beat until stiff:
- 1 cup heavy cream or evaporated milk (pages 565, 566)

Fold in the gelatine mixture and:
- 1¼ cups cooked diced chicken

Dip individual moulds in water. Pour the jelly into them. Chill it until it is firm. Unmould it. Serve the jelly on:

- Lettuce with:
  - Mayonnaise or Almond and Cucumber Dressing (page 451)

- Jellied Chicken, page 133; Chicken Mousse, page 136.

**JELLIED HAM LOAF**

6 Servings

Prepare:

Foundation Recipe I for Vegetable Salad * (page 425)

When the aspic is about to set add:
- 1 cup cooked diced ham
- ½ cup diced celery
- ½ cup chopped green peppers
- 2 tablespoons finely chopped onions
- 2 hard-boiled eggs, diced

Pour the aspic into a mould. Chill it until it is firm. Unmould it and serve it with or without:

- Mayonnaise
  - Or, 1 pint package lemon jelly may be substituted.

Dissolve the gelatine in:
- 2 cups boiling water
SALADS

Cool and add:
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ½ teaspoon paprika

*Ham Mousse, page 136.*

**CUCUMBER MOUSSE**

6 Servings

Soak:
- 2 teaspoons gelatine
in:
- 3 tablespoons cold water
Dissolve these ingredients over heat.
Add:
- 2 teaspoons vinegar or lemon juice
- 1 teaspoon onion juice
- ½ teaspoon salt
- ½ teaspoon paprika

Cool this mixture.

Drain well:
- 1 cup peeled, seeded, and chopped cucumbers

Whip until stiff:
- 1 cup cream

Beat the gelatine mixture gradually into the cream. Fold in the cucumbers.

Oil individual moulds. Fill them with the jelly. When they are thoroughly chilled invert the jelly on to a dish.

Garnish it with:
- Parsley
- Lettuce leaves
- Chilled sliced tomatoes

Serve the salad with:
- Mayonnaise

Or, for individual service, invert the contents of the moulds on to thick slices of peeled tomato and garnish them with mayonnaise. Use somewhere, in the mayonnaise or as a garnish (because they are a decided addition):
- Chopped chives

**CUCUMBER JELLY and CHEESE MOUSSE**

8 Servings

The clear green cucumber jelly and the white cheese mixture make a very decorative salad.

Pare and slice:
- 3 cucumbers

Add and simmer until the cucumbers are very tender:
- 1 slice of onion
- 1 tablespoon chopped green pepper
- 1 tablespoon minced nasturtium pods (optional)
- 1 tablespoon tarragon or other vinegar
- 2 cups cold water

Soak:
- 2 tablespoons gelatine
in:
- 2 tablespoons cold water

Dissolve it in the cucumber mixture. Strain these ingredients through double cheesecloth. Add:
- A few drops of green colouring
- ½ teaspoon salt

Place the jelly in a wet 9-inch ring mould. Mash with a fork:
- 6 ounces soft cream cheese

Stir in:
- Salt
- Paprika
- A few drops of onion juice

Soak:
- 1 tablespoon gelatine
in:
- 2 tablespoons cold water

Dissolve it in:
- ½ cup boiling water

Cool it. Add it to the cheese. Add:
- 3 tablespoons blanched chopped almonds

Whip until stiff, then fold into the cheese mixture:
- 1 cup heavy cream

Heap the cheese in the mould on top of the cucumber jelly. Chill the salad until it is firm. Unmould it on a dish garnished with:
- Chilled sliced tomatoes
- Watercress, salad, or lettuce

Serve it moul-
- Mayonnaise

**CUCUMBER JELLY I**

(with CHICKEN STOCK)

6 Servings

Soak:
- 2 tablespoons gelatine
in:
  2 tablespoons cold water

Bring to the boiling point:
  1 cup Chicken Stock
  1 slice of onion
  1 sprig of parsley
  1 small stalk of celery with leaves

Add the gelatine and:
  \( \frac{1}{2} \) teaspoon salt

Strain the mixture. Permit it to cool for 5 minutes. Pare and seed:
  2 large cucumbers

Grate them. Add them to the jelly. Colour the jelly with:
  A little green colouring

Strain it. When it begins to thicken pour it into small paper cups. Serve the cups garnished with:

- Bits of pimento
- Tartar Sauce (page 390)

**CUCUMBER JELLY II (on TOMATO SLICES)**

8 Servings

Fine for a meat dish or ring mould.

Pare and seed:
- Cucumbers

Grate them. There should be 4 cupfuls of pulp and juice. Soak:
  2 tablespoons gelatine
in:
  \( \frac{1}{2} \) cup cold water

Dissolve it in:
  \( \frac{3}{4} \) cup boiling water

Add:
  6 tablespoons lemon juice
  2 teaspoons grated onion

Add the gelatine mixture to the cucumber pulp with:
  1 teaspoon sugar
  \( \frac{1}{2} \) teaspoons salt
  \( \frac{1}{2} \) teaspoon paprika
  A little green colouring

Strain the jelly. Place it in small moulds.* When it is firm invert it on to:

- Thick slices of skinned tomatoes

Garnish the slices with:
- Watercress

Serve the salad with:
- Mayonnaise

* Or place in a 9-inch ring mould.

Chill the jelly. When firm invert it on to a dish. Fill the centre with:
- Marinated shrimps

Garnish the edge with alternating:
- Tomato slices
- Cucumber slices

Serve the ring with:
- Herb Mayonnaise (page 450)

**SEEDLESS GRAPE and ASPARAGUS ASPIC**

10 Servings

A refreshing summer salad.

Drain the contents of:
  1 (15 oz.) can asparagus tips

Reserve the liquor. The tips may be cut in two or they may be used whole as a garnish around the edge of the mould. Soak:
  1 tablespoon gelatine

in:
  3 tablespoons asparagus liquor

Heat the remaining asparagus liquor and dissolve the gelatine in it. Add to it to make 2 cupfuls of liquor in all:
- Chicken bouillon*

Season these ingredients with:
- Salt
- Paprika

Chill them. When they are nearly set combine them with:
  2 cups seedless grapes
  1 cup chopped celery
  The asparagus tips

Chill the salad until it is firm. Unmould it and serve it with:
- Mayonnaise

* Canned bouillon may be substituted.

**CELERY ASPIC in RING MOULDS on TOMATO SLICES**

6 Servings

Prepare:
- Foundation Jelly I (page 425)

Add to it a very little:
- Green colouring (optional)

When it is about to set add:
  \( \frac{1}{2} \) cups minced celery

Fill individual ring moulds and chill
the jelly until it is firm. Invert the contents of the moulds on to:

Thick slices of skinned tomato
Place in the centre of each ring:

3 stuffed olives
Serve the aspic with:

Lettuce or watercress
Mayonnaise

CARDINAL SALAD
8 Servings
Wash well, then boil:

8 small Beets (page 266) or use canned beets
Drain them. Reserve the beet juice. Peel the beets and dice them. There should be about 1 cupful. Prepare:

1 cup diced celery
Dissolve the contents of:

1 pint package lemon jelly in:

1 cup boiling water
Add to it:

1 cup beet juice
3 tablespoons vinegar
1 teaspoon salt
2 teaspoons grated onion
1 tablespoon prepared horseradish
Chill these ingredients until they are about to set. Fold in the beets and the celery. Place the salad in a wet mould. Chill it until it is firm. Unmould it on:

Lettuce
Serve it with:

Mayonnaise or Boiled salad dressing

BEET GELATINE SALAD
6 Servings
Prepare:

Foundation Recipe for Jelly I* (page 425)
When the jelly is about to set add:

1 cup cooked, diced Beets (page 266)
1 cup diced celery
* The jelly may be coloured with a little red colouring or a little beet juice may be substituted for part of the water.

MOULDED VEGETABLE GELATINE SALAD
(With lemon jelly)
6 Servings
Dissolve the contents of:

1 pint package lime or lemon jelly in:

2 cups warm water
Prepare:

1 1/2 cups finely diced vegetables (equal parts of cucumber, carrot, celery, unpeeled radish)
1/4 green pepper, diced
2 teaspoons grated onion
1 teaspoon salt
1 teaspoon paprika
When the jelly is about to set add the vegetables. Place the salad in well-oiled individual ring moulds. Chill it thoroughly. Turn it out on:

Shredded lettuce or watercress
Fill the centres with:

Mayonnaise or Boiled Salad Dressing II (page 452)

MOULDED VEGETABLE SALAD II
6 Servings
Prepare:

Foundation Recipe for Jelly I (page 425)
When it is about to set add:

1 1/2 cups chopped vegetables (cabbage, celery, carrots, green peppers, a few mint leaves, etc.)
Chill the salad.

MOULDED VEGETABLE SALAD III
Prepare:

Foundation Recipe for Jelly I (page 425)
When it is about to set add:

1 1/2 cups diced avocado, celery, and olives or pimento
Chill the salad.

GREEN PEPPER SLICES III
Dissolve the contents of:

1 pint package of lemon jelly
SALADS

in:
1 1/2 cups warm water
When the jelly is nearly set stir in:
x cup prepared horse-radish
Season the jelly, if required, with:
Salt
Vinegar
Follow the rule for Green Pepper Slices (page 417). If desired the jelly may be coloured green and placed in red peppers.

QUICK GELATINE SALAD

About 5 servings
A fine general utility dish.
Prepare:
Foundation Recipe for Jelly I* (page 425)
Cool the mixture until it is about to set. Add to it:
2 to 3 cups solid ingredients
Use one or more of the following:
Cooked meat, diced
Flaked canned or cooked fish
Chopped celery
Shredded cabbage
Chopped pickles
Grated carrots
Capers
Chopped green pepper
Sliced cucumbers, etc.
Chill it until it is firm. Serve it with:
Mayonnaise
Fill a vegetable ring with fish salad or cottage cheese. Fill a meat or fish ring with vegetable salad.
* A pint package of lemon or meat flavoured jelly dissolved in 2 cupfuls of water may be substituted. Add lemon juice or vinegar to the first and 1/2 teaspoon of Worcestershire sauce to pep it up.

QUICK ASPIC SALAD

8 Servings
This dish (my own palate-child) has saved my life—at least my reputation—on so many occasions that I dedicate it gratefully with all good wishes to any hostess caught in a pinch.
Proportions are unimportant for this refreshing, quickly made salad, and ingredients may be altered freely to suit the cook’s taste or materials on hand. Celery, olives, hard-boiled eggs, etc., may be added.

Drain, reserving the juices:
x (No. 2) can grapefruit sections
x (10 1/2 oz.) can asparagus, green or white.
x (6 1/2 oz.) can crab or shrimps
Cut the asparagus into pieces. Pick over the crab or remove the intestinal vein from the shrimps. Add to the juices to make 2 1/2 cupfuls of liquid:
Chicken broth, Stock (page 36), canned consommé or dissolved chicken bouillon cubes

Soak:
1 1/2 tablespoons gelatine
in:
1/4 cup of this liquid

Dissolve it in:
1 cup of hot liquid
Combine the gelatine and the remaining liquid. Season well with the:
Juice of x or more lemons or with
1/4 cup dry white wine
Add if needed:
Salt
You may add:
3 or more tablespoons capers, caper liquor

Chill the gelatine until it begins to thicken. Have ready an oiled mould. Pour part of the gelatine into it, sprinkle some grapefruit, crab, and asparagus over it, then alternate layers of gelatine and the other ingredients. Wind up with gelatine on top. Chill the aspic until it is very cold. Serve it on:
Lettuce
with:
Herb Mayonnaise (page 450)

FISH in ASPIC

8 Servings
This and the preceding rule may be classed with my three-star recipes. Prepare for cooking (see page 220), then cut into 4 or 5 pieces:
A fish weighing about 2 1/2 pounds
Bring to the boiling point:
5 cups water
3 or 4 sticks of celery with leaves
1 small onion, sliced
SALADS

4 or 5 sprigs of parsley
3 tablespoons lemon juice
1 inch of lemon rind
3 peppercorns
1 teaspoon dried herbs (tarragon, basil, etc.)
1 teaspoon paprika
1 teaspoon salt

Drop the fish into the boiling stock. Simmer it until it is tender. Do not permit it to boil at any time. This is a quick process requiring only 5 minutes or so. Test the fish (see page 220). Remove it at once from the stock. Strain the stock. There should be about 3 1/2 cupfuls. If there is not, add water, chicken stock, etc. Soak:

2 tablespoons gelatine

1/2 cup cold fish stock

Dissolve it in the hot stock. Add:
2 tablespoons or more capers
1 tablespoon caper juice

Season the stock well with:
Salt
Paprika

Lemon juice or dry white wine

Chill it until it begins to thicken. Remove the skin and bone from the fish. Leave it in large flakes or pieces. Place a layer of aspic in a wet mould, cover it with flaked fish, and repeat this process until the ingredients are all used. Wind up with aspic on top. Chill the aspic. Serve it very cold with:

Mayonnaise (page 449) or sour cream

To either of which you may add:
1 or 2 tablespoons chopped herbs
(chives, tarragon, parley, etc.)

Diced cucumbers

This makes a fine main dish. Decorate the dish with watercress or shredded lettuce, surround it with devilled eggs, radishes, and olives. Serve with it:

Luncheon Bread (page 474) or
Garlic Bread (page 65)

MOULDED LOBSTER RING

6 Servings
Soak:
11/2 tablespoons gelatine
in:
1/2 cup cold water

Dissolve it in:
2 cups hot chicken or veal broth

Season with:
Salt
Paprika

Chill the aspic until it is about to set. Line an oiled mould with:
1 pound drained asparagus tips

Add part of the aspic and:
1 pound cooked lobster meat

Add the remaining aspic. Chill the salad. Serve it on:

Lettuce
with:
Mayonnaise

JELLIED SALMON, CRAB, or
TUNA FISH and CUCUMBER
SALAD I

6 Servings

Prepare:

Foundation Recipe for Jelly I* (page 425)

Pare, seed, and dice:

Cucumbers

Drain, flake, and add:

Salmon or tuna fish (there should be 1 1/2 cups fish and vegetables in all)

When the jelly is nearly set combine it with the solid ingredients. Pour it into a wet mould and chill it until it is firm. Unmould it and serve it on:

Lettuce
with:

Mayonnaise or
Boiled dressing

*Lemon jelly may be used for the aspic by adding water, vinegar, salt, pepper, and onion juice.

JELLIED SALMON, CRAB, or
TUNA FISH and CUCUMBER
SALAD II

6 Servings

Combine:
1 cup chopped cucumber
1 teaspoon salt
1 teaspoon white pepper

Pour over these ingredients:
1 cup warm vinegar

Permit them to stand for 15 minutes. Drain off the vinegar. Reserve it.
Soak:
2 tablespoons gelatine
in:
½ cup cold water
Bring to the boiling point ½ cupful of the vinegar and:
½ cup sugar
2 tablespoons lemon juice
1½ cups water
Dissolve the gelatine in the hot mixture. Cool it. Add a little:
- Green colouring
- 2 tablespoons chopped green pepper
and the cucumber. When it begins to thicken pour ½ of it into a wet mould. Add about:
- 1 cup flaked crab
and the remaining jelly.
Chill it until it is firm. Unmould the jelly on to:
- Lettuce
Serve it with:
Mayonnaise or Thousand Island Dressing (pages 449-50)

JELLIED SALMON, TUNA, or CRAB SALAD

6 Servings
Drain about:
- ½ cup salmon, tuna, or crab
Prepare:
Foundation Recipe for Jelly I (page 425)
Chill it. Prepare:
- 2 hard-boiled eggs
Slice or chop them. Prepare:
- ½ cup chopped cabbage or celery
- 2 tablespoons shredded green peppers
Cut into halves lengthwise:
- 6 or more stuffed olives
When the jelly is nearly set, wet a mould and pour part of it into the mould. Place the salmon in the centre. Surround it with the eggs, olives, and other ingredients. Fill the mould with the remaining jelly. Chill it until it is set. Serve it with:
- Mayonnaise

Moulded Cheese and Tomato Salad, page 443.

CRAB MOULD

6 Servings
Soak:
2 teaspoons gelatine
in:
½ cup cold water
Dissolve it in:
½ cup boiling water
Add it to:
½ cup mayonnaise
Combine it with:
- 1 cup flaked crab
- ½ cup chopped celery
- 2 tablespoons chopped parsley
- ½ cup chopped cucumber
- 2 tablespoons chopped stuffed olives
Salt if required
½ teaspoon paprika
1 tablespoon or more lemon juice
Place these ingredients in a wet mould. Chill them until they are firm. Unmould them on:
- Cress or shredded lettuce
- * Carrots, apples, etc., may be substituted for the cucumber and celery.

MOULDED TUNA FISH SALAD

6 Servings
This is only a slight variation from the preceding Crab Mould. As both salads are well balanced, I cannot make up my mind to discard either.
Soak:
- 2 teaspoons gelatine
in:
- ½ cup cold water
Dissolve it by placing it over hot water. Cool and combine it with:
- ½ cup mayonnaise
- Salt
- Paprika
- Vinegar
The jelly is to go over unseasoned food, so it may be highly seasoned. Chill it and when it is about to set fold into it:
- 1 cup flaked tuna fish
- 1 cup chopped celery
- ½ cup chopped olives
- 3 tablespoons chopped pimento
  (optional)
Place the salad in a wet mould. Chill it until it is firm. Unmould it on:
- Lettuce
LOBSTER MOUSSE
6 Servings
Soak:
1 tablespoon gelatine
in:
½ cup water
Dissolve it over boiling water. Combine:
½ cup minced celery
½ cups lobster meat, canned or cooked
½ cup minced apple (optional)
½ cup mayonnaise
3 tablespoons lemon juice
Season these ingredients with:
Salt
Paprika
Add the gelatine. Whip until stiff, then fold in:
½ cup heavy cream
Place the mousse in a wet mould. Chill it thoroughly. Unmould it on a dish garnished with:
Watercress
Marinated cucumbers

MOULDED FISH MOUSSE
(Whipped Cream Basis)
Soak:
1 tablespoon gelatine
in:
1 cup water
Dissolve it in:
½ cup boiling stock or water
Cool it. Add to it:
1 cup mayonnaise
1 tablespoon lemon juice
Salt
Paprika
1 teaspoon Worcestershire sauce
1 tablespoon grated onion
Whip until stiff, then fold in:
1 to ½ cup heavy cream
Chill these ingredients until they are about to set. Prepare:
2 to 2½ cups cooked or canned fish,* finely flaked or minced
Fold this into the gelatine mixture. Place the salad in an oiled mould. Chill it. Serve it with:
Artichoke bottoms
Sliced tomatoes, etc.
* This may be part finely chopped celery or pickles or 2 tablespoons capers.

MOULDED FISH
(Cream Sauce Basis)
6 Servings
Soak:
½ tablespoon gelatine
in:
2 tablespoons water
Combine, then stir constantly over boiling water until thickened:
2 egg yolks
1½ tablespoons soft butter
1 tablespoon flour
1 teaspoon salt
2 teaspoons sugar
1 teaspoon Worcestershire sauce or
1 teaspoon curry or
1 teaspoon dry mustard
1 teaspoon grated onion
A few grains of red pepper
¼ cup vinegar
⅛ cup milk
Add dissolved gelatine and stir until it is dissolved. Prepare:
1½ cups sea food* (cooked or canned shrimps, salmon, etc.)
When the gelatine is nearly set place part of it in the bottom of an oiled ring mould, add part of the fish, then more gelatine. Repeat this until all ingredients have been used, finishing with gelatine on top. Chill the salad until it is firm. Serve it on:
Watercress
Fill the ring with:
Marinated cucumbers
Surround it with:
Sliced tomatoes
* Or use part fish and part chopped celery.

FROZEN LOBSTER, SALMON, CRAB, or CHICKEN SALAD
8 Servings
Soak:
1 tablespoon gelatine
in:
1 cup Chicken Stock (page 36) or canned chicken bouillon
Dissolve it in:
⅛ cup hot Cream Sauce I (page 379)
Add:

1 cup diced lobster
½ teaspoon salt
½ teaspoon nutmeg

Chill this mixture, but do not permit it to become firm. Beat until stiff:

½ cup heavy cream

Beat in:

½ cup mayonnaise

Combine the cream with the gelatine mixture. Add:

Lemon juice
Seasonings

Freeze it in a refrigerator tray. Serve the salad on:

Lettuce or romaine (cos lettuce)

Garnish it with:

Pimentos
Chives (optional)

SEEDLESS GRAPE and CELERY RING

8 to 10 Servings

Prepare:

Lemon Jelly or Orange Jelly* (page 670)

When it is about to set add to it:

3 cups seedless grapes and diced celery combined in any proportion

Place the jelly in a wet 9-inch mould and chill it. Unmould it on:

Lettuce

Fill the centre with:

Cream mayonnaise

* This makes rather a sweet salad. If you like it tart substitute Foundation Jelly II (page 425).

Seedless Grape and Asparagus Aspic, page 431.

DUCHESS SALAD

10 Servings

Boil:

1 1/2 cups water

Pour it over:

1 pint package lemon jelly

Add:

1 cup sugar
3 tablespoons lemon juice
3 tablespoons pineapple juice
½ teaspoon salt

Chill the jelly until it is about to set. Combine it with:

2 cups shredded cabbage
1 cup diced canned pineapple or fresh pineapple, cooked
½ cup chopped celery
2 tablespoons chopped pimento

Pour the salad into a wet mould. Chill it until it is set. Unmould it on:

Lettuce

Serve it with:

Mayonnaise or
Boiled salad dressing

* The solid ingredients may be combined with Foundation Jelly II (page 425) in place of the gelatine mixture.

GOLDEN GLOW SALAD

8 to 10 Servings

Good in flavour and lovely in colour.

Grate or mince:

2 cups raw carrots

Drain:

1 cup crushed canned pineapple

Heat to the boiling point:

½ cup pineapple juice*
½ cup water
½ teaspoon salt

Dissolve in the hot liquid:

1 pint package lemon jelly

Chill the jelly and when it is about to set combine it with the carrots and pineapple. Chill the jelly until it is firm. Unmould it on:

Lettuce

Serve it with:

Mayonnaise

* The solid ingredients may be combined with Foundation Jelly II (page 425) in place of the gelatine mixture.

CELERY ROOT (CELERIAC) RING SALAD

8 Servings

Cook by the rule on page 418:

4 celery roots

Put the celery roots through a sieve. Add:

1 (2 oz.) can of pâté de foie gras

Soak:

2 tablespoons gelatine
\( \frac{1}{4} \) cup chicken bouillon
Heat, then dissolve the gelatine in:
\( 1 \frac{1}{2} \) cups chicken bouillon
Add it to the celery mixture. Stir in:
4 egg yolks
Stir and cook these ingredients over a low flame to permit the yolks to thicken slightly. Season with:
Salt
Paprika
Cool the mixture. Fold in:
\( \frac{1}{4} \) cup cream, whipped
4 stiffly beaten egg whites
Place the salad in an oiled 9-inch ring mould. Fill the mould with:
Marinated Cucumbers (page 407)
Fish
Surround it with:
Tomatoes

MOULDED AVOCADO SALAD

4 Servings
I. Dissolve:
\( 1 \) pint package lemon jelly in:
\( 1 \frac{1}{2} \) cups boiling water
Add:
2 tablespoons lemon juice
1 tablespoon prepared horseradish
1 teaspoon grated onion
Chill these ingredients until they begin to set. Beat the jelly with an egg beater. Fold in:
2 peeled and diced avocados
Place the salad in an oiled mould or in individual moulds. When chilled invert it on to:
Lettuce leaves
Serve it with:
Herb Mayonnaise (page 450)
II. Or soak:
1 tablespoon gelatine in:
2 tablespoons water
Dissolve it in:
1 cup boiling water
Add:
\( \frac{1}{4} \) cup lemon juice
1 cup mashed avocado
\( \frac{1}{4} \) teaspoon celery salt
1 teaspoon salt
\( \frac{1}{2} \) teaspoon Worcestershire sauce
A few grains of cayenne
\( \frac{1}{2} \) cup chopped pimento
To mould and serve the salad follow the above rule.

AVOCADO MOUSSE

Soak:
1 tablespoon gelatine in:
\( \frac{1}{4} \) cup cold water
Dissolve it in:
\( \frac{1}{4} \) cup boiling water or stock
Add:
1 teaspoon salt
1 teaspoon onion juice
2 teaspoons Worcestershire sauce
2 cups avocado pulp, mashed
Chill these ingredients until they are about to set. Whip, then fold in:
\( \frac{1}{4} \) cup heavy cream, whipped
\( \frac{1}{4} \) cup mayonnaise
Place the salad in an oiled mould. Chill it. Serve it on:
Lettuce
Surrounded by:
Grapefruit and orange sections
Pineapple wedges

PINEAPPLE and CUCUMBER SALAD I

6 Servings
Soak:
2 tablespoons gelatine in:
\( \frac{1}{4} \) cup cold water
Put through a mincer:
3 or 4 slices of canned pineapple
1 cucumber, pared and seeded
Save the juices. Add to them:
Juice from a No. 2 can pineapple (1 cup)
Juice of 3 lemons (about \( \frac{1}{4} \) cup)
Enough water to make 1\( \frac{1}{2} \) cups liquid in all
Add:
\( \frac{1}{4} \) cup sugar
\( \frac{1}{4} \) teaspoon salt
Bring these ingredients to the boiling
point and dissolve the soaked gelatine in them. Add:
   A few drops of green colouring
Chill the liquid slightly. Combine it with the minced cucumber and pine-
apple and place it on ice until it is firm. Unmould it and serve it with:
    Cream mayonnaise

PINEAPPLE and CUCUMBER SALAD II

6 Small Servings
This is the preceding rule simplified. It is almost, but not quite, as good as
No. I. Its reason for being is that it is easier to make.
Drain the contents of:
   x (9 oz.) can crushed pineapple
Reserve the juice. Soak:
   x tablespoon gelatine
in:
   \( \frac{1}{2} \) cup cold water
Dissolve it in:
   \( \frac{1}{4} \) cup boiling water
Add:
   \( \frac{1}{2} \) teaspoon salt
   \( \frac{1}{4} \) cup sugar
   \( \frac{1}{4} \) cup lemon juice
The drained pineapple juice
Peel and grate:
   x small cucumber
Add it to the drained pineapple. Combine these ingredients with the
jelly. Pour it into wet moulds. Chill it until it is firm. Invert it on to:
    Lettuce
Serve it with:
    Mayonnaise

MOULDED PINEAPPLE RING

8 Servings
Soak:
   2 tablespoons gelatine
in:
   \( \frac{1}{2} \) cup cold water
Strain the contents of:
   x (No. 2\( \frac{1}{2} \)) can crushed pineapple
   (3\( \frac{1}{2} \) cups)
Add to the juice:
   \( \frac{1}{4} \) cup hot water
Bring these ingredients to the boiling point. Stir in the soaked gelatine until
it is dissolved. Add:
   \( \frac{1}{2} \) cup sugar (\( \frac{1}{4} \) cup and 2 table-
spoons)
Cool the mixture. Add the pineapple and:
   The grated rind of x orange or
   lemon
   \( \frac{1}{2} \) cup orange juice
   3 tablespoons lemon juice
Pour these ingredients into a wet 9-inch ring mould. Chill the gelatine.
Unmould it on a bed of:
    Lettuce or watercress
Fill the centre with:
    Cottage cheese
    Soft cream cheese balls rolled in
    chopped nuts
    Chicken salad, etc.
Serve it with or without:
    Mayonnaise

GINGER-ALE SALAD

10 Servings
This is about the best moulded fruit salad given.
Soak:
   2 tablespoons gelatine
in:
   4 tablespoons cold water
Dissolve it in:
   \( \frac{1}{4} \) cup boiling fruit juice
Add:
   \( \frac{1}{4} \) cup sugar
   \( \frac{1}{2} \) teaspoon salt
   x pint ginger ale
   Juice of x lemon
Chill these ingredients until the jelly is nearly set. Combine it with:
   \( \frac{1}{4} \) pound Malaga grapes, skinned
   and seeded
   x orange, skinned and sliced
   x grapefruit in skinned sections
   6 slices canned pineapple cut in
   pieces
   \( \frac{1}{4} \) pound Canton ginger, chopped
Place the salad in a wet mould. Chill it and unmould it on:
    Lettuce
Serve it with:
    Cream mayonnaise
SALADS

STUFFED NECTARINES,
MOULDED

8 Servings
Soak:
2 1/2 tablespoons gelatine
in:
1/2 cup water
Drain:
1 x No. 2 1/2 can nectarines
Combine and boil:
2 cups of the juice
1 1/2 cups sugar
Dissolve the gelatine in it. Add these ingredients to the remaining juice with:
1/2 cup lemon juice
3 tablespoons lime juice
There should be in all 4 cups of liquid. Add water or other fruit juice to make up this amount. Chill the gelatine until it is about to set.
Soften:
Cream cheese
with a little:
Mayonnaise
Roll it into balls. Roll the balls in:
Chopped nuts
Place a stuffed nectarine in an oiled individual mould. Pour the gelatine over it. Chill the salad well. Invert it on to:
Watercress
It may be served with:
Mayonnaise

MOULDED PEAR SALAD

6 Servings
Drain the contents of:
1 (No. 2 1/2) can Bartlett pears
Soak:
1 tablespoon gelatine *
in:
1/2 cup cold water
Add to the pear juice enough water to make 1 1/2 cups of liquid. Heat part of the liquid to the boiling point. Dissolve the soaked gelatine in it. Combine it with the rest of the liquid.
Add:
3 tablespoons lemon juice
1/2 teaspoon salt
Cool these ingredients. Moisten:
3 ounces soft cream cheese
with a very little:
Cream
(enough to soften it). Add to the cheese:
1/2 cup chopped nuts
1/2 teaspoon salt (optional)
Form the cheese into balls. Place 1 in the centre of a 1/2 pear and cover it with another 1/2 pear.*** Place the stuffed pears in a ring mould or in cups. Pour the gelatine mixture over them. Add, if desired:
1 cup or more seedless grapes
Chill the gelatine until it is firm. Un-mould it on:
Crisp lettuce
Serve it with:
Mayonnaise
* This recipe may be made with lemon jelly.
Use:
1 pint package lime or lemon jelly
1 cup boiling water
1 cup pear juice
1 tablespoon vinegar
1 teaspoon ginger
1 teaspoon salt
Substitute this for the gelatine mixture given in the recipe.
** The size of canned pears varies.
If they are large do not cover them.

BLACK CHERRY and ALMOND ASPIC

6 Servings
Prepare:
Foundation Recipe for Jelly II (page 415)
Substitute for part of the boiling water:
Fruit juice
Cool the gelatine mixture. When it is about to set add:
1 1/2 cups black cherries, stoned *
1/4 cup blanched, shredded almonds
Chill the aspic until it is firm. Un-mould it and serve it with:
Mayonnaise
* These proportions may be varied.
SALADS.

MOULDED CRANBERRY, CELERY, and NUT SALAD

6 to 8 Servings
Cook for 20 minutes:
2 cups cranberries (1 pint)
in:
1 cup boiling water
The cranberries may be used strained or unstrained. If the former, strain them at this time. Add and cook for 5 minutes:
½ cup sugar
½ teaspoon salt
Add the soaked gelatine. Chill the jelly. When it is about to set fold in:
1 cup diced celery
1 cup chopped nuts
Place it in a wet mould and chill it until it is firm. Serve it with:
Mayonnaise

MOULDED CRANBERRY and ORANGE SALAD

10 to 12 Servings
Soak:
1 tablespoon gelatine
in:
¾ cup water
Wash:
1 quart (4 cups) cranberries
2 small oranges
Cut the oranges into quarters. Remove the seeds. Put the fruit through a mincing machine. Use a medium knife. Reserve the juices. Dissolve over heat:
1½ cup sugar*
in:
½ cup water
Add:
1 pint package lemon jelly
and the soaked gelatine.
Stir until the gelatine and jelly are dissolved. Add the ground fruit. Place the salad in a wet mould. (It is fine in a ring mould.) Chill it until it is firm. Unmould it on:
Lettuce
or surround it with wedges of crisp lettuce. Serve it with:
Mayonnaise

MOULDED CRANBERRY and APPLE SALAD

Put through a mincing machine:
1 pound cranberries
Add:
The grated rind of 1 orange
¾ cup orange juice
3½ tablespoons juice
1½ cups sugar
Let this stand overnight. Soak:
1 tablespoon gelatine
in:
3 tablespoons cold water
Dissolve:
1 pint package lemon jelly
in:
1 cup boiling water
Add the soaked gelatine. Stir it until dissolved. Combine these ingredients with the cranberry mixture. Pare, then chop and add:
3 tart apples
Place the salad in a greased mould. When firm unmould it and serve it on:
Watercress
with:
Cream Mayonnaise (page 450)

TWENTY-FOUR-HOUR FRUIT SALAD with CREAM

12 to 14 Servings
Cook in a double boiler until thick
2 egg yolks
¾ cup sugar
¾ cup cream
Juice of 2 lemons
½ teaspoon salt
Stir these ingredients constantly. Chill them and add:
6 slices canned pineapple, diced
2 cups whiteheart cherries, stoned
1 pound grapes, peeled and seeded (optional)
1 cup almonds, blanched and shredded
½ pound marsh mallows cut in pieces
1 cup heavy cream, whipped
Chill the salad for 24 hours. Serve it on:
Lettuce

* The original recipe calls for 1 cup or more of sugar. I like this salad tart.
SALADS

with:
Mayonnaise
or as a dessert with:
Whipped cream

FROZEN FRUIT SALAD

10 to 12 Servings
Drain the contents of:
1 (No. 2) can pineapple
Reserve the juice. Cut the pineapple in pieces. Drain the contents of:
1 (No. 2½) can white cherries
Stone them. Drain the contents of:
1 (No. 2½) can apricots
Cut them in pieces. Melt in a double boiler:
1 tablespoon butter
Add and stir until blended:
1 tablespoon flour
Add:
The pineapple juice
1 tablespoon sugar
1 tablespoon lemon juice
1 egg
Cook and stir these ingredients until they are smooth. Cool them and fold in:
1 cup heavy cream, whipped
Fold in the fruit. Freeze the salad in a refrigerator, or in a mould packed in ice and salt (see page 705). Unmould it and serve it with:
Cream Mayonnaise (page 450)

FROZEN PINEAPPLE CHEESE SALAD

12 Servings
Beat until soft:
6 ounces soft cream cheese
Add and beat until blended:
1 cup mayonnaise
Add:
1 cup crushed, drained pineapple
3 tablespoons icing sugar
Whip until stiff:
1 cup heavy cream
Fold it into the other ingredients. Place the salad in the refrigerator until it is frozen. Cut it into small squares. Serve the squares on:
Lettuce
Surround them with:
Sliced pineapple or other fruit

MOULDED COTTAGE CHEESE

6 to 8 Servings
Soak:
1 tablespoon gelatine
in:
1 cup cold water
Dissolve it by placing it over hot water. Beat until smooth:
2 cups cottage cheese
1 teaspoon salt
1 teaspoon paprika
1 cup cream
1 cup crumbled Roquefort cheese *
12 stuffed olives, chopped
1 cup chopped nuts
Add the cooled gelatine. Pour the cheese mixture into a 7-inch wet border mould and chill it until it is set. Unmould it on:
Lettuce
Fill the centre with:
Fresh fruit or vegetable salad
*The last three ingredients are optional.

French Cheese Cream, page 685.

CHEESE RING with FRUIT

8 Servings
Soak:
1 tablespoon gelatine
in:
1 cup cold water
Dissolve this over hot water. Chop:
2 pimentos
2 small sour pickles
2 tablespoon pecans
4 sprigs parsley
Beat until light:
4½ ounces soft cream cheese
Fold in:
2 tablespoons French dressing
2 tablespoons mayonnaise
and the dissolved gelatine. Stir in the chopped ingredients. Whip until stiff:
1 cup heavy cream
Fold this into the salad mixture. Place it in an oiled 9-inch ring mould. Chill it until it is set. Soak in French dressing:
3 grapefruits, peeled and skinned
2 avocados, peeled and sliced
1 bunch of red grapes, stemmed
1 pineapple, peeled and diced
SALADS

Fill the centre of the ring and surround it with the fruit. Garnish the salad with:
Watercress or lettuce

MOULDED PINEAPPLE CHEESE SALAD

4 Servings
Soak:
1½ teaspoons gelatine in:
½ cup cold water
Dissolve it in:
½ cup boiling pineapple juice
Add:
2 tablespoons sugar
1 teaspoon salt
2 tablespoons lemon juice
Chill the jelly until it begins to set. Combine it with:
3 cup cottage cheese
Beat it until it is smooth. Fold in:
3 cup diced canned pineapple
Place the salad in a wet mould and chill it until it is firm. Unmould it on:
Lettuce

MOULDED CHEESE MAYONNAISE

12 Servings
Soak:
1 tablespoon gelatine in:
¼ cup cold water
Dissolve it in:
½ cup boiling water
Chill it until it is about to set. Beat in:
1 cup mayonnaise
2 tablespoons stuffed olives, sliced (optional)
½ teaspoon Worcestershire sauce
1 teaspoon grated onion
Add to season well:
Tarragon or other vinegar
Salt and paprika
Beat, then fold in:
9 ounces soft cream cheese *
1 cup heavy cream
Place these ingredients in a large ring mould. When chilled invert the ring.
Fill the centre with:
Marinated seafood **
Garnish the dish with:
Lettuce leaves

Fill each leaf with several:
Slices of tomato and cucumber
*The addition of the cheese is optional.
** Fruit salad may be substituted.

MOULDED HORSE-RADISH SALAD

8 Servings
Dissolve:
1 pint package of lemon jelly in:
½ cups hot water
Chill it until it is about to set. Fold in:
1 cup mayonnaise
4 tablespoons prepared horse-radish
1 teaspoon salt
1 teaspoon paprika
5 tablespoons stuffed olives, sliced
1 cup heavy cream, whipped
Fill oiled moulds. Chill the salad until it is set. Unmould it on:
Lettuce
Serve it surrounded by:
Sliced peaches, apples, avocado or other fruit

MOULDED CHEESE and TOMATO SALAD

10 Servings
Soak:
1 tablespoon gelatine in:
¼ cup cold water
Heat until the contents of:
1 (10½ oz.) can tomato soup
Stir the soaked gelatine into it until it is dissolved. Beat in:
1 cup smooth cottage cheese
Cool these ingredients. Fold in:
1 cup mayonnaise
1 cup heavy cream, whipped
Salt
1 cup chopped green peppers
1 cup chopped celery
1 cup chopped onions
1 small cucumber, peeled and diced
You may add:
1 cup crab, shrimps, etc.
Place the salad in a wet ring mould or in individual moulds. Chill it until it is set. Serve it with:
Mayonnaise
Garnishes for Salads

To garnish salads use the following:
- Parsley or watercress in bunches or chopped.
- Lettuce leaves, whole or shredded.
- Heads of lettuce cut into slices or wedges.
- Lemon slices (the edges vandyked) dipped in chopped parsley.
- Olives, shredded, or stuffed olives, sliced.
- Cooked beets cut into shapes or sticks.
- Carrots cut into shapes.
- Pearl onions.
- Pickles.
- Capers
- Pomegranate seeds.
- Cucumbers or Cucumber Slices (page 417).
- Green and red peppers shredded. Pepper Slices I or II (page 417).
- Mayonnaise forced through a tube (the mayonnaise may be coloured).
- Aspic jellies in small moulds, or chopped aspic.
- Eggs hard-boiled, sliced, riced, or stuffed.
- Dwarf tomatoes stuffed with cottage cheese.
- Cherry tomatoes.
- Fresh herbs (sprigs or chopped).

Nut Creams
Roll into ½-inch balls:
- Soft cream cheese
Flatten them slightly between two:
- English walnuts or large pecans, halves

Crab-Apple Garnish
Roll into 1-inch balls:
- Coarsely grated yellow cheese
Place in one side of each ball:
  - A whole clove
Place in the opposite side:
  - The stem of a clove
Sprinkle one cheek of each ball with:
  - Paprika

Egg Apples
Prepare:
- Hard-boiled eggs
While they are warm shell them and press them gently between the palms of the hands until they are round.

Cheese Carrots
Grate:
- Yellow cheese
Moisten it until it is a good consistency to handle with:
  - Cream or salad dressing
Shape it into small carrots. In the blunt end place:
  - A sprig of parsley

Fried Cheese Balls
Add to:
- Cottage cheese
  a generous seasoning of:
  - Paprika
Shape it into small balls. Roll the balls in:

- Finely crushed salted biscuit crumbs

Fry the balls in deep fat (page 481).

Form the cheese into 1-inch balls. Chill them. Serve them bedded on:

- Watercress

This mixture may also be used as cheese spread.

PEPPER GARNISH

Cut slices of:

- Green or red pepper ¼ inch thick

Place a ring of pepper on an individual salad to cover a slice of pineapple, tomato, etc. Fill it with:

- Mayonnaise or other dressing

See Index for Green Pepper Slices I, II and III.

CREAM CHEESE and NUT BALLS

Work with a fork until smooth:

- 6 ounces soft cream cheese

Stir in until the cheese is a good consistency to shape:

- Cream

Add:

- ¼ cup coarsely chopped nuts

Shape the cheese into 1-inch balls. They may be rolled in chopped chives.

ROQUEFORT CHEESE BALLS

Mash:

- ½ pound Roquefort cheese

Beat in:

- 1 teaspoon soft butter
- 1 teaspoon Worcestershire sauce
- 1 teaspoon brandy

Roll the cheese into balls. Garnish them with:

- Paprika
- Sprigs of parsley
- Cucumber Jelly I or II, page 430.

CANDIED MINT LEAVES

A good garnish for fruit salads or cocktails.

Remove from stem:

- Fresh mint leaves

Coat both sides with:

- White of egg

Combine:

- 6 drops oil of peppermint
- ¼ cup granulated sugar

Dip the leaves in the sugar on both sides. Place them to dry on waxed paper. The leaves may be dried in a slow oven.

BREADS TO BE SERVED WITH SALADS

The breads and biscuits served with soup (page 65) are suitable to serve with salads.
Dressings for Salads

Rule for French Dressing

There are many variations of French dressing, but the basis is usually:

\[
\begin{align*}
\text{Part oil} \\
\text{Part vinegar or lemon juice} \\
\text{Salt} \\
\text{Pepper or paprika}
\end{align*}
\]

These proportions and the seasoning may be varied. To keep French dressing place it in a tightly closed jar. Shake the jar well before using the dressing.

Onion and garlic add flavour to French dressing. A clove of garlic, peeled, may be placed in a quart of vinegar for 6 or 7 days. The clove is then removed and the delicately flavoured vinegar is used for dressings,* or the bowl in which a dressing is to be made may be rubbed with garlic. Very finely minced or grated onion or onion juice may be substituted for garlic, or the dressing may be made without either.

There are variously flavoured vinegars that add distinction to salad dressing: garlic vinegar, wine vinegar, malt vinegar, tarragon vinegar, spiced vinegar, etc.

Please read the chapter on Lettuce, page 404. In addition to the ingredients suggested do not hesitate to add others, such as Worcestershire sauce, chilli sauce, chutney, a dash of curry powder, ½ teaspoon or more of dried or fresh herbs, sour or sweet cream or cottage cheese.

*Garlic Vinegar and Spiced Vinegar (page 449) are fine for French dressing.

**FRENCH DRESSING**

About ½ cupful
Combine in a small bowl:
- 2 teaspoons sugar
- 2 teaspoon salt
- 1 teaspoon paprika
- ½ teaspoon dry mustard
- 1 tablespoon olive oil
- 1 tablespoon vinegar *

Beat these ingredients well with a wire whisk or a fork until they are smooth. Add:
- 2 tablespoons olive oil

Beat well again. Add:
- 1 tablespoon vinegar
- 3 tablespoons olive oil

Peel and add:
- 1 clove of garlic (optional)

Place the dressing in a jar, cover it well. Put it in a cold place ready for use. It will keep indefinitely. Remove the garlic after 6 or 7 days. Shake the dressing well before serving it.

French dressing may be made with an electric mixer. Combine all ingredients in the small bowl. Beat them at high speed for about 4 minutes.

Good additions to French dressing shortly before serving it are given on page 404.

* Lemon juice may be substituted.

**LORENZO DRESSING**

About ½ cupful
Prepare:
French dressing
Add:
- 2 tablespoons chilli sauce
- 2 tablespoons chopped watercress

**KETCHUP DRESSING**

About ½ cupful
Prepare the preceding:

½ cup French dressing
Beat in:
- 1 tablespoon ketchup
Add:
1 tablespoon finely chopped celery
1 teaspoon celery seed
½ tablespoon finely chopped onion

ROQUEFORT CHEESE DRESSING
About ¾ cupful
Prepare:
½ cup French dressing
Beat into it:
2 tablespoons or more crumbled Roquefort cheese

HORSE-RADISH DRESSING
About ¾ cupful
Prepare:
½ cup French dressing
Beat into it:
1 tablespoon or more fresh or prepared horse-radish

ANCHOVY DRESSING
About ¾ cupful
Prepare:
½ cup French dressing
Beat into it:
1 tablespoon or more anchovy or other fish paste

CHIFFONADE DRESSING
About 1 cupful
Prepare:
½ cup French dressing
Add to it:
2 hard-boiled eggs, chopped
2 tablespoons chopped pepper
2 tablespoons chopped parsley
2 teaspoons chopped chives
1 teaspoon chopped onion

CRANBERRY DRESSING
About ¾ cupful
Prepare:
½ cup French dressing with lemon juice
Beat into it:
2 tablespoons or more Cranberry Jelly (page 395)

MINT DRESSING
Heat:
½ cup vinegar
2 tablespoons sugar
½ teaspoon salt
A few grains red pepper
Pour this over:
2 tablespoons chopped mint
Chill the dressing.

WATERCRESS DRESSING
About 1 cupful
Put through a sieve:
2 hard-boiled eggs
Rub them to a paste with:
Olive oil
Add:
½ cup chopped watercress
½ cup French dressing
Lemon juice

FRENCH DRESSING with CREAM
About ¾ cupful
Prepare:
½ cup French dressing
Beat into it slowly:
½ cup cream

FRENCH DRESSING with POTATO
About 1 cupful
This is very good, especially over chicory or endive.
Boil until very tender:
1 small potato (¼ cup)
Peel it and crush it with a fork. When it is free from lumps beat into it slowly:
½ cup French dressing
Continue to beat the dressing until it is very smooth.

ANCHOVY and BEET DRESSING
About 1 cupful
Place in a jar or bottle:
1 cup French dressing
Add to it:
6 or 8 chopped anchovies
2 medium-sized chopped boiled beets (page 266)
2 hard-boiled eggs, chopped (optional)
Season the dressing highly. Shake the bottle well before serving the dressing poured over a bowl of:
Lettuce or endive

VINAIGRETTE DRESSING
About 1 cupful
Combine:
1 teaspoon salt
\frac{1}{2} teaspoon freshly ground black pepper
A few grains of cayenne
\frac{1}{2} teaspoon paprika
Add slowly and beat thoroughly:
3 tablespoons vinegar
\frac{1}{2} cup olive oil
Chop until fine and add:
1 tablespoon pimento
1 tablespoon cucumber pickle
\frac{1}{2} tablespoon green pepper
\frac{1}{2} tablespoon parsley
\frac{1}{2} tablespoon chives or onion

FRENCH DRESSING with TOMATO SOUP
About 3 cupfuls
Combine and place in a bottle with a screw top:
1 (10\frac{1}{2} oz.) can tomato soup
1 cup vinegar (malt, cider, tarragon, or a combination of all 3)
\frac{1}{2} cup oil
1 tablespoon Worcestershire sauce
2 teaspoons salt
\frac{1}{2} teaspoon paprika
\frac{1}{2} teaspoon pepper
1 teaspoon dry mustard
\frac{1}{2} cup sugar
1 teaspoon onion juice
1 clove of garlic, peeled
Place the bottle in a cool place. Remove the garlic after seven days. Shake the dressing well before serving it.

CHUTNEY DRESSING
About 1 cupful
Combine in a bottle and chill:
1 tablespoon chopped hard-boiled egg
1 tablespoon chopped chutney
\frac{1}{2} teaspoon curry powder
1 tablespoon lemon juice
9 tablespoons olive oil
3 tablespoons vinegar
\frac{1}{2} teaspoon salt
1 teaspoon sugar
A few grains of black pepper
Shortly before serving the dressing beat it well with a fork.

LEMON and SHERRY DRESSING for FRUIT SALAD
About \frac{1}{4} cupful
Combine:
4 tablespoons lemon juice
\frac{1}{2} teaspoon salt
Stir in slowly:
4 tablespoons sugar
Stir in:
2 tablespoons sherry

FRENCH FRUIT SALAD DRESSING
About \frac{1}{2} cupful
Prepare:
\frac{1}{2} cup French dressing
Substitute for the vinegar:
3 tablespoons grapefruit or lemon juice

FRENCH DRESSING for FRUIT SALAD
About 1\frac{1}{2} cupfuls
A thick, sweet dressing that will not separate.
Combine:
\frac{1}{2} cup sugar
1\frac{1}{2} teaspoons paprika
1\frac{1}{2} teaspoons salt
1 teaspoon dry mustard
Stir in slowly:
\frac{1}{2} cup vinegar
1 cup olive oil
Beat the dressing with a rotary beater or with an electric mixer for 3 minutes.
REDUCER’S DRESSING
About ½ cupful
Prepare:
French dressing
Substitute for salad oil:
Liquid paraffin
This lacks flavour. Add one of the following ingredients:

- ¼ teaspoon curry powder or
- ¼ teaspoon prepared mustard
- 1 tablespoon ketchup
- 1 tablespoon chilli sauce
- 1 teaspoon grated onion
- 1 teaspoon herbs (see page 787)

NUT DRESSING
About ½ cupful
Pound to a paste:
- 2 tablespoons pecans or walnuts
- 2 tablespoons blanched almonds
Beat in:
- ½ cup lemon juice
- ½ cup olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika

AVOCADO DRESSING
About 1 cupful
Combine and beat well:
- 2 tablespoons rich cream
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 1 teaspoon prepared mustard
- 6 drops Tabasco sauce
Add and beat well:
- ½ cup sieved avocado pulp
Chill the dressing.

GARLIC VINEGAR
Heat to the boiling point:
- 1 cup vinegar
Cut into halves and add:
- 4 cloves of garlic
When the vinegar is cold place it in a closed jar. After 2 weeks strain it. Use it in dressings or sauces.

SPICED VINEGAR
Combine, stir, and heat slowly to the boiling point:
- 1 ounce whole* cloves
- 1 ounce mixed allspice
- 1 ounce whole mace
- 1 ounce celery seed
- 1 ounce mustard seed
- 1½ ounces whole black pepper
- 1½ ounces whole turmeric
- 1½ ounces white ginger root
- 1½ gallons cider vinegar
- 2 cups sugar
Place these ingredients in jugs. Slice and add:
- 4 or more cloves of garlic
Cork the jugs. The vinegar is ready for use in 3 weeks. See rules for French Dressing (page 446).
* Ground spices may be used, but they make the vinegar cloudy.

TARRAGON VINEGAR
Pick from their stems:
Tarragon leaves
Put them in a dry place for 48 hours. Combine:
- 1 pint leaves
- 1½ pints vinegar
Cover closely. After 1 week strain and bottle the vinegar.

FRESH HERB VINEGAR
Combine:
- 1 gallon cider or white wine vinegar
- 2 dozen peppercorns
- 1 dozen shallots (with tops) sliced
- 1 cup tarragon
- 8 sprigs rosemary
- 8 sprigs thyme
- 4 branches white savory
- 1 sprig chervil
- 1 celeriac root (well cleaned, then sliced)
- 1 cup parsley
- 1 parsley root, sliced
Bottle these ingredients. Place them in a sunny window for 2 weeks. Strain the vinegar through cheesecloth.

MAYONNAISE DRESSING
About 1½ cupfuls
Use chilled ingredients. Place in a medium-sized bowl and beat with a wire whisk:
- 2 egg yolks
Beat in:
- ½ to 1 teaspoon dry mustard
- 1 teaspoon icing sugar
- 1 teaspoon salt
- A few grains of cayenne
- ½ teaspoon vinegar or lemon juice
**SALADS**

Beat in very slowly ½ teaspoonful at a time:

½ cup olive oil

Combine in a cup or small pitcher:

1½ tablespoons vinegar
2 tablespoons lemon juice

Beat into the dressing ½ teaspoonful at a time:

½ cup olive oil

Alternate the oil with a few drops of the lemon and vinegar mixture. If the ingredients are cold and are added slowly during constant beating this will make a good thick dressing. In summer place the bowl in which the dressing is being made over cracked ice. Should the dressing separate, place 1 egg yolk in a bowl. Stir it constantly and add the dressing to it very, very slowly at first, and slowly as the mixture thickens.

If the dressing is too heavy thin it with:

Cream or whipped cream*

When making mayonnaise with an electric beater, beat the egg yolks at medium speed for 4 minutes. Combine the dry ingredients and add them. Add 1½ tablespoonfuls of cold water. Adjust the oil dripper. Place ½ of the oil in the container. Add the oil drop by drop. When the dressing begins to thicken add the lemon juice. Place the remaining oil in the container. Let it flow more freely. Beat constantly at medium speed. Time required, about 20 minutes.

* ½ cup chilli sauce, strained, or ½ to 1 teaspoon curry powder may be added to 1 cup of mayonnaise dressing.

**HERB MAYONNAISE DRESSING**

About 1½ cupfuls

Combine:

1 cup mayonnaise *
½ tablespoon lemon juice
½ teaspoon salt
½ teaspoon paprika
1 teaspoon minced dried herbs

(see page 787)

1 tablespoon grated onion
1 clove garlic, minced (optional)
1 tablespoon chopped chives

½ teaspoon curry powder
½ teaspoon Worcestershire sauce

Fold in:

½ cup cream, whipped, or thick sour cream

You may make this quite salty for it is to go over fairly bland food, unless you use shrimps in the aspic. In that case you may not need any salt.

* A good grade of commercial mayonnaise may be used.

**CREAM MAYONNAISE DRESSING**

About 2½ to 3½ cupfuls

Prepare:

1 cup mayonnaise dressing

Add to it shortly before serving:

½ to 1 cup heavy cream, whipped

**RUSSIAN DRESSING I**

About 1½ cupfuls

Prepare:

1 cup mayonnaise dressing

Drain:

½ cup chilli sauce or ½ cup chilli sauce and
½ cup India relish *

Add it to the mayonnaise with:

1 teaspoon icing sugar

Or combine:

1 cup mayonnaise
1½ tablespoons horseradish
3 tablespoons caviare

* ½ cupful chopped celery, peppers, and pimento may be substituted for the India relish.

**THOUSAND ISLAND DRESSING**

About 2 to 2½ cupfuls

Prepare:

1 cup mayonnaise dressing

Add to it:

2 tablespoons chilli sauce
2 tablespoons minced stuffed olives
1 tablespoon chopped green peppers
1 tablespoon minced onion or chives

½ to ¼ cup heavy cream, whipped or plain
SALADS

ROQUEFORT CHEESE DRESSING II
About 1½ cupfuls
Prepare:
1 cup mayonnaise dressing
Add to it:
½ cup or more crumbled Roquefort cheese
½ teaspoon Worcestershire sauce (optional)

SWEET or SOUR CREAM DRESSING for VEGETABLE SALAD
About 3½ cupfuls
Beat with a wire whisk or a fork:
½ cup thick sweet or sour cream
Add to it slowly:
1 tablespoon chopped tarragon, parsley, or chives
3 tablespoons vinegar or lemon juice
½ teaspoon salt
½ teaspoon paprika
Serve the dressing over home-grown lettuce or cold boiled Asparagus (page 261).

Boiled Sour Cream Dressing, page 452.

CREAM HORSERADISH MAYONNAISE
About 1½ cupfuls
Whip:
½ cup cream
Fold in:
3 tablespoons mayonnaise
2 tablespoons grated horse-radish
½ to 1 teaspoon dry mustard
1 tablespoon vinegar
½ teaspoon dried herbs (page 787)
A few grains of cayenne

CREAM HORSERADISH DRESSING
About 1½ cupfuls
This dressing is good with cold meat.
Beat until stiff:
½ cup heavy cream
Add slowly, beating constantly:
3 tablespoons lemon juice or vinegar
½ teaspoon salt

½ teaspoon paprika
A few grains of cayenne
2 tablespoons grated horse-radish

CREAM•CHEESE DRESSING for FRUIT SALAD
About 1½ cupfuls
Mash with a fork and beat until smooth:
3 ounces cream cheese
Beat in slowly:
1 tablespoon lemon juice
2 tablespoons currant jelly
½ cup cream
Chill the dressing for an hour or more before serving it.

WHIPPED CHEESE DRESSING
2 cupfuls
Mash with a fork in a small bowl:
3 ounces soft cream cheese
Blend in:
3 tablespoons mayonnaise dressing
Pour into a cold bowl:
½ cup chilled heavy cream
Whip it vigorously with a rotary egg-beater until it is fluffy. Add:
2 tablespoons lemon juice
Continue whipping until the cream is stiff. Fold it into the cheese mixture.
Serve the dressing over:
Fruit salad

CREAM CUCUMBER DRESSING
Pare and seed:
A medium-sized cucumber
Grate it or chop it until it is fine.
Drain it well. Whip until stiff:
½ cup heavy cream
Add, beating constantly:
½ teaspoon salt
½ teaspoon paprika
2 tablespoons lemon juice
Fold in the drained cucumber.

ALMOND and CUCUMBER DRESSING
About 2 cupfuls
This is good fruit salad dressing.
Prepare:
Boiled Salad Dressing II (page 452)
SALADS

Peel and dice:
\( \frac{1}{2} \) cup cucumbers
Blanch and shred:
\( \frac{1}{2} \) cup almonds
Add these ingredients to the dressing.

CREAM FRUIT DRESSING
About 2 cupfuls
Beat until light in the top of a double boiler:

**BOILED SALAD DRESSING I**
About \( \frac{3}{4} \) cupfuls
Dissolve:
- \( \frac{1}{2} \) to 1 teaspoon dry mustard
- 1 to 2 tablespoons sugar
- \( \frac{1}{2} \) teaspoon salt
- 2 tablespoons flour
- \( \frac{1}{4} \) teaspoon paprika

In:
- \( \frac{1}{4} \) cup cold water
Beat in the top of a double boiler:
- 1 whole egg or 2 yolks
- \( \frac{1}{2} \) cup vinegar
Add the dissolved ingredients. Cook and stir the dressing over boiling water until it is thick and smooth. Add:
- 2 tablespoons butter
Chill the dressing. It may be thinned with:
Sweet or sour cream

**BOILED SALAD DRESSING II**
About \( \frac{3}{4} \) cupfuls
Beat in the top of a double boiler:
- 2 eggs
Beat in:
- \( \frac{1}{2} \) cup sugar
- 1 tablespoon butter
- 3 tablespoons lemon juice
- A few grains of salt
Cook and stir these ingredients over boiling water until they are the consistency of custard. Cool them and fold in:
- 1 cup cream beaten until stiff

**BOILED SALAD DRESSING III**
About \( \frac{3}{4} \) cupfuls
Beat in the top of a double boiler:
- \( \frac{1}{4} \) cup milk
Add it to the ingredients in the double boiler. Cook and stir the dressing over boiling water until it is thick. Cool it. Fold it into:
- 2 stiffly beaten egg whites

**BOILED SOUR CREAM DRESSING**
Follow the above rule for:
Boiled Salad Dressing I
Fold into it:
- 1 cup sour cream, whipped
BREADS

Oven Temperatures

Slow oven, 250° to 325° F.
Moderate oven, 325° to 400° F.
Quick or hot oven, 400° to 450° F.
Very hot oven, 450° to 550° F.

Oven Temperature Tests

For those who have no Thermometer

Sprinkle flour on a pan and place it in a heated oven.
If it turns a delicate brown in 5 minutes the oven is slow—250° to 325°.
If it turns a medium golden brown in 5 minutes the oven is moderate—325° to 400°.
If it turns a deep dark brown in 5 minutes the oven is hot—400° to 450°.
If it turns a deep dark brown in 3 minutes the oven is very hot—450° to 500°.
A piece of white tissue-paper may be used in place of the flour.

Soda—Sour Milk and Sweet Milk

Sour milk may be used in recipes calling for sweet milk.

To each cup of:

Sour milk *

Allow from:

½ to 1 teaspoon bicarbonate of soda (according to the acidity of the milk)
and proceed as directed in the recipe. Sift the soda with the dry ingredients.

Sweet milk may be used in recipes calling for sour milk.

To each cup of:

Warm sweet milk

Add:

1½ tablespoons lemon juice or
1½ tablespoons vinegar
and proceed as directed in the recipe.

* Sour milk is best for baking purposes when it has reached the curd stage. The curd is thick and heavy, and the whey has not separated to any great extent. It should be kept in a clean, covered container. If milk is placed in the refrigerator as soon as it reaches the curd stage, it will remain in this condition for 3 or 4 days and it may be used as needed.

½ teaspoon bicarbonate of soda with 1 cup curded milk will leaven 2 cups flour.

Buttermilk may be substituted for sour milk.
1 cup heavy sour cream may be substituted for 1 cup butter and 1 cup milk in any sour milk recipe.

1 cup thin sour cream may be substituted for 3 tablespoons butter and 1 cup milk in any sour milk recipe.

Bicarbonate of soda should not be mixed with the sour milk because in this way some of the gas that should go to leaven the product is lost. The soda should be sifted with the flour. This is an important factor in the success of soda recipes. Treat soda as a dry ingredient.

GENERAL RULES AND TERMS FOR BAKING

Preheat the Oven to the degree given in the recipe before placing the dough in it.

Ingredients: Have all ingredients at room temperature.

To Beat: Mix with vigorous strokes with a circular over-and-over motion.

To Blend: Combine ingredients until they are thoroughly mixed.

To Cream: Combine shortening and sugar with a wooden spoon or with the hand until these ingredients are well blended and fluffy—like whipped cream. Use butter that has been in room temperature long enough to be fairly soft. Take care that it is not very soft or melted for that will make it oily (unless the recipe calls for melted butter). To measure shortening pack it firmly into the cup. When melted shortening is called for melt it before measuring.

To Cut in: Combine butter or shortening with flour by cutting the fat into the flour with 2 knives until it is reduced to small particles.

To Dredge: Cover the ingredients completely with flour or crumbs.

To Fold in: This usually applies to ingredients into which air has been beaten and in which you wish to retain the air. Fold the heavier into the lighter mixture by a downward and over action enclosing all the air possible until the ingredients are blended. See Cakes (page 531).

To Grease: Spread cake pans or tins with unsalted fat (or beeswax for cakes).

To Knead: Press dough with the palms of the hands, then fold the farthest edge to the centre. Repeat this action, turning the dough as you knead it.

To Stir: Mix with a flat circular motion.

To Whip: This applies to the whites of eggs or to heavy cream. Beat lightly with a circular over-and-over motion to incorporate air.

To Work: Combine rather stiff ingredients with a spoon or the hand until they hold together.
**To Blanch Almonds:** Pour boiling water over shelled almonds. Permit them to stand for 5 minutes. Drain them. Pour cold water over them and slip off the skins.

**Eggs:** Eggs that have been for some time at room temperature will beat more quickly and lightly than eggs that are very cold. If you are changing the amount of a recipe and you run into a puzzler like dividing 3 eggs, beat up 1 egg and divide it.

**To Fill:** Allow for the rising of bread, cake, soufflés, etc. Fill pans only ¾ full.

**To Measure Brown Sugar:** Pack it firmly into the cup.

**To Measure Molasses (Treacle), Syrup, or Honey:** Pour it into the spoon or cup. If you immerse the spoon or cup the liquid will cling to the bottom and sides and your measurement will be inaccurate.

**To Scald Milk:** Put it in a saucepan over slow heat or in a double boiler. It is scalded when small beads appear around the edge.

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**Scones**

**About 24 1½-inch scones**

Use chilled shortening and liquids.

Sift before measuring:

- 2 cups cake flour or 1½ cups bread flour

Resift with:

- 1 teaspoon salt
- 4 teaspoons baking powder

Add:

- ¼ tablespoon lard *
- 1 tablespoon butter

Cut the shortening into the dry ingredients with two knives, until the mixture is the consistency of coarse meal. Make a well in the centre of these ingredients. Pour into it:

½ to ¾ cup milk or milk and water

Stir the milk in cautiously until there is no danger of spilling it, then stir it vigorously until the dough is fairly free from the sides of the bowl. The time for stirring should be a scant ½ minute. Turn the dough on to a lightly floured board. Knead it gently and quickly for a scant ½ minute.

Roll the dough with a lightly floured rolling-pin or pat it gently with the palm of the hand until it has the desired thickness—about ½ inch is right for a plain scone, ¾ inch or less for a tea scone, and 1 inch or more for shortcake.

Cut the dough with a cutter. If it sticks dip the cutter in a very little flour. Brush the tops of the scones with:

**Milk or melted butter (optional)**

Use a spatula to place them on a greased baking-sheet. Scones may be prepared ahead of time. Cover them with waxed paper and place them in the refrigerator for several hours or until ready to use. Bake them in a quick oven 425° until done (for about 12 minutes—a little longer if they have been chilled).

To reheat scones, place them in a paper bag, close the bag, and place it in a quick oven 425°, or sprinkle a very little water on the scones and reheat them in a covered double boiler.

* The amount of shortening may be increased to 5 tablespoonfuls in all if a richer dough is preferred.

---

**DROP SCONES**

The kneading and rolling called for in the preceding rule are avoided in this emergency recipe. These scones are less shapely, but are equally palatable. Add to the preceding rule for scones:

2 tablespoons or more milk

Stir the dough for a scant minute. Drop it by the spoonful on a greased baking-sheet. Follow the preceding rule for baking and reheating scones.
**FLUFFY SCONES**  
(Shortcake Dough)  
Follow the rule for combining and baking scones on this page. Sift before measuring:  
2 cups cake flour or 1 1/2 cups bread flour  
Resift with:  
4 teaspoons baking powder  
1 1/2 teaspoons salt  
1 tablespoon sugar  
Cut in as directed:  
2 tablespoons butter (4 tablespoons for richer dough)  
Add:  
1/2 cup rich milk or cream  
Fluffy Scones make good shortcake. For other Shortcake Recipes see Index.  

**MOCK ROLLS**  
Follow the preceding rule for Fluffy Scones. Substitute for 1 tablespoon sugar:  
1/2 teaspoon sugar  
Roll the dough to the thickness of 1/2 inch. Cut it with a pastry-cutter. Brush the scones with:  
Melted butter  
Fold them over like pocket-book rolls. Brush the tops with:  
Melted butter  
Place the scones in a greased pan and permit them to rise in a warm place for 30 minutes. Bake them like Scones (page 455).  

**SCONE STICKS**  
Prepare by any rule:  
Scone dough  
Cut it into sticks 1/2 inch high, 1/2 inch wide, 3 inches long. Brush the sticks with:  
Melted butter  
Bake them and stack them log-cabin fashion.  

**HOME-MADE SCONE MIX**  
(For scones, muffins, waffles, and shortcake.)  
Sift:  
8 cups flour  
Resift with:  
3 1/2 teaspoons salt  
3 small tablespoons baking powder  
Cut into these ingredients (use a fork) until the mixture is like coarse meal:  
1 cup shortening  
Place this ‘mix’ in a covered jar in a refrigerator. It will keep for about a month. Use it as needed in the following rules:  
Scones  
Measure:  
2 cups home-made scone mix  
Work into it with a fork to make a dough that will handle easily a scant:  
1/2 cup milk  
Knead the dough for 1/2 minute on a lightly floured board. Roll or pat it to the desired thickness. Cut it out with a pastry-cutter. Bake the scones in a hot oven 425° for about 15 minutes.  

**ENRICHED SCONES**  
(with Home-made Scone Mix)  
This rule makes a good topping for a meat-pie. See page 131.  
Prepare the preceding:  
Scones  
Have them about 1/2 inch thick. Prick each scone several times with a fork.  
Dip the scone in:  
2 tablespoons melted butter  
Fold them over like pocket-book rolls (optional). Bake them in a hot oven 425° for about 15 minutes.  

**SOUR MILK SCONES**  
About 24 1 1/2 inch scones  
This recipe makes a very tender dough. Follow the rule for combining and baking:  
Scones (page 455)  
Use the following ingredients, sifting before measuring:  
2 cups cake flour or 1 1/2 cups bread flour  
1 teaspoon salt  
3 teaspoons baking powder  
1 teaspoon sugar  
1/4 teaspoon bicarbonate of soda
Cut in:

4 tablespoons lard or butter

Add as directed:

$\frac{1}{2}$ to $\frac{3}{4}$ cup sour milk or buttermilk

WHIPPED CREAM SCONES

About 18 2-inch scones

Sift before measuring:

2 cups bread flour

Resift with:

3 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

Whip until stiff:

1 cup heavy cream

Fold it lightly into the flour mixture (use a fork). Turn the dough on to a floured board. Knead it lightly for 1 minute. Pat the dough to the thickness of $\frac{1}{2}$ inch. Cut it with a 2-inch cutter. Bake the biscuits in a hot oven 425° for 10 to 12 minutes.

ORANGE SCONES

(For those 'as likes them')

Prepare:

Fluffy Scone dough (page 456)

Add to the dry ingredients:

The grated rind of 1 orange

1 tablespoon sugar

Place the scones on a greased baking sheet or pan. Dip a piece of:

Loaf sugar quickly into:

Orange juice

Press it gently into a scone. Repeat the process until each scone is filled with a lump of sugar. Bake the scones in a hot oven 425° for 15 or 20 minutes.

PINEAPPLE SCONES

Prepare:

Fluffy Scone dough (page 456)

Use part rich milk and part:

Canned pineapple juice

Dent the top of each scone. Fill the dent with:

Drained, canned, crushed pineapple

Sprinkle the scones lightly with:

Icing sugar

Bake the biscuits in a hot oven 425° for 15 or 20 minutes.

CHEESE SCONES

Follow the rule for:

Scones (page 455)

Add to the dry ingredients:

$\frac{1}{4}$ cup grated or finely chopped cheese

Substitute for $\frac{1}{2}$ cup milk:

$\frac{1}{4}$ cup milk and water in equal parts

BLUEBERRY (BILBERRY) SCONES

Prepare by any rule:

Scone dough

Roll it to the thickness of $\frac{1}{4}$ inch. Line greased muffin-tins half-way up with the dough. Fill the middle with:

Sugared blueberries (bilberries)

Cover them with a round of dough. Moisten the edges of the shells and the rounds and press them lightly together; or cut the dough into squares, fit them into greased muffin-tins, fill them with sugared berries and pinch the corners of the dough together. Bake the scones in a quick oven 450° from 12 to 15 minutes.

BROWN SUGAR ROLL or PIN-WHEEL SCONES

Prepare by any rule:

Scone dough

Roll it to the thickness of $\frac{1}{4}$ inch. Spread the surface with:

4 tablespoons soft butter

$\frac{1}{4}$ cup brown sugar

Chopped nuts (optional)

Chopped raisins (optional)

Roll the dough like a jelly roll. Cut it into 1-inch slices. Bake the slices set well apart in a greased pan in a quick oven 425° for 15 to 20 minutes.

FILLED SCONES or PIN-WHEEL SCONES

So many of the good fillings used in sandwiches, turnovers, and pastry slabs may be used to make filled scones.

Follow the rule for:

Scone dough (page 455)

Pat or roll it to the thickness of $\frac{1}{4}$ inch. Cut the dough into rounds. Spread
one round with a filling (cheese, devilled ham, etc.); cap it with a second round. Or, spread the dough with a filling, roll it loosely and permit it to chill. Cut the roll into slices. Bake the scones (or slices) in a hot oven 425° for about 12 minutes.

**STREUSSEL SCONES**

Follow any rule for:
- Scone dough
- Roll it to the thickness of ½ inch. Cut it into rounds. Place them on a greased sheet. Sprinkle the tops with:
  - Streusel (page 360)
- Bake the scones as directed.

**GIRDLE SCONES**

A good rule for the ovenless housekeeper.

Prepare by any rule:
- Scone dough
- Bake the scones on a hot, lightly greased girdle 1 inch apart. Brown them on one side for about 5 minutes, turn and brown them on the other side.

**WHOLEMEAL SCONES**

Follow the rule for:
- Scones (page 455)
- Substitute for white flour:
  - 2 cups unsifted wholemeal flour
- Use in all:
  - 3 tablespoons shortening
- When the scones are ready to be put in the oven dot them with:
  - A dab of butter

**BRAN SCONES**

About 20 ½-inch scones

Fine to serve for a change. Very good with a Cheese Spread (see Index).

Sift before measuring:
- 1 cup bread flour

Add:
- 1 cup bran flakes or whole bran
- ½ teaspoon salt
- 4 teaspoons baking powder

Cut into these ingredients with two knives:
- ½ cup lard

Stir in enough milk to make a soft dough about:
- ½ cup milk

Pat the dough on a piece of waxed paper to the thickness of ½ inch. Cut it into rounds. Top the scones with:
- A dab of butter

Bake them in a hot oven 425° for about 15 minutes.

**BEATEN SCONES**

The following lines by Howard Weeden (Bandanna Ballads) sum up in a nutshell the art of making scones:

‘Of course I’ll gladly give de rule
I meks beat biscuit by,
Dough I ain’t sure dat you will mek
Dat bread the same as I.

‘Case cookin’s like religion is—
Some ’s lected an’ some ain’t,
An’ rules don’t no more mek a cook
Den sermons mek a Saint.’

Sift three times:
- 4 cups bread flour
- 1 teaspoon salt *
- 1 small tablespoon sugar

Cut into the flour with two knives:
- 4 tablespoons chilled lard

When these ingredients are the consistency of meal add to make a stiff dough:

Equal parts of chilled milk and ice-water, approximately 1 cupful

Knead the dough or beat it with a mallet until it is well blistered. This is a long process requiring ½ hour or more.

Mr. Weeden’s verse goes on to say:

‘Two hundred licks is what I gives
For home-folks, never fewer,
An’ if I’m ’specting company in,
I gives five hundred sure!’

When the dough is smooth and glossy, roll it to the thickness of ½ inch and cut it with a pastry cutter.

Spread the tops with:

Melted butter

Pierce through the scones with a fork.

Bake them in a slow oven 325° for about 30 minutes.

* 1 teaspoonful of baking powder may be added at this time.
SCONES (Baking Powder)

These are richer by the addition of cream and eggs. Fine with a light luncheon.
Sift:
2 cups cake flour or 1½ cups bread flour
3 teaspoons baking powder
1 small tablespoon sugar
½ teaspoon salt
Cut into these ingredients until the butter is the size of a small pea (use two knives):
4 tablespoons butter
Beat in a separate bowl:
2 eggs

Reserve 2 tablespoons of this. Add to the remainder and beat:
½ cup cream
Make a well in the dry ingredients. Pour the liquid in it. Combine the ingredients with a few swift strokes. Handle the dough as little as possible. Place it on a lightly floured board. Pat it until it is ⅛ inch thick. Cut it with a knife into diamond shapes,* brush them with the reserved egg, sprinkle them with:
Salt or sugar
Bake them in a hot oven 450° for about 15 minutes.
* See Scone Sticks, page 456.

MUFFINS

About 24 2-inch muffins
Sift before measuring:
2 cups cake flour or 1½ cups bread flour
Resift with:
½ teaspoon salt
½ cup sugar
3 teaspoons baking powder
Beat in a separate bowl:
2 eggs
Combine and add:
2 tablespoons melted butter
½ cup milk
Stir the liquid quickly into the dry ingredients, taking only 15 to 20 seconds in which to do it. Make no attempt to stir or beat out the lumps. Ignore them. Unnecessary handling of the batter results in tough muffins. Pour the batter at once into greased tins or paper baking-cups. Fill them about ⅛ full.* Bake the muffins from 15 to 20 minutes in a hot oven 425°. Remove them at once from the tins. To reheat them, place them in a paper bag, close the bag, and place it in a hot oven 425° for about 5 minutes.
* The tops may be sprinkled with 2 tablespoonfuls of poppy seeds.

Follow the preceding rule for:
Muffins
Use in all:
½ cup sugar
4 tablespoons melted butter
Fold into the batter:
1 cup blueberries (bilberries), slightly floured
1 teaspoon grated orange or lemon rind (optional)

NUT or DATE MUFFINS

Follow the rule for:
Muffins (on this page)
Add to the dry ingredients:
½ cup chopped nuts or dates or a combination of both

PINEAPPLE MUFFINS

A pleasant variation of a good old stand-by.
Prepare by the rule on this page:
Muffin batter
Add to the liquid ingredients:
½ cup well-drained crushed pineapple

APPLE MUFFINS

Try these for breakfast.
Prepare by the rule on this page:
Muffin batter
Fold into it:
½ cup peeled, chopped apples
Peel:

Cooking apples

Try to have them about the same diameter as the tops of your muffin cups. Cut them into $\frac{3}{4}$-inch slices. Dip them in a mixture of:

- 1 part cinnamon
- 4 parts sugar

Place a slice of apple on the top of each partially filled muffin cup.* Bake them as directed on page 459.

* These apple rings may be placed on plain muffin batter.

CRANBERRY MUFFINS

Cut in two or chop:

- x cup cranberries

Sprinkle them with:

- $\frac{1}{4}$ cup flour

Follow the rule on page 459 for:

Muffin batter

Deduct:

- $\frac{1}{4}$ cup flour

Add:

- $\frac{1}{4}$ cup sugar
- x teaspoon grated orange rind

CRUMB MUFFINS

12 2-inch muffins

Acceptable muffins that help to utilize stale bread.

Soak for 10 minutes:

- x cup dry bread-crumbs
- $\frac{1}{4}$ cup raisins (optional)

in:

- $\frac{1}{4}$ cup milk

Sift before measuring:

- $\frac{1}{4}$ cup bread flour

Resift with:

- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt

Melt:

- $\frac{1}{4}$ tablespoon butter

Beat it with:

- x egg

Add the sifted ingredients to the soaked bread-crumbs. Add the egg mixture and stir the batter with a few swift strokes until the ingredients are blended. Partly fill greased muffin tins. Bake the muffins in a hot oven $425^\circ$ for 20 minutes.

SOUR CREAM MUFFINS

24 2-inch muffins

Sift before measuring:

- 2 cups cake flour or $\frac{3}{4}$ cups bread flour

Resift with:

- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons sugar
- $\frac{1}{4}$ teaspoon bicarbonate of soda

Measure:

- x cup sour cream

Beat and add:

- x egg

Stir the liquid into the dry ingredients by the rule for Muffins (page 459). Bake them by the same rule.

SOUR MILK MUFFINS

Follow the preceding rule. Substitute for the sour cream:

- x cup sour milk

Add to the milk:

- 3 tablespoons melted butter

CHEESE MUFFINS

About 32 2-inch muffins

Permit to stand at room temperature until it is softened:

- $\frac{1}{2}$ pound cheese

Force it through a sieve. Measure before sifting:

- 2 cups cake flour or $\frac{3}{4}$ cups bread flour

Resift with:

- 4 teaspoons baking powder
- x small tablespoon sugar
- $\frac{1}{4}$ teaspoon salt

Stir the cheese into the sifted ingredients until all the particles of cheese have been separated. Combine and beat well:

- x egg
- $\frac{3}{4}$ cup milk

Add these ingredients to the flour mixture. Beat the batter until blended only. Fold in:

- 3 tablespoons melted butter

Place the batter in greased muffin tins. Bake the muffins in a moderate oven $350^\circ$ for about 20 minutes.
**PRUNE MUFFINS**

12 2-inch muffins

Cream:
- \( \frac{1}{2} \) cup shortening
- \( \frac{1}{2} \) cup brown sugar

Beat in:
- 1 egg

Sift before measuring:
- 2 cups cake flour or 1\( \frac{1}{2} \) cups bread flour

Resift with:
- 1 teaspoon salt
- \( \frac{3}{4} \) teaspoons baking powder

Add these ingredients to the butter mixture alternately with:
- \( \frac{1}{2} \) cup milk

Fold in:
- \( \frac{1}{4} \) cup chopped or sieved stewed prunes

Pour the batter into greased and lightly floured muffin-tins. Bake the muffins in a moderate oven 400° for about 25 minutes.

**APRICOT MUFFINS**

Follow the preceding rule for Prune Muffins. Substitute stewed apricots for the prunes.

**BACON MUFFINS**

About 16 2-inch muffins

These muffins are good at any time, but especially for breakfast on a cold morning.

Sauté by the rule on page 336:
- 4 to 8 slices of bacon

Remove the bacon from the pan and chop it. Sift:
- 1\( \frac{1}{2} \) cups cake flour or 1\( \frac{1}{2} \) cups bread flour

Resift with:
- 1 tablespoon sugar
- 1 teaspoon salt
- \( \frac{3}{4} \) teaspoons baking powder

Add the chopped bacon. Combine and beat:
- 1 egg
- \( \frac{1}{4} \) cup milk
- 1 tablespoon melted bacon fat

Follow the rule on page 459 for combining and baking muffins.

**RICE MUFFINS**

About 30 2-inch muffins

A good way of utilizing left-over rice. See Batter page 482.

Beat:
- 2 egg yolks

Add:
- 1 cup Boiled Rice (page 87)
- \( \frac{1}{4} \) cup milk
- 2 tablespoons melted butter

Sift before measuring:
- \( \frac{1}{4} \) cup bread flour

Resift with:
- 1 tablespoon sugar
- 1 teaspoon salt
- \( \frac{3}{4} \) teaspoons baking powder

Combine the liquid and the dry ingredients with a few swift strokes. Beat until stiff:
- 2 egg whites

Fold in the egg whites. Pour the batter into hot, greased pans and bake the muffins in a hot oven 425° for 25 or 30 minutes.

**WHOLEMEAL MUFFINS**

20 2-inch muffins

Combine:
- \( \frac{1}{4} \) cup bread flour
- \( \frac{1}{4} \) cups wholemeal flour
- \( \frac{1}{4} \) teaspoons sugar
- 1 teaspoon salt
- \( \frac{3}{4} \) teaspoons baking powder
- \( \frac{1}{4} \) cup chopped dates or raisins (optional)

Beat in a separate bowl:
- 1 egg *

Beat in:
- 1 cup milk
- 2 teaspoons melted butter

Stir the liquid into the dry ingredients by the rule for Muffins on page 459. Bake the muffins by the same rule.

* The egg may be omitted.

**COOKED OATMEAL MUFFINS**

20 2-inch muffins

A good muffin and a good way of utilizing left-over oatmeal.

Combine:
- \( \frac{1}{4} \) cups scalded milk
- 1 cup cooked oatmeal
Breads

2 cups sour milk
2 tablespoons melted butter
1 beaten egg

Combine the dry and the liquid ingredients with a few swift strokes.

Add:
½ cup raisins (optional)

To bake the batter follow the rule for Muffins (page 459).

Bran Muffins II

These muffins are heavier and sweeter than No. I. Served with cheese they are excellent picnic sandwiches.

Combine and stir well:

2 cups wholemeal flour
1¾ cups bran
2 tablespoons sugar
¼ teaspoon salt
1¼ teaspoons soda

Beat:

2 cups sour milk
1 beaten egg
¼ cup molasses (treacle)
2 tablespoons melted butter

Combine the dry and the liquid ingredients with a few swift strokes.

Fold in:

1 cup chopped nuts or nuts and raisins combined

Bake the muffins in a moderate oven 350° for about 25 minutes.

English Muffins, page 470.

Popovers

Every now and then an excited young woman will rush up to me and say: 'I made popovers by your recipe and they popped!' Well, that is what they are supposed to do, in fact, these are guaranteed to pop. However, the rise or fall of the popover depends upon:

I. The proper preparation and heat of the pans (preferably iron pans).

II. The proper mixing of the ingredients.

III. The right heat at which to bake them.

Popovers I

8 to 10 Popovers

Beat in a separate bowl until frothy:

2 eggs

Add:
½ cup milk
1 tablespoon melted butter

Stir the liquid slowly into the sifted ingredients. Beat the ingredients until they are well blended, but no longer,
then pour the batter into the oiled and heated pans, filling them only \( \frac{1}{2} \) full. Bake the popovers in a hot oven 450° for 20 minutes, then reduce the heat and dry them in a moderate oven 350° for 15 to 20 minutes. Remove them at once from the pans. Puncture them to let the steam escape. Heavy oven-proof glass custard cups may be substituted for iron pans. Butter them well, but do not heat them. Bake them on a baking sheet.

POPOVERS II
These are not so rich as Popovers I. To heat the pans, combine the ingredients and bake the batter, follow the preceding rule. Sift before measuring:

- 1 cup bread flour
- \( \frac{1}{2} \) teaspoon salt

Beat in a separate bowl:

- 1 egg

Add:

- 1 cup milk

WHOLEMEAL POPOVERS
Follow one of the preceding rules. Substitute for the flour:

- \( \frac{1}{2} \) cup fine wholemeal flour
- \( \frac{1}{2} \) cup white flour

CHEESE POPOVERS
Prepare the batter given in the preceding rule. Add to it:

- \( \frac{1}{2} \) teaspoon salt

Grate into a separate bowl:

- \( \frac{1}{2} \) pound cheese (1 cupful when grated)

Add:

- \( \frac{1}{2} \) teaspoon paprika
- A few grains of cayenne

When the batter and the pans are ready pour \( \frac{1}{4} \) scant tablespoonful in each cup; cover it with a teaspoonful of cheese and a teaspoonful of batter. Bake the popovers in a hot oven 475° for about 20 minutes.

SALLY LUNN
6 Servings
Combine and cream well:

- 1 cup shortening
- 1 cup sugar

Beat in, one at a time:

- 3 eggs

Sift before measuring:

- 2 cups bread flour

Resift with:

- 3 teaspoons baking powder
- \( \frac{1}{2} \) teaspoon salt

Add the sifted ingredients to the batter in about 3 parts alternately with:

- 1 cup milk

Beat the batter lightly until the ingredients are blended only. Bake it in a greased 9-by-12-inch pan in a hot oven 425° for about 30 minutes. Break the bread into squares. Serve it hot.

YEAST SALLY LUNN
Follow the rule for Brioche (page 470) or for Yeast Coffee Cake Dough (page 360). Place the dough in a shallow greased pan. Bake it as directed.

CHEESE WAFERS AND STRAWS, ETC.

WHOLEMEAL CHEESE WAFERS
36 small wafers
Combine and work until crumbly:

- \( \frac{1}{2} \) pound cheese, grated (2 cups)
- 1 cup wholemeal flour
- 1 tablespoon shortening
- 1 teaspoon salt
- \( \frac{1}{2} \) teaspoon paprika

Add:

- 1 tablespoon cold water

and work to a stiff dough. Place the dough on a floured board. Roll it until it is very thin. Cut it into shapes. Place them on a greased sheet and bake the wafers in a hot oven 450° until they are light brown. Serve them while they are crisp or reheat them in a hot oven 450°.
CHEESE COOKIES
Good to serve with a soup or salad course.
Sift:
2 cups bread flour
Resift with
3/4 teaspoons salt
3/4 teaspoon cayenne pepper
Add and cut in with a knife:
1/2 cup butter
Grate and work in:
1/2 pound cheese (2 cups)
Chill the dough for several hours. Roll it until it is very thin. Cut it into rounds. Sprinkle the tops with:
Caraway seeds (optional)
Bake the cookies in a hot oven 400° for about 10 minutes.
Cream Cheese Pastry, page 502.

CHEESE STRAWS I
Combine:
4 tablespoons soft butter
3 tablespoons grated cheese
1 egg
1 teaspoon sugar
1 teaspoon salt
1 teaspoon paprika
1 teaspoon nutmeg
Add:
2 tablespoons cream
Enough bread flour to make a dough that will roll
Roll the dough. Cut it into strips. Bake the cheese straws in a quick oven 400° until they are a delicate brown.

CHEESE STRAWS II
Roll until very thin:
Pie Crust (page 498), or
Hot Water Pie Crust (page 500)
Cut it into long strips. Sprinkle the strips with:
Grated cheese
Paprika
or add grated cheese to the pie crust.
Bake the strips in a very hot oven 450° for about 12 minutes.

RULES FOR BREAD-MAKING

YEAST BREADS
Dissolve yeast in lukewarm liquid as directed in the following recipes. When yeast is dissolved its cells become active. Salt retards its growth. Sugar furthers it and helps to produce a rich, brown-crusty bread.
The liquid added to bread dough is usually scalded. This is to kill harmful bacteria that might cause the bread to sour.
To knead dough: Press it with the palms of the hands, then fold the farthest edge to the centre. Repeat this motion, turning the dough as you knead it. See Appendix D (page lxii), To Knead Dough.
When the ingredients have been combined as directed in these recipes, place the dough in a warm lightly greased bowl. (You will find that earthenware and crockery hold heat evenly.) Reverse the dough so that the greased part will be on top. This will prevent a crust from forming.
Cover the dough with a cloth. Permit it to rise as directed. Place it where it will be free from draughts. The temperature of the room should be between 75 and 85 degrees. Always permit yeast mixtures to rise slowly. This makes a great difference in texture and flavour.
When ready to use the dough, shape it into loaves or-pinch off portions with greased hands. Shape it as directed, or place the portions in greased muffin tins. If it is for rolls and very light, use a spoon.
A second rising for bread is not necessary, but it is usually given because it improves the texture.
Brush the tops of bread or rolls with soft butter, milk, or a beaten egg. Permit the dough to rise uncovered (this time you want a crust to form).
BREADS

For the second rising, keep the dough at the same temperature of 75 to 85 degrees. If bread rises too quickly it is apt to be coarse.

When baking, preheat the oven so that it will have the degree of heat indicated when the bread is put into it.

BREADS MADE WITH YEAST

For years I was unfortunate in having what a foreign woman called ‘a preconceived idea,’ in connection with all recipes calling for yeast. Someone had given me an exaggerated aspect of the difficulties of handling it and thus deprived me for a long time of the pleasure of making and serving the best of all hot breads.

The following methods of bread-making are so simple that no one need hesitate to try them out.

Bread or buns may be made in advance and reheated shortly before they are served.

Rule for Reheating Bread or Buns

Put the bread or buns in a paper bag. Close the bag and place it in a hot oven 425° for 5 minutes; or put the bread or buns in a hot covered double boiler over boiling water for about the same length of time. If the bread is old it may be sprinkled with water.

ROLLS AND BUNS

BREAD ROLLS (Never-fail)

18 2-inch rolls
These rolls, incredibly light in texture, are not unlike a Brioche (page 470). They require no kneading.

Dissolve:
1 x yeast cake (1 ounce)
in:
\( \frac{1}{2} \) cup lukewarm water

Place in a separate bowl:

\( \frac{1}{2} \) cup lard
1 1/2 teaspoons salt
2 small tablespoons sugar

Pour over these ingredients and stir until they are dissolved:

1 cup boiling water

When they are lukewarm add the dissolved yeast. With a wire whisk beat in:

1 egg
Stir in:

Sifted bread flour to make a soft dough (about 2 1/2 cups)

Place the dough in a large bowl, cover it with a plate and put it in the ice box. The dough will treble in bulk. Chill it from 2 to 12 hours. Pinch off small pieces of dough with buttered hands and place them in greased muffin pans, preferably iron ones, filling the pans about 1/2 full. Cover the tops with:

Melted butter

Permit the rolls to rise for about 2 hours in a warm place. Bake them in a hot oven 425° for about 20 minutes. Remove them at once from the pans. See above rule for Reheating Bread or Buns.

FOUR-HOUR BREAD ROLLS

24 2-inch rolls

Cream:
1 tablespoon lard
1 tablespoon butter
1 1/2 tablespoons sugar

Add and beat well:
1 egg or 1 egg white (optional)
1 cup warm milk

Dissolve:
1 x yeast cake (1 ounce)
in:
\( \frac{1}{2} \) cup lukewarm water

Add these ingredients to the milk mixture. Sift before measuring and add:
1 1/2 cups bread flour
Beat the batter well. Covet it with a cloth and permit the dough to rise in a warm place for 1½ hours. Sift before measuring:

- 1½ cups bread flour
- Add it to the batter with:
- 2½ teaspoons salt

Beat the batter well. Place the dough in a bowl, cover it with a cloth and permit it to rise for 1½ hours. Pinch off bits of dough with buttered hands, shape them in to small balls, and place them in greased muffin tins. (The tins should be about ⅜ full.) Or place 3 very small balls in greased muffin tins to make clover leaf rolls. Brush the tops with:

**Melted butter**

Permit the rolls to rise uncovered in a warm place for 45 minutes. Bake them in a hot oven 425° for about 20 minutes. Remove them at once from the pans.

See rule for Reheating Bread or Buns (page 465)

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**'OVERNIGHT' ROLLS**

About 44 rolls

Combine:

- 1 cake crumbled yeast (1 ounce)
- 2 teaspoons sugar

Permit these ingredients to stand until they are dissolved and stringy.

Scald:

- 1 cup milk

Add and stir until melted:

- 7 tablespoons lard

Cool these ingredients. Combine and beat well:

- 7 small tablespoons sugar
- 3 beaten eggs
- 1 teaspoon salt

Stir in the milk mixture. Stir in the yeast mixture. Stir in:

- 4½ cups sifted bread flour

Beat the dough until it blisters (for about 5 minutes). Place it in a covered bowl in the refrigerator overnight. Take it out 3½ hours before baking it. Divide it into 3 parts. Roll each part into a circle about 9 inches in diameter. Cut each circle into 16 wedge-shaped pieces.* Roll each piece beginning at the wide end. Stretch the wide end a little bit as you start to roll it. Brush the rolls with:

- 1 egg, beaten

Permit the rolls to rise for 3 hours. Bake them for about 12 minutes on a greased sheet in a hot oven 450°. Take care. They burn easily.

* These pieces may be spread before they are rolled with:

**Melted butter** and dusted with:

**Sugar and cinnamon**

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**PARKER HOUSE ROLLS**

About 30 2-inch rolls

Scald:

- 1 cup milk

Add and stir until dissolved:

- 1 tablespoon sugar
- 2 tablespoons butter
- ½ teaspoon salt

When these ingredients are lukewarm, add:

- ¾ yeast cake (¼ ounce)

Dissolved in:

- 2 tablespoons lukewarm water

Beat in:

- 1 egg (optional)

Sift before measuring and add:

- 2½ cups bread flour

Stir in part of the flour, knead in the rest. Use only enough flour to form a dough that can be handled easily. Place the dough in a bowl. Brush the top with:

**Melted butter**

Cover it and let it rise in a warm place until it doubles in bulk (for about 2 hours). Roll the dough and cut it into rounds with a floured pastry cutter. Dip the handle of a knife in flour and use it to make a deep crease across the middle of each roll. Fold the rolls over and press—the edges together lightly. Place the rolls in rows in a greased pan. Permit them to rise in a warm place until they are light (for about 35 minutes). Bake them in a hot oven 425° for about 20 minutes. Remove them at once from the pans. See rule for Reheating Bread or Buns (page 465).
THREE-HOUR POTATO ROLLS
32 2-inch rolls
Peel and cook until tender in water to cover:
2 medium-sized potatoes
Rice them—there should be 1 cupful
Dissolve:
1 yeast cake (1 ounce)
in:
½ cup lukewarm water
Scald:
1 cup milk
Add and beat until melted:
½ cup lard
Add the potatoes and stir in:
1 cup bread flour
2 well-beaten eggs
½ cup sugar
2 teaspoons salt
Permit the sponge to rise in a warm place for 2 hours. Sift before measuring and stir in:
4 cups bread flour
Cover the bowl with a cloth and permit the dough to rise in a warm place for 1 hour. Make it into rolls. Permit them to rise for 15 minutes. Bake them in a hot oven 425° for about 20 minutes. Remove them at once from the pans. See rule for Reheating Bread or Buns (page 465).

CLOVER-LEAF ROLLS
Shape bread dough into small balls and brush them with:
Soft butter
Grease muffin-tins and drop 3 balls in each tin, filling them less than half full. Permit the rolls to rise until double in bulk and bake them in a hot oven 425° for about 20 minutes. Remove them at once from the pans. You may follow the rule on page 467 for Caramel Buns. Put part of the shortening and brown sugar mixture in the bottom of iron muffin tins. Add the 3 small balls of dough and proceed as directed for Caramel Buns. See rule for Reheating Bread or Buns (page 465).

CINNAMON BUNS
Follow the rule for:
Parker House Rolls (page 466)
Prepare the dough and let it rise until it has doubled in bulk. Roll it to the thickness of ½ inch. Spread it generously with:
Melted butter
Brown sugar
Cinnamon
Raisins
Roll it as for jelly roll, cut it in ½-inch slices and place them in a greased pan. Let the buns rise slightly and bake them in a quick oven 425° for about 20 minutes.

CARAMEL BUNS
Prepare by the preceding rule:
Cinnamon Buns
Cut the slices ⅛ inches thick. Spread the sides with:
Melted butter
Cream:
6 tablespoons shortening
6 tablespoons brown sugar
Spread this mixture on the bottom and sides of an iron frying-pan. Place the slices in the pan and permit them to rise for 15 minutes. Bake them in a moderate oven 375° for 25 minutes. Watch them, as the sugar burns easily. Serve the buns upside down.

BUTTERMILK POTATO ROLLS
(Bread or Coffee Cake)
About 46 clover-leaf rolls
This dough is delicious. It may be prepared and baked as directed in this rule or the ingredients may be combined, covered, and placed in the refrigerator for 5 or 6 days. To use the chilled dough follow the rule for Ice-box Rolls (page 471).
This dough makes good coffee cake. Follow the rule on page 561 for putting sugar and fruit on yeast coffee cake dough. Substitute buttermilk potato dough.
Peel and boil:
1 large potato
Rice it. There should be about ⅛ cupful. Cut into this while the potato is hot:
½ cup lard
Crumble and beat in:
1 yeast cake (1 ounce)
Sour-Cream Rolls (Flakes, Folds, or Fan Tans)

About 24 rolls

Rolls prepared in this way are a great convenience, as it is unnecessary to serve them with butter. Fine for a plate lunch or serve-yourself party.

Sift before measuring:

4 cups bread flour
2 cups thick sour cream

Cool this until lukewarm. Dissolve:
1 egg cake (1 ounce)
in:
1/4 cup of the lukewarm cream

Add it to the remaining cream with:
1 teaspoon bicarbonate of soda
2 teaspoons salt
1/4 cup sugar

Beat this mixture well, then stir the flour in gradually. Place the dough in a greased bowl. Spread the top lightly with:

Melted butter

Cover the dough. Put it in a warm place. Permit it to rise until it has almost tripled in bulk. Knead it lightly for 1 minute. Separate it into two parts. Roll one part at a time into a square about 1/2 inch thick. Brush the dough with melted butter. Cut the dough into strips 1 1/2 inches wide. Stack them. There should be from 6 to 8 strips stacked. Cut off pieces about 1 1/2 inches wide. Place the pieces in buttered muffin tins with the cut edges up. Permit the rolls to rise in a warm place until they have doubled in size. Bake them in a hot oven 425° from 15 to 20 minutes until a good brown.

Buttermilk Rolls

Follow the preceding rule. Substitute for the sour cream:
2 cups buttermilk

After stirring in 1/2 the flour add:
2 tablespoons melted butter

and the rest of the flour. If you do not wish to make flakes, roll out the dough to the thickness of 1/4 inch, cut it with a pastry cutter, place the rolls well apart on a greased sheet, permit them to rise until doubled in bulk, and bake them in a hot oven 425° for about 15 minutes.

Cheese Flakes, Folds, or Fan Tans

Please read the comment under Sour Cream Rolls.

Combine, stir, and heat in a double boiler until the cheese is melted:
1 1/2 cups grated cheese
3 tablespoons butter
3 tablespoons milk
1/2 teaspoon paprika
1/2 teaspoon salt

Prepare the dough for:

Sour-cream Rolls, Ice-box Rolls I, or other roll dough

Roll the dough into a large very thin square 1/4 inch thick. Spread 1/4 of it with the cheese mixture. Fold over the other half...Fold it over once more. You will then have 4 thin layers of dough. Cut it into strips 1 1/2 inches wide, then cut the strips into squares. Place the squares, cut side up, in greased muffin tins. Permit them to rise in a warm place until they have doubled in bulk. Bake the flakes in a hot oven 400° for 20 to 25 minutes.
CHEESE ROLLS

24 clover-leaf rolls or 1 loaf of bread
This bread makes delicious sandwiches or toast for breakfast or tea.
Sift before measuring:
4 cups bread flour
Dissolve:
1 yeast cake (1 ounce)
in:
1/2 cup lukewarm milk
Add:
2 small tablespoons sugar
Stir until melted:
1 1/4 cups grated cheese
in:
1 1/2 cups lukewarm milk
Beat in 1 cupful of the flour. Permit this sponge to rise in a warm place for 1 hour. Beat in the remaining flour and:
1 1/4 teaspoons salt
Toss the dough on to a lightly floured board. Knead it until it is easily handled (for about 2 minutes). Permit it to rise until it has doubled in bulk. Form pieces of the dough into balls 3/4 of an inch in diameter by folding the edges of each ball under until the top is smooth. Place 3 balls in each section of a greased muffin pan. Cover the pan with cloth. Permit the rolls to rise in a warm place until nearly double in bulk (for about 20 minutes). Bake them in a hot oven 425° for about 15 minutes. Remove them from the oven and brush them with:
Melted butter
Remove them at once from the pans. See rule for Reheating Bread or Buns (page 465).

Cool these ingredients until they are lukewarm. Add:
1 yeast cake (1 ounce) dissolved in
1 tablespoon lukewarm water
1/2 cup molasses (treacle)
Sift before measuring and add:
4 cups bread flour
Knead the dough in the bowl until the ingredients are well blended. Cover the dough and permit it to rise in a warm place until it has doubled in bulk (for about 2 hours). Pinch pieces off with buttered hands and place them in greased muffin tins. Permit the rolls to rise for about 2 hours. Bake them in a hot oven 425° for about 20 minutes.

WHOLEMEAL ROLLS

About 14 2-inch rolls
Place in a bowl:
2 small tablespoons sugar
1 1/2 teaspoons salt
1 cake yeast, crumbled (1 ounce)
Stir in:
2 cups lukewarm water
1 well-beaten egg
Sift before measuring:
3 cups bread flour*
Add to it:
2 cups wholemeal flour
Beat 1/2 the flour mixture into the yeast mixture. Add:
2 tablespoons melted butter
Beat in the remaining flour mixture. Place the batter in a covered bowl. Put it in a warm place and permit it to rise until it has doubled in bulk. Pinch off pieces of dough and half fill greased muffin tins. Brush the tops with:
Melted butter
Permit the dough to rise again until it has doubled in bulk (for about 1 hour). Bake the rolls in a hot oven 425° for about 20 minutes. Brush them once while baking with:
Melted butter
They may be sprinkled before baking with:
Coarse salt or chopped nuts
*You may use 2 cupfuls of bread flour and 3 cupfuls of wholemeal flour.

ROLLED OATS and MOLASSES ROLLS

38 2-inch rolls
Good, inexpensive, and a pleasant change in flavour.
Combine and cook with occasional stirring for 1 hour in a double boiler:
1 cup rolled oats
1/2 tablespoon lard
1/2 teaspoon salt
1 1/2 cups boiling water
ENGLISH MUFFINS
(Raised Muffins)

About 12 muffins

These are best baked in 3-inch muffin rings made of a strip of tin about 1 inch wide. If you cannot purchase the rings get a tinsmith to make them for you. Please read the note at the end of this rule.

Combine in a mixing bowl:
- 1 cup hot water
- 1 cup scalded milk
- 1 small tablespoon sugar
- 1 teaspoon salt
- 3 tablespoons butter

Permit these ingredients to cool until lukewarm. Add:
- 1 cake yeast (1 oz.)

Dissolved in:
- 2 tablespoons lukewarm water

Sift before measuring:
- 4 cups bread flour

Stir this into the milk mixture. Cover the bowl with a damp cloth. Permit the sponge to rise in a warm place (80° to 85°) for about 1½ hours—until it falls back in the bowl. Grease 12 3-inch muffin rings. Place them on a well-floured board. Half fill the rings with the batter. Permit it to stand until it rises to the top of the ring. Lift the muffins with a pancake turner from the board on to a fairly hot well-buttered griddle. Permit the muffins to cook slowly until they are done (for about 15 minutes to a side). Test them with a straw. Split the muffins and brush the inside with:

Melted butter

Toast them until they are a rich brown.

Serve them hot with:
- Jam or marmalade

Note. The batter may be poured into well-greased muffin pans. Fill them 1/4 full. Permit the dough to rise to the top of the pans. Bake them in a moderate oven 350° for about 1/2 hour.

Brioche

This French recipe makes 32 delicious 2-inch buns

Scald:
- 1 cup milk

Add and stir until dissolved:
- 1/2 to 1/2 cup butter or lard
- 2 teaspoons salt
- 1 to 1/2 cup sugar

Cool these ingredients slightly. Dissolve:
- 2 yeast cakes (2 ounces)

in:
- 1/2 cup lukewarm water

Add:
- 3 or 4 beaten eggs
- 1 teaspoon grated lemon rind (optional)

Add these ingredients to the milk mixture. Sift before measuring, stir in:
- 4 1/2 cups bread flour

Beat the dough well. Cover it with a cloth and permit it to rise in a warm place for 6 hours. Grease muffin tins, fill them 1/4 full with dough. Brush the tops with:

Melted butter

Permit the brioche to rise uncovered in a warm place for 30 minutes. Bake the rolls in a hot oven 425° for about 20 minutes. Remove them at once from the pans. See rule for Reheating Bread or Buns (page 465).

CROISSANTS

About 18 French crescents

Rich, somewhat troublesome, but unequalled by any other form of roll.

Scald:
- 1/2 cup milk

Stir into it until melted and dissolved
- 1 tablespoon lard
- 1 1/2 tablespoons sugar
- 1 teaspoon salt

Cool these ingredients until they are lukewarm. Add:
- 1 cake yeast (1 ounce) dissolved in 1/2 cup lukewarm water

Stir in or knead in to make a soft dough about:
- 2 1/2 cups sifted bread flour

Knead the dough on a lightly floured surface until it is smooth and elastic. Place the dough in a bowl. Cover it with a cloth. Permit it to rise until it has doubled in bulk (for about 1 1/2 hours). Cover the dough with a lid
and place it in the refrigerator until it is thoroughly chilled. Roll out the dough into an oblong \( \frac{1}{2} \) inch thick. Beat until creamy:

1. **Cup butter**

Dot the dough with \( \frac{1}{4} \) cup of the butter. Fold the right end over the centre, then fold the left end over the centre, so that the dough is in 3 layers. Swing the dough around—bring the right end to the bottom, or as in bridge problems, the East to the South. Roll the dough again to the thickness of \( \frac{1}{2} \) inch. Dot it with \( \frac{1}{4} \) cup of butter and fold it as before. Do this twice again, so that you have rolled the dough, dotted it with butter, and folded it and swung it around 4 times in all. Cover it and chill it for 2 hours or more. Roll it again on a slightly floured surface, to the thickness of \( \frac{1}{2} \) inch.

Cut the dough into 3-inch squares. Cut the squares on the bias. Roll the triangular pieces beginning with the wide side and stretching it slightly as you roll. Shape the rolls into crescents. Place the crescents on a tin. Chill them for \( \frac{1}{4} \) hour. Bake them for 10 minutes in a hot oven 450°. Reduce the heat to a moderate oven 350° and bake them until they are done (for about 10 minutes longer).

**ICE-BOX ROLLS**

The following recipes for Ice-box Rolls are very good. If preferred, the dough may be baked in loaves. It is not necessary to knead it at any time or to touch it with the hands.

**ICE-BOX ROLLS I**

18 2½-inch rolls

Sift before measuring:

- **3½ cups bread flour**

Scald:

- **1 cup milk**

Stir in until dissolved:

- 6 tablespoons shortening or butter
- 6 tablespoons sugar
- \( \frac{1}{4} \) teaspoons salt

Cool to lukewarm. Place in a measuring cup:

- **1 cake yeast (1 ounce)**

Dissolve it in:

- \( \frac{1}{4} \) cup lukewarm water

Beat in:

- **1 egg**

Add these ingredients to the first mixture. Beat in \( \frac{1}{2} \) the flour. Beat the dough for 2 minutes. Add the remaining flour and beat the dough until it blisters. Place it in a greased bowl. Spread the top lightly with grease. Cover it closely. Keep it in a refrigerator for at least 24 hours. When it has doubled in bulk, cut through the dough to permit the gases to escape. Take out the quantity needed with a spoon or with buttered hands 4 hours before baking it. Place it in greased muffin pans, filling the pans \( \frac{1}{2} \) full. Spread the tops of the rolls with:

**Soft butter**

Permit them to rise uncovered in a warm place until doubled in bulk. Bake them in a quick oven 425° for about 20 minutes. Remove them at once from the pans. See rule for Reheating Bread or Buns (page 465).

**ICE-BOX POTATO ROLLS**

Approximately 40 2-inch rolls

This dough makes good coffee cake as well as unusually good rolls.

Peel and boil until tender:

- 2 medium-sized potatoes

Put them through a ricer. There should be 1 cupful. Dissolve:

- **1 yeast cake (1 ounce)**

in:

- \( \frac{1}{4} \) cup lukewarm water

Place in a separate bowl:

- **\( \frac{1}{4} \) cup lard**

Scald and pour over it:

- **1 cup milk**

Stir until the lard is melted, then add the dissolved yeast and the riced potatoes. Add:

- 3 beaten eggs
- **\( \frac{1}{4} \) cup sugar**
- 2 teaspoons salt
BREADS

Beat these ingredients well. Sift before measuring:

5 cups bread flour

Add 4 cups of the flour and beat the batter well. Stir in the remaining flour, or toss the dough on a board and knead it in. Place the dough in a bowl. Spread the top lightly with shortening. Cover the bowl. Chill the dough for at least 24 hours. It will keep for a week. Take it out of the refrigerator 2 hours before baking it. To make out and bake the dough follow the preceding rule for Ice-box Rolls.

The tops of the rolls may be brushed with:

Beaten egg yolk
and sprinkled with:

Chopped nuts or coarse salt

ICE-BOX WHOLEMEAL ROLLS

About 20 2-inch rolls

Dissolve:

1/4 yeast cake (1/2 ounce)
in:
1 cup lukewarm water

Beat until creamy:

1/2 cup lard
6 tablespoons sugar

Stir in the yeast mixture. Sift before measuring:

1 1/2 cups bread flour

Add:

1 1/2 teaspoons salt
1 1/2 cups wholemeal flour

Stir the flour mixture gradually into the yeast mixture. Beat it well. Place the dough in a bowl, spread the top lightly with shortening. Cover the bowl. Chill the dough for at least 24 hours. Take it out 2 hours before baking it. To make out and bake the dough follow the preceding rule for Ice-box Rolls.

ICE-BOX BRAN ROLLS

Approximately 48 2-inch rolls

Combine:

1 cup shortening
3/4 cup sugar
3/4 teaspoons salt

Pour over these ingredients and stir until the shortening is melted:

1 cup boiling water

Add:

1 cup bran or bran cereal

In a separate bowl dissolve:

2 yeast cakes (2 ounces)
in:
1 cup lukewarm water

When the first mixture is lukewarm, add to it:

2 well-beaten eggs

and the dissolved yeast. Sift before measuring and add:

6 cups bread flour

Beat the batter. Put it in a bowl, spread the top lightly with shortening, cover it and place it in the refrigerator for at least 24 hours. Take out the dough 2 hours before baking it. To make out and bake the rolls, follow the rule for Ice-box Rolls (page 471).

Yeast Breads

NOTE ON FORMING BREAD CRUSTS

To secure a rich brown crust bake bread until it is nearly done. Remove it from the pans. Brush it with melted butter or cream. Return the bread to the oven without the pans. Bake it 15 minutes longer.

WHITE BREAD

2 5-inch-by-10-inch loaves

Scald:

1 cup milk

Add:

1 cup hot water

Pour these ingredients over:

1 tablespoon lard
1 tablespoon butter
2 tablespoons sugar
2 teaspoons salt

In a separate bowl dissolve:

1 yeast cake (1 ounce)
in:

1/4 cup warm water
When the first mixture is lukewarm, combine it with the dissolved yeast. Sift before measuring:

6| cups bread flour

Stir in slowly 3 cupfuls of the flour. Beat the batter for 1 minute, then add the remaining flour. Toss the dough on a floured board. Knead it well, folding the edges of the dough towards the centre and pressing it down, repeating this motion until it no longer adheres to the board and is smooth, elastic, and full of bubbles. Place the dough in a bowl, cover it with a cloth. Permit it to rise in a warm place until it has doubled in bulk (for 1 hour). Cut it down by kneading it to its original bulk and let it rise again until doubled in bulk (for about 1 ½ hours). Shape the dough lightly into loaves, place them in greased tins, filling the tins only ½ full. Let the dough rise again until doubled in bulk. Bake the loaves in a hot oven 450° for 10 minutes. Reduce the heat to 350°. Bake the bread until it shrinks from the sides of the pan. It requires about 40 minutes of baking. Remove it at once from the pans and place it on a wire cake-cooler or in some way that it will have air from all sides.

**QUICK WHITE BREAD**

1 5-inch-by-10-inch loaf

Time from start to finish for this and Quick Wholemeal Bread (on this page) is about 2 ½ hours. In order to achieve these quick results in the wintertime the ingredients must be warmed. Sift before measuring:

3 cups bread flour

Resift with:

2 teaspoons sugar

1| teaspoons salt

Dissolve:

1| cakes yeast (1 ounce)

in:

2 tablespoons lukewarm (105°) water

Add it to:

1 cup lukewarm (105°) liquid (½ cup milk, ½ cup water)

Stir the liquid into the sifted ingredients.

Stir in:

3 tablespoons melted lard and butter combined

* Blend these ingredients until the dough is smooth. Knead them on a board into a ball. Cover the dough with a cloth and permit it to stand in a warm place for 15 minutes. Knead the dough for about 10 minutes. Shape it into a loaf. Place it in a greased 5-by-10-inch pan. Permit it to rise in a warm place for 1 hour. Bake it for about 40 minutes in a moderate oven 375°.

**WHOLEMEAL BREAD**

2 loaves

Combine:

6 cups wholemeal flour

1| cup sugar

1| teaspoons salt

Heat until lukewarm:

3 cups water

Dissolve in ¼ cupful of this:

1 cake yeast (1 ounce)

Add it to the remaining water. Stir in the dry ingredients until the dough is well blended. Put it in a bowl covered with a cloth in a warm place (about 85°) until it has more than doubled in bulk (for about 1 ½ hours). Place it in two greased 5-by-10-inch bread pans. Permit it to rise until it has doubled in bulk. Bake it in a hot oven 400° until it is light brown. Reduce the heat to 350°. Bake it until it is done (for about 1 hour in all).

**QUICK WHOLEMEAL BREAD**

1 5-inch-by-10-inch loaf

Wholemeal Roll Dough (page 469) may be baked in a loaf.

Sift before measuring:

1| cups bread flour

Add to it:

1| cups wholemeal flour

Dissolve:

1| cakes yeast (1 ounce)

in:

3 tablespoons lukewarm water (or milk and water)

Add to it:

1 cup lukewarm water

2 tablespoons honey or brown sugar

1| teaspoons salt
Combine the liquid and the sifted ingredients. Add:

3 tablespoons melted shortening
Knead the dough until it is smooth. Shape it into a ball. Cover it with a cloth and permit it to stand in a warm place for 15 minutes. Knead it for 10 minutes.* Shape it into a loaf. Place it in a greased 5-by-10-inch pan. Permit it to stand for about 1 hour. Bake it in a moderate oven 350° for about 45 minutes.

*I have had good results without kneading the dough.

RAISIN BREAD
Follow one of the above rules for:
Quick White Bread
Quick Wholemeal Bread
Sprinkle:
1 tablespoon flour
over:
1 cup washed and well-drained seeded raisins
Blend the flour with the raisins. Add them to the dough after the shortening has been kneaded in.

GRAHAM BREAD
2 3-inch-by-7-inch loaves
Dissolve:
1/2 cake yeast (1 ounce)
in:
1/2 cup lukewarm water
Add:
1 heaped cups lukewarm water
1/2 cup brown sugar or honey
2 tablespoons melted shortening
Combine:
2 cups graham or wholemeal flour
2 cups sifted bread flour
1 teaspoon salt
Stir the liquid into the sifted ingredients. Cover the bowl with a cloth. Permit the dough to rise in a warm place until it has nearly doubled in bulk. Place it in two greased 3-by-7-inch bread pans. Permit it to rise until it has doubled in bulk. Bake the bread in a moderate oven 350° until it is done (for about 40 minutes).

RYE BREAD
2 5-inch-by-10-inch loaves
Place in a bowl:
4 cups rye flour
2 cups graham or wholemeal flour
1/2 cup brown sugar
1 tablespoon salt
2 tablespoons lard
1 cake yeast, crumbled (1 ounce)
Work these ingredients with the hand until they are well-blended. Work in gradually:
11/2 cups lukewarm water
4 teaspoons caraway seed (optional)
Cover the bowl with a cloth. Permit the sponge to rise for 8 hours. Work it again with the hand for about 2 minutes. Fill two greased 5-by-10-inch pans 1/4 full. Permit the dough to rise to the top of the pan. Bake the bread in a moderate oven 375° for 1 hour. Remove it at once from the pans. Spread it with:
Melted butter or cream
Replace the bread in the oven and bake it for 20 minutes longer. This ensures a fine brown crust.

BREAD STICKS (White, Wholemeal, Graham, or Rye)
Pinch off small pieces of:
Bread dough or Ice-box Roll dough (page 471) that has risen once
This may be done with buttered hands. Roll the dough into sticks. Brush the sticks with:
Melted butter or beaten egg
Place the sticks on a buttered sheet. Sprinkle them with:
Coarse salt
Poppy seed
Chopped nuts (optional)
Permit them to rise until they have doubled in bulk. Bake them in a hot oven 425° until they are brown and crisp.

LUNCHEON BREAD
This is a very rich, tender bread—a fine thing to serve hot. Bring the loaf from the oven to the table. Pull it apart with two forks.
Beat well:
3 tablespoons sugar
3 eggs
Add:
½ cup soft butter
2 cups sifted bread flour
½ teaspoon salt
Dissolve:
2 yeast cakes (2 ounces)
in:
3 tablespoons warm milk
Add these ingredients to the batter. Beat it well for 3 minutes. Place it in a greased bread-pan or a 9-inch tube pan. Permit it to rise in a warm place until it has doubled in bulk (for about 2½ hours). Bake the bread in a hot oven 450° for about 20 minutes.

CHEESE BREAD
Follow the rule on page 469 for:
Cheese rolls

FRENCH BREAD
Boil, then cool to lukewarm:
½ cup water
Crumble into this and stir until dissolved:
1 cake yeast (1 ounce)
Stir in:
½ cup bread flour
1 teaspoon sugar
When smooth and elastic knead the dough and form it into a ball. Cut two crosswise gashes into the top.
Boil, then cool to lukewarm:
2 cups water
Place the dough, gashed side up, in the water. At first it will sink, then it will float. When it is light turn the dough and the water into a mixing bowl. Stir in:
1 teaspoon salt
1 to 6 cups bread flour
to form a stiff dough. When the dough loses its stickiness turn it on to a floured board and knead it for about 15 minutes. Use as little flour as possible. Properly mixed and kneaded the dough will not be sticky. Cover the dough with a damp cloth and permit it to rise in a warm place (about 80° to 85°) until it has doubled in bulk. Turn it out on a board and cut it in two. Roll the dough into 2 long loaves. Place them in French bread pans or on a lightly greased baking sheet. Press down the centre with a round stick—the handle of a wooden spoon will do if about ½ inch thick. Roll the stick back and forth to make a furrow. Cover the loaves with a cloth and permit them to double in bulk. Bake the bread in a hot oven 400° for 15 minutes, then reduce the heat to moderate 375° and bake it for about 4 hour. 10 minutes before it is done brush the tops with:
1 egg beaten with
1 tablespoon water
This glaze may be repeated after 5 minutes.

Baking Powder Breads

WHITE NUT BREAD
Beat until soft:
2 tablespoons butter
Add and blend until creamy:
1 to 1 cup sugar
Sift before measuring:
2 cups bread flour
Resift with:
3 teaspoons baking powder
½ teaspoon salt
Beat until light:
1 egg
Add and beat:
1 cup milk
Stir the liquid into the dry ingredients until blended only. Add:
½ cup broken nuts
Place the dough in a greased pan. Bake the bread in a moderate oven for about ½ hour.

ORANGE BREAD
An economical recipe, as it calls for plain orange peel. This, Wholemeal Fig Bread (page 477), and the following fruit breads make very good tea sandwitches.
Cut into very narrow strips:
The yellow peel of 2 oranges
BREADS

(Discard the white peel.) Pour over it:
4 cups boiling water
Drain it. Add to the peel:
\[ \frac{1}{2} \text{ cup water} \]
\[ \frac{1}{4} \text{ cup sugar} \]
Boil these ingredients until they are the consistency of golden syrup. Cool the syrup. Combine, beat, and add to the syrup:
\[ x \text{ whole egg} \]
\[ x \text{ cup milk} \]
Sift before measuring:
2\( \frac{1}{2} \) cups bread flour
Resift with:
\[ 2\frac{1}{2} \text{ teaspoons baking powder} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
Stir the sifted ingredients gradually into the liquid ingredients. Beat the batter until it is smooth. Place it in a greased 6-by-10-inch bread pan. Permit it to stand for 10 minutes. Bake it in a moderate oven 350° for about \( \frac{1}{2} \) hour.

ORANGE NUT BREAD

Follow the preceding rule for:
Orange Bread
Stir into the combined ingredients
\[ \frac{1}{4} \text{ cup coarsely chopped nuts} \]

BANANA BREAD

Sift before measuring:
2 cups bread flour
Resift with:
\[ \frac{1}{4} \text{ teaspoon baking powder} \]
\[ \frac{1}{4} \text{ teaspoon bicarbonate of soda} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
Cream until light:
\[ \frac{1}{4} \text{ cup sugar} \]
\[ \frac{1}{4} \text{ cup butter} \]
Beat until light and stir in:
\[ x \text{ egg} \]
Beat in:
\[ \frac{1}{4} \text{ cup mashed bananas} \]
Stir these ingredients into the flour mixture in about 3 parts (until blended only) alternately with thirds of:
\[ 3 \text{ tablespoons sour milk or buttermilk} \]
You may add:
\[ \frac{1}{4} \text{ cup broken nuts} \]
Place the batter in a greased 8-by-4-inch loaf pan. Bake it in a moderate oven 350° for about 1 hour.

* About 2 medium-sized bananas mashed with a fork.

BANANA BRAN BREAD

Cream:
\[ \frac{1}{4} \text{ cup butter} \]
\[ \frac{1}{4} \text{ cup sugar} \]
Beat in:
\[ x \text{ egg} \]
Stir in:
\[ x \text{ cup bran} \]
Combine and add:
\[ \frac{1}{4} \text{ cups crushed bananas} \]
\[ 2 \text{ tablespoons water} \]
\[ \frac{1}{4} \text{ teaspoon vanilla} \]
Stir in:
\[ \frac{1}{4} \text{ cup chopped nuts (optional)} \]
Sift before measuring:
\[ \frac{1}{4} \text{ cups bread flour} \]
Resift with:
\[ 2 \text{ teaspoons baking powder} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ \frac{1}{4} \text{ teaspoon bicarbonate of soda} \]
Add the sifted ingredients to the butter mixture. Stir until blended only. Bake the bread in a greased 8-by-4-inch loaf pan lined with waxed paper in a moderate oven 350° for about 30 minutes.

* About 4 medium-sized bananas mashed with a fork.

WHOLEMEAL NUT BREAD

with BROWN SUGAR

Sift before measuring:
\[ \frac{1}{4} \text{ cup bread flour} \]
\[ \frac{1}{4} \text{ cups wholemeal flour} \]
Resift with:
\[ 2\frac{1}{2} \text{ teaspoons baking powder} \]
\[ 1 \text{ teaspoon bicarbonate of soda} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
Pack firmly, then stir in:
\[ \frac{1}{4} \text{ cup medium brown sugar} \]
Add:
\[ \frac{1}{4} \text{ cup broken nuts or raisins} \]
Stir in quickly:
\[ \frac{1}{4} \text{ cups sour milk or buttermilk} \]
Bake the batter in a greased 8-by-4-inch bread pan in a moderate oven 350° for about 1\( \frac{1}{2} \) hours.
GRAHAM NUT or RAISIN BREAD with SWEET MILK and MOLASSES
   (TREACLE)
Sift before measuring:
   ½ cup bread flour
Resift with:
   ¾ teaspoon salt
   ½ teaspoon bicarbonate of soda
   1½ cups graham or wholemeal flour
   2 teaspoons baking powder
Combine and add:
   1½ cups sour milk
   ½ cup dark treacle
   3 tablespoons melted shortening
Stir the batter until the ingredients are well blended. Add:
   ½ cup chopped nuts *
Place the dough in a greased 4-by-8-inch pan. Bake it in a moderate oven 350° for about ½ hour.
* The nuts may be omitted.

GRAHAM NUT BREAD with SOUR MILK and MOLASSES
   (TREACLE)
Sift before measuring:
   ½ cup bread flour
Resift with:
   ¾ teaspoon salt
   ½ teaspoon bicarbonate of soda
   1½ cups graham or wholemeal flour
   2 teaspoons baking powder
Combine and add:
   1½ cups sour milk
   ½ cup dark treacle
   3 tablespoons melted shortening
Stir the batter until the ingredients are well blended. Add:
   ½ cup chopped nuts *
Place the dough in a greased 4-by-8-inch pan. Bake it in a moderate oven 350° for about ½ hour.
* The nuts may be omitted.

ROLLED OATS NUT BREAD
2 4-inch-by-8-inch loaves
Pour:
   2 cups boiling water
over:
   1 cup rolled oats
When these ingredients are lukewarm dissolve in a little of the liquid:
   1 cake yeast (1 ounce)
Add it to the oats mixture with:
   ¼ cup black treacle
   ¼ teaspoons salt
Stir in:
   2 cups sifted bread flour
Cover the bowl with a cloth. Permit the sponge to rise for 8 hours. Add:
   1 cup broken pecans or walnuts
Stiff in flour to make a stiff dough about:
   2 cups sifted bread flour
Place the dough in two 4-by-8-inch pans. Permit it to rise until it has doubled in bulk. Bake the bread in a moderate oven 375° for about 45 minutes.

WHOLEMEAL FIG BREAD
Sift before measuring:
   1½ cups bread flour
Resift with:
   2 teaspoons baking powder
   ½ cup brown sugar
   ½ teaspoon salt
   ½ teaspoon bicarbonate of soda
Add:
   1½ cups wholemeal flour
Combine:
   1 beaten egg
   1½ cups milk
   ½ cup honey
   2 tablespoons melted butter
Stir the liquid into the sifted ingredients.
Knead in well:
   1 cup chopped figs
   ¼ cup chopped pecans or walnuts
Or omit the nuts and use:
   1½ cups chopped figs
Place the dough in a greased 6-by-10-inch pan or in two 4-by-7-inch pans. Permit it to rise for 20 minutes. Bake it in a slow oven 350° for about 1 hour.

PRUNE BREAD
This bread may be made with sweetened prune pulp, in which case the sugar given in the recipe is omitted.
Cream:

⅛ cup shortening

with:

⅛ cup sugar

Beat in:

x egg

Add:

⅛ cup unsweetened, cooked prune pulp—Stewed Prunes (page 403) —mashed or put through a mincer

⅛ cup prune juice

Have ready:

x cup sour milk

Sift before measuring:

⅛ cups bread flour

Resift with:

⅛ teaspoon salt

⅛ teaspoon bicarbonate of soda

Add:

⅛ cups wholemeal flour

Add the sifted ingredients alternately with the milk to the butter mixture. Stir the batter with a few swift strokes until blended only. Fold in:

x cup broken nuts

Place the dough in two small or in one large greased loaf pan. Bake the bread in a moderate oven 350° for 1½ hours. Permit it to cool in the pan.

APRICOT BREAD

Follow the preceding recipe. Substitute ⅛ cup apricot pulp and ⅛ cup juice for the prune pulp and juice.

BRAN BREAD with or without NUTS

Sift:

2 cups bread flour

Resift with:

3 teaspoons baking powder

3 tablespoons sugar*

⅛ teaspoon salt

Add:

2 cups bran

Combine and beat:

⅛ cups milk

x egg

Stir the liquid ingredients slowly into the flour mixture. Stir in:

2 tablespoons melted shortening

x cup chopped nuts (optional)

Bake the bread in a greased 8-by-8-inch pan in a moderate oven 375° for about 1 hour.

* 2 tablespoons treacle may be substituted for the sugar. Add it to the batter with the shortening.

BRAN DATE BREAD DE LUXE

This recipe is worthy of three stars. It makes a wonderful tea sandwich with butter or cream cheese.

Prepare:

2 cups chopped dates

Pour over them:

2 cups boiling water

In a separate bowl beat until light:

2 eggs

Add slowly, beating constantly:

⅛ cup brown sugar

When these ingredients are creamy sift in:

⅛ cup wholemeal flour

2 teaspoons baking powder

1 teaspoon bicarbonate of soda

Add ⅛ the date mixture and:

⅛ cup wholemeal flour

2 cups bran

1 teaspoon vanilla

Add the remaining date mixture and:

⅛ cup or less chopped nuts

Place the dough in a lightly greased loaf pan. Bake it in a moderate oven 350° for about 1 hour.

BRAN BREAD with MOLASSES (TREACLE)

Combine:

2 cups bran

2 cups wholemeal flour

2 teaspoons baking powder

1 teaspoon salt

1 teaspoon bicarbonate of soda

Combine and beat:

x egg

⅛ cups sour milk

⅛ cup treacle or ⅛ cup brown sugar

Beat in the dry ingredients. You may add:

1 cup raisins

Place the batter in two greased 8-by-8-inch loaf pans. Permit it to stand for 1 hour. Bake the bread in a moderate oven 375° for 1 hour or more.
FIG BRAN’ BREAD
Follow the preceding rule. Omit the raisins. Add:
- $\frac{1}{4}$ cup chopped figs, stewed or dried
- $\frac{1}{4}$ cup chopped nuts

GINGERBREAD
Cream:
- $\frac{1}{2}$ cup shortening or bacon fat
- 1 cup sugar, white or brown
Beat in, one at a time:
- 2 eggs
Add:
- 1 teaspoon grated lemon rind (optional)
Sift before measuring:
- 2 cups bread flour
Resift with:
- 1 teaspoon nutmeg
- 2 teaspoons bicarbonate of soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ teaspoons ginger
In a separate bowl combine:
- $\frac{1}{2}$ cup boiling water
- $\frac{1}{2}$ cup treacle
Add the sifted and the liquid ingredients alternately to the butter mixture. Beat the batter after each addition until the ingredients are blended. Bake it in a greased 8-by-11-inch pan in a moderate oven $350^\circ$ for about 40 minutes. Try out this good:

TOPPING for GINGERBREAD
Combine and work with the hands until crumbly:
- $\frac{1}{2}$ cup brown sugar
- 2 teaspoons cinnamon
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup soft butter
Add:
- $\frac{1}{2}$ to 1 cup chopped nuts
Spread this over gingerbread for the last 10 minutes of baking.

TOAST MELBA
Cut into the thinnest possible slices:
White bread
Remove the crusts. Place the bread in an oven that is barely warm. Permit it to become crisp and slightly browned.

RYE TOAST MELBA
Follow the preceding rule for Toast Melba, substituting rye bread for white bread.

MILK TOAST
Individual Service
Toast lightly on both sides:
A slice of bread $\frac{1}{2}$ inch thick
Spread it lightly with:
Butter
Sprinkle it with:
Salt (optional)
Place it in a bowl and pour over it:
1 cup hot milk

FRENCH TOAST
Beat slightly:
2 eggs
Add:
- 1 teaspoon salt
- $\frac{1}{2}$ cup milk
Dip in this mixture:
6 slices of bread*
Brown the bread on each side on a hot, well-buttered girdle. Serve it hot sprinkled with:
Sugar
Cinnamon
* The bread may be cut in rounds with a pastry cutter. Garnish the cooked rounds with:
Bright red jelly
Try sour (or red) cherries, sweetened, slightly thickened with cornflour, flavoured with lemon, or apple sauce flavoured with cinnamon and cloves.

FRENCH TOMATO TOAST
Beat until light:
2 eggs
$\frac{1}{2}$ teaspoon salt
\[\begin{align*}
\text{Dip} & \quad \frac{1}{2} \text{ teaspoon paprika} \\
& \quad \frac{1}{2} \text{ cup condensed tomato soup} \\
\text{Sauté the slices in hot:} \\
6 \text{ slices of bread} \\
\text{Butter or dripping} \\
\text{When a good brown serve them with:} \\
\text{Cheese Sauce (page 382)} \\
\text{Minced parsley or chives}
\end{align*}\]

**BREADS**

\[\text{CINNAMON TOAST I}\]

Spread:
- **Rusks**

with:
- **Butter**

Sprinkle them with a mixture that is:
- 3 parts sugar
- 1 part cinnamon

Place them in a moderate oven or under a grill to crisp them.

**CINNAMON TOAST II**

A Filipino cook I know varies the flavour of cinnamon toast by using part cinnamon and part nutmeg with good results.

Cut thin slices of:
- **Bread**

Remove the crusts. Spread the bread with a thick layer of:
- **Butter**

Sprinkle it generously with:
- **Sugar**
- **Cinnamon**

Allow 1 teaspoon of cinnamon for every 3 tablespoons of brown or white sugar. Place one piece of bread on top of another with the prepared sides to the centre. Toast the slices under or over a quick fire. Separate them and serve them at once, cinnamon side up.

**CINNAMON TOAST III**

Cut thin slices of:
- **Bread**

Remove the crusts. Toast the bread. Allow for each slice:
- 1 tablespoon sugar
- \(\frac{1}{2}\) teaspoon cinnamon

Spread the toast generously with:
- **Butter**
- Sprinkle it with the combined sugar and cinnamon. Place it in a pan in a moderate oven 350° just long enough to melt the butter.

**CINNAMON TOAST STICKS**

Cut the crust from:
- **Bread**

Cut the bread into \(\frac{1}{2}\)-inch slices. Cut the slices in \(\frac{1}{2}\)-inch strips.*

Dip the strips in:
- Melted butter or creamed butter

Roll them in:
- 1 part cinnamon
- 3 parts sugar

or in:
- \(\frac{1}{2}\) cup icing sugar
- \(\frac{1}{2}\) cup brown sugar
- 1 tablespoon cinnamon

Toast the strips on 4 sides, or place them in a hot oven 400° for 8 minutes. These are good put together with apple sauce.

* The strips may be sprinkled with

**ORANGE TOAST**

Good with tea.

Combine:
- Grated rind of 1 orange
- \(\frac{1}{2}\) cup orange juice
- \(\frac{1}{2}\) cup sugar

Cut:
- 6 slices of bread

Remove the crusts and toast the bread. Spread it while hot with:
- **Butter**

Cover it with the orange mixture. Put the toast in the oven or under a grill just long enough to brown the tops lightly.

*Orange Marmalade Toasted Sandwiches, page 618; Toasted Buttered Bread Loaf, page 65; Pulled Bread, page 65; Toasted Bread Sticks, page 65.*

**HOW TO DRY STAILE BREAD**

Break into pieces or cut into slices:
- **Stale bread**

Place it on a baking sheet or in a pan in a very slow oven 250°. When it is very dry and crisp, crush it with a rolling-pin, or put it through a mincer. Keep the crumbs in a covered jar.
BREADS

FRITTERS, DOUGHNUTS, PANCAKES, WAFFLES

CHART FOR DEEP FAT FRYING

<table>
<thead>
<tr>
<th>Food</th>
<th>Temp.</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doughnuts and other raw dough mixtures</td>
<td>370°</td>
<td>Until brown</td>
</tr>
<tr>
<td>Croquettes and other cooked food mixtures</td>
<td>390°</td>
<td>Until brown</td>
</tr>
<tr>
<td>French Fried Potatoes</td>
<td>395°</td>
<td>4½ minutes</td>
</tr>
</tbody>
</table>

To Test the Heat of Fat without a Thermometer

Heat the fat slowly. Drop a 1-inch cube of bread (1 day old) into it. If the bread browns in 40 seconds the fat is ready for frying cooked food. If the bread browns in 1 minute the fat is ready for frying uncooked food. The exception to this rule is French Fried Potatoes. Fry these when a cube of bread browns in 20 seconds.

RULE FOR DEEP FAT FRYING

Choose a deep heavy saucepan with straight sides. This will answer well for occasional frying. If a great deal of frying is done, an iron pan and a wire basket (with a handle) that fits into it will be found a great convenience. In addition, provide yourself with a long-handled skimmer or a slotted spoon and a long-handled fork. The fat or oil should be deep enough to cover the food generously (about 4 inches deep). Two or three inches must be allowed between the fat and the top of the pan to keep the fat from bubbling over.

Heat the fat or oil slowly to the desired temperature. See the preceding Chart for Deep Fat Frying.

Fry only a small quantity of food at a time, otherwise you will reduce the temperature of the fat too much. Have the food to be fried at room temperature for the same reason. If it has been chilled, remove it from the refrigerator about an hour before frying.

To a 3-quart-size pan filled with 1 quart of fat or oil allow about 3 doughnuts, 3 croquettes, or 1 cupful of potatoes at a time.

Lower the basket slowly into the fat. The bubbling will soon subside. If a frying basket is not available place the food on a long-handled spoon and lower it slowly into the fat. When it is cooked on one side turn it and cook the other. Do not let the food touch while frying. Separate it with a fork or skimmer. As soon as the food is well browned remove it from the fat and drain it on absorbent paper—paper towels, napkins, or unglazed paper. Retest the temperature frequently. Skim off all food scraps to prevent smoke.

After frying the food, cool the fat, strain it through cheesecloth, paper towels, or a fine sieve and place it in a covered receptacle in the refrigerator. The same fat may be used repeatedly. Fish, croquettes, onion, and doughnuts may all be fried in the same fat without transmitting the flavour of one food to another.

If the fat becomes dark it may be clarified by adding a raw, peeled, and sliced potato. Heat the fat slowly until the potato browns, then strain the fat.

Keep fat in the refrigerator and oil in a cool place.
BREADS

BREADED FOOD

Roll until very fine:

- Biscuit crumbs, bread crumbs, cornflakes, or bran

The crumbs may be sifted and seasoned. Combine and beat lightly:

1 egg
2 tablespoons water

Roll the food to be breaded in the crumbs, dip them in the egg mixture, and roll them again in the crumbs.

To avoid sticky hands, bread with one hand and dip with the other. If this is done \(\frac{1}{2}\) hour before the food is fried, the crumbs will have a better chance to adhere. It is important to cover the entire surface of the food well with the egg mixture. When placed in the hot fat the egg at once forms a coating which the fat cannot penetrate.

FRITTERS

RULE FOR FRYING FRITTERS

Heat a pan of fat from 370 to 390 degrees. Dip fruit in batter—see the following rule. Fry the fritters until they are a delicate brown. Drain them on unglazed paper and serve them with lemon juice and icing sugar or serve them with Crimson Sauce (page 483), etc.

Fritter Batter

These fritters may be fried in deep fat or they may be sautéed in butter.

Beat:

- 2 egg yolks
- \(\frac{1}{2}\) cup water
- \(\frac{1}{4}\) cup evaporated milk or rich milk

* Add and beat:

- 1 tablespoon lemon juice or wine
- 1 tablespoon melted butter

Sift before measuring:

- 1 cup bread flour

Resift with:

- \(\frac{1}{2}\) teaspoon salt
- 2 tablespoons sugar (optional)

Combine the liquid and the dry ingredients with a few swift strokes.

Add:

- \(\frac{1}{2}\) teaspoon salt
to:

- 2 egg whites

Whip them until they are stiff. Fold them into the batter.

* \(\frac{1}{4}\) cup water may be substituted for the milk and water.

APPLE FRITTERS

Peel and core:

- Apples

Cut them crosswise into \(\frac{1}{4}\)-inch slices.

They may be soaked for 2 hours in:

Wine or lemon juice and castor sugar

Drain them. Dip them in:

- Fritter Batter (see preceding rule)

Fry them in deep fat (page 481).

Drain them on absorbent paper.

Sprinkle them with:

- Cinnamon Sugar

PINEAPPLE FRITTERS

Drain:

- Canned pineapple slices

Follow the preceding rule for Apple Fritters.

BANANA FRITTERS

Peel and cut into halves lengthwise:

- Bananas

Dip them in:

- Fritter Batter (see this page)

Fry them in deep fat (page 481).

APRICOT FRITTERS

Drain:

- Canned apricots or stewed apricots

Dip them in:

- Fritter Batter (see this page)

Fry them in deep fat (page 481).
ORANGE FRITTERS

Peel:

Oranges

Cut them into slices and remove the pips. Sprinkle the slices with:
Icing sugar

Dip them in:
Fritter Batter (page 482)

Fry them in deep fat (page 481).

FRENCH FRITTERS with LEMON SAUCE

These are as light as air.

Combine in a saucepan and boil and stir over a low flame for 5 minutes:

6 tablespoons water
1 tablespoon butter
6 tablespoons flour

Remove the pan from the fire. Beat in, one at a time:

4 eggs

Beat the batter for 3 minutes after each addition. Add:

1 teaspoon vanilla

Drop the batter from a teaspoon into hot fat (page 481). Drain the fritters on absorbent paper. Dust them with Icing sugar

Serve them at once with:
Lemon Sauce II (page 693)

RICE CRULLERS or FRITTERS

Boil:

½ cup Rice* (page 87)

Permit the water to absorb. Do not drain the rice. Cool it.

Add to it:

3 beaten eggs
1 cup sugar
1 teaspoon vanilla
½ teaspoon nutmeg or grated lemon rind
3 teaspoons baking powder
6 tablespoons bread flour

Heat deep fat to 365° (page 481, hot enough to brown a cube of bread in 1 minute). Drop the batter into the fat from a teaspoon. Fry the fritters until they are golden brown. Drain them on absorbent paper. Sprinkle them with:

Icing sugar

Serve them with:

Tart jelly
* 2 cups cooked rice.

CRIMSON SAUCE for FRITTERS

Combine and beat well:

½ cup currant jelly
2 tablespoons hot water
2 tablespoons lemon juice
½ teaspoon salt

Add:

2 tablespoons chopped raisins
4 chopped maraschino cherries
1 teaspoon maraschino cherry juice

CRULLERS

Sift:

½ cup sugar

Beat until light:

4 eggs

Add the sugar gradually. Blend these ingredients until they are creamy.

Add:

½ teaspoon grated lemon rind
1 cup melted shortening
1 cup milk

Sift before measuring:

3½ cups bread flour

Resift with:

½ teaspoon cream of tartar
½ teaspoon bicarbonate of soda

Stir the sifted ingredients into the egg mixture. Roll the dough to the thickness of ¼ inch. Cut it into strips. Fry the crullers in deep fat (page 481). Drain them on unglazed paper. Sprinkle them when slightly cooled with:

Icing sugar

Vegetable Fritters, page 298; Elderberry Pancakes, page 492.
DOUGHNUTS I (Sweet Milk)

About 36 doughnuts

Beat:
- 2 eggs
Add slowly, beating constantly:
- 1 cup sugar
Stir in:
- 1 cup milk
- 5 tablespoons melted shortening
Sift before measuring:
- 4 cups bread flour
Resift with:
- 4 teaspoons baking powder
- 1 teaspoon nutmeg (optional)
- 1 teaspoon cinnamon
- 1 teaspoon grated lemon rind
- 1 teaspoon salt

Stir the sifted ingredients and the egg mixture until they are blended. The dough may be chilled until it is easy to handle. Roll the dough to the thickness of 4 inch. Cut it into shapes. Fry the doughnuts in deep fat (page 481) heated to 370° (hot enough to brown a cube of bread in 1 minute). Brown them on one side, turn them, and brown them on the other. See the preceding rule for Frying Doughnuts. Doughnuts cut with a small cutter are good for tea. Sprinkle them with:

Cinnamon and sugar

Add slowly, beating constantly:
- 1 1/2 cups sugar

Stir in:
- 1 cup sour milk*
- 1 1/2 tablespoons melted butter

Sift before measuring:
- 4 cups bread flour

Resift with:
- 1 teaspoon bicarbonate of soda
- 2 teaspoons baking powder
- 1/2 teaspoon nutmeg or 1/2 teaspoon cinnamon or 1/2 teaspoon salt (optional)

Stir the sifted ingredients and the egg mixture until they are blended. The dough may be chilled until it is easy to handle. To roll, cut, and fry the doughnuts follow the preceding rule.

* Sour cream may be substituted for the milk. In that case omit the butter.

Note. You make molasses doughnuts by adding 1 cupful of treacle to the preceding rule. Add:
- 1 1/2 teaspoons ginger

DOUGHNUTS III (with Potatoes)

Peel and cook by the rule on page 244:
- 2 medium-sized potatoes
Rice or mash them. There should be 1 cupful. Beat well:
- 2 eggs
Add very slowly, beating constantly:
- 1/2 cup sugar

Stir in the potatoes and:
- 1 cup milk
- 2 tablespoons melted butter
Sift before measuring:
1 cup bread flour
Resift with:
3 teaspoons baking powder
% teaspoon salt
% teaspoon nutmeg or % teaspoon cinnamon (optional)
Stir in the sifted ingredients and the butter mixture until they are blended.
Add sufficient sifted:
Bread flour
to form a soft dough. Chill the dough until it is easy to handle. To roll, cut and fry the dough, follow the rule for Doughnuts I.

ORANGE DOUGHNUTS
Follow one of the preceding rules for:
Doughnuts
Deduct:
4 tablespoons milk
Substitute:
The grated rind of 1 orange and 4 tablespoons orange juice

CHOCOLATE DOUGHNUTS
Deduct from:
Doughnuts I, II, or III 5 tablespoons of flour
Substitute:
1% ounces melted chocolate
Add it to the melted shortening. Stir in:
% teaspoon vanilla

PECAN DOUGHNUTS
Add to any of the preceding recipes for doughnuts:
1 cup broken nuts

RAISED DOUGHNUTS
Follow the rule on page 559 for:
Coffee Cake Dough
When it is ready to shape put it to the thickness of 1 inch. Cut it into rings. Place the rings on a floured board. Permit them to rise until they have doubled in bulk. Fry them in deep fat as directed in the rule on page 484 for Doughnuts.

BERLIN DOUGHNUTS
Follow the preceding rule. Cut the dough into 2-inch rounds instead of rings. Place on one round:
1 heaping teaspoon jelly or jam
Brush the edges of the round with:
Egg white
Cap it with another round. Press the edges together. Repeat the process. Follow the preceding rule for letting the doughnuts rise and for frying them.

FRENCH DOUGHNUTS or CRULLERS
10 Doughnuts
To make this delicious confection follow the recipe on page 587 for:
Cream Puffs
You may add:
% teaspoon grated orange or lemon rind
1 tablespoon sugar
Permit this to cool for 5 minutes. Use a pastry tube to make circles or figure-of-eight doughnuts on squares of heavily greased paper, or on the end of a well-greased pancake turner. Turn the paper upside-down to drop the doughnuts into hot fat. Fry by the rule for Doughnuts on page 484. When cold these doughnuts are sometimes iced with icing sugar diluted with lemon juice.

ROSETTES
Rosettes are shaped with a small iron made for the purpose. They are very good served with creamed food, sweet sauce, stewed fruit, etc.
Beat until blended:
2 eggs
Add and beat:
1 teaspoon sugar *
% teaspoon salt
Sift before measuring:
1 cup bread flour
Stir it into the egg mixture alternately with:
1 cup milk
Rosettes are fried in deep fat heated to 370° (hot enough to brown a cube of bread in 1 minute). Heat the iron by immersing it in the fat until it is entirely covered, dip it in the batter, but do not let the batter run over the
top of the iron. Return the iron to the fat, immersing it completely from 20 to 35 seconds. Remove the rosette from the iron with a fork. Reheat the iron in the hot fat and repeat the process. Drain the rosettes on absorbent paper and serve them sprinkled with:

**Icing sugar**

* If the rosettes are to be used as patties omit the sugar.

**TIMBALE CASES for FOOD**

Select a timbale iron that is fluted, as it is easier to handle than a plain one.

**Sift:**

- 1 cup flour
- 1 teaspoon salt

Combine and beat:

- 1 egg
- 1/2 cup milk

Combine the liquid and the sifted ingredients with a few swift strokes.

Add:

- 1 teaspoon olive oil or melted butter

Heat deep fat to 350° (page 481—when it will brown a cube of dry bread in 70 seconds). Heat the timbale iron for 15 minutes in the hot fat. Wipe it with a cloth wrapped around a fork. Plunge the iron into the batter, within 1/8 inch of the top. Remove it. Allow the batter to dry on the iron. Flatten bubbles that may appear with the fingers. Fry the timbale in the hot fat. Remove it from the iron and drain on a paper towel. Repeat the process.

**GRIDDLE or GRIDLE CAKES**

**RULE FOR BAKING GRIDDLE CAKES**

Prepare griddle-cake batter by one of the following rules. Meanwhile heat an iron griddle. It may be greased with a bit of bacon or a turnip cut in two, but this is usually unnecessary. However, if a griddle has once been greased the process will probably have to be repeated. If this is the case, wipe the griddle with an oiled cloth between ‘bakings.’

Test the griddle by throwing a few drops of cold water upon it. If the water sputters a good deal the griddle is ready for the cakes.

Drop the batter by the spoonfuls on the griddle. The cakes are ready for their first turning after they have been baked from 2 to 3 minutes. When bubbles appear on their surface and begin to burst, lift the cakes with a spatula to see that the under surface is well browned, then turn them and continue baking them until the other side is browned. If the griddle has been greased, wipe it with an oiled cloth before baking more cakes on it. (Watch your fingers!)

Serve the cakes as soon as possible. If they cannot be served at once keep them in a warm place in stacks of not more than four.

**GRIDDLE CAKES or BATTER CAKES**

**I (Sweet Milk)**

Sift before measuring:

- 1% cups bread flour

Resift with:

- 1 teaspoon salt
- 12 teaspoons baking powder

Beat lightly:

- 2 eggs *

Add:

- 1 tablespoon melted butter
- 1% cups milk

Make a hole in the centre of the dry ingredients. Pour in the liquid ingredients. Stir them with a few swift strokes until they are blended only. Ignore the lumps, they are harmless. This process should take only 20 seconds. The batter may be prepared ahead of time if covered at once and placed in the refrigerator. It may be kept overnight or longer and give excellent results. Follow the preceding rule for baking the cakes.

* The eggs may be separated, the beaten yolks may be added to the milk and the stiffly whipped whites may be folded in after the other ingredients are blended.
WHOLEMEAL GRIDDLE CAKES
Follow the preceding rule for Griddle Cakes.
Use:
\(\frac{1}{2}\) cup cake flour
\(\frac{1}{2}\) cup wholemeal flour
Add to the liquid ingredients:
2 tablespoons treacle
Serve the cakes with:
Sausages and syrup (optional)

BANANA GRIDDLE CAKES
Follow the rule on page 486 for:
Griddle Cakes
Slice thinly and add to the liquid ingredients:
1 large ripe banana

APPLE GRIDDLE CAKES
Follow the rule on page 486 for:
Griddle Cakes
Peel, slice thinly, and add to the liquid ingredients:
1 tart juicy apple

PECAN GRIDDLE CAKES
Follow the rule on page 486 for:
Griddle Cakes
Add to the dry ingredients:
\(\frac{1}{2}\) cup finely chopped pecans or walnuts

GRIDDLE CAKES II (Sour Milk)
Sift before measuring:
1 cup cake flour or \(\frac{1}{2}\) cup bread flour
Resift with:
\(\frac{1}{2}\) teaspoon bicarbonate of soda
\(\frac{1}{2}\) teaspoon salt
Beat lightly:
1 egg
Add:
1 teaspoon melted butter
1 cup sour milk
Combine these ingredients and bake the cakes by the rule for Griddle Cakes (page 486).

GRAHAM GRIDDLE CAKES
Sift before measuring:
\(\frac{1}{2}\) cup bread flour
Resift with:
2 tablespoons sugar
\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) teaspoon baking powder
\(\frac{1}{2}\) teaspoon bicarbonate of soda
Stir in:
1 cup graham or wholemeal flour
Combine and beat:
1 egg
2 cups sour milk
2 tablespoons melted butter or bacon fat
Stir this mixture into the sifted ingredients. Follow the rule for Baking Griddle Cakes (page 486).

OATMEAL GRIDDLE CAKES
Sift before measuring:
\(\frac{1}{2}\) cup bread flour
Resift with:
1 teaspoon baking powder
\(\frac{1}{2}\) teaspoon salt
Beat:
1 egg
Stir in:
1\(\frac{1}{2}\) cups cooked oatmeal
1 cup evaporated milk
1 cup water
2 tablespoons melted butter or bacon fat
Stir this mixture into the sifted ingredients. Follow the rule for Baking Griddle Cakes (page 486).

BREAD-CRUMB GRIDDLE CAKES
This practical use of old bread makes a delicious griddle cake.
Prepare by rolling and sifting (page 482):
1 cup dry Bread-crumbs
Scald:
1\(\frac{1}{2}\) cups milk
Add and melt:
2 tablespoons butter
Pour these ingredients over the crumbs.
Beat until light:
2 eggs *
Add them to the crumb mixture. Sift before measuring:

\[ \frac{1}{2} \text{ cup bread flour} \]

Resift with:

\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ 4 \text{ teaspoons baking powder} \]

Add the sifted ingredients to the batter. Stir it until they are blended. Follow the rule for Baking Griddle Cakes (page 486).

* The eggs may be separated, beaten, and the whites folded into the batter later. A good sweet cake may be made by adding 2 tablespoonfuls of brown sugar and \( \frac{1}{2} \) teaspoonful cinnamon.

**BUCKWHEAT CAKES I**

Sift before measuring:

\[ \frac{1}{2} \text{ cup bread flour} \]

Resift with:

\[ \frac{1}{2} \text{ teaspoon baking powder} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ 2 \text{ teaspoons sugar} \]
\[ 1 \text{ teaspoon bicarbonate of soda} \]

Add:

\[ \frac{1}{2} \text{ cups buckwheat flour} \]

Pour into a bowl:

\[ 3 \frac{1}{2} \text{ cups sour milk or buttermilk} \]

Add:

\[ 2 \text{ tablespoons melted shortening} \]

Add the dry ingredients. Beat the batter until it is blended only. Follow the rule for Baking Griddle Cakes (page 486).

* 2 teaspoonfuls treacle may be substituted. Add it to the milk.

**BUCKWHEAT CAKES II**

The batter for these cakes must be mixed 12 hours before it is cooked.

Scald:

\[ 2 \text{ cups milk} \]

Pour it over:

\[ \frac{1}{2} \text{ cup dry, finely crushed bread crumbs} \]

Permit them to soak for 30 minutes. Stir in:

\[ \frac{1}{2} \text{ cake yeast (1 ounce), dissolved in } \frac{1}{4} \text{ cup lukewarm water} \]
\[ 2 \frac{1}{2} \text{ cups buckwheat flour} \]

Cover the bowl with a cloth. Place it in a warm (not hot) place and permit the dough to rise for 12 hours. Combine:

\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ 2 \text{ tablespoons brown sugar or treacle} \]
\[ \frac{1}{2} \text{ teaspoon bicarbonate of soda} \]
\[ \frac{1}{4} \text{ cup lukewarm water} \]

Stir these ingredients into the buckwheat mixture. Follow the rule for Baking Griddle Cakes (page 486).

**PICNIC BATTER CAKES**

This recipe is planned to satisfy the appetites of from 10 to 12 picnickers.

Sift before measuring:

\[ 3 \text{ cups bread flour} \]

Resift with:

\[ \frac{1}{2} \text{ cup sugar} \]
\[ 2 \text{ cups cornflour} \]
\[ 2 \text{ teaspoons salt} \]
\[ 4 \text{ teaspoons baking powder} \]

Beat:

\[ 3 \text{ egg yolks} \]
\[ 2 \text{ tablespoons melted butter} \]
\[ 4 \text{ cups milk} \]

Follow the rule for Griddle Cakes I (page 486) for combining the ingredients. Beat until stiff:

\[ 3 \text{ egg whites} \]

Heap them on top of the batter. Place the batter in glass jars. Beat it with a whisk or fork just before using it. Bake the cakes and wrap them around small:

Grilled sausages or bacon

**LEFT-OVER RICE BATTER CAKES**

Stir:

Grated cheese *

into:

Cooked rice

Season with:

Salt

Paprika

Shape the rice into small flat cakes. Sauté them slowly in:

Butter

* You may add 1 beaten egg to every cupful of rice. In that case drop the batter by the spoonful into hot fat.
FRENCH PANCAKES

About 18 5-inch cakes

Sift:
  ½ cup bread flour

Resift with:
  ½ teaspoon salt
  1 teaspoon baking powder
  2 tablespoons powdered sugar
  ½ teaspoon grated lemon rind, or
  ½ teaspoon vanilla (optional)

Beat:
  2 eggs

Add:
  ½ cup milk
  ½ cup water

Make a well in the sifted ingredients. Pour in the liquid ingredients. Combine them with a few swift strokes. Ignore the lumps, they will take care of themselves. Heat a 5-inch frying-pan. Grease it with a few drops of oil. Add a small quantity of batter. Tip the pan and let the batter spread over the bottom. Cook the pancake over moderate heat. When it is brown underneath reverse it and brown the other side. Use a few drops of oil for each pancake.

Spread the cake with:
  Jelly

Roll it and sprinkle it with:
  Icing sugar

CRÊPES SUZETTE I

At the age of fourteen, the famous Franco-American cook, Henri Carpentier, invented crêpes Suzette—a glorified French pancake. His patron was Albert Edward, Prince of Wales, whose penchant for all that was bright and gay seemed a defence against his incredibly dull upbringing. Henri tells in his amusing reminiscences (Life à la Henri, Simon & Shuster) of his delight in tempting the rather jaded palate of the famous gourmet.

One day he was composing a crêpe sauce—a most complicated affair—a blend of orange and lemon peel, sugar, butter, maraschino, curaçao, and kirsch. By accident the cordials caught fire and the poor boy thought that both he and his sauce were ruined. The prince was waiting, how could Henri begin all over again? He tasted the sauce—it was delicious. Quickly he plunged the crêpes into the boiling liquid, added more of the cordials, and let the sauce burn again. The dish was a triumph.

Asked by the prince what he called these fabulous cakes, Henri stammered, ‘Crêpes Princesse.’ The prince, acknowledging the compliment to himself, answered gallantly that there was a lady present—there was, a very small girl—would Henri consent to changing the name to Crêpes Suzette? Henri would and did. Later he received from the prince a jewelled ring, a hat, and a cane, but best of all he had put his foot on the first rung of the ladder to his future success.

This is Henri’s recipe, condensed and put into what approximates American form. It makes 8 cakes—‘enough for 4 people,’ says Henri.

Combine and stir until the ingredients are the consistency of thin cream:

  3 eggs
  2 tablespoons flour
  1 tablespoon water
  1 tablespoon milk
  A pinch of salt

Place in a small frying-pan:
  Butter ‘as one joint of your thumb’

When this bubbles pour in enough paste to cover the bottom of the pan with a thin coating—‘almost like the white of an egg.’ Keep the pan moving, for this is a delicate substance. A minute of cooking and the job is ⅓ done. Turn the cake. Now again and again and again until the cake is well browned. Now fold the cake twice. It will be triangular in shape ‘like a lady’s handkerchief.’

Prepare:

Henri’s Butter Sauce for Crêpes Suzette

This may be made in advance and kept for months in a cool place.

Cut into very thin strips pieces of:

  Lemon rind ¼ inch square
  Orange rind ¼ inch square

‘Enough to put a patch on the ball of
your thumb.* Use only the thin yellow rind. Add:

1 teaspoon vanilla sugar *

Permit these ingredients to stand closely covered for 12 hours or more. Melt in a large thin frying-pan (Henri says a silver pan):

\frac{1}{2} cup sweet butter

When it starts to bubble add:

x pony maraschino
x pony curaçao
x pony kirsch

Put a lighted match to the sauce. As the flame dies down add the lemon and orange mixture. (Place the sauce in a cool place until ready for use, if you wish.) Make the crêpes. Plunge the cakes in boiling sauce. Turn them. Add:

x pony maraschino
x pony curaçao
x pony kirsch

Put a lighted match to the sauce. Permit it to burn. Serve the cakes at once. The final performance—plunging the folded crêpes into the boiling sauce, adding and burning the liquor—is done in the presence of the one to be feted.

* Vanilla sugar is made by placing a vanilla bean in a quart jar of granulated sugar long enough to flavour it well. A few drops of vanilla and 1 teaspoonful of sugar may be substituted (say I—not Henri).

Having given the original version of this famous dish, I shall follow it by a less complicated and very good, if not authentic, recipe.

**CRÊPES SUZETTE II**

There are now endless ways of preparing crêpes Suzette. The rule for French Pancakes will answer as well as any for everyday use. Needless to say, but being said for the benefit of those who need an introduction, these cakes are about as good to eat as anything man or superman can make.

Follow the rule for:

French Pancakes (page 489)

Substitute for the lemon and vanilla:

1 teaspoon cognac or curaçao

(optional)

Bake the cakes as directed. Spread them at once with the following sauce.

Syr until blended and creamy:

\frac{1}{2} cup butter
\frac{1}{2} cup icing sugar

Add:

5 tablespoons orange juice
1 tablespoon lemon juice
2 teaspoons grated orange rind or orange marmalade *

Roll the cakes and sprinkle them with:

Icing sugar

Place them in a fairly hot oven 400° to melt the sugar. Put the crêpes on a hot dish. Have it brought to the table. Cover the bottom of the dish to the depth of \frac{1}{2} inch with:

2 parts brandy
1 part wine

Put a lighted match to the liquor. Permit it to burn down. Serve the crêpes at once.

* Tangerine juice and rind may be substituted for the orange and marmalade or the crêpes may be spread with any good Hard Sauce (page 689) and served with or without the addition of the brandy and wine. Here is a simple rule.

Heat and stir in a double boiler until smooth:

1 teaspoon grated orange rind
\frac{1}{2} cup orange juice
3 tablespoons butter
\frac{1}{2} cup icing sugar

Add:

Rum, sherry, or dessert wine (optional)

A good way to serve the crêpes is to spread them generously with jelly, roll them, and cover them with whipped cream dotted with jelly. Place them in a hot oven 400° until the cream and the jelly are melted. Raspberry jam flavoured with rum makes a good filling. So does Bar-le-Duc jelly.

**RUSSIAN RAISED PANCAKES (BLJNIN)**

Dissolve in a deep bowl:

\frac{1}{2} cake (ounce) yeast in
2 cups lukewarm milk

Stir in until well blended:

1\frac{1}{2} cups sifted bread flour
2 tablespoons sugar

Set this sponge to rise in a warm place
for 1½ hours. Cover the bowl with a cloth. Beat until well blended:

3 egg yolks
6 tablespoons soft butter

Stir in:

1½ cups sifted bread flour
¾ teaspoon salt

Beat these ingredients into the sponge. Permit the sponge to rise again for 1½ hours. Whip until stiff:

3 egg whites

Fold them into the batter. After 10 minutes bake the batter, a very small quantity at a time, in a 5-inch pan spread with butter. As they bake spread the unbaked side of the cakes with:

Soft butter

The blini should be paper thin. Serve them with:

Caviare or salmon

**AUSTRIAN PANCAKE or OMELET SOUFFLÉ**

4 small servings—if you are not very hungry

Known in Salzburg as a ‘Nockerl.’ Few visitors failed to indulge in one or more between the delights of the annual musical festival, and it is safe to suppose that the inhabitants indulge in them the year round. This rich omelet soufflé or pancake is good as a breakfast or supper dish and wonderful as a dessert with rum or fruit sauce.

Make it immediately before it is to be served. It has very little body and shrinks quickly.

Melt in a 9- or 10-inch frying-pan

1 tablespoon butter

The pan should be hot when the soufflé mixture is put into it. Beat until very light:

4 egg yolks
2 to 4 tablespoons sugar

Add:

⅛ to ¼ teaspoon vanilla

Whip until stiff:

4 egg whites
A pinch of salt

Fold the yolk mixture lightly into the egg whites. Heap the soufflé into the hot pan by the spoonful. Allow about 5 minutes in all for cooking it. Brown the underside, turn the puffs, and brown the other side. The centre should remain soft. If you are serving the nockerl without fruit or sauce, sprinkle it with:

**Icing sugar**

**GERMAN PANCAKES**

1 8-inch pancake

Sift before measuring:

3 tablespoons bread flour

Resift with:

¾ teaspoon salt
¾ tablespoon sugar (optional)

Beat:

2 eggs
Add the sifted ingredients. Beat the batter for 5 minutes. Add slowly:

6 tablespoons milk

Beat the batter for 5 minutes. Melt in an 8-inch frying-pan:

1 tablespoon butter

When it is hot pour in the batter. Place the pan in a hot oven 425° for 6 minutes. Reduce the heat to 350°. Bake the pancake for about 15 minutes longer. Spread it with:

Melted butter (optional)
Icing sugar

Sprinkle it with:

Lemon juice

or spread it with:

Preserves

Roll the pancake and serve it at once.

**SOUR MILK PANCAKES**

About 14 5-inch cakes

Sift before measuring:

½ cup bread flour or 1 cup cake flour

Resift with:

1 teaspoon sugar
⅛ teaspoon salt
⅛ teaspoon baking powder
⅛ teaspoon bicarbonate of soda

Beat until light:

1 egg

Add:

1 cup sour milk

Combine the sifted and the liquid ingredients with a few swift strokes.

Beat in:

2 tablespoons melted butter
To bake the pancakes follow the rule for French Pancakes (page 489).

Tomato Pancakes, this page; Eggplant Fritters, page 298.

POTATO PANCAKES
Peel, then let soak in cold water for several hours:
6 potatoes
Drain them well, dry, then grate them coarsely. There should be 2 cupfuls. Place them in a bowl. Beat well, then stir in:
2 eggs
Combine and sift:
\( \frac{1}{4} \) tablespoon butter
\( \frac{1}{2} \) teaspoon baking powder
\( \frac{1}{2} \) teaspoon salt
Add the flour to the potato mixture with:
\( \frac{1}{2} \) teaspoon grated onion (optional)
Sauté by spoonfuls in \( \frac{1}{2} \) inch or more of hot fat. Turn and brown the second side. These are usually served with:
Apple sauce

Grated Potatoes, Pan-broiled, page 250.

TOMATO PANCAKES
These sound ‘quecrish,’ but they have an attractive red-brown colour, a good flavour, and are highly esteemed by cake fanciers.

Strain:
2 cups stewed tomatoes or canned tomatoes
Sift and combine with the tomatoes:
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{4} \) teaspoon pepper
\( \frac{1}{2} \) teaspoon sugar
\( \frac{1}{2} \) cup flour
\( \frac{1}{4} \) teaspoon baking powder
Melt in a frying-pan:
2 tablespoons butter
Add the tomato batter by the tablespoonful and sauté the cakes until they are a good brown. Serve them with or without syrup.

APPLE PANCAKES
Prepare by the rule on page 489:
French Pancake Batter
Melt in a frying-pan:
1 tablespoon butter
1 tablespoon lard
When the fat is hot pour in \( \frac{1}{4} \) the batter.
Sprinkle it generously with:
Peeled, cored, and thinly sliced apples (peaches, bananas, etc.)
Pour the remaining batter over the apples. Turn the cake when it is browned underneath. Brown the other side. Serve the pancake hot with:
Powdered sugar

FRUIT PANCAKES
Follow the preceding rule.
Substitute for the apples:
1 cup or more blueberries (bilberries), sliced bananas, peaches, etc., or
\( \frac{1}{2} \) cup elderberry blossoms stripped from the stem *

* Elderberry fritters may be made by leaving the blossoms on the stem.
Wash the flowers. When dry dip them in Fritter Batter (page 482) or French Pancake Batter (page 489). Fry them in deep fat.

CHOCOLATE PANCAKES
Beat until light:
2 egg yolks
Combine and stir:
1 tablespoon soft butter
1 tablespoon sugar
1 teaspoon salt
2 tablespoons cocoa
2 tablespoons milk
Add these ingredients to the yolk mixture. Sift before measuring:
\( \frac{1}{2} \) cups bread flour
Resift with:
2 teaspoons baking powder
Add the ingredients to the yolk mixture with:
1 cup milk *
Beat until stiff:
2 egg whites
Fold them into the batter. Melt in a frying-pan:
2 tablespoons butter
Sauté the pancakes in the butter on both sides. While hot sprinkle them with:
Powdered sugar

* Sour milk may be substituted. In that case omit the baking powder and use 1 teaspoonful bicarbonate of soda.
BREADS

WAFFLES

RULE FOR MAKING WAFFLES

Heat a waffle iron. To test the heat of the iron (if there is no indicator) throw a drop of water upon it. If the water boils and forms a small ball the iron is ready for use. If it sizzles vigorously it is too hot.

Have the batter ready. Place it in a medium-sized pitcher. It takes from 4 to 5 minutes to bake the average waffle—a little longer for a thin batter.

The majority of waffle recipes call for cake flour. If that is not available substitute bread flour, deducting 2 tablespoonfuls from every cupful given in the recipe.

The majority of recipes call for the separate beating of the egg whites. I am following this rule, but I find that good waffles may be made without this additional effort.

Waffles are fine as a main dish with creamed chicken, fish, or left-over food or as a dessert with ice-cream, crushed or stewed fruit, syrup, etc.

Waffle batter may be stored in the refrigerator for about 3 days if kept in a covered container. When ready to bake do not stir batter any more than necessary.

See Waffles with Home-made Scone Mix, page 494. Use this as a basis for other waffles given in this chapter—raisin, pecan, etc.

WAFFLES

6 Waffles
Sift before measuring:

1 1/2 cups cake flour (see preceding rule)
Resift with:

3 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon sugar
Beat well:

3 egg yolks
Add:

2 to 7 tablespoons melted butter *
1 1/2 cups milk

Make a hole in the centre of the sifted ingredients. Pour in the liquid ingredients. Combine them with a few swift strokes. The batter should have a pebbled look similar to a muffin batter.

Beat until stiff, but not dry:

3 egg whites
Fold them into the batter until they are barely blended. Bake the waffles by the preceding rule.

Good served with:

Honey and melted butter or
Honey Butter (page 24)
Sweetened strawberries and whipped cream

Waffles are quickly made with an electrical mixer. Beat the egg whites at high speed until they stand up in peaks. Combine the remaining ingredients. Beat them at medium speed for 2 minutes. Fold in the egg whites at low speed, for not more than 1/2 minute.

* Salad oil may be substituted.

RAISIN and NUT WAFFLES

6 Waffles
Follow the preceding rule for:

Waffle Batter
Add to the sifted ingredients:

1 cup chopped, seeded raisins
1 cup chopped nuts or
1 cup shredded coco-nut

PECAN WAFFLES

6 Waffles
Follow the preceding rule for:

Waffle Batter
Add to the liquid ingredients:

1 teaspoon vanilla

Beat in with the last few strokes before adding the egg whites:

1/2 cup broken pecans or walnuts
Serve the waffles with:
Orange Syrup
Boil slowly for about 8 minutes:
  1 cup sugar
  6 tablespoons orange juice
  1 cup tablespoons golden syrup
  4 teaspoon grated orange rind
When the syrup falls in thick, slow-running drops from a spoon, remove it from the fire and chill it.

PINEAPPLE WAFFLES
6 Waffles
This makes a good luncheon dessert.
Follow the preceding rule for:
Waffle Batter
Add to the dry ingredients:
  2 tablespoons sugar
  1 teaspoon grated lemon rind (optional)
Beat in with the last few strokes before adding the egg whites:
  4 cup drained, crushed pineapple
Serve the waffles with the following sauce.

Pineapple Cream Sauce
Cook for 3 minutes:
  4 cup pineapple juice
  4 teaspoon sugar
Chill the syrup. Add:
  4 cup cream
  4 teaspoon salt

BANANA WAFFLES
6 Waffles
Prepare by the rule on page 493:
Waffle Batter
Add to the sifted ingredients:
  1 tablespoon sugar
  1 teaspoon grated lemon rind
Beat in with the last few strokes before adding the egg whites:
  1 cup thinly sliced bananas

APRICOT or PRUNE WAFFLES
Prepare by the rule on page 493:
Waffle Batter
Add to the sifted ingredients:
  1 tablespoon sugar
Fold in with the last few strokes before adding the egg whites:
  4 cup stewed apricots or prunes, drained and diced
Bake the waffles. Serve them with:
Apricot or prune juice
Dilute the juice if desired with:
Cream

BLUEBERRY (BILBERRY) WAFFLES
Prepare by the rule on page 493:
Waffle Batter
Add to the sifted ingredients:
  1 tablespoon sugar
Fold in with the last few strokes before adding the egg whites:
  1 cup blueberries (bilberries)

WAFFLES (with Home-made Scone Mix)
Measure:
  2 cups Home-made Scone Mix (page 456)
Add:
  4 teaspoon sugar
  4 teaspoon salt
Combine:
  14 cups sweet or sour milk
  1 beaten egg
  2 tablespoons melted butter or salad oil
Beat the liquid into the dry ingredients until blended only. Proceed as with any waffle batter.

ORANGE WAFFLES
4 Waffles
Sift:
  14 cups cake flour
Resift with:
  4 teaspoon baking powder
  1 tablespoon sugar
  4 teaspoon salt
Add:
  1 tablespoon grated orange rind
Beat in a separate bowl until light:
  2 egg yolks
Add and beat:
- 5 tablespoons melted butter
- ¼ cup milk
- ¼ cup orange juice
- 1 teaspoon lemon juice
Beat until stiff but not dry:
- 2 egg whites
Fold them lightly into the batter.
Bake it by the rule for Waffles (page 493).

**RICE WAFFLES**

6 Waffles

Stir until smooth:
- ½ cup cold Rice (page 87)
Add and beat well:
- 2 egg yolks
- 2 tablespoons sugar
- 1 teaspoon salt
- 5 tablespoons melted butter
Sift before measuring:
- 2 cups bread flour
Resift with:
- 2 teaspoons baking powder
Add these ingredients to the rice mixture alternately with:
- 2 cups milk *
Beat until stiff:
- 2 egg whites
Fold them lightly into the batter.
Bake it by the rule for Waffles (page 493).

* The above waffles may be made with sour milk or buttermilk. In that case omit the baking powder. Substitute 1 teaspoon bicarbonate of soda. Add ¼ teaspoonful salt.

**BRAN WAFFLES**

4 Waffles

Sift before measuring:
- 1½ cups bread flour
Resift with:
- ½ teaspoon salt
- 1½ tablespoons sugar
- 4 teaspoons baking powder
Add:
- 6 tablespoons bran
Beat in a separate bowl until light:
- 2 egg yolks

Add:
- ½ cups milk
- 6 tablespoons melted shortening
Combine the liquid and the dry ingredients (page 493). Beat until stiff, but not dry:
- 2 egg whites
- ½ teaspoon salt
Fold them into the batter. Bake it by the rule for Waffles (page 493).
Serve the waffles with:
- Honey Cream
Heat (do not boil):
- 1 cup honey
Stir in slowly:
- ½ cup cream
or beat well:
- ½ cup honey
- 2 tablespoons soft butter
- 2 tablespoons thick cream

**CHEESE WAFFLES**

6 Waffles

Sift:
- 2 cups bread flour
Resift with:
- 2 tablespoons sugar
- 1 teaspoon salt
- 4 teaspoons baking powder
Beat in a separate bowl until light:
- 3 egg yolks
Add and beat:
- 2 cups milk
- 7 tablespoons melted shortening
- ½ cup grated cheese
Combine the liquid and the dry ingredients (page 493).
Beat until stiff, but not dry:
- 3 egg whites
Fold them into the batter. Bake it by the rule for Waffles (page 493). Serve them with:
- Tart jelly

**SOUR-MILK WAFFLES**

6 Waffles

Sift before measuring:
- 2 cups bread flour
RESHIFT with:

\[ \begin{align*}
&\frac{1}{2} \text{teaspoon bicarbonate of soda} \\
&2 \text{teaspoons baking powder} \\
&1 \text{tablespoon sugar} \\
&\frac{1}{2} \text{teaspoon salt}
\end{align*} \]

Beat in a separate bowl until light:

\[ 2 \text{egg yolks} \]

Add and beat:

\[ \begin{align*}
&1\frac{1}{2} \text{cups sour milk} \\
&6 \text{tablespoons melted butter}
\end{align*} \]

Combine the liquid and the dry ingredients (page 493). Beat until stiff, but not dry:

\[ \begin{align*}
&3 \text{egg whites}
\end{align*} \]

Fold them into the batter. Bake it by the rule for Waffles (page 493).

**GINGERBREAD WAFFLES**

6 Waffles

Sift:

\[ \begin{align*}
&\frac{1}{4} \text{cups bread flour}
\end{align*} \]

RESHIFT with:

\[ \begin{align*}
&\frac{1}{4} \text{teaspoon ginger} \\
&\frac{1}{4} \text{teaspoon salt} \\
&\frac{1}{2} \text{teaspoon bicarbonate of soda} \\
&\frac{1}{4} \text{teaspoon baking powder} \\
&\frac{1}{4} \text{teaspoon cinnamon (optional)}
\end{align*} \]

Beat in a separate bowl until light:

\[ 3 \text{eggs} \]

Add and beat:

\[ \begin{align*}
&\frac{1}{2} \text{cup sugar} \\
&\frac{1}{2} \text{cup treacle} \\
&1 \text{cup sour milk} \\
&\frac{1}{2} \text{cup melted shortening}
\end{align*} \]

Combine the liquid and the sifted ingredients with a few swift strokes. Bake the batter by the rule for Waffles (page 493). These waffles are a good dessert served with:

- Ice-cream or whipped cream
- Cinnamon and sugar

**CHOCOLATE WAFFLES**

(Devil's Food Waffles)

This is a delectable waffle with ice-cream.

Sift before measuring:

\[ 1\frac{1}{2} \text{cups cake flour} \]

RESHIFT with:

\[ \begin{align*}
&2\frac{1}{2} \text{teaspoons baking powder} \\
&\frac{1}{2} \text{teaspoon salt}
\end{align*} \]

Cream:

\[ \begin{align*}
&\frac{1}{2} \text{cup butter} \\
&\frac{1}{2} \text{teaspoon vanilla}
\end{align*} \]

Melt, cool, and add:

\[ 2 \text{ounces chocolate} \]

Add the sifted ingredients alternately with:

\[ \begin{align*}
&\frac{1}{2} \text{cups milk}
\end{align*} \]

Bake the batter by the rule for Waffles (page 493).
CRISP SPONGE CAKE

6 Waffles
This is a good substitute for shortcake. Sift before measuring:
1 cup cake flour
Resift with:
1 teaspoon baking powder
1/2 teaspoon salt
Beat in a separate bowl until light:
3 eggs
Add and beat:
1 cup sugar
Beat the sifted ingredients into the egg with:
3 tablespoons melted butter
1/4 cup cold water
1 teaspoon vanilla
Bake the batter on a hot waffle iron until delicately browned (for about 2 minutes).
For shortcakes sprinkle the waffles with:
Powdered sugar
Serve them with:
Berries
Whipped Cream or Ice-cream

FRENCH TOAST WAFFLES

Combine:
1 beaten egg
1/4 cup milk
2 tablespoons melted butter
1/2 teaspoon salt
Cut into pieces to fit a waffle iron:
Sliced bread
Coat the bread well in the batter, Toast it on a hot waffle iron.
PIES

Double-crust Fruit Pies: Hot oven 450° for 10 minutes. Moderate oven 350° for an additional 35 minutes (45 minutes to 1 hour in all).

Mince Pie or any other double-crust pie with a previously cooked filling: Hot oven 450° for 30 minutes.

Open Fruit Pies: Hot oven 450° for 20 minutes.

Custard, Pumpkin, and other open pies: Hot oven 450° for 15 minutes. Slow oven 325° for an additional 30 minutes.

Deep Fruit Pies: Hot oven 450° for 10 minutes. 350° for an additional 40 minutes.

Pie shells without filling: Very hot oven 500° for 12 minutes.

Dumplings or Turnovers with:

Cooked fillings: 450° for 15 minutes.

Raw fruit: 350° for 30 minutes.

Meringue: 300° for 15-20 minutes.

Note. Novices, I find, frequently fail to preheat the oven. The oven should be at the temperature given in these recipes when the food to be baked is placed in it.

PIE PANS

If a pie is to have a deep filling (and to me this is the ideal pie) a deep pie pan will be a great help. I have tried to indicate accurately in each recipe how large a shell is required for each filling, but the matter is, of course, one of individual preference.

RULE FOR MAKING PIE CRUST

1 Two-crust or 2 Single-crust 9-inch Pies

All the materials used should be as cold as possible. The water should be iced.

Pie dough should be handled lightly and as little as possible.

Measure:

1½ cups cake flour or
1¼ cups bread flour

Resift with:

½ teaspoon salt
1 teaspoon baking powder
PIES

Measure:

4 tablespoons lard*
2 tablespoons butter

Divide the shortening into two parts. Cut half of the shortening into the flour mixture with two knives until it looks like coarse meal. Cut in the remaining shortening coarsely until it is the size of a large pea.

Have ready:

1/4 cup ice water

Sprinkle 3 tablespoonsfuls over the mixture. Blend it in lightly. If the dough will hold together so that it may be gathered up in a ball, stop handling it. If not, use additional water. A good rule for making pastry is: 'Keep the moisture out and the air in.' Add the last of the water where the ingredients are driest. Some cooks make fine pie crust with a fork, lifting the ingredients to permit the moisture to spread. Others use a spoon deftly, or touch the dough very lightly with the fingertips. If feasible chill it for 12 hours, if not, chill it for 10 minutes.

As soon as the dough will hold together, stop handling it. Divide it into two parts, one slightly larger than the other. Keep the smaller part for the top crust. If the room is hot, place this part where it will be cold. Roll out the larger part for the bottom crust to the thickness of 1/8 inch, using as little flour as possible on the board and on the roller (or roll the dough between sheets of waxed paper).** Roll the dough in one direction only. Lift the roller, do not push it to and fro. Do not stretch the dough. Cut it 1 inch larger than the pan to allow for shrinkage.

To lift the pastry from the board, fold it in half, lay the fold across the centre of the pan and unfold it, or roll it around the rolling-pin, unroll it on to the pan. Prick it with a fork in several places. Do not grease the pan—good pastry makes this unnecessary.

For a one-crust pie make a fluted edge with the dough that laps over or build up a rim with a strip of pastry. Full it on. Use a fork to press it down, or pinch it with the thumb and forefinger. This edge is important as it will help to hold the juices in the pie. If the pie is to be filled with a juicy filling, brush the bottom crust lightly with the white of an egg or with melted butter to keep it from being soggy. Fill the pie and moisten the edges with a little water.

Roll the dough for the top crust, cut it 1 inch larger than the pan, and prick it with a fork in several places (or fold it over and gash it with a knife) to allow the steam to escape. Place the top crust on the pie. Full in the surplus dough and press it down around the edges with a fork or tuck it under the lower crust and press it around the edge with a fork, or cut the lower crust 1/8 inch larger than the upper crust and fold it over like a hem.

The top may be brushed with milk or with 1 egg diluted with 1 tablespoonful of water. This will make it glossy.

If the pie is filled with juicy fruit or custard, wring a strip of cotton, 1 inch wide, out of cold water and fasten it around the edge or use a piece of parchment tape. This will keep the juices from boiling out. So will 2 pieces of macaroni—about 3 inches long—placed in the pie through a puncture in the upper crust.

If a lattice of pastry is desired, cut long narrow strips of dough with a
knife. Place the strips across the top of the pie and moisten them slightly with water where they meet the edge of the pie.

To bake the pie consult the preceding Temperature Chart.

If a shell or a pie crust is desired bake it on the bottom of a pie pan, that is, invert the pan and fit the dough over the bottom. Prick it with a fork and press it down lightly around the edge. Cut a round for the top crust, prick it and bake it on a baking sheet. When making individual pies, use an inverted muffin tin. Cut rounds of dough 4½ or 5½ inches in diameter and fit them over the cups. Prick them before baking them. Bake large or individual pie shells for 12 minutes in a very hot oven 500°.

Pie dough may be made in advance, wrapped in waxed paper and placed in a refrigerator. It will keep for days. Chilled dough will roll more readily than fresh dough.

*If you find this measurement scant (it makes excellent pie crust), increase the shortening to ½ cupful in all—or follow the fine rule on page 502 for Rough or Half Puff Paste—treating the ingredients as suggested in this rule for Pie Crust.

** You may purchase a heavy cloth and a cloth-covered rolling-pin that practically eliminate the sticking of the dough.

**Hints for Pie Making**

I. Too much flour makes pie crust tough.

II. Too much shortening makes it dry and crumbly.

III. Too much liquid makes it heavy and soggy.

**PIE CRUST MADE with FLOUR PASTE**

A new method joyously acclaimed by many.

Sift, then measure:

2 cups bread flour

Resift it into a bowl with:

1 teaspoon salt

Measure ½ cupful of this mixture and place it in a small bowl or cup. Stir into it to form a smooth paste:

½ cup water

Cut into the flour mixture in the first bowl until it is the size of a small pea:

¼ cup shortening

To do this use two knives. Stir the flour paste into the dough. Work it with your hand until it is well incorporated and the dough may be gathered into a ball. Treat the dough as you would any pie crust. It may be chilled before it is rolled. Roll it by the preceding rule for Pie Crust.

**HOT-WATER PIE CRUST**

1 2-crust pie

This recipe is an amazingly quick way of making pie crust—almost like magic. The process is so simple that it is absolutely foolproof. The dough will keep for a week in a cold place. Age improves it.

Place in a bowl:

½ cup lard

Pour over it:

½ cup boiling water

Beat these ingredients until they are cold and creamy. If there is time, chill them. Sift before measuring:

1½ cups cake flour

Resift with:

1 teaspoon baking powder

1 teaspoon salt

Combine the liquid and the sifted ingredients and stir them until they form a smooth ball. Cover the dough and chill it until it is firm. Roll it by the rule for Pie Crust (page 498). Bake it by the chart for Baking Pies (page 498).
CHEESE PIE CRUST

Prepare:
Pie Crust or Hot-water Pie Crust
(see page 500)

Add to the portion of dough reserved for the upper crust:
\[ \frac{1}{2} \text{ cup grated cheese} \]

Bake the pie as directed.
Or bake an open apple pie and cover it with very thin slices of:
Cheese

Place the pie in a slow oven 325° or under a low grill flame until the cheese is melted. Serve the pie hot.

Cheese Pastry (page 502).

CHEESE GLAZE

Grate:
Cheese

There should be about 1\frac{1}{2} cupfuls.
Add:
\[ \frac{1}{4} \text{ teaspoon salt} \]

Melt the cheese in a double boiler.
Add:
\begin{align*}
\text{Milk} & \\
\end{align*}

to make a smooth paste. Spread it over a cooked pie crust. Brown it lightly under a grill.

NUT PIE CRUST

Prepare:
Pie Crust or Hot-water Pie Crust
(see page 500)

Add to the dough:
\[ \frac{1}{2} \text{ cup minced black walnuts or other nuts} \]

SPICED PIE CRUST

Add to the sifted ingredients for pie dough (see one of the above rules):

\begin{align*}
2 \text{ tablespoons icing sugar} \\
\frac{1}{2} \text{ teaspoon cinnamon} \\
\frac{1}{2} \text{ teaspoon nutmeg}
\end{align*}

LEMON PIE CRUST

(Tartelette Paste)

This and the next rule—Orange Pie Crust—make fine tart shells. They are especially good with delicately flavoured pie fillings: custard, banana cream, etc.

Prepare:

Pie Crust or Hot-water Pie Crust
(see page 500)

Use instead of \( \frac{1}{2} \) cup water:

\begin{align*}
2 \text{ tablespoons water} \\
2 \text{ tablespoons lemon juice}
\end{align*}

Add to the sifted ingredients:

\begin{align*}
\text{1 teaspoon grated lemon rind} \\
\frac{1}{2} \text{ tablespoon sugar}
\end{align*}

If desired add:

\begin{align*}
\text{1 egg yolk for colour}
\end{align*}

Beat the egg yolk for pie crust with the lemon juice. Add just enough ice water to make the dough hold together. Add the egg yolk to hot-water pie crust when the lard, water, and lemon juice are cool.

ORANGE PIE CRUST

(Tartelette Paste)

Substitute for the water in the rules for:
Pie Crust or Hot-water Pie Crust
(see page 500)

either chilled or hot:

Orange juice

Add to the sifted ingredients:

\begin{align*}
\text{1 tablespoon sugar} \\
\frac{1}{2} \text{ teaspoon grated orange rind}
\end{align*}

GALETTE DOUGH

\( 9 \text{-inch pie or 4 3-inch tart shells} \)

In France one is frequently served with rich, flat pastry covered with fruit called a galette. It is baked until it is a golden brown.

Rule I.
Sift before measuring:

\[ \frac{1}{2} \text{ cup bread flour} \]

Resift with:

\begin{align*}
\frac{1}{4} \text{ teaspoon salt} \\
\text{1 tablespoon sugar}
\end{align*}

Cut in with a pastry knife:

\[ 6 \text{ tablespoons butter} \]

Beat, then work in with the fingers:

\begin{align*}
\text{1 egg yolk} \\
\text{1 tablespoon water} \\
\frac{1}{2} \text{ tablespoons lemon juice}
\end{align*}

Chill these ingredients thoroughly.
Roll them or pat them until the dough
PIES

is \( \frac{1}{4} \) inch thick. Place it in the bottom of a pie pan. Chill the dough thoroughly. Cover it with about:

- 3 cups sugared fruit

Bake the galette in a hot oven 425° for about 25 minutes.

Rule II.

A similar result may be obtained with:

- 1 cup bread flour
- 1 cup butter
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{2} \) teaspoon baking powder

**KUCHEN DOUGH**

The nearest approach to pie under this heading is the very good Cherry Kuchen (page 508). This dough is similar to galette dough. There are many forms of Fruit Kuchen: one being a raised Coffee Cake Dough (page 559, 561); and a more cake-like dough—Dutch Apple, Peach, or Plum Cake (page 568).

Do not neglect:

- Apple Paradise or Crisp (page 571)
- Custard and Fruit Pie (page 520)
- Sour Cream Cherry Cake (page 572)
- Grandmother's Apple Cake (page 572)
- Blueberry Tart (page 508)

**CREAM CHEESE PASTRY**

(Vienna Tarts)

Delicious for turnovers or with the soup or salad course.

Sift before measuring:

- 1 cup bread flour

Resift with:

- \( \frac{1}{2} \) teaspoon salt (optional)

Cut into these ingredients with two knives:

- \( \frac{1}{2} \) cup butter
- 4 cups soft cream cheese or dry cottage cheese

When the ingredients are well blended wrap the dough in waxed paper. Place it on ice for 12 hours. Roll it on a piece of waxed paper to the thickness of \( \frac{1}{4} \) inch. For the soup or salad course cut the dough into rounds. Bake them on an ungreased tin in a hot oven 450° for about 12 minutes. Serve them hot.

**For Turnovers**

Cut the dough into squares. Place on each square:

- A dab of jelly, jam, stewed drained fruit, puréed prunes, etc.

Gather up the corners and pinch them together. Bake the turnovers in a hot oven 450° for about 15 minutes. Serve them hot sprinkled with:

- Icing sugar

**ROUGH or HALF PUFF PASTE**

- 1 9-inch pie crust or top

A simple substitute for the more troublesome Puff Paste of the following rule. Fine as a top crust for a creamed dish.

Sift before measuring:

- 2 cups bread flour

Resift with:

- \( \frac{1}{2} \) teaspoon salt

Cut into pieces about 1 inch in size:

- 6 tablespoons unsalted butter
- 6 tablespoons lard

Combine:

- \( \frac{1}{2} \) teaspoon lemon juice
- 6 tablespoons ice water

Mix the shortening lightly with the flour mixture. Make a well in the centre. Add a little of the water. Mix lightly, keeping the shortening intact. Add enough of the rest of the liquid to form a moderately stiff dough. Roll the dough into a long oblong. Fold it equally in three. Turn it so that you have the folded edges to the right and left. Roll it out again. Repeat this process until the dough has been rolled 4 times. It may be kept in a cool place for 1 hour, but should rest for at least \( \frac{1}{2} \) hour. Treat it as you would any pie crust, but moisten the edge of the pie pan in order to have it stick to the rim. This dough may be used for rolls, vol-au-vent, hors-d'oeuvre, etc.—excellent with sausage-meat filling. It is improved by using a glaze made of:

- 1 egg diluted with
- 1 tablespoon water

Brush it with this when half cooked.
PIFF PASTE

Before beginning the adventure with puff paste there is one thing to be explained that will make its composition comparatively easy. The butter used must be washed. The purpose of washing it is to make it elastic. It should be soft through being kneaded, but in no sense soft through being melted—quite the contrary, it must be soft and cold at the same time. In winter, turn on the cold water tap. Manipulate the butter with the hands under the stream of cold water until it is creamy and waxy. At other seasons, do this in a quart of ice water placed in a bowl. (The butter may be kneaded with a spoon if preferred.) The final kneading of the butter is done on a board, or it is patted briskly in the hands until no water flies.

This is the recipe of a professional cook. As it calls for egg yolks it differs from the orthodox rule for Puff Paste. However, her results are remarkable and her method is simple, so I am giving it in preference to the usual rather complicated recipes. She stresses two points: Keep the hands, the bowl, the board, and the rolling-pin as cold as possible. A cold windy day is best for making puff paste.

Work with the hands (see the first paragraph):

1 cup butter
Place part of the butter (¾ cupful) in a cold bowl. Form the remainder into a square and place it where it will keep cold. Add to the butter in the bowl:

2 cups sifted bread flour
½ teaspoon salt

Work these ingredients with two knives or the finger-tips. Beat and add:

½ cup ice water
2 egg yolks *

Work these ingredients well with the hand. If necessary add (to loosen the dough from the bowl):

A pinch of flour

Place the dough where it will be cold, but will not freeze, preferably in the open air.** After 15 minutes roll the dough into a square on a floured board. Roll it one way only, not back and forth. A good way is out from the centre.

Put the square of butter in the centre of the dough and fold the four corners to the centre completely covering the butter. Permit the dough to stand on a cloth or piece of waxed paper in a cold place for ¾ hour. Turn it once to keep it from becoming dry. Roll out the dough again into a square and fold the corners to the centre. Permit it to stand again for ¾ hour. Repeat this process. The dough must be chilled and rolled at least four times in all.

Chill the dough until you are ready to use it. Wrapped in waxed paper it may be kept in a refrigerator for several days. Roll it, cut it into shapes. Chill it again and bake it. One of the success secrets of puff paste is to have it ice-cold when placed in a hot oven.

The matter of baking puff paste is a moot point. In all rules the very cold paste is put into a very hot oven—500°. In some it is baked at this temperature throughout; *** in others the heat is reduced 50° every 5 minutes until the temperature is 350° for the final baking.

* The egg yolks may be omitted. In that case use in all 6 tablespoons of water.

** If it is not possible to do this, fold the dough in a clean cloth and place it in a dripping-pan that has been placed between two dripping-pan filled with ice. Do not let the dough come in direct contact with the ice.

*** In this case the pastry is covered with waxed paper after 10 minutes' baking.

PATTY SHELLS

Prepare by the preceding rule:

Puff Paste
Roll the paste ¼ inch thick. Cut as many rounds with a 5-inch cutter as you wish to have patties. Cut twice as many additional rounds and cut the centres from them with a smaller cutter, making rings. Place 2 rings on each round. Press them lightly together. Place the shells on two layers of heavy brown paper placed on a sheet or in a pan. Chill them. Bake the shells in a hot oven 500° for 5 minutes. Bake them with a decreasing heat (see last paragraph of the preceding rule) for about 20 minutes.
PIES

Serve the shells hot, filled with 
Creamed food
* Patty shells may be reheated in a hot 
oven 500°.

NAPOLEONS

Prepare:
Puff Paste (page 503)
Roll the paste 1/2 inch thick. Cut it 
into 2-by-4-inch strips. Prick them 
with a fork. Place them on two layers 
of heavy brown paper on a sheet or in 
a pan. Chill them. Bake them in a 
hot oven 500° for 5 minutes. Reduce 
the heat (see the last paragraph of the 
rule for Puff Paste) and bake them for 
about 10 minutes longer. Cool the 
cakes. Split them lengthwise into 
halves. Fill them with:
Custard Filling (page 638)
Serve them with:
Fluffy Strawberry Sauce (page 695)

Crumb Crusts

These crusts are a fine short cut to pie making. They are rapidly 
growing in popularity, as they are very good and very easy to make.

GRAHAM BISCUIT or 
ZWIEBACK CRUST

1 9-inch pie
Crush or mince until very fine:
1 1/2 cups wholemeal biscuits or 
Zwieback crumbs *
Stir into them:
1/2 cup icing sugar **
6 tablespoons melted butter 
1 teaspoon cinnamon (optional)
Reserve 1/3 cupful of this mixture. Place 
the remainder in a deep 9-inch pie pan. 
Pat it firmly with the palm of the hand, 
or with a spoon against the bottom 
and sides of the pan to form a pie 
shell. Chill the crust thoroughly (it 
may be prepared long in advance). It 
is not necessary to bake it before it is 
filled. If well chilled it may be baked 
at the same time as the meringue. If 
you wish to use the crust at once, bake 
it without chilling it in a moderate 
oven 375° for 15 minutes.
After being chilled, or baked, fill the 
crust with any previously cooked:
Custard filling, cream filling, or 
Fresh or dried fruit filling
Cover it with a:
Meringue (page 516)
Sprinkle the reserved crumbs over the 
top. Bake the pie in a slow oven 300° 
for 15 minutes.
A previously baked crumb crust is good 
filled with:
Gelatine Chiffon Pie Filling (page 
526)
Sweetened fresh or stewed fruit

LUXURY GRAHAM BISCUIT 
or Zwieback CRUST

Crush or grind until very fine:
1 1/2 cups wholemeal biscuits or 
Zwieback crumbs
Stir into them:
6 tablespoons unblanched al-
monds, ground
6 tablespoons sugar 
1 1/2 cup top milk or light cream 
1 cup melted butter 
1 teaspoon cinnamon (optional)
Follow the preceding rule for Graham 
Biscuit or Zwieback Crust. Bake it in 
a moderate oven 375° for 15 minutes.

BREAD-CRUMB CRUST

A very acceptable way of utilizing stale 
bread.
Follow the rule for:
Graham Biscuit Crust (on this page)
Substitute for the biscuit or Zweciback crumbs:  
\[ \frac{3}{4} \text{ cup toasted, sifted bread crumbs} \]

This crust, to be good, must be baked \textit{before} it is filled. Place it in a moderate oven \(375^\circ\) for 15 minutes.

**CORNFLAKE PIE CRUST**

\(1\) 7-inch crust  
Roll or grind:  
\[ 4 \text{ cups cornflakes} \]

There should be \(1\) cupful crushed flakes. Combine it with:  
\[ \frac{1}{2} \text{ cup melted butter} \]

**GINGER-SNAP PIE CRUST**

Follow the rule for:  
Graham Biscuit Crust (on page 504)  
Substitute:  
Ginger-snap crumbs

**PIES BAKED WITH FILLINGS**

The Emperor Claudius refers in 46 A.D. to an apple pie made with honey and spices, but in America, up to the time of the Revolution, pies were customarily made of beef steaks or kidneys; fruit pies were a later development and seem to have originated through grim necessity at a time when Washington’s larder was sorely tried to keep up with the old custom.

In a letter written in 1779, Washington warns two ladies whom he has invited to dine with him about what they will be given to eat. He writes:  
‘When the cook has a mind to cut a figure (which I presume will be the case to-morrow), we have two beef-steak pyes, or dishes of crabs in addition, one on each side of the centre dish, dividing the space & reducing the distance between dish & dish to about six feet, which without them would be near 12 feet apart. Of late he has had the surprising sagacity to discover that apples will make pyes; and its a question, if, in the violence of his efforts, we do not get one of apples, instead of having both of beef steaks. . .’

Praise be to the nameless cook! A friend of mine is so fond of apple pie that he says his coat of arms bears an apple pie rampant. Every attempt has been made to make this one coucher.

**APPLE PIE**

\(1\) 9-inch double-crust pie  
Line a 9-inch pie pan with:  
Pie Crust (page 500) or  
Cheese Pie Crust (page 501)  
Peel, core, and cut into very thin pieces:  
\(6\) medium-sized apples  
Combine and sift over the apples:  
\[ \frac{1}{4} \text{ to } \frac{1}{2} \text{ cup white or brown sugar*} \]
\[ \frac{1}{2} \text{ teaspoon cinnamon (optional)} \]
\[ \frac{1}{2} \text{ teaspoon nutmeg (optional)} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ x \text{ tablespoons to } 2 \frac{1}{2} \text{ tablespoons cornflour** (optional)} \]

* Add.

Stir the apples gently until they are well coated. Place them in layers in the pie shell. Dot them with:  
\[ \frac{3}{4} \text{ tablespoons butter} \]

If the apples lack flavour sprinkle them with:  
\[ \frac{1}{4} \text{ tablespoon lemon juice} \]
\[ \frac{1}{2} \text{ teaspoon grated lemon rind} \]

If the apples are very dry add:  
\[ 2 \text{ tablespoons water or cream} \]

Cover the pie with a pricked upper crust (see Pie Crust, page 498). Bake the pie in a hot oven \(450^\circ\) for 10 minutes. Reduce the heat to \(350^\circ\).
Bake the pie until done, from \( \frac{3}{4} \) to 1 hour in all.
The pie may be baked without an upper crust. Bake it in a hot oven 450° for 20 minutes. Sprinkle over the top:

- 1
cup grated cheese

Place the pie under a grill to melt the cheese.

* Only very tart apples require the larger amount of sugar.
** Only very juicy apples require the larger amount of cornflour.

SOUR-CREAM APPLE PIE

1 9-inch single-crust Pie

Follow the preceding rule for:

Apple Pie

Use the larger amount of sugar. Brown sugar is preferable to white. Omit the butter. After filling the pie with the apples, pour over them:

- 1
cup thick sour cream

Cranberry-Apple Pie, page 513.

INDIVIDUAL APPLE PIES

8 Pies

Line 8 5-inch muffin cups with:

Pie Crust (page 500)

Fill them with:

- 4 cups peeled, thinly sliced apples

Combine and pour over the fruit:

- 1 cup sugar
- 2 slightly beaten eggs
- 2 tablespoons melted butter
- 1 tablespoon lemon juice
- 1 teaspoon cinnamon (optional)
- 1 teaspoon nutmeg (optional)
- 1 cup evaporated milk and
- 1 cup water or 1 cup cream

Bake the pies in a moderate oven 375° for 40 minutes.

Apple Paradise (page 571); French Apple Cake (page 569); Grandmother's Apple Cake (page 572).

FRENCH APPLE PIE

The prince of apple pies!
Prepare:

-Galette Dough (Rule II, page 502)
Spread it to proper thinness in a 9-inch oven-proof plate. Cover it closely with:

- Peeled, cored, and quartered apples

Sprinkle them with:

- 1 cup sugar
- 1 teaspoon cinnamon
- 1 cup melted butter

Bake the pie in a hot oven 450° for about 10 minutes. Reduce the heat and bake it in a moderate oven 350° until the apples are tender and the crust is crisp.

GRATED APPLE PIE

1 9-inch pie

Prepare by the rule on page 504:

Graham Biscuit Crust

Grate on a coarse grater:

- 6 or 7 tart apples

Add:

- 1 cup sugar
- Grated rind of 1 lemon
- 1 tablespoon lemon juice
- 2 tablespoons sherry
- 1 teaspoon cinnamon

Cook and stir these ingredients over a low fire until they reach the boiling point. Add:

- 2 tablespoons arrowroot

Stir and cook the mixture until it looks glazed. Fill the crust with it, cover the top with crumbs, and bake it in a moderate oven 350° for about 40 minutes.

PEACH PIE

Follow the rule for:

Apple Pie (page 505) or Sour-cream Apple Pie (this page)

Substitute for the apples:

- 5 cups peeled, sliced peaches

Use the smaller amount of sugar or less if the peaches are sweet.

BERRY PIE I

(Strawberry, Gooseberry, Currant, Blackberry, Raspberry)

1 9-inch pie *

Line a pie pan with:

Pie Crust (page 498)
Prepare by picking over and hulling:
4 cups fresh berries

Combine:
1 3/4 cups to 1 cup or more sugar (according to the acidity of the fruit)
4 tablespoons flour
2 tablespoons tapioca
1/2 tablespoons lemon juice or 1 teaspoon cinnamon

Sprinkle these ingredients over the berries and stir them gently until they are well-blended. Pour them into the pie crust. Dot them with:
1 tablespoon butter

Permit them to stand for 15 minutes. Cover them, if desired, with a top crust or with a Lattice of Pastry (page 499). Bake the pie in a hot oven 450°F for 10 minutes. Reduce the heat to 350°F. Bake the pie until the crust is golden brown (for about 40 minutes in all).

* 3 cupfuls of fruit will make a 7-inch pie.

**BLUEBERRY (BILBERRY) PIE**

Follow the preceding rule. Use the lemon juice.

**BERRY PIES (with canned fruit)**

* 9-inch pie

Allow approximately:
2 cups canned berries
1/2 cup juice

Proceed as directed in the rule for Berry Pies. The minimum amount of sugar is usually sufficient. The flour may be omitted.

*Berry Pies II, page 517.*

These are baked pie shells filled with cooked filling.

**FRESH CHERRY PIE**

* 9-inch pie

Follow the rule for Berry Pies. Use stoned sour cherries. Omit the cinnamon. Add:
2 drops almond flavouring
This pie may call for as much as 1 1/2 cupfuls of sugar. Fine made with a lattice top.

**CANNED CHERRY PIE**

* 9-inch pie

Combine and permit to stand for 15 minutes:
2 1/2 cups canned, drained pie cherries
1 cup cherry juice
1 cup sugar
1/4 teaspoon salt
2 drops almond flavouring
1 tablespoon tapioca or cornflour
1 tablespoon melted butter

Follow the rule for baking Berry Pies (page 506).

**RHUBARB PIE**

* 9-inch pie

Use:
4 cups young, unpeeled rhubarb, diced
6 tablespoons flour
1 1/2 to 2 cups sugar
1 tablespoon butter

Follow the rule for baking Berry Pies (page 506).

**RHUBARB and STRAWBERRY PIE**

This is a very good combination.

Follow the above rule for Rhubarb Pie. Use equal amounts or varied amounts of rhubarb and strawberries.

**GRAPE PIE**

* 9-inch pie

Stem:
4 cups blue grapes

Slip the pulp out of the skins. Reserve the skins. Cook the pulp until the seeds loosen. Press it through a colander to remove the seeds. Combine the pulp, the skins, and:
1/4 cup sugar
1 1/2 tablespoons lemon juice
1 tablespoon grated orange rind
1 tablespoon tapioca or cornflour

Permit these ingredients to stand for 5 minutes. Prepare:
Pie Crust (page 498) or Hot-water Pie Crust (page 500)

Line a 9-inch pie pan with the pastry.
PIES

Fill it with the grape mixture. Place a lattice of pastry over the top. Moisten the edges of the bottom crust. Place a long strip of pastry around the edge of the pie. Crimp it down with a fork. Bake the pie in a hot oven 450° for 10 minutes; lower the heat and bake it in a moderate oven 350° for 20 minutes longer.

CHERRY TART (or KUCHEN) with CUSTARD

The pièce de résistance of a household famous for its good food. Cut the proportions for the dough in half for 1 8-inch pie.

Sift before measuring:

\( \frac{1}{2} \) cup flour

Resift with:

\( \frac{1}{2} \) teaspoon salt

2 to 4 teaspoons sugar

\( \frac{1}{2} \) teaspoon baking powder

Add:

\( \frac{1}{2} \) teaspoons cinnamon (optional)

\( \frac{1}{2} \) cup butter

Combine these ingredients like Pastry (see rule, page 498). Beat well and add:

2 egg yolks or 1 egg

Chill the dough for 1 or 2 hours. Spread it to the thickness of \( \frac{1}{8} \) inch in a floured 9-by-12-inch tin or an oven-proof dish. Pat it with the palm of the hand. Bake it in a hot oven 450° for 15 minutes. Stone, reserving the juice:

1 quart cherries

Drain the cherries. Stir into them:

\( \frac{1}{4} \) cup sugar *

Spread them over the tart shell. Bake them in a moderate oven 375° for 10 minutes. Cool the tart. Combine the cherry juice with:

1 teaspoon water

1 teaspoon cornflour

Add:

2 well-beaten eggs

\( \frac{1}{2} \) to \( \frac{1}{4} \) cup cream **

\( \frac{1}{2} \) teaspoon salt

Cook and stir these ingredients over boiling water until they are thick. Cool them and pour them over the slightly cooled tart.

This makes a rather sparsely covered pie. The amount of cherries and filling may be doubled.

* If the cherries are very acid use \( \frac{1}{4} \) cupful of sugar.

** If the cherries are very juicy, use the smaller amount of cream.

BLUEBERRY (BILBERRY) TART (or KUCHEN) with CUSTARD

Prepare by the preceding rule:

Cherry Tart Dough

Chill and bake it as directed. Cover it with:

1 quart blueberries (bilberries)

\( \frac{1}{2} \) cup sugar

Bake the fruit as directed. If the blueberries are tasteless, sprinkle them after baking with:

3 tablespoons lemon juice

Cook and stir over boiling water until thick:

\( \frac{1}{4} \) cup cream

3 beaten egg yolks *

\( \frac{1}{2} \) cup sugar

\( \frac{1}{2} \) teaspoon salt

Cool the custard and pour it over the slightly cooled tart. Make a Meringue (page 516) of:

3 egg whites

6 tablespoons sugar

1 teaspoon vanilla

Heap it on the tart. Bake it in a slow oven 300° for 15 to 20 minutes. The meringue is optional.

* The custard may be made with 2 eggs instead of 3 egg yolks.

DEEP FRUIT PIES

1 7-inch pie

Peaches and apples are usually used for deep pies, but other fruits are equally good.

Prepare for cooking:

6 cups apples or peaches or 5 cups berries

Combine:

1 to \( \frac{1}{2} \) cups sugar

1 tablespoon lemon juice (optional)

\( \frac{1}{2} \) teaspoons grated lemon or orange rind

3 tablespoons flour (optional)

\( \frac{1}{4} \) teaspoon salt
If the fruit is dry, add:

1. or 2 tablespoons water
Stir these ingredients into the fruit until the fruit is coated. Place it in a baking-dish or in individual dishes. Dot it with:

1 tablespoon or more butter

Roll to the thickness of \(\frac{1}{4}\) inch:

**Pie Crust** *(page 498)*

Prick the dough. Cover the fruit and full the dough around the edge of the dish. Bake the pies in a hot oven \(450^\circ\) for 10 minutes and in a moderate oven \(350^\circ\) for 40 minutes longer.

**COBBLERS**

See Cobblers *(page 569)*, Apple Paradise *(page 571)*, French Apple Cake *(page 569)*, Short Cake *(page 567)*.

**CHERRY or RHUBARB CREAM PIE**

1 9-inch pie
Line a pie pan with:

**Pie Crust** *(page 500)*

Prepare by stoning or by peeling and dicing:

2 cups cherries or 2 cups pink rhubarb

Place the fruit in the pie shell. Combine and beat:

\[
\begin{align*}
\text{\(\frac{1}{4}\) cup sugar} \\
\text{2 tablespoons flour} \\
\text{2 egg yolks} \\
\text{2 teaspoons lemon juice or water} \\
\text{\(\frac{1}{2}\) teaspoon salt}
\end{align*}
\]

Spread these ingredients over the fruit. Bake the pie in a hot oven \(400^\circ\) for 20 minutes. Reduce the heat and bake it in a moderate oven \(350^\circ\) for 20 minutes.

**CUSTARD PIE I**

1 9-inch pie
The partial baking of this pie shell ensures a crisp under crust.
Line a pie pan with:

**Pie Crust** *(page 498)* or

**Hot-water Pie Crust** *(page 500)*

Build up a fluted rim. Prick the crust and bake it in a hot oven \(500^\circ\) for 10 minutes. Remove it from the oven only long enough to fill it with the following custard.

Beat slightly:

3 eggs or 6 yolks
Add and stir well:

\[
\begin{align*}
\frac{1}{2}\text{ cup sugar} \\
\frac{1}{2}\text{ teaspoon salt} \\
2\text{ cups scalded milk} \\
\text{1 teaspoon vanilla}
\end{align*}
\]

Pour these ingredients into the partly baked pie shell. Sprinkle the top with:

\[
\frac{1}{2}\text{ teaspoon nutmeg (optional)}
\]

Place the pie in a slow oven \(325^\circ\) for about 30 minutes or until the custard is firm to the touch. Serve the pie plain or with fresh fruit.

**CHOCOLATE-TOPPED CUSTARD PIE**

Follow the preceding rule for:

**Custard Pie**

Omit the nutmeg. Stir and cook in a double boiler:

\[
\begin{align*}
\frac{1}{2}\text{ ounces chocolate} \\
5\text{ tablespoons sugar} \\
2\text{ beaten eggs} \\
\frac{1}{2}\text{ teaspoon salt}
\end{align*}
\]

Cook these ingredients until slightly thickened (for about 4 minutes). Cool slightly. Add:

\[
\begin{align*}
\frac{1}{2}\text{ teaspoon rum or }\frac{1}{4}\text{ teaspoon vanilla}
\end{align*}
\]

Pour the mixture over the baked custard.

**Custard Pie II**, *(page 519)*; Chocolate-topped Gelatine Custard Chiffon Pie, *(page 528)*.

**APPLE or PEACH CUSTARD PIE**

1 9-inch pie
Line a pie pan with:

**Pie Crust** *(page 498)*

Core, peel, and add:

2 large apples or peaches

Beat:

2 egg yolks
\(\frac{1}{2}\) cup sugar
2 cups milk

Pour this custard over the apples.
Cover the pie with a lattice of pastry.*
Bake the pie in a hot oven 450° for 15 minutes, then bake it in a slow oven 325° for 30 minutes longer.

* The lattice may be omitted and the pie may be baked, cooled, and topped with a Meringue (page 516) made with:

- 2 egg whites
- 4 tablespoons sugar
- 1 teaspoon vanilla
- 3 tablespoons finely chopped nuts

Bake the meringue in a slow oven 300° for 15 or 20 minutes.

**TRANSPARENT PIE**

x 7-inch pie

A Southern recipe.

Fielding says: *No man is wise at all hours.* Make this the odd hour.

Line a 7-inch pan with:

- Pie Crust (page 498) or
- Hot-water Pie Crust (page 500)

Prick the crust. Bake it in a hot oven 300° for 10 minutes. Beat until very light:

- 4 egg yolks
- Beat until soft:
  - ¼ cup butter
- Add very slowly:
  - 1 cup sugar*

Blend these ingredients until they are creamy. Beat in the egg yolks and:

- 3 tablespoons tart jelly or lemon juice and ½ teaspoons grated lemon rind (optional)

Fill the pie shell with this mixture. Bake the pie in a slow oven 325° until it is firm (for about 30 minutes).

When the pie is baked it may be cooled and a Meringue (page 516) may be placed on it made with:

- 4 egg whites
- 1 teaspoon salt
- ½ cup sugar
- 1 teaspoon vanilla

Bake it in a slow oven 300° for 15 to 20 minutes.

* Some recipes call for brown sugar.

**JELLY PIE**

x 9-inch pie

This is similar to the preceding recipe.

Line a 9-inch pie/pan with:

- Pie Crust (page 498) or
- Hot-water Pie Crust (page 500)

Build up a thick rim. Prick the crust.

Bake it in a hot oven 500° for 10 minutes. Beat until soft:

- ½ cup butter*

Add slowly:

- ¼ cup sugar

Blend these ingredients until they are creamy. Add:

- 1 teaspoon vanilla
- 1 cup milk

Beat until very light:

- 4 egg yolks

Add them to the other ingredients.

Beat in:

- 1 jelly glass acid jelly (¼ cup)

Fill the pie shell. Bake the pie in a slow oven 325° for about 30 minutes.

It may be topped with a Meringue (page 516) made with:

- 4 egg whites
- 1 teaspoon salt
- ½ cup sugar
- 1 teaspoon vanilla

Bake it in a slow oven 300° for 15 to 20 minutes.

* This is the original recipe. If the jelly is not tart use only ¼ cupful sugar. ¼ cupful butter seems to be more than enough for a Yankee palate (or stomach).

**CHESS TARTS**

This may be classed with the rubber plant, the aspidistra, and other fading institutions. It is worthy of a revival.

Line 12 3-inch muffin-tins with:

- Hot-water Pie Crust (page 500) or
- Pie Crust (page 498)

Prick the pie shells. Bake them in a hot oven 500° for 10 minutes. Cool them. Sift:

- 1 cup sugar

Beat until soft:

- ½ cup butter

Add the sugar gradually. Blend these ingredients until they are creamy.

Beat in one at a time:

- 2 or 3 eggs

Add:

- 1 teaspoon vanilla or 2 tablespoons lemon juice
- ½ cup thick cream
PIES

1 cup chopped walnuts
\( \frac{1}{4} \) cups raisins *

Fill the pie shells with this mixture.
Bake the pies in a slow oven 325° until the filling is firm. Let them cool in the pans. Serve them topped with:

Whipped cream
* The raisins may be soaked in boiling water for 30 minutes. Drain them well.

Jefferson Davis Pie, page 521.

HOW TO COOK PUMPKIN
Wash the pumpkin and cut it in \( \frac{1}{4} \) crosswise. Remove the seeds and the strings. Place the pumpkin in a pan, shell side up, and bake it in a moderate oven 325° until it is tender and begins to fall apart. Scrape the pulp from the shell and put it through a ricer or sieve.

PUMPKIN PIE I

2 7-inch pies
Line 2 pie pans with:
Pie Crust (page 498)

Prepare by the preceding rule:
\( \frac{1}{4} \) cups pumpkins or use canned pumpkin

Combine it with:
2 egg yolks
\( \frac{1}{2} \) cup brown sugar
\( \frac{1}{2} \) teaspoon ginger
\( \frac{1}{2} \) teaspoon cinnamon
\( \frac{1}{2} \) cups milk *
\( \frac{1}{2} \) cup cream
1 teaspoon vanilla
1 lemon, rind and juice **
\( \frac{1}{4} \) cup black walnuts (optional)

Add:
\( \frac{1}{2} \) teaspoon salt
to:
2 egg whites

Whip them until they are stiff and fold them into the combined ingredients. Fill the pie shells. Bake the pie in a hot oven 430° for 15 minutes, and in a moderate oven 325° for an additional 30 minutes.

* This is a very light filling. If you prefer it heavier use only 1 cup of milk and cream in all.
** The lemon gives an unusual flavour. It may be omitted and the filling may be flavoured with 2 tablespoonfuls of brandy.

PUMPKIN PIE II

Follow the preceding rule for:
Pumpkin Pie
Use in place of the milk and cream:
2 cups cream

Omit the lemon juice and rind. Substitute:
2 tablespoons brandy or rum

Gelatine Pumpkin Chiffon Pie, page 330.

CRUMB PIE

1 7-Inch pie
Line a pie pan with:
Pie Crust (page 498)

Sprinkle the bottom with:
\( \frac{1}{2} \) cup raisins (optional)

Combine:
\( \frac{1}{4} \) cup brown sugar, golden syrup, or honey
\( \frac{1}{4} \) cup hot water
1 beaten egg

Pour these ingredients into the pie shell. Combine and work like pastry:
\( \frac{1}{2} \) cup dry crumbs (bread, cake, or cookie)
\( \frac{1}{2} \) cup flour
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon ginger
\( \frac{1}{2} \) cup soft butter

Sprinkle this mixture over the filling.
Bake the pie in a hot oven 450° until it begins to brown, then reduce the heat to 325° and bake it 20 minutes longer.

SOUR-CREAM PIE I

Sour-cream Pie II, on page 523, is made with a baked pie shell, a cooked filling, and meringue. It is possible to make an equally good pie in the following way:

Partly bake:
A pie shell

Bake it in a hot oven 500° for 10 minutes. Combine the ingredients given for Sour-cream Pie II (page 523) without separating the eggs. Use:
2 eggs

Pour the filling, uncooked, into the partly cooked pie shell. Cook the pie in a slow oven 325° for 30 minutes. This pie is good served hot or cold.
MOLASSES PIE

1 9-inch pie
Combine and stir:
- 1 cup dark brown sugar
- ½ cup molasses (treacle)
- 1 tablespoon flour
- 3 tablespoons melted butter
- ½ teaspoon salt
- 3 eggs
- ½ cup black walnuts (optional)

Follow the preceding rule for Caramel Nut Pie.

RAISIN MOLASSES PIE

1 9-inch pie
Line a pan with:
Pie Crust, page 498

PIES

CRANBERRY PIE I

1 9-inch pie
Combine:
- 1 cup chopped dates or raisins
- ½ cup chopped nuts
- ½ cups Cranberry Jelly (page 393)

Prepare:
Pie Crust (page 498) or
Hot-water Pie Crust (page 500)

Line a pie pan with the crust, fill it with the fruit filling, and cover it with a lattice of pastry. Bake it in a hot oven 450°F for 20 minutes.

CRANBERRY PIE II

1 9-inch pie
Prepare:
Pie Crust (page 498)

Line a pie pan with the crust. Combine:
- 2 tablespoons flour
- ¼ teaspoon salt
- 2 cups sugar

Sprinkle the pie shell with 2 tablespoonfuls of this mixture. Cut into thirds:
- 2 cups cranberries

Combine them with the sugar mixture and:
- ½ cup cold water

Place the berries in the pie shell. Dot them with:
- 2 tablespoons butter
Sprinkle them with:

\[ \frac{1}{4} \text{ teaspoon nutmeg (optional)} \]

Cover the berries with a lattice top made by cutting pie crust into \( \frac{1}{4} \)-inch strips. Bake the pie in a hot oven \( 475^\circ \) for 15 minutes. Reduce the heat and bake it at \( 375^\circ \) for 35 minutes. This pie keeps well and may be reheated.

**CRANBERRY RAISIN PIE**

Follow the preceding rule. Substitute for 1 cup cranberries:

1 cup raisins

**CRANBERRY APPLE PIE**

1 9-inch pie

Prepare:

- 2\( \frac{1}{4} \) cups cranberries, chopped
- 1\( \frac{1}{4} \) cups apples, peeled and sliced

Combine these ingredients with:

- 1\( \frac{1}{4} \) cups sugar
- 3 tablespoons tapioca
- 3 tablespoons water

Prepare an unbaked pie shell (page 498). Fill it with the fruit mixture. Cover it with a lattice top. Bake the pie in a hot oven \( 425^\circ \) for \( \frac{1}{2} \) hour or more.

**MINCEMEAT**

Combine:

- 4 pounds lean beef, chopped
- 2 pounds beef suet, chopped
- 1 peck cooking apples, peeled, cored, and sliced
- 3 pounds sugar
- 2 quarts cider
- 4 pounds seeded raisins
- 3 pounds currants
- 1\( \frac{1}{2} \) pounds citron, chopped
- \( \frac{1}{4} \) pound dried orange peel, chopped
- \( \frac{1}{2} \) pound dried lemon peel, chopped
- Juice and rind of 1 lemon
- 1 tablespoon cinnamon
- 1 tablespoon mace
- 1 tablespoon cloves
- 1 teaspoon pepper
- 1 teaspoon salt
- 2 whole nutmegs, grated
- 1 gallon sour cherries with juice
- 2 pounds broken nuts (optional)

Cook these ingredients slowly for 2 hours. Stir them frequently. Seal them in jars.

**Mock Mincemeat**

Yield about 12 quarts

Chop:

- 1 peck green tomatoes (11\( \frac{1}{4} \) pounds)

Scald them twice by pouring over them each time:

- 2 quarts boiling water

Drain them well. Combine them with:

- 1 peck tart apples, pared and chopped (12\( \frac{1}{4} \) pounds)
- 5 pounds brown sugar (13\( \frac{1}{4} \) cups)*
- 1 pound seeded raisins (\( \frac{1}{4} \) of these chopped)
- 1 pound currants
- \( \frac{1}{4} \) pound of suet, finely chopped
- 3 tablespoons salt
- 2 tablespoons ground cloves
- 4 tablespoons cinnamon
- 3 tablespoons nutmeg
- 2 cups vinegar

Boil these ingredients for 20 minutes. Pack the mincemeat into sterilized jars and seal them.

* If the apples are sweet, instead of tart, do not add the full amount of sugar at first. Taste the mixture to see how much is needed.

**Mince Pie**

Line a pie pan with:

Pie Crust (page 498)

Fill it with:

- Mincemeat or Mock Mincemeat
  (see preceding rules)

Add to the mincemeat:

- 1 or 2 tablespoons brandy
  (optional)

Cover the pie with an upper crust. (See Pie Crust, page 498.) Bake it in a hot oven \( 450^\circ \) for 30 minutes.

**Mock Mincemeat Pie II**

1 9-inch pie

Cut into pieces:

- 1\( \frac{1}{4} \) cups seeded raisins

Pare, core, and slice:

- 4 medium-sized tart apples

Combine the raisins and apples. Add:

- Grated rind of 1 orange
- Juice of 1 orange

Cover these ingredients and simmer them until the apples are very soft.
Stir in until well blended:

- cup sugar
- teaspoon cinnamon
- teaspoon cloves
- or 3 tablespoons finely crushed biscuits *

This mixture will keep for several days. Shortly before using it add:

- or 2 tablespoons brandy (optional)

Line a pie pan with:

Pie Crust (page 498) or Hot-water Pie Crust (page 500)

Fill it with mock mincemeat. Cover it with an upper crust or with a lattice of pastry. Bake the pie in a hot oven 450° for 30 minutes.

* If the apples are dry, use the smaller amount.

KENTUCKY MINCE PIES

Line a pie pan with:

Pie Crust (page 498)

Combine:

2 cups mincemeat

APPLE DUMPLINGS

Prepare:

Pie Crust (page 498), Scone Dough (page 455), or Cheese Pie Crust (page 501)

Peel and core:

Medium-sized apples *

Allow for each apple and combine:

- tablespoons brown sugar
- teasoons soft butter
- teaspoon salt
- teaspoon cinnamon

A grating of lemon rind

Fill the centres of the apples with this mixture and spread it over the fruit. Roll the dough until it is very thin. Cut it into large squares. Place an apple on each square. Enclose the apple entirely in the dough. Moisten the edges lightly with water to make them hold. Press them together. Bake the dumplings in a moderate oven 350° for 30 minutes.

Serve them with:

Hard Sauce (page 688), Foamy Sauce (page 690), or Lemon Sauce (page 693)

* If the apples are very hard it is wise to parboil them in boiling water until they are fairly tender. Drain them well.

FRUIT TARTS

This recipe may not be used frequently, but I cannot exclude it because it makes such marvellous tarts to be served with tea.

Prepare:

Lemon or Orange Pie Crust (page 501) or Cream Cheese Pastry (page 502)

Roll it to the thickness of 1/2 inch and cut it into squares. Drain well:

Preserved quince, canned pineapple, apple, apricots, or peaches

Add:

- tablespoon or more brandy or rum

Place 1 or 2 slices of fruit on each square. Moisten the edges, gather up the corners, and pinch them together. Bake the tarts in a hot oven 450° for 15 minutes.

FRESH or CANNED PEACH or APRICOT DUMPLINGS

Follow the preceding rule. If the fruit is small, use a smaller amount of the sugar mixture. Sprinkle canned peaches with:

Lemon juice or rum

TURNOVERS or RISSOLES

These triangular or crescent-shaped pastries make attractive canapés and titbits for tea.

Roll to the thickness of 1/2 inch:

Hot-water Pie Crust (page 500), Pie Crust (page 498), or Scone Dough (page 455)
Cut it into 2½-inch rounds or squares. Place in the centre of each round 1 teaspoonful or more of the following ingredients:

- Apple sauce, flavoured with cinnamon or nutmeg
- Preserves or jam
- Mincemeat (and a block of cheese)
- Cheese Spread (pages 9, 188)
- Anchovy paste and soft cream
- cheese
- Well-seasoned oysters
- Mushrooms heavily creamed and well seasoned
- Chicken and other croquette mixtures, highly seasoned
- Sausage-meat

Brush the edges of the rounds lightly with water. Fold the dough over into crescents. The tops of the turnovers may be brushed with:

- 1 egg yolk
- Diluted with:
  - 2 tablespoons cream

Bake them in a hot oven 450° for about 15 minutes.

**FRIED PIES**

Follow the above rule for:

**Turnovers**

Fill the rounds with:

- Apple sauce or other fruit filling

Moisten the edges well. Press them together with a fork. Fry the turnovers in deep fat (page 481) 360° to 370° until brown.

**RULE for SPONGE CAKE PIES**

These recipes are hard to classify, as the fillings may be cooked in unbaked pie shells or in baked pie shells. Having tried both ways and found them equally good, the matter seems to be largely one of convenience.

Line a pie pan with:

- Pie Crust (page 498)

It may be baked in a very hot oven 500° for 10 minutes, or it may be used without being baked. If it has been baked, fill it with one of the following fillings and bake it in a moderate oven 375° for about 30 minutes or until the top is brown. If it is unbaked, fill it with one of the following fillings and

bake it in a hot oven 450° for 15 minutes. Reduce the heat and finish baking it in a moderate oven 350° for 30 minutes longer or until it is firm.

**FILLING for CHOCOLATE SPONGE CAKE PIE**

1 9-inch pie

Please read the preceding rule for Sponge Cake Pies.

Sift:

- 1 cup sugar
- 2 small tablespoons bread flour
- ½ teaspoon salt

Combine the sifted ingredients with

- 3 well-beaten egg yolks

Melt and stir in:

- 1½ ounces chocolate

Add:

- 1 cup top milk, or ½ cup evaporated milk and ½ cup water

Beat until stiff:

- 3 egg whites

Fold them lightly into the custard.

**FILLING for LEMON SPONGE CAKE PIE**

1 7-inch pie

Please read the rule for Sponge Cake Pies (this page).

Grate the rind of:

- 1 lemon

on to:

- 1 cup sugar

Cream the sugar with:

- 1 tablespoon butter

Beat and add:

- 3 egg yolks
- 2 small tablespoons bread flour
- 1 cup milk
- 5 tablespoons lemon juice

Beat until stiff:

- 3 egg whites

Fold them lightly into the custard.

**FILLING for PINEAPPLE SPONGE CAKE PIE**

1 9-inch pie
PIES

SOUR-CREAM MERINGUE PIE

2 7-inch pies

Prepare:
A baked Pie Shell (page 498)

Blend:
2 cups thick sour cream
½ cup sugar
1 small tablespoon bread flour
¼ teaspoon salt
¼ teaspoons vanilla

Beat until stiff:
3 egg whites

Fold them lightly into the cream mixture. Sprinkle the top with:
Cinnamon or grated coco-nut (optional)

Bake the pie in a moderate oven 350° for 30 minutes.

Cheese Cake or Pie, page 524.

MERINGUE PIES AND FILLINGS FOR BAKED PIE SHELLS

RULE for MERINGUE

A meringue is beaten constantly until it is spread. Its success depends upon the proper beating of the egg whites, the slow addition of the sugar, and the slow oven in which it is baked. Beat the egg whites on a dish or in a large bowl. Use a flat wire whisk.

Add:
2 teaspoons water (optional)
½ teaspoon salt
to:
2 egg whites

Whip them until they are frothy.

Add:
½ teaspoon cream of tartar

Whip them until they are stiff, but not dry. Beat in ½ teaspoonful at a time:
4 small tablespoons granulated or icing sugar

Beat in:
½ teaspoon vanilla

Some of the rules call for meringues made with:
3 egg whites
1 tablespoon water

In that case use:
¼ teaspoon cream of tartar
6 small tablespoons sugar
½ teaspoon vanilla

After the ingredients are combined continue beating the meringue for several minutes (until it holds its shape well). Pile it lightly on a filled pie shell; spread it lightly with a spatula. Bake it in a slow oven 300° for 15 to 20 minutes. Permit it to cool slowly.

RULE for MAKING MERINGUE with an ELECTRIC MIXER

Use the ingredients given in the preceding rule. Beat egg whites, cream of tartar, and water in the small bowl at high speed for 3 minutes. Add sugar gradually, 1 tablespoonful at a time. Add salt and flavouring. Continue beating at high speed until mixture will stand in peaks, 4 to 5 minutes. Bake it by the preceding rule.

Three-minute Icing, page 566.

CRUMB CRUST PIES

Do not neglect these unusually tempting desserts — Custard, Butterscotch, Banana, Coco-nut, Chocolate, and other meringue pies made with crumb crusts. These are best made with a previously baked Crumb Pie Shell (see page 504). Sprinkle the reserved crumbs over the meringue before baking it.
APPLE PIE II

1 7-inch pie

Prepare:
A baked Pie Shell (page 498)

Peel, core, and slice:
5 medium-sized apples

Make a syrup of:
\( \frac{1}{2} \text{ cup sugar} \)
\( \frac{1}{2} \text{ cup water} \)

Add:
1 tablespoon butter

Add the apples. Stir them gently, cover them, and cook them until they are nearly tender. Stir them from time to time so that they do not burn. If the apples are not tart add:

1 teaspoon or more lemon juice
1 teaspoon grated lemon rind

Pour off a little of the juice, cool, then stir into it:

\( \frac{1}{4} \text{ teaspoon cinnamon (optional)} \)
\( \frac{1}{2} \text{ teaspoon nutmeg (optional)} \)
\( \frac{1}{4} \text{ small tablespoon cornflour} \)

Pour this over the apples. Cook and stir them until they boil. Pour the apples into the pie shell. Cover them with a Meringue (page 516) made with:

2 egg whites (optional)

Bake the meringue in a slow oven 300° for 15 to 20 minutes; or cover the top with crumb crust. Brown the top crust under a grill.

* Very tart apples may require additional sugar. Brown sugar may be substituted for granulated sugar.

** Instead of following these instructions vary your fruit pie fillings in the following way:

Cook the fruit with the sugar and water until it is tender. Omit the butter. Add the lemon juice and rind. Cool the fruit slightly. Beat in 2 egg yolks. Stir and cook the fruit over hot water until the yolks thicken. Fill the pie shell and proceed with the meringue.

PEACH PIE II

Follow the preceding rule for Apple Pie II. If the peaches are very sweet use less sugar.

Gelatine Raspberry or Loganberry Cream Pie, page 527; Gelatine Fruit Chiffon Pie, page 528; Gelatine Strawberry Chiffon Pie, page 526.

STRAWBERRY and BANANA PIE

1 9-inch pie

Prepare:
A baked Crumb Crust Shell (page 504)

Hull:
1 cup strawberries

Prepare:
1 cup sliced bananas

Combine the fruit and sweeten it with Sugar

Fill the pie shell. Cover the top with:
Whipped cream or Three-minute Icing (page 566)

BERRY PIE II

1 9-inch pie

Prepare:
A baked Pie Shell (page 498)

Pick over:
4 cups berries *

Wash them, if necessary, before hulling them. Place them in a saucepan. Crush a few of the berries with a spoon so that the juice will run and they will not scorch. Add to them:

\( \frac{1}{2} \) to 1 cup sugar, according to the acidity of the fruit **

Cook them over a low fire until they are soft. Stir them from the bottom to prevent them from burning. Pour off a little of the juice. Add to it:

3 small tablespoons bread flour or
1/2 small tablespoons cornflour
1 teaspoon salt

Return it to the pan. Stir the berries until they boil and thicken. Add:

2 tablespoons butter

Cool the fruit. Pour it into the pie shell shortly before serving the pie. Top the fruit with:

Meringue (page 516)

Bake it as directed. Or top the fruit with:

Three-minute Icing (page 566)

* 3 cups of fruit will make a 7-inch pie.

** Blueberries (bilberries) require the smaller amount of sugar and 1 tablespoon lemon juice.

Glazed Strawberries, page 568.
LEMON MERINGUE PIE I

1 9-inch pie

Prepare:
A baked Pie Shell (page 498)
Combine in the top of a double boiler and stir until smooth:
1 cup sugar
3 to 6 small tablespoons cornflour
1/2 teaspoon salt
2 cups water
Cook and stir these ingredients over low heat until the mixture thickens and boils. Place it over boiling water and cook it covered for 10 minutes longer.
Pour a little of it over:
3 beaten egg yolks
Beat this, then add it to the mixture in the double boiler. Cook and stir the custard for 3 minutes over boiling water. Remove it from the heat.

Beat in:
3 tablespoons butter
1/4 cup lemon juice
2 teaspoons grated lemon rind *
Cool the custard. Pour it into the cold pie shell. Cover it with Meringue (page 516) made with:
3 egg whites
Bake it in a slow oven 300° for 15 or 20 minutes.

* Very coarsely grated rind appeals to many people.

LEMON MERINGUE PIE II

1 9-inch pie

This resembles a chiffon pie, as part of the egg white is put into the filling.

Prepare:
A baked Pie Shell (page 498)
Cook and stir in a double boiler until thick and smooth:
4 egg yolks
1/4 cup sugar
2 small tablespoons flour
3 tablespoons water
Cool these ingredients. Add:
Rind and juice of 1 large lemon
1 teaspoon salt
to:
2 egg whites
Whip them until they are stiff. Fold them into the custard. Fill the baked pie shell. Cover the pie with Meringue (page 516) made with:
2 egg whites
Bake it in a slow oven 300° for 15 to 20 minutes.

LEMON MERINGUE PIE III

1 7-inch pie

A cousin was highly indignant when I failed to put this luxurious recipe in my first cook-book. It has been in the family for many years and he considers it the only lemon pie worth consideration. Prepare:
A baked Pie Shell (page 498)
Combine, stir, and cook in a double boiler until thick:
3 eggs
1 egg yolk
1 cup sugar

Remove the custard from the fire.
Add:
The rind of 2 lemons
The juice of 2 lemons
1/4 cup butter
Cool the custard. Pour it into the baked pie shell. Cover it with a Meringue (page 516) made with:
2 egg whites
Bake the pie in a slow oven 300° for 15 to 20 minutes.

Lemon Cream Pie, page 520; Chiffon Lemon Pie, page 525; Gelatine Chiffon Pie (Fairy Tart), page 526; Orange Cream Pie with Pecans, page 520; Orange Chiffon Pie, page 525.

ORANGE MERINGUE PIE

1 9-inch pie

Prepare:
A baked Pie Shell (page 498)
Combine in the top of a double boiler:
1 cup sugar
5 to 6 small tablespoons flour
1 teaspoon salt
1/4 cup warm water
1/4 cup orange juice
Cook and stir these ingredients over direct heat until they boil. Place them over boiling water and cook for 10 minutes longer. Pour a little of this mixture over:
3 beaten egg yolks
Beat this, then add to the mixture in the double boiler. Cook and stir the custard for 5 minutes over boiling water. Beat in:

1 tablespoon butter
2 tablespoons lemon juice
1 teaspoon grated lemon rind
1 teaspoon grated orange rind

Cool the custard. Pour it into the cold pie shell. Cover it with a Meringue (page 516) made with:

3 egg whites

Bake it in a slow oven 300° for 15 to 20 minutes.

**PINEAPPLE MERINGUE PIE**

1 9-inch pie

Prepare:

A baked Pie Shell (page 498)

Cook and stir over very low heat until thick:

2 cups crushed pineapple
1 small tablespoon cornflour
1/2 cup sugar

Add:

1 tablespoon butter

Pour part of this mixture over:

2 lightly beaten egg yolks

Beat it with the yolks and return it to the saucepan. Stir the mixture and permit the yolks to cook and thicken for 1 minute. Cool the custard. Fill the pie shell. Cover it with a Meringue (page 516) made with:

2 egg whites

Bake it in a slow oven 300° for 15 to 20 minutes.

*Custard Pie I, page 509.*

This custard is baked in the pie shell.

**CUSTARD PIE II or CREAM PIE**

1 9-inch pie

Prepare:

A baked Pie Shell (page 498)

Beat:

3 egg yolks

Beat in gradually:

1/2 cup sugar
1/2 teaspoon salt
2 small tablespoons cornflour
1 tablespoon butter

Pour over these ingredients:

2 cups scalded milk

Cook and stir the custard over boiling water or over very low heat. Stir it constantly until it thickens. Cool it.

Add:

1 teaspoon vanilla or rum
1/2 teaspoon grated nutmeg (optional)

Pour the custard into the baked pie shell. Cover it with Meringue (page 516) made with:

2 egg whites

Bake it in a slow oven 300° for 15 to 20 minutes.

*Chocolate-topped Gelatine Custard Chiffon Pie, page 528.*

**BANANA CREAM PIE**

Follow the preceding rule for:

*Custard Pie Filling II or any one of the Lemon Pie Fillings (pages 520, 518)*

Peel and cut into very thin slices:

2 ripe bananas

Add the bananas to the filling just before removing it from the fire.

**COCO-NUT CREAM PIE**

Follow the rule on this page for:

*Custard Pie II*

(See Crumb Crusts, page 504.)

Add to the hot ingredients:

1/2 to 1 cup grated or desiccated coco-nut

Fill the pie shell. Cover the custard with a:

Meringue (page 516)

and bake it as directed. Or omit the coco-nut in the filling. Top the meringue before baking it with:

2 1/2 cups grated coco-nut

**MACAROON PIE**

Prepare:

Custard Pie II (this page)

Use:

1/2 cup sugar
PIES

When the custard is cooked add to it:
6 dry macaroons crushed
Top the custard with a:
Meringue (page 516)
and bake it as directed.

CUSTARD and FRUIT PIE
This is a tempting filling good in individual tarts.
Prepare:
A baked Pie Shell (page 498)
Prepare \( \frac{1}{2} \) the amount of:
Custard Pie Filling (Custard Pie II, page 519)
Place it in the shell. Fill the shell with:
Fresh fruit (sugared) or stewed fruit (drained)*
The fruit may be topped with:
Whipped cream
* Fresh Cherries (stewed), page 397,
or Strawberries (glazed), page 568, are highly recommended.
Cherry Tart (or Kuchen), page 508.

PINEAPPLE CREAM PIE
Prepare:
A baked Pie Shell (page 498)
Combine, stir, and cook over very low heat until thick:
\( \frac{1}{2} \) cup sugar
\( \frac{1}{2} \) teaspoon salt
6 small tablespoons flour
1 cup grated pineapple, drained
3 beaten egg yolks
3 tablespoons butter
\( \frac{1}{4} \) cups milk
Add:
Juice of 1 lemon
Cool the custard. Pour it in the pie shell and cover it with a Meringue (page 516) made with:
2 egg whites
Bake it in a slow oven 300° for 15 to 20 minutes.

Gelatine Pineapple Chiffon Pie, page 527.

LEMON CREAM PIE
1 9-inch pie
Prepare:
A baked Pie Shell (page 498)
Combine, cook, and stir over very low heat until thick:
\( \frac{1}{4} \) cup sugar
2 small tablespoons cornflour
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{4} \) cups rich milk
2 well-beaten egg yolks
Stir in:
\( \frac{1}{4} \) cup lemon juice
\( \frac{1}{2} \) teaspoon grated lemon rind
Cool the custard slightly. Fill the pie shell. Cover it with a Meringue (page 516) made with:
2 egg whites
Bake it in a slow oven 300° for 15 to 20 minutes.

ORANGE CREAM PIE with PECANS
1 9-inch pie
Prepare:
A baked Pie Shell (page 498)
Mix thoroughly:
\( \frac{1}{4} \) cup sugar (increase this amount if the oranges are very tart)
\( \frac{1}{4} \) cup flour
\( \frac{1}{2} \) teaspoon salt
Add:
1 cup scalded milk
Cook and stir these ingredients over very low heat until they are thick. Pour part of this mixture over:
3 well-beaten egg yolks
Return it to the pan. Add:
\( \frac{1}{2} \) cup orange juice
2 teaspoons grated orange rind
1 teaspoon butter
Stir and cook the custard over very low heat until the eggs thicken slightly. Add:
\( \frac{1}{4} \) cup pecans
Cool the custard and pour it into the baked pie shell. Cover it with a Meringue (page 516) made with:
3 egg whites
Bake it in a slow oven 300° for 15 to 20 minutes.

CARAMEL PIE
1 9-inch pie
Prepare:
A baked Pie Shell (page 498)
PIES

Heat and stir in a frying-pan until melted:

\( \frac{1}{2} \text{ cup sugar} \)

Stir in and boil for 2 minutes:

\( \frac{1}{2} \text{ cup boiling water} \)

Blend:

\( \frac{1}{4} \text{ cup sugar} \)

\( \frac{1}{4} \text{ cup flour} \)

\( \frac{1}{2} \text{ teaspoon salt} \)

Add:

\( \frac{1}{2} \text{ cups milk} \)

Stir in the caramel syrup. Cook and stir this mixture in a double boiler. When it is hot pour part of it over:

2 beaten egg yolks

Beat it with the yolks and return it to double boiler. Cook and stir it until it coats a spoon. Add:

2 tablespoons butter

1 teaspoon vanilla

\( \frac{1}{2} \text{ to } \frac{1}{4} \text{ cup nuts (optional)} \)

Cool the filling. Fill the pie shell.

Make a Meringue (page 516) with:

2 egg whites

\( \frac{1}{2} \text{ teaspoon salt} \)

\( \frac{1}{4} \text{ cup sugar} \)

\( \frac{1}{2} \text{ teaspoon vanilla} \)

Pile the meringue on the pie. Bake it in a slow oven 300° for 15 to 20 minutes. Or dispense with the meringue and place around the edge of the pie a ring of whipped cream sprinkled with grated coco-nut.

**BUTTERSCOTCH PIE**

1 7-inch pie

Prepare:

A baked Pie Shell (page 498)

Combine in a double boiler:

\( \frac{1}{2} \text{ cup brown sugar, closely packed} \)

2 tablespoons flour

2 tablespoons butter

\( \frac{1}{2} \text{ teaspoon salt} \)

Stir and cook these ingredients until they are blended. Add:

1 cup scalded milk

Beat until light:

3 egg yolks

Pour a little of the milk mixture over them. Beat it with the yolks and return it to the double boiler. Stir and cook it until the yolks thicken slightly. Cool the custard and flavour it with:

\( \frac{1}{2} \text{ teaspoon vanilla} \)

Add:

\( \frac{1}{2} \text{ cup nuts (optional)} \)

Pour the custard into the baked pie shell. Cover it with a Meringue (page 516) made with:

3 egg whites

Bake it in a slow oven 300° for 15 to 20 minutes.

**PECAN PIE**

1 8-inch pie

Prepare:

A baked Pie Shell (page 498)

Cream:

\( \frac{1}{2} \text{ cup butter} \)

\( \frac{1}{4} \text{ cup brown sugar (firmly packed)} \)

Beat in one at a time:

3 eggs

Stir in:

1 cup golden syrup

1 cup broken pecans

1 teaspoon vanilla

\( \frac{1}{4} \text{ teaspoon salt} \)

Fill the shell. Bake the pie in a moderate oven 375° for \( \frac{1}{2} \) hour.

*Caramel Nut Pie, page 512.*

**JEFFERSON DAVIS PIE**

1 9-inch pie

Prepare:

A baked Pie Shell (page 498)

Cream:

\( \frac{1}{2} \text{ cup butter} \)

2 cups light brown sugar or

\( \frac{1}{4} \text{ cups white sugar} \)

Beat in:

4 egg yolks

Sift, then add:

2 tablespoons flour

1 teaspoon cinnamon

1 teaspoon freshly grated nutmeg

\( \frac{1}{4} \text{ teaspoon allspice} \)

Add:

1 cup cream

1 cup chopped dates

1 cup raisins

1 cup broken pecans

Fill the shell. Bake the pie in a slow oven 300° until set (for about 40 minutes). When cool top it with a:

Meringue (page 516)

Bake it as directed.

*Chess Tarts, page 510.*
PIES

COFFEE TARTS
Prepare by any rule for pie crusts.
6 baked tart shells
Prepare:
2 cups strong coffee
Combine and stir until smooth:
1 cup cream*
6 tablespoons sifted flour
3 cup sugar
3 teaspoon salt
Stir these ingredients into the hot coffee. Cook and stir the mixture over hot water until it thickens (for about 20 minutes). Pour part of it over:
2 beaten eggs or 5 egg yolks
Return this to the double boiler, stir and cook for 5 or 4 minutes to permit the eggs to thicken slightly. Add:
2 tablespoons butter
Cool, then add:
1 teaspoon vanilla or
2 teaspoons rum
Fill the tart shells. Chill them. Serve the tarts with:
Whipped cream
Crushed nut brittle
* Evaporated milk may be substituted.

CHOCOLATE PIE
1 7-inch pie
Prepare:
A baked Pie Shell (page 498)
Scald in a double boiler:
1 cup milk
Add:
2 tablespoons grated chocolate *
In a separate bowl dissolve:
312 teaspoons cornflour
in:
2 tablespoons milk
Add:
1 teaspoon salt
12 cup sugar
Add these ingredients to the milk in the double boiler. Cook and stir them for 15 minutes. Pour a small quantity over:
2 beaten egg yolks
Beat it and add it to the mixture in the double boiler. Stir and cook the custard for 5 minutes. Add:
12 teaspoons butter
12 teaspoon vanilla
Remove the custard from the fire. Beat it until it is very smooth. You may add:
12 cup chopped nuts
Pour into the pie shell. Cover it with a Meringue (page 516) made with:
2 egg whites
Bake it in a slow oven 300° for 15 to 20 minutes.
This filling may be made over very low heat. Stir it constantly.
* 12 cup cocoa may be substituted. In that case use in all 12 tablespoons butter.

Gelatine Chocolate Chiffon Pie, page 530.

FUDGE PIE
This is a crustless pie or cake unexcelled in quality. It is deliciously and devastatingly rich. Do not let that deter you.
Sift:
1 cup sugar
Beat until soft:
12 cup butter
Add the sugar gradually. Blend these ingredients until they are creamy.
Beat in:
2 egg yolks
Melt over hot water, cool slightly, and beat in:
2 ounces chocolate
Sift before measuring:
12 cup bread flour
Beat the flour into the butter mixture. Add:
1 teaspoon vanilla
Whip until stiff:
2 egg whites
12 teaspoon salt
Fold them into the batter. Bake the batter in a greased 812-inch pie plate in a slow oven 325° for about 50 minutes. Serve the pie topped with:
Ice-cream

Fudge Cake, page 548.
LOGANBERRY PIE or TARTS

1 9-inch pie

An excellent winter pie.

Prepare:

A baked Pie Shell or Individual Pie Shells (page 498)

Place in a saucepan the contents of:

x No. 24 can loganberries (3½ cups)

Dissolve in a cup:

1½ small tablespoons cornflour
in ½ cup of the loganberry juice.

Heat the berries to the boiling point.

Add:

1 tablespoon butter
½ teaspoon salt

Stir in the dissolved cornflour. Stir and cook the berries until they boil and thicken. Fill the pie shells. The pie may be covered with:

Meringue (page 516)

Bake the meringue in a slow oven 300° for 15 to 20 minutes.

PRUNE or APRICOT PIE

1 9-inch pie

Prepare:

A baked Pie Shell (page 498)

Put stewed, unsweetened prunes or apricots through a ricer or sieve. Combine:

½ cup prune or apricot pulp
½ teaspoon grated lemon rind
1 tablespoon lemon juice
½ cup sugar

Beat until stiff:

3 egg whites
½ teaspoon salt

Beat in very slowly:

½ cup sugar

Fold the egg whites into the fruit mixture. Fill the pie shell. Bake the pie in a slow oven 325° for about 20 minutes or until it is set.

*If the fruit is sweetened omit the ½ cup sugar.

SOUR-CREAM PIE II

(With or without Raisins)

1 9-inch pie

Prepare:

A baked Pie Shell (page 498)

Cook and stir in a double boiler until thick:

2 egg yolks
x whole egg
½ cup sugar
½ teaspoon cloves
½ teaspoon cinnamon
1 cup thick sour cream
½ cup finely chopped, seeded raisins (optional)

1½ teaspoons lemon juice (optional, dependent upon the acidity of the cream)

Cool these ingredients slightly. Pour them into the baked pie shell. Cover them with a Meringue (page 516) made with:

2 egg whites*

Bake the pie in a slow oven 300° for 15 to 20 minutes.

* The meringue may be omitted. This is a good pie served hot or cold.

See Sour-cream Pie I, page 511.

RAISIN PIE I

1 9-inch pie

Prepare:

A baked Pie Shell (page 498)

Cook * very slowly until the raisins are nearly tender:

1 cup seedless raisins (white)
1 cup water

Add:

½ cup sugar

Cook the raisins until they are tender. Cool a little of this mixture and stir into it:

2 tablespoons butter
2 tablespoons flour

Return it to the saucepan. Cook and stir these ingredients until the flour has thickened. Remove the pan from the fire. Beat in:

2 egg yolks
1 teaspoon grated lemon rind
3 tablespoons lemon juice

Fill the pie shell with the filling. Cover it with a Meringue (page 516) made with:

2 egg whites

Bake it in a slow oven 300° for 15 to 20 minutes.

* If preferred the raisins may be soaked in the water for 5 or 6 hours.
PIES

CHEESE PIE or CAKE I

8 Servings
This cheese pie or cake is luscious. It should be 1 1/2 inches or more in depth. Bake it in a pan with a removable rim or in an oven-proof baking dish 9 inches wide, 2 1/2 inches high.

Prepare:
Zwieback Crust or Crumb Crust
(page 504)
Reserve 1/4 cup of the mixture. Line a deep baking dish and press the crust lightly on the bottom and against the sides. Chill it thoroughly. It is best made a day in advance. Fill it with the following:

Cheese Filling
Dissolve:
1 cup sugar
in:
1/2 cup cream *
Add:
2 pounds (3 pints) smooth cottage cheese
4 beaten egg yolks **
3 tablespoons flour
1 teaspoon vanilla or 2 1/2 tablespoons lemon juice and 1 teaspoon grated lemon rind

Add:
1/2 teaspoon salt
to:
4 egg whites
Whip them until they are stiff. Fold them into the cheese mixture. Fill the shell and sprinkle the reserved crumbs over the top. Bake the pie in a moderate oven 350° for about 1 hour.

* If the cheese is dry use 1/2 cup cream.
** A friend who has been very successful with this recipe asks me to add that she prefers beating the 4 eggs without separating them.

CHEESE PIE or CAKE II

1 deep 9-inch pie
Very delicate, as the filling is made without flour:

Prepare:
A baked Pie Shell (Galette Dough .II, the dough for Dutch Apple, Plum, or Peach cake, Pie Crust or Crumb Crust)

Combine and beat:
3 cups smooth cottage cheese
3 whole eggs
Add:
1/4 cup thick cream
3 tablespoons melted butter
4 tablespoons sugar
1 teaspoon vanilla or 1 tablespoon lemon juice and 1 teaspoon grated lemon rind
1/2 cup almonds, blanched and chopped

Bake the pie in a moderate oven 350° until the filling is firm (for about 45 minutes). Sprinkle it while hot with:

4 tablespoons icing sugar
1 teaspoon cinnamon

*Sour-cream Meringue Pie, page 516.

CHEESE CAKE with WHIPPED CREAM

16 Servings
Similar to the preceding cheese cakes or pies, but richer.

Combine:
2 cups Zwieback or wholemeal biscuit crumbs *
1 1/4 teaspoons cinnamon
1/2 cup melted butter

Reserve 1 cupful of this mixture. Press the remainder with a spoon or the palm of the hand on the bottom and sides of a 12-inch spring form pan. Chill this shell thoroughly (see Crumb Crust, page 504). Fill it with the following:

Cheese Filling
Sift:
1 1/2 cups sugar
Beat until light:
6 eggs
Add the sugar gradually. Beat these ingredients until they are very light.

Add:
1/2 teaspoon salt
2 teaspoons grated lemon rind
3 tablespoons lemon juice
1 teaspoon vanilla

Fold in:
2 cups heavy cream, whipped

Blend well:
1/2 cup bread flour
3 1/2 pints (2 1/2 pounds) smooth cottage cheese
Put these ingredients through a sieve. Fold them into the egg and cream mixture. Fill the pie shell. Sprinkle the reserved crumb mixture over the filling. Bake the pie in a moderate oven 350° for about 1 hour. Turn off the heat and permit the pie to stand in the oven for 1 hour longer or until cooled.

* You may use Galette Dough page 501: This will give you no crumbs.

Sour-cream Cherry Cake, page 572.

APPLE-SAUCE CHEESE PIE

To make the crust follow any rule for:
- Crumb Crust (page 504)

Reserve ½ cupful of the crumbs. Press the remainder into a deep 9-inch oven-proof dish. Combine the contents of:

1 (No. 2) can apple sauce
1 (15 oz.) can condensed milk
with:
The rind and juice of 1 lemon
3 egg yolks
Beat until stiff, then fold in:
3 egg whites
½ teaspoon salt
Bake the pie in a moderate oven 375° for about 50 minutes. Sprinkle the top with:
Cinnamon

CONDENSED MILK CHIFFON PIE or MOCK CHEESE CAKE

1 9-inch pie

Quickly made, rich, and tempting.

Prepare:
- A Zwieback or wholemeal biscuit Crust (page 504)

Use:
1 cup Zwieback or wholemeal biscuit crumbs*
6 tablespoons melted butter
2 teaspoons cinnamon

The addition of sugar is optional. Beat until light:
4 egg yolks

Stir in slowly the contents of:

1 (15 oz.) can sweetened condensed milk
Grated rind of 2 lemons
6 tablespoons lemon juice

Whip until stiff:
4 egg whites

Fold them into the yolk mixture. Fill the pie crust with the custard. Bake the pie in a moderate oven 375° for 25 minutes.

* If you wish to sprinkle the top with crumbs use in all:

½ cups crumbs
½ cup butter
3 teaspoons cinnamon

Reserve ½ cup crumbs to sprinkle on top of the filling before it is baked.

LEMON CHIFFON PIE

1 9-inch pie

A delicate and delectable pie usually made with a paper-thin crust.

Prepare:
- A baked Pie Shell (page 498)

Combine in a double boiler:
5 small tablespoons sugar
2 tablespoons water
3 egg yolks
Grated rind of 1 lemon
3 tablespoons lemon juice

Cook and stir these ingredients over boiling water until they are thick. Cool them. Add:
½ teaspoon salt
to:
3 egg whites
Whip them until they are stiff, but not dry. Fold in:
3 small tablespoons sugar

Fold this mixture lightly into the custard. Fill the pie shell. Brown the pie in a hot oven 400° for 10 minutes, or place it under a grill to brown.

ORANGE CHIFFON PIE

1 9-inch pie

Use well-flavoured orange juice for this pie. Indifferent orange juice may be improved by the addition of 2 teaspoons vanilla.
PIES

Prepare:
A baked Pie Shell (page 498)
Cook and stir in a double boiler until thick:
\[
\frac{1}{3} \text{ cup sugar*} \\
3 \text{ small tablespoons flour} \\
3 \text{ egg yolks} \\
2 \text{ tablespoons lemon juice} \\
\frac{1}{2} \text{ cup orange juice} \\
\frac{1}{2} \text{ teaspoon grated orange rind} \\
2 \text{ tablespoons water}
\]
Cool these ingredients. Add:
\[
\frac{1}{2} \text{ teaspoon salt}
\]
to:
3 egg whites
Whip them until they are stiff. Fold them into the orange custard. Fill the pie shell. Brown the pie in a hot oven 400° for 10 minutes, or place it under a grill to brown.

* If the orange juice is very acid, additional sugar may be required.

**STRAWBERRY CHIFFON PIE**

x 9-inch pie

Prepare:
A baked Pie Shell (page 498)
Beat in the top of a double boiler:
3 egg yolks
Add:
\[
\frac{1}{4} \text{ cup sugar}
\]
Cook and stir these ingredients over boiling water until they thicken. Add:
\[
\frac{1}{4} \text{ teaspoon salt}
\]
to:
3 egg whites
Whip them until they are stiff. Pour the hot custard over them. Return the custard to the double boiler, Beat and cook it until it is thick and stands up well. Fold in:
\[
x \text{ cup hulled strawberries cut in pieces}
\]
Fill the pie shell. Brown the pie in a hot oven 400° for 10 minutes or place it under a grill to brown.

**GELATINE CHIFFON CREAM PIES**

The following rules are for baked pie shells or crumb crusts filled with gelatine mixtures and cream. They make delicious desserts. As they may be prepared well in advance they have a practical value that is desirable in many instances.

**GELATINE LEMON CHIFFON PIE (FAIRY TART)**

x deep 9-inch pie

Prepare:
A baked Pie Shell (page 498)
Soak:
x tablespoon gelatine
in:
\[
\frac{1}{2} \text{ cup water}
\]
Combine, stir, and cook in a double boiler until the consistency of custard:
\[
\frac{1}{4} \text{ cup sugar} \\
\frac{1}{4} \text{ cup lemon juice} \\
\frac{1}{4} \text{ teaspoon salt} \\
4 \text{ beaten egg yolks}
\]
Stir in the dissolved gelatine and:
\[
x \text{ teaspoon grated lemon rind}
\]
Cool these ingredients. Whip until stiff:
4 egg whites
Beat in very slowly:
\[
\frac{1}{4} \text{ cup sugar}
\]
In a separate bowl beat until stiff:
\[
x \text{ cup heavy cream*}
\]
When the custard begins to thicken, beat it with a wire whisk until it is fluffy. Fold in the egg whites. Fold in the cream. Fill the pie shell. Chill the pie thoroughly before serving it.

* The cream may be reserved for the top. In that case add to it:
\[
x \text{ teaspoon vanilla} \\
3 \text{ tablespoons icing sugar}
\]

**GELATINE STRAWBERRY CHIFFON PIE**

x 9-inch pie

Prepare:
A baked Pie Shell (page 498)
Chill it for 3 hours. Hull and slice:
\[
x \frac{1}{4} \text{ cups strawberries}
\]
Pour over them:

\[ \frac{1}{2} \text{ cup sugar} \]

Permit these ingredients to stand for 30 minutes. Soak:

\[ 1 \text{ tablespoon gelatine} \]

in:

\[ \frac{1}{2} \text{ cup cold water} \]

Dissolve it in:

\[ \frac{1}{2} \text{ cup boiling water} \]

Add:

\[ 1 \text{ tablespoon lemon juice} \]

Add the gelatine to the berry mixture. Chill these ingredients until they are about to set. Whip until stiff and fold in:

\[ \frac{1}{2} \text{ cup heavy cream} \]

Whip until stiff and fold in:

\[ 2 \text{ egg whites} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

Fill the pie shell with the strawberry mixture. Garnish the pie with:

Whipped cream (optional)

**GELATINE PINEAPPLE CHIFFON PIE**

1 9-inch pie

Prepare:

A baked Pie Shell (page 498)

Soak:

\[ 1 \text{ tablespoon gelatine} \]

in:

\[ \frac{1}{2} \text{ cup cold water} \]

Beat until light:

\[ 4 \text{ egg yolks} \]

Add gradually:

\[ \frac{1}{2} \text{ cup sugar} \]

Stir in:

\[ \frac{1}{2} \text{ cups canned, crushed pineapple} \]

\[ 1 \text{ tablespoon lemon juice} \]

Cook and stir these ingredients over boiling water until they thicken. Stir in the soaked gelatine until it is dissolved. Cool these ingredients until they are about to set. Whip until stiff:

\[ 4 \text{ egg whites} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

Fold in:

\[ \frac{1}{2} \text{ cup sugar} \]

Fold these ingredients lightly into the pineapple mixture. Fill the pie shell. Chill the pie thoroughly. Serve it topped with:

Whipped cream

**GELATINE APRICOT CREAM PIE**

1 9-inch pie

Prepare:

A baked Pie Shell (page 498)

Soak:

\[ 1 \text{ tablespoon gelatine} \]

in:

\[ \frac{1}{2} \text{ cup cold water} \]

Put through a ricer or sieve:

\[ \frac{1}{2} \text{ cup drained, cooked, or canned apricots} \]

Add to the pulp and heat:

\[ \frac{1}{2} \text{ cup apricot juice} \]

\[ 2 \text{ tablespoons lemon juice} \]

\[ \frac{1}{2} \text{ cup sugar} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

Stir in the soaked gelatine until it is dissolved. Chill these ingredients until they are about to set. Whip until stiff:

\[ \frac{1}{2} \text{ cup heavy cream} \]

Fold into the apricot mixture \( \frac{1}{2} \) of the cream. Fill the pie shell. Chill the pie thoroughly. Top it with the remaining cream.

**GELATINE RASPBERRY or LOGANBERRY CREAM PIE**

1 9-inch pie

Prepare:

A baked Pie Shell (page 498)

Drain the contents of:

\[ x \text{ (No. 24) can raspberries or loganberries (3} \frac{1}{2} \text{ cups)} \]

Soak:

\[ 1 \text{ tablespoon gelatine} \]

in:

\[ \frac{1}{2} \text{ cup of the juice} \]

Dissolve it in:

\[ \frac{1}{2} \text{ cup of the hot juice or juice and water} \]

Chill the gelatine until it is about to set. Whip it with a wire whisk until it is fluffy. Whip until stiff:

\[ x \text{ cup heavy cream} \]
Fold in:
3 tablespoons icing sugar
Fold the cream into the gelatine. Fold in the drained berries. Fill the pie shell. Chill the pie thoroughly. Garnish the top with:
Whipped cream (optional)

GELATINE FRUIT CHIFFON PIE

1 9-inch pie
Prepare:
A baked Pie Shell (page 498)
Peel and cut into very thin slices:
1 banana
Soak the slices for 1 hour in:
1/2 cup orange juice
1/2 cup lemon juice
Add:
1/2 cup drained, crushed pineapple (optional)
Soak:
2 tablespoons gelatine
in:
1 cup cold water
Dissolve it in:
1/4 cup boiling water
Add and stir until it is dissolved:
1 cup sugar
1/2 teaspoon salt
Cool these ingredients slightly and combine them with the banana mixture. Chill the jelly until it is about to set. Beat it with a wire whisk until it is fluffy. Whip until stiff:
1 cup heavy cream
Fold it into the jelly. Chill the jelly until it is fairly stiff. Heap it into the baked pie shell. Chill it thoroughly before serving it.

GELATINE COFFEE CHIFFON CUSTARD PIE

1 9-inch pie
Prepare:
A baked Pie Shell (page 498)
Soak:
1 tablespoon gelatine
in:
1/4 cup cold water
Dissolve it in:
2 cups hot coffee
Stir in:
1/2 cup sugar
Pour these ingredients slowly on to:
2 well-beaten egg yolks
Cook and stir these ingredients in a double boiler until they thicken. Cool the filling until it is about to set. Beat it with a wire whisk until it is fluffy. Add:
1 teaspoon vanilla
Whip until stiff:
1 cup heavy cream
Fold in:
1 tablespoon sugar
Whip until stiff:
2 egg whites
1/2 teaspoon salt
Fold the whipped cream into the coffee mixture. Fold in the egg whites. Pour the filling into the pie shell. Chill the pie thoroughly before serving it.

CHOCOLATE TOPPED GELATINE CHIFFON PIE
Heat in a double boiler:
  1 cup milk
  ½ teaspoon nutmeg (optional)
Beat until light:
  3 egg yolks
Add gradually:
  ½ cup sugar
Beat these ingredients until they are well blended. Pour the hot milk over this mixture. Place it in the double boiler and cook and stir it until it is the consistency of thick cream. Remove it from the fire. Add the soaked gelatine. Add:
  1 teaspoon vanilla
Cool these ingredients until they are nearly set. Beat them until they are light with a wire whisk. Whip until stiff:
  3 egg whites
  ½ teaspoon salt
Fold them lightly into the custard. Fill the pie shell. Chill it well. Whip until stiff:
  1 cup heavy cream (optional)
Fold in:
  3 tablespoons icing sugar
Pile it on the pie. Sprinkle the top with:
  ½ cup grated, unsweetened chocolate or 2 tablespoons cocoa
* Add at this time, if desired, ½ cup blanched, shredded, toasted almonds or pecans.

GELATINE RUM CHIFFON PIE
Prepare the preceding:
Chocolate-topped Gelatine Custard Pie
Before folding in the egg whites add to the custard:
  3 tablespoons rum
Sprinkle the top with grated chocolate as directed.

BLACK BOTTOM PIE
Prepare by the rule on page 504 a deep 9-inch baked:
  Crumb Crust or Pie Crust
Soak:
  1 tablespoon gelatine
  ½ cup cold water
Scald:
  2 cups rich milk
Combine:
  ½ cup sugar
  4 teaspoons cornflour
Beat until light:
  4 egg yolks
Stir the scalded milk in slowly. Stir in the sugar mixture. Cook these ingredients over hot water, stirring occasionally, for about 20 minutes (until the custard will coat a spoon heavily). Take out 1 cupful of the custard. Add to it:
  1½ ounces melted chocolate
Beat these ingredients until well blended and cool. Add:
  ½ teaspoon vanilla
Pour this custard into the pie shell. Dissolve the soaked gelatine in the remaining custard (be sure it is hot). Let it cool, but do not permit it to stiffen. When it is cool stir in:
  1 tablespoon or more rum
Beat until well blended:
  3 egg whites
  ½ teaspoon salt
Add:
  ½ teaspoon cream of tartar
Beat the egg whites until they are stiff. Beat in gradually a teaspoonful at a time:
  ½ cup sugar
Fold the egg whites into the custard. Cover the chocolate custard with the rum-flavoured custard. Chill it until it sets.
Whip until stiff:
  1 cup heavy cream
Add gradually:
  2 tablespoons icing sugar
Cover the custard with the cream. Sprinkle over the top:
  ¼ ounce chocolate (shaved)

GELATINE MAPLE CHIFFON PIE
1 9-inch pie
Prepare:
  A baked Pie Shell (page 498)
Soak:
1 tablespoon gelatine
in:
2 tablespoons cold water
Heat and stir in a double boiler:
1/2 cup milk
1/2 cup maple syrup
1 teaspoon salt
Pour part of this over:
2 beaten egg yolks
Return it to the double boiler. Stir and cook the custard until it thickens. Add the soaked gelatine. Stir until the gelatine is dissolved. Chill these ingredients until they begin to thicken.

Whip until stiff:
1 cup heavy cream
Fold into 1/2 of it:
1/2 cup broken nuts
1 teaspoon vanilla

Whip until stiff:
4 egg whites

Fold them into the chocolate mixture with:
1/4 cup sugar
Fill the pie shell. Chill the pie thoroughly. Shortly before serving thoroughly. Shortly before serving it

GELATINE PUMPKIN CHIFFON PIE

1 9-inch pie
Prepare:
A baked Pie Shell (page 498)
Soak:
1 tablespoon gelatine
in:
1/2 cup cold water
Beat slightly:
3 egg yolks

Add:
1/2 cup sugar
1 cups canned pumpkin
1/2 cup milk
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon nutmeg

Cook and stir these ingredients over hot water until they are thick. Stir in the soaked gelatine until it is dissolved. Cool these ingredients. Whip until stiff:
3 egg whites
1/2 teaspoon salt

When the pumpkin mixture begins to set stir in:
1/2 cup sugar
and fold in the egg whites. Fill the pie shell. Chill the pie for several hours. Serve it garnished with:

Whipped cream

See Ice-box Cakes, page 591.
There are several recipes in that chapter that might be classed as gelatine chiffon pies.
CAKES

Cakes are divided into two classes:

I. SPONGE CAKES

II. BUTTER CAKES

Sponge cakes are made without butter.
Butter cakes call for butter or other shortening.

The following general rules apply to both types of cake, special rules being given later:

The ingredients used in cakes must be measured accurately. (See Measurement Chart, page 839, and Editor’s Note). The majority of recipes are very carefully balanced, and this balance must not be disturbed by careless measurements. All the measurements given in this book are level, unless otherwise stated. All ingredients should be at room temperature.

Flour and sugar should be sifted, the former before it is measured (use castor sugar). After being measured, the flour should be sifted three times. The sugar need not be sifted again unless the recipe calls for it. These ingredients should be handled separately. It is a help to use two squares of stiff paper in sifting the sugar and flour. Bend the paper when you wish to transfer these ingredients.

Use a tablespoon or a small scoop to handle the sugar and flour when measuring them. Heap the flour lightly into a cup. Do not shake the cup. Fill it to overflowing, then level off the top with a knife.

Cake flour makes a light and delicious cake. Use it whenever it is available, but if bread flour is substituted use \( \frac{3}{4} \) of a cup instead of 1 cup of flour. In other words, fill the cup with flour, level the top, then take out 2 tablespoonfuls. If cake flour is substituted for bread flour, use 1\( \frac{1}{2} \) cups instead of 1 cup. In other words, fill the cup with flour, level the top, then add 2 tablespoonfuls.

If flour has been exposed to moisture it will make a ‘streaky’ cake. Be sure to spread flour in shallow pans and dry it well in a slow oven before using it if there is any doubt about its being dry, or sift it four or five times before the open door of a hot oven. A definition of baking terms and additional rules will be found on page 834.

SPONGE CAKES

Beat the egg yolks until they are light and lemon-coloured. Add the remaining ingredients as directed in the recipes, using sifted sugar and sifted flour.

Do not beat a sponge cake batter unless the recipe calls for it. Fold in the ingredients lightly until they are blended only—enclosing as much air as possible.

Either the flour or the beaten egg whites may be folded in last. Do not beat the egg whites until you are ready to use them. Add a few grains of salt to the egg whites and beat them on a large dish, using a flat
wire egg-beater. Beat them until they are stiff, stand up well in peaks, and keep their shape, but not until they are dry.

Fold the stiffly beaten egg whites into the cake batter, that is, heap them on the batter and with a downward motion of the spoon, take up some of the batter and fold it lightly over the egg whites. Enclose all the air, do not stir or beat it out. Repeat this downward cut and upward folding motion until the whole is blended.

Have a cake pan ready and pour the batter into it. The dough will cling to the sides of the ungreased pan and will rise higher than if it were greased.

Bake a sponge cake in a moderate oven—preheated to 325°—or place it in a somewhat slower oven—300°—and bake it with a slightly increasing heat. Heat the oven about 15 minutes before using it. The oven should be heated to the degree indicated before the cake is put into it. Do not crowd the oven with pans. Place them so that the air may circulate freely.

When baking a very large mould cake cover the top with a tin or with a piece of waxed paper and place a pan of water on the upper grate. Remove the tin when the cake has risen to the top of the pan. When the cake begins to brown remove the pan of water.

Test the cake by inserting a wire cake tester, a straw, or metal skewer. If the tester emerges perfectly clean the cake is done. The cake should be lightly browned and should be beginning to shrink from the sides of the pan. If pressed with a finger it should at once come back into shape.

Remove the cake from the oven and invert the pan until the cake is entirely cold, then run a knife around the sides and across the bottom and remove the cake from the pan. Trim off the hard edges, if there are any (there really should not be), sprinkle the cake with powdered sugar or cover it with icing.

RULE FOR MIXING SPONGE CAKE WITH AN ELECTRICAL MIXER

Beat egg whites and salt in the large bowl at high speed until stiff, about 2 to 3 minutes. Turn to low speed and add sugar gradually. Then in the small bowl (without washing beater) beat egg yolks, lemon, water, and vanilla at high speed for 4 minutes. Sift flour twice and fold it by hand into beaten egg whites alternately with beaten yolks.

BUTTER CAKES

A definition of baking terms and additional rules will be found on page 834.

Remove the butter called for in the recipe from the ice box and put it in a warm room. Permit it to become fairly soft, but do not permit it to melt, unless the recipe calls for melted butter. When the butter has softened somewhat, beat it with a wooden cake spoon or work it with the hand until it is creamy. Sift the sugar, add it slowly, and beat or work it into the butter until it is entirely dissolved. This first step in the making of a butter cake is a very important one. Do not hasten it. Cream the butter and sugar until they are fluffy and foamy—like very thick cream.

Next beat in the egg yolks one by one. All ingredients should be at room temperature.

Sift the flour, measure it, and resift it with the baking powder. Add
the sifted ingredients in 3 or 4 parts to the butter mixture alternately with 1 or 1/2 of the milk, or whatever liquid is called for, until all the ingredients have been used. Beat the batter after each addition of flour or liquid until the ingredients are well blended. This will give the cake a fine grain. If beaten too long the cake will be close.

Place the egg whites on a large dish, add a few grains of salt, and whip them with a flat wire egg-beater until they are stiff, stand in peaks, and hold their shape, but not until they are dry. Do not beat the egg whites until you are ready to use them. Fold in the beaten egg whites, that is, heap them upon the cake batter and with a downward motion of the spoon take up some of the batter and fold it lightly over the egg whites. Enclose all the air. Do not stir or beat it out. Repeat this downward cut and upward folding motion until the ingredients are blended.

Have a greased cake pan ready or a cake pan lined with waxed paper. Pour the batter into it and bake the cake in a moderate oven—preheated to 350°—or place it in a somewhat slower oven—325°—and bake it with a slightly increasing heat. Light the oven about 25 minutes before using it. The oven should be heated to the degree indicated before the cake is put into it. Do not crowd the oven with pans. Place them so that the air may circulate freely.

When baking a very large mould cake cover the top with a tin or with a piece of buttered paper and place a pan of water on the upper grate. Remove the tin when the cake has risen to the top of the pan. When the cake begins to brown remove the pan of water.

Test the cake by inserting a wire cake tester, a straw, or metal skewer. If the tester emerges perfectly clean the cake is done. The cake should be lightly browned and should be beginning to shrink from the sides of the pan. If pressed with a finger it should at once come back into shape.

Invert the cake pan for 5 minutes, then loosen the cake from the sides and the bottom of the pan, invert it on to a plate and turn it right side up on a cake cooler or on a rack so that the air may circulate from the bottom. This will keep the crust dry and prevent it from becoming soggy. Sprinkle the cake with powdered sugar or cover it with icing.

**Rule for Mixing Butter Cakes with an Electric Mixer**

1. Combine sugar, shortening,* and eggs (or egg yolks), and flavouring in large mixing bowl and beat at high speed for 3 to 4 minutes.
2. Sift dry ingredients together while above mixture is being beaten.
3. Turn switch to medium speed.
4. Add sifted dry ingredients (about 1/2 cup at a time) alternately with liquid, beating not more than 2 minutes. Combine as quickly as possible to avoid overbeating.
5. Remove mixture from sides of bowl either by turning bowl in opposite direction or by scraping sides.
6. If beaten egg whites are to be added separately beat them in a small bowl before mixing the cake. Fold them into cake mixture last, using low speed.

* Shortening should be soft, but not melted unless recipe specifies melted shortening.
CAKES

LOAF AND LAYER CAKES

SPONGE CAKES

The three following sponge cakes call for water and are exceptions to the rule that sponge cake batter must not be beaten:

SPONGE CAKES I and II

These cakes call for the same ingredients but the manner of combining them differs. Good results are obtained by either method. No. I has a little more body than No. II and is more quickly prepared.

SPONGE CAKE I
(With boiling water)

Beat until light:
3 egg yolks *
Sift and add gradually, beating constantly:
1 cup sugar
Add:
½ teaspoon grated lemon or orange rind
3 tablespoons lemon juice
1 teaspoon vanilla
½ cup boiling water
Sift before measuring:
1¼ cups cake flour
Resift 3 times with:
2 teaspoons baking powder
Add the sifted ingredients gradually to the yolk mixture. Beat the batter until they are well blended. Whip until stiff, but not dry:
3 egg whites
½ teaspoon salt
Fold them lightly into the cake batter. Bake the cake in an ungreased 9-inch tube pan in a slow oven 325° for about 50 minutes.

* 5 eggs, separated, may be used in place of the 3 given in this and the next recipe. This makes a richer cake.

SPONGE CAKE II
(With cold water)

Beat until light:
3 egg yolks *
½ cup cold water
When the mixture has nearly doubled in bulk, sift, then beat in gradually:
x cup sugar
Beat for 2 minutes. Add:
½ teaspoon grated lemon rind
3 tablespoons lemon juice or 1 teaspoon vanilla or 3 drops of anise oil
Sift:
1½ cups cake flour
Resift 3 times with:
2 teaspoons baking powder
Fold these ingredients gradually into the yolk batter. Whip until stiff, but not dry:
3 egg whites
½ teaspoon salt
Fold them lightly into the cake batter. Bake the cake in an ungreased 9-inch tube pan in a slow oven 325° for about 50 minutes.

* See note under the preceding recipe.

ORANGE SPONGE CAKE

Follow the preceding rule for:
Sponge Cake
Substitute for 1 cup water:
½ cup water
½ cup orange juice
Substitute for the lemon rind and lemon juice or vanilla:
1 tablespoon grated orange rind

COFFEE SPONGE CAKE

Follow the rule for:
Sponge Cake I or II
Substitute for the water:
Strong coffee
Omit the lemon rind and juice.

Rule for Mixing Sponge Cake with an Electric Mixer, page 132.
Sponge Cake III
(Yellow Angel Cake)

This makes a large, melting, superb cake. Be sure that your cream of tartar is fresh.

Sift before measuring:
1 1/2 cups cake flour
Resift it 3 times with:
1 cup sugar
1/2 teaspoon baking powder
1/2 teaspoon salt
Beat until light and lemon-coloured:
5 egg yolks
Beat in gradually:
1/4 cup sugar
Combine:
1 tablespoon lemon juice
1 cup cold water
Stir in the flour mixture in about 3 parts alternately with thirds of the liquid ingredients.
Beat until foamy:
5 egg whites
Add:
1/2 teaspoon cream of tartar
Beat until the egg whites are stiff, but not dry. Fold them into the flour mixture. Bake the cake in a 10-inch angel cake pan in a moderate oven 325° from 50 to 60 minutes.

* This is the original rule. 1 teaspoonful grated lemon rind may be added or all lemon flavouring may be omitted. In that case, substitute 1/2 teaspoonfuls vanilla or the popular and delicious 4 drops of anise oil.

Queen Mary’s Sponge Cake

When King George was sick, his wife, who is reputed to have that inborn thing, ‘a light hand with pastry,’ bought a book of Marie Corelli’s and baked a sponge cake for him. Her cake contains neither baking powder nor cream of tartar, but depends for its lightness upon the air that is first beaten and then folded into it. This recipe makes a large, delicate, fine-grained cake, which, if somewhat uninteresting, makes up for that by being highly digestible.

Sift:
1 cup sugar
Grate on to the sugar, then stir in, the:

Rind of 1 lemon
Beat until very light:
6 egg yolks
Add the sugar gradually, beating constantly. Add:
3 tablespoons lemon juice or 1 teaspoon vanilla and 1 teaspoon water
Beat these ingredients until they are blended. Whip until stiff but not dry:
6 egg whites
1/2 teaspoon salt
Fold them lightly into the yolk mixture until they are partly blended.
Sift:
1 cup cake flour
Fold the flour into the cake batter 1 tablespoonful at a time. When it is blended pour the cake batter into an ungreased 9-inch tube pan. Bake the cake in a slow oven 325° for about 1 hour.

Sponge Cake Made with Yolks

A good quick little cake. It may be used for strawberry shortcake, layer or loaf cake.

Beat until light:
3 egg yolks
Sift twice, then beat in gradually:
1/4 cup sugar
1/2 teaspoon salt
Add:
1/4 cup boiling water
Sift before measuring:
1/4 cup cake flour
Resift with:
2 teaspoons baking powder
Add the sifted ingredients to the sugar mixture. Beat the batter until it is smooth. Add:
1 teaspoon vanilla
1/2 teaspoon lemon or orange rind (optional)
Bake the cake in an 8-inch layer pan or in a small loaf or tube pan in a moderate oven 350° for about 30 minutes. Spread the layers with:
Jelly, stewed fruit, or a
Cake Filling (page 638)
HOT-MILK SPONGE CAKE
Follow the rule on page 544 for:
Hot-milk Cake
Omit the butter. Bake the cake in an ungreased 9-inch tube pan in a moderate oven 325° for about 1 hour.
Ice it with:
Lemon Icing (page 636)
Chocolate Sponge Cake, page 547.

FILLED SPONGE CAKES
There are various suggestions for Filled and Iced Angel Cake on page 579. Sponge cake may be substituted.

SUNSHINE CAKE
Sift 4 times:
1 cup sugar
Into a separate bowl sift before measuring, then measure and resift 3 times:
1 cup cake flour
Beat until light and lemon-coloured:
7 egg yolks
Beat the sugar in gradually.
Whip until foamy:
7 egg whites
Add:
½ teaspoon cream of tartar
½ teaspoon salt
Whip the egg whites until they are stiff, but not dry. Add:
1 teaspoon vanilla
Fold in the yolk mixture lightly. Fold in the flour, 2 tablespoonfuls at a time.
Bake the cake in an ungreased 9-inch tube pan in a slow oven 325° for about 1 hour.

IMPERIAL SUNSHINE CAKE
Sift before measuring:
½ * cup cake flour
Resift with:
½ teaspoon cream of tartar
Boil to the soft ball stage 240° (see rule for White Icing, page 628):
½ cup water
1½ cups sugar
Whip until stiff, but not dry:
5 egg whites
½ teaspoon salt
Pour the syrup over them in a fine stream. Beat constantly until the mixture is cool. Add:
1 teaspoon vanilla
Beat well and fold in:
5 egg yolks
Fold in the sifted flour 1 tablespoonful at a time. Bake the cake in an ungreased 9-inch tube pan in a moderate oven 350° for 30 minutes. Reduce the heat to 325° and bake it about 20 minutes longer.
* 1 cupful less 2 tablespoonfuls.

Graham Biscuit Sponge Cake, page 575.
The batter may be baked in a loaf pan.
Ice the cake with:
Chocolate Icing (page 632)

RULE for ANGEL FOOD CAKES
It seems to be the desire of every novice to bake a perfect angel cake. Fortunately, the accomplishment of this desire is entirely within reach, although the goal may be attained by various ways. Use a fine sugar, preferably fine castor. Use fresh cream of tartar. Chilled eggs separate easily. Egg whites at room temperature whip easily. Whip the egg whites on a platter. Use a wire egg beater. Keep the egg-beater below the surface while beating. This makes the cake light. Whip the egg whites until they are stiff, but not dry. Stop when they will barely hold a point that curls over and are still moist and foamy. Combine the cake as directed in the following recipes.

Bake it in a slow to moderate oven—see Angel Cake I and II. Or bake it by a new and very good method. Heat the oven to 425°. Place the cake in it and bake it for 30 minutes. The high temperature will crack the top of the cake. This is of no consequence, as the cake will be inverted when it is done. The texture of an angel cake baked in this way is wonderful.

Invert all angel cakes when taken from the oven. Remove them from the pan 1½ hours later. The following cakes differ both in proportions and in the manner of combining the ingredients. The first is light; the second is so light it seems to melt away.
Serve the cakes dusted with:
   Powdered sugar
Or spread with any desired:
   Icing
Or cut crosswise into two layers filled and spread with:
   Whipped cream
See Filled Angel Cake (page 579) for other suggestions.

Filled Cup Cakes, page 597; Angel Cake Bars or Balls, page 601.

ANGEL CAKE I

Sift twice:
   1½ cups sugar *
Sift separately before measuring:
   1 cup cake flour
Resift the flour 3 times with ½ cup of the sifted sugar and:
   ½ teaspoon salt
Place on a dish:
   1½ cups egg whites (10 egg whites)
   2 tablespoons water * or 1 tablespoon water and 1 tablespoon lemon juice
Whip them until they are foamy.
Add:
   1 teaspoon cream of tartar
Whip them until they are stiff, but not dry. Gradually whip in gently, about 1 teaspoonful at a time, 1 cupful of the sifted sugar. Fold in:
   ½ teaspoon vanilla
   ½ teaspoon almond extract
Fold in gradually, about 1 tablespoonful at a time, the sifted flour mixture. Pour the batter into an ungreased 9-inch tube pan. Bake it in a slow to moderate oven 325°, for about 1 hour or more. See preceding rule for Angel Cakes.

* A good angel cake may be made by this method with:
   1½ cups sugar
   1 cup egg whites

RULE for MIXING ANGEL CAKE
   with an ELECTRIC MIXER
Beat egg whites and salt in the large bowl at high speed until frothy, about 1 minute. Add cream of tartar. Beat 3 minutes; add lemon juice or water.
Continue beating at high speed until whites will stand in peaks, about 3 to 4 minutes. Turn mixer to low speed; add sugar gradually and flavouring. Beat about ¼ minute longer. Sift flour twice and fold in by hand.

ANGEL CAKE II (with Black Walnuts or Blanched Almonds)
Sift before measuring:
   1 cup cake flour
Combine it with:
   ½ cup sugar *
Sift these ingredients 3 times.
Place on a dish:
   1½ cups egg whites
   ½ teaspoon salt
Whip them until they are foamy.
Add:
   1½ teaspoons cream of tartar
Whip them until they are stiff, but not dry. Fold in, about 2 tablespoonfuls at a time:
   1 cup sifted sugar
Fold in the flour mixture in about 4 parts. Fold in:
   ½ teaspoon almond extract
   1 teaspoon vanilla
   1 cup chopped black walnuts or
   ½ cup blanched, thinly sliced, toasted almonds
Pour the batter into an ungreased 10-inch tube pan. Bake the cake in a slow oven 275° for 1½ hours. See rule for Angel Cakes (page 536).
* ½ cup icing sugar may be substituted.

SPICED ANGEL CAKE
Add to the flour for Angel Cake:
   1 teaspoon cinnamon
   ½ teaspoon nutmeg
   ½ teaspoon cloves

NUT ANGEL CAKE
Fold into the batter for Angel Cake I:
   ½ cup finely chopped nuts

BUTTERSCOTCH ANGEL CAKE
Prepare:
   Angel Cake I
CAKES

Substitute for white sugar the same measurement of closely packed:

- Brown sugar

Sponge Cake III (Yellow Angel Cake), page 535.

CHOCOLATE ANGEL or FEATHER CAKE

Sift before measuring:

- \( \frac{1}{2} \) cup cake flour

Resift 5 times with:

- \( \frac{1}{2} \) cup cocoa

Sift separately:

- \( \frac{1}{2} \) cups sugar

Place on a large dish and whip until foamy:

- \( \frac{1}{2} \) cups egg whites (10 to 12 egg whites)
- \( \frac{1}{2} \) teaspoon salt

Add:

- 1 teaspoon cream of tartar

Whip them until they are stiff, but not dry. Fold in the sifted sugar, 1 tablespoonful at a time. Add:

- 1 teaspoon vanilla
- \( \frac{1}{2} \) teaspoon lemon extract

Sift a small amount of the flour mixture over the batter and fold it in. Repeat this process until the flour is used. Bake the cake in an ungreased 9-inch tube pan in a slow oven 275° for 30 minutes. Increase the heat to a moderate oven 325° and bake it 30 minutes longer. When it is cool cover the cake with:

White Icing (page 628) and Chocolate Coating (page 629) or with Cocoa Coffee Icing (page 636)

MARBLE ANGEL CAKE

Prepare:

Angel Cake I or II (page 537)

Prepare the preceding:

Chocolate Angel Cake

Alternate the batters in 2 ungreased 9-inch tube pans. Bake the cake by any rule for Angel Cake.

DAFFODIL CAKE

A marble cake effect of Angel Food and Orange Sponge Cake that is delicious. Sift before measuring:

- \( \frac{1}{2} \) cups cake flour (1 cup and 2 tablespoonfuls)

Resift it twice. Sift separately:

- \( \frac{1}{2} \) cups sugar

Place on a dish and whip until frothy:

- 10 egg whites

Add:

- \( \frac{1}{2} \) teaspoon salt
- 1 teaspoon cream of tartar

Whip them until they hold a point. Fold the sifted sugar in gradually. Separate the mixture into halves. Fold into one half \( \frac{1}{2} \) cupful of the sifted flour and:

- 6 beaten egg yolks
- Grated rind of \( \frac{1}{2} \) orange

Fold into the other half \( \frac{1}{2} \) cupful of the sifted flour and:

- 1 teaspoon vanilla

Place the batters, a cupful or more at a time, in an ungreased 9-inch tube pan—alternating the colours. Bake the cake in a slow oven 250° for 30 minutes. Increase the heat to 325° and bake it for about 20 minutes longer.

Filled Daffodil Cake, page 579.

Butter Cakes

WHITE CAKE I

This cake is usually made in layers and iced with a nut, raisin, or other icing. It is the batter for the famous Lady Baltimore Cake. White Cake II calls for less butter and fewer eggs. It is more economical than White Cake I and one-third smaller. Both cakes are superlative.

Sift:

- 2 cups sugar

Beat until soft:

- 1 cup butter

Add the sifted sugar gradually. Blend these ingredients until they are very light and creamy. Sift before measuring:

- 3\( \frac{1}{2} \) cups cake flour

Resift it twice with:

- 5 teaspoons baking powder
- \( \frac{1}{2} \) teaspoon salt

Add these ingredients in 3 parts to the
butter mixture alternately with thirds of:

1 cup milk

Beat the batter until it is smooth after each addition. Beat in:

1 teaspoon vanilla

\( \frac{1}{2} \) teaspoon almond extract (optional)

Whip until stiff, but not dry:

7 or 8 egg whites

\( \frac{1}{2} \) teaspoon salt

Fold them lightly into the cake batter. Bake the cake in a greased 9-by-13-inch pan in a moderate oven 350° for about 40 minutes, or in 3 greased 8-inch layer pans in a moderate oven 375° for about 25 minutes. Spread the cake with:

Icing (page 628)

Rule for Mixing Cake with an Electric Mixer, page 533.

WHITE CAKE II

Please read the comment under White Cake I.

Sift:

1\( \frac{1}{2} \) cups sugar

Beat until soft:

\( \frac{1}{2} \) cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Sift before measuring:

2\( \frac{1}{2} \) cups cake flour

Resift twice with:

3 teaspoons baking powder

\( \frac{1}{2} \) teaspoon salt

Add these ingredients in 3 parts to the butter mixture alternately with thirds of:

1 cup milk

Add:

1 teaspoon vanilla or \( \frac{1}{2} \) teaspoon

vanilla and \( \frac{1}{2} \) teaspoon almond

extract

Whip until stiff, but not dry:

4 egg whites

\( \frac{1}{2} \) teaspoon salt

Fold them lightly into the cake batter. This batter may be baked in a 9-inch tube pan, or in two 9-inch layer pans, or in a 9-by-13-inch cake pan. It is fine baked in the latter, iced with any icing, decorated with nuts, and cut into cubes. Place the pans in a moderate oven 350°. Allow about 1 hour for a loaf cake and \( \frac{1}{2} \) hour or more for a flat cake.

Note. I use this rule frequently to make a Marble Cake (page 542). Sometimes I bake one white and one dark layer and use a Chocolate Icing. There are not even crumbs left to mark the passing of this cake.

CAKE for a LAMB MOULD

Iron moulds are made in two parts, in which a cake is baked in the shape of a lamb. This lamb is covered with white icing and sprinkled generously with grated coco-nut. A blue ribbon with a little bell or a garland of decorative icing roses is placed around the lamb's neck, a clove drop forms its lips, and raisins are used for its eyes. Children love this cake. Follow the above rule for White Cake II. As it is unwise to make this cake too light, cut the baking powder by \( \frac{1}{2} \) teaspoonful. Add:

\( \frac{1}{2} \) cup flour

Grease the upper and lower parts of the lamb mould well with:

Butter or shortening

Use a pastry brush if available. Fill the lower half with the batter. Cover it with the upper half. Bake the cake in a moderate oven 350° for about 1 hour. Do not be at all alarmed if in taking the cake from the mould the lamb promptly loses its head. It probably will, but by lifting off the top mould and letting the cake cool first this danger may be averted. If, however, it is not, stick the head on with some icing, using a few toothpicks as armatures.

Prepare:

White Icing (page 628) or

Seven-minute Icing (page 633)

This makes a light coat. Increase the proportions by \( \frac{1}{2} \) for a heavier coating of wool.

Press lightly on to the icing:

\( \frac{1}{2} \) to \( \frac{3}{4} \) pound grated or desiccated coco-nut

If the tail is lost to sight, make a new one with additional icing. Bed the lamb on ferns or shredded green paper and place a few small flowers about it.

One newly-wed had to call upon all the inhabitants of her apartment house to
assist in the 'accouchement' of her first lamb. The neighbour who produced an old-fashioned hat-pin to keep the head from toppling until the icing hardened was noted the heroine of the hour. At that, the ungrateful husband said the joint work of art looked 'like an unknown grave in winter,' but even he had to admit that a second attempt was a triumph.

QUICK WHITE CAKE
A great deal can be said for this little cake. It is easily made, remains moist a long time, and calls for only 2 egg whites.

Sift before measuring:
2 cups cake flour

Resift twice with:
2 tablespoons baking powder
1 cup sugar

Blend in:
4 tablespoons soft butter

Whip until stiff, then fold in:
2 egg whites
\( \frac{1}{2} \) teaspoon salt

Combine:
\( \frac{1}{2} \) cup milk
\( \frac{1}{2} \) teaspoon almond extract
1 teaspoon vanilla

Add the liquids to the other ingredients. Stir them until the flour is dampened, then beat them vigorously for 1 minute. Bake the cake in 2 greased 8-inch layer pans in a moderate oven \( 375^\circ F \) for about 25 minutes, or in a 9-by-4-inch bread pan for a somewhat longer time.

Spread the cake with:

Seven-minute Chocolate Icing (page 634)

Use only \( \frac{1}{4} \) the amount of ingredients given, or spread between the layers:

Lemon Filling (page 641)

This is fine as a complete dessert. Try 1cing the cake with White Icing (page 628) and serving it with Foamy Sauce (page 690).

WHIPPED CREAM CAKE
Here comes something new! The result is the most melting of white cakes. This recipe makes good cup cakes served with hot sauce and ice-cream.

Sift before measuring:
2 cups cake flour

Resift twice with:
\( \frac{1}{2} \) cups sugar
3 teaspoons baking powder
\( \frac{1}{2} \) teaspoon salt

Whip until stiff:
1 cup heavy cream

Whip until stiff, but not dry:
3 egg whites
\( \frac{1}{2} \) teaspoon salt

Combine the cream and the egg whites.

Fold in:
\( \frac{1}{2} \) cup water
1 teaspoon vanilla or almond flavouring

Fold the sifted ingredients into the whipped cream mixture—a small amount at a time. Bake the cake in a greased 9-inch tube pan in a moderate oven \( 375^\circ F \) for about \( \frac{1}{2} \) hour. Spread the cake with any good:

Icing (page 627)

Sweet or Sour Cream Cake, page 544.

LADY CAKE
The following recipe is a good tube pan cake or loaf cake. It tastes and looks like a traditional wedding cake, that is, traditional since fruit cake fell from grace.

Sift:
1 cup sugar

Beat until soft:
\( \frac{1}{2} \) cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Sift before measuring:
1\( \frac{1}{2} \) cups cake flour

Resift twice with:
2 teaspoons baking powder

Add these ingredients in 3 parts to the butter mixture alternately with thirds of:

1 cup milk

Beat the batter for a few minutes after each addition. Beat in:
1 teaspoon almond extract
Grated rind of 1 lemon

Whip until stiff, but not dry:
3 egg whites
\( \frac{1}{2} \) teaspoon salt
Cakes

Fold them lightly into the cake batter. Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for about 45 minutes. Sprinkle it with:

Powdered sugar
or spread it with:
White Icing (page 628)

OLD-FASHIONED WHITE CAKE

A friend writes: 'I venture to say that there cannot be a better recipe than the following for white cake. It is mixed contrary to the usual mode of making cake, but it is the best mode for making it fine-grained and delicate.'

Sift before measuring:
2 cups cake flour

Add, then resift 5 times:
1 teaspoon baking powder or ½ teaspoon bicarbonate soda and ½ teaspoon cream of tartar

Work until creamy:
A scant ¾ cup butter

Work the flour mixture into the butter lightly with the finger-tips until smooth.

Beat in:
1½ tablespoons lemon juice
Beat until stiff:
6 egg whites

Beat in gradually:
1½ cups icing sugar

Beat the egg white mixture into the flour mixture with an egg whisk until blended. Place the batter in 2 greased 8-inch layer pans or in a 4-by-10-inch loaf pan. Bake it in a moderate oven for about 25 minutes for the layers and longer for the loaf cake. Ice the cake with any desired icing.

MOCK POUND CAKE

The following recipe calls for milk, so it is not the 'genuine article,' but it is a mighty fine cake.

Follow the rule for:
White Cake I (page 338)

Use only:
6 egg whites or 4 eggs separated*

Flavour the cake as directed. The old recipes add:
1 teaspoon lemon juice
6 drops rose-water or 1 or more tablespoons brandy
1 cup chopped nuts

Bake the cake in a greased tube pan in a moderate oven for about 1 hour.
* Beat the yolks into the butter mixture.

POUND CAKE

This contribution, gratefully acknowledged, comes from an unknown Seattle friend whose family has used this rule for many years. She writes: 'I use an electric mixer so creaming is easy.'

Cream thoroughly:
2 cups butter (do not use substitutes)

When you think you have creamed it enough cream some more. Slowly 'dribble in':
2 cups sugar

beating and creaming well. Cream for quite a while after the sugar is added. Beat in one at a time:
9 eggs

Beat the batter well after each addition.

Add:
1 teaspoon vanilla
½ teaspoon mace *

Sift before measuring:
4 cups cake flour

Resift with:
½ teaspoon cream of tartar
½ teaspoon salt

'Dribble in' the sifted ingredients slowly, at lowest speed, mixing until thoroughly blended only. Pour the batter into 2 greased loaf pans lined with heavy waxed paper. Bake the cake in a slow oven 325° for about 1 hour.

Note. Many pound cake recipes call for 2 tablespoonfuls brandy or 8 drops of rose-water in addition to the other flavourings.

* Sometimes I add to ½ the mixture ½ cupful each of candied cherries, pineapple, citron, and sultana raisins and have a delicious fruit cake.
**CAKES**

**MARBLE CAKE**
This old-fashioned cake is still a favourite when served, but one seldom encounters it.

Prepare:
White Cake II (page 539)
Before whipping the egg whites separate the batter into 2 parts. Add to \( \frac{1}{2} \) the batter:
- \( \frac{1}{2} \) ounces melted chocolate, cooled
- 1 teaspoon cinnamon
- \( \frac{1}{2} \) teaspoon cloves
- \( \frac{1}{4} \) teaspoon bicarbonate of soda

**YELLOW Cakes**

**ONE-EGG LOAF or LAYER CAKE**
Sift:
- 1 cup sugar
Beat until soft:
- \( \frac{1}{2} \) cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:
- 1 egg yolk
Sift before measuring:
- 2 cups cake flour or 2\( \frac{1}{2} \) cups bread flour
Resift with:
- 3 teaspoons baking powder
- \( \frac{1}{4} \) teaspoon salt
Add these ingredients in 3 parts to the butter mixture alternately with thirds of:
- \( \frac{1}{2} \) cup milk
Beat the batter for several seconds after each addition. Beat in:
- 1 teaspoon vanilla
- \( \frac{1}{4} \) teaspoon almond extract (optional)
- \( \frac{1}{2} \) cup chopped nuts (optional)
Whip until stiff, but not dry:
- 1 egg white
Fold it lightly into the cake batter. Bake the cake in a greased 4-by-8-inch loaf pan in a moderate oven 350° for about 30 minutes or in 2 greased 8-inch layer pans for about 25 minutes.

**TWO-EGG YELLOW CAKE**
Follow the rule on page 545 for:
Hurry-up Cake

Whip the egg whites as directed and fold \( \frac{1}{2} \) into the light and \( \frac{1}{2} \) into the dark batter. Grease a 9-inch tube pan. Place large spoonfuls of batter in it, alternating the light and the dark dough. Bake the cake for about 1 hour in a moderate oven 350°. Sprinkle it with:
- Icing sugar
or spread it with:
- Chocolate Icing (page 632) or White Icing (page 628)

**THREE-EGG YELLOW CAKE**
Follow the rule on page 544 for:
Hot Milk Cake

**FOUR-EGG YELLOW LOAF or LAYER CAKE**
The old-time One-two-three-four Cake slightly modernized.
Sift:
- 2 cups sugar
Beat until soft:
- 1 cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:
- 4 egg yolks
Add:
- \( \frac{1}{2} \) teaspoons vanilla *
Sift before measuring:
- 2 cups cake flour
Resift with:
- 2 teaspoons baking powder
- \( \frac{1}{4} \) teaspoon salt
Add the sifted ingredients to the butter mixture in about 3 parts alternately with thirds of:
- \( \frac{1}{2} \) cup milk
Beat the batter until it is smooth after each addition.
Whip until stiff, but not dry:
- 4 egg whites
- \( \frac{1}{2} \) teaspoon salt
Fold them lightly into the batter. Bake the cake in an 8-by-12-inch pan lined with waxed paper in a moderate
oven 350° for about 45 minutes or in 3 greased 9-inch layer pans from 30 to 35 minutes. Spread the layers with:

Pineapple or other cake filling (page 638)

Spread the top with:

White or some other icing (page 628)

* Or use 1 teaspoonful vanilla and ½ teaspoonful almond extract.

**NUT LOAF CAKE**

Follow the preceding rule for:

Four-egg Yellow Loaf or Layer Cake

Add to the batter before folding in the egg whites:

1 cup chopped nuts

½ teaspoon salt

Bake the cake in a greased 8½-inch tube pan in a moderate oven 350° for about 1 hour. Sprinkle it with:

Icing sugar

or ice it with:

Caramel Icing (page 631)

**COCO-NUT LOAF or LAYER CAKE**

Follow the preceding rule for:

Four-egg Yellow Loaf or Layer Cake

Add to the batter before folding in the egg whites:

¾ cup shredded or desiccated coco-nut

3½ teaspoons grated lemon rind

½ teaspoon salt

Bake the batter in a greased 8½-inch tube pan in a moderate oven 350° for about 1 hour.

**YELLOW LOAF or LAYER CAKE with EGG YOLKS (Gold Cake)**

This recipe calls for 8 egg yolks. The cake is light and palatable.

Sift:

1½ cups sugar

Beat until soft:

¾ cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. In separate bowl beat until light and lemon-coloured:

8 egg yolks

Beat them into the butter mixture.

Sift before measuring:

2¼ cups cake flour

Resift 3 times with:

3 teaspoons baking powder

½ teaspoon salt

Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

½ cup milk

Beat the batter thoroughly after each addition. Add and beat for 2 minutes:

1 teaspoon vanilla

1 teaspoon lemon juice or grated lemon rind

Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for about 45 minutes, or in 3 greased 9-inch layer pans in a moderate oven 375° for about 20 minutes. Sprinkle it with:

Powdered sugar

or spread it with:

Uncooked Orange Icing (page 636)

or with one of the Seven-minute Icings (page 633)

**RULE for MIXING YELLOW LOAF CAKE with an ELECTRIC MIXER**

Have butter at room temperature. It should be soft, but not melted unless the recipe calls for melted butter. Beat it at high speed for 1 minute. Scrape the sides of the bowl. Continue to beat at high speed. Add the egg yolks, unbeaten, one at a time. Add the sugar gradually. Scrape the sides of the bowl. Continue to beat for 1 minute. Turn to low speed. Add the sifted ingredients in about three parts, alternately with thirds of the liquid. Do this quickly.* Scrape the sides of the bowl. Beat in the scrapings until blended only. Fold in the beaten egg whites by hand.

* These ingredients may be stirred in by hand until blended only. It is unwise to beat or stir a cake unnecessarily after adding the sifted ingredients. Overbeating results in close, tough cake.
HOT-MILK LOAF or LAYER CAKE

A light, fine-grained cake easily made. This rule makes good cup cakes.

Sift:

\[ \frac{1}{2} \text{ cups sugar} \]

Beat until very light:

\[ 3 \text{ eggs} \]

Add the sugar very slowly, beating constantly. Beat for 5 minutes by hand, \( \frac{1}{2} \) with a mixer. Sift before measuring:

\[ \frac{1}{2} \text{ cups cake flour} \]

Resift with:

\[ \frac{1}{2} \text{ teaspoons baking powder} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

Fold these ingredients quickly and briefly, all at one time, into the egg mixture. Combine and beat, but do not boil:

\[ \frac{1}{2} \text{ cup milk} \]

\[ 2 \text{ tablespoons butter} \]

Add these ingredients all at one time. Fold them in quickly and briefly.

Add:

\[ \frac{1}{2} \text{ teaspoon vanilla or grated lemon rind} \]

Bake the batter in a greased 8-by-8-inch cake pan, in 2 8-inch layer pans or in muffin tins. The oven may vary from 350° to 375°. Use the hotter oven for the small cakes. Time about 35 minutes for layer cake, about 25 minutes for cup cakes.

COFFEE-FLAVOURED LOAF or LAYER CAKE

Follow the preceding rule for:

Hot-milk Cake

Substitute for an equal amount of milk:

\[ \frac{1}{2} \text{ to } \frac{1}{4} \text{ cup very strong coffee} \]

GOLD LAYER CAKE

(3 egg yolks)

One of the best layer cakes.

Sift:

\[ 1 \text{ cup sugar} \]

Beat until soft:

\[ \frac{1}{2} \text{ cup butter} \]

Add the sugar gradually. Blend these ingredients until they are creamy.

Beat in:

\[ 3 \text{ well-beaten egg yolks} \]

Add:

\[ \frac{1}{2} \text{ teaspoon vanilla or grated lemon rind} \]

Sift before measuring:

\[ 2 \text{ cups cake flour} \]

Resift with:

\[ 3 \text{ teaspoons baking powder} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

Add the sifted ingredients to the butter mixture in 3 parts with thirds of:

\[ \frac{3}{4} \text{ cup milk} \]

Beat the batter until it is smooth after each addition. Bake it in 2 greased 8-inch layer pans in a moderate oven 375° for about \( \frac{3}{4} \) hour. Spread the layers with:

Lemon (page 636) or other icing or spread between the layers:

Lemon Filling (page 641)

Dust the top with:

Powdered sugar

SWEET- or SOUR-CREAM CAKE

Beat until light and lemon-coloured:

\[ 2 \text{ eggs} \]

Sift, then beat in gradually:

\[ 1 \text{ cup sugar} \]

Add:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

Sift before measuring:

\[ \frac{3}{4} \text{ cups cake flour} \]

Resift with:

\[ 2 \frac{1}{2} \text{ teaspoons baking powder} \]

\[ \frac{1}{2} \text{ teaspoon bicarbonate of soda} \]

(if sour cream is used)

\[ \frac{1}{2} \text{ teaspoon salt} \]

Add these ingredients to the egg mixture in about 3 parts alternately with thirds of:

\[ 1 \text{ cup rich sweet or sour cream} \]

Beat after each addition until the batter is smooth. Bake the cake in 2 greased 8-inch layer pans or in a greased 8-inch tube pan in a moderate oven 350°. Allow about 25 minutes for the layers and about \( \frac{3}{4} \) hour for the loaf cake.
CAKES

SWEET- or SOUR-CREAM SPICE CAKE

Follow the preceding rule for:

Sweet- or Sour-cream Cake

Add to the flour before resifting:

½ teaspoon nutmeg
½ teaspoon cinnamon

Fold into the batter:

1 cup raisins (optional)
½ cup broken nuts (optional)

ENGLISH CURRANT CAKE

This old-fashioned cake keeps fresh for a long time. Its fragrance is a reminder of the period when rose jars were in vogue.

Sift:

1 cup sugar

Beat until soft:

1 cup butter

Add the sugar gradually. Blend these ingredients until they are creamy. Beat in, one at a time:

4 egg yolks

Sift before measuring:

2½ cups bread flour

Resift with:

1 teaspoon baking powder
1 teaspoon freshly grated nutmeg *

Stir the sifted ingredients slowly into the batter. Stir in:

1 pound currants (3 cups), washed and dried

Whip until stiff, but not dry:

4 egg whites
½ teaspoon salt

Fold them lightly into the batter. Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for about 1 hour.

* The nutmeg may be omitted and 2 teaspoons grated lemon or orange rind or 1 teaspoon vanilla and ½ teaspoon almond extract may be substituted.

Pound Cake, page 541; Marble Cake, page 542.

SAND TORTE

This is a German stand-by that seems to keep indefinitely in tin. It has a fine-grainy quality from which it derives its name.

Sift:

1 cup sugar

Grate into it:

The rind of 1 lemon

Beat until soft:

1 cup butter

Add the sugar gradually. Cream these ingredients until they are light and fluffy. Beat well, then beat in:

6 egg yolks

Add:

1½ tablespoons lemon juice or 2 tablespoons brandy or rum

Sift before measuring:

1 cup flour
1 cup cornflour

Resift with:

2 teaspoons baking powder
½ teaspoon salt

Stir the sifted ingredients into the batter mixture. This batter is stirred and stirred. Whip until stiff, but not dry:

6 egg whites

Fold them into the batter. Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for about ½ hour.

HURRY-UP CAKE

The name of this cake speaks for itself. It is surprisingly good. It is best as a flat cake, iced, and cut into cubes, or as a layer cake.

Three fine variations of this cake are noted below.

Sift before measuring:

1½ cups cake flour

Resift with:

1 cup sugar

Add:

½ cup soft butter
2 eggs
1 cup milk
½ teaspoon salt
2½ teaspoons baking powder
1 teaspoon vanilla

Beat these ingredients vigorously with a wire whisk or a rotary beater for 2 or 3 minutes. Bake the cake in a greased 9-by-13-inch pan or in 2 8-inch
layer pans in a moderate oven 350° for about 1/2 hour. Spread it with:
Chocolate Butter Icing (page 636)  
or Lemon Icing (page 636)

VARIATION I. QUICK SPICE CAKE
Add:
1 teaspoon cinnamon  
1/2 teaspoon cloves
When done, dust the cake with:
Icing sugar

VARIATION II. QUICK CHOCOLATE CAKE
Deduct:
4 tablespoons flour
Add:
4 tablespoons cocoa
Ice the cake with:
Chocolate Icing (page 632)

VARIATION III
See the following Quick Caramel Cake.

CARAMEL CAKES

QUICK CARAMEL CAKE
Follow the above rule for:
Hurry-up Cake
Substitute for the white sugar:
1 cup medium brown sugar closely packed
You may add to the batter:
1/4 cup nuts  
1/4 cup chopped dates
Spread the cake with:
Caramel Icing (page 631)
Decorate it with:
Nuts (optional)
The addition of the dates and nuts calls for 3 8-inch cake pans or 2 somewhat larger pans. If served at tea it is easier to handle baked in a 9-by-1 2-inch pan. Ice the cake. Cut it into squares. Decorate each square with a nut.

CARAMEL CAKE
A fine-grained, delicate cake.
Sift:
2 cups brown sugar
Beat until soft:
1/4 cup butter
Add the sugar gradually. Beat these ingredients until they are very light and creamy. Beat in one at a time:
4 egg yolks
Sift before measuring:
2 1/4 cups cake flour
Re-sift with:
1 teaspoon baking powder
Beat these ingredients into the butter mixture in 3 parts alternately with thirds of:
1/4 cup milk
Add:
2 teaspoons vanilla  
1 cup chopped nuts (optional)
Whip until stiff, but not dry:
4 egg whites  
1/2 teaspoon salt
Fold them lightly into the cake batter. Bake the cake in 2 greased 8-inch layer pans in a moderate oven 375° for about 20 minutes. Spread it with:
White Icing (page 628) or Caramel Icing (page 631)
Add to the icing:
1/4 cup or more chopped nuts (optional)
Caramel Banana Cake, page 577.

BURNED SUGAR CAKE
This cake is made with a burnt sugar syrup. A handsome and luscious creation.

Syrup
Stir and melt in a frying-pan, then permit to burn until black:
1/4 cup sugar  
Stir in slowly:
1/4 cup boiling water
Boil the syrup until it is the consistency of treacle. Cool it.

Cake Batter
Sift:
1 1/4 cups sugar
Beat until soft:

½ cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:

2 egg yolks

Sift before measuring:

2 cups cake flour

Resift with:

2½ teaspoons baking powder
½ teaspoon salt

Add these ingredients in 3 parts to the butter mixture alternately with thirds of:

1 cup water

Beat the batter after each addition until it is smooth. Stir in:

3 tablespoons burnt sugar syrup
1 teaspoon vanilla

Whip until stiff, but not dry:

2 egg whites

Fold them lightly into the cake batter. Bake the cake in 2 greased 9-inch layer pans in a moderate oven 375° for about 25 minutes. Spread the cake with:

White Icing (page 628)

When making the icing flavour it in addition to the vanilla with:

4 teaspoons burnt sugar syrup
or make:

Seven-minute Sea-foam Icing (page 633)

* Place the remaining syrup in a closed jar. It will keep indefinitely.

CHOCOLATE CAKES

After entertaining, I often wonder whether it is worth while to bake anything but chocolate cake. What unusual quality gives this particular food such an overwhelming popularity? Undoubtedly, chocolate cake has 'it.'

The following recipes have been very carefully chosen. Each cake is distinctive in flavour and texture.

CHOCOLATE SPONGE CAKE

This is a fine, light chocolate cake. As it requires no butter, it is not rich, and is therefore a good cake to bake for children. It gives a very generous return for the little it calls for.

Sift:

2 cups sugar

Melt over hot water:

3½ ounces chocolate

Add:

1 cup milk

and 1 cup of the sifted sugar. Cook and stir the mixture until it is smooth. Beat until light:

4 egg yolks

Add gradually the second cup of sifted sugar. Beat until these ingredients are well blended. Stir in the hot chocolate mixture.

Sift before measuring:

1½ cups cake flour

Resift with:

3 teaspoons baking powder
½ teaspoon salt

Add these ingredients to the batter with:

½ teaspoon vanilla

Stir them until they are well blended.

Whip until stiff, but not dry:

4 egg whites

Fold them lightly into the batter.

Bake the cake in an ungreased 9-inch tube pan, or in 3 8-inch layer pans in a slow oven 325°. Allow about 50 minutes for a loaf and 20 to 25 minutes for a layer cake. Permit the cake to become cold in the pan. Do not invert it. Ice it with:

White Icing (page 628) and Chocolate Coating (page 629) or Chocolate Icing (page 632)

Chocolate Date Cake or Torte, page 581.

A sponge cake much like the preceding one. It may be baked in a 9-inch tube pan as well as in layers. A marvellous cake. Thanks to the orange rind it tastes like curaçao.
CHOCOLATE CAKE

Known as "Rombauer Special." A delicious, light chocolate cake always in demand.

Melt over hot water:
2 scant ounces chocolate

Add:
5 tablespoons boiling water
Cool this mixture slightly. Sift:
1 1/2 cups sugar
Beat until soft:
1/4 cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:
4 egg yolks
Add the chocolate mixture. Sift before measuring:
1 1/2 cups cake flour
Resift with:
4 teaspoons baking powder
1/2 teaspoon salt

Add these ingredients in 3 parts to the butter mixture alternately with thirds of:
1/4 cup milk

Beat the batter until it is smooth after each addition. Add:
1 teaspoon vanilla

Whip until stiff, but not dry:
4 egg whites
Fold them lightly into the cake batter.
Bake the cake in a greased 9-by-13-inch pan in a moderate oven 350° for about 1/2 hour. Spread the top with thick:
White Icing (page 628) with Chocolate Coating (page 629) or Chocolate Peppermint Icing (page 629)

BLACK WALNUT CHOCOLATE CAKE

Follow the preceding rule for:
Chocolate Cake
Fold into the batter before the egg whites are added:
1 cup coarsely chopped black walnut or other nuts or
1/2 cup grated or desiccated coco-nut

FUDGE CAKE

A flat, rich chocolate cake.

Sift:
1 1/4 cups sugar

Beat until soft:
1/4 cup butter

Add the sugar gradually. Blend these ingredients until they are creamy.
Melt over hot water and add:
3 ounces chocolate

Beat in:
3 egg yolks
6 tablespoons bread flour
1 teaspoon vanilla
1/4 cup broken nuts

Whip until stiff, but not dry:
3 egg whites
1/4 teaspoon salt

Fold them lightly into the batter.
Line an 8-by-8-inch pan or a 9-inch layer pan with waxed paper. Pour the batter into it. Bake the cake in a slow oven 300° for about 1/2 hour. My neighbour, who has a youthful stomach, says: "Do not let it be very well done—keep it soggy." That, however, is an individual matter.

Fudge Pie on page 522 is another version of Fudge Cake.

ONE-EGG FUDGE LOAF or LAYER CAKE

Sift, then measure:
1 1/2 cups cake flour

Add, then sift 3 times:
2 1/2 teaspoons baking powder
1/2 teaspoon salt

Beat until light and creamy:
1/4 cup butter

Add gradually, stirring constantly:
1 cup sifted sugar

Cream these ingredients until they are fluffy. Beat in:
1 egg
Melt, cool slightly, then beat in:
2 ounces chocolate

Add the flour mixture in about 3 parts to the butter mixture alternately with:
1/4 cup milk

Beat after each addition until the batter is blended. Beat in:
1 teaspoon vanilla

Bake the cake in a greased 8-by-8-inch pan in a moderate oven 325° for about 1/2 hour, or in 2 9-inch layer pans in a 350° oven for about 25 minutes. Ice it as desired.
HALF-HOUR CHOCOLATE CAKE (Economy Chocolate Cake)

It is claimed that the following cake can be prepared, baked, and iced in a half hour and the claim is justified.

Melt, then cool:
2 ounces chocolate
Sift:
1 cup sugar
Beat well:
2 tablespoons soft butter
1 egg
Add the sifted sugar gradually. Beat these ingredients well with a wire whisk. Sift before measuring:
1 cup cake flour
Resift with:
1 teaspoon baking powder
1/2 teaspoon salt
Combine:
1/4 cup milk
1 teaspoon vanilla
Add the sifted ingredients to the egg mixture in 3 parts alternately with thirds of the combined liquids. Beat the batter until it is smooth with a wire whisk. Add the cooled chocolate. Bake the cake in a greased 7-inch ring mould in a moderate oven 350° for about 25 minutes. Spread it while it is hot with:

Chocolate Icing II (page 632)
(Make only 1/4 the amount given.)
This cake may be served iced, the centre filled with:
Whipped cream, ice-cream, or Three-minute Icing (page 566)
Or serve it with:
Hot Chocolate Sauce (page 693)

CHOCOLATE DEVIL'S FOOD I

This good cake, made with cocoa and white sugar, keeps moist for a long time.

Part I
Combine and beat until well blended:
1 cup sugar
1/2 cup cocoa
1 cup sour milk

Part II
Sift:
1 cup sugar
Beat until soft:
1/2 cup butter
Add the sugar gradually. Blend these ingredients until they are creamy.
Beat in one at a time:
2 eggs
Sift before measuring:
2 cups cake flour
Resift with:
1 teaspoon bicarbonate of soda
1/2 teaspoon salt
Add the flour in about 3 parts to the butter mixture alternately with thirds of:
1 cup sour milk
Beat the batter after each addition until it is smooth. Add:
1 teaspoon vanilla
Beat in the cocoa mixture (Part I). Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for about 60 minutes. It may be baked in 2 greased 9-inch layer pans in a 375° oven for about 35 minutes.

Spread the cake with:
White or Chocolate Icing (pages 628, 632)
Add to the icing if desired:
Chopped nuts

CHOCOLATE DEVIL'S FOOD II

A light, rich cake with a strong flavour of brown sugar.

Sift before measuring:
1 pound (31/4 cups) medium brown sugar
Beat until soft:
1/2 cup butter
Add the sugar gradually. Blend these ingredients until they are very creamy.
Beat in, one at a time:
2 eggs
Add:
1 teaspoon vanilla
Sift, then measure:
2 1/2 cups cake flour
Resift with:
1 teaspoon bicarbonate of soda
1/2 teaspoon salt
Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:
1 cup sour milk
CAKES

Beat the batter until smooth after each addition. Dissolve:

\[ \frac{1}{2} \text{ cup cocoa} \]

in:

\[ \frac{1}{2} \text{ cup boiling water} \]

Beat this into the batter.* Bake the cake in 2 greased 9-inch layer pans in a moderate oven 375° for about 25 minutes. Spread the layers with:

Chocolate Icing (page 631) or Peppermint Icing (page 634)

* You may add \( \frac{1}{2} \) cup chopped nuts.

CHOCOLATE DEVIL’S FOOD III
(Custard Cake)

A smooth, fine-grained cake. Two chocolate measurements are given. When the larger amount of chocolate is used it is a very rich, black devil’s food.

Prepare the following custard:

Cook and stir in a saucepan over a very low flame:

\[ 2 \text{ to 4 ounces chocolate} \]
\[ \frac{1}{4} \text{ cup milk} \]
\[ 1 \text{ cup sugar} \]
\[ 1 \text{ egg yolk} \]

Keep the custard below the boiling point. Remove it from the fire when it is thick and smooth. Cool it. Sift:

\[ 1 \text{ cup light brown sugar} \]

Beat until soft:

\[ \frac{1}{4} \text{ cup butter} \]

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:

\[ 2 \text{ egg yolks} \]

Sift before measuring:

\[ 2 \text{ cups cake flour} \]

Resift with:

\[ 1 \text{ teaspoon bicarbonate of soda} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

Add the flour to the butter mixture in 3 parts, alternately with thirds of:

\[ \frac{1}{4} \text{ cup water} \]
\[ \frac{1}{4} \text{ cup milk} \]
\[ 1 \text{ teaspoon vanilla} \]

Beat the batter until it is smooth after each addition. Stir in the custard. Whip until stiff, but not dry:

\[ 2 \text{ egg whites} \]

Fold them lightly into the cake batter. Bake the cake in 2 greased 9-inch layer pans in a moderate oven 375° for about 25 minutes. Spread it with:

Caramel Icing (page 631) or Chocolate Icing (page 632)

RED DEVIL’S FOOD

Generally popular—but not with me, which is not to be taken as a criterion.

Measure:

\[ 1\frac{1}{2} \text{ cups sifted cake flour} \]

Resift with:

\[ 1\frac{1}{4} \text{ teaspoons baking powder} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ 1 \text{ teaspoon bicarbonate of soda} \]

Cream until light and fluffy:

\[ 4 \text{ tablespoons butter} \]
\[ 1 \text{ cup sugar} \]

Add one at a time and beat well:

\[ 2 \text{ eggs} \]

Melt:

\[ 2 \text{ ounces chocolate} \]

in:

\[ \frac{1}{4} \text{ cup boiling water} \]

Cool slightly, then stir these ingredients into the egg mixture. Add the dry ingredients in about 3 parts alternately with:

\[ \frac{1}{4} \text{ cup sour milk} \]

Add:

\[ 1 \text{ teaspoon vanilla} \]

Stir the batter after each addition until it is well blended. Bake it in 2 greased 9-inch layer pans in a moderate oven 350° for about 25 minutes. Spread the cake with:

Seven-minute Morocco Icing (page 634)

CHOCOLATE POTATO CAKE

This chocolate cake has an excellent quality.

Boil, then chill:

\[ 2 \text{ medium-sized potatoes} \]

Sift:

\[ 2 \text{ cups sugar} \]

Beat until soft:

\[ 1 \text{ cup butter} \]

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:

\[ 4 \text{ egg yolks} \]
Stir in:

- 1 cup grated chocolate
- 1 cup unblanched almonds
- ground or 1 cup finely chopped nuts* (optional)

Grate the chilled potatoes. There should be 1 cupful. Add them to the other ingredients. Sift before measuring:

- 1 1/4 cups cake flour

Resift with:

- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

- 1/2 cup cream or milk

Beat the batter until it is smooth after each addition. Whip until stiff, but not dry:

- 4 egg whites
- 1/2 teaspoon salt

Fold them lightly into the cake batter. Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for about 1 hour. Spread the cake with any:

White or Chocolate Icing (pages 628, 632)

* Most European cakes are stirred a long time. This gives them a close sandy texture.

CHOCOLATE OLD-WORLD SPICE CAKE with CITRON

A tempting loaf cake, a bit solid with an unusual flavour.

Beat until soft:

- 1/2 cup butter

Add gradually and cream until light and fluffy:

- 1 1/4 cups sugar

Beat in, one at a time:

- 4 eggs

Stir in:

- 4 ounces sweet chocolate, grated
- 1/2 cup very finely shaved citron, orange, or lemon peel

Sift before measuring:

- 2 1/4 cups cake flour

Resift with:

- 1 1/4 teaspoons baking powder
- 1/2 teaspoon cloves
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg, freshly grated

Stir the sifted ingredients into the butter mixture in about 3 parts alternately with thirds of:

- 1/2 cup milk

Beat* the batter after each addition until blended. Bake the cake in a 9-inch tube pan or in a loaf pan in a moderate oven 350° for about 1 hour. Ice the cake with:

Chocolate Butter Icing (page 636)

CHOCOLATE SPICE CAKE

A very lightly spiced loaf or layer cake. Having firmly made up my mind that this collection contained enough chocolate cakes, I have lost my strength of character sufficiently to lower the bars to let this one in. Its epitaph might well be: 'If I am so soon done for, what was I begun for?'

Sift:

- 2 cups sugar

Beat until soft:

- 1/2 cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:

- 4 egg yolks

Melt, cool, and add:

- 2 ounces chocolate

Sift before measuring:

- 2 cups cake flour

Resift with:

- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Add these ingredients in 3 parts to the butter mixture alternately with thirds of:

- 1 cup milk

Beat the batter until it is smooth after each addition. Whip until stiff, but not dry:

- 4 egg whites
- 1/2 teaspoon salt

Fold them lightly into the cake batter. Bake the cake in 2 greased 9-inch layer pans in a moderate oven 375° or in a greased 9-inch tube pan at 350°. Spread it with any:

Chocolate Icing (page 633)
This cake may be made with sour milk. Add to the dry ingredients from \( \frac{1}{2} \) to \( \frac{3}{4} \) teaspoon bicarbonate of soda (according to the acidity of the milk).

**CHOCOLATE PRUNE CAKE**

A delightful dessert. It may be served with whipped cream or pudding sauce. Remove the stones and cut into pieces:

1 cup cooked, lightly sweetened, well-drained Prunes (page 403)

Sift:

\( \frac{1}{4} \) cup sugar

Beat until soft:

\( \frac{1}{2} \) cup butter

Add the sugar gradually. Blend these ingredients until they are creamy.

Melt, cool slightly, and add:

1 ounce chocolate

Beat well:

2 eggs

Reserve \( \frac{1}{2} \) of the eggs. Add the remainder to the butter mixture. Sift before measuring:

1 cup and 6 tablespoons cake flour

Resift with:

2 teaspoons baking powder

\( \frac{3}{4} \) teaspoon bicarbonate of soda

\( \frac{1}{2} \) teaspoon salt

Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

\( \frac{1}{2} \) cup milk

Beat the batter until it is smooth after each addition. Add the prunes and:

\( \frac{1}{2} \) teaspoon vanilla

Bake the cake in 2 greased 8-inch layer pans in a moderate oven 375° for about 25 minutes. Spread the layers with:

Chocolate Butter Icing (page 656)

Make only \( \frac{3}{4} \) the amount given. That will be sufficient for the top of this moderate-sized cake. Put the left-over \( \frac{3}{4} \) egg in the icing.

**CHOCOLATE APRICOT CAKE**

Follow the preceding rule for:

Chocolate Prune Cake

Substitute for the prunes:

1 cup cooked, lightly sweetened, well-drained apricots

Banana Chocolate Cake, page 576.

**CHOCOLATE CHIP or POLKA-DOT CAKE** (Loaf or Layer)

Shaved semi-sweet chocolate may be added to any cake batter in about the same proportion as nuts or raisins. The heavier commercial chocolate* shot, chips, or variously named chocolate morsels that are used in cakes, are a little heavy for light batters, so sprinkle \( \frac{1}{2} \) the chocolate bits over \( \frac{1}{2} \) the batter and scatter the other \( \frac{1}{2} \) over the top of the cake before baking it. Use a recipe for loaf or layer cake. Bake it as directed. Ice it as desired.

*Approximately 2 ounces semi-sweet chocolate shaved or \( \frac{3}{4} \) cupful chips.

**VELVET SPICE CAKE**

This cake is well named, as it has a very delicate consistency. Its flavour is unequalled in spice cakes.

Sift:

\( \frac{3}{4} \) cups sugar

Beat until soft:

\( \frac{1}{2} \) cup butter

Add the sifted sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

3 egg yolks

Sift before measuring:

2 cups cake flour

Resift twice with:

1 teaspoon baking powder

1 teaspoon bicarbonate of soda

1 teaspoon nutmeg, freshly grated

1 teaspoon cinnamon

\( \frac{1}{2} \) teaspoon cloves

\( \frac{1}{2} \) teaspoon salt

Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

\( \frac{1}{2} \) cup sour milk or buttermilk

Beat the batter after each addition until it is smooth. Whip until stiff, but not dry:

3 egg whites
Fold the egg whites lightly into the cake batter. Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for 1 hour or more. Spread it with:

Chocolate Icing I (page 632) or
White Icing (page 628)

*Sour-cream Spice Cake, page 543.*

**MOLASSES SPICE CAKE**

Sift:
- ¼ cup brown sugar closely packed *
- ½ cup granulated sugar

Beat until soft:
- 1 cup butter

Add the sugars gradually. Blend these ingredients until they are creamy.

Beat in one at a time:
- 4 egg yolks

Stir in:
- ½ cup molasses (treacle)
- 1 teaspoon vanilla

Sift before measuring:
- 2 cups cake flour

Resift with:
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- 1 teaspoon allspice
- 1 teaspoon mace
- 1 teaspoon bicarbonate of soda
- 1 teaspoon baking powder
- 1 teaspoon salt

Cut into pieces:
- 4 cup raisins

Add to them:
- 1 cup broken nuts (optional)

Dust a little of the sifted ingredients over the raisins and nuts. Add the remainder to the batter in about 3 parts alternately with thirds of:
- 5 tablespoons milk

Beat the batter until it is smooth after each addition. Whip until stiff, but not dry:
- 4 egg whites
- ½ teaspoon salt

Fold them lightly into the batter. Bake the cake in a 9-inch tube pan in a moderate oven 350° for about 1 hour.

* The proportions of brown and white sugar may be varied or all white sugar may be used.

*Molasses Layer Cake, page 579.*

**MYSTERY CAKE**

This curious combination of ingredients makes a good cake. It would not occur to me to bake it for my own purposes, as I have many others to choose from that are better, but it is suited ideally to the needs of numerous allergic friends, as it calls for neither eggs, milk, nor butter. The following Economy Spice Cake comes under the same heading.

Sift:
- 1 cup sugar

Beat until soft:
- 2 tablespoons shortening

Add the sifted sugar gradually and blend these ingredients well. Sift before measuring:
- 2 cups bread flour

Resift with:
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- ½ teaspoon nutmeg
- 1 teaspoon bicarbonate of soda

Stir the sifted ingredients in about 3 parts into the sugar mixture alternately with thirds of:
- 10 ounces of canned tomato soup (contents of 1 can)

Beat the batter until it is smooth after each addition. Fold in:
- 1 cup nuts
- 1 cup raisins

Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for about 45 minutes. Spread the cake with:

*White Icing II (page 635)*

**ECONOMY SPICE CAKE**

Boil for 3 minutes:
- 1 cup water
- 2 cups seeded raisins
- 1 cup brown sugar
- 1 cup shortening
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon salt
- 1 teaspoon nutmeg

Cool these ingredients. Sift before measuring:
- 2 cups cake flour

Resift with:
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
CAKES

Stir the flour gradually into the other ingredients. Beat the batter until it is smooth. Add:

1 cup chopped nuts * (optional)

Bake the cake in a greased 9-inch tube pan in a slow oven 325° for 1 hour or more. Spread the cake with:

Caramel Icing (page 651) or
White Icing (page 628)

* By adding 1 cupful chopped dates, figs, and citron this becomes an acceptable fruit cake.

QUICK SPICE CAKE
See Hurry-up Cake, Variation 1 (page 545).

BLITZKUCHEN (Lightning Cake)
A delicious tea-cake and a good accompaniment to a heavy dessert. It should be about 1 inch high and closely covered with sugar and cinnamon.
Sift:

1 cup powdered or granulated sugar

Beat until light:

1⁄2 cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Stir in:

4 well-beaten egg yolks

Add:

1 teaspoon vanilla or 1 teaspoon grated lemon rind

Sift before measuring:

11⁄2 cups cake flour

Resift with:

1 teaspoon baking powder

Beat the sifted ingredients gradually into the batter mixture. Add:

3 tablespoons milk *

Whip until stiff, but not dry:

4 egg whites

1⁄2 teaspoon salt

Fold them lightly into the batter mixture. Place the batter in 2 greased 8-by-1-inch pans. Spread it with:

1 egg white diluted with 1 tablespoon water (optional)

Sprinkle the top with:

1⁄4 cup sugar

2 tablespoons cinnamon

1 cup blanched, shredded almonds or other chopped nuts

Bake the cake in a moderate oven 375° for about 20 minutes. Cut it into diamond-shaped pieces. It may be served hot or cold.

* In some recipes the milk is omitted.

Blitz Torte, page 590.

CRUMB, SPICE CAKE
This really deserves mention of some kind, but I have run out of adjectives.

Sift before measuring:

21⁄2 cups bread flour

Sift into the same bowl:

21⁄2 cups dark brown sugar

In another bowl beat until soft:

1⁄4 cup butter or shortening

Add the combined flour and sugar gradually and blend the ingredients lightly until they crumble. Work them with a pastry blender or the finger-tips. Do not permit them to become oily. Measure 1 cupful of the crumbs thus formed. Add to them:

1 teaspoon cinnamon

1⁄4 cup blanched, shredded almonds or other chopped nuts

Reserve these crumbs. To the remainder add:

1 teaspoon bicarbonate of soda

1 teaspoon salt

1 teaspoon nutmeg or cloves *

1 teaspoon cinnamon

2 teaspoons baking powder

Beat well, then add:

1 cup sour milk

2 eggs

Beat the batter until it is smooth. Spread it in a greased 9-by-12-inch pan. Bake the cake in a moderate oven 375° for 20 minutes. Sprinkle the reserved crumbs over the top. Bake it about 10 minutes longer.

* The spices may be omitted from the cake batter, but retained in the crumb topping. We have never been able to make up our minds about the matter, so I am passing it on unsolved for your consideration.
APPLE-SAUCE CAKE

Sift:
1 cup sugar (white or closely packed brown)
Beat until soft:
1/4 cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:
1 egg
Sift before measuring:
1/4 cups cake flour
Sift a little of the flour over:
1 cup raisins
1 cup nuts or currants
Resift the remainder with:
1/2 teaspoon salt
1 teaspoon bicarbonate of soda
1 teaspoon cinnamon
1 teaspoon cloves*
Stir the sifted ingredients gradually into the butter mixture until the batter is smooth. Add the raisins and nuts.
Heat:
1 cup thick lightly sweetened apple sauce
Beat it into the batter. Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for about 40 minutes.
Spread it with:
Caramel Icing (page 631)
*The flavouring may be varied by adding:
2 tablespoons cocoa
In that case deduct the same amount of flour.

Chocolate Old-world Spice Cake with Citron, page 551; Chocolate Spice Cake, page 551.

PRUNE SPICE CAKE

A moist, rich cake, which keeps fresh for a week or more. It is good as a loaf or layer cake with any kind of icing, but is best baked in one large layer, iced with unboiled white icing flavoured with rum, decorated with nuts, and cut into small shapes. Recently I have been serving it uniced with foamy sauce (and great success). This may be done with other rich spice cakes. Choose a sauce that is less rich if you prefer it. See pages 688-97.

Sift:
1 cup sugar
Beat until soft:
1 cup shortening *
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:
2 eggs
Beat in:
1 cup prune pulp **
Sift before measuring:
1/4 cups cake flour
Resift with:
1/4 teaspoons bicarbonate of soda
1 teaspoon cinnamon
1/2 teaspoon cloves
1 teaspoon salt
Add the sifted ingredients in 3 parts to the butter mixture alternately with thirds of:
1/2 cup sour milk
Beat the batter after each addition until it is smooth. Stir in:
1 cup broken nuts
This makes 2 9-inch layers or a 9-inch tube pan cake. Grease the pans. Bake the layers for 25 minutes in a moderate oven 375°. Bake the loaf cake in a somewhat slower oven 350° with slightly increasing heat for about 1 hour. Spread the cake with any:
Icing (page 627)
*This measurement may be reduced to 1/2 or 1/4 cupful.
**1 pound prunes, stewed, stoned, and put through a sieve or rice (page 405) or 8 ounces canned prune pulp.

FIG SPICE CAKE

It is difficult to choose between this and the preceding prune cake. They are both unusual and delicious.

Stew:
1 pound dried Figs * (page 402)
Cool, drain, then cut the figs into 1-inch cubes. Measure, packing rather closely, 2 cupfuls of figs. Combine:
1/2 cup fig juice
1/2 cup sour milk
Sift before measuring:
1 cup sugar
Beat until soft:
1/4 cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:
2 eggs
Sift before measuring:
2 cups cake flour
Resift with:
1 teaspoon baking powder
1 teaspoon salt
½ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon bicarbonate of soda
Add the sifted ingredients to the butter mixture in about 3 parts alternately with thirds of the milk and fig juice. Beat the batter after each addition until it is smooth. Add the figs and:
1 teaspoon vanilla
1 cup broken nuts or raisins

Bake the cake in a greased 9-inch loaf pan in a slow oven 325° for about 45 minutes.

JAM CAKE

It is a treat sometimes to stroll from paths with which one is contemptuously familiar. Try this one.
Sift:
1 cup sugar
Beat until soft:
½ cup butter
Add the sifted sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:
2 eggs
1 egg yolk
Grate in:
The rind of 1 lemon

Sift before measuring:
2½ cups cake flour
Resift with:
2 teaspoons baking powder
1 teaspoon bicarbonate of soda
½ teaspoon salt
Add ½ of the sifted ingredients to the batter. Beat in:
1 cup sour milk
½ cup jam*
Add the remaining sifted ingredients. Beat the batter after each addition until it is smooth. Fold in:
½ cup broken nuts

This cake may be baked in 2 9-inch layers or in a loaf or tube pan. Grease the pans. Bake the layers for about 30 minutes and the tube cake for about 50 minutes in a moderate oven 350°. Spread the cake with:
White Icing (page 628) or some other icing

* The better the jam the better the cake, but whatever kind is used should be fairly firm.

TUTTI-FRUTTI CAKE

A well-flavoured summer fruit cake.
Sift:
1¼ cups brown sugar
Beat until soft:
½ cup butter
CAKES

Add the sugar gradually. Blend these ingredients until they are fluffy. Beat in one at a time:

2 eggs

Sift before measuring:

2 cups and 2 tablespoons cake flour

Resift with:

1 tablespoon cloves
1 tablespoon cinnamon
1 tablespoon nutmeg
1 teaspoon bicarbonate of soda

Stir the sifted ingredients into the butter mixture in about 3 parts, alternately with thirds of:

1 cup lightly drained, crushed pineapple

Stir in:

1/4 cup raisins
1/4 cup currants
1 cup broken nuts

Bake the cake in a greased 9-inch tube pan in a moderate oven 350° for about 1 hour.

FRUIT CAKES

Here are three recipes for very good dark fruit cake. Basically they have nearly the same ingredients, but they differ in flavour. While they all call for brandy or wine, fruit juice may be substituted. No. II calls in addition for grape jelly and grape juice. No. III calls for molasses (treacle) and sour milk. This is the darkest and the heaviest of the three.

FRUIT CAKE I

About 12 pounds

Sift:

1 pound brown sugar (2 1/2 cups)

Beat until soft:

1 pound butter (2 cups)

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

15 beaten egg yolks

Sift before measuring:

4 cups bread flour

Reserve 1 cupful. Resift the remainder with:

1 tablespoon cinnamon
1 tablespoon cloves
1 tablespoon allspice
1 tablespoon nutmeg
1/2 tablespoon mace
1 1/2 teaspoon salt (if butter is unsalted)

Add the sifted ingredients to the butter mixture alternately with:

1/4 cup whisky and 1/4 cup wine or 1/4 cup thick fruit juice (prune, apricot, grape, etc.)

Wash:

2 1/2 pounds currants

Cut up:

2 1/2 pounds raisins
1 pound citron

Break coarsely:

1 pound pecans or walnuts

Sprinkle these ingredients well with the reserved cupful of flour. Beat until stiff, but not dry:

15 egg whites

Fold them into the butter mixture. Fold in the floured ingredients. Place the dough in loaf pans lined with a layer of heavy waxed paper or with 4 layers of thin waxed paper. Cover the bottom of the oven with shallow pans filled with 1 inch of hot water and bake the loaves in a very slow oven 300° from 2 to 3 hours. The pans may be removed for the last 15 minutes. Permit the loaves to cool and remove them from the pans. Remove the waxed paper, wrap the loaves in fresh waxed paper, and store the cake in tightly covered tin boxes. Should the cake become dry, place it in a closed container over hot water until it is hot. Heat wine or grape juice (but do not let it boil) and pour it from a small pitcher very slowly, drop by drop, on to the hot cake. Use as much as the cake will absorb.

FRUIT CAKE II

About 11 pounds

Sift:

2 cups sugar
CAKES

Beat until soft:
1 pound butter (2 cups)
Add the sugar gradually.
Blend these ingredients until they are very soft and creamy. Beat in:
12 beaten egg yolks
Sift before measuring:
4 cups bread flour
Reserve ½ cupful. Resift the remainder with:
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon bicarbonate of soda
1 teaspoon salt if butter is unsalted
Add the sifted ingredients to the butter mixture alternately with:
½ cup wine, whisky, or fruit juice
½ cup molasses (treacle)
½ cup sour milk
Sprinkle the reserved flour over:
1 pound seeded raisins
1 pound currants, washed and dried
½ pound almonds, blanched and shredded, or broken pecans or walnuts
½ pound citron, chopped
½ cup maraschino cherries
Stir these ingredients into the batter. Whip until stiff, but not dry:
6 egg whites
½ teaspoon salt
Fold them into the batter. To bake the cake follow the rule for Fruit Cake I.

SCOTCH CAKE

Sift:
1 cup white sugar
1½ cups brown sugar
Beat until soft:
1 cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Stir in:
6 beaten egg yolks
Sift before measuring:
4 cups cake flour
Reserve 1 cupful. Resift the remainder with:
3 teaspoons baking powder
1 teaspoon nutmeg
1 teaspoon salt if butter is unsalted
Add the sifted ingredients to the batter alternately with:
cup whisky
cup molasses (treacle)
Sprinkle the reserved flour over:
1 pound pecans or walnuts
2 pounds seeded raisins
Stir them into the batter. Whip until stiff, but not dry, and fold in:
6 egg whites
½ teaspoon salt
Bake the cake in 2 greased 9-inch tube pans in a slow oven 300° for 45 minutes, increase the heat to 350° and bake it until it is done.

FRUIT CAKE III

About 6 pounds
Sift:
½ pound brown sugar (1½ cups)
Beat until soft:
½ pound butter (1 cup)
Blend these ingredients until they are very light and creamy. Stir in:
6 beaten egg yolks
Sift before measuring:
2 cups bread flour
Reserve ½ cupful. Resift the remainder with:
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon bicarbonate of soda
1 teaspoon salt if butter is unsalted
FRUIT CAKE in CANDIED
ORANGE CUPS

These are attractive in a Christmas box.
Remove all pulp and membrane from:

8 orange halves
Cover the halves with boiling water.
Cook them until the skins are tender.
Drain and dry them. Stir and bring
to the boiling point:

2 cups sugar
1 cup golden syrup
1 cup water
Add the orange halves. Cook them
to a temperature of 230° (for about
10 minutes). Lift out the shells on to
a cake sheet. Let the excess syrup
drop from them, then roll them in:

Sugar
Permit them to dry.*
Fill the shells to within ½ inch from the
top with:

Fruit cake batter
Place the filled cups on a greased cake
sheet. Bake them in a slow oven 250°
for about ½ hour. Test them with a
straw.

* The shells may be placed on in-
verted cups or glasses to dry.

WHITE FRUIT CAKE

Prepare by the rule on page 545:

English Currant Cake*
Before folding the egg whites into the
batter beat in the following fruit
mixture:

1 cup chopped nuts (preferably
blanched, slivered almonds)
½ cup finely sliced citron, orange
or lemon peel
½ cup finely shredded or desiccated
coco-nut
½ cup sultanas
½ cup chopped candied pineapple

Drain well:
½ cup maraschino cherries
Cut them in two and add them to the
nut mixture. Bake the cake in a
moderate oven 325° until it is done
(for about 1 hour).

* The egg yolks may be omitted.
In that case use 6 egg whites.
See Pound Cake (page 541), last para-
graph.

POTATO FLOUR CAKE

Potato flour may be used in making
cakes and bread. It is not recom-
manded unless the user is allergic to
wheat flour, which makes the better
baked goods. Substitute for wheat
flour ⅛ the amount of potato flour.

COFFEE CAKES

Is there anything better than good coffee cake? I am told that the late
former king of Spain 'dunked.' Perhaps that afforded him some comfort.

BASIC RULE for COFFEE CAKE
DOUGH (Yeast)

For a richer dough see the rule for
Coffee Cake Wreath on page 561. This
is sufficient for one 9-by-13-inch coffee
cake, one fruit cake baked in 8-inch
pie pan, and 14 or 16 2½-inch crescents.
See the following recipes.
Warm a large mixing bowl. Place in it:

½ cup bread flour
Crumble over it:
1 cake yeast (1 ounce)
Make a hollow in the flour and pour
into it:
½ cup lukewarm milk and water
Add:
1½ teaspoons sugar
Stir these ingredients until they are
well blended. Cover them and put
them in a warm place to rise for 20
minutes. Beat until soft:
½ cup butter
Add gradually:
1 cup sugar *
Blend these ingredients until they are
creamy. Add:
½ teaspoon salt
1 teaspoon grated lemon rind
1½ tablespoons lemon juice (op-
tional)
2 beaten eggs
1 teaspoon vanilla extract (op-
tional)
½ cup water and milk
Sift:
4 cups bread flour
Stir part of it into the butter mixture, then knead in the rest with the hands. Add the yeast mixture and knead the dough well. Cover it and permit it to rise in a warm place for 3 or 4 hours (until it has doubled in bulk). Shape the dough as desired. Add to it a filling (page 638 or 561-2) or cover it with butter, sugar, etc. Permit it to rise for ½ hour. Bake it in a moderate oven 350° for about 20 minutes.

* ½ cup of sugar may be used if preferred.

PLAIN COFFEE CAKE

Prepare:
Coffee Cake Dough (page 559)
When it has doubled in bulk spread it in flat greased pans to the depth of ⅛ inch. Permit it to rise in a warm place for ½ hour. Melt:
Butter
Spread it over the cakes or spread them with:
Milk
Sprinkle them with:
Cinnamon
Sugar
Chopped nuts
Bake them in a moderate oven 350° for about 20 minutes.

HONEY-BEE TOPPING for
COFFEE CAKES

Stir and bring to the boiling point over a low flame:
· cup sugar
½ cup milk
½ cup butter
½ cup honey
½ cup crushed nuts
Spread these ingredients on coffee cakes that are ready to be baked.

BUTTER TOPPING for
COFFEE CAKES

Cream:
½ cup butter
with:
½ cup sugar

CAKES

Stir in:
1 beaten egg
¼ teaspoon vanilla
6 tablespoons bread flour
Add enough:
Milk (about 3 tablespoons)
to make the topping a good consistency to spread. Spread it on coffee cakes that are ready to be baked.

YEAST COFFEE CAKE with CRUMBS (STREUSEL)

Prepare:
Coffee Cake Dough or Coffee Cake Wreath Dough (page 561)
After spreading it with butter combine:
2 tablespoons bread flour
2 tablespoons butter
5 tablespoons sugar
Blend these ingredients until they crumble. Add:
¼ teaspoon cinnamon
Sprinkle the crumbs over the coffee cake and bake it as directed. This amount is sufficient for a round or square 8-by-8-inch cake.

YEAST COFFEE CAKE with APPLES, PEACHES, PLUMS, etc.

Prepare:
Yeast Coffee Cake Dough
After permitting the dough to rise in the pans, cover the entire surface of the cakes closely with rows of:
Fruit (apples, cored and sliced, peaches, stoned cherries, or plums)
Sprinkle the tops with:
Cinnamon
Sugar, according to the acidity of the fruit
Dot them generously with:
Butter
Or, in place of the butter pour around the fruit the following custard.

Custard
Beat:
1 egg yolk*
4 tablespoons cream
Bake the cake in a hot oven 400° until it is done and the fruit is soft.
* This amount is sufficient for 1 round 8-inch cake.
CAKES

CINNAMON CRESCENTS

Prepare:
Coffee Cake Dough or Coffee Cake Wreath Dough (this page)

Use only ½ cup sugar and omit the vanilla, the lemon, and the lemon rind, if you want a more breadlike dough. After the dough has doubled in bulk, roll it on a floured board to the thickness of ¼ inch. Cut the dough into 3-inch squares. Cut across the squares on the bias, making 2 triangles out of every square. Spread the triangles with:
Melted butter
Sprinkle them with:
Brown or white sugar
Cinnamon

Start with the long end and roll the triangles into little rolls. Twist the rolls into half circles (crescent shape). Place the crescents on a greased baking sheet. Permit them to rise in a warm place for ½ hour. Spread the tops lightly with:
Melted butter
Bake the crescents in a moderate oven 350° for about 30 minutes.

CINNAMON BUNS or SNAILS

Prepare:
Coffee Cake Dough or Coffee Cake Wreath Dough (this page)

When it has doubled in bulk, roll it on a floured board to the thickness of ¼ inch. Spread it generously with:
Melted butter
Sprinkle it with:
Cinnamon
Brown sugar
Add, if desired:
Chopped nuts
Seedless raisins
Chopped citron
Grated lemon rind

Roll the dough like a jelly roll. Cut it into 1-inch slices. Rub muffin tins generously with:
Butter
Sprinkle them well with:
Brown sugar
Chopped nuts (optional)

Place each slice of roll firmly on the bottom of a greased muffin tin. Permit the rolls to rise in a warm place for ½ hour. Bake them in a moderate oven 350° for about ½ hour.

CARAMEL BUNS

Prepare the preceding:
Cinnamon Buns
Roll the dough as directed. Cut it into 1-inch slices. Brush the sides with:
Melted butter
Cream:
6 tablespoons butter
6 tablespoons brown sugar

Spread this mixture on the bottom and sides of an iron pan about 7 inches in diameter. Sprinkle on the bottom:
Whole or broken pecans or blanched, shredded almonds

Place the slices close together in the pan, with the flat side down. Permit them to rise for ½ hour. Bake them in a moderate oven 350° for about 30 minutes.

ICE-BOX COFFEE CAKE

There are a number of rules for Ice-box Rolls—see chapter on Breads (page 471)—that may be used as a basis for very plain coffee cake.

Spread the dough in greased pans. Cover it with:
Cinnamon and sugar (page 560), Streusel (page 560), or Fruit (page 560)

Let the dough rise as directed by the rule you are following. Bake the cake in a moderate oven 400° for about 25 minutes.

COFFEE CAKE WREATH (HEFENKRANZ)

For a dough that is less rich see basic rule for Coffee Cake Dough (page 539). Dissolve:
2 yeast cakes (2 ounces)
in:
1 cup lukewarm milk or water

Sift and stir in:
1 cup bread flour
Cover this sponge and permit it to rise
CAKES

in a warm place until it is light—for about ½ hour. Sift:

½ cup sugar

Beat until soft:

1 cup butter

Add the sugar gradually. Blend these ingredients until they are light and creamy. Beat in one at a time:

2 or 3 eggs

Add:

1 teaspoon salt
2 teaspoons grated lemon rind

Be at in the sponge. Sift and beat in gradually:

3½ cups bread flour

Beat the dough for 5 minutes. Add:

½ cup chopped citron (optional)
½ cup raisins or candied pineapple, chopped (optional)
1 cup broken nuts (optional)

Cover the bowl with a cloth and permit the dough to rise in a warm place for about 2 hours or until it has doubled in bulk. This amount will make 2 wreaths 9 inches in diameter. Roll ½ the dough into 3 long strips. Braid them and shape them into a wreath. This is optional. The dough may be shaped in any way desired or it may be placed in greased pans. Place the be wreath on a greased baking sheet or in a greased 9-inch tube pan. Permit the dough to rise for ½ hour. Brush the top with:

Melted butter

If you have added no fruit or nuts to the batter combine:

½ cup blanched shredded almonds
½ cup sugar

Sprinkle this mixture on the wreath or omit it and spread the wreath after it is baked with:

Icing (see under Stollen, page 364)

Bake it in a moderate oven 350° for about ½ hour.

COFFEE CAKE WREATH FILLED

Prepare the dough for the preceding:

Coffee Cake Wreath

Use ¼ the amount given. Omit the raisins and citron. When the dough has doubled in bulk roll it or pat it on a greased surface into an oblong ½-inch thick. Spread it evenly with one of the following fillings.

Roll the dough like a jelly roll. Shape it into a ring. Place it on a greased sheet or in a greased 9-inch tube pan. Permit it to rise for ½ hour. Brush, sprinkle the top, and bake the wreath as directed in the preceding rule.

The following fillings are for 1 9-inch wreath.

ALMOND FILLING I

Cream:

3 tablespoons butter
½ cup sugar

Beat in:

½ cup almonds, blanched and ground
½ teaspoon grated lemon rind
1 egg slightly beaten

ALMOND FILLING II (EDELWEISS)

Cream:

½ cup icing sugar
¼ cup butter

Stir in

¼ teaspoon vanilla or grated lemon rind
¼ cup blanched, shredded or ground almonds

HAZEL-NUT FILLING

Combine:

¼ cup hazel-nuts, minced
¼ cup sugar
2 teaspoons cinnamon
½ teaspoon vanilla
2 tablespoons finely chopped citron or orange peel

Beat well and add:

1 egg

Thin these ingredients with:

Water

until they are the right consistency to spread over the cake.

POPPY-SEED FILLING

Combine:

¼ cup black poppy seed
¼ cup sugar
½ teaspoon vanilla or grated lemon rind
Beat and add gradually:

1 small egg

It may not be necessary to add all of the egg as the filling should be moist, but not liquid. If it becomes too moist add more poppy seed.

RAISIN, NUT, and CITRON FILLING

Chop:

1 cup blanched almonds
1 cup citron
1 cup raisins

Melt:

1 cup butter

After rolling the dough, spread it with the melted butter and the chopped ingredients. Sprinkle it with:

Sugar (optional)
Cinnamon (optional)

FILLED COFFEE CAKE CRESCENTS

Prepare the dough for:

Coffee Cake Wreath (page 561)

Omit the raisins and citron. Permit the dough to rise as directed. Roll or pat the dough to the thickness of 1 inch. Cut it into 4-inch squares. Spread the squares with 2 tablespoonfuls of one of the preceding fillings or spread them with melted butter, cinnamon, and sugar. Roll the squares on the bias. Curve the rolls into crescents. Place them on a greased sheet. Permit them to rise for 1 hour. Brush, sprinkle, and bake them as directed in the rule for Coffee Cake Wreath (page 561).

QUICK COFFEE CAKE
(With Baking Powder)

Sift:

1 to 1 cup sugar

Beat until soft and creamy:

1 cup butter

Add the sugar gradually. Blend these ingredients until they are light and creamy. Beat in:

1 egg
2 cup milk

Sift before measuring:

1 1/2 cups bread flour

Resift with:

1/2 teaspoon salt
2 teaspoons baking powder

Add the sifted ingredients to the butter mixture. Add:

1/2 teaspoon grated lemon rind or 1/2 teaspoon vanilla (optional)

Beat the batter until it is smooth. Spread the dough in a shallow greased 8-by-10-inch pan. Sprinkle the top with:

Cinnamon
Sugar
1/2 cup chopped nuts (optional)

Dot it with:

Butter

Bake the cake in a greased 8-inch pan in a moderate oven 375° for about 25 minutes. The dough may be spread with 1 1/2 tablespoons melted butter and 1 teaspoon cinnamon, 1/2 cup sugar and 1 tablespoon flour may be combined and sifted over it. This makes a good topping.

BAKING-POWDER CRUMB COFFEE CAKE

Sift before measuring:

3 cups bread flour

Sift and add:

1/2 cup sugar

Beat until soft and add:

1 cup butter

Blend these ingredients lightly until they crumble. Do not permit them to become oily. Reserve 1 cupful. To the remainder add:

4 teaspoons baking powder

Combine and add:

2 beaten eggs
1 cup milk
1/2 teaspoon salt
Grated rind of 1 lemon

Beat the batter and spread it to the thickness of 1/2 of an inch in a greased 8-by-13-inch pan. Sprinkle the reserved crumb mixture over the top with:

1 cup blanched, shredded almonds or other nuts

Bake the cake in a moderate oven 375°.
SOUR-CREAM COFFEE CAKE
(With Baking Powder)
This cake may be made with sour top milk. It is light and very good.
Combine and beat well:
1 cup sour cream
\[ \frac{1}{2} \] teaspoon bicarbonate of soda
2 eggs
Sift before measuring:
\[ \frac{3}{4} \] cups bread flour
Resift with:
1 cup sugar
2 teaspoons baking powder
\[ \frac{1}{2} \] teaspoon salt
Add the sifted ingredients to the cream mixture. Beat the batter until it is smooth. Spread the dough in a lightly greased 8-by-10-inch pan. Bake the cake in a moderate oven 350° for about 25 minutes. While it is hot sprinkle it with:
Icing sugar and chopped nuts, or with butter, cinnamon, and sugar.

HIGH COFFEE CAKE
(Baking-powder KUGELHOFI)
Sift:
1 cup sugar
Beat until soft:
1 cup shortening—or butter or
\[ \frac{1}{2} \] butter and \[ \frac{1}{2} \] lard
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in, one at a time:
5 eggs
Sift before measuring:
4 cups bread flour
Resift with:
4 teaspoons baking powder
\[ \frac{1}{2} \] teaspoon salt
Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:
1 cup milk
Beat the batter until it is smooth after each addition.
Add:
1 cup seedless raisins
1 teaspoon grated lemon rind
1 teaspoon vanilla
Bake the cake in a greased 7-inch tube pan in a moderate oven 350°. When it is cold sprinkle it with:
Icing sugar

HIGH COFFEE CAKE (Yeast
BUNDKUCHEN or KUGELHOFI)
This is usually made in a tube pan with a fluted bottom. Yes, the yeast measurement is correct. It makes a very good cake.
Sift before measuring:
4 cups bread flour
Dissolve:
3 cakes yeast \( \ast \) (3 ounces)
in:
1 cup lukewarm milk
Beat in 1 cup of the sifted flour and set the sponge to rise in a warm place for about 1\( \frac{1}{2} \) hours. Sift:
\[ \frac{1}{4} \] cup sugar
Beat until soft:
1 cup unsalted butter
Add the sifted sugar gradually. Blend these ingredients until they are very light and creamy. Beat in, one at a time:
5 eggs
Beat in:
1 teaspoon salt
Add the sponge, the remaining flour, and:
\[ \frac{1}{4} \] teaspoon grated lemon rind
1 cup seedless raisins
Stir the batter well or knead it until it is smooth and elastic. Place in the bottom of a greased 9-inch tube pan:
\[ \frac{1}{4} \] cup blanched almonds.
Place the dough on top of them and permit it to rise until it is very light (for about 1\( \frac{1}{2} \) hours). Bake the cake in a moderate oven 350° from 45 to 60 minutes. When it is cold, sprinkle the top with:
Icing sugar
\* Less yeast may be used (2 cakes but it will be a slower process.
This is a good rule for a Baba or Savarin (see page 591).

STOLLEN (YEAST RAISIN CAKE)
Sift before measuring:
6 cups bread flour
Dissolve:
1\( \frac{1}{2} \) cakes yeast (1\( \frac{1}{2} \) ounces)
in:
\[
\frac{1}{2} \text{ cups lukewarm milk}
\]

Add 1 cup of the sifted flour. Permit this sponge to rise in a warm place for several hours.

Sprinkle a little of the sifted flour over:
\[
\frac{1}{2} \text{ pound raisins}
\]
\[
\frac{1}{2} \text{ pound blanched chopped almonds}
\]

Sift:
\[
\frac{1}{2} \text{ cup sugar}
\]

Beat until soft:
\[
\frac{1}{2} \text{ cups butter}
\]

Add the sifted sugar gradually. Blend these ingredients until they are light and creamy. Beat in, one at a time:
\[
3 \text{ eggs}
\]

Add:
\[
\frac{1}{2} \text{ teaspoon salt}
\]
\[
\frac{1}{2} \text{ teaspoon grated lemon rind}
\]

Add the sponge and the remaining flour and knead the dough until it is smooth and elastic. Add the raisins and nuts. Permit the dough to rise until it doubles in bulk. Toss it on to a floured board. Divide it into 3 or more parts. Shape the parts into loaves. Place them in greased loaf pans. Brush the top with:

Melted butter

Let the loaves rise until they double in bulk. Bake them in a moderate oven 350° for about 45 minutes. When they are cool, brush them with the following icing:

Icing

Blend until the right consistency to spread:
\[
1 \text{ cup icing sugar}
\]
\[
2 \text{ tablespoons or more boiling water}
\]
\[
\frac{1}{2} \text{ teaspoon vanilla or}
\]
\[
\frac{1}{2} \text{ teaspoon lemon juice}
\]

CAKES WITH FRUIT, CREAM, AND FILLINGS THAT SERVE AS A COMPLETE DESSERT COURSE

CHRISTMAS STOLLEN
(Without Eggs)

Sift before measuring:
\[
12 \text{ cups bread flour}
\]

Make a hollow in the centre into which pour:
\[
6 \text{ cups milk}
\]
\[
1 \text{ pound melted butter}
\]
\[
2 \text{ cups sugar}
\]
\[
\frac{1}{2} \text{ teaspoon grated lemon rind}
\]
\[
3 \text{ tablespoons lemon juice}
\]
\[
1 \text{ pound raisins}
\]
\[
1 \text{ pound currants, washed and dried}
\]
\[
\frac{1}{2} \text{ pound blanched, shredded almonds}
\]
\[
\frac{1}{2} \text{ pound diced citron}
\]
\[
\frac{1}{2} \text{ teaspoons salt}
\]
\[
2 \text{ cakes yeast (2 ounces) dissolved in}
\]
\[
\frac{1}{2} \text{ cup lukewarm water}
\]
\[
\frac{1}{2} \text{ teaspoon mace (optional)}
\]

Work these ingredients into the flour until they form a stiff dough. Cover it and permit it to rise for 12 hours in a warm place. Shape the dough into 2 loaves, place them in greased pans, and permit them to rise until doubled in bulk. Bake them in a moderate oven 350° for about 1 hour. Spread them while hot with:

Melted butter

Cover them with a heavy coating of:

Icing sugar

Sprinkle them lightly with:

White rose-water

ALMOND STOLLEN
(Without Eggs)

Follow the preceding rule for:

Christmas Stollen

Omit the raisins and currants. Use in all:
\[
2 \text{ pounds blanched, coarsely shredded almonds}
\]
\[
2 \text{ pounds diced citron}
\]

RULE for WHIPPING CREAM

Chill the cream, the bowl, and the beater. Use a heavy wire whisk.

Beat
\[
1 \text{ cup heavy cream}
\]

Beat it until it is fairly stiff. (Be careful not to beat it until it is warm or it will turn to butter.) Fold in:
\[
2 \text{ tablespoons icing sugar (optional)}
\]
\[
\frac{1}{2} \text{ teaspoon vanilla, coffee, or other flavouring}
\]
If you wish the cream to keep stiff for a day or two add to it:

- 1 teaspoon gelatine soaked in 1 tablespoon cold water

Dissolve the gelatine over heat. Cool it.

When whipping cream with an electric beater use medium speed.

**RULE for WHIPPING EVAPORATED MILK**

Here are two ways of preparing evaporated milk for whipping. Milk prepared by the first method holds up longer, but I find the second very convenient at times.

I.

Soak:

- 4 teaspoon gelatine

in:

- 2 teaspoons cold water

Scald in a double boiler:

- 1½ cups evaporated milk

Add the soaked gelatine. Stir until the gelatine is dissolved. Chill the milk until it is icy cold, then whip it like cream. A small amount of vanilla, caramel, coffee, etc., may be added to the milk to flavour it.

II.

Place a can of evaporated milk in a pan of cold water. Bring the water to the boiling point. Remove the can from the water. When it is cool place it in the refrigerator. Chill it well. The milk will keep for days. Whip it when ready to use it.

When whipping evaporated milk with an electric beater use medium speed.

**A SUBSTITUTE for WHIPPING CREAM**

This calls for 1 pint 18-per-cent cream. Reduce the quantities given by ½ for 1 cup of cream.

Soak:

- 1 teaspoon gelatine

In:

- 2 tablespoons cold water *

Heat:

- ¼ cup 18-per-cent cream

Dissolve the soaked gelatine in it.

Stir these ingredients into:

- 1½ cups 18-per-cent cream

You may add:

- 1 tablespoon powdered sugar

Place the cream in the refrigerator. Stir it from time to time. Add:

- ¼ teaspoon vanilla

When the cream is thoroughly chilled (after 4 to 6 hours) beat it until it is stiff.

* Fruit juice may be substituted.

**RULE for WHIPPING EGGS**

Cold eggs separate easily. Egg whites at room temperature whip easily. Whip egg whites on a dish. (The addition of a little salt tends to stiffen them.) Use a flat, light wire egg beater. When whipping egg whites with an electric beater use high speed.

*Meringue, page 516.*

**THREE-MINUTE ICING**

Use this icing as a substitute for whipped cream or meringue. Beat until blended, then place in a double boiler over boiling water:

- 2 unbeaten egg whites

- ¼ cup sugar

- ¼ teaspoon salt

- 2 tablespoons cold water

Beat these ingredients for 3 minutes or until stiff with a wire whisk. Remove the icing from the fire. Add:

- 1 teaspoon vanilla or almond extract

Beat the icing well. Spread it over jellied fruit, pies or tarts, cakes, etc., that have been cooled. Top it with:

Chopped nuts or coco-nut

**RULE for GELATINE**

Gelatine must be soaked in a cold liquid before it is dissolved. Dissolve it by adding it to a hot liquid—water, milk, custard, etc.—or by placing the receptacle holding it in boiling water or over a low flame. If a mould is to be used for gelatine puddings wet it before filling it or grease it lightly with oil. This will prevent the pudding from sticking to the mould. To set a gelatine dish rapidly, place the receptacle containing it in a bowl of ice water.
QUICK SPONGE CAKE with FRUIT

Sift before measuring:
1 cup bread flour
Resift it into a bowl with:
1 teaspoon baking powder
\ 4 teaspoon salt
\ 4 cup sugar
Make a hole in the centre of these ingredients. Place in it:
3 eggs lightly beaten
1 1/4 tablespoons water
1 teaspoon vanilla
Beat the batter until it is smooth.
Bake the cake in a 10-inch layer pan in a moderate oven 350° for about
20 minutes. Spread the cake with:
Sugared or cooked fruit
Serve it with:
Cream or whipped cream

SPONGE CAKE with FRUIT

Prepare:
Sponge Cake I or II (page 534)
Use only \ 4 the amount. Bake the cake in an 8-by-8-inch pan. Cut it into
pieces or keep it whole. Cover it with:
Cooked or sugared fruit
Serve it with:
Cream or whipped cream

INDIVIDUAL SHORTCAKES

Prepare:
Fluffy Scone Dough (page 456)
Cut the dough into 3-inch rounds.
Bake the scones, split them while they are hot, and spread them with:
Butter
Place between the scone halves and pour over them:
Sugared or cooked fruit

LARGE SHORTCAKE

See the comment under Hazel-nut Torte, page 584.
Prepare:
Fluffy Scone Dough* or Scone Dough (pages 456, 459)
Roll it and place it in two layers in a greased pan. Bake it. Separate the
layers. If desired spread the inner surface with:
Butter
Place between the layers and over them:
Sugared or cooked fruit
* If a sponge cake dough is preferred see Sponge Cake Made with Yolks, and Sponge Cake I and II, page 534.

SHORTCAKE

(With Home-made Scone Mix)

Measure:
2 cups Home-made Scone Mix, page 456
Add to it:
2 tablespoons sugar
Work into it with a fork to make a dough that will handle easily:
Cream (from \ 1 to \ 1 cup) or 2 tablespoons melted butter and about
\ 4 cup rich milk
Knead the dough on a floured board for \ 1 minute. Pat or roll it to the
desired thickness. Cut it into individual shapes or spread it in a pan. Bake the
shortcake in a hot oven 425° for about
15 minutes. To prepare and serve it
see the preceding rule.

MOCK SHORTCAKE

Toast on one side:
4 thick slices of bread
Spread the untoasted side with a mixture of:
Soft butter
Sugar
Cinnamon
Toast the second side. Place on the
spread side:
Sugared strawberries*
Dot them with:
Butter
Sprinkle them with:
Cinnamon
Grill or bake the toast until the berries
are hot.
* Stewed, drained fruit may be sub-
stituted. Try cherries, blueberries (bil-
berries), etc., or use strained baby-food
fruit pulp, apricots, etc.
BREAD TARTS

4 Servings
Cut into slices 1 inch thick:
White bread
Cut them with a cutter into large rounds. Cut into them partially with a smaller cutter. Hollow the bread to make shells about \( \frac{1}{2} \) inch thick. Spread them with:
Honey or with butter and brown sugar
Toast them in a slow oven 325° until they are delicate brown. Fill the centres with:
Fresh berries or other fruit or canned fruit, drained
Serve them topped with:
Whipped cream

GLAZED STRAWBERRIES
Sufficient for glazing 3 cupfuls of berries
Boil to the jelly stage * (page 722) then strain:
- 1 cup water
- 1 cup sugar
- 1 cup hulled strawberries
- 2 medium-sized apples, chopped
A little red colouring
Cool these ingredients. When the jelly is about to set pour it or spread it over 3 cupfuls of berries that have been placed in a baked 9-inch pie shell or in 6 2\( \frac{1}{4} \)-inch tarts. Chill the pie until ready to serve it.
* Jelly, light in flavour, may be diluted over hot water or with a little hot water, cooled, and used satisfactorily as a glaze.

GLAZED STRAWBERRIES II
Sufficient for a 9-inch pie shell or 6 2\( \frac{1}{4} \)-inch tarts
Hull and crush:
3 cups strawberries
Put them first through a ricer, then through a fine sieve. Add to the juice:
\( \frac{1}{4} \) cup sugar
1 tablespoon lemon juice
1 tablespoon cornflour
A little red colouring
Cook and stir these ingredients over low heat until they are thick and transparent. Cool them. Spread them over:
3 cups hulled strawberries
Chill the dessert until ready to serve it.

APRICOT GLAZE for FRUIT
This glaze has the advantage of being available at any season of the year and of keeping for a long time.
Soak for 12 hours:
\( \frac{1}{4} \) pound dried apricots
in:
1 cup water
Add:
3 cup sugar
Cook these ingredients slowly until the apricots are soft. Put them through a fine sieve. Place the glaze while hot in a sterilized jar. Seal it. When ready to use the glaze dilute it with water and spread it over fruit that has been placed on cake or in baked pie shells.

DUTCH APPLE, PLUM, or PEACH CAKE
Sift before measuring:
1 cup bread flour
Resift with:
2 teaspoons baking powder
\( \frac{1}{2} \) teaspoon salt
2 tablespoons sugar
Add:
1\( \frac{1}{2} \) tablespoons butter
Work these ingredients like pastry (page 498). Beat in:
1 egg
and a little:
Milk (about 2 tablespoons)
to make a stiff dough. Spread it \( \frac{1}{4} \) inch thick in a greased pan or oven-proof dish. Cover the top very closely with:
Fruit
Sprinkle it with
Sugar
Cinnamon
Dot it with:
Butter
Bake the cake in a hot oven 425° for about 25 minutes. This dough may
be used as an upside-down cake over berries or other fruit. Try this topping:

- 1 cup stoned cherries
- 1 cup light brown sugar
- ½ teaspoon cinnamon
- 4 tablespoons butter

**SKILLET CAKE or UPSIDE-DOWN CAKE**

**(Pineapple, Apricot, or Peach)**

Melt in a 9- or 10-inch iron frying-pan:

- ½ or ¾ cup butter

Add, cook gently, and stir until dissolved:

- 1 cup brown sugar

Remove the pan from the fire and add:

- 1 cup pecans or walnuts (optional)

Drain and place on the bottom of the pan:

- 8 slices canned, drained pineapple* (contents of 1 No. 2½ can)

Cover the fruit with the following batter. Sift:

- 1 cup cake flour

Resift with:

- 1 teaspoon baking powder

Beat in a separate bowl:

- 4 egg yolks

Add:

- 1 tablespoon melted butter
- 1 teaspoon vanilla

Sift in a separate bowl:

- 1 cup sugar

Whip until stiff, but not dry:

- 4 egg whites
- ½ teaspoon salt

Fold in the sugar 1 tablespoonful at a time. Fold in the yolk mixture, then fold in the sifted flour ¼ cupful at a time. Bake the cake in a moderate oven 325° for about ½ hour. Serve it upside-down.

* Other fruit may be substituted. Canned peaches or apricots call for only ½ cupful of sugar. Fresh fruit, peaches, cherries, apples, etc., may call for more than 1 cupful, according to the acidity of the fruit.

When done the fruit may be sprinkled with:

**Brandy or rum**

* The cake may be served with:

- Whipped cream or
- Rich Pudding Sauce (page 691)

**FRENCH APPLE or PEACH CAKE**

Grease a deep 8-inch pie pan or oven-proof dish. Cover the bottom well with:

- 2 cups or more sliced apples, peaches, or other fruit

Sprinkle the fruit with:

- ¾ cup sugar
- Cinnamon or nutmeg
- Rind and juice of 1 lemon

Dredge it with:

- 1 tablespoon flour*

Dot it with:

- 2 to 4 tablespoons butter

Prepare the following batter. Sift before measuring:

- 1 cup bread flour

Resift with:

- ¼ cup sugar
- 1 teaspoon baking powder
- ¼ teaspoon salt

Beat and add:

- 2 egg yolks
- 1 tablespoon melted butter
- ¼ cup milk

Beat these ingredients with swift strokes until they are blended. Cover the fruit with the batter. Bake the cake in a hot oven 425° for about 30 minutes. Reverse it on a dish. Cool it slightly.

Use the egg whites for:

**Meringue** (page 516)

Cover the cake with the meringue and bake it in a slow oven 300° for 15 minutes.

* 1 egg well beaten may be substituted for the flour.

**Fruit Cake with Yeast Dough, page 560.**

**COBBLER**

6 Servings

A cobbler is a rich Scone Dough (page 455) covered with fruit and baked, or baked with the fruit in the bottom of the pan and the dough on top. It is usually served with Hard Sauce, Butter Sauce, etc. (see Pudding Sauces, page
It is advisable to thicken the fruit. Combine:

3 cups prepared fruit (apples, peaches, plums, etc.)
1/4 cup sugar (approximately)
1 tablespoon flour or 1 beaten egg

Prepare:

Fluffy Scone Dough (page 456)

Use 1/4 the amount given. Place the dough in a greased 8-by-8-inch pan and cover it closely with the fruit or place the fruit in the bottom of an 8-inch baking-dish and cover it with the dough. Dot the fruit with:

4 tablespoons butter
Sprinkle it with:
1/4 teaspoon cinnamon (optional)

Bake the cobbler in a hot oven 425° for about 1/2 hour.

CHERRY COBBLER

6 Servings

Place in a baking dish:
2 cups cherries, stoned and drained

Combine and pour over them:
1 cup cherry juice
1/4 cup sugar
3 tablespoons flour

Put the dish in a moderate oven 350° and heat the cherries. Stir them occasionally. Prepare 1/2 the amount of:

Fluffy Scone Dough (page 456)

Use in all:
3 tablespoons butter
2 tablespoons sugar

Roll the dough on a slightly floured board to the thickness of 1/8 inch. Place it in a greased shallow pan. Cover it with the heated cherries.

Bake the cobbler in a hot oven 425° for about 30 minutes.

CHERRY TART or Kuchen with Custard, page 508; Blueberry Tart or Kuchen with Custard, page 508; Custard and Fruit Pie, page 520.

Don't overlook these good desserts.

FRUIT ROLL (ROLY-POLY)

8 Servings

Prepare:

Fluffy Scone Dough (page 456)

Use in all:
4 tablespoons butter

Roll the dough on a floured board to the thickness of 1/4 inch. Brush it with the:

White of an egg

This will keep it from being soggy. Place a filling (see below) upon the dough and roll it like a jelly roll. Cut the roll, if desired, into 1-inch slices or leave it whole. Bake the roll in a greased pan in a hot oven 425° for about 30 minutes. Serve it hot with:

Hard sauce, etc. (Sauces, page 688), or cream

FILLINGS for FRUIT ROLL
(Apple Filling)

Boil for 2 minutes:
1 cup water
1/4 cup sugar

Parc, core, and slice:
3 pounds apples (7 large apples)

Add the apples to the syrup and cook them until they are nearly tender. Drain and cool them. Spread them on the dough. Sprinkle them with:
1/4 cup brown sugar
1/4 teaspoon cinnamon
1/4 cup butter

Apricot Filling

Stew:
1/2 pound apricots (page 402)

Drain them. Reserve 1/4 of the apricots. Spread the remainder on the dough and dot them with:
1/4 cup butter

Bake the roll. Serve it hot with:

Apricot Sauce

Cream:
4 tablespoons butter
1 cup powdered sugar

Beat in:
1 egg yolk

Put through a strainer and add the reserved apricots. Chill the sauce.

Fruit Fillings

Drain:

Stewed fruit (use about 2 cups)

Dot the fruit with:
1/4 cup butter

Proceed as directed.
Mincemeat Filling
Combine:
1 cup mincemeat
1 cup tart, finely sliced apple
1 teaspoon salt
2 teaspoons lemon juice or 2 tablespoons brandy
Serve the roll with:
Lemon Sauce (page 693)

BLACKBERRY ROLL
Prepare the dough for:
Fruit Roll (see page 570)
Roll out the dough. Omit the egg white. Brush the dough with:
2 tablespoons melted butter
Sprinkle it with:
3 cups blackberries
1 cup sugar
1 teaspoon cinnamon (optional)
Roll the dough like a jelly roll. Place it in a large well greased pan. Surround it with:
3 cups blackberries
1 cup sugar
Bake it in a hot oven 425° for about 30 minutes. Cut it into slices and serve them with the sauce from the pan.

PINEAPPLE MERINGUE CAKES
Attractive served in custard cups.
Follow the rule on page 519 for:
Pineapple Meringue Pie
Substitute for the pie shell:
Lady fingers or pieces of sponge cake

APPLE STRUDEL
Strudel is to the Hungarian what pie and biscuit or scone are to the American. Flour, egg, and water are combined with a little salt and are kneaded until they become so elastic that the dough can be stretched until it is as thin as paper. This is done on a large table covered with a cloth. The dough is then sprinkled with fruit or vegetables, butter or cream, and nuts, rolled like a huge jelly roll, twisted into a pan, and baked in a moderate oven. The result is superlative.

CAKES

Sift into a bowl:
1 cup bread flour
1 teaspoon salt
Add:
1 beaten egg
Heat until lukewarm and add:
1 cup water or milk
Combine the ingredients quickly.
Knead the dough on a board until it is elastic and no longer sticks to the board. Place it on a floured board and cover it with a warm bowl for 30 minutes. Work into the dough:
2 tablespoons melted butter
Place it in the centre of a large table covered with a floured cloth. Gently pull and stretch the dough, placing both hands under it, until it is as thin as paper. Be careful not to tear it. (Strudel is stretched to tremendous dimensions, 2 by 2 yards or more.)
Spread the dough with:
4 pounds tart apples,* finely chopped
1 cups raisins and currants
1 tablespoons cinnamon
1 pound almonds, blanched and shredded
1 cup sugar
5 tablespoons melted butter
Fold the dough over one side, hold up the tablecloth and let the strudel roll into a huge roll. Twist the roll into a large, greased pan, or cut it into pieces and trim the edges. Bake the strudel for 1 hour in a hot oven 400°, reduce the heat to 350° and bake it until it is crisp and brown. Serve it before it is cold.

* Do not feel bound by these ingredients or proportions. Spread the dough with 6 tablespoons dry bread crumbs if a juicy fruit is substituted.

APPLE CRISP or PARADISE
6 Servings
This is the best dessert imaginable when made with good cooking apples. It is a very indifferent one made with poor ones.
Peel, core, and slice into a 7-by-7-inch pan:
3 pounds tart apples (7 or 8 large cooking apples)
CAKES

If you wish to serve the cake at table, use an oven-proof pie dish.)
The apple layer when cooked should be about 1 inch thick. If the apples are dry and sweet dot them with:

- Butter
- Sprinkle with:
  - Lemon juice and grated rind

The success of this dish depends upon the flavour of the apples, which should be tart. A good apple needs no additional ingredients. Work like pastry with a knife (the finger tips may be used, but the mixture must be lightly worked so that it does not become oily):

1 cup bread flour**
1 cup brown sugar
3/4 cup butter
1/2 teaspoon salt (if butter is unsalted)
1 teaspoon cinnamon (optional)

Spread these ingredients over the apples. They may crumble, but that is unimportant. Bake the cake in a moderate oven 375° for about 30 minutes or until the apples are done. Serve it hot or cold, with or without:

- Cream
  - * 4 cups diced rhubarb (use lemon juice and rind) or 3 cups stoned cherries may be substituted.
  - ** This is the original recipe. Some cooks find this topping too heavy and prefer using only 1/2 of these measurements.

GRANDMOTHER’S SOUR-CREAM APPLE CAKE or SOUFFLÉ

Serves 12 people or more

This dish is always referred to as Apfelkuchen, but it is really a Torte. When properly made it might be classed as a soufflé, but no matter what it is called or how it is made, it is a remarkably good dessert.

Pare, core, and slice:
- 5 cups tart apples
Melt in a frying-pan:
- 1/2 cup butter
Add the apples and cook them covered over a very low fire, stirring them from time to time until they are tender.

Combine and pour over the apples:

- 1/2 cup sour cream
- Rind and juice of 1 lemon
- 1 cup sugar (scant unless apples are very tart)
- 2 tablespoons bread flour
- 8 egg yolks
- 1/2 cup blanched, shredded almonds (optional)

Stir these ingredients over a low fire until they thicken. Remove the pan from the fire. Cool the mixture. Whip until stiff, but not dry:
- 8 egg whites
- 1/2 teaspoon salt

Fold them lightly into the apple mixture. Spread the soufflé to the thickness of 1 inch in a large pan or oven-proof dish. Sprinkle the top with a mixture of:
- Sugar
- Cinnamon
- Dry bread-crumbs
- 1/2 cup blanched, shredded almonds

Bake it in a moderate oven 325° until it is firm—about 45 minutes. As all the ingredients, except the egg whites, are cooked before they are baked, the cake may be eaten at any time, but it is advisable to bake it until the egg whites are set. It may be served hot, but it is best very cold, covered with:
- Whipped cream (flavoured with vanilla), or with Angelica Ice-cream (page 708)

SOUR-CREAM CHERRY CAKE

8 Servings

Combine and work with the finger tips until well blended:

- 11/2 cups Zwieback or wholemeal biscuit crumbs (4 1/2 ounces)
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 cup melted butter

Press the crumbs on the bottom and against the sides of a 9-inch oven-proof baking dish to form a shell less than 1 inch thick. This shell may be filled at once, but it is much better when chilled for several hours. Fill the shell with:
- Cherry Custard
- Beat:
  - 3 eggs
Add:
- \( \frac{1}{2} \) cup sugar
- \( \frac{1}{2} \) cup sour cream
- 2 cups stoned and drained cherries, fresh or canned

Bake the cake in a moderate oven 325\(^\circ\) until the custard is firm. Serve it hot or very cold.

_Cheese Cake, page 524._

**WASHINGTON or BOSTON CREAM PIE**

Sift:
- \( \frac{1}{2} \) cup sugar

Beat until soft:
- \( \frac{1}{2} \) cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:
- 2 eggs

Add:
- 1 teaspoon vanilla

Sift before measuring:
- 1\( \frac{1}{4} \) cups cake flour

Resift with:
- 2 teaspoons baking powder
- \( \frac{1}{2} \) teaspoon salt

Add the sifted ingredients in about 3 parts to the butter mixture alternately with thirds of:
- \( \frac{1}{2} \) cup milk

Beat the batter after each addition until it is smooth. Bake the cake in 2 greased 8-inch * layer pans in a moderate oven 375\(^\circ\) for about 25 minutes. Place between the layers a filling of:

- Whipped cream
- A cooked Cake Filling (page 638, usually custard filling, or jam, jelly, cooked or sugared fruit)

Sprinkle the top with:
- Icing sugar

or spread it with:
- Whipped cream

* In Italy I was served a similar cake baked in three layers. One layer was spread with raspberry jam, one with custard filling flavoured with rum. The cake was spread with uncooked white icing. A superb combination.

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**LAYER CAKES**

To me layer cake is a complete course. Unfortunately, it is frequently served in addition to a dessert, which dwarfs it.

After a long period abroad nothing could make me more homesick or emotional than an American magazine advertisement of a luscious layer cake, except one, and that was a pictured lemon pie.

When serving layer cake you need not stick to the usual white or chocolate icing. Try a cream, butterscotch, or fruit filling. There isn’t anything better than plain sponge cake layers filled with sweetened pie cherries topped with whipped cream. Or serve a cake as suggested under the preceding Washington or Boston Cream Pie. Also see the chapter on Cake Icings and Fillings (page 627).

**PLAIN LAYER CAKE**

Sift:
- 1 cup sugar

Beat until soft:
- \( \frac{1}{2} \) cup butter

Add the sifted sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:
- 2 eggs

Add:
- 1 teaspoon vanilla

Sift before measuring:
- 1\( \frac{1}{4} \) cups cake flour

Resift with:
- 2\( \frac{1}{2} \) teaspoons baking powder
- \( \frac{1}{2} \) teaspoon salt

Add the sifted ingredients to the butter mixture in about 3 parts alternately with thirds of:
- \( \frac{1}{2} \) cup milk

Bake the cake in 2 greased 9-inch * layer pans in a moderate oven 375\(^\circ\) for about 25 minutes. Spread between the layers:
- Jam or jelly
- Chocolate, Vanilla, Lemon Filling, etc. (see Cake Fillings, page 638), or any Cake Icing (page 627).
CAKES

EIGHT-LAYER CAKE

This cake was once the _pâtis de résistance_ of the American hostess. Follow the rule on page 542 for:

Four-egg Yellow Loaf or Layer Cake

Bake it in eight layers. Spread the layers with:

Jelly or Chocolate Filling (page 639)

Sprinkle the top with:

Icing sugar

DOBOS TORTE

The many-tiered Hungarian chocolate cake that looks rich, is rich, and enriches all who eat it.

Beat until light and lemon-coloured:

5 egg yolks
Beat in gradually:

1/2 cup sugar
(My old recipe says cheerfully beat for 1/2 hour or longer.) Add:

1 teaspoon vanilla
Sift before measuring:

1/2 cup cake flour
Resift 4 times with:

1/2 teaspoon salt
Beat in the sifted ingredients gradually. Whip until stiff:

5 egg whites
Fold them into the batter. Bake the cake in 9 layers (use a greased 7 1/2- or 8-inch layer cake pan) in a moderate oven 375° for about 5 to 8 minutes. Spread between the layers the following filling.

Place in a double boiler:

1/2 cup sugar
1 inch vanilla bean *
4 large eggs
Beat until the eggs begin to thicken. Cool the filling slightly. Cut into pieces and dissolve:

1/2 pound bitter-sweet chocolate
in:

2 tablespoons boiling water
Keep this warm. Cream until light:

1/2 cup butter
Add the chocolate mixture. Beat this into the egg mixture. This filling may also be spread over the top and sides of the cake, but the true Hungarian will content himself with the filling spread between layers only. The best-looking layer is reserved for the top and a caramel glaze crowns the chef-d'œuvre. Melt and brown in a frying-pan:

3 tablespoons sugar
Pour it over the cake. Spread it with a hot knife. ‘Rest’ the cake in a cool place for 12 or more hours.

* For this you may substitute later 1 teaspoon vanilla extract.

SOUR-MILK LAYER CAKE

Sift:

1 cup sugar
Beat until soft:

1/2 cup butter
Add the sugar gradually. Blend these ingredients until they are creamy.

Beat in:

2 beaten egg yolks
1 teaspoon vanilla
Sift before measuring:

1/2 cups cake flour
Resift with:

1 teaspoon bicarbonate of soda
2 teaspoons baking powder
1 teaspoon salt
Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

1 cup sour milk
Beat the batter after each addition until it is smooth. Whip until stiff, but not dry:

2 egg whites
1/2 teaspoon salt
Fold them lightly into the batter. Bake the cake in 2 greased 8-inch layer pans in a moderate oven 375° for about 1/2 hour. Spread it with:

Fig Filling (page 641) or any desired filling or icing (page 627)

PEPPERMINT CANDY CAKE

The sort of thing most children like—a decorative Christmas cake.

Prepare the preceding:

Sour-milk Layer Cake
Pour the batter into 2 very well greased 8-inch layer pans. Flour the pans
lightly. Crush so that no piece is larger than ½ inch:

½ cup peppermint rock

Use the soft red and white sticks. Sprinkle the candy over the cake at this time or bake the batter for exactly 7 minutes and sprinkle it over the layers without removing the pans from the oven. Bake the cake in a moderate oven 375° for about ½ hour. Remove the cake from the pans at once. The candy should be in creamy lumps throughout the cake. Spread the cake with:

White Icing (page 628) or Chocolate Icing (page 632)

Place the bottoms of the layers together. Sprinkle over the cake:

½ cup crushed peppermint rock (optional)

LADY BALTIMORE CAKE

Prepare:

White Cake I (page 538)

Bake it in three layers. Place the following filling between the layers:

Chop:

6 figs
½ cup seeded raisins
1 cup nuts

Prepare:

White Icing or Seven-minute White Icing (page 633)

Reserve a generous third of this. To the rest add the nuts, figs, and raisins. Spread the filling between the layers. Spread the reserved icing over the top.

POPPY-SEED CAKE with CUSTARD FILLING

Soak for 2 hours or more:

½ cup poppy seed

in:

½ cup milk

Beat until soft:

½ cup butter

Add gradually:

1½ cups sugar

Cream these ingredients until they are fluffy. Sift before measuring:

2 cups cake flour

Resift with:

3 teaspoons baking powder
½ teaspoon salt

Combine:

½ cup milk
1 teaspoon vanilla

Add the sifted ingredients to the butter mixture in about 3 parts alternately with the liquid ingredients. Beat the batter after each addition until it is blended. Whip until stiff but not dry, then fold in:

4 egg whites

Bake the cake in two 9-inch layer pans in a moderate oven 375° for about 20 minutes. Place between the layers:

Custard Filling (page 638)

Serve the cake with:

Chocolate Sauce (page 692)

CHARLOTTE POLONAISE

The recipe of an old Southern family, who remember that the coloured cook crushed the almonds with a flat-iron. The donor added that she liked the cake best on the second day when the filling was well soaked in.

Prepare:

Eight-layer Cake (page 574)

Bake it in 5 or more layers. Prepare double the amount of:

Custard Filling (page 638)

Add to half of the filling:

4 cups (1 pound) almonds, minced or pounded, blanched or unblanched

Add to the other half:

½ pound citron cut into small pieces

Place these fillings alternately between the cake layers. The almond filling is best on top.

GRAHAM BISCUIT SPONGE CAKE (with or without nuts)

Sift:

1 cup sugar

Beat until light:

6 egg yolks

Add the sugar gradually and beat these ingredients until they are very light and creamy. Add:
CAKES

1 teaspoon vanilla or \( \frac{1}{2} \) teaspoon grated lemon rind

Roll wholemeal biscuits until they are very fine. Combine and add to the egg mixture:

1 cup wholemeal biscuit crumbs
\( \frac{1}{2} \) teaspoon baking powder

Add:

1 cup chopped English walnuts (optional)

Whip until stiff but not dry:

6 egg whites
\( \frac{1}{2} \) teaspoon salt

Fold them lightly into the cake batter. Bake the cake in an ungreased 9-inch tube pan, or in 3-layer pans, in a moderate oven \( 350^\circ \). Place a cooked cake filling between the layers:

Custard Cake Filling (page 638), etc.

GRAHAM BISCUIT BUTTER CAKE

Beat until soft:

3 tablespoons butter

Add gradually and cream until fluffy:

\( \frac{1}{2} \) cup sugar

Beat in:

3 egg yolks
\( \frac{2}{3} \) teaspoon vanilla
1 cup finely chopped nuts (optional)

Crush:

\( \frac{1}{2} \) cups wholemeal biscuit crumbs

Sift them with:

\( \frac{1}{2} \) teaspoons baking powder
\( \frac{1}{2} \) teaspoon salt

Add the crumb mixture in about 3 parts to the butter mixture alternately with:

\( \frac{1}{2} \) cup milk

Whip until stiff then fold in:

3 egg whites
\( \frac{1}{2} \) teaspoon salt

Pour the batter into 2 greased 9-inch layer pans. Bake it in a moderate oven \( 350^\circ \) for about 1 hour. Place between the layers:

Raspberry jam and whipped cream or Custard Filling (page 638)

This cake is very good iced with Caramel Icing (page 631).

BANANA CAKE

I wish I might comment on all the cakes in this book. Please try this one if you like bananas and make the comments yourself.

Sift:

\( \frac{1}{2} \) cups sugar

Beat until soft:

\( \frac{1}{2} \) cup butter

Add the sifted sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:

2 eggs

Sift before measuring:

\( \frac{1}{2} \) cups cake flour

Resift with:

\( \frac{1}{2} \) teaspoon baking powder
\( \frac{1}{2} \) teaspoon bicarbonate of soda
\( \frac{1}{2} \) teaspoon salt

Prepare:

1 cup lightly mashed bananas

Add:

1 teaspoon vanilla
\( \frac{1}{2} \) cup sour milk

Add the sifted ingredients to the butter mixture in about 3 parts alternately with thirds of the banana mixture. Beat the batter after each addition until it is smooth. Bake the cake in 2 greased 9-inch layer pans in a moderate oven \( 350^\circ \) for about 30 minutes.

Place between the layers:

2 bananas, sliced

Spread the cake with:

White Icing (page 628)

Use \( \frac{1}{2} \) the amount given if only the top of the cake is to be iced. Use the full amount if the icing is to be spread between the layers and on top. This cake is good iced sprinkled with powdered sugar or served with whipped cream.

BANANA CHOCOLATE CAKE

Sift:

1 cup sugar

Beat until soft:

\( \frac{1}{2} \) cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

1 cup sliced bananas
\( \frac{1}{2} \) teaspoon vanilla
Beat in one at a time:

3 eggs

Sift:

2½ cups cake flour

Resift with:

½ teaspoon salt
2½ teaspoons baking powder
3 tablespoons cocoa

Add the sifted ingredients to the butter mixture in about 3 parts alternately with thirds of:

1 cup top milk or ½ cup evaporated milk diluted with ½ cup water

Bake the cake in 2 greased 9-inch layer pans in a moderate oven 375° for about 20 minutes. Spread the layers with:

Chocolate Icing (page 632) or Creamy Chocolate Filling (page 639)

CARAMEL BANANA CAKE with WHITE or CARAMEL ICING

Bake in layers:

Quick Caramel Cake (page 546)

Cover the bottom layer closely with:

Sliced Bananas

Spread the cake between the layers and over the top with:

White Icing (page 628) or Caramel Icing (page 631)

Decorate it with whole:

Walnuts (optional)

PINEAPPLE CAKE

Unusual, as crushed pineapple is added to the cake batter with a very pleasing result.

Sift:

1 cup sugar

Beat until soft:

½ cup butter

Add to this and cream until fluffy ½ cupful of the sugar. Beat in one at a time:

3 egg yolks

Sift before measuring:

2½ cups cake flour

Resift with:

2 teaspoons baking powder
½ teaspoon bicarbonate of soda
½ teaspoon salt

Combine:

½ cup orange juice
½ teaspoon almond or 1 teaspoon vanilla extract

The contents of:

1 (9 oz.) can crushed pineapple

Add the sifted ingredients to the butter mixture in 3 parts with thirds of the liquid ingredients. Beat the batter until it is smooth after each addition. Whip until stiff but not dry:

3 egg whites

Add gradually, beating constantly, the remaining ½ cupful of sugar. Fold the egg whites into the batter. Bake the cake in 2 greased 9-inch layer pans in a moderate oven 350° for about ½ hour. Spread the layers with:

Seven-minute Icing (page 633) or Lemon Icing (page 636)

ORANGE CAKE

Most rules for orange cake prove to be disappointing, for upon reading them you find that they are merely sponge or butter cake with an orange filling. This one calls for orange juice in the batter plus orange icing. A gorgeous gilded lily presented without apologies.

Grate:

The rind of 1 orange
1½ cups sugar

Cream this until fluffy with:

½ cup butter

Beat in, one at a time:

3 eggs

Sift, then measure:

3 cups cake flour

Resift with:

½ teaspoon salt
4½ teaspoons baking powder

Measure:

½ cup orange juice
½ cup water
2 tablespoons lemon juice

Add the sifted ingredients in about 3 parts to the butter mixture alternately with the liquid. Beat the batter until it is smooth after each addition.

Bake the cake in 2 deep or 3 shallow layers in 9-inch cake pans in a 375° oven for about ¾ hour. Ice it with:

Orange Icing (page 636)
CAKES

ORANGE CREAM LAYER CAKE
Sift:
1 cup sugar
Beat until light:
4 egg yolks
Add the sugar gradually. Beat these ingredients until they are well creamed.
Add:
3 tablespoons cold water
1½ teaspoons grated orange rind
½ teaspoon vanilla
Sift before measuring:
1 cup cake flour
Resift with:
1½ teaspoons baking powder
Add the sifted ingredients to the sugar mixture. Beat the batter until it is smooth. Whip until stiff but not dry:
4 egg whites
½ teaspoon salt
Fold them lightly into the batter. Bake the cake in 2 greased 9-inch layer pans in a moderate oven 350° for about 1½ hour. When the cake is cool spread the following filling between the layers.

Orange Cream Filling
Soak for 5 minutes:
1 teaspoon gelatine
in:
1 teaspoon water
Sift into a double boiler:
2 tablespoons cornflour
2 tablespoons flour
½ cup sugar
Add:
½ cup boiling water
Stir and cook these ingredients over boiling water for 20 minutes. Add:
1 tablespoon butter
Pour part of this mixture over:
2 egg yolks
Beat them and pour them into the double boiler. Cook and stir the custard long enough to permit the yolks to thicken. Add the soaked gelatine. Stir it until it is dissolved. Remove the custard from the fire. Add:
Grated rind of 1 orange
3 tablespoons orange juice
3 tablespoons lemon juice
Cool the custard. Beat until stiff:
½ cup heavy cream
Fold it into the custard. Chill it for 1 hour. Spread it between the layers. Spread the cake with:
Orange Icing (page 636)

ORANGE LAYER CAKE
Follow the preceding rule for:
Orange Cream Layer Cake *
Spread the layers with:
Orange Filling (page 641)
Spread the cake with:
Orange Icing (page 636), White Icing (page 628 or 635), or Chocolate Icing (page 636)
* Substitute any yellow or white layer cake.

LEMON LAYER CAKE
This is (after chocolate cake) the most popular everyday cake served at my table. It is a light and delightful dessert, quickly made and economical. Prepare:
Gold Cake (page 544)
or any yellow or white layer cake. Spread between the layers:
Lemon Filling (page 641)
Sprinkle the top of the cake with:
Powdered sugar
or, if preferred, spread it with:
Lemon Icing, or White Icing (pages 636 or 635)

CHOCOLATE LAYER CAKE
The chocolate cakes are all massed under one heading in the preceding chapter (page 547). Among them are many fine layer cakes and the loaf cakes given may be used for that purpose as well.

CHOCOLATE LAYER CAKE
with FRUIT FILLING
Prepare:
Chocolate Devil’s Food III (page 550)
Bake the cake in two 9-inch layer pans. Prepare the following-filling. Cook in a double boiler:
1 cup evaporated milk
1 cup water
2 cup sugar
1 teaspoon salt
When the sugar is dissolved add and cook until thick:
Cakes

WHITE LAYER CAKE with CREAM NUT FILLING

Prepare:
White Cake I or II (page 538)
Bake it in layer pans. Spread between the layers:
Almond or Hazel-nut Custard Filling (page 640)
Sprinkle the top with:
Powdered sugar
Or spread it with:
White Icing (page 628)

FILLED DAFFODIL CAKE

Prepare:
Daffodil Cake (page 538)
Cut the cake crosswise into 2 layers.
Place between the layers:
Orange Filling (page 641)
Spread the top with:
Orange Icing (page 636)

FILLED ANGEL or SPONGE CAKE

There are many attractive ways of serving a filled Angel or Sponge Cake. Cut the cake in two, crosswise, with a slightly thicker lower layer. Or, hollow a cake, leaving a shell of about 1 inch. Use a piece of top crust to close the hole in the bottom; use the rest of the removed cake shredded in the filling. Or cut a cake into pieces suitable for individual servings. Allow 2 pieces of cake per person, fill the slices and garnish the tops with cream, nuts, cherries, etc. These cakes may be served with sauce.

FILLED ANGEL CAKE

This makes a marvellous dessert. Bake by the rule on page 536:
Angel Cake I or II

When the cake is cold cut it crosswise into 2 layers.

1. Spread between the layers and over the top and sides of the cake:
Seven-minute White Icing (page 633)

Top the cake with:
\[ \frac{1}{4} \text{ cup blanched, shredded, toasted almonds} \]
CAKES

II. Prepare the following:
Almond Cream Filling
Cook in a double boiler and stir until thick:
  3 egg yolks
  1 cup cream (sweet or sour)
  1/2 cup sugar
  2 teaspoons cornflour
  1/2 teaspoon salt

Remove the filling from the fire, cool it, and add:
  1 teaspoon vanilla, 1 tablespoon rum or 1/4 teaspoon almond extract
Spread the filling between the layers.

Spread the top of the cake with:
  Seven-minute White Icing (page 633). Use only 1/2 the amount given
Sprinkle it with:
  1 cup blanched, shredded toasted almonds

III. Spread between the layers:
  Chocolate Whipped Cream Filling (page 639), Whipped Cream and Cocoa Filling (page 639), or
  Almond Filling (page 640)

IV. A famous hostess serves the following:
Place between 2 layers of angel cake:
  Ice-cream (vanilla, strawberry, etc.)
Spread the entire cake with a blanket of:
  Whipped cream covered with:
    Freshly shredded coco-nut
Garnish the cake with:
  Berries (optional)

V. Serve pieces of angel or sponge cake with:
  Sweetened pie cherries,*
    crushed pineapple,** apricots, etc.

Top with:
  Ice-cream or whipped cream
* Cherries usually need sweetening and thickening. Cook them with 1 tablespoon cornflour or 2 tablespoons flour to about 3 cupfuls of cherries.
** Try Pineapple Meringue Pie Filling (page 519).

VI. Prepare an angel or sponge cake shell (see first paragraph). Shred the removed cake. Combine it with:
  18 ounces crushed pineapple
  1 cup shredded coco-nut
  20 marsh mallows, diced
  12 or more maraschino diced
  1 cup heavy cream, whipped

Fill the shell. Cover the top with:
  1 cup heavy cream, whipped
to which you may add:
  1 teaspoon vanilla or 1 tablespoon rum

Chill the cake for 6 hours.

VII. Make an angel or sponge cake shell (see first paragraph). Shred the removed cake. Combine it with:
  Chocolate, or Maple Charlotte, Charlotte Russe, Strawberry, Coffee, or some other Bavarian,
  one of the fillings for Ice-box Cakes, Mocha, Chocolate, or some other sponge

Garnish the top with:
  Whipped cream, chopped nuts, strawberries or other berries, toasted almonds or crushed nut brittle

RASPBERRY RUM CAKE or
ENGLISH TRIFLE

This is usually rather a dry sponge cake baked in layers and spread with jam. It is garnished with whipped cream (optional). Sometimes the cake, or one layer of it, is sprinkled with rum. Sometimes rum is added to the custard filling. This is good with sweetened, thickened pie cherries, apricot jam, or other fruit or preserves.

Prepare by any rule:

  Sponge Cake (page 534)
Bake the sponge cake in layers. While the layers are hot sprinkle them generously with:
  Rum

Spread between the layers:
  Raspberry or other jam

Serve the cake with:
  Custard Sauce, Whipped Cream, or rich Pudding Sauce (page 691)

SPONGE CAKE RING—FILLED

Bake in a ring mould:
  Sponge Cake (page 534)
CAKES

Stir and beat until a good consistency to spread:
  Currant jelly
Spread it over the cake. Sprinkle the top with:
  Chopped nuts
Fill the centre shortly before serving with:
  Canned pineapple, drained (optional)
  Whipped cream or Custard Sauce
You may flavour the cream with brandy or rum or use white cherries or some other stewed or canned fruit, drained and sprinkled with brandy or rum.

MAPLE RING
Bake in a ring mould:
  Sponge Cake (page 534)
Spread it with:
  Maple Icing (page 636)
Fill the ring with:
  Bavarian Cream I (page 677)
Garnish it with:
  Fresh berries
Or the ring may be filled with:
  Apricot Filling (page 641) and whipped cream or Almond or Hazel-nut Custard Filling (page 640) and whipped cream

CHOCOLATE CAKE RING
Bake in a ring mould:
  Chocolate Cake (page 547)
Ice it with:
  Coffee Icing (page 637)
Fill the centre with:
  Nesselrode Pudding (page 682) or some Bavarian
Chill the cake for several hours.

CHOCOLATE APPLE TORTE
Put through a nut mill:
  ½ cup almonds (or other nuts)
Grate:
  6 ounces sweet chocolate
Beat:
  8 egg yolks
Beat in gradually, whipping constantly:
  2½ cups sugar
Beat in the nuts, the chocolate, and:
  1 tablespoon vanilla
  1 tablespoon ground cinnamon
Peel, grate and add:
  3 medium- to small-sized apples
Beat until stiff:
  8 egg whites
  ¼ teaspoon salt
Fold them into the batter. Bake the cake in a 10- or 11-inch lightly greased pan with a removable rim* or in a baking dish in a slow oven 300° for about 1 hour. Serve it with:
  Whipped cream
*This remains a soft meringue-like cake that is not easily shifted from one dish to another.

CHOCOLATE DATE TORTE
A richly flavoured, exceedingly good cake.
  Chocolate Sponge Cake (page 547)
Sprinkle:
  2 tablespoons sifted flour
over:
  ½ cup chopped dates
  ½ cup chopped nuts (optional)
  1 tablespoon grated orange rind
Beat these ingredients into the cake batter before folding in the egg whites. Bake the cake as directed in a 9-inch tube pan. Sprinkle it with:
  Castor sugar
I serve this to everybody’s intense satisfaction with:
  Rich Pudding Sauce (page 691)
  or Foamy Sauce (page 690)
Prune Spice Cake, page 555.
This makes a good dessert served un-iced with some pudding sauce flavoured with rum or brandy.

MOCHA TORTE
Sift:
  1 cup sugar
Beat until light:
  6 egg yolks
Add the sugar gradually and beat the mixture until it is creamy.
Add:
  2 tablespoons very strong coffee
  1 teaspoon vanilla
Sift:
  ¼ cup * sifted cake flour
  2 teaspoons baking powder
Add the sifted ingredients to the egg
mixture. Place on a platter and beat until stiff but not dry:

6 egg whites
\(\frac{1}{2}\) teaspoon salt

Fold them lightly into the batter. Bake the cake in 2 8-inch layer pans in a moderate oven 350° for about 15 minutes. Serve the cake with the following filling spread between the layers and over the top. Whip until stiff:

2 cups cream

Fold in:

\(\frac{1}{2}\) cup castor sugar
3 tablespoons very strong coffee

* Six tablespoonfuls if the eggs are small.

JELLY ROLL (SWISS ROLL)

This was the first cake I ever attempted, 'so many years ago.' It was then an old recipe. It is interesting to note that it has held its own as the standard roll cake without the slightest change through all this time.

Sift:

\(\frac{1}{2}\) cup sugar
Beat until light:

4 egg yolks

Add the sugar gradually. Beat these ingredients until they are creamy. Add:

1 teaspoon vanilla

Sift before measuring:

\(\frac{1}{2}\) cup cake flour

Resift with:

\(\frac{1}{2}\) teaspoon baking powder

Add the flour gradually to the egg mixture. Beat the batter until it is smooth. Whip until stiff but not dry:

4 egg whites
\(\frac{1}{2}\) teaspoon salt

Fold them lightly into the cake batter. Line a 15-by-10-inch pan with heavy buttered paper. Spread the dough in it and bake it in a moderate oven 375° for about 15 minutes. While it is hot invert the cake on to a sheet of waxed paper sprinkled with icing sugar. Cut the hard edges. Spread the cake with:

Jelly

Roll it. Wrap the roll in waxed paper. Before serving it sprinkle it with:

Icing sugar

CAKES

LEMON ROLL

Prepare by the preceding rule:
Jelly Roll
Substitute for the jelly:
Lemon Filling (page 641)
Proceed as directed.

CHOCOLATE FILLED ROLL

Prepare by the preceding rule:
Jelly Roll
Substitute for the jelly:
Chocolate Icing II (page 632)
Serve it with:
Whipped cream

ALMOND ROLL

Prepare by the preceding rule:
Jelly Roll
Substitute for the jelly the following.
Almond Filling
Combine and beat:

1 cup sour cream
1 cup sugar
1 cup unblanched almonds, ground or chopped
2 teaspoons vanilla

Proceed as directed.

CAKE ROLL with ALMOND CREAM FILLING

Prepare by the preceding filling:
Jelly Roll
Sprinkle a towel with:
Icing sugar

Invert the cake on it and roll it while it is hot. Cover it with a damp cloth.
Whip:

2 cups heavy cream

Flavour it with:

1 teaspoon vanilla, coffee essence, sherry, etc.

Fold into it:

\(\frac{1}{2}\) cup icing sugar
1 cup ground or chopped hazel or other nuts

When ready to serve the cake unroll it. Spread it with the cream, roll it and serve it with:
Caramel Syrup (page 690)
ALMOND CAKE ROLL
Beat until light:
8 egg yolks
Beat in gradually:
½ cup sugar
Add:
½ cup blanched, ground almonds
Beat until stiff:
8 egg whites
¼ teaspoon salt
Fold in:
1 teaspoon vanilla
Fold the egg whites into the yolk mixture. Bake the cake on buttered waxed paper in a shallow pan 10 by 15 inches in a moderate oven 325° for about 15 minutes. Roll it as directed in the preceding rule. When cold spread it with:
1 cup heavy cream, whipped, flavoured with 1 teaspoon vanilla

ANGEL CAKE ROLL
Follow the rule on page 536 for:
Angel Cake I
Use the smaller amount of egg whites and sugar as suggested in the footnote. Make only ½ the amount if you wish to have 1 roll. Bake the batter in a shallow 10-by-15-inch pan lined with waxed paper in a slow oven 300° for about 20 minutes. To roll and fill follow the rule for Cake Roll with Almond Filling (page 582). Use any of the fillings suggested for the various Cake Rolls in this chapter. Raspberry or apricot jam and whipped cream are fine.

SPICE BUTTERSCOTCH ROLL
Place in a bowl over hot water:
4 eggs
¼ teaspoon salt
Beat until the eggs are thick and lemon-coloured. Beat in gradually:
½ cup sugar
Remove from heat. Sift before measuring:
½ cup cake flour
Resift with:
½ teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon cloves
Fold in the sifted ingredients and:
1 teaspoon vanilla
Bake the batter in a 10-by-15-inch pan lined with waxed paper in a hot oven 400° for about 15 minutes. Roll it as directed under Cake Roll with Almond Filling (page 582). Make by the rule on page 638:
Butterscotch Filling
Cool the filling, spread the cake and roll it as directed.

MOCHA ROLL
Follow the rule for:
Mocha Torte (page 581)
To bake, roll and fill the roll, see Cake Roll with Almond Cream Filling, page 582.

CHOCOLATE or COCOA ROLL
with WHIPPED CREAM and CHOCOLATE SAUCE
Sift:
½ cup castor sugar
Beat until light:
3 egg yolks
Add the sugar gradually and beat these ingredients until they are creamy. Add:
1 teaspoon vanilla
Sift and add:
2 tablespoons cocoa
2 tablespoons bread flour
½ teaspoon salt
Whip until stiff and rather dry:
3 egg whites
½ teaspoon cream of tartar
Fold them lightly into the cake batter. Line a shallow pan (about 8 by 12 inches) with heavy greased paper and spread the dough in it to the thickness
NUT LAYER CAKE with JAM FILLING

It is always a pleasure to serve this good little cake.

Sift:
1 cup sugar

Beat:
6 egg yolks
Add the sugar gradually and beat these ingredients until they are very creamy.

Sift:
1/4 cup cake flour

Resift with:
1/4 teaspoon baking powder

Beat these ingredients into the egg mixture. Stir in:
1/4 cup finely chopped nuts
1 teaspoon vanilla

Whip until stiff but not dry:
6 egg whites
1/4 teaspoon salt

Fold them lightly into the cake batter. Bake the cake in 2 9-inch layers in a moderate oven 350°. Spread between the layers:

Tart jam
Ice the top and the sides of the cake with:

White Icing (page 628)
or serve it uniced with:

Whipped cream

HAZEL-NUT TORTE

Sift:
1 cup sugar

Beat:
22 egg yolks
Add the sugar gradually and beat these ingredients until they are very creamy.

Grind in a nut mill:
1/4 pound hazel-nuts
1/4 pound pecans or walnuts

Whip until stiff but not dry:
8 egg whites
1/4 teaspoon salt

Fold them lightly into the other ingredients. Bake the cake in 2 layers in a moderate oven 325°. When it is cold spread between the layers:

Whipped cream flavoured with vanilla or sherry

Spread the cake with:

Coffee or caramel icing (optional)

One-half the amount of this cake served in the following manner will make a wonderful dessert for 8 people. Bake the cake in 1 layer. Garnish it with 1 cupful cream, whipped, and 1 pint strawberries.

ALMOND CAKE or TORTE

The following recipe is the well-known German ‘Mandeltorte.’ In order to have the right result the almonds should be put through an almond mill (not a meat mincer). This recipe must be starred as ‘the’ nut cake my friends so frequently ask for. It may be baked in a loaf or in layers. This amount serves 6 to 8 people.

Sift:
1 cup sugar

Beat:
6 egg yolks
Add the sugar gradually and beat until these ingredients are very creamy. Add:

Grated rind and juice of 1 lemon (or small orange)
1 teaspoon cinnamon
1/2 teaspoon almond extract (optional)

1 cup unblanched almonds, ground
1/2 cup toasted white bread-crumbs

Whip until stiff but not dry:
6 egg whites
1/4 teaspoon salt
Fold them lightly into the batter. This cake is very light and consequently difficult to remove from the pan. Bake it in an 8-inch tube pan in a moderate oven 350°. Permit it to cool in the pan. Spread it with:

**Chocolate Butter Icing (page 636)**

Or bake it in 2 8-inch layer pans lined with waxed paper. Spread between the layers:

**Lemon and Orange Filling (page 641)**

Spread the top with:

**Icing sugar**

When making a large cake, double or triple this recipe and use pans with a removable rim in order to facilitate handling it. Spread the layers with:

**Lemon and Orange Filling (page 641)**

Spread the cake with:

**White Icing (page 628) or Chocolat Butter Icing (page 636)**

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**FILLED HAZEL-NUT CAKE or ALMOND TORTE**

The 2 preceding cakes are frequently served baked in layers filled with a cream filling. Use:

Custard Filling flavoured with rum, Coffee or Mocha Bavarian Cream, etc.

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**BREAD TORTE**

In the following recipe for the well-known Brodtorte, the ingredients differ only slightly from those in the preceding Mandeltorte, but the results, thanks to the wine bath, are amazingly different.

Sift:

- 1 cup sugar

Beat:

- 6 egg yolks

Add the sugar gradually. Beat these ingredients until they are creamy. Combine and add:

- 1¼ cup bread crumbs
- ½ teaspoon baking powder
- ½ teaspoon cinnamon
- ½ pound citron, cut fine
- 1 cup unblanched almonds, ground in a nut mill
- Rind and juice of 1 lemon

Whip until stiff but not dry:

- 6 egg whites
- ½ teaspoon salt

Fold them lightly into the cake batter. Bake the cake for 1 hour or more in a pan with a removable rim in a moderate oven 350°. When the cake is removed from the oven pour over it at once the following mixture, strained. Heat but do not boil:

- ½ cup sherry wine*
- 2 tablespoons water
- 2 whole cloves
- 1 stick of cinnamon
- ½ cup sugar

Strain these ingredients and place them in a small pitcher. Pour them very slowly on to the hot cake. When all the liquid has been absorbed cool the cake and remove it from the pan. Spread the cake with:

**Creamy Chocolate Filling or Icing (page 639)**

* White grape juice or other fruit juice may be substituted for this mixture and sweetened to taste.

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**YAEGERTORTE**

This is an almond cake heavy with bread-crumbs soaked in wine, served with jam and a meringue.

Soak:

- 1 cup dry bread-crumbs

in:

- 2 tablespoons sherry
- 3 tablespoons lemon juice

Blanch and shred:

- 1 cup almonds

Sift:

- 1 cup sugar

Beat until light:

- 5 egg yolks

Add the sugar gradually. Beat these ingredients until they are very creamy. Add the bread-crumbs, ¼ cupful of the almonds and:

- 1½ teaspoons baking powder

Whip until stiff but not dry:

- 5 egg whites
- ½ teaspoon salt

Fold them lightly into the batter. Bake the cake in a greased shallow pan in a moderate oven 350°. Cool it slightly.
CAKES

Spread it with:
  Jam or jelly

Cover it with a:
  Meringue (page 516; use 4 egg whites)

Sprinkle the meringue with the remaining almonds. Bake the meringue in a slow oven 300° for 15 minutes.

CHOCOLATE WALNUT TORTE

Sift:
  ½ cup sugar (1 cup less 2 tablespoons)

Beat until light:
  6 egg yolks

Add the sugar gradually. Beat these ingredients until they are well blended. Add:
  ½ cup finely crushed, sifted biscuit-crumbs
  ¼ cup grated chocolate
  ¼ cup chopped walnuts
  2 tablespoons brandy or rum
  1 teaspoon baking powder
  1 teaspoon cinnamon
  1 teaspoon cloves
  1 teaspoon nutmeg

Whip until stiff but not dry:
  6 egg whites
  ½ teaspoon salt

Fold them lightly into the cake batter. Bake the cake in a 9-inch pan with a removable rim in a moderate oven 325° for about 1 hour. Spread the cake with:

Chocolate Butter Icing (page 636)
or serve it with:

Wine Custard (page 645)

LINZERTORTE

The following recipe is for a delicious German “company” cake. It looks like an open jam pie and, being rich, is usually served in thin wedges.

Sift:
  1 cup sugar

Beat until soft:
  ½ cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Add:
  1 teaspoon grated lemon rind

Beat in, 1 at a time:
  2 eggs

Stir in gradually:
  1¼ cups sifted bread flour
  1 cup unblanched almonds, ground in a nut mill
  1 teaspoon cinnamon
  1 teaspoon cloves
  1 tablespoon cocoa
  1 teaspoon salt

The German recipe reads, ‘Stir for one hour,’ but of course no high-gear American has time for that. If the dough is very soft, chill it. Roll it to the thickness of ½ inch between sheets of waxed paper. Put it into an oven-proof dish, giving it a good edge. Cover the bottom of the cake generously with a good quality of:

  Jam, preserves or apple butter

Roll the remaining dough into strips. Make a lattice over the preserves.* Bake the cake in a hot oven 400°. Before serving it fill the hollows with additional preserves.

* If the room is warm and the dough is temperamental, place the dough in a pastry tube and make the strips by forcing the dough through the bag.

FIG TORTE

Sift:
  ½ cup sugar (1 cup less 2 tablespoons)

Beat until light:
  5 egg yolks

Add the sugar gradually. Beat these ingredients until they are well blended. Crush and add:
  ½ cup biscuit or toasted white bread-crumbs

Mince in a meat mincer and add:
  ½ pound chopped, candied orange peel
  ½ cup (½ pound) blanched, chopped almonds
  ½ pound chopped figs

Stir in:
  1 teaspoon cinnamon
  1 teaspoon nutmeg
  1 teaspoon allspice
  1 teaspoon cloves
  1 teaspoon baking powder
CAKES

1 tablespoon brandy or other strong wine
Grated rind and juice of 1/2 lemon
Whip until stiff but not dry:
  5 egg whites
  1/2 teaspoon salt
Fold them lightly into the cake batter.
Bake the cake in a 9-inch pan with a removable rim in a moderate oven 325° for about 1 hour. The cake may be spread with:
Seven-minute Icing (page 633)
or it may be served with:
Whipped cream

SACHERTORTE
A recipe of the famous restaurant keeper Frau Sacher, who fed the impoverished Austrian nobility long after they had ceased to pay. (She is the hotel proprietress in Reunion in Vienna.) This cake was considered worthy of her name. Beat until soft:
  1/4 cup butter
Add gradually:
  1/4 cup and 2 tablespoons icing sugar
Beat these ingredients until they are well blended. Put in a warm place until it is as soft as butter:
  4 ounces sweet chocolate
Beat in 1 at a time:
  6 egg yolks
Stir in:
  1 tablespoon grated lemon rind
  1 teaspoon cinnamon
  1/4 teaspoon cloves
  1 cup and 2 tablespoons very fine toasted white bread-crumbs
Whip until stiff but not dry:
  6 egg whites
  1/2 teaspoon salt
Fold them lightly into the cake batter.
Bake the cake in 2 greased 8-inch pans in a moderate oven 325° for about 25 minutes. Spread between the layers:
Apricot jam*
Spread the cake with:
Chocolate Butter Icing (page 636)
* If this is not available use apricot pulp, i.e. Stewed Apricots (page 402) strained and put through a sieve.

CHOCOLATE or OTHER CUP CAKES À LA MODE
Prepare the batter for:
Chocolate Custard Cake or any Devil’s Food (pages 549, 550)
Cocoa Cup Cakes (page 594) or other chocolate cake
Bake it in large well-greased muffin tins in a moderate oven 375°. When the cakes are cold cut them crosswise into halves. Place between the halves a round slice of:
Vanilla Ice-cream (page 698)
Cut it with a pastry cutter the same size as the cakes. Serve the cakes with:
Hot Chocolate Sauce (page 693)
Filled Cup Cakes (page 597)

CREAM PUFFS
Please cease to think of these as something to try out in your more adventurous moments. Try them at any time. They will soon prove to be stand-bys.
This is the rule to use for Puff Shells I and II. It will make 6 large puffs or éclairs or 35 1-inch puffs.
Sift before measuring:
  1/4 cup bread flour
Heat:
  1/4 cup milk or water
Add:
  1/4 cup butter
Bring these ingredients to the boiling point. Add the sifted flour and:
  1 teaspoon salt
Cook and stir the batter until it leaves the sides of the pan and forms a ball. Remove it from the fire. Beat in 1 at a time:
  2 eggs
Be careful to beat 1 egg until well blended before adding the other. Place spoonfuls of batter in 2-inch rounds on a greased tin, heaping them well in the centre. Allow 2 inches between the puffs. (In France the dough is chilled before being baked.) Bake them in a hot oven 400° for 1/2 hour. Reduce the heat to 350°. Bake them 5 minutes longer. Test the puffs by removing one from the oven. If it does not fall it is thoroughly done. When the puffs

are cool cut a gash in the side of each puff and fill them with:

**Sweetened, flavoured whipped cream** *or Custard Filling (see below)*

Ice the éclairs with:

*Chocolate Icing, etc. (see *this page*—optional)*

**CUSTARD FILLING**

Scald:

\[ \frac{3}{4} \text{ cups milk} \]

Combine and:

\[ \frac{1}{4} \text{ teaspoons cornflour} \]

\[ \frac{1}{4} \text{ teaspoon salt} \]

\[ 5 \text{ tablespoons sugar} \]

When these ingredients are well blended pour them over:

\[ 2 \text{ slightly beaten egg yolks} \]

Stir and cook the custard in a double boiler or over a very low flame until it is thick. Cool it and add:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

**COFFEE FILLING**

Follow the rule preceding for:

*Custard Filling*

Substitute for the milk:

\[ \frac{1}{2} \text{ cup strong coffee} \]

\[ 1 \text{ cup cream or rich milk} \]

Ice the puffs with:

*French Coffee Icing* (*page 637*)

**CHOCOLATE FILLING**

Follow the preceding rule for:

*Custard Filling*

Add to the hot milk:

\[ 1 \text{ ounce of chocolate, melted} \]

\[ 3 \text{ tablespoons sugar} \]

**CHOCOLATE ICING**

Use one-half the amount of:

*Chocolate Butter Icing* (*page 636*)

In Europe an individual is frequently served with 5 or 6 small puffs. They are filled with sweetened and flavoured whipped cream and are glazed with burnt sugar. Stir and melt sugar in a heavy frying-pan over moderate heat. When it is clear and brown, spread it on the puffs with a hot spatula.

**CHOCOLATE ÉCLAIRS**

Prepare the preceding:

*Cream Puffs*

Shape the batter with a spoon or a tube into oblongs. Heap it well in the centres. Bake the puffs as directed.

Fill them with:

*Whipped cream or Custard or Chocolate Custard Filling (see above)*

Cover them with:

*Chocolate Icing* (*page 632*)

**MERINGUES**

If you are cursed with a mental hazard in regard to meringues dismiss it. This is an easily made, delicious dessert. Its success depends upon beating the egg whites until they are stiff, adding the sugar very slowly and in baking the meringues as directed. Meringues may be made several days in advance. Please read the note under the following 'Pinch Pie.'

Sift:

\[ \frac{3}{4} \text{ cups sugar} \]

Add:

\[ \frac{1}{2} \text{ teaspoon salt} \]

to:

\[ 7 \text{ egg whites} \]

Beat them until they are stiff (see *page 532*). Add the sifted sugar very slowly, \[ \frac{1}{4} \text{ teaspoonful at a time} \]. Beat the eggs constantly. Continue to beat for several minutes after the last of the sugar has been added. Add:

\[ 1 \text{ teaspoon vanilla} \]

Fold in:

\[ \frac{1}{4} \text{ cup sugar} \]

Place large spoonfuls of this mixture on a baking sheet or shape the meringues with a forcing bag into ovals. Bake them in a very slow oven 225° from 45 to 60 minutes. Remove them from the sheet. If they are to be filled (this is optional) crush the smooth side with the thumb while the meringues are warm. Shortly before serving the meringues fill the hollows with:

*Sweetened and flavoured whipped cream or a frozen mixture*

Place 2 filled meringues together. Serve them with:

*Sweetened crushed fruit, Chocolate Sauce* (*page 692*), or *Butterscotch Sauce* (*page 692*)
MERINGUE TART ('PINCH PIE')

6 servings

While the preceding meringue mixture may be shaped into a tart this rule is so much better for the purpose that it is advisable to follow it. This is a sure-fire hit as a dessert. It deserves all the asterisks in the printing press. I never serve it to strangers without sending them home happy, replete, and with the recipe in their pockets.

Sift:

1 cup sugar

Place on a platter:

3 egg whites

1/2 teaspoon baking powder

1 teaspoon salt

Combine in a small pitcher or cup:

1 teaspoon vanilla

1 teaspoon vinegar

1 teaspoon water

Whip the egg whites until they are stiff. Add the sifted sugar very slowly 1 teaspoonful at a time, alternately with a few drops of the combined liquids. Beat constantly. When all the ingredients have been added continue to beat the meringue for several minutes. Heap it upon the lightly greased platter or dish from which it is to be served.* Subsequent baking will not affect the platter or dish. Shape the meringue like a pie or tart with a heavy edge, using a spatula or knife. Bake it in a very slow oven 275° for 1 hour or longer. When ready to serve the meringue fill the centre with:

Sweetened fresh or stewed fruit**

Top it with lightly sweetened and flavoured:

Whipped cream

When making meringue tart with an electrical beater combine all the ingredients except the sugar. Use high speed. When the egg whites are stiff add the sugar, a tablespoonful at a time.

* Or in a pan with removable rim.

** Combinations of fruit are good for this purpose. Fresh strawberries or raspberries and sliced bananas, or canned peaches or apricots, pineapple and bananas.

The tart is delicious filled with orange or pineapple ice, topped with whipped cream.

SCHAUMTORTE

Follow the preceding rule for:

Meringue Tart ('Pinch Pie')

Double the amounts given. Bake the batter in 2 10-inch pans (with removable rims) that have been greased with butter and dusted lightly with flour. Bake the meringues in a slow oven 275° for about 1 ½ hours. To fill and garnish the torte see the suggestions under the preceding rule.

ANGEL PIE

Prepare by the rule on this page:

Meringue Tart

Place it in a deep buttered 10-inch oven-proof pie plate. Bake it as directed. Permit it to cool in the oven with the door open. Prepare the following filling in a double boiler:

4 beaten egg yolks

1/4 cup sugar

Juice and rind of 1 lemon

1 tablespoon flour

1/4 cup water

Stir and cook the filling until it is thick. Cool it. When the pie and the filling are cool, whip:

1 cup heavy cream

Fold in:

1/2 teaspoon vanilla

Place a layer of cream in the pie, then the filling, then another layer of cream. Chill the pie for several hours.

CREAM TART

The following recipe deserves a chapter to itself. It serves from 8 to 10 people, is delicate and delicious and is not at all difficult to make. The result is an optical as well as a gastronomic treat. It is a de luxe dessert complete in itself and comparatively inexpensive. The cake batter and the meringue are baked at the same time.

Blanch and shred:

1/4 cups sugar

Beat until soft:

1/4 cup butter

Add 1/4 cup of the sifted sugar gradually.
CAKES

Blend these ingredients until they are light and creamy. Beat in, 1 at a time:

4 egg yolks

Add:

½ teaspoon vanilla

Sift before measuring:

1 cup cake flour

Resift with:

2 teaspoons baking powder

½ teaspoon salt

Add the sifted ingredients to the butter mixture alternately with:

5 tablespoons cream

Beat the batter until it is smooth. Spread it in 2 greased 9-inch layer pans. Cover it with the following meringue.

Whip until stiff:

4 egg whites

½ teaspoon salt

Add the remaining sifted sugar (1 cupful) very slowly—½ teaspoonful at a time. Beat constantly. When all the sugar has been added continue to beat for several minutes. Fold in:

1 teaspoon vanilla

Spread the meringue lightly over the cake batter in both pans. Stud the meringue with the blanched and shredded almonds, placing the shreds very close together. Bake the layers in a slow oven 325° for 25 minutes. Increase the heat to 350° and bake the cake 30 minutes longer. Remove the layers from the oven. Permit the cakes to cool in the pans. Shortly before serving the cake place 1 layer, meringue side down, on a cake plate. Spread 1 of the following cream fillings over it, reserving 4 teaspoonfuls for the top. Place the almond-studded layer, meringue side up, on the cream filling and place the reserved filling in the centre on top.

FILLINGS for CREAM TART

Apricot Cream Filling

Whip until stiff:

1 cup heavy cream

Fold in:

½ cup apricot pulp (Stewed and sweetened Apricots, page 402, put through a ricer or sieve)

Pineapple Cream Filling

Whip until stiff:

1 cup heavy cream

Fold in:

1½ tablespoons icing sugar

1 cup crushed pineapple, drained

½ teaspoon vanilla

Plain Cream Filling

Whip until stiff:

1 cup heavy cream

Fold in:

1½ tablespoons icing sugar

½ teaspoon vanilla

Fresh Fruit Filling

Whip until stiff:

1 cup heavy cream

Fold in:

1 teaspoon vanilla

Cover the lower cake layer with:

Sugared fruit — strawberries, raspberries, sliced peaches, bananas, etc.

Heap the cream on top of it. Reserve 4 teaspoonfuls for the top. Decorate the top with the cream and, if berries are used, with a few whole berries.

Orange Pineapple FILLING

Place in a double boiler and beat well:

5 egg yolks

2 tablespoons cornflour

¾ cup sugar

5 tablespoons lemon juice

6 tablespoons orange juice

1 teaspoon grated orange rind

2 cups crushed or diced pineapple

Cook and stir these ingredients until they are thick. Add:

½ cup butter

½ teaspoon salt

Cool the filling.

BLITZTORTE

This is the German mother of the preceding Cream Tart. A little more frugal, a little less flossy—mighty good.

Bake the batter and the meringue as directed in the rule for:

Cream Tart (page 389)

Place between the layers:
Custard Filling
Beat:
1 egg
Add:
3 tablespoons sugar
1 tablespoon cornflour
1 cup sour cream
Cook and stir these ingredients over hot water until they are thick. Cool the custard, flavour it with:
1/2 teaspoon grated lemon rind
1 teaspoon vanilla
Spread it between the cake layers. Serve the tart with:
Strawberries or raspberries (optional)

BABA AU RHUM
Beloved by the French, who frequently serve it with tea. This is an American version.
Prepare:
High Coffee Cake (page 564) or Brioche Dough (page 470)
Make only 1/3 of the amount given for the latter. Place it in a greased 8-inch tube pan. Permit it to rise and bake it as directed. Remove it from the pan, cool it and return it to the pan. Prepare a syrup by boiling for 10 minutes:
1/2 cup water
1 cup sugar
Cool the syrup slightly. Flavour it generously with:
Rum or whisky (at least 1/2 cup)
Place the syrup in a small pitcher. One hour before serving the Baba pour the syrup slowly drop by drop on to the cake. Use as much as it will absorb. Permit the Baba to stand until ready to serve. Remove it from the pan. If it is to be a dessert top it with:
Whipped cream
You may serve individual Baba cakes. Bake them in muffin tins. Soak them as directed, or cut a slice from the top, hollow the cakes slightly, and fill the hollows with raspberry or apricot jam. Serve the cakes with:
Lemon Sauce (page 693)
Or slice the muffins in half, cover each half with a slice of fresh pineapple and currant jelly sprinkled with icing sugar and kirsch.

ICE-BOX CAKES
Line a bowl with waxed paper. Place around the sides and over the bottom about:
30 Lady Fingers (page 617), Slices of Sponge Cake (page 534) or Angel Cake (page 536)
Prepare a:
Custard (see below)
Put part of the custard in the bowl, then a layer of the lady fingers (or cake) then more custard and last a layer of lady fingers (or cake). Cover the bowl and place it in the refrigerator for 12 hours or more. Invert the contents of the bowl on to a plate. Whip until stiff:
1 cup heavy cream
Fold in:
4 tablespoons icing sugar
1/2 teaspoon vanilla
Spread the cream over the cake.

FILLINGS for ICE-BOX CAKES
Lemon Custard
Grate:
The rind of 1 lemon over:
1 cup sugar
Beat until soft:
1/2 cup butter
Add the sugar gradually. Blend these ingredients until they are light and creamy. Beat in, one at a time:
4 egg yolks
Add:
3 tablespoons lemon juice
Whip until stiff but not dry:
4 egg whites
1/2 teaspoon salt
Fold them lightly into the butter mixture. Add if desired:
4 tablespoons apricot pulp (Stewed Apricots, page 402) put through a sieve or 4 tablespoons well-drained, crushed pineapple
This filling is uncooked. One teaspoon gelatine soaked in 1 tablespoon cold water, then dissolved over heat, may be added.

Chocolate Custard
Melt:
1/2 pound sweet chocolate
CAKES

EGGNOG ICE-BOX CAKE
Soak:
1 tablespoon gelatine
in:
2 tablespoons cold water
Dissolve it over heat. Cool it slightly.
Cream:
$\frac{1}{4}$ cup butter
$\frac{1}{4}$ cup icing sugar
Beat in:
4 egg yolks
$\frac{1}{2}$ teaspoon salt
Fold them lightly into the chocolate mixture.

Cocoa Custard
A substitute seldom compares favourably with an original recipe, but this acceptable cocoa custard may be used when sweet chocolate is not available.
Cook and stir over hot water until thick and smooth:
2 tablespoons cocoa
$\frac{1}{4}$ cup water
$\frac{1}{4}$ cup sugar
4 egg yolks
Cool these ingredients. Add:
1 teaspoon vanilla
Whip until stiff and add as directed in the preceding rule:
4 egg whites
$\frac{1}{2}$ teaspoon salt

Charlotte Polonaise, page 575.
This may be classed as an ice-box cake.

COFFEE ICE-BOX CAKE
About 6 servings
Cream:
$\frac{1}{4}$ cup butter
$\frac{1}{4}$ cup sugar
Beat in:
5 egg yolks
$\frac{1}{4}$ cup very strong coffee
Line the sides and bottom of a dish with:
Lady fingers *
Pour in the coffee mixture. Cover the top with lady fingers. Chill the pudding for 12 hours or more. Serve it garnished with:
1 cup cream, whipped
* Use about 18 1½-inch lady fingers.

STRAWBERRY ICE-BOX CAKE
Line a bowl as directed under Ice-box Cakes.
Fill it with:
Strawberry Bavarian I or II (pages 679–80)
Chill it for about 6 hours. Garnish the dish with:
Whipped cream
Whole berries
The cake or lady fingers may be omitted in the filling.
See Filled Angel or Sponge Cake (page 579).

ICE-BOX CHEESECAKE
Line a deep 9-inch pie pan with:
Zwieback Crust (page 504)
Reserve $\frac{1}{4}$ cupful of the mixture.
Soak:
2 tablespoons gelatine
in:
$\frac{1}{4}$ cup cold water
Cook and stir in a double boiler until the custard begins to thicken:

Add:
3 tablespoons sugar
3 tablespoons water
4 egg yolks
Stir and cook these ingredients over a very low flame or over boiling water until they are thick. Cool the mixture. Place on a platter and whip until stiff but not dry:
4 egg whites
$\frac{1}{2}$ teaspoon salt
Fold them lightly into the chocolate mixture.

Cocoa Custard
A substitute seldom compares favourably with an original recipe, but this acceptable cocoa custard may be used when sweet chocolate is not available.
Cook and stir over hot water until thick and smooth:
2 tablespoons cocoa
$\frac{1}{4}$ cup water
$\frac{1}{4}$ cup sugar
4 egg yolks
Cool these ingredients. Add:
1 teaspoon vanilla
Whip until stiff and add as directed in the preceding rule:
4 egg whites
$\frac{1}{2}$ teaspoon salt

Charlotte Polonaise, page 575.
This may be classed as an ice-box cake.

COFFEE ICE-BOX CAKE
About 6 servings
Cream:
$\frac{1}{4}$ cup butter
$\frac{1}{4}$ cup sugar
Beat in:
5 egg yolks
$\frac{1}{4}$ cup very strong coffee
Line the sides and bottom of a dish with:
Lady fingers *
Pour in the coffee mixture. Cover the top with lady fingers. Chill the pudding for 12 hours or more. Serve it garnished with:
1 cup cream, whipped
* Use about 18 1½-inch lady fingers.
2 egg yolks
\( \frac{1}{2} \) cup sugar
\( \frac{1}{2} \) cup milk
1 teaspoon salt
Stir in the soaked gelatine until dissolved. Chill the custard by placing the pan in a bowl of ice water. Beat until very smooth, then stir into the cooled custard:
- 2 cups smooth cottage cheese
- 1 teaspoon grated lemon rind
- 3 tablespoons lemon juice
- 1 teaspoon vanilla
Whip until stiff, then fold in:
- 1 cup heavy cream
Whip until stiff, then fold in:
- 2 egg whites
Fill the pie shell. Place the reserved crumbs on top. Chill the cake for 12 hours.

**PINEAPPLE ICE-BOX CHEESECAKE**

8 servings
Prepare by the rule on page 504:
- Zwieback Crust or Graham Biscuit Crust
Line a deep 10-inch dish with it.

 Drain:
- 1 (No. 2) can pineapple gems
Soak:
- 2 tablespoons gelatine
in:
- \( \frac{1}{2} \) cup water
Beat until light:
- 3 egg yolks
Beat in gradually:
- \( \frac{1}{2} \) cup sugar
and:
- \( \frac{1}{2} \) cup pineapple juice
Cook and stir these ingredients in a double boiler until they thicken. Add the soaked gelatine. Stir until it is dissolved. Cool the custard. Stir in:
- 1 pound smooth cottage cheese
- 1 teaspoon grated lemon rind
- 3 tablespoons lemon juice
- \( \frac{1}{2} \) teaspoon salt
Fold in \( \frac{1}{2} \) of the pineapple gems and:
- 1 cup heavy cream, whipped
Fold in:
- 3 stiffly beaten egg whites
Fill the pie shell. Garnish the top with the remaining pineapple gems. Sprinkle it with:
- Cinnamon
Chill the pie for at least 3 hours.

**SMALL CAKES AND COOKIES**

**RULE FOR CUP CAKES**

Cup cakes are both easy to bake and to serve. They may be baked in well-greased muffin tins filled \( \frac{1}{2} \) full, but a more attractive way to make them is to fill paper baking cups about \( \frac{1}{2} \) full and bake them on a sheet or in muffin pans in the oven. When the cakes are done they will have risen to within a \( \frac{1}{2} \) inch of the frilled edge. Cup cakes may be sprinkled with icing sugar after baking, or they may be iced with butter icing or boiled icing and garnished with \( \frac{1}{2} \) nut, 3 almonds, a cherry, raisins, etc. The recipes given for layer and loaf cakes may be used for cup cakes successfully, except the rules for sponges and angel cakes. See the rule for Filled Cup Cakes (page 597). They are delicious.

**YELLOW CUP CAKES with NUTS, RAISINS, or CURRANTS**

Approximately 28 2-inch cakes
Sift:
- 1 cup sugar
Beat until soft:
- \( \frac{1}{2} \) to \( \frac{1}{2} \) cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:
- 2 eggs
Sift before measuring:
- \( \frac{1}{2} \) cups cake flour
Sift a little of this over:
- 1 cup broken nuts
- 1 cup raisins or 1 cup currants, washed and dried
Resift the remainder with:

- 2 teaspoons baking powder
- ½ teaspoon salt

Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

- ½ cup milk

Beat the batter after each addition until it is smooth. Add:

- 1 teaspoon vanilla
- ½ teaspoon almond extract or ½ teaspoon optional grated lemon rind

Fold in the nuts and fruit. Bake the cakes in greased pans in a moderate oven 350° for about 25 minutes.

**ONE-EGG CUP CAKES**

Prepare:

One-egg Loaf or Layer Cake
(page 542)

Add to the batter:

- 1 cup raisins or currants, washed and dried (optional)

**SPONGE CUP CAKES**

Queen Mary's Sponge Cake (page 535) baked in this way is similar to the French 'Marguerite'—a fine-grained dry tea cake.

See the Rule for Cup Cakes (page 593).

Permit them to cool in the pans.

**GOLD CUP CAKES**

About 12 2-inch cakes

An excellent rule for using 4 odd egg yolks.

Sift:

- ½ cup sugar

Beat until soft:

- ½ cup butter

Add the sugar gradually. Blend these ingredients until they are creamy.

Add:

- The grated rind of 1 orange or 1 lemon

Beat in one at a time:

- 4 egg yolks

Add:

- ½ teaspoon vanilla

Sift before measuring:

- ½ cup bread flour (1 cup less 2 tablespoons)

Resift with:

- 1 teaspoon baking powder

Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

- ½ cup milk

Stir in:

- ½ cup currants (optional)

Bake the cakes in greased muffin tins in a moderate oven 375° for about 20 minutes. Dust them with:

- Icing sugar

or spread them with:

- Orange Icing (page 636) or other icing

**ANGEL CUP CAKES (Hot-milk Cup Cakes)**

12 2½-inch cakes

Scald:

- ½ cup of milk

with:

- 2 tablespoons butter
- 1 cup sugar

Sift before measuring:

- 1 cup cake flour

Resift with:

- 1 teaspoon baking powder
- ½ teaspoon salt

Stir these ingredients into the milk mixture with:

- 1 teaspoon vanilla

Whip until foamy:

- 4 egg whites

Add:

- ½ teaspoon cream of tartar

Whip them until they are stiff but not dry. Fold them lightly into the cake batter. Bake the cakes in greased pans in a moderate oven 375° for about 10 minutes. This cake may be baked in a greased pan 9 inches square, cut into shapes and iced.

**COCOA CUP CAKES**

About 20 2-inch cakes

Sift:

- 1 cup sugar
CAKES

Beat until soft:

\[ \frac{1}{2} \text{ cup butter} \]

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

\[ 1 \frac{1}{2} \text{ cups cake flour} \]

Resift with:

\[ 2 \text{ teaspoons baking powder} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

\[ \frac{1}{4} \text{ cup cocoa} \]

Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

\[ \frac{1}{4} \text{ cup milk} \]

\[ 1 \text{ teaspoon vanilla} \]

Beat the batter until it is smooth after each addition. Bake the cakes in greased pans in a moderate oven at 375°F for about 20 minutes. Spread the tops with:

White Icing (page 628) or Chocolate Butter Icing (page 636)

**CHOCOLATE SPONGE CUP CAKES**

28 2-inch cakes

These cakes are too light to make good Filled Cup Cakes (page 597). Use one of the rules for chocolate cake.

Boil and stir:

\[ 1 \text{ cup milk} \]

\[ 2 \text{ ounces chocolate} \]

Remove these ingredients from the fire. Add and stir until dissolved:

\[ 1 \text{ cup sugar} \]

Cool this mixture. Beat in:

\[ 3 \text{ egg yolks} \]

Add:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

Sift before measuring:

\[ 1 \text{ cup cake flour} \]

Resift with:

\[ 2 \text{ teaspoons baking powder} \]

Add these ingredients to the milk mixture. Beat the batter until it is smooth. Whip until stiff but not dry.

\[ 3 \text{ egg whites} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

Fold them lightly into the batter. Bake the cakes in greased pans in a moderate oven at 350°F for about 15 minutes. Spread the tops with:

Chocolate Butter Icing (page 636)

**CHOCOLATE CUP CAKES**

Follow one of the rules in this chapter, page 547, for Chocolate Cake.

**MOLASSES SPICE CUP CAKE**

About 20 2-inch cakes

Follow the rule on page 553 for:

Molasses Spice Cake

See the Rule for Cup Cakes (page 593)

**GINGERBREAD CUP CAKES**

Prepare:

Gingerbread (page 479)

See the Rule for Cup Cakes (page 593). Bake the cakes in a moderate oven at 375°F.

**CARAMEL CUP CAKES**

32 2-inch cakes

Prepare:

Quick Caramel Cake (page 346)

Bake the cakes in greased pans in a moderate oven at 375°F for about 20 minutes. Spread the tops with any desired:

Icing (page 627)

**QUICK CARAMEL SPONGE CUP CAKE**

14 2-inch cakes

These are very tempting.

Sift:

\[ 1 \text{ cup light brown sugar} \]

Beat until very light:

\[ 2 \text{ eggs} \]

Add the sugar gradually. Beat these ingredients until they are well blended. Sift before measuring:

\[ \frac{1}{2} \text{ cup cake flour} \]

Resift with:

\[ \frac{1}{2} \text{ teaspoon baking powder} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

Add the sifted ingredients in 3 parts to the egg mixture. Beat the batter until it is smooth after each addition.
CAKES

Fold in:
- 1 cup chopped nuts (or
- 1/3 cup chopped nuts and
- 1/3 cup chopped dates)
Bake the cakes in greased pans in a moderate oven 325° for about 25 minutes. Permit them to cool in the pans.

BLACK WALNUT SPONGE CUP CAKES
Follow the preceding rule for:
Quick Caramel Sponge Cakes
Substitute for the brown sugar:
- 1 cup white sugar
Substitute for the nuts:
- 1/3 cup broken black walnuts
The egg yolks and whites may be beaten separately.

PINEAPPLE CUP CAKES
Follow the rule on page 577 for:
Pineapple Cake
See the Rule for Cup Cakes (page 393).

ORANGE CUP CAKES
Follow the rule on page 577 for:
Orange Cake
See the Rule for Cup Cakes (page 393).

PEANUT BUTTER CUP CAKES
About 22 2-inch cakes
Delicate and well flavoured.
Beat until soft:
- 1/4 cup butter
Add gradually:
- 1 cup medium brown sugar
When these ingredients are light and fluffly, beat in and blend well:
- 1/4 cup peanut butter
Combine and beat until light:
- 2 eggs
- 1/3 cup medium brown sugar
Add:
- 1 teaspoon vanilla
Sift before measuring:
- 2 cups flour
Resift with:
- 1 teaspoon salt
- 2/3 teaspoons baking powder
Beat the egg mixture into the butter mixture. Add the sifted ingredients in about 3 parts alternately with thirds of:
- 1/3 cup milk
Bake the cakes by the rule for Cup Cakes on page 393 in a moderate oven 350° for about 25 minutes. Ice them with:
Maple Icing (page 636)

SOUR-MILK SPICE CUP CAKES
24 2-inch cakes
Very lightly spiced.
Sift:
- 1 cup brown sugar
Beat until soft:
- 1/3 cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:
- 2 eggs
Add:
- 1 teaspoon vanilla
Measure:
- 1/4 cup sour milk
Sift before measuring:
- 2 1/2 cups bread flour
Resift with:
- 2 teaspoons baking powder
- 1/3 teaspoon salt
- 1/3 teaspoon cinnamon
- 1/3 teaspoon cloves
- 1/3 teaspoon bicarbonate of soda
Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of the sour milk. Beat the batter after each addition until it is smooth. Fold in:
- 1/4 cup nuts or currants
Bake the cakes in greased pans in a moderate oven 375° for about 20 minutes.

SPICE CUP CAKES
22 2-inch cakes
These economical cakes call for very little butter and no eggs. They are best baked in small tins—2 inches or less. Boil for 10 minutes:
CAKES

1 cup water
1 cup seeded raisins

Cool these ingredients well. Add:
1 cup cold water

Sift:
1 cup sugar

Add and cream until well blended:
1 tablespoon butter

Add the raisin mixture. Sift before measuring:
2 cups bread flour

Resift with:
1 teaspoon bicarbonate of soda
3 teaspoons baking powder
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon nutmeg

Add the sifted ingredients in 3 parts to the raisin mixture. Beat the batter after each addition until it is smooth.

Bake the cakes in greased pans in a moderate oven 350° for about 20 minutes.

JAM CUP CAKES

24 2-inch cakes

A slightly acid flavour makes these cup cakes unusual.

Combine and beat well:
1 cup sugar
1 cup sour cream
1 egg

Sift before measuring:
1 cup bread flour

Resift with:
1 teaspoon baking powder
1 teaspoon cloves
1 teaspoon salt
1 teaspoon bicarbonate of soda

Add the sifted ingredients in 3 parts to the sugar mixture. Beat the batter well after each addition. Fold in:

1 cup rather firm jam*
1 cup broken nuts

Bake the cakes in greased pans in a moderate oven 375° for about 20 minutes.

* Loose jam has a tendency to make the cakes soggy.

RULE for FILLED CUP CAKES

These luscious cakes are convenient to serve at large dinners, teas, or picnics.

Bake:

Cup Cakes

Remove a thin slice from the top of each and make a slight hollow in each centre. Fill the hollow with a cooked,

Cake Filling

Replace the thin slices. Spread the cakes with:

Icing

EXAMPLES:

Daffodils
White or yellow cup cakes
Orange or lemon filling
Orange or lemon icing

Chocolate Gems
Cocoa or chocolate cup cakes
Chocolate filling
Chocolate or white icing

Chocolate or other Cup Cakes à la Mode,
page 587.

INDIVIDUAL ALMOND*

TARTS

Prepare:

Galette Dough (page 501) or Sugar Cooky Dough (page 603)

Chill it for 12 hours. Pat or roll it until it is very thin. Line muffin pans with the dough. Beat until light:

3 egg yolks

Beat in gradually:
1 cup sugar
1/2 teaspoon salt

Grind in a nut mill, and add:
1 cup blanched almonds

Stir in:
1 1/2 tablespoons lemon juice

Fold in:
3 stiffly beaten egg whites

Fill the lined muffin tins with this mixture. Bake the tarts in a moderate oven 350° until done, for about 20 minutes.

* Other nuts may be substituted.
THE most quickly made of all small cakes. The following batters are baked in shallow pans. Sometimes the cakes are iced; sometimes they are rolled in icing sugar; but as a rule they are merely cut into shapes and served.

**BROWNIES I (FUDGE SQUARES)**

About 48 1-by-2-inch bars

'Than which there are no others.'

Sift:

- 2 cups sugar
- Melt, then cool:
  - 4 ounces chocolate
  - 1/4 cup butter

Beat until light:

- 4 eggs
- 1/4 teaspoon salt

Add the sifted sugar gradually. Continue to beat until these ingredients are light and creamy. Fold in the melted mixture and:

- 1 teaspoon vanilla

Sift and add:

- 1 cup bread flour

Beat the batter until it is smooth. Fold in:

- 1 cup nuts

Line a 9-by-13-inch pan with heavy waxed paper. Pour in the batter. Bake the cake in a moderate oven 325° for about 30 minutes. When it is cold cut it into oblongs or squares.

**BROWNIES II (BAKED FUDGE)**

About 48 1 1/4-inch squares

A lighter bar than Brownies I, even better.

Sift:

- 1 cup sugar

Beat until soft:

- 3 tablespoons butter

Beat until light:

- 2 eggs

Add the sugar gradually to the butter. As it is difficult to cream this small amount of butter, add 1/4 of the eggs. Blend these ingredients until they are creamy. Beat in the remaining egg. Melt, then cool and add:

- 2 ounces chocolate

Stir in:

- 3 1/2 tablespoons bread flour
- 1 teaspoon vanilla
- 1 cup broken nuts

Line an 8-by-12-inch pan with heavy waxed paper. Spread the batter in it. If there is no pan of that size spread the batter in some other pans to the depth of about 1/3 inch. Bake the fudge in a 325° oven for about 30 minutes. Cut it into squares.

**BUTTERSCOTCH BROWNIES**

32 thin 1 by 2-inch bars

Easily made and so good that they deserve attention.

Melt in a saucepan:

- 1/4 cup butter

Stir into it until dissolved:

- 1 cup brown sugar

Cool these ingredients slightly. Beat in:

- 1 egg
- 1 teaspoon vanilla

Sift, then measure:

- 1/4 cup bread flour

Resift it with:

- 1 teaspoon baking powder
- 1/4 teaspoon salt

Stir these ingredients into the butter mixture. Add:

- 1 cup finely chopped nuts

Pour the batter into a greased 8-by-8-inch pan lined with waxed paper. Bake it in a moderate oven 350° for about 30 minutes. Cut the cake into bars.

**COCO-NUT BARS or CHEWS**

Follow the preceding rule for:

Butterscotch Brownies

Omit the nuts. Substitute:

- 1/4 cup grated or desiccated coco-nut
CAKES

CHOCOLATE MOLASSES BROWNIES

2 1-by-2-inch bars

Melt:
\(\frac{1}{4}\) cup butter
2 ounces chocolate

Add:
\(\frac{1}{4}\) cup sugar
\(\frac{1}{4}\) cup molasses (treacle)

Cool slightly. Add:
2 beaten eggs
\(\frac{1}{2}\) teaspoon vanilla

Combine and stir in:
\(\frac{1}{4}\) cup sifted bread flour
\(\frac{1}{4}\) teaspoon baking powder
\(\frac{1}{4}\) teaspoon salt

\(\frac{1}{4}\) cup nuts

Bake these ingredients in a greased 8-by-8-inch pan in a moderate oven at 325° for about \(\frac{1}{2}\) hour.

DATE BARS I

About 42 2\(\frac{1}{2}\)-by-1-inch bars

This delicious date bar remains soft and fresh for a long time.

Sift:
\(\frac{1}{4}\) cup sugar

Beat until light:
3 eggs

Add the sugar gradually. Blend these ingredients until they are very light.

Add about:
2 cups chopped dates
\(\frac{1}{2}\) cup broken nuts

Sift before measuring:
\(\frac{1}{2}\) scant cup bread flour

Resift with:
\(\frac{1}{2}\) teaspoon baking powder
\(\frac{1}{4}\) teaspoon salt

If spices are desired add:
\(\frac{1}{2}\) teaspoon cloves
\(\frac{1}{2}\) teaspoon cinnamon (optional)

Add the sifted ingredients to the egg mixture with:
\(\frac{2}{3}\) teaspoon vanilla

Beat the batter until the ingredients are well blended. Pour it into a 9-by-13-inch pan lined with buttered paper. Bake it in a moderate oven at 325° for about 25 minutes. When the cake is cool cut it into bars. Roll them in:

DATE BARS II

About 42 2\(\frac{1}{2}\)-by-1-inch bars

The virtue of this bar is that it calls for egg yolks only.

Sift:
\(\frac{2}{3}\) cup sugar

Beat until soft:
\(\frac{1}{4}\) cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Add:
\(\frac{1}{2}\) teaspoon vanilla
\(\frac{1}{4}\) teaspoon salt

In a separate dish beat well:
5 or 6 egg yolks

Add and beat:
2 tablespoons cold water

Stir these ingredients into the creamed butter mixture. Sift:
\(\frac{3}{4}\) cups cake flour

Stir it gradually into the batter. Add:
2 cups chopped dates
\(\frac{1}{2}\) cup broken nuts

Spread the dough in a greased 9-by-13-inch pan. Bake it in a moderate oven at 375°. When the cake is cool cut it into bars and roll them in:

DATE BARS III

About 36 1\(\frac{1}{4}\)-by-2-inch bars

Rich, crisp bars.

Cut into quarters:
\(\frac{1}{4}\) cups dates

Sprinkle over them:
\(\frac{1}{2}\) tablespoons lemon juice

Sift:
\(\frac{1}{4}\) cup sugar

Beat until soft:
\(\frac{1}{4}\) cup butter

Add the sugar gradually. Blend these ingredients until they are creamy. Beat in one at a time:
2 eggs

Add:
\(\frac{1}{2}\) teaspoon vanilla

Sift before measuring:
\(\frac{1}{2}\) cup bread flour

Resift with:
2 teaspoons baking powder
\(\frac{1}{4}\) teaspoon salt
Cakes

Add the sifted ingredients to the butter mixture in 3 parts alternately with:
   2 tablespoons milk
Beat the batter until it is smooth after each addition. Add the dates and:
   1 cup broken nuts
Bake the cake in a greased 8-by-12-inch pan or in a pan lined with waxed paper in a slow oven 325° for about 40 minutes. When it is cool cut it into bars.

Christmas Cakes with Molasses and Chocolate, page 621; Christmas Chocolate Bars, page 622.

Do not overlook these cakes. Whatever I might say in their praise would be an understatement.

Filled Bars

Cover the bottom of a greased pan with a very thin layer of any good Cooky Dough (page 602). Spread it with a filling (jam, fig, raisin, nut, mincemeat, etc.). Cover it with a very thin layer of cooky dough. Bake the cake by the rule for Cooky Dough. While warm, cut the cake into bars.

Pecan Slices

About 48 1-by-2-inch bars
Many a copy of The Joy of Cooking has been sold on the strength of this recipe. Sift before measuring:
   1 cup bread flour
Combine it until it is blended to a smooth paste with:
   1 cup butter
Spread this mixture in a 9-by-12-inch pan. Bake it in a moderate oven 350° for 12 minutes. Spread the cake with the following mixture.
Combine:
   2 beaten eggs
   1/2 cup brown sugar
   1 cup grated coco-nut *
   1 cup chopped pecans or walnuts
   2 tablespoons flour
   1 teaspoon baking powder
   1 teaspoon salt
   1 teaspoon vanilla
Bake the cake in a moderate oven 350° for 25 minutes. When it is cool spread it with:
   1/4 cups icing sugar
thinned to a good consistency to spread with:
   Lemon juice
Cut the cake into oblongs.
* If preferred omit the coco-nut and use all 1 1/4 cupfuls of nuts.

Gumdrop Bars

About 48 1-by-2-inch bars
Well liked by children. The better the gumdrop, the better the bars. See Gumdrop Cookies, page 615.

Combine, then sift:
   1 cup sifted bread flour
   1/2 teaspoon salt
   1/2 teaspoon cinnamon
Prepare:
   1 cup chopped pecans or walnuts
   1 cup shredded gumdrops
   (liquorice flavour omitted)
Sprinkle about 1/4 of the flour mixture over these ingredients. Beat until light:
   2 eggs
   1/2 tablespoon water
Add gradually:
   1 cup light brown sugar
When the sugar is well blended, stir in the flour mixture and last the nuts and gumdrops. Spread the batter in a greased 9-by-12-inch pan. Bake it in a moderate oven 350° for about 1/2 hour. Ice the cake while warm with the icing given under the preceding Pecan Slices. Cut it into bars while warm and remove from the pan.

Caramel Rice Crispies or Cornflake Bars

About 48 1-by-2-inch bars
These may be classed as a cake or confection.
Melt over low heat:
   4 tablespoons butter (1/4 cup)
Cut into quarters and dissolve in it:
   12 marshmallows
Remove from fire and stir in:
   1/4 box (2 1/2 oz.) rice crispies, cornflakes, etc.
Pat quickly into a small greased pan. Cut and serve.
CHOCOLATE RICE CRISPIES or CORNFLAKE BARS

About 48 1-by-2-inch bars

Melt in a double boiler:
6 tablespoons butter
½ pound marshmallows

Melt, then stir in:
4 ounces semi-sweet chocolate

Blend well. Remove from heat. Add:
½ teaspoon vanilla

Butter a large bowl. Place in it:
3½ cups rice crispies, cornflakes, etc.

Pour the chocolate mixture over the cereal. Stir it well. Pat it into a shallow buttered 9-by-12-inch pan. When cool cut it into bars.

SPONGE CAKE or ANGEL CAKE BARS or BALLS

Bake in bread pans:
Sponge Cake (page 534) or Angel Cake I (page 536)

When the cake is cold, cut into 1-inch slices, then into bars 1 inch thick and about 2 inches long. Spread the bars with any good:
Uncooked Icing* or other icing (page 636)

Roll them in:
Chopped nuts or shredded coconut

To make balls, bake the batter in deep muffin tins. While warm, shape the cakes into balls with the hands. Ice them as directed or use Boiled White Icing (page 628).

* Let the icing be rather soft, as that will make it easier to spread on these light cakes.

CHOCOLATE ALMOND BARS

Blanch and shred:
1 cup almonds

Melt then cool:
1½ ounces chocolate*

Sift:
1½ cups icing sugar

Whip until stiff:
3 egg whites

Add the sifted sugar very slowly.

MOLASSES BARS I

It is difficult to choose between the two following recipes for Molasses Bars, as they seem to be equally good. No. I is crisper and more delicate than No. II, but it yields a smaller crop.

Sift:
½ cup castor sugar

Beat until soft:
½ cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

1 egg
½ cup molasses (treacle)
½ teaspoon salt
½ teaspoon bicarbonate of soda

Sift before measuring:
½ cup bread flour

Add the flour in 3 parts to the butter mixture. Stir in:

1 teaspoon vanilla

Beat the batter after each addition until it is smooth. Fold in:
1 cup broken nuts

Bake the batter in a greased 8-by-8-inch pan in a moderate oven 375° for about 15 minutes. Cut the cake into bars before it is cold. Roll them in:

Castor sugar

MOLASSES BARS II

Sift:
½ cup sugar

Beat until soft:
½ cup butter
CAKES

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

- 1 egg
- ¼ cup molasses (treacle)

Sift before measuring:
- 2 cups bread flour

Resift with:
- ½ cup rolled oats or crushed corn-flakes
- ½ cup wholemeal biscuit crumbs
- ½ teaspoon salt

Stir the sifted ingredients gradually into the butter mixture. When they are well blended stir in:
- ½ cup chopped nuts
- ½ cup shredded coco-nut

Spread the dough on a greased sheet. Bake it in a hot oven 400° for about 30 minutes. Cut the cake into squares while it is warm.

CHOCOLATE CRISPIES

This thin cake is served broken into pieces. It is similar to a brownie.

Melt, then cool:
- 2 ounces chocolate
- ½ cup butter

Beat well:
- 2 eggs

Beat in slowly and blend well:
- 1 cup sugar

Add:
- 1 teaspoon vanilla

and the chocolate mixture. Sift before measuring:
- 1 cup bread flour

Resift with:
- 1 teaspoon baking powder
- ½ teaspoon salt

Stir the sifted ingredients into the chocolate mixture and:
- ½ cup broken nuts

Spread the dough in a 9-by-12-inch pan lined with waxed paper. Bake the crispies in a moderate oven 375° for about 17 minutes.

COOKIES

RULE FOR ROLLING COOKIES

Avoid the use of flour if possible when rolling cooky dough. An easy way is to roll it between sheets of waxed paper. This obviates the use of flour on the board and on the roller. It is not necessary to roll cooky dough. It may be patted with the palm of the hand. Chilled dough may be handled more readily than warm dough.

To keep cookies from sticking to the pans spread the pans with beeswax.

Simple decorations add a great deal to the appearance (or disappearance)
of cookies. They may be cut into small attractive shapes. They may be
decorated before being baked with blanched almonds cut in halves, nuts,
pieces of candied cherry, raisins, currants, fruit peel, or a sprinkling of
sugar. You may make cookies glossy by spreading them, before baking,
with cream or evaporated milk. When the cookies are taken from the oven
they may be sprinkled with coloured or chocolate candy shot, or with
coloured sugar, or they may be decorated with dabs of jelly. They may be
iced with chocolate, white, or coloured icing.

**PLAIN COOKIES**

About 30 crisp 3-inch cookies

Sift:
1 cup sugar
Beat until soft:
4 tablespoons butter
Add the sugar gradually. Blend these
ingredients until they are creamy.

Combine:
1 egg
3 tablespoons milk
1 teaspoon vanilla

Sift before measuring:
2 cups bread flour
Resift with:
1 teaspoon baking powder
½ teaspoon salt
Add the flour to the butter mixture in
about 3 parts alternately with thirds of
the milk mixture. Beat the batter after
each addition. Chill the dough until
it is firm enough to roll. Roll it into
a thin sheet. (See the preceding rule
for Cookies.) Cut it into shapes. Sprinkle the cookies with:

Sugar
Bake them on a greased tin in a moder-
ate oven 375° for about 9 minutes.

**SUGAR COOKIES**

About 40 3-inch cookies

These are richer than the preceding
plain soft cookies.

Sift:
1 cup sugar
Beat until soft:
½ cup butter
Add the sugar gradually. Blend these
ingredients until they are creamy.
Beat in:
1 egg
Add:

1 teaspoon vanilla or 1 teaspoon
grated lemon rind

Sift before measuring:
2 cups bread flour
Combine:
1 cup thick sour cream or rich
milk
½ teaspoon bicarbonate of soda
½ teaspoon salt
Add the flour to the butter mixture in
3 parts alternately with thirds of the
cream. Beat the batter until it is
smooth after each addition. Chill the
dough for 12 hours or more. Roll it
out until it is very thin. Use as little
flour as possible or roll the dough
between sheets of waxed paper. Cut
it into shapes.

Decorate each cooky with a:

Nut
Sprinkle the cookies with:

Sugar
Bake them on greased tins in a moder-
ate oven 375° for about 10 minutes.

**CRISP SUGAR COOKIES**

(Eggless)

Prepare the preceding:
Sugar Cookies
Omit the egg. Substitute for the soda:
1 teaspoon baking powder
Resift the flour with the:
Baking powder

**JAM COOKIES**

Prepare by one of the preceding rules:
Dough for cookies
Roll it into 1-inch balls. Make a de-
pression in each ball. Fill it with:

Jam or preserves

Close the opening. Place the balls well
apart on a greased cooky sheet. Bake
the cookies as directed.
**CAKES**

**FILLED COOKIES**

Use one of the preceding rules for:

Plain Cookies or Sugar Cookies

Roll and cut the dough into rounds. Place between two rounds, raisin filling; or, this filling may be placed on half a round and the round doubled over.

Raisin Filling

Boil and stir until thick:
- 1 cup chopped raisins *
- 6 tablespoons sugar
- 5 tablespoons boiling water
- ¼ teaspoon grated lemon rind
- 2 teaspoons lemon juice
- 2 teaspoons butter
- ½ teaspoon salt

* Figs or dates may be substituted.

**MERINGUE JAM COOKIES or RUSSIAN JAM COOKIES**

About 3½ x-by-2-inch cookies

The addition of jelly and meringue makes this a distinctive cooky.

Sift:
- ½ cup sugar

Beat until soft:
- 6 tablespoons butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:
- 1 egg yolk

Stir in:
- ¼ teaspoon vanilla
- 2 tablespoons cream

Sift before measuring:
- 1½ cups cake flour

Resift with:
- 1 teaspoon baking powder

Stir the sifted ingredients into the butter mixture. Chill the dough for 1 or 2 hours. Roll it until it is very thin. Cut it into oblongs. Spread the cookies with:

Tart jam or jelly

Cover them with the following meringue. Whip until stiff:
- 1 egg white

Add very slowly, beating constantly:
- 5 tablespoons sugar

Fold in:
- 1 teaspoon cinnamon
- 6 tablespoons chopped nuts

Bake the cookies on a greased tin in a moderate oven 350° for about 12 minutes.

*Prague Cookies, page 623

A richer version of the preceding cooky. See also Macaroon Jam Tarts, page 615.

**SAND TARTS**

About 80 1¼-inch cookies

The only objection to sand tarts is that they go so very fast.

Sift:
- 1½ cups sugar

Beat until soft:
- ½ cup butter

Add the sugar gradually. Blend these ingredients until they are very soft and creamy. Beat in:
- 1 egg
- 1 egg yolk
- 1 teaspoon vanilla
- 1 teaspoon grated lemon rind (optional)

Sift before measuring:
- 3 cups bread flour

Resift with:
- ½ teaspoon salt (if butter is unsalted)

Stir the flour gradually into the butter mixture until the ingredients are well blended. Chill the dough for several hours. Roll it until it is very thin. (see page 602 for Rolling Cookies.) Cut it into rounds. Brush the tops of the cookies with:

The white of an egg

Sprinkle them generously with:

Sugar

Garnish them with:

Blanched, split almonds (optional)

Bake them on greased sheets in a quick oven 400° for about 8 minutes.

A good sand tart with a slightly different flavour may be made by following this rule and substituting for white sugar 1½ cups brown sugar.

**SCOTCH SHORTBREAD**

These are rich crumbly cookies.

Sift:
- ¼ cup icing sugar
Beat until soft:

1 cup butter

Add the sugar gradually. Cream these ingredients until they are blended.

Add:

1 teaspoon vanilla or \( \frac{1}{2} \) teaspoon freshly ground nutmeg

Combine, then work in with the hands:

2 cups sifted bread flour
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) teaspoon baking powder

Roll the dough to the thickness of \( \frac{3}{4} \) inch. Cut it into squares. Bake them on a greased sheet in a moderate oven \( 375^\circ \) for about 20 minutes.

**CRISP MOLASSES COOKIES**

(Eggless)

About 30 \( \frac{3}{4} \)-inch cookies

Blend until creamy:

2 tablespoons butter
2 tablespoons sugar

Beat in:

\( \frac{1}{2} \) cup molasses (treacle)

Sift before measuring:

\( \frac{3}{4} \) cup cake flour

Resift with:

\( \frac{1}{2} \) teaspoon bicarbonate of soda
\( \frac{1}{2} \) teaspoon salt

Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

3 tablespoons water

Roll the dough to the thickness of \( \frac{3}{4} \) inch. See Rule for Rolling Cookies (page 602). Cut it with a biscuit cutter and bake the cookies in a greased tin in a moderate oven \( 350^\circ \) for about 8 minutes.

*Soft Molasses Drop Cakes, page 610.*

**SOUR-CREAM COOKIES**

Follow the rule on page 607 for:

Sour-cream Drop Cookies

Use in all:

2 cups bread flour

Chill the dough before rolling it.

**GINGER SNAPS**

About 80 \( \frac{3}{4} \)-inch cookies

Sift:

1 cup brown sugar

Beat until soft:

1 cup shortening

Add the sugar gradually. Blend these ingredients until they are creamy.

Beat in:

1 egg
1 cup dark molasses (black treacle)
1 tablespoon vinegar

Sift before measuring:

4 cups bread flour

Resift with:

A few grains of cayenne
\( \frac{1}{2} \) teaspoon bicarbonate of soda
\( \frac{1}{2} \) teaspoon salt
4 teaspoons ginger*

Stir the sifted ingredients into the sugar mixture. Roll the dough until it is very thin. Cut it into rounds. Bake them in a moderate oven \( 350^\circ \) for about 8 minutes.

* If you like a more heavily spiced cooky add:

\( \frac{1}{2} \) teaspoon cinnamon
\( \frac{1}{2} \) teaspoon cloves

**OATMEAL COOKIES**

(White sugar, unspiced)

Sift:

\( \frac{1}{2} \) cup sugar

Beat until soft:

6 tablespoons butter

Add the sugar gradually. Blend these ingredients until they are creamy. Add:

1\( \frac{1}{2} \) cups rolled oats

Sift before measuring:

\( \frac{1}{2} \) cup cake flour

Resift with:

\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) teaspoon bicarbonate of soda
\( \frac{1}{2} \) teaspoon cream of tartar

Add the sifted ingredients to the batter alternately with:

\( \frac{1}{2} \) cup water

1 teaspoon vanilla, combined with the water

Roll the dough to the thickness of \( \frac{3}{4} \) inch. Cut it into shapes. Bake the cookies on a greased sheet in a hot oven \( 400^\circ \) for 10 or 12 minutes.

*Oatmeal Drop Cookies, page 612.*
CAKES

DROP CAKES

Whoever invented drop cakes deserves a decoration—that is so much more effective than a vote of thanks.

Here they are—a varied array—delicious to eat, fine to keep on hand, and painless to manufacture. The three following recipes make very light cookies that are good to serve with rich desserts.

VANILLA WAFERS or DROP CAKES

About 30 2 1/2-inch cookies
This cooky is supposed to live up to its name and be very thin.
Sift:

½ cup sugar
Cream it with:
2 tablespoons butter
Beat in:

1 egg
½ teaspoon vanilla
½ teaspoon grated lemon rind (optional)
Sift:

½ cup bread flour
Resift with:

¼ teaspoon salt
1 teaspoon baking powder
Add the sifted ingredients to the sugar mixture in 3 parts alternately with:
3 tablespoons milk
Beat the batter after each addition until it is smooth. Drop it from a teaspoon on to a greased baking sheet. Place the spoonfuls well apart, as the dough spreads readily. Bake the cookies in a moderate oven 350° for about 7 minutes.

LEMON WAFERS or DROP CAKES

Follow the preceding rule for:
Vanilla Wafers
Substitute for the vanilla:
1 teaspoon lemon juice
Add:

¼ teaspoon grated lemon or orange rind

COCOA WAFERS or DROP CAKES

Follow the preceding rule for:
Vanilla Wafers
Deduct 3 tablespoonfuls of flour. Substitute:
3 tablespoons cocoa

BROWN SUGAR DROP CAKES

These luscious cookies were served at a tea, after which I could hardly wait until I knew my hostess well enough to ask her for the recipe. (I didn’t.)

Sift:

1 cup dark brown sugar
Add to it:
3 tablespoons bread flour
Whip until stiff:
2 egg whites *
¼ teaspoon salt
Fold in the sugar mixture and:
2 cups whole or chopped pecans**
1½ teaspoons vanilla
Drop the batter from a teaspoon well apart on a greased tin. Follow the rule for Vanilla Wafers (page 606).

* Two whole eggs may be used.
** The nuts may be omitted. The result will be a thin, well flavoured wafer.

YOLK DROP CAKES with CURRANTS

About 60 2-inch cookies
Sift:

1½ cups sugar
Beat until soft:
¼ cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:
3 egg yolks
1 teaspoon vanilla
¼ teaspoon grated lemon rind (optional)
Sift before measuring:
2½ cups bread flour
Resift with:
1½ teaspoons baking powder
Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:
¼ cup milk
CAKES

Beat the batter until smooth after each addition. Stir in:

½ to 1 cup currants * washed and dried

Drop the batter from a teaspoon on to a greased baking sheet. Bake the cookies in a moderate oven 350° for about 10 minutes.

* Raisins or nuts may be substituted.

CHOCOLATE NUT DROP CAKES

About 50 2-inch cookies

Good and quickly made.

Follow the rule on page 398 for:

Brownies I (Fudge Squares)

Use only ½ the amount of all ingredients given except flour and nuts. Use in all:

½ cup flour
1 cup sugar
2 ounces grated chocolate

Drop the batter from a teaspoon—well apart—on a greased baking sheet. Bake the cookies in a moderate oven 350° for about 8 minutes.

CHOCOLATE, RAISIN, and NUT DROP CAKES

About 50 2¼-inch cookies

Not nearly so rich as the preceding rule. Reminiscent of the Sunday motorist who said: 'Nice town we are coming to, wasn’t it?'

Boil for 3 minutes and cool:

½ cup water
½ cup sugar
2 ounces grated chocolate

Sift:

1 cup sugar
Beat until soft:

½ cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:

2 eggs

Stir in the chocolate mixture and:

1 teaspoon vanilla

Sift before measuring:

1¼ cups cake flour

Resift with:

2 teaspoons baking powder

Stir the sifted ingredients into the butter mixture. Beat the batter until it is smooth. Fold in:

1 cup broken nuts
1 cup chopped raisins, dates, figs, or dried apricots

Drop the batter from a teaspoon—well apart—on to a greased baking sheet. Bake the cookies in a moderate oven 375° for about 8 minutes.

SOUR-CREAM DROP COOKIES

About 40 2-inch cookies

Cream:

2 tablespoons butter
1 cup sugar

Beat in:

1 egg
½ cup sour cream*
1 teaspoon vanilla or grated orange or lemon rind

Sift, then beat in:

½ cups sifted bread flour
1 teaspoon bicarbonate of soda
1 teaspoon salt

Drop the batter from a teaspoon well apart on to a greased cookie sheet. Sprinkle the cookies with sugar. Garnish each cookie with a nut or a raisin (optional). Bake them in a moderate oven 375° for about 8 minutes.

* Sour milk may be substituted. In that case use 4 tablespoons of butter.

SUGAR DROP COOKIES

About 45 2-inch cookies

Cream:

½ cup butter

Add gradually and beat until creamy:

6 tablespoons brown sugar
6 tablespoons white sugar

Beat in:

1 egg
½ teaspoon vanilla

Sift and stir in:

1 cup and 2 tablespoons bread flour
1 teaspoon salt
1 teaspoon bicarbonate of soda

Stir in:

1 cup chopped nuts, raisins, dates, figs, or currants.
CAKES

Drop the batter from a teaspoon well apart on a greased cooky sheet. Bake the cookies in a moderate oven 375° for about 8 minutes.

CHOCOLATE CHIP DROP COOKIES

A specially prepared chocolate may be bought for use in cookies. Any semi-sweet chocolate may be substituted, cut into pea-sized pieces. Use it as you would raisins, nuts, etc. Follow the preceding recipe for:

Sugar Drop Cookies

Use only:

\( \frac{1}{2} \) cup chopped nuts

Add:

\( \frac{1}{2} \) cup chopped chocolate

ORANGE DROP COOKIES (Iced or Filled)

About 30 2-inch cookies

Cream:

\( \frac{1}{2} \) cup light brown sugar
6 tablespoons butter

Beat in:

1 egg

Add:

1 teaspoon grated orange rind
\( \frac{1}{2} \) cup orange juice

Sift before measuring:

1\ 1/2 cups bread flour

Resift with:

\( \frac{1}{2} \) teaspoon bicarbonate of soda
\( \frac{1}{2} \) teaspoon baking powder

Sift these ingredients into the sugar mixture. Drop the batter from a teaspoon on to a greased baking sheet. Bake the cookies in a moderate oven 350° for about 7 minutes. Ice or fill the cookies with:

Orange Icing (page 656)

ORANGE MARMALADE DROP CAKES

About 48 2-inch cookies

This cooky, like the following one, is chewy, and besides is pleasantly acid in flavour.

Sift:

\( \frac{1}{2} \) cup sugar

Beat until soft:

\( \frac{1}{2} \) cup butter

Add the sugar gradually. Blend these ingredients until they are light and creamy. Beat in:

1 whole egg
6 tablespoons orange marmalade

Sift:

1\ 1/2 cups bread flour *

Resift with:

2 teaspoons baking powder

Stir the sifted ingredients into the butter mixture. Drop the batter from a teaspoon—well apart—on a greased sheet. Bake the cookies in a moderate oven 375° for about 8 minutes.

* It is difficult to gauge the right amount of flour to be used as marmalades differ a great deal in consistency. Follow this rule, then try out one or two cookies. If they are too dry, add a little more marmalade; if they are too moist add a little more flour.

HONEY DROP CAKES

About 65 soft, chewy 2-inch cookies

Sift:

1 cup sugar

Beat until soft:

\( \frac{1}{2} \) cup butter

Add the sugar gradually. Blend these ingredients until they are very light and fluffy. Add:

2 tablespoons honey
\( \frac{1}{2} \) teaspoon salt

Beat in one at a time:

2 eggs

Add:

\( \frac{1}{2} \) teaspoon vanilla

Sift before measuring:

1\ 1/2 cups bread flour

Resift with:

2 teaspoons baking powder

Stir the sifted ingredients into the butter mixture. Drop the batter—\( \frac{1}{2} \) teaspoonful at a time—2 inches apart on a greased sheet. Garnish each cooky with a:

Nut

Bake the cookies in a hot oven 400° for about 12 minutes.
CAKES

BUTTER THINS
About 60 2-inch cookies
Not quite so rich or quite so thin as the following Butter Wafers.
Sift:
\[ \frac{1}{2} \text{ cup sugar} \]
Beat until soft:
\[ \frac{1}{2} \text{ cup butter} \]
Add the sugar gradually. Blend these ingredients until they are very creamy.
Beat in one at a time:
\[ 2 \text{ eggs} \]
Add:
\[ 1 \text{ teaspoon vanilla} \]
Sift before measuring:
\[ 1 \frac{1}{4} \text{ cups bread flour} \]
Resift with:
\[ 1 \text{ teaspoon salt} \]
Stir the sifted ingredients into the batter. Drop it from a teaspoon well apart on to a greased sheet. Make the cookies about \( 1 \frac{1}{4} \) inches in diameter.
Decorate each one with a:
Nut
Bake them in a hot oven 400° until the edges are brown.

BUTTER WAFERS
About 36 2\( \frac{1}{2} \)-inch cookies
These wafers are as thin as paper. They have brown edges.
Sift:
\[ \frac{1}{2} \text{ cup sugar} \]
Beat until soft:
\[ \frac{1}{2} \text{ cup butter} \]
Add the sugar gradually and blend these ingredients until they are very light and fluffy. Beat in:
\[ 1 \text{ egg or } 2 \text{ egg yolks} \]
Add:
\[ 1 \text{ teaspoon vanilla} \]
\[ 1 \text{ teaspoon grated lemon rind} \]
Sift before measuring:
\[ 1 \frac{1}{4} \text{ cups bread flour} \]
Stir the flour into the butter mixture until it is well blended. Drop the batter from the tip of a spoon—well apart—on to a greased tin. Spread it with a spatula, or a finger, dipped in ice water. Garnish the cookies with:
Nuts or pieces of candied cherries
Bake them in a moderate oven 375° until the edges are brown. Watch them closely. Slip them from the tins while they are hot. As this cooky cools quickly it is wise to grease the pans lightly with warm beeswax. This makes it easy to remove them.

BUTTER COOKIES with POPPY SEEDS
Please read the introductory paragraph under Yolk Cookies I (page 626). They are similar to these good cookies, which may be rolled into shape.
Sift:
\[ \frac{1}{2} \text{ cup sugar} \]
Beat until soft:
\[ \frac{1}{2} \text{ cup butter} \]
Add the sugar gradually. Blend these ingredients until they are creamy.
Beat in:
\[ 1 \text{ egg} \]
\[ 1 \text{ teaspoon almond extract} \]
Sift before measuring:
\[ 2 \text{ cups bread flour} \]
Resift with:
\[ 1 \text{ teaspoon baking powder} \]
\[ 1 \text{ teaspoon salt} \]
Stir the sifted ingredients into the batter. Stir in:
\[ \frac{1}{4} \text{ cup poppy seed (optional)} \]
Bake the cookies in a hot oven 400° for 10 or 12 minutes.

RICH BUTTER WAFERS
Richer than any of the preceding butter cookies.
Sift:
\[ 1 \text{ cup sugar} \]
Beat until soft:
\[ 1 \text{ cup butter} \]
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:
\[ 1 \text{ whole egg} \]
\[ 1 \text{ teaspoon vanilla or } \frac{1}{4} \text{ teaspoon grated lemon rind} \]
Sift:
\[ 2 \text{ cups cake flour} \]
Resift, if butter is unsalted, with:
\[ \frac{1}{4} \text{ teaspoon salt} \]
Stir the flour gradually into the butter
mixture. Roll the dough into ½-inch balls. Place them on a greased baking sheet. Decorate each cookie with a nut. Bake them in a moderate oven 375° until the edges are light brown.

**SOFT MOLASSES DROP CAKES**

About 30 2½-Inch cookies

Sift:

½ cup brown sugar

Beat until soft:

½ cup shortening

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

1 egg

½ cup molasses (trecacle)

Measure:

½ cup sour milk

Sift before measuring:

2½ cups cake flour

Resift with:

1 teaspoon cinnamon

1 teaspoon ginger

½ teaspoon cloves

½ teaspoon salt

1 teaspoon bicarbonate of soda

Add the sifted ingredients in 3 parts to the sugar mixture alternately with thirds of the sour milk. Beat the batter until it is smooth after each addition. Add:

½ cup chopped raisins (optional)

Drop the batter from a teaspoon on to a greased tin. Bake the cookies in moderate oven 350° from 7 to 10 minutes.

**COLUMBIA DROP CAKES**

About 30 2-inch cookies

Sift:

½ cup brown sugar

Beat until soft:

½ cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in one at a time:

2 eggs

Sift before measuring:

1½ cups bread flour

Resift with:

½ teaspoon bicarbonate of soda

1 teaspoon cinnamon

1 teaspoon cloves

½ teaspoon allspice

½ teaspoon salt

Add the sifted ingredients in 3 parts to the butter mixture alternately with thirds of:

½ cup water

Beat the batter until it is smooth after each addition. Stir in:

1 cup broken nuts

1 cup raisins, chopped dates or figs

Drop the batter from a teaspoon on to a greased tin. Bake the cookies in a moderate oven 350° for about 12 minutes.

**OLD-FASHIONED MOLASSES DROP CAKES**

About 42 2-inch cookies

These are highly spiced.

Sift:

½ cup sugar

Beat until soft:

½ cup shortening

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

1 egg

½ cup molasses (trecacle)

Measure:

½ cup sour milk

Sift before measuring:

2½ cups cake flour

Resift with:

1 teaspoon cinnamon

1 teaspoon ginger

½ teaspoon cloves

½ teaspoon salt

1 teaspoon bicarbonate of soda

Add the sifted ingredients in 3 parts to the sugar mixture alternately with thirds of:

½ cup water

Beat the batter until it is smooth after each addition. Stir in:

1 cup broken nuts

1 cup raisins, chopped dates or figs

Drop the batter from a teaspoon on to a greased tin. Bake the cookies in a moderate oven 350° for about 12 minutes.
CAKES

ROCKS
About 90 2½-inch cookies
Sift:
1 cup sugar
Beat until soft:
1 cup butter
Add the sugar gradually. Blend these ingredients until they are creamy. Beat in one at a time:
3 egg yolks
Add:
1 teaspoon vanilla
1 teaspoon cinnamon
½ teaspoon cloves
Dissolve:
1 teaspoon bicarbonate of soda
in:
1½ tablespoons boiling water
Add these ingredients to the butter mixture. Sift before measuring:
2½ cups bread flour
Sift a little of it over:
1 cup broken nuts
1 cup chopped raisins or dates
½ cup chopped citron
Add the rest of the flour to the batter. Stir in the nuts, raisins, and citron.
Whip until stiff:
3 egg whites
½ teaspoon salt
Fold them into the batter. Drop it from a teaspoon well apart on to a greased sheet. Bake the rocks in a moderate oven 375° for about 12 minutes.

BRAN COOKIES
About 48 2-inch cookies
Sift before measuring:
1 cup bread flour
Resift with:
½ teaspoon bicarbonate of soda
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon cloves
1 cup sugar
Add and mix well with the sifted ingredients:
3 cups bran
Combine and beat well:
2 beaten eggs
½ cup milk
1 cup molasses (treacle)
1 cup melted butter or shortening
Beat these ingredients into the bran mixture until they are well blended. Drop the batter from a teaspoon 2 inches apart on a greased tin. Bake the cookies in a hot oven 425° for about 12 minutes.

HERMITS
About 40 2-inch cookies
Sift:
1 cup brown sugar
Beat until soft:
½ cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:
1 egg
½ cup sour cream, sour milk, or strong coffee*
Sift before measuring:
1½ cups bread flour
Resift with:
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon bicarbonate of soda
Add the sifted ingredients to the butter mixture. Beat the batter until it is smooth. Stir in:
1 cup raisins, chopped
½ cup nuts
½ cup coco-nut may be added if desired
Drop the batter from a teaspoon on to a greased sheet. Bake the cookies in a moderate oven 375° for about 15 minutes.
* If coffee is used the spices may be omitted.

ROLLED OATS MACAROONS
About 36 2-inch cookies
Inexpensive and good.
Combine and beat well:
2½ teaspoons melted butter
1 cup sugar or brown sugar, closely packed
2 egg yolks
2½ cups rolled oats
2 teaspoons baking powder
1 teaspoon vanilla
Whip until stiff:
2 egg whites
½ teaspoon salt
CAKES

Fold them into the other ingredients. Drop the batter from a teaspoon 3 inches apart on a lightly greased baking tin. Bake the cookies in a moderate oven 375° for about 10 minutes.

**OATMEAL DROP COOKIES**
(Brown sugar and spices)

About 50 2-inch cookies
Sift:
1 cup brown sugar, closely packed
Beat until soft:
½ cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:
1 egg
Sift before measuring:
1 1/4 cups cake flour
Resift with:
2 teaspoons baking powder
½ teaspoon salt
2 teaspoons cinnamon
1 teaspoon cloves
½ teaspoon ginger
Add the sifted ingredients in 3 parts to the butter mixture alternately with thirds of:
¾ cup milk
Stir in:
1 1/2 cups rolled oats
½ cup raisins, chopped
½ cup nuts
Drop spoonfuls of batter on to a greased baking sheet. Bake the cookies in a moderate oven 350° about 20 minutes.

_Oatmeal Cookies, page 605._

**PUFFED WHEAT DROP CAKES**

About 48 1 1/2-inch cookies
Melt:
2 tablespoons butter
Add and stir over moderate heat until well coated:
2 cups puffed wheat
Cream:
½ cup butter
½ cup sugar
Beat in:
1 egg
½ teaspoon vanilla
Sift, then stir in:
½ cup sifted bread flour
½ teaspoon baking powder
1 teaspoon cinnamon
Fold in the puffed wheat. Drop the batter from a teaspoon well apart on a greased cookie sheet. The cookies may be garnished with nuts. Bake them in a moderate oven 350° from 15 to 20 minutes.

**DATE CORNFLAKE DROP COOKIES**

About 40 1 1/2-inch cookies
Beat:
2 eggs
Add gradually:
½ cup sugar
When well blended stir in:
1 1/2 cups crushed cornflakes
½ cup chopped nuts
½ cup chopped dates or raisins
A pinch of salt
½ teaspoon vanilla
Permit these ingredients to stand for 30 minutes. Drop them on a greased cookie sheet. Bake them in a moderate oven 350° for about 10 minutes.

**CORNFLAKE COCOA KISSES**

About 40 1-inch cakes
Beat until stiff:
2 egg whites
Beat in gradually:
1 cup sugar
½ teaspoon vanilla
Fold in:
½ cup cocoa
7 tablespoons chocolate chips *
Crush lightly, then measure and add:
3 cups cornflakes
Drop these ingredients from a spoon (or use your hands) to form small cakes on waxed paper. Bake the kisses in a moderate oven 325° for about 10 minutes.
*
½ cupful nuts may be substituted.

**CEREAL CHOCOLATE DROP CAKES**

Melt in a double boiler or over very low heat:
CAKES

Sweet chocolate bars
(The common sweetshop variety, with or without nuts.)
Stir in:
Cornflakes, Post Toasties, or Rice Crispies, etc.
as much as the chocolate will absorb.
Drop the mixture from a spoon on to oiled paper. Chill it.

CORNFLAKE MACAROONS

16 2-inch cookies
Beat until stiff but not dry:
2 egg whites
\( \frac{1}{2} \) teaspoon salt
Fold in:
1 cup sugar
\( \frac{1}{2} \) teaspoon vanilla
2 cups cornflakes
1 cup chopped nuts *
Drop the batter by the teaspoonful well apart on a well-greased sheet.
Bake the macaroons in a moderate oven 350° from 15 to 20 minutes.
Remove them at once from the pan.
Use a spatula. If they stick to the pan return them to the oven to reheat or place the sheet on a wet cloth.
* You may use \( \frac{1}{2} \) cupful nuts and \( \frac{1}{2} \) cupful shredded coco-nut.

CARAMEL CORNFLAKE DROP CAKES

About 30 2-inch cookies
Melt:
\( \frac{1}{2} \) cup butter
Dissolve in this:
\( \frac{1}{2} \) cup brown sugar
\( \frac{1}{2} \) cup white sugar
Remove from fire. Beat in:
1 egg
\( \frac{1}{2} \) cup chopped nuts
\( \frac{1}{2} \) cup shredded coco-nut
5 cups cornflakes
Shape the batter in small mounds well apart on a lightly greased baking sheet.
Bake them in a moderate oven 350° for about 10 minutes.

Rice Crispie or Cornflake Bars, page 600.

RICH BROWN SUGAR (BUTTERS.COTCH) DROP COOKIES

A number of cookery books have much-vaulted recipes for these cookies. I have tried many of them and find that they are all practically the same as Butterscotch Brownies on page 598, only they are more troublesome and as they call for more flour are not quite so good as that chewy, flavoursome mouthful. Please try out the Brownies and see for yourself, then if you still persist in wanting a drop cooky instead of a bar, just follow the recipe and add 2 tablespoonfuls of flour.

COCO-NUT DROP CAKES I
(KISSES with EGG WHITES)

About 50 1\( \frac{1}{2} \)-inch kisses
Sift:
1 cup sugar
Beat until stiff:
3 egg whites
Add the sugar very slowly, beating constantly. Fold in:
1 teaspoon vanilla
1\( \frac{1}{4} \) cups shredded coco-nut
Drop the batter from a teaspoon on to a greased and well-floured tin. Bake the cookies in a slow oven 300° for about 30 minutes.

COCO-NUT DROP CAKES II
(With Condensed Milk)

About 20 1-inch cakes
Chop:
\( \frac{1}{2} \) pound shredded coco-nut (or use desiccated coco-nut)
Add:
1 teaspoon vanilla
\( \frac{1}{2} \) teaspoon salt
Combine these ingredients with enough:
Sweetened condensed milk
to make a thick paste. Roll the paste into balls or drop it from a teaspoon on to buttered tins about 2 inches apart. Bake the cakes in a slow oven 250° until they are done. Take them from the oven when they can be removed from the tin without breaking. The balls may be rolled in:
Icing sugar
CHOCOLATE COCO-NUT DROP CAKES

Prepare the preceding:
Coco-nut Drop Cakes II

Heat the milk and add:
2 tablespoons of cocoa or ½ ounce chocolate

Cool the mixture before adding it to the coco-nut.

MACAROONS

About 30 2-inch macaroons

Work with the hands until well blended:
1 cup (½ lb.) Almond Paste (page 756) shaved
½ cup sugar

Work in:
3 egg whites
½ teaspoon vanilla

Sift, then add and blend in:
½ cup castor sugar
2 tablespoons cake flour
½ teaspoon salt

Put these ingredients through a forcing bag, well apart on to unglazed paper. Permit them to stand for 2 hours or more. Bake the macaroons in a slow oven 300° for about 25 minutes. Place the paper on a moist cloth. Remove the macaroons.

White Macaroons, page 624.

MINCEMEAT DROP COOKIES

30 cookies

Sift:
½ cup white or brown sugar

Beat until soft:
½ cup butter

Add the sugar gradually. Beat these ingredients until they are well blended. Beat in:
1 egg
1 cup mincemeat

Sift before measuring:
1½ cups bread flour

Resift with:
2 teaspoons baking powder

Stir the sifted ingredients into the mincemeat mixture until they are blended. Drop the batter by the teaspoonful well apart on a greased sheet. Bake the cookies in a hot oven 400° for about 10 minutes.

PECAN DROP CAKES (with brown sugar and ground pecans)

About 50 1½-inch wafers

Grind in a nut mill:
1 cup pecans or walnuts

Sift:
1½ cups brown sugar, closely packed

Whip until stiff:
3 egg whites

Add the sugar very slowly, beating constantly. Fold in the ground pecans and:
1 teaspoon vanilla

Drop the batter from a teaspoon, well apart, on to a tin greased with bees-wax. Bake the cakes in a moderate oven 325° for about 15 minutes.

PECAN WAFERS

About 50 2½-inch wafers

Do not attempt these cookies in moist hot weather.

Sift:
1½ cups brown sugar

Whip until light:
2 eggs

Add the sugar gradually. Beat these ingredients until they are well blended. Add:
5 tablespoons bread flour
½ teaspoon salt
½ teaspoon baking powder
1 teaspoon vanilla

Beat the batter until it is smooth, then add:
1 cup broken nuts

NUT WAFERS, CAKES, AND COOKIES

The three following recipes for nut wafers are delicious. They are not at all alike. The first, made with ground nuts, is crisp and delicate; the second and third call for similar ingredients, but are different in flavour. These three rules deserve all the stars in the firmament. * * *
CAKES

Grease tins with beeswax. Drop the batter on them, well apart, from a teaspoon. Bake the cookies in a moderate oven 375° for about 8 minutes. Remove them from the tins while warm.

MOLASSES NUT DROP CAKES
About 50 2½-inch wafers
Sift:
1 cup dark brown sugar
2 eggs
Add the sugar gradually. Beat these ingredients until they are well blended. Add:
1 tablespoon dark molasses (black treacle)
½ teaspoon baking powder
6 tablespoons bread flour
½ teaspoon salt
Beat the batter until it is smooth. Stir in:
1 cup black or English walnuts,
hazel-nuts, or mixed nuts
To bake the cakes follow the preceding rule for Pecan Wafers.

MACAROON JAM TARTS
The star of stars. Quite the best I know how to make. This macaroon tart calls for two kinds of cake—a rich cooky as a base and an almond macaroon as a topping. Add to this, thick, good jam—strawberry or plum—and you have as delicious a combination as can be found.
Sift:
½ cup sugar
Beat until soft:
1 cup butter
Add the sugar gradually. Blend these ingredients until they are creamy. Best in:
2 egg yolks
1 teaspoon grated lemon rind
3 tablespoons lemon juice
Add gradually:
3 cups sifted bread flour
alternately with:
½ cup cold water
When these ingredients are well blended cover them and place them in the refrigerator for 12 hours. Roll out the dough to the thickness of ½ inch. Cut it into large rounds (about 2½ inches in diameter). Chill them (optional). Whip until stiff:
3 egg whites
Beat in gradually:
1½ cups icing sugar
1 teaspoon vanilla
Fold in:
⅓ pound almonds, blanched and ground in a nut mill
Place the mixture around the edge of each cooky, making a border ⅜ inch wide. To do this use a forcing bag, a spatula, or a spoon. Bake the cakes in a moderate oven 350° until they are done. When they are cold fill the centres with:
Jam

PECAN PUDDS
About 32 1½-inch cakes
There is a strong family resemblance between this and the following rule. Rich and devastating. Very good.
Beat until soft:
⅓ cup butter
Add and blend until creamy:
2 tablespoons sugar
Add:
1 teaspoon vanilla
Measure, then grind in a nut mill:
1 cup pecans or walnuts
Sift before measuring:
1 cup cake flour
Stir the pecans and the flour into the butter mixture. Roll the dough into small balls. Place them on a greased baking sheet. Bake them in a slow oven 300° for about 45 minutes. Roll the puffs while hot in:
Icing sugar
When cold roll them again in icing sugar.

JELLY TOTS
Artemus Ward called his pet kangaroos an 'amusing little cuss.' This rule makes 28 amusing little cakes.
Combine:
⅓ cup melted butter
1½ tablespoons sugar
CAKES

1 cup finely chopped pecans or walnuts
½ teaspoon grated lemon rind
1 teaspoon vanilla
½ teaspoon salt (if the butter is unsalted)

Sift and stir in:
1½ cups bread flour

Place the bowl containing the dough over hot water so that the dough will become soft enough to handle. Roll it into 1-inch balls. Make a depression in each ball. Place in the depression a bit of:

Drained strawberry jam
½ pecan or walnut

Bake the tots on a greased sheet in a moderately hot oven 400° for about 10 minutes. Sprinkle them with:
Icing sugar

ROLLED NUT WAFERS

About 20 wafers

Sift:
½ cup sugar

Beat until soft:
½ cup butter
½ cup lard

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

x egg
2 tablespoons milk
½ teaspoon vanilla
½ teaspoon almond extract

Sift before measuring:
1½ cups bread flour

Resift with:
1 teaspoon baking powder
½ teaspoon salt

Add the sifted ingredients to the butter mixture. Beat the batter until it is smooth. Grease the bottom of an inverted dripping pan or a baking sheet. Spread the batter evenly—to the depth of ¼ inch—over the pan with a spatula. Sprinkle the dough with:
1 cup chopped nuts

Bake it in a moderate oven 375° for about 12 minutes. Cut the cake into ¼-by-4-inch strips. Shape them while hot over a rolling-pin. If the strips become too brittle before they are shaped, return them to the oven until they become pliable again.

PEANUT BUTTER COOKIES

After many try-outs I find these the only peanut butter cookies that are really good—perhaps I do not know all the recipes extant, but I have struggled with many. This recipe makes about 60 1½-inch cookies. They are rich and crumbly.

Sift:
½ cup brown sugar
½ cup granulated sugar

Beat until soft:
½ cup butter

Add the sugar gradually and blend these ingredients until they are creamy.

Beat in:
1 egg
1 cup peanut butter
½ teaspoon salt
½ teaspoon bicarbonate of soda

Sift before measuring:
1½ cups bread flour

Add the flour to the batter and:
½ teaspoon vanilla

Roll the dough into small balls. Place them on a greased tin. Press them flat with a fork. Bake them in a moderate oven 375° for about 15 minutes.

GUMDROP COOKIES

About 40 2-inch cookies

Good for soldiers’ boxes, as they keep fresh and do not crumble. See Gumdrop Bars, page 600.

Beat until soft:
½ cup shortening

Beat in gradually until light and creamy
½ cup brown sugar
½ cup white sugar
1 teaspoon vanilla

Sift before measuring:
1 cup bread flour

Resift with:
1 teaspoon bicarbonate soda
1 teaspoon baking powder
½ teaspoon salt

Sprinkle ¼ of this over:
1 cup grated coco-nut or chopped nuts (optional)
\[ \frac{1}{2} \text{ cup small gumdrops (or large ones cut)} \]

1 cup quick-cooking oatmeal

Beat the sifted ingredients into the butter mixture in about 2 parts alternately with:

1 beaten egg

Stir in the coco-nut, gumdrops and oatmeal mixture. Pinch off small pieces of dough. Roll them into 1-inch balls. Flatten them with a spatula dipped in milk. Bake the cookies in a moderate oven 350° for about 10 minutes.

RICE CRISPIES, OATMEAL, and COCO-NUT COOKIES

Follow the preceding rule for:

Gumdrop Cookies

Omit the gumdrops. Substitute:

1 cup Rice Crispies

Add:

\( \frac{1}{4} \) teaspoon bicarbonate of soda

LADY FINGERS

About 30

Sift:

\( \frac{1}{2} \) cup icing sugar

Beat until thick and lemon-coloured:

1 whole egg

2 egg yolks

Sift before measuring:

\( \frac{1}{2} \) cup cake flour

Resift it 3 times. Whip until stiff but not dry:

2 egg whites

\( \frac{1}{2} \) teaspoon salt

Fold the sugar gradually into the egg whites. Beat the mixture until it thickens again. Fold in the egg yolk mixture and:

\( \frac{1}{2} \) teaspoon vanilla

Fold in the flour. Shape the dough into oblongs on ungreased paper placed in a pan, or pour it into greased ladyfinger or small muffin tins. Bake the cakes in a moderate oven 375° for about 12 minutes.

ICE-BOX COOKIES

The following recipes for Ice-box Cookies are all so good that it is hard to decide upon the best. The addition of nuts, which is optional, is considered an improvement to the plain cooky, but the cooky _au naturel_ is mighty good.

RULE FOR ICE-BOX COOKIES

Combine the ingredients as directed and shape the dough into long rolls about 2 inches in diameter. If the dough is too soft to roll, chill it until it can be handled easily. Do not use additional flour. Cover the rolls with waxed paper and place them in the refrigerator for about 24 hours (until they are thoroughly chilled). Cut the rolls into the thinnest possible slices. Bake them on a greased sheet in an oven heated to 400° for about 10 minutes. The whole nuts may be combined with the dough or they may be used to garnish the slices.

VANILLA ICE-BOX COOKIES

About 40 2-inch cookies

This cooky resembles a Sand Tart and is less troublesome to prepare. It makes a good Filled Cooky, page 604.

Sift:

1 cup sugar

Beat until soft:

\( \frac{1}{2} \) cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

1 egg

Add:

1 teaspoon vanilla

\( \frac{1}{4} \) teaspoon grated lemon rind (optional)

Sift before measuring:

\( \frac{1}{2} \) cups bread flour

Resift with:

\( \frac{1}{2} \) teaspoon salt

2 teaspoons baking powder
CAKES

Stir the sifted ingredients into the butter mixture. Add:

$\frac{1}{2}$ cup nuts (optional)

Follow the preceding rule for Ice-box Cookies. Sprinkle the cookies with:

Sugar (optional)

(this makes them sandy) and with:

Chopped or half nuts (optional)

Bake them as directed.

PINWHEEL ICE-BOX COOKIES

Follow the preceding rule for:

Vanilla Ice-box Cookies

Divide the dough into 2 equal parts. Melt, then cool:

1 ounce chocolate

Add this to $\frac{1}{2}$ of the dough. If the dough is soft, chill it until it is easily rolled. Roll it between sheets of waxed paper. Roll the white and the brown dough separately into oblongs to the thickness of $\frac{1}{8}$ inch (see rule for Cookies, page 603). Place the dark dough on the light dough and roll the layers like a jelly roll. Follow the rule for Ice-box Cookies (page 617).

BUTTERSCOTCH ICE-BOX COOKIES

Follow the preceding rule for:

Vanilla Ice-box Cookies

Substitute for the white sugar:

$\frac{3}{4}$ cups closely packed brown sugar

COCO-NUT ICE-BOX COOKIES

Follow the above rule for:

Butterscotch Ice-box Cookies,*

Vanilla Ice-box Cookies, or

Spiced Ice-box Cookies

Omit the nuts. Substitute:

1 cup grated coco-nut

*I like the Butterscotch best for this purpose.

SPICED ICE-BOX COOKIES

Sift:

$\frac{1}{2}$ cup sugar

Beat until soft:

$\frac{1}{2}$ cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

1 egg

$\frac{1}{2}$ cup molasses (treacle)

Sift before measuring:

2 cups cake flour

Resift with:

1 teaspoon bicarbonate of soda

1 teaspoon ginger or other spices

$\frac{1}{2}$ teaspoon salt

Add the sifted ingredients to the butter mixture. Follow the rule for Ice-box Cookies (page 617).

CHOCOLATE ICE-BOX COOKIES

Sift:

1 cup sugar

Beat until soft:

$\frac{1}{2}$ cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

1 egg

2 ounces chocolate, melted and cooled

1 teaspoon vanilla

Sift before measuring:

2 cups bread flour

Resift with:

$\frac{1}{2}$ teaspoon salt

2 teaspoons baking powder

Add the sifted ingredients to the butter mixture alternately with:

$\frac{1}{2}$ cup milk

Add:

$\frac{1}{2}$ cup unbroken nuts (optional)

Follow the rule for Ice-box Cookies (page 617).

QUICK REFRESHMENTS FOR TEA

ORNAGE MARMALADE SANDWICHES

Cut the crusts from:

$\frac{1}{4}$-inch slices of bread

Spread them with:

Marmalade

Roll the slices and secure them with toothpicks. Toast them under a grill or on a toaster. Turn them to brown evenly. Serve them hot.

Cinnamon Toast, page 480.
LADY FINGER SANDWICHES

Spread:
- Lady fingers or small cookies
with:
  - Jam or marmalade
Place one upon another to form a sandwich.

PINEAPPLE FINGERS

Cut into strips 3 by 1½ inches wide and ⅛ inches thick:
- White bread
Toast them on 3 sides. Place them on a baking sheet with the untoasted side up. Drain:
- Pineapple sticks
Place them on the untoasted sides.
Sprinkle them well with a mixture of:
- Brown sugar and cinnamon
Dot them with:
- Butter
Brown them under a grill. Fine for tea or as dessert with:
- Whipped cream
Or prepare by any rule:
- Pie Dough
Roll it until it is very thin. Cut it into oblongs.
Sprinkle:
- Pineapple Sticks
with:
- Cinnamon and brown sugar
Wrap the sticks in the oblongs. Moisten the edges with water. Bake the sticks in a hot oven 450° for about 20 minutes.

Meringue Kisses

For large Meringues, see page 588.
For Meringue Tart (‘Pinch Pie’), see page 589.

Rule for Meringue Kisses

Meringue cakes or kisses are made with egg whites, sugar, and other ingredients. A small quantity of salt is added to the egg whites and they are whipped on a dish with a flat wire egg-beater until they are stiff and hold a peak, but not until they are dry. The sugar is then added very slowly during continuous beating. When the last of the sugar has been blended thoroughly, the remaining ingredients are folded in. The batter is dropped from a spoon on to a lightly greased tin or on to waxed paper and shaped into cones. The kisses are baked in a very slow oven 225° until they are partly dry and will retain their shape. They are removed from the pan while hot.

Nut Kisses

Sift:
- 1 cup sugar
Whip until stiff:
- 2 egg whites
- ½ teaspoon salt
Add the sugar very slowly. Whip constantly. Add:
- ½ teaspoon vanilla
- ½ teaspoon grated lemon rind (optional)
Fold in:
- 1 cup broken pecans, chopped nuts, or a combination of nuts
Follow the preceding rule for Meringue Kisses.

Date and Nut Kisses

Sift:
- 1 cup icing sugar
Whip until stiff:
- 2 egg whites
- ¼ teaspoon salt
Add the sugar very slowly. Whip constantly. Add:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

Fold in:

- 1 cup broken nuts
- 1 cup chopped dates

Follow the rule for Meringue Kisses on previous page.


COCOA KISSES

Sift:

- 1 cup sugar

Whip until stiff:

- 3 egg whites
- \( \frac{1}{2} \) teaspoon salt

Add gradually \( \frac{1}{2} \) of the sugar. Combine:

- 2 teaspoons water
- 1 teaspoon vanilla

Add the liquid, a few drops at a time, alternately with the remaining sugar. Whip constantly. Fold in:

- 3 tablespoons cocoa

Follow the rule for Meringue Kisses (page 619).

Decorate each kiss with a:

- Nut

CHOCOLATE KISSES

Whip until stiff:

- 4 egg whites
- \( \frac{1}{2} \) teaspoon salt

Add slowly:

- 1 cup icing sugar
- \( \frac{1}{2} \) teaspoon baking powder

Whip constantly. Fold in:

- 1 cup grated sweet chocolate
- 1 cup chopped nuts *

Follow the rule for Meringue Kisses (page 619).

* If preferred ground nuts may be used and the amount may be increased to \( \frac{3}{4} \) cupfuls.

BROWN SUGAR (CARAMEL) KISSES

Whip until stiff:

- 2 egg whites
- \( \frac{1}{2} \) teaspoon salt

Add very slowly, beating constantly:

- \( 1 \frac{1}{2} \) cups sifted brown sugar

Fold in:

- \( \frac{1}{2} \) teaspoon vanilla
- 1 cup chopped nuts

Drop the batter from a teaspoon well apart on to a greased sheet. Bake the kisses in a moderate oven 350° for about 10 minutes.

CHRISTMAS CAKES

The following are various forms of German Christmas Cakes. They are so good that one wonders why they are limited to one short period of the year. If the cakes become hard keep an apple in the cooky jar.

GERMAN HONEY CAKES

Honey, like molasses, is apt to be troublesome. Old German cooks used to insist on its being over a year old. Very good cakes are made with fresh honey but then the amount of flour is a little hard to gauge. These cakes will keep for six months and longer if placed in a closed tin.

Heat slightly in a large saucepan:

- 6 pounds honey or molasses (treacle)

Add and melt:

- 1 cup butter

Sift and add sufficient:

- Bread flour

...to make a semi-liquid dough. Add:

- 1 pound almonds, blanched and shredded
- \( \frac{1}{4} \) pound chopped citron
- 4 cups sugar
- 6 tablespoons mixed spices (cinnamon, cloves, nutmeg, mace, allspice)
- 4 teaspoons grated lemon rind

When the dough is nearly cold add:

- 1 ounce powdered carbonate of ammonia dissolved in \( \frac{1}{4} \) cup water, wine, or rum

Sift and add sufficient:

- Bread flour

...to make a dough that will stick to the
hands. The dough may be baked at once, but the cakes are better when the dough has been aged. It will keep for weeks in a cool place. Roll out the dough or pat it (it may be necessary to warm it) and spread it to the thickness of \( \frac{1}{4} \) inch in shallow greased pans. In doing this use as little flour as possible or roll the dough between sheets of waxed paper. Bake it in a moderate oven 350°. Cut the cake into squares and ice them with the following icing:

**Lemon Icing**

 Whip until stiff:

2 egg whites

\( \frac{1}{4} \) teaspoon salt

Sift and add sufficient:

Icing sugar and grated rind and juice of

1 lemon

to make the icing a good consistency to spread.

**GERMAN HONEY CAKES with EGGS I**

Cut into small pieces and combine:

3 ounces citron

3 ounces candied orange peel

3 ounces candied lemon peel

Add:

1 cup chopped blanched almonds

1 teaspoon grated lemon rind

3 tablespoons cinnamon

1 tablespoon cloves

3/4 cups icing sugar

Beat until light and add:

6 eggs

Bring to the boiling point, then cool until lukewarm:

1 pint honey

Dissolve:

1 tablespoon bicarbonate of soda

in:

2 tablespoons hot water

Add this to the egg mixture with the honey and:

1/2 cup orange juice

Sift and stir in:

5 cups bread flour

Permit the dough to stand for 12 hours or more. Drop it from a spoon, well apart, on a greased baking sheet. Bake the cakes in a moderate oven 350°.

When they are cool decorate the cakes with:

**Icing for Christmas Cakes**

(page 638)

Decorate them before baking with:

Blanched almonds

**GERMAN HONEY CAKES with EGGS II**

These are more lightly spiced than Honey Cakes with Eggs I. They are very delicate.

Blanch and shred:

1 pound almonds

Chop:

\( \frac{1}{4} \) pound citron

Sift:

4 cups bread flour

Resift with:

1 teaspoon cinnamon

1 teaspoon cloves

1/2 teaspoon nutmeg

1/2 teaspoon allspice

Dissolve:

1 teaspoon powdered carbonate of ammonia in:

\( \frac{1}{4} \) cup brandy

Boil:

1 quart honey

Cool it slightly. Stir in part of the flour. Beat in one at a time:

4 eggs

Stir in the brandy, almonds, citron, and the rest of the flour. Chill the dough for 12 hours. Drop it from a spoon, well apart on to a greased baking sheet. Honey is a difficult ingredient. Sometimes it 'acts up.' It may become necessary to use more flour in the dough. Bake it in a moderate oven 350°. Cut the cake into squares or oblongs. Ice it with:

**Icing for Christmas Cakes**

(page 638)

**CHRISTMAS CAKES with MOLASSES and CHOCOLATE**

The chocolate does not predominate in these cakes. Their marvellously blended flavour makes them Christmas cakes par excellence.
CAKES

Sift:
13 1/2 cups sugar
Beat until soft:
1/2 cup butter
Add the sugar gradually. Blend these ingredients until they are creamy. Beat in, one at a time:
9 eggs
Beat in:
2 tablespoons whisky
1 cup molasses (treacle)
21/2 teaspoons cinnamon
1/2 teaspoon cloves
1/2 teaspoon allspice
Grate and add:
2 ounces sweet chocolate
1 cup chopped citron, orange, or lemon rind (optional)
Stir in:
2 cups broken pecans or walnuts
Sift before measuring:
3 cups bread flour
Resift with:
3 teaspoons baking powder
Stir the flour into the other ingredients. Spread the dough in 2 9-by-13-inch pans lined with waxed paper. Bake the cakes in a moderate oven 350°. Do not permit them to become very dry. When slightly cooled cut the cakes into shapes. Ice them with:
Glaze for Christmas Cakes (page 638)

CHRISTMAS CHOCOLATE BARS

These differ very much from the preceding cakes for they are richly flavoured with chocolate. As it is difficult to choose between them, better bake them both and ice one with white and the other with chocolate icing. The question of preference is then up to the family.

Sift:
21/2 cups (1 pound) brown sugar
Beat until light:
6 small eggs or 5 large ones
Add the sugar gradually and beat these ingredients until they are well blended. Grate and add:
4 ounces chocolate
Combine and sift:
3 cups bread flour
1 tablespoon cinnamon
1/2 teaspoons cloves
1/2 teaspoon allspice
1 teaspoon bicarbonate of soda
Add the sifted ingredients to the egg mixture alternately with:
1/2 cup honey or molasses (treacle)
Chop and add:
1 cup citron
1/2 to 1 pound broken nuts (preferably blanched almonds, shredded)
Spread the dough with a spatula in 2 9-by-13-inch pans lined with waxed paper. Bake it in a moderate oven 350°. When the cake is cold ice it with:
Chocolate Butter Icing (page 636)
Cut it into bars.

CHRISTMAS MOLASSES WAFERS

These sound troublesome but they are well worth the effort.

Heat in a saucepan:
1/2 gallon New Orleans molasses (or treacle)
Add and melt:
1/2 cup butter
1/3 cup lard
Remove the pan from the fire. Stir in:
1/4 cup sugar
1 pound unblanched almonds, ground in a nut mill
1 pound finely chopped citron
1 pound finely chopped orange rind
1 pound finely chopped lemon rind
2 teaspoons baking powder
1 teaspoon mace
2 teaspoons cloves
12 cardamom seeds, shelled and ground
2 teaspoons grated lemon rind
Sift and add sufficient:
Bread flour
to make a rather stiff dough. Add it sparingly as the dough will be stiffer when cold. When the dough is cool add:
2 teaspoons powdered carbonate of ammonia
dissolved in:
1 tablespoon hot water
CAKES

Permit the dough to stand covered in a cold place for 2 or 3 weeks. Sift and knead in:

Bread flour
Knead and knead and knead until the dough can be rolled to paper thinness. Place the dough on greased tins. Brush it with:

A beaten egg
Decorate it with:
Blanched almonds
Cut the cake into diamond shapes. Bake it in a fairly hot oven 400°.

PRAGUE COOKIES (PRAGER KUCHEN)

Decorative and luscious. Nice for the tops of Christmas boxes.
Beat until soft:

1/2 cup butter
Add and cream:
3 tablespoons sugar
Beat in:
3 egg yolks
Sift before measuring and stir in:
1/4 cup bread flour
Roll or pat the dough between sheets of waxed paper to the thickness of 1/2 inch. Cut it into small rounds. Place them on a greased baking sheet. Whip until stiff:
3 egg whites
1/2 teaspoon salt
Sift, then add very slowly, beating constantly:
1/4 cup sugar
Fold in:
1 teaspoon vanilla
1 teaspoon grated lemon rind or 1 teaspoon cinnamon
1/2 cup blanched shredded almonds
Place a teaspoonful of this meringue on each cake. Bake the cakes in a moderate oven 325°.

TORTELETTETS

About 40 1/4-inch cookies
A very old recipe. Anything as good as these should survive.
Grate:
The rind of 3/4 lemon

on to:
1 cup sugar
Cream the sugar with:
3/4 cup butter
Beat in, one at a time:
2 egg yolks
Add gradually to make a stiff dough:
1 1/2 cups or more bread flour
Pinch off about a teaspoonful of dough at a time. Roll it into a ball. Flatten the balls until the dough is very thin. Beat thinly:
1 egg white
1 tablespoon water
Brush the cakes with this mixture. Blanch, then shred coarsely:
1 cup almonds or other nuts
Combine them with:
1/4 cup sugar
1 tablespoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon salt
Sprinkle the cakes with this mixture. Bake them in a moderate oven 375° until light brown.

Meringue Jam Cookies, page 604; Macaroon Jam Tarts, page 615.

ALMOND RINGS

This recipe is like the saxophone, which belongs neither with the wood winds nor with the brasses. It is a kind of meringue, but it is always found among the Christmas cakes. By the way, the various forms of Meringue Kisses (page 619) are very decorative in Christmas boxes.
Blanch:
1 pound almonds
Cut them lengthwise into thin shreds. Toast them lightly. Whip until stiff:
7 egg whites
Add gradually, beating constantly:
2 1/2 cups (1 pound) icing sugar
My old recipe says stir for 1/2 hour, but of course you won’t do that, so stir until you are tired. Fold in the almonds and:
1 teaspoon vanilla
Sprinkle a board with:
Icing sugar
Shape the batter into rings. Place
them on a greased tin. Bake them in a slow oven 300° until they are light brown.

**WHITE MACAROONS**

Very pretty. Seasonable when decorated with a bit of candied cherry.

Sift:
- 1 cup sugar
- Whip until stiff:

3 egg whites
Add the sugar very slowly. Whip constantly. Combine and fold in:
- 1 teaspoon cornflour
- 1 teaspoon baking powder
- ½ pound almonds, blanched and ground in a nut mill

Drop the batter from a teaspoon well apart on to a greased tin. Decorate the centres of the cookies with:

Cinnamon drops or bits of candied cherry

Bake them in a slow oven 275° until they are done. Remove them from the oven before they begin to colour.

The two following rules are for German Nut Cakes—both delicious. The nuts are put through a nut mill (not a mincing machine).

**CINNAMON STARS**

Sift:
- 2 cups icing sugar
- Whip until stiff:

6 egg whites
½ teaspoon salt
Add the sugar gradually. Whip these ingredients well. (The old recipes say for ¼ of an hour.)

Add:
- 1 teaspoon cinnamon
- 1 teaspoon lemon rind
Whip constantly. Reserve ½ of the mixture. Fold into the remainder:

1 pound unblanched almonds, ground

Flour a board lightly. Pat or roll the dough to the thickness of ⅛ inch. If it is sticky use a little icing sugar. Cut the cakes with a star or other cutter. Glaze the tops with the reserved mixture. Bake the cakes on a greased tin in a slow oven 325°. This recipe requires no flour.

**HAZEL-NUT CAKES**

About 60 1½-inch cookies
This flavour is unusual and perfectly delicious.

Grind in a nut mill:

1 pound hazel-nuts *

Sift:

2½ cups brown sugar
Whip until stiff:

6 egg whites
¼ teaspoon salt
Add the sugar gradually. Whip constantly. Add:

1 teaspoon vanilla

Fold in the ground nuts. Shape the batter lightly into 1-inch balls. Roll them in:

Granulated sugar

Bake them on a greased tin in a moderate oven 325°.

* Two pounds hazel-nuts shelled produce 1 pound hazel-nuts.

**CHOCOLATE ALMOND SHELLS**

This batter is pressed into a little wooden mould in the shape of a shell. Any attractive mould will do.

Grind in a nut mill:

1 pound unblanched almonds

Sift:

2 cups sugar
Whip until stiff:

8 egg whites
½ teaspoon salt
Add the sugar gradually. Whip constantly. Fold in the ground almonds and:

3 teaspoons cinnamon
½ teaspoon cloves
1 teaspoon grated lemon rind
3 tablespoons lemon juice
5 ounces grated chocolate

Permit this batter to stand in a cold place for 12 hours. Shape it into balls. Prepare moulds by dredging them with a mixture of:

Sugar and flour

Press the balls into the moulds. Unmould them. Bake them on a greased tin in a moderate oven 350°.
NUT and DATE COOKIES
Not a German classic, but very much like Baseler Leckerle in flavour. Grind in a nut mill:
- 1 cup nuts
- 1 cup seeded dates
Sift:
- 1 cup sugar
Whip until stiff:
- 2 egg whites
- ½ teaspoon salt
Add the sugar gradually. Whip constantly. Fold in:
- 1 tablespoon cream
Sift before measuring:
- 1 cup bread flour
Resift with:
- 1 teaspoon baking powder
Fold in the sifted ingredients, the nuts and dates. It may be necessary to combine these ingredients with the hands. Grease and flour a baking tin. Place the batter on it and pat it down to the thickness of ¼ inch. If the batter is sticky dip the palm of the hand in castor sugar. Bake the cake in a moderate oven 350°. Spread the cake while it is hot with:
   Icing sugar moistened with lemon juice
Cut it while it is hot into bars or squares.

HARD-BOILED EGG COOKIES
This recipe is being added to my book in self-defence. I am tired of hearing from friends who felt injured when they failed to find it in an earlier edition. These cookies seem to have a nostalgic hold that does not lessen with the years. Therefore, to keep my hold on my friends I am complying with their request to have this rule included.
Grate:
   The rind of 1 lemon
on to:
- 10 tablespoons sugar
Beat until soft:
- 1 cup butter
Add the sugar gradually. Cream these ingredients until they are fluffy. Beat in:
- 1 egg
- x
   Through a sieve, then add:
- 4 hard-boiled eggs
Stir in:
- 3 cups flour
Roll the dough into 1-inch balls. Flatten them into cakes. Dip them in:
- 1 egg white, slightly beaten
then in a mixture of:
   Sugar, cinnamon, and chopped nuts
Bake them in a slow oven 325°.

CHRISTMAS PRETZELS
This and the three following rules are for rich, crumbly, white cakes with blanched chopped almonds. They are variously shaped and flavoured.
Sift:
- 1 cup sugar
Beat until soft:
- 1 cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:
- 2 egg yolks
- 2 eggs
- ½ cup sour cream
Sift and stir in:
- 4 cups bread flour
Chill the dough for several hours until it is easy to handle. Shape it into long thin rolls and twist these into pretzel shape. Place the pretzels in a greased tin. Brush them with the
   Yolk of an egg
Sprinkle the tops with:
   Blanched chopped almonds
   Sugar
Bake them at once in a moderate oven 375°.

WHITE ALMOND WAFERS (MANDELPLÄTTCHEN)
Sift:
- 1 cup sugar
Beat until soft:
- 1 cup butter
Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in, one at a time:
- 2 eggs
- 1 egg yolk
CAKES

Add:

1 teaspoon grated lemon rind
1 teaspoon salt
1 pound almonds, blanched and finely chopped
1 teaspoon rose water

Sift and add:

Bread flour—about 3 cups
to make the dough the right consistency to roll.* Roll the dough to the thickness of 1 inch. Cut it into shapes.

Combine and beat:

1 egg yolk
2 tablespoons milk

Brush the top of the cakes with this mixture. Bake them on a greased tin in a moderate oven 375°.

* It may be chilled before it is rolled.

ALMOND CRESCENTS

Sift:

1 cup icing sugar
Beat until soft:

1 cup butter

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Beat in:

1 egg yolk

Sift and stir in:

21/2 cups bread flour
Add:

1 pound almonds, blanched and chopped

Chill the dough, roll it to the thickness of 1 inch. Cut it into crescent shape. Bake the cakes on a greased tin in a moderate oven 375°. Dip them when baked in:

Vanilla sugar
Place in a fruit jar:

1/2 vanilla bean cut in pieces
1 cup icing sugar

Shake the sugar well. Use it after a day or two.

YOLK COOKIES I

This and the 3 following recipes are food rules for utilizing the many yolks left over from baking Christmas nut cakes. In Germany the dough of No. 1 is invariably used to form the letter S. I have used it successfully for engagement parties—shaping the initials of the betrothed. The letters are very dainty. This amount makes about 250 letters. Don't worry, they will all be eaten.

Sift:

1 cup sugar
Beat until soft:

1 cup butter *

Add the sugar gradually. Blend these ingredients until they are very light and creamy. Add:

1 teaspoon grated lemon rind
11/2 tablespoons lemon juice

Beat in:

8 egg yolks
Stir in:

4 cups bread flour

Chill the dough for 1 hour, then roll it into sticks 1/2 inch in diameter. Shape these into letters. Brush them with:

The yolk of an egg
Sprinkle them with:

Sugar **
Bake them on a greased tin in a moderate oven 375°.

* If the butter is unsalted add 1/2 teaspoon salt.
** Coloured sugar may be used.

YOLK COOKIES II (GELBE PLÄTTCHE)

About 200 11/4-inch cookies
They are very light, not at all rich.

Sift:

2 cups icing sugar
Beat until light:

1 egg
8 egg yolks

Add the sugar gradually. Beat these ingredients until they are creamy. Add:

1 teaspoon grated lemon rind
3 tablespoons lemon juice

Sift and stir in:

11/2 cups bread flour
Add:

2 tablespoons crushed anise seed (optional)

Beat the dough well. Drop it from a teaspoon well apart on a greased tin. Permit the cookies to dry for 12 hours. Bake them in a slow oven 325°.

Butter Wafers, page 609.
ANISE CAKES

About 50 1-inch cakes
Sift:
  1 cup sugar
Beat until light:
  3 eggs
Add the sugar gradually. Beat these ingredients until they are creamy.
Add:
  ⅛ teaspoon vanilla
Sift before measuring:
  1⅔ to 2 cups bread flour
Resift with:
  1 teaspoon baking powder
Add:
  1⅓ tablespoons crushed anise seed
Beat the batter well. Drop it from a teaspoon well apart on greased tins.
Permit the batter to dry for 12 hours.
Bake the cakes in a slow moderate oven 350°.

SPRINGERLE

This recipe is for the well-known German Anise Cakes, which are made at Christmastide and which are stamped with a wooden mould into quaint little designs and figures. This calls for the same ingredients as the preceding Anise Cakes recipe, but it is much heavier in flour. If these cakes become too hard, keep an apple in the cooky jar.
Sift:
  2 cups sugar
Beat until light:
  4 eggs
Add the sugar gradually. Beat the ingredients until they are creamy.
Sift before measuring:
  4 cups bread flour (approximately)
(Add flour until the dough is stiff.) Roll it to the thickness of ⅛ inch. Flour a springerle board. Press it hard upon the dough to get a good imprint. Separate the squares, place them on a board and permit them to dry for 12 hours. Butter tins and sprinkle them with:
  x tablespoon crushed anise seed
Place the cakes on them. Bake them in a slow oven 300° until the lower part is light yellow.

ICINGS AND CAKE FILLINGS

BOILED ICINGS

Rule for White Icing

Boil the amount of water and sugar* given in the recipes until the syrup forms a soft ball when dropped into cold water, or when it forms a thread about 3 inches long when dropped from a spoon. This thread should be thin enough to curl or wave. In either case the syrup will have reached about 238 degrees of heat.

Add the salt to the egg whites. (Egg whites may be whipped until they are stiff, whipped until they are frothy, or they need not be whipped at all before the syrup is added.)

The syrup is poured upon them while it is very hot in a very fine stream, the eggs being beaten constantly during the addition of the syrup and afterwards until the icing becomes creamy and of the right consistency to spread.**

When the last of the syrup has been added ⅛ teaspoonful of cream of tartar (to 2 egg whites) or a few drops of lemon juice may be added to keep the icing from becoming gritty.

Beat in the flavouring as the icing cools.

When the syrup has been cooked to the right stage, the icing will spread readily and will stay where it is put. If it has not been boiled long enough and the icing does not thicken, beat it in strong sunlight or near an open
oven door, or place the bowl containing the icing over (not in) boiling water and beat the icing until it becomes the right consistency to spread.

If the syrup has been cooked too long and the icing threatens to harden too soon, beat in a few drops of lemon juice or a teaspoon or more of boiling water.

Have a bowl of very hot water in readiness before making a white icing. You are then prepared for any emergency.

Never place a thin or doubtful icing on a cake. Do everything you can to thicken it before taking this step.

When the icing begins to thicken around the sides of the bowl, it is usually ready to be spread, but, if you are in doubt about it, spread a small quantity only and see how it behaves. A little patience at this stage of the icing will save endless trouble and will ensure a good-looking cake.

Pile the icing on top of the cake and use a spatula or knife to spread it. Spread it quickly, working it towards the edges and sides of the cake. Dip the spatula in hot water as the icing thickens. Add a little hot water, if necessary, to soften the last icing in the bowl.

If raisins, nuts, or other ingredients are to be added to the icing, wait until the last moment to do so. Acid or oil is apt to thin the icing beyond repair if the fruit is added too soon.

When icing large or small cakes decorate them with nuts, with candied cherries, angelica, etc.

* Add 1 tablespoonful golden syrup to every cup of sugar if you wish to eliminate all danger of the icing becoming gritty.

** If you have any difficulty in keeping the bowl steady, place it on a wet folded dish-cloth.

**WHITE ICING I**

Sufficient to cover the top and sides of 2 9-inch layers

The following icing has the consistency of a marshmallow icing. As this and the Seven-minute White Icing answer all purposes, they are the only white icings I use. They may be used interchangeably. Stir until the sugar is dissolved, then boil to the thread state without stirring (see preceding paragraphs):

2 cups sugar
1 cup water
Whip until frothy:
2 egg whites
½ teaspoon salt
Add the syrup in a thin stream. Whip constantly. When it is all whipped in add:
½ teaspoon cream of tartar or a few drops of lemon juice (optional)
Add:
1 teaspoon vanilla
Follow the preceding Rule for White Icing.

**RAISIN SMASH ICING**

Chop:
1 cup seeded raisins
Add them to:
White Icing I or Seven-minute Icing (page 633)
immediately before spreading it, or sprinkle the raisins over the cake and spread the icing over them.

**ORIENTAL ICING**

Prepare the preceding:
Raisin Smash Icing
Use only ½ cup chopped, seeded raisins and add:
½ cup chopped nuts

**COCO-NUT ICING**

If possible use fresh:
Grated coco-nut*
(Canned, boxed, or desiccated coco-nut may be substituted.) Sprinkle it lightly over the freshly spread:
White Icing I (page 628) or Seven-minute White Icing (page 633)

* A little grated lemon or orange rind may be added to the grated coco-nut for flavour.

NUT ICING

Just before spreading:

White Icing I (page 628) or Seven-minute White Icing (page 633)

Add:

½ to ¾ cup chopped nuts

or sprinkle the nuts over the freshly spread icing before it hardens.

CHOCOLATE COATING over WHITE ICING

A very good touch to something that is good in itself.

Melt:

2 ounces chocolate

Cool it and spread it with a broad knife or spatula over:

White Icing I (page 628) or Seven-minute White Icing (page 633)

This may be done as soon as the white icing is set. Allow several hours for the coating to harden. In summer or moist weather add to the chocolate before spreading it:

½ teaspoon melted paraffin wax

This coating will run. Transfer the cake to a fresh plate before serving it. Do not attempt to make this coating in excessively hot weather unless the cake can be put in an ice-box until the chocolate hardens.

CHOCOLATE PEPPERMINT ICING

Prepare:

White Icing I (page 628) or Seven-minute White Icing (page 633)

Before spreading it add:

A few drops of peppermint extract

Cover it as directed in the preceding rule with:

Chocolate Coating

WHITE MOUNTAIN ICING
(Made with an Electric Mixer)

Stir until the sugar is dissolved, then cook covered until the syrup boils rapidly:

1 tablespoon golden syrup
1 cup sugar
½ cup water

Beat for about 2 minutes in a small bowl at high speed:

1 egg white

Add 3 tablespoons of the boiling syrup. Continue to beat until the syrup reaches the thread stage, 238°. Pour the remaining syrup gradually into the egg mixture while continuing to beat at high speed. Add while beating:

1 teaspoon vanilla

Beat the icing until it is ready to spread (from 4 to 6 minutes).

DECORATIVE ICING (Twice Cooked Icing)

Sufficient to cover and decorate a round 9-inch cake about 4 inches high

This is a fine recipe for decorative icing. It will keep without hardening for a long time if closely covered with waxed paper.

Stir until the sugar is dissolved, then boil without stirring:

1 cup sugar
½ cup water

Meanwhile whip until stiff:

2 egg whites
1 teaspoon salt

Sift and add very slowly, whipping constantly:

3 tablespoons sugar

When the syrup begins to fall in heavy drops from a spoon, add a small quantity of it to the eggs and sugar and continue beating. Repeat this process, adding the syrup to the eggs in 4 or 5 parts. If these additions are properly timed the last of the syrup will have reached the thread stage. Beat the icing constantly. Have a pan ready partly filled with water. Place it over heat. The bowl in which the icing is being made should fit closely into this pan so that the bowl will be over, but not in the water. When the water in the pan begins to boil, add to the icing:

½ teaspoon icing powder (equal
parts of baking powder and tartaric acid)
Continue to beat the icing until it sticks to the sides and the bottom of the bowl and holds a point. Remove the icing from the heat. Place as much as is required for the decoration (usually about \( \frac{1}{2} \)) in a small bowl. Cover closely with waxed paper. To the remainder add:

- \( x \) teaspoon or more of hot water to thin it to the right consistency to spread. Beat it well and spread it on the cake. Decorate the cake with the reserved icing. Colour it with:

**Colour paste**

Have ready oblongs of stiff paper that have been rolled into cornucopia-shaped bags, secured near the point with a pin. Flatten a bag and cut a small piece from the point to make dots or stems. Cut it like this diagram to make leaves or petals. Fill the bags with icing, close them by doubling over the paper at the top, and force the icing through the point of the bag.

**SOUR-CREAM ICING**

Sufficient for the tops of 2 9-inch layers

Stir until the sugar is dissolved, then boil to the soft-ball stage—238° (see page 754):

- 1 cup sour cream
- 1 cup sugar

Cool the syrup until it is lukewarm. Beat it until it is creamy. Add:

- \( x \) teaspoon vanilla
- \( \frac{1}{2} \) cup chopped nuts

**LUSCIOUS ORANGE ICING**

Sufficient to cover the tops of 2 8-inch layers

This icing becomes firm on the outside and remains soft on the inside.

Cook to the soft-ball stage:

- 1 cup granulated sugar
- 1 tablespoon golden syrup
- \( \frac{1}{2} \) teaspoon cream of tartar
- \( \frac{1}{4} \) cup water

Pour the syrup in a slow stream over:

- 2 beaten egg whites

Beat for 10 minutes. Beat in:

- \( \frac{1}{4} \) cup powdered sugar
- \( x \) teaspoon grated orange rind
- 1 tablespoon orange juice or
- \( \frac{1}{2} \) teaspoon vanilla

Beat the icing until it is the right consistency to spread.

**SEA-FOAM ICING (x egg white)**

Sufficient for the tops of 2 9-inch layers

Stir until the sugar is dissolved, then boil without stirring to the soft-ball stage—238° (see page 754):

- 2 cups brown sugar
- 1 cup water

Whip until frothy:

- \( x \) egg white
- \( \frac{1}{2} \) teaspoon salt

Pour the syrup over the egg white in a thin stream. Whip constantly.

Place the bowl containing the icing over (not in) boiling water. Beat the icing until it will hold a point. Add:

- \( \frac{1}{2} \) teaspoon vanilla

Spread the icing. Sprinkle it with:

- \( \frac{1}{2} \) cup chopped nuts (optional)

**SEA-FOAM ICING II (2 egg whites)**

Sufficient for the tops and sides of 2 9-inch layers

Stir until the sugar is dissolved, then boil without stirring to the soft-ball stage—238° (see page 754):

- 2 \( \frac{1}{2} \) cups brown sugar
- 1 cup water

Whip until frothy:

- 2 egg whites
- \( \frac{1}{2} \) teaspoon salt

Pour the syrup over the egg whites in a thin stream. Whip constantly.

Add:

- \( x \) teaspoon vanilla

Place the bowl containing the icing over (not in) boiling water. Whip the icing until it will hold a point. Spread it. Sprinkle it with:

- \( \frac{1}{2} \) cup chopped nuts (optional)
MOCHA SEA-FOAM ICING
Follow the preceding rule for Sea-foam Icing II. Substitute for the water:
\[ \frac{3}{4} \text{ cup strong coffee} \]

CARAMEL ICING
Sufficient for the top and sides of 2 9-inch layers
Stir until the sugar is dissolved, then boil without stirring to the soft-ball stage—238° (see page 754)
\[ 2 \text{ cups brown sugar} \]
\[ \frac{3}{4} \text{ cup milk or cream} \]
Add:
\[ 3 \text{ tablespoons butter} \]
Remove the icing from the fire and cool it. Add:
\[ \frac{1}{2} \text{ teaspoon vanilla} \]
Beat the icing until it is thick and creamy. If it becomes too heavy, thin it with a little:
Cream
until it is the right consistency to spread.

CARAMEL FILLING or ICING
Sufficient for the tops and sides of 2 9-inch layers
Stir over low heat until dissolved:
\[ 2 \text{ cups brown sugar} \]
\[ \frac{1}{2} \text{ cup butter} \]
\[ \frac{1}{2} \text{ cup cream} \]
Boil these ingredients to the soft-ball stage (page 754). Beat them until they are cool. Add:
\[ \frac{1}{2} \text{ teaspoon vanilla} \]
Spread the icing.

EMERGENCY CARAMEL ICING
Sufficient for the tops of 2 8-inch layers
A quick, acceptable, rather coarse icing.
I.
Combine, stir, and cook to the boiling point:
\[ 1\frac{1}{2} \text{ cups brown sugar} \]
\[ 5 \text{ tablespoons cream} \]
\[ 2 \text{ teaspoons butter} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
Remove from fire. Cool slightly, add:
\[ \frac{1}{4} \text{ teaspoon vanilla} \]
Beat the icing until it is a good consistency to spread. You may add:
\[ \frac{1}{4} \text{ cup chopped nuts} \]
II.
Melt and stir in a frying-pan until a golden brown:
\[ 6 \text{ tablespoons butter} \]
Blend in gradually:
\[ 1\frac{3}{4} \text{ cups icing sugar} \]
Add 1 tablespoonful at a time until the icing is a good consistency to spread:
Hot water
Add:
\[ \frac{1}{4} \text{ teaspoon vanilla} \]

CLEAR CARAMEL COATING
Sufficient for the top of an 8-by-8-inch cake
This brittle topping is used on many European cakes.
Place in a large heavy frying-pan over a moderate flame:
\[ \frac{1}{4} \text{ cup sugar} \]
Cook and stir it until it melts. When clear and brown spread it at once with a hot spatula.

BROWN SUGAR MARSH-MALLOW ICING
Cut into small cubes:
\[ 12 \text{ marshmallows} \]
Boil over a slow fire without stirring:
\[ 2 \text{ cups brown sugar} \]
\[ \frac{1}{2} \text{ cup milk} \]
Cover the pan with a lid for the first 3 minutes. When the syrup has reached the soft-ball stage—238°—remove it from the fire. Add the marshmallows and:
\[ 4 \text{ tablespoons butter} \]
When these ingredients are melted and the icing is cool, beat it until it is a good consistency to spread. If too heavy it may be thinned with a little:
Cream
Add it a few drops at a time. You may add:
\[ \frac{1}{4} \text{ cup chopped nuts} \]
CHOCOLATE ICING I (Boiled)
Sufficient for the tops and sides of 2 9-inch layers
This icing is like soft fudge.
Stir until the sugar is dissolved, then cook slowly without stirring to the soft-ball stage—238° (page 754):
2 cups sugar
2 ounces chocolate
2 tablespoons golden syrup
1/4 cup milk
Add:
2 tablespoons butter
Remove the syrup from the fire. Place the saucepan in cold water. When the icing is lukewarm, add:
1 teaspoon vanilla
Beat it until it is the right consistency to spread. If the icing hardens too quickly add a few drops of hot water or place the saucepan containing the icing in hot water. This icing may be beaten with an electric mixer. Use high speed.

CHOCOLATE ICING II (Boiled)
Sufficient for the top and sides of an 8-by-8-inch cake
This icing is similar to the preceding one, but it is richer and not so sweet. Stir until the sugar is dissolved, then cook slowly without stirring to the soft-ball stage—238° (page 754):
2 ounces chocolate
1 cup sugar
1/4 cup cream
Add:
2 tablespoons butter
Cool the icing. Add:
1/2 teaspoon vanilla
Beat it until it thickens, then spread it.

CHOCOLATE ICING III
Melt over hot water:
Sweet chocolate bars or chocolate peppermints
Cool, then spread the icing.

GLOSSY CHOCOLATE ICING
(With Evaporated Milk)
Sufficient for the tops of 2 8-inch layers
This icing has an outstanding quality—it may be made long before it is spread. Melt in the top of a double boiler:
3 ounces chocolate
Combine and stir into the chocolate:
1 well-beaten egg
1/2 cup evaporated milk
1/2 cup water
1 cup sugar
Cook the icing over hot water for 20 minutes. Remove it from the steam. Beat it with a rotary beater for 1 minute or until it is well blended. Stir in:
1 teaspoon vanilla
Cool the icing before spreading it. If this icing is tightly covered and placed in the refrigerator it will keep several days.

CHOCOLATE MARSH-MALLOW ICING
Sufficient for the tops and sides of 2 9-inch layers
Stir until the sugar is dissolved then boil to the soft-ball stage—238° (page 754):
1 1/4 cups sugar
1 1/4 cups water
Add:
2 ounces grated chocolate
1 dozen marshmallows cut into eighths and steamed until soft
Permit these ingredients to stand for several minutes. Add:
1/2 teaspoon cream of tartar
Whip until stiff:
2 egg whites
1 teaspoon salt
Pour the syrup over the egg whites in a thin stream. Whip constantly until the icing is the right consistency to spread.

QUICK CHOCOLATE ICING
Sufficient for the tops and sides of 2 8-inch layers
Melt:
1 to 2 ounces chocolate
Add:
1 cup sugar
Stir in slowly:
1 cup boiling water
Boil these ingredients.
Dissolve:

\[ \frac{1}{2} \text{ tablespoons cornflour} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ 3 \text{ tablespoons water} \]

Stir these ingredients into the chocolate mixture. Boil the icing until it thickens to a good consistency to spread. Add:

\[ \frac{1}{2} \text{ tablespoons butter} \]
\[ \frac{1}{2} \text{ teaspoon vanilla} \]

Spread the icing at once. Place the cake in the refrigerator if you wish the icing to chill quickly. This is a rather soft icing.

Creamy Chocolate Icing or Filling, page 639; Seven-minute Icing, made with an electric mixer, page 634.

**SEVEN-MINUTE WHITE ICING**

Sufficient to cover the tops and sides of 2 9-inch layers

A very fluffy, delightful icing that never fails. Please read the comment under White Icing (page 628).

One-half this amount will make a light icing for a 9-inch loaf cake. Use the full amount for a heavy icing.

Place in the top of a double boiler and beat until thoroughly blended:

\[ 2 \text{ unbeaten egg whites} \]
\[ \frac{1}{2} \text{ cups sugar} \]
\[ 5 \text{ tablespoons cold water} \]
\[ \frac{3}{4} \text{ teaspoon cream of tartar} \]
\[ \frac{1}{2} \text{ teaspoons golden syrup (optional)} \]

Place these ingredients over rapidly boiling water. Beat them constantly with a rotary beater or with a wire whisk for 7 minutes. Remove the icing from the fire. Add:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

Continue beating until the icing is the right consistency to spread.

**SEVEN-MINUTE NUT or COCO-NUT ICING**

Spread the preceding:

Seven-minute White Icing

Sprinkle it with:

\[ \frac{1}{4} \text{ cup chopped nuts or grated coco-nut} \]

**SEVEN-MINUTE LEMON ICING**

Prepare:

Seven-minute White Icing (see above)

Use only:

\[ 3 \text{ tablespoons water} \]

Add:

\[ 2 \text{ tablespoons lemon juice} \]
\[ \frac{1}{4} \text{ teaspoon grated lemon rind} \]

**SEVEN-MINUTE ORANGE ICING**

Sufficient to cover the tops and sides of 2 9-inch layers

Place in the top of a double boiler and beat until thoroughly blended:

\[ \frac{1}{2} \text{ cups sugar} \]
\[ 2 \text{ egg whites} \]
\[ 2 \text{ tablespoons lemon juice} \]
\[ \frac{1}{4} \text{ teaspoon orange rind} \]
\[ \frac{1}{2} \text{ cup orange juice} \]

Follow the rule for Seven-minute White Icing (this page).

**SEVEN-MINUTE SEA-FOAM ICING**

Sufficient for the tops and sides of 2 9-inch layers

I.

Place in the top of a double boiler and beat until thoroughly blended:

\[ 2 \text{ unbeaten egg whites} \]
\[ \frac{1}{2} \text{ cups firmly packed brown sugar} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
\[ 5 \text{ tablespoons water} \]

Place these ingredients over rapidly boiling water. Beat them constantly for 5 minutes with a rotary beater or a wire whisk. Remove them from the fire but allow them to remain over hot water. Beat them for 2 minutes longer.

Place the icing in cold water. Beat it for 3 minutes. Add:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

Spread the icing and sprinkle it with:

\[ \frac{1}{4} \text{ cup chopped nuts} \]

II.

Or cook Seven-minute White Icing for 8 minutes. Fold in:

\[ 4 \text{ teaspoons burnt sugar (Caramel Syrup, page 690)} \]

Don’t forget the vanilla.
SEVEN-MINUTE MOROCCO ICING
Sufficient for the tops and sides of 2 8-inch layers
Place in the top of a double boiler and beat until thoroughly blended:
2 unbeaten egg whites
2 cups sugar
\( \frac{1}{2} \) cup brown sugar firmly packed
5 tablespoons cold water
Place these ingredients over rapidly boiling water. Beat them constantly with a rotary beater or a wire whisk for 7 minutes. Remove it from the fire. Melt, cool, and fold in:
1 ounce chocolate
\( \frac{1}{2} \) teaspoon vanilla

SEVEN-MINUTE CHOCOLATE ICING
Sufficient for the tops and sides of 2 9-inch layers
Melt over hot water, then cool:
3 ounces chocolate *
Prepare:
Seven-minute White Icing (page 633)
When it is done remove the icing from the fire, add the vanilla as directed, and fold in the melted chocolate. This should stiffen quickly. If it does not, give it time before spreading it. Do not make the mistake (I did) of trying to stiffen it by longer cooking after the chocolate has been added.
* One and a half or two ounces of chocolate will make a light chocolate icing.

SEVEN-MINUTE PEPPERMINT ICING
Prepare:
Seven-minute White Icing (page 633)
Just before spreading it add:
1 stick peppermint rock, crushed

SEVEN-MINUTE ICING
(Made with an Electric Mixer)
Sufficient to cover the tops of 2 9-inch layers
Stir, then boil in a covered pan until the sugar is dissolved:
3 tablespoons hot water
1 cup icing sugar
Place in a small mixing bowl:
1 egg white (unbeaten)
\( \frac{1}{2} \) teaspoon cream of tartar
\( \frac{1}{2} \) teaspoon salt
Add the hot syrup. Beat these ingredients at high speed until the icing is the right consistency to spread (from 3 to 4 minutes). Add while beating:
1 teaspoon vanilla
Three-minute Icing, page 566.

GOLDEN-SYRUP or HONEY ICING
Sufficient for the tops of 2 9-inch layers
I. Combine and cook to the thread stage:
2 3/4 cups light honey or golden syrup
Whip until stiff:
2 egg whites
\( \frac{1}{2} \) teaspoon salt
Pour the syrup on to the egg whites in a thin stream. Whip constantly.
Flavour the icing with:
\( \frac{1}{2} \) teaspoon vanilla
\( \frac{1}{2} \) teaspoon almond extract
Follow the rule on page 628 for:
White Icing
A quick icing, good but with staying qualities of about 12 hours only, may be made in the following way:
II. Combine, then beat with a rotary or an electric beater until it is a good consistency to spread:
\( \frac{1}{2} \) cup honey or golden syrup
\( \frac{1}{2} \) teaspoon salt
2 egg whites
\( \frac{1}{2} \) teaspoon vanilla
\( \frac{1}{2} \) teaspoon almond extract

TOASTED ICING
Sufficient for a cake 8 inches square
Combine and spread upon a cake while it is warm:
3 tablespoons melted butter
10 tablespoons brown sugar
2 tablespoons cream
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) cup shredded coco-nut or other nuts
Place the cake very low under a grill
with the flame turned low. Grill the icing until it bubbles all over the surface but do not permit it to burn.

BAKED ICING

Sufficient for a cake 8 inches square *

This icing is baked at the same time as the cake. Use it on a thin cake only—one that will require 25 minutes' baking or less.

Sift:

\( \frac{1}{4} \) cup brown sugar

CAKES

Whip until stiff:

1 egg white

\( \frac{1}{2} \) teaspoon salt

Fold in the sugar or beat it in slowly. Spread the icing on the cake. Sprinkle it with:

\( \frac{1}{2} \) cup broken nuts

Bake the cake in a moderate oven 375° until it is done.

To vary the flavour fold in 2 tablespoonfuls of cocoa after adding the sugar.

* Double the amount for a 9-by-13-inch cake.

UNCOOKED ICINGS

Rule for Uncooked Icings

Uncooked icings are very good and very quickly made. Their one drawback is that they sometimes have a slightly raw taste.

By letting uncooked icings made with icing sugar stand over hot water for 10 or 15 minutes this raw taste is overcome. Make the icing soon after putting the cake in the oven. Let it stand over hot water until you are ready to spread it. Beat it until it is cool and the right consistency to spread easily. If a delicate flavouring (vanilla, rum, sherry) is used, it is wise to add it after the icing is removed from the hot water.

The following uncooked icings may be made with an electric mixer. Combine the ingredients, using soft butter and only one-half the sugar. Beat them at high speed from 3 to 5 minutes. Add the remaining sugar gradually until the icing is a good consistency to spread.

WHITE ICING II

Sufficient for the top of an 8- or 9-inch cake

Sift:

1 cup icing sugar

Beat until soft:

\( \frac{1}{2} \) tablespoons butter *

Add the sugar gradually. Blend these ingredients until they are creamy. Add:

\( \frac{1}{4} \) teaspoon salt

1 teaspoon vanilla or 1 tablespoon sherry, rum, coffee, etc.

If the icing is too thin add:

Icing sugar

See preceding Rule for Uncooked Icings.

* One egg yolk beaten until light or \( \frac{3}{4} \) tablespoons hot cream may be substituted for the butter.

FRENCH ICING

Sufficient for the tops of 2 9-inch layers

This is a richer icing than the preceding one.

Sift:

2 cups icing sugar

Beat until soft:

4 tablespoons butter

Add the sugar gradually. Blend these ingredients until they are creamy. Beat in:

1 egg

1 teaspoon vanilla

See Rule for Uncooked Icings (this page).

ORANGE ICING

Sufficient for the tops of 2 9-inch layers

Place in the top of a double boiler:
Cakes

2 cups sifted icing sugar
\(\frac{1}{2}\) cup orange juice *
1 tablespoon melted butter
1 tablespoon grated orange rind
Place these ingredients over hot water for 10 minutes. Beat the icing until cool and a good consistency to spread. See Rule for Uncooked Icings (page 635).

* One tablespoon of this may be lemon juice.

Lemon Icing

Blend well:
2 cups icing sugar
\(\frac{1}{2}\) cup soft butter
Beat in:
Grated rind and juice of 1 lemon
1 or more teaspoons cream

Note on orange and lemon rind:
A subtle flavour may be obtained by grating orange or lemon rind coarsely. Place it in a piece of cheesecloth. Wring the juice on to sugar. Stir it in. Permit the sugar to stand for 15 minutes or more.

Orange Icing—Quick

Strain:
Juice of 1 or 2 oranges *
Add to it:
Granulated sugar
Grated orange rind
A few grains of salt
2 teaspoons or more lemon juice
Stir the sugar into the orange juice with a spatula or knife until all the juice has been absorbed. Spread the icing on cup, loaf, or layer cake.

* Lemon or other fruit juice may be substituted.

Maple Icing

Sufficient for the tops of 2 9-inch layers
2 cups icing sugar
Add very slowly, stirring constantly:
3 tablespoons cream *
3 tablespoons cold strong coffee
1 teaspoon melted butter
A few drops of Mapeline extract

* A little more cream may be needed to make the icing the right consistency to spread.

Butterscotch Icing

Sufficient for the tops of 2 9-inch layers
Combine, stir, and heat in a double boiler until smooth:
4 tablespoons butter
1 cup brown sugar
1 teaspoon salt
1 cup rich milk or evaporated milk
Cool this slightly. Beat in to make a good consistency to spread:
2 cups more or less of icing sugar
You may add:
1 teaspoon vanilla or 1 teaspoon rum
1 cup chopped nuts

Chocolate Butter Icing

Sufficient for the tops of 2 9-inch layers
Melt over a very low flame:
2 ounces chocolate *
Add and melt:
2 teaspoons to 3 tablespoons butter
Add:
1 cup hot water, cream, or coffee **
1 teaspoon salt
Remove these ingredients from the fire.
When they are cool add:
1 teaspoon vanilla
Sift and add gradually:
2 cups icing sugar
Slightly less sugar may be required. Stir the icing until it is a good consistency to spread. See Rule for Uncooked Icings (page 635).

* One-fourth cup cocoa may be substituted for the chocolate. In that case combine it at once with the hot water and butter.

** One egg may be substituted for the water, etc. Remove the icing from the fire before the egg is added.

Cocoa Coffee Icing

Sufficient for the tops of 2 9-inch layers
Beat until well blended:
1\(\frac{1}{4}\) tablespoons butter
2\(\frac{1}{4}\) tablespoons cocoa
Sift and beat in gradually:
2 cups icing sugar
Add sufficient:
Strong black coffee
to make the icing a good consistency
to spread. See Rule for Uncooked Icings (page 635).

FRENCH COFFEE ICING
Sufficient for the tops of 2 9-inch layers
Sift:
1½ cups icing sugar
Beat until soft:
½ to ½ cup butter
Add the sugar gradually. Blend these ingredients until they are creamy.
Add:
½ teaspoon salt
3 tablespoons strong hot coffee
Beat these ingredients for 2 minutes.
When the icing is cool add:
1 teaspoon vanilla or rum
Permit it to stand for 5 minutes. Beat it well and spread it.

MOCHA ICING with ICING SUGAR
Add to the preceding:
French Coffee Icing
1 tablespoon cocoa
Use only:
½ teaspoon vanilla

MOCHA ICING with BROWN SUGAR
Prepare the preceding:
Mocha Icing
Substitute light brown sugar for the icing sugar.

APRICOT ICING
Sufficient for the tops of 2 9-inch layers
Put sweetened Stewed Apricots (page 402) through a sieve until you have:
½ cup apricot pulp
Sift:
1½ cups icing sugar
Stir the sugar into the pulp until it is smooth. Beat in:
1 tablespoon soft butter
½ tablespoon lemon juice
This is a soft icing. Add more icing sugar if needed.

BANANA ICING
Sufficient for the tops of 2 9-inch layers
Put soft bananas through a sieve, or mash them until you have:
½ cup banana pulp
Sift:
2 cups icing sugar
Stir the sugar into the pulp until it is smooth. Beat in:
½ teaspoon salt
1 teaspoon lemon juice
½ teaspoon vanilla
Add more icing sugar if needed.

PINEAPPLE ICING
Sufficient for the tops of 2 9-inch layers
Sift:
2 cups icing sugar
Beat until soft:
½ cup butter
Add the sugar gradually. Blend these ingredients until they are creamy. Beat in:
1 teaspoon lemon juice
½ teaspoon salt
½ teaspoon vanilla
½ cup chopped pineapple, drained
Permit these ingredients to stand for 5 minutes. Beat the icing until it is creamy. Add more sugar if necessary.

JELLY ICING
Sufficient for the top of a 9-inch layer
Beat until light:
1 egg white
¼ teaspoon salt
Add gradually bit by bit, beating constantly:
½ to ½ cup jelly
Beat until the icing is a good consistency to spread.
CAKES

CREAM CHEESE ICING
Beat until soft:
3 ounces soft cream cheese
Blend in gradually:
1 cup icing sugar
Add, if necessary to have the right consistency:
A few drops of cream
Flavour with:
Vanilla, cinnamon, or nutmeg

ICING for CHRISTMAS CAKES
Sift:
Icing sugar
Flavour it with:
Grated lemon rind

Moisten it with:
Lemon juice
Drop a small quantity from a teaspoon on to a cake and permit it to spread and harden.

GLAZE for CHRISTMAS CAKES
Sift:
2 cups icing sugar
Moisten it with:
3 tablespoons or more boiling water
Flavour it with:
1 teaspoon vanilla
See Rule for Uncooked Icings (page 655). Beat the icing until it is a good consistency to spread.

CAKE FILLINGS

CUSTARD FILLING
Sufficient to spread between 3 9-inch layers
Combine
\[
\frac{1}{2} \text{ to } \frac{3}{4} \text{ cup sugar} \\
\frac{1}{4} \text{ cup flour} \\
\frac{1}{2} \text{ teaspoon salt}
\]
Add and stir until smooth and thick:
2 cups scalded milk or cream
Pour these ingredients over:
a slightly beaten eggs (or 4 egg yolks)
Stir and cook the custard in a double boiler until the eggs thicken. Cool it and add:
1 teaspoon vanilla
Add, if desired:
1 cup blanched, chopped almonds
1 tablespoon, sherry, rum, etc.

Coffee Filling, page 588.

BANANA CUSTARD FILLING
Prepare the preceding:

Custard Filling
Before spreading the custard add to it:
a or more thinly sliced bananas

BANANA FILLING
Prepare:
White Icing I (page 628) or Seven-minute White Icing (page 633)

Spread the cake layers closely with:
Thinly sliced bananas
Cover them with the icing.

PINEAPPLE FILLING
Sufficient to spread between 3 9-inch layers
Spread layers with:
Pineapple Meringue Pie Filling (page 519)
or spread the layers with:
Drained, chopped, or crushed pineapple
and cover it with:
White Icing I (page 628) or Seven-minute White Icing (page 633)

Almond Filling, page 582.

BUTTERSCOTCH FILLING
Sufficient to spread between 3 9-inch layers
Cook and stir in a double boiler or oven very low heat until clear and brown:
\[
\frac{1}{2} \text{ cup brown sugar} \\
\frac{1}{4} \text{ cup butter}
\]
Add and cook until scalded:
1 cup milk
Cook these ingredients in a double boiler until they are thick. Cool the filling. Add:

1 teaspoon vanilla

Glossy Chocolate Icing or Filling, page 632.

CHOCOLATE CUSTARD FILLING

Prepare:

Custard Filling (page 638)

Add to the milk mixture:

1½ ounces chocolate

CREAMY CHOCOLATE FILLING or ICING

Sufficient to spread between 3 9-inch layers or to cover the tops and sides of 2 9-inch layers

This filling adheres to the cake and remains soft and creamy.

Place in a saucepan:

2 cups sugar
½ teaspoon salt
½ cup cocoa

Beat and add to the sugar mixture:

2 egg yolks or 1 egg
1 cup milk

Stir and cook these ingredients to the soft-ball stage (page 754). Cool the filling and beat it until it is the right consistency to spread. Add to it:

1 teaspoon vanilla

CHOCOLATE FILLING

Sufficient to spread between 2 9-inch layers

Sift:

½ cup sugar

Beat until light:

4 egg yolks or 2 eggs

Add the sugar gradually. Beat these ingredients until they are well blended.

Add slowly:

1 cup milk

Add:

2 teaspoons butter
1 ounce chocolate, grated or chopped
½ teaspoon salt

WHIPPED CREAM and COCOA FILLING for ANGEL or SPONGE CAKE

Combine and sift:

½ cup icing sugar
6 tablespoons Drosel's or Cadbury's cocoa *
½ teaspoon salt

Add them to:

2 cups whipping cream

Chill these ingredients for two hours or more. Add:

1 teaspoon vanilla

Whip the mixture until it is stiff. If
a 9-inch angel or sponge cake is cut into 2 layers it can be filled with the cream and there will be enough to ice the tops and sides of the cake. Sprinkle the top of the cake with:

\[ \frac{1}{2} \text{ cup almonds, blanched, shredded, and toasted} \]

* Droste’s cocoa or an equally well-flavoured cocoa is needed for the success of this filling.

**Three-minute Icing, page 366.**

**CHOCOLATE COFFEE FILLING for SPONGE or ANGEL CAKE**

Cut crosswise:

A sponge or angel cake

Combine, cook, and stir in a double boiler until smooth:

\[ 2 \text{ ounces chocolate} \]
\[ \frac{1}{2} \text{ cup cream} \]
\[ 1\frac{1}{2} \text{ cups strong coffee} \]

Combine and beat:

\[ 4 \text{ egg yolks} \]
\[ 1 \text{ egg} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

Beat in gradually:

\[ 1\frac{1}{2} \text{ cups sugar} \]

Combine until smooth, then add:

\[ 2 \text{ teaspoons cornflour} \]
\[ 2 \text{ tablespoons cold coffee} \]

Add these ingredients to the mixture in the double boiler. Stir and cook the filling until it is a good consistency to spread. Cool it. You may add:

\[ \frac{1}{2} \text{ teaspoon vanilla or} \]
\[ 1 \text{ teaspoon rum} \]

Spread between the layers and cover the top and sides of the cake.

**WHIPPED CREAM and JAM FILLING**

Whip until stiff:

\[ 1 \text{ cup heavy cream} \]

Fold into the cream:

\[ 1 \text{ cup jam} \]

Spread the filling between 2 layers and over the top and sides of a 9-inch cake.

**ALMOND or HAZEL-NUT CUSTARD FILLING**

Sufficient to spread between 3 9-inch layers

Stir and heat in a saucepan over a very low flame:

\[ 1 \text{ cup sugar} \]
\[ 1 \text{ cup sour cream} \]
\[ 1 \text{ tablespoon flour} \]

Do not permit these ingredients to boil. Pour them over:

\[ 1 \text{ beaten egg} \]

Place them in a double boiler. Stir and cook the custard until it is thick.

Add:

\[ 1 \text{ cup almonds, blanched or unblanched, shredded or ground, or} \]
\[ 1 \text{ cup ground hazel-nuts} \]

When the custard is cool add:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

**ALMOND RAISIN FILLING**

Sufficient for the tops of 3 9-inch layers

Blanch, slice, then toast:

\[ \frac{1}{2} \text{ cup almonds} \]

Combine:

\[ \frac{1}{2} \text{ cup sugar} \]
\[ 1 \text{ tablespoon orange rind} \]
\[ \frac{1}{2} \text{ cup orange juice} \]
\[ 3 \text{ tablespoons flour} \]
\[ \frac{1}{2} \text{ cup water} \]
\[ 2 \text{ cups seeded raisins, chopped or ground} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

Simmer these ingredients for 5 minutes. Stir constantly. Add the almonds and:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

**TOASTED WALNUT or PECAN FILLING**

Sufficient for the tops of 2 8-inch layers

Chop, then toast:

\[ \frac{1}{2} \text{ cup walnuts or pecans} \]

Combine, stir and heat in a double boiler until sugar is dissolved:

\[ \frac{1}{2} \text{ cup brown sugar} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ 2 \text{ tablespoons butter} \]
\[ 1 \text{ tablespoon water} \]

*Almond Cream Filling, page 582; Almond Filling, page 582; and other fillings for Angel Cake.*
Stir part of this into:
1 egg yolk, slightly beaten
Return all to the double boiler. Stir and cook until the egg yolk is slightly thickened. Cool the filling. Add the nuts and:
\( \frac{1}{2} \) teaspoon vanilla

**FIG FILLING**

Sufficient to spread between 2 9-inch layers

Cook in a double boiler until thick:
- \( \frac{1}{2} \) pound figs, chopped
- \( \frac{1}{4} \) cup sugar
- \( \frac{1}{2} \) cup boiling water
- 1 tablespoon lemon juice
- \( \frac{1}{2} \) teaspoon grated lemon rind
- 1 tablespoon cornflour (optional)

Cool the filling.

*Lady Baltimore Filling, page 575; Fruit Filling for Cake (dates, figs, raisins, and nuts), page 578.*

**LEMON FILLING**

Sufficient to spread between 2 9-inch layers

Stir and cook in a double boiler until thick:
- \( \frac{1}{2} \) teaspoon grated lemon rind (optional)
- 2\( \frac{1}{2} \) tablespoons lemon juice
- 6 tablespoons orange juice
- \( \frac{1}{2} \) cup water
- \( \frac{1}{2} \) cup sugar
- 2 tablespoons flour
- \( \frac{1}{2} \) teaspoon salt
- 3 egg yolks

Cool the filling.

**APRICOT FILLING**

Follow the preceding rule for:
Lemon Filling
Add:
- \( \frac{1}{2} \) cup sugar
- \( \frac{1}{2} \) to \( \frac{1}{4} \) cup thick apricot pulp
  (Apricots, Stewed without sugar and sieved, page 402)

**ORANGE FILLING I**

Follow the rule for:
Lemon Filling
Use:
- Grated orange rind
and only:
- 1 tablespoon lemon juice

**ORANGE FILLING II**

Stir and cook in a double boiler until thick:
- \( \frac{1}{2} \) cup sugar
- 2 tablespoons butter
- 1 tablespoon flour
- 1 tablespoon grated orange rind
- 1 cup orange juice
- \( \frac{1}{2} \) teaspoon salt
- 2 eggs

Orange Cream Filling, page 578.
PUDDINGS AND DESSERTS

Note. You will find a number of suggestions for fruit desserts in the section on Fresh Fruits, Stewed and Baked, page 395.

Custard sauces and puddings are prepared over boiling water or over a very low flame. They must be stirred constantly while they are cooking and they must not be permitted to boil at any time. A high degree of heat destroys their delicate flavour and solidifies the eggs too rapidly, causing them to curdle or separate. Should a custard sauce separate, remove it at once from the fire, dump it quickly into a cold bowl, and whip it with a wire whisk. Beat it well and it may become smooth. A wire whisk (see page 377) is helpful when making custards and pudding mixtures.

The rule for whipping cream, evaporated milk, and egg whites and for dissolving gelatine will be found on page 566.

Rule for Puddings Made with an Electric Mixer

Whip egg whites at high speed.
Whip egg yolks at medium speed.
Whip gelatine mixtures that are nearly set at medium speed.
Whip cream at medium speed.
Whip snow pudding (and similar desserts) after all the ingredients are combined at high speed until the mixture holds its shape. See Appendix D (page 582). Vanilla Bean, Orange and Lemon Sugar, Vanilla Sugar.

CUSTARDS

A family I know had a coloured cook who always urged the children to eat sparingly of the meat course so as to leave a little room for the 'hereafter.' I have prepared so many, many 'hereafter's for children and grown-ups that I feel like Christopher Morley's heroine, who made an anthology of the loaves of bread she had baked.

The majority of the following recipes are simple, require only staple articles, and are very quickly made.

CUP CUSTARD

5 Servings
Scald:
2 cups milk
1/2 cup sugar
1/2 teaspoon salt
Pour these ingredients slowly over:
3 beaten egg yolks or 2 whole eggs
Add:
1/2 teaspoon vanilla
1/2 teaspoon nutmeg (optional)

Beat the custard until it is well blended. Pour it into a baking dish or into individual moulds. Place the moulds in a pan of hot water in a moderate oven 325° for about 4 hour or until custard is set. To test, insert a silver knife or spoon. If the custard does not adhere to the spoon it is ready to be removed from the oven. Chill and serve it with:

Caramel Syrup (page 690) or Fruit juice
CUSTARD, with EGG WHITES
5 Servings
Scald in the top of a double boiler:
2 cups rich milk or milk and cream
Beat until stiff:
4 egg whites
Beat in gradually, a tablespoonful at a time:
1/4 cup sugar
Beat until the sugar is well incorporated.
Beat in the hot milk. Flavour the custard with:
1 teaspoon grated lemon rind
1/2 teaspoon vanilla
or with:
1/2 teaspoon almond extract
1/2 teaspoon vanilla
1 teaspoon grated orange rind
Bake it by the preceding rule for custard for 1 hour or more. Serve the custard with:
Sweetened berries, stewed fruit, or chocolate sauce

CARAMEL CUSTARD
4 Servings
Place in a small iron frying-pan and stir over a quick fire until melted:
1/4 cup sugar
Add:
1 tablespoon hot water
Stir until the sugar is dissolved. Scald:
2 cups milk
Add the melted sugar. Pour these ingredients slowly over:
3 beaten egg yolks
Add:
1/2 teaspoon vanilla or almond extract
Beat the custard until it is well blended. Place it in a mould set in a dish of hot water and bake it in a moderate oven 325° until it is firm. To test it see rule for Cup Custard on this page. Cool it and invert the contents of the dish on to a platter. The brown sugar will form a caramel sauce.
* If more sauce is desired double this amount.

COFFEE CUSTARD
4 Servings
Combine and scald:
1 cup strong coffee
1 cup top milk
4 tablespoons sugar
1/2 teaspoon salt
Pour these ingredients slowly over:
2 whole beaten eggs or 3 egg yolks
Beat these ingredients until they are well blended. To bake the custard follow the rule on page 642 for Cup Custard. Serve it cold with:
Cream or whipped cream

DANISH CUSTARD
(Quick Caramelized Custard)
5 Servings
Beat until light:
3 eggs
Add:
1/4 cup sugar
1/2 teaspoon salt
Scald and stir in slowly:
2 cups milk
Add:
1/2 teaspoon vanilla or 1 teaspoon rum
Beat the custard until it is well blended. Sift:
1/2 cup light brown sugar *
Place it in the bottom of a baking dish or mould and pour the custard on top of it. Place the baking dish in a pan of hot water in a moderate oven and bake the custard until it is firm. To test it see rule for Cup Custard on this page. Cool it and invert the contents of the dish on to a platter. The brown sugar will form a caramel sauce.
* If more sauce is desired double this amount.

CARAMELIZED DISHES
To caramelize a mould, put one half cup of sugar in it and place it over heat. When the sugar is melted and brown, turn the mould so that the caramel will spread—push it with a spoon until the entire surface of the mould is covered, then pour a custard or pudding mixture into the mould and follow the directions given for cooking the custard or pudding. Invert the custard when it is cold.
PUDDINGS AND DESSERTS

COFFEE and CHOCOLATE CUSTARD

Follow the preceding rule for:

Coffee custard

Add:

\( \frac{1}{4} \text{ cup grated chocolate} \)

\( \frac{1}{2} \text{ tablespoon sugar} \)

MAPLE CUSTARD

4 to 6 Servings

Beat:

4 egg yolks

\( \frac{1}{2} \text{ cup maple syrup} \)

Add:

3 cups milk

\( \frac{1}{4} \text{ cup chopped nuts (optional)} \)

Place on a platter and whip until stiff:

4 egg whites

\( \frac{1}{4} \text{ teaspoon salt} \)

Fold the custard into the egg whites. Fill individual custard cups, place them in a pan of hot water and bake the custard in a moderate oven at \( 325^\circ \) until it is firm. To test it see rule for Cup Custard (page 642).

'BOILED' CUSTARD or CUSTARD SAUCE

About 24 cupfuls

This custard has acquired a celestial association, thanks to the incomparable Green Pastures. It is badly named, as it must not be permitted to boil at any time.

Beat slightly:

3 or 4 egg yolks

Add:

\( \frac{1}{2} \text{ cup sugar} \)

\( \frac{1}{4} \text{ teaspoon salt} \)

Scald and stir in slowly:

2 cups milk

Place the custard over a very slow fire. Stir it constantly. Take care that it does not boil. (Or cook it over boiling water until it begins to thicken.) Strain and cool the custard. Add to it:

1 teaspoon vanilla, rum, or sherry,

or a little grated lemon rind

Chill it thoroughly. This is not a firm custard. It is really a custard sauce.

FLOATING ISLAND

5 Servings

Prepare:

'Boiled' Custard (see above), flavoured with lemon rind (optional)

Place it in a baking dish. Whip until stiff:

3 egg whites

\( \frac{1}{4} \text{ teaspoon salt} \)

Add very slowly, whipping constantly:

3 tablespoons sugar

\( \frac{1}{4} \text{ teaspoon vanilla or a few drops almond extract} \)

Heap the egg whites on the custard. Place the dish in a hot oven \( 500^\circ \) for 2 minutes or until the tips of the meringue are brown. Serve the custard hot or cold.

CRÈME BRÛLÉE

4 Servings

A French custard made in an unusual way, which gives it an unusual flavour. Stir, bring to the boiling point and boil for exactly 1 minute:

2 cups (1 pint) 40-per-cent cream

Remove the cream from the fire. Pour it in a slow stream into:

4 well-beaten egg yolks

Beat it constantly. Return the cream to the fire. Stir and cook it over a low flame until it is nearly boiling, or stir and cook it for 5 minutes in a double boiler. Place the cream in a greased baking dish. Chill it well. Cover the cream with a \( \frac{1}{2} \)-inch layer of:

Brown sugar or maple sugar

Place it under a grill to form a crust and to caramelize the sugar. Chill it again. The cream may be made one day and it may be caramelized the next.

ZABAGLIONE (SABAYON)

4 Servings

This is served as a sauce, as a custard and as a beverage. Any heavy wine may be used.

Beat until very light:

8 egg yolks

1 cup icing sugar

Place these ingredients in the top of a double boiler over boiling water. Do
not permit the water to touch the bottom of the double boiler top. This is important. Beat the custard constantly with a wire beater. When it is foamy add gradually:

\[ \frac{1}{4} \text{ cup Madeira, sherry, etc.} \]

Continue to beat the custard until it doubles in bulk and begins to thicken. Remove it from the heat. Whip until stiff:

\[ 8 \text{ egg whites} \]
\[ \frac{1}{4} \text{ cup water} \]

Fold in the custard. Serve the Sabayon at once in sherbet glasses.

**WINE CUSTARD**  
(WEINSCHAUM)

6 Servings

Place in the top of a double boiler over boiling* water:

\[ 2 \text{ cups white wine} \]
\[ \frac{1}{4} \text{ cup water} \]

Add:

\[ 4 \text{ unbeaten eggs} \]
\[ \frac{1}{4} \text{ cup sugar} \]

Beat these ingredients vigorously with a wire whisk. Cook the custard until it thickens. Beat it constantly. Serve it hot or cold.

* Do not permit the water to touch the bottom of the double boiler top.

**LADY FINGER CUSTARD**

5 Servings

Split:

\[ 12 \text{ lady fingers} * \]

Spread them generously with:

**Tart jelly**

Put them together again. Place them in the bottom of an 8-inch baking dish. Beat until creamy:

\[ 2 \text{ egg yolks} \]
\[ \frac{1}{4} \text{ cup sugar} \]

Scald:

\[ 2 \frac{1}{2} \text{ cups milk} \]

Pour this over the yolk mixture.

Dissolve:

\[ 1\frac{1}{2} \text{ tablespoons cornflour} \]
\[ \frac{1}{4} \text{ cup milk} \]

Stir this into the yolk mixture. Stir and cook these ingredients over a very low fire until they are thick. Cool them slightly. Season them with:

\[ 1 \text{ teaspoon vanilla} \]

Pour the custard over the lady fingers. Beat until stiff:

\[ 2 \text{ egg whites} \]

Add very slowly, beating constantly:

\[ 2 \text{ tablespoons sugar} \]
\[ 1 \text{ teaspoon lemon juice} \]

When the meringue is stiff heap it on to the pudding. Dot the top with bits of:

**Tart jelly**

Bake the pudding in a slow oven 325° until the meringue is set—for about 15 minutes.

* You may use slices of dry sponge cake or macaroons. You may substitute for the jelly well-drained canned cherries (not too sour). Line the sides of the dish with cake, place the cherries in the bottom, and proceed as directed.

**FRUIT CUSTARD**

5 Servings

Prepare:

\[ \frac{1}{4} \text{ cup toasted nuts} \]

Prepare by the rule on page 642:

**Cup Custard**

Butter custard cups. Line them with the nuts. Place in each cup:

An apricot half (peach, pineapple slice, etc.) round side down

You may sprinkle the fruit with:

A few drops of kirsch, rum, brandy, or vanilla

Fill the cups with custard. Bake them by the rule for cup custard. Cool, then remove the custard from the cups. Serve it with:

Fruit juice drained from fruit

**APPLE CUSTARD**

4 Servings

Pare, core, then cut into ¼-inch slices:

3 greening apples

Sprinkle them with:

2 tablespoons sugar

Permit them to stand for 30 minutes. Beat until light:

3 eggs
PUDDINGS AND DESSERTS

PINEAPPLE SPONGE CUSTARD

4 Servings
A complete, delectable dessert, quickly prepared with ingredients one is apt to have on hand.

Combine and stir in the order given:
- 5 tablespoons sugar
- 3 tablespoons bread flour
- ¼ cup pineapple syrup
- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice
- 2 beaten egg yolks
- 1 cup milk
- 1½ tablespoons butter, melted

Whip until stiff, then fold in:
- 2 egg whites
- ½ teaspoon salt

Place in the bottom of a 7-inch baking dish or in 4 3½-inch individual ones:
- 1½ to 2 cups coarsely cut pineapple, drained

Pour the custard mixture over the fruit. Place the dishes in a pan in 1 inch of hot water. Bake the custard in a moderate oven 350° for about ½ hour. Serve it hot or cold.

LEMON SPONGE CUSTARD

6 Servings

Follow the rule for:
Lemon Sponge Cake Pie (page 515)

You may add:
- 1 cup chopped nuts

Fill buttered custard cups ¾ full. Bake them in a pan of cold water in a moderate oven 325° for about 45 minutes.

SPONGE CAKE PUDDING

Place in a baking dish:
Slices of sponge cake *

Cover them with a thick layer of:
Drained stewed cherries **

Pour over them:
Boiled Custard (page 644)

Flavour it with:
Rum or sherry, etc. (optional)

Make a Meringue (page 516) of:
- 3 egg whites
- ½ teaspoon salt
- 6 tablespoons sugar
- 1 teaspoon vanilla

Heap it on the cherries. Bake the pudding in a slow oven 300° for 15 minutes. Serve it hot or cold with:

Cherry juice or cream

* Lady fingers or macaroons may be substituted.

** Substitute oranges, bananas, peaches, etc.
BAKED CHOCOLATE CUSTARD with MERINGUE

6 Servings
The delight of all children.
Dissolve:
1 tablespoon cornflour
in:
\( \frac{1}{2} \) cup milk
Scald:
\( \frac{3}{4} \) cups milk
Add and stir until dissolved:
1 cup sugar
1\( \frac{1}{2} \) ounces chocolate
\( \frac{1}{4} \) teaspoon salt
Add the cornflour mixture. Stir and cook these ingredients over a very low fire or in a double boiler until they have thickened and the cornflour is cooked (when you can no longer taste it). Pour them over:
4 beaten egg yolks
Beat these ingredients until they are well blended. Place the custard in a baking dish. Cool it. Cover it with meringue made with:

4 egg whites
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{2} \) cup sugar
1 teaspoon vanilla
Place the baking dish in a pan of hot water and bake the custard in a slow oven 300° until the meringue is set. Serve the pudding hot or cold with:
Cream

FRENCH CHOCOLATE CUSTARD (POT DE CRÈME)

8 Servings
Melt over low heat:
1 pound sweet chocolate
in:
2 cups warm milk
Stir these ingredients until they reach the boiling point. Remove them from the fire. Stir them into:
6 egg yolks
Strain the custard. Pour it into custard cups. Chill it well.

French Chocolate Cream, page 681

CEREAL PUDDINGS

FARINA PUDDING, BOILED

6 Servings
A good dish for children but not so popular as the preceding one.
Boil:
2 cups milk
\( \frac{1}{2} \) cup sugar
Add:
\( \frac{1}{2} \) cup farina or semolina
Stir and cook the farina over a low fire until it is thick. Add and stir until melted:
1 tablespoon butter
Remove the pan from the fire. Beat in one at a time:
2 egg yolks
Cool the mixture. Add:
1 teaspoon vanilla
\( \frac{1}{4} \) teaspoon grated lemon rind
(optional)
Place on a platter and whip until stiff:
2 egg whites
\( \frac{1}{4} \) teaspoon salt
Fold the egg whites into the farina mixture. Serve the pudding cold with:
Cream, fruit juice, stewed fruit or crushed, sweetened berries

FARINA PUDDING, BAKED

Prepare the preceding:
Farina Pudding
Use:
1 teaspoon grated lemon rind
3 eggs instead of 2
Place the pudding in a greased pan. Spread it to the thickness of 1 inch. Bake it in a moderate oven 350° until the edges are crisp. Serve it hot with:
Raspberry or loganberry juice or crushed, sweetened berries, Hot Claret Sauce (page 696)

INDIAN PUDDING

8 Servings
Boil in the top of a double boiler:
4 cups milk
Stir in:
Puddings and Desserts

1 cup corn meal or semolina
Place these ingredients over boiling water. Cook them for 15 minutes. Stir into them and cook for 5 minutes:
1 cup dark molasses *(black treacle)*
Remove them from the heat. Stir in:
1 cup butter
1 teaspoon salt
1 teaspoon ginger (or ½ teaspoon ginger and ½ teaspoon cinnamon)
3 tablespoons sugar
1 well-beaten egg (optional)
½ cup raisins (optional)
Pour the batter into a well-greased baking dish. To have a soft centre you may pour over the top:
1 cup milk
Bake the pudding in a slow oven 325° from 1½ to 2 hours. Serve the pudding hot with:
Hard Sauce *(page 688)* or Cream
It is a New England custom to serve it with:
Vanilla Ice Cream *(page 698)*
*You may use 1 cupful molasses and omit the sugar.*

Milk Rice

6 to 8 Servings
A very simple dessert and the basis of many more elaborate ones.
Wash and drain:
1 cup rice
Put it in a double boiler with:
6 cups hot milk
1 teaspoon salt
Cover it and steam it until it is tender (for about 1 hour). Stir it frequently.
Add to it:
2 tablespoons butter or ½ teaspoon vanilla *optional*
Serve the rice hot or cold with:
Crushed or stewed fruit
or with a combination of:
4 tablespoons sugar
1 tablespoon cinnamon

Rice Pudding

6 to 8 Servings
Cook:
½ cup Rice *(page 87, 2 cups cooked rice)*
Drain it and rinse it with cold water. Combine, beat well, and add:
1½ cups milk
½ teaspoon salt
3½ tablespoons sugar
1 tablespoon soft butter
1 teaspoon vanilla
2 eggs
Add:
½ cup raisins (optional)
½ teaspoon grated lemon rind
½ teaspoon lemon juice
Combine these ingredients lightly with a fork. Grease a baking dish and cover the bottom and sides with:
Bread crumbs (optional)
Put the rice in it and cover the top with bread crumbs. Bake the pudding in a moderate oven 325° until it is set. Serve it hot or cold with:
Cream, Strawberry, or Raspberry
Hard Sauce *(page 689)*, fruit juice or Hot Sherry Sauce *(page 696)*

Caramel Rice Pudding

Prepare the preceding:
Rice Pudding
Omit the white sugar. Substitute:
½ cup brown sugar
Omit the lemon rind and juice.
FRUIT and NUT RICE PUDDING

5 Servings
Cook by the rule on page 648, one-half the quantity given for:
Milk Rice
Stir in lightly with a fork:
3 tablespoons sugar
1 teaspoon freshly ground nutmeg
1 cup cooked chopped apricots or prunes
1 cup chopped nuts
Grated rind and juice of 1 lemon
2 beaten egg yolks
Place this in a greased baking dish. Top it with a Meringue (page 516) made of:
2 egg whites
1 teaspoon salt
4 tablespoons sugar
1 teaspoon vanilla
Bake the pudding in a moderate oven 325° from 1½ to 20 minutes.

Baked Pineapple and Rice, page 94.

CARAMEL CORNFLAKE RING
with BERRIES, SLICED PEACHES, or BANANAS

8 Servings
Very quickly made—crisp and good—a fine emergency dish, as it takes the place of cake.
Stir and melt in a large saucepan over low heat:
1 cup brown sugar, closely packed
3 tablespoons butter
1 teaspoon salt (if butter is unsalted)
Fold in until well coated:
4 cups cornflakes
Grease a 7-inch ring mould or individual moulds. Press the cornflake mixture lightly into the mould. Before the pudding is cold—in a few minutes—invert it on to a platter. Fill the centre and surround the ring with:
Sugared fruit or stewed fruit
Serve it with:
Cream, whipped cream or ice cream

TAPIOCA

Java produces the cassava plant and the cassava root produces tapioca, but the commercial article as we know it is produced in the United States. Quick-cooking tapioca is rapidly taking the place of pearl tapioca, but the latter remains a favourite with a great many people who regret that it is almost obsolete. Pearl tapioca must be soaked for 1 hour or more in water to cover. It is then drained, a liquid is added to it, and it is cooked in a double boiler until it is transparent. Quick-cooking tapioca requires no soaking, but the subsequent process is the same. Use twice as much pearl tapioca as quick-cooking tapioca. When tapioca puddings are sticky they have been cooked too long.

QUICK TAPIOCA CUSTARD

8 Servings
Combine and stir in a double boiler:
1 cup quick-cooking tapioca
1 cup sugar
1 teaspoon salt
1 or 2 beaten egg yolks
4 cups milk
Cook these ingredients without stirring over rapidly boiling water for 7 minutes. Stir and cook them 5 minutes longer. Remove them from the steam. The tapioca thickens as it cools. Whip until stiff:
1 or 2 egg whites
1 teaspoon salt
Fold a small amount of the tapioca into the egg white, then fold the egg white into the rest of the tapioca.
Fold in:
1 teaspoon vanilla or 1 teaspoon orange or lemon rind
Chill the pudding. Serve it with:
Cream, fresh berries, crushed or canned fruit or Chocolate or other sauce (page 692)
Additions may be made to this recipe. In that case the eggs may be omitted.
Suggestions:
1 cup or more coco-nut or toasted almonds
PUDDINGS AND DESSERTS

A cup or more chopped dates
1 banana crushed and 1 banana diced
These eggless puddings are good served with custard sauce.

BUTTERSCOTCH TAPIOCA CUSTARD
8 Servings
Follow the preceding rule for:
Quick Tapioca Custard
Melt:
$\frac{1}{4}$ cup butter
Stir it until it melts and bubbles:
$\frac{1}{4}$ cup brown sugar
Add this mixture to the cooked tapioca. Omit the lemon flavouring.

PINEAPPLE TAPIOCA
8 Servings
Follow the preceding rule for:
Quick Tapioca Custard
Melt:
$\frac{1}{4}$ cup butter
Stir in until it melts and bubbles:
$\frac{1}{4}$ cup brown sugar
Add:
1 cup crushed pineapple
Add this mixture to the cooked tapioca.

CRUSHED FRUIT TAPIOCA PUDDING
6 Servings
This may be made with pineapple, prunes, berries, etc. It is eggless.
Boil in the top of a double boiler over direct heat:
2 cups water
Combine and stir in gradually:
$\frac{1}{4}$ cup quick-cooking tapioca
$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ teaspoon salt
When these ingredients are boiling, place them over rapidly boiling water. Cook and stir them for 5 minutes. Remove them from the heat. Cool them slightly. Fold in:
2 cups canned crushed pineapple
2 tablespoons lemon juice, or
2 cups cooked prune or apricot pulp
2 tablespoons lemon juice, or
$\frac{1}{4}$ to 2 cups crushed sweetened
berries
1 tablespoon lemon juice
Chill the tapioca. It may be served in sherbet glasses with:
Whipped cream or plain cream

APPLE TAPIOCA CUSTARD
with MERINGUE
6 Servings
I have a friend who starts this pudding before she goes to church and serves it to her family upon her return. As she is known to be an excellent cook, I am giving you her method of baking it. Do not attempt this dish unless you have well-flavoured cooking apples.
Pare and slice:
6 large tart apples
Put them in a buttered baking dish. Sprinkle over them:
1 cup sugar
$\frac{1}{4}$ teaspoon salt
Dust them lightly with:
Nutmeg or cinnamon (optional)
Dot them with:
2 tablespoons butter
Cover them with:
Boiling water
Bake them in a moderate oven 375° until they are tender. Soak for 5 minutes:
$\frac{1}{4}$ cup quick-cooking tapioca *
in:
2 cups milk
Beat:
3 egg yolks
$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla
2 cups milk
Add the soaked tapioca and pour these ingredients over the baked apples. Bake the pudding in a moderate oven 325° for about 1 hour (or if you are using pearl tapioca bake it in a slow oven 275° for about 3 hours).
Make a Meringue (page 316) with:
3 egg whites
$\frac{1}{4}$ teaspoon salt
6 tablespoons sugar
1 teaspoon vanilla
Heap it on the pudding. Bake it in a slow oven 300° for 15 minutes. Serve the pudding hot or cold with:

**Cream**

* Quarter cupful pearl tapioca may be substituted. Soak it for 1 hour in water to cover. Drain it and add it to the milk.

**PEARL TAPIOCA CUSTARD**

12 Servings
Soak for 12 hours:

½ cup pearl tapioca
in:
3 cups milk
Cook these ingredients in a double boiler. Stir them from time to time. When the tapioca is soft remove it from the fire. Cool it slightly. Stir in:

1½ tablespoons butter
1 cup hot milk

Beat:

2 egg yolks
½ cup sugar, white or brown
1 cup seeded raisins (optional)
1 tablespoon grated lemon rind
1½ tablespoons lemon juice
½ teaspoon salt

Add these ingredients to the tapioca. Place the pudding in a greased baking dish. Bake it in a moderate oven 325° until it is firm (for about 1 hour). Stir it once or twice. Cool the pudding slightly. Cover it with a Meringue (page 516) made with:

2 egg whites
4 tablespoons sugar
1 teaspoon vanilla

Bake it in a slow oven 300° for 15 minutes.

**CORNFLOUR PUDDINGS**

**CORNFLOUR BLANCHEMANGE**

6 Servings
When carefully prepared and thoroughly chilled this simple pudding is delicious. Scald:

2½ cups milk
Combine and stir until well blended:

½ cup milk
½ * cup cornflour
2 tablespoons sugar
½ teaspoon salt
Add these ingredients to the hot milk. Stir and cook them over a very low flame, or in a double boiler, until they thicken and the cornflour is cooked (when you can no longer taste it). Beat until light:

1 egg
2 tablespoons sugar
Pour the hot mixture over the egg, beat it and return it to the fire for a minute or two. Stir it constantly until the egg thickens, then remove it from the fire. When cool add:

½ teaspoon vanilla
Chill the pudding. Serve it with:

Crushed sweetened fruit, fruit juice, or cream
(Canned loganberries, strained, make a very piquant sauce)

* If you wish to mould the pudding use ½ cup cornflour.

**CARAMEL CORNFLOUR PUDDING**

4 Servings
Place in a frying-pan over a quick fire:

1 cup sugar
Stir it until it melts. Permit it to burn slightly. Heat to the boiling point:

1½ cups milk
Stir the milk slowly into the sugar. Cook it until the sugar is dissolved. Dissolve:

2 tablespoons cornflour
in:
½ cup milk
Add these ingredients to the sugar mixture. Reduce the heat to a low flame or cook the pudding in a double boiler. Stir it until it thickens and the cornflour is cooked (when you can no longer taste it). Add:

½ teaspoon salt
1 tablespoon butter
Pour part of this mixture over:

2 egg yolks slightly beaten
Beat it until it is well blended. Return it to the saucepan. Cook and stir the custard until it thickens. Cool it and add:

½ cup chopped nuts (optional)
1 teaspoon vanilla
Chill the pudding. Serve it with:

Cream
Variation I
After adding the vanilla cover the pudding with a Meringue (page 516) made with:
- 2 egg whites
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1/2 teaspoon vanilla

Bake the pudding in a slow oven 300° until the meringue is set. Chill it. Serve it with:

Cream

*This variation makes a creamy substance that freezes well in a refrigerator tray.

CHOCOLATE CORNFLOUR PUDDING

4 Servings
Melt in a double boiler:
- 1 ounce chocolate

Stir in slowly:
- 1/2 cup sugar
- 1/2 cups milk
- 1/2 teaspoon salt

Heat these ingredients to the boiling point.

Dissolve:
- 1/2 cup cornflour
- in:
- 1/2 cup milk

Stir the cornflour slowly into the hot milk mixture. Cook the pudding over boiling water for 20 minutes or cook and stir it over a very low flame until it thickens and the cornflour is cooked (when you can no longer taste it). Cool it. Add:
- 1/2 teaspoon vanilla

Pour it into a wet mould. Chill it. Unmould it and serve it with:

Cream

Baked Chocolate Custard with Meringue, page 647.
This is really a cornflour pudding and a mighty good one.

COCOA CORNFLOUR PUDDING

4 Servings
Prepare the preceding:
- Chocolate Cornflour Pudding

Use only:
- 2 tablespoons cornflour

Substitute for the chocolate:
- 4 tablespoons cocoa

ROTHE GRÜTZE
(Fruit juice thickened with farina or cornflour)

4 Servings
This good German pudding is usually made with raspberry juice but the juices of other fruits may be substituted.

Boil:
- 2 cups fruit juice

Sweeten it palatably with:
- Sugar

Season it with:
- 1/2 teaspoon salt

Stir into the boiling juice:
- 1/2 cup farina or semolina

Stir the pudding until it thickens. Pour it into a wet mould. Chill it. Serve it very cold with:

Cream

Or dissolve:
- 3 tablespoons cornflour
- in:
- 1/2 cup fruit juice

Boil:
- 1 1/2 cups fruit juice

Sweeten it with:
- Sugar

Season it with:
- 1/2 teaspoon salt

Stir in the dissolved cornflour. Continue to stir until the pudding thickens. Chill it. Serve it very cold with:

Cream
**PUDDINGS AND DESSERTS**

**BREAD PUDDINGS**

**BREAD PUDDING with MERINGUE**

6 Servings

Well-made bread pudding is an excellent dish, particularly if one is clever about “jazzing up” the hard sauce that accompanies it.

Cut bread into slices and trim away the crusts. Soak for 1½ minutes:

- 5 cups diced fresh bread or 3½ cups stale bread

in:

- 3 cups warm milk

Add:

- ¼ teaspoon salt

Combine and beat well:

- 3 egg yolks
- ⅔ to ¾ cup sugar
- 1 teaspoon vanilla
- ¼ teaspoon nutmeg (optional)

Add:

- ½ cup raisins or nuts (optional)

Pour these ingredients lightly with the soaked bread. Stir them lightly with a fork until they are well blended.** Place them in a baking dish set in a pan of hot water in a moderate oven 350° for about ½ hour. Cool the pudding.

Cover it with a Meringue (*page 516*) made with:

- 3 egg whites
- ⅛ teaspoon salt
- 6 tablespoons sugar
- ¼ teaspoon vanilla

Bake the pudding in a slow oven 300° until the meringue is set (for about 1½ minutes). Serve it hot with:

Hard Sauce (*page 688*), Strawberry Hard Sauce II (*page 689*), or cream or fruit juice

A layer of:

Jelly or stewed fruit, drained

may be placed between the pudding and the meringue. In that case the pudding is good served with cream.

You may vary the flavour of bread pudding by adding: ½ cupful of dates, figs, bananas, or some orange marmalade.

* The bread should be measured lightly, not packed.

** If preferred the meringue may be dispensed with. Whip the egg whites until they are stiff and fold them in at this time.

**CARAMEL BREAD PUDDING**

Prepare the preceding:

Bread Pudding

Substitute for the white sugar:

¾ cup brown sugar

Add:

- 2 tablespoons Caramel Syrup (*page 690*)

**CHOCOLATE BREAD PUDDING**

Prepare by the basic rule above:

Bread Pudding

Use the larger amount of sugar. Add to the milk:

- ½ ounces melted chocolate

**LEMON BREAD PUDDING**

6 Servings

Soak for ½ hour:

- 1 cup dry bread-crumbs or ½ cups soft bread-crumbs

in:

- 2 cups milk

Cream until fluffy:

- 4 tablespoons butter
- ½ cup sugar

Beat in:

- 2 egg yolks
- Grated rind and juice of ¼ lemon

Stir in the soaked crumbs. Place the pudding in a baking dish. Bake it in a moderate oven 325° for about 20 minutes. Cool it. Top it with a Meringue (*page 516*) made with:

- 2 egg whites
- ⅛ teaspoon salt
- 4 tablespoons sugar
- ¼ teaspoon vanilla

Bake the meringue in a slow oven 300° for about 15 minutes. Serve the pudding hot or cold with:

Cream

**PINEAPPLE BREAD PUDDING**

5 Servings

Cook and stir for 2 minutes:

- 1½ cups soft bread-crumbs
- 1 cup milk

Cool these ingredients slightly.
Beat in:

1 egg yolk
2 tablespoons soft butter
1 tablespoon brandy or 1 teaspoon vanilla
½ cup blanched, shredded almonds or raisins
1 cup sugar
1 teaspoon cinnamon
1 teaspoon ginger or cloves
A grating of nutmeg
½ teaspoons grated lemon rind

Add:
1 cup crushed, drained pineapple
1 tablespoon lemon juice

Whip until stiff:
1 egg white
½ teaspoon salt

Fold it lightly into the other ingredients. Place the pudding in a greased baking dish. Bake it in a moderate oven at 375° for about 35 minutes. Serve it with:

Cream or some kind of hard sauce, foamy sauce, etc.

Cool these ingredients slightly. Beat in:

2 egg yolks
2 tablespoons soft butter
2 tablespoons brandy or 1 teaspoon vanilla
1 cup blanched, shredded almonds, raisins, and citron
½ cup sugar
1 teaspoon cinnamon
1 teaspoon cloves
A grating of nutmeg
½ teaspoons grated lemon rind

Add:
1½ cups pitted and chopped apples

Whip until stiff:
2 egg whites
½ teaspoon salt

Fold them lightly into the other ingredients. Place the pudding in a greased baking dish. Bake it in a moderate oven at 375° for about 35 minutes. Serve it with:

Cream or some kind of hard sauce, foamy sauce, etc.

**SPICED DATE BREAD PUDDING**

6 Servings

Combine:

2 cups warm milk
1 cup sugar
½ teaspoon salt
1 teaspoon freshly grated nutmeg
½ teaspoon cinnamon
1 teaspoon vanilla
½ cup pineapple or other fruit juice

Pour this over:
2 cups cubed day-old bread

Permit this to soak for 10 minutes. Stir in lightly with a fork:

1¼ cup chopped dates
1½ cup nuts (optional)
3 beaten eggs

Bake the pudding in a greased baking dish set in a pan of hot water in a moderate oven at 350° for about 1 hour. Serve it hot or cold with:

Hard Sauce (page 688) or cream

**RHUBARB BREAD PUDDING**

6 Servings

Wash, peel, and dice:

Rhubarb

There should be 2 cupfuls. Add:

10 tablespoons sugar
2 cups bread-crumbs
1 tablespoon grated lemon rind
1½ tablespoons lemon juice

Beat well:
1 cup milk
1 egg

Stir these ingredients into the rhubarb mixture. Place the pudding in a buttered baking dish. Dot the top generously with:

Butter

Bake the pudding covered in a moderate oven at 350° for about 1 hour.

**QUEEN OF PUDDINGS**

8 Servings

Scald:
2 cups milk

Add and stir until well blended:

1 cup sugar
½ teaspoon salt
PUDDINGS AND DESSERTS

APPLE SAUCE PUDDING

4 Servings

The following recipe calls for fresh or canned apple sauce. (The latter is recommended when the cook is pressed for time.) It makes a simple, unusually good summer or winter dessert.

Place in a bowl:
- 3 cups sweetened apple sauce

Beat in:
- 3 egg yolks
- 1 tablespoon grated lemon rind
- 1/2 teaspoon grated lemon rind
- 1/2 teaspoon vanilla or
- 1/2 teaspoon almond extract or
- 2 teaspoons lemon juice

Place these ingredients in a baking dish. Make a Meringue (page 516) with:
- 3 egg whites
- 1/2 teaspoon salt
- 6 tablespoons sugar
- 1 teaspoon vanilla

Heap it upon the pudding mixture. Set the dish in a pan of hot water. Bake the pudding in a slow oven 300° for 15 minutes. Serve it hot or very cold with:

Cream

APPLE PUDDING

4 Servings

Very good made with a well-flavoured apple—flat with a poor one.

Beat:
- 1 egg

When it is light beat in slowly:
- 1/2 cup sugar

Stir in:
- 1 tablespoon bread flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla

Add:
- 1 cup chopped nuts
- 4 medium-sized tart apples, peeled, cored, and diced

Bake the pudding in a covered dish in a moderate oven 325° until the apples are nearly tender (about 1/2 hour). Remove the cover to brown the top. Serve the pudding cold with:

Cream

NETTIE'S APPLE PUDDING

3 Servings

I am giving this dish the name of its creator because it is so good that she deserves recognition.

Grease a 7-inch baking dish.

Place in the bottom:
- 2 tablespoons quick-cooking tapioca
- 21/2 tablespoons water

Pare, core, slice, and add:
- 3 tart apples

Sprinkle over them:
- 1 cup white sugar
- 1 cup light brown sugar

Dot them with:
- 1 tablespoon butter

Bake the apples until they are tender in a moderate oven 350°. Brown them first, then cover them. Time about 25 minutes. Serve with or without:

Cream
PUDDINGS AND DESSERTS

BROWN BETTY

5 Servings
Combine:

1½ cups bread or wholemeal biscuit crumbs
3 tablespoons melted butter

Line the bottom of a baking dish with ¼ of the crumb mixture. Prepare:

2½ cups peeled, diced, or sliced apples

Sift:

¾ cup brown sugar
1 teaspoon cinnamon
1 teaspoon nutmeg
½ teaspoon salt

Add:

1 teaspoon grated lemon rind
1 teaspoon vanilla (optional)

Place ¼ of the apples in the dish. Cover the layer with ¼ of the sugar mixture. If the apples are not tart, sprinkle them with:

1 tablespoon lemon juice
If they are dry, sprinkle them with:

1 tablespoon water

Cover the apples with ¼ of the crumb mixture and:

¼ cup raisins or currants (optional)

Add the remaining apples and sprinkle them as before with the sugar mixture and:

1 tablespoon lemon juice
1 tablespoon water
½ cup raisins or currants

Place the last third of the crumb mixture on top. Cover the dish and bake the pudding in a moderate oven 350° for about 40 minutes (until the apples are nearly tender). Remove the cover, increase the heat to 400° and permit the pudding to brown (for about 15 minutes). Serve it hot with:

Hard Sauce (page 688) or cream

APRICOT BETTY

Follow the preceding rule for:

Brown Betty

Use only:

2 tablespoons sugar

Substitute for the apples:

1¼ cups stewed, sweetened apricots, drained

Substitute for the lemon juice and water:

½ cup apricot juice

PANCAKE and WAFFLE DESSERTS

Serve:

Pancakes or waffles spread with:

Thick sour cream
Strawberry or other preserves

WAFFLES with CRUSHED FRUIT

Serve:

Waffles (page 493) with:

Crushed sweetened strawberries, raspberries, or other fruit, and cream

MINCEMEAT with COOKIES or PASTRY ROUNDS

6 Servings

Bake:

Sugar Cookies (page 603) or Pie Crust cut into rounds

Heat:

2 cups mincemeat

Add:

2 tablespoons grated orange rind

Heap the mincemeat on an oven-proof plate. Surround it with cookies. Pour over the mincemeat:

½ cup brandy or rum

Ignite it at table.

BAKED FIG PUDDING

14 Servings

Beat until soft:

½ cup butter

Add and beat until fluffy:

2 eggs
1 cup molasses (treacle)

Add:

2 cups finely chopped figs
½ cup broken black walnuts (optional)
½ teaspoon grated lemon rind

Combine, stir, and add:

½ teaspoon bicarbonate of soda
1 cup sour milk
Sift before measuring:
2 1/2 cups bread flour
Resift with:
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
Stir the sifted ingredients into the pudding mixture.
Bake the pudding in a greased 9-inch tube pan in a slow oven 325° for about 1 hour. Serve it hot with:
Brown Sugar Hard Sauce (page 689) or Rich Pudding Sauce (page 691), or Hot Sherry Sauce (page 696)
* One teaspoon ginger may be substituted for the cinnamon and nutmeg.

BAKED DATE RING

(CHRISTMAS WREATH *)

6 Servings
You may bake this in a ring mould, but any other pan will do as well. When cold unmould it on to a platter, cover it well with whipped cream and stud it with maraschino cherries. Surround it with holly leaves. Very effective.
Prepare:
1 cup stoned, minced dates
1 cup chopped nuts
Combine these ingredients with:
1/2 cup sugar, white or brown
1 tablespoon flour
1 teaspoon baking powder
2 beaten egg yolks
1 teaspoon vanilla
Fold in:
2 stiffly beaten egg whites
1/2 teaspoon salt
Bake the pudding in a well-greased 9-inch ring mould in a moderate oven 350° for about 1 1/2 hours. Permit it to cool in the pan.
Whip until stiff:
1 cup heavy cream
Fold in:
2 tablespoons powdered sugar
1 teaspoon vanilla
Garnish the ring as suggested above.
* This fine mixture may be baked in a shallow pan, cut into squares and served decorated or plain. Good with Rich Pudding Sauce (page 691).

BAKED PLUM PUDDING

10 Servings
Sift:
1 cup sugar
Beat until soft:
1/2 cup butter
Add the sugar gradually. Blend these ingredients until they are creamy. Beat in, one at a time:
6 eggs
Combine:
1 cup raisins, currents, and pecans or walnuts
Sprinkle them lightly with:
Flour
Add these ingredients to the butter mixture. Combine:
2 cups bread-crumbs
2 teaspoons cinnamon
1/2 teaspoon cloves
1/2 teaspoon allspice
Stir these ingredients into the butter mixture. Bake the pudding in a greased pan or baking-dish in a moderate oven 375° for about 1/2 hour. Serve it with:
Hot Sherry Sauce (page 696), Lemon Sauce (page 693), or Hot Wine Sauce (page 696)

COTTAGE PUDDING

6 Servings
Sift:
1/2 cup sugar
Beat until soft:
1/2 cup butter
Add the sugar gradually. Blend these ingredients until they are creamy. Beat in:
1 egg
1 teaspoon vanilla
Sift before measuring:
1 1/2 cups bread flour
Resift with:
2 teaspoons baking powder
1/2 teaspoon salt
Add the sifted ingredients to the batter in 3 parts alternately with thirds of:
1 cup of milk
Beat the batter until it is smooth after each addition. Pour it into a greased 8-by-8-inch pan. Bake the pudding in a hot oven 400° for about 25 minutes. Serve it cut into squares with:
Crushed fruit, stewed fruit
Fluffy Orange Sauce (page 694), Raisin Sauce (page 695), Coffee Sauce (page 691), Wine Custard (page 645), or Economy Pudding Sauce (page 694)

A friend writes: 'Here is something we like and maybe it is new to you. When making your Cottage Pudding I put peaches or plums after they have been halved on top of the unbaked dough, then put a teaspoonful of sugar in the hollow of the fruit that is facing up and push the whole thing gently in the dough. The dough will rise up around it, the sugar melts in the hollow, making a sweet syrup that sweetens the fruit. 'Looks and tastes nice.'

CHOCOLATE COTTAGE PUDDING

4 Servings
Sift before measuring:
\(\frac{1}{2}\) cup sugar
Beat until soft:
2 tablespoons butter
Blend these ingredients until they are creamy. Beat in:
\(\frac{1}{4}\) teaspoon vanilla
1 egg
Sift before measuring:
\(\frac{3}{4}\) cup bread flour
Resift with:
2 tablespoons cocoa
\(\frac{1}{4}\) teaspoon salt
\(\frac{1}{2}\) teaspoon baking powder
Add the sifted ingredients to the sugar mixture in 3 parts alternately with thirds of:
6 tablespoons milk
Beat the batter until it is smooth after each addition. Bake it in greased custard cups in a moderate oven 350° for about \(\frac{1}{2}\) hour, or by placing the pan of hot water over a low flame. Serve the pudding at once with:
Vanilla Sauce (page 694) flavoured with rum.

STRAWBERRY * PUDDING

5 Servings
Cream:
\(\frac{3}{4}\) cup butter
2 tablespoons sugar
Beat in, one at a time:
2 eggs
Sift before measuring:
1 cup bread flour
Resift with:
1 teaspoon bicarbonate of soda
Combine:
1 tablespoon water
2 tablespoons strawberry jam
Stir the sifted ingredients into the butter mixture alternately with the jam mixture. Place the batter in greased custard cups. Steam the puddings for 1 hour. Invert them. Serve each one topped with:
2 tablespoons whipped cream
1 teaspoon strawberry jam
To steam the pudding follow the above rule for Chocolate Feather Pudding.
* You may use orange marmalade or other jam.

SPICED PUDDING

8 Servings
Sift before measuring:
- 1 cup bread flour
Resift with:
- 2 teaspoons baking powder
- 1 cup sugar
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 teaspoon salt
Stir into these ingredients:
- 1 cup milk
- 1 teaspoon grated lemon rind
- 1 cup raisins or chopped dates
- 1 cup nuts (optional)
Make a syrup by boiling:
- 1 cup brown sugar
- 2 cups boiling water
- 2 tablespoons butter
- ½ teaspoon salt
Drop the batter into the syrup by the spoonful. Simmer it until it has absorbed the sauce. Place the pudding in a buttered 7-inch baking-dish and bake it in a moderate oven 350° for about ½ hour. Serve it with:
Cream or Lemon Sauce (page 693)

SNOWBALLS

About 12 cakes
Sift:
- ½ cup sugar
Beat until soft:
- ½ cup butter
Add the sugar gradually. Blend these ingredients until they are light and creamy. Add:
- 1 teaspoon vanilla
Sift before measuring:
- 1 cup cake flour
Resift twice with:
- 1½ teaspoons baking powder
Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:
- ½ cup milk
Beat the batter until it is smooth after each addition. Whip until stiff but not dry:
- 3 egg whites
- ½ teaspoon salt
Fold them lightly into the batter. Grease small moulds or cups. Dust them with:
Flour
Pour the batter into them. Fill them ½ full. Cover the tops with heavy waxed paper. Hold it in place with rubber bands. Place the moulds in a pan of hot water. Steam the snowballs in a moderate oven 350° for about 35 minutes. Invert them. Sprinkle them with:
Castor sugar
Garnish them with:
Unhulled strawberries
Serve them with:
Strawberry Hard Sauce (page 689)
If strawberries are not available, substitute raspberries, raspberry juice, loganberry juice, etc. Or serve the snowballs with:
Rum Sauce (page 697) or Butter Sauce I or II (pages 691–2)
The snowballs may be rolled in:
Grated or desiccated coconut

PERSIMMON PUDDING

8 Servings
Put through a colander:
- 1 quart persimmons
There should be about 2 cupfuls of pulp. Beat in:
- 3 eggs
- 1½ cups sugar
- 1½ cups flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon salt
- 1 cup melted butter
- 2 cups rich milk
- 2 teaspoons cinnamon
- 1 teaspoon ginger
- ½ teaspoon freshly grated nutmeg*
Bake the pudding in a greased 9-by-9-inch baking-dish in a moderate oven 325° until it is firm (for about 1 hour). Serve it with:
Cream or Hard Sauce
* 1 cupful of raisins or nuts may be added to the batter.
APPLES with ORANGE JUICE

4 Servings
Core:
4 large apples
Boil for 1 minute:
½ cup sugar
½ cup water
Pour it over the apples. Simmer them covered on the top of the stove until tender. Remove apples to a serving-dish. Boil the syrup until it is thick. Add to it:
1½ tablespoons lemon juice
2 teaspoons grated orange rind
6 tablespoons orange juice
2 tablespoons chopped nuts (optional)
Pour it over the apples. Chill them. Baste them several times with the syrup. They may be served with Whipped cream.

GRILLED APPLE SLICES
Core, then cut crosswise into ¼-inch slices:
Apples
Spread the slices on one side with:
Butter
Place them in a buttered pan. Spread the other side with:
Honey
Grill them slowly. Serve them with:
Cinnamon Cream
A number of fruit dishes suitable for desserts will be found in the section on Fresh Fruits, Stewed and Baked, page 395.

BAKED APPLES and MINCMEAT
Prepare by the rule on page 399:
Baked Apples and Mincemeat
Add to the mincemeat:
Grated orange rind
Substitute for the water:
Orange juice
Serve the apples with:
Soft cream cheese balls and hard biscuits, or with Hard Sauce (page 688).

APPLES BAKED in FRUIT JUICE
Prepare:
Baked Apples (page 398)
Substitute for the water:
¼ cup fruit juice
Bake the apples covered until they are nearly tender. Uncover them and bake them until they are tender. Baste them frequently.

APPLES BAKED in CREAM
6 Servings
Wash, core, then slice:
6 large tart apples
Place them on a greased oven-proof plate. Dot them with:
2 tablespoons butter
Combine, then pour over the apples:
1 cup sugar
½ teaspoon cinnamon
½ teaspoon freshly ground nutmeg
½ cup rich cream
Bake the apples in a moderate oven 350° for about ½ hour or until tender. Good served hot.

Apple Fritters, page 482.
While on the subject of apple dishes, remember how very good the various forms of fritters are as desserts. Apple Rings are especially good, so are French Fritters with Lemon Sauce.
Crack one peach stone. Pound the kernel to a pulp. Crush or roll:

6 macaroons

Hollow the peach halves slightly. Combine the kernel, the macaroons, the peach pulp, and:

2 beaten egg yolks

Fill the peach halves with this mixture. Bake them in a moderate oven 350° until they are done. Make a Meringue (page 516) of:

2 egg whites
3 tablespoons sugar
1/2 teaspoon vanilla

Heap it on the peaches. Brown the meringue in a 325° oven.

BAKED PEACHES with BRANDY SAUCE and CREAM

Place in a pan, hollow side up:

Canned peach halves*

Fill the hollows with:

Maple syrup

Bake the peaches in a moderate oven 375° for about 15 minutes or until they are well heated. When ready to serve pour over them:

Brandy, whisky, or sherry

Bring them to the table with the liquor burning or serve them warm garnished with:

Whipped cream

* Canned fruit salad drained may be treated in the same way.

Peaches and Mincement, page 399; Flaming Peaches, page 686. Chilled Fresh Fruit with Syrup and Liqueur, page 686; Stewed Pears with Rum, page 396.

BAKED CANNED FRUIT

4 Servings

Drain the contents of:

x (No. 24) can fruit salad*

Place the fruit in rows in a baking-dish. Sprinkle it with:

1/2 cup ground macaroons, ground pine nuts or other nuts
Juice of 1 lemon
3 or 4 tablespoons maraschino, brandy, etc., or fruit juice

Dot it with:

2 tablespoons butter

Bake the fruit in a moderate oven 350° for about 1/2 hour. Serve it hot.

* Other canned fruits may be substituted. Pineapple slices are good covered with fruit cocktail and juice.

OMELET DESSERTS

OMELET SOUFFLÉ
OMELETTES AUX CONFITURES) 2 Servings

Beat until light:

2 egg yolks

Beat in gradually:

1/2 cup icing sugar

Add:

1/2 teaspoon vanilla or a grating of orange or lemon rind

Whip until stiff:

4 egg whites
1/2 teaspoon salt

Fold them lightly into the yolk mixture.

Melt in a frying-pan:

1 1/2 teaspoons butter

Pour in the omelet mixture. Cook it over a slow fire. Cover it with a lid. While cooking slash across it several times with a knife to permit the heat to penetrate the slight crust on the bottom. When done fold* over the omelet, which should be soft on the inside. Sprinkle it with:

Icing sugar

Serve it with:

Jam or jelly

* Before folding the omelet it may be spread with:

Apple sauce, prune or apricot pulp, canned fruit, drained, sugared berries

RUM SOUFFLÉ I (RUM OMELET)

Prepare the preceding:

Omelet Soufflé

Add to the yolk mixture

1 tablespoon rum*
PUDDINGS AND DESSERTS

Omit the preserves.

* The rum may be omitted and the soufflé may be served with:
  Caramel Syrup (page 690), flavoured with rum

RUM SOUFFLÉ II (BAKED RUM OMELET)

4 Servings
Beat until very light:
4 egg yolks
⅛ cup sugar
Add:
⅛ teaspoon vanilla

Whip until stiff:
4 egg whites
⅛ teaspoon salt
Fold them lightly into the yolk mixture. Place these ingredients in a flat baking dish. The soufflé should be about 1 inch high. Bake it in a moderate oven 325° until it is firm (for about 25 minutes).

Cover it with:
⅛ cup rum
Ignite the rum at table and let it burn down. This may be served with:
Crushed, sweetened berries

Sweet Soufflés
It may be helpful to read the rules given on page 210 for combining and baking soufflés. The cook who has mastered the very simple art of making soufflés has added an exceedingly convenient and palatable dish to her list of economical desserts.

A soufflé is usually baked in a moderate oven until firm, but a good result may be obtained by steaming it in a greased 2-quart double boiler over (not in) boiling water for about ¾ hour. Invert the soufflé on to a plate.

CHOCOLATE SOUFFLÉ

4 Servings
Heat but do not boil:
1 cup milk
1 ounce chocolate cut in pieces
Stir these ingredients over a low flame until the chocolate is melted. In a separate saucepan melt:
2 tablespoons butter
Stir in until blended:
1 tablespoon bread flour
Stir in the hot milk mixture. When the sauce is smooth, add and dissolve:
⅛ cup sugar
Beat until light:
3 egg yolks
Beat part of the sauce into them, then add them to the liquid in the pot and stir the custard over a very low flame to permit the yolks to thicken slightly. Cool the custard well. Add:
⅛ teaspoon vanilla

Whip until stiff:
3 egg whites
⅛ teaspoon salt
Fold them lightly into the chocolate mixture. Place the soufflé in a 7-inch baking-dish. Set it in a pan of hot water. Bake it in a moderate oven 325° for about 30 minutes or until it is firm. Serve it at once with:
Cream, Vanilla Sauce (page 694),
Foamy Sauce (page 690), or
Rich Pudding Sauce (page 691)

LEMON SOUFFLÉ

4 Servings
Sift:
⅛ cup sugar
Beat until very light:
5 egg yolks
Add the sugar gradually. Beat constantly until the eggs are creamy. Add:
1 teaspoon grated lemon rind
4 tablespoons lemon juice
⅛ cup chopped nuts (optional)
Whip until stiff:
5 egg whites
⅛ teaspoon salt
Fold them lightly into the yolk mixture. Place the soufflé in a 9-inch baking-dish. Set it in a pan of hot water.
Bake it in a moderate oven 325° for about 50 minutes or until it is firm. Serve it at once with:

Cream

Lemon Bread Pudding, page 653.
Rum Soufflé II, page 662.

PINEAPPLE SOUFFLÉ

4 Servings
This soufflé may be made in advance. It is equally good hot or very cold. As it calls for bread-crumbs instead of flour, it is not apt to shrink or fall.

Cream until light:
- 1 cup butter
- 1 cup sugar

Beat in:
- 5 egg yolks
- 4 tablespoons dry bread-crumbs
- 1 cup crushed pineapple, drained
- 1 tablespoon lemon juice

Whip until stiff, then fold in:
- 3 egg whites
- 1 teaspoon salt

Place the soufflé in a baking-dish. Cover it with a Meringue (page 516) made with:
- 2 egg whites
- ½ teaspoon salt
- 4 tablespoons sugar
- ½ teaspoon vanilla

Bake it, set in a pan of hot water in a moderate oven 325° for about 30 minutes. Serve it with:

Cream or whipped cream

PINEAPPLE MACAROON SOUFFLÉ

4 Servings
Melt over a low fire:
- 3 tablespoons butter

Stir in:
- 3 tablespoons flour

When blended stir in:
- 1 cup crushed pineapple

When thick and smooth stir in:
- ½ cup dry crushed macaroons
- 3 egg yolks

Permit the yolks to thicken slightly. Cool the mixture. Beat until stiff:

3 egg whites
- ½ teaspoon salt

Beat in gradually:
- 2 tablespoons sugar
- ½ teaspoon vanilla

Fold this into the soufflé mixture. Bake it in a 7-inch baking-dish in a moderate oven 325° for about 30 minutes.

VANILLA SOUFFLÉ or SPONGE PUDDING

8 Servings
For smaller serving use 2 eggs and ⅛ of the other ingredients.

Sift before measuring:
- ¼ cup flour

Resift with:
- ¼ cup sugar *

Stir in:
- ¼ cup cold milk

Boil:
- 2 cups milk

Stir in the flour mixture with a wire whisk. Cook and stir these ingredients over a low flame until they thicken. Remove them from the fire. Stir in:

- ¼ cup butter

Beat and stir in:
- 3 egg yolks

Cool the batter. Add:
- ½ teaspoon vanilla

Whip until stiff:
- 3 egg whites
- ½ teaspoon salt

Fold them lightly into the batter. Bake the pudding in a 9-inch baking-dish in a moderate oven 325° for about 1 hour. Serve it with:

Fluffy Strawberry Sauce (page 695), Maple Sauce (page 691), Rum Sauce II (page 697), or fruit juice

* For a change in flavour use in place of the sugar:
- ¼ cup ginger syrup

Use in place of the vanilla:
- ¼ cup chopped preserved or candied ginger

Serve the pudding with:

Cream
PUDDINGS AND DESSERTS

VANILLA NUT SOUFFLÉ
Prepare the preceding:
Vanilla Soufflé
Add to the yolk mixture:
½ cup chopped nuts

MOCHA SOUFFLÉ
4 Servings
Melt:
3 tablespoons butter
Stir in until blended:
3 tablespoons flour
Stir in slowly:
½ cup top milk or cream
½ cup strong coffee
Cook the sauce until it is thick.
Beat until creamy:
4 egg yolks
½ cup sugar
Add the sauce slowly to these ingredients. Beat them until they are blended. Place them over a low fire. Stir them for 1 minute to permit the yolks to thicken slightly. Cool them. Add:
¼ teaspoon vanilla
Whip until stiff:
5 egg whites
½ teaspoon salt
Fold them lightly into the sauce.
Bake the soufflé in a 9-inch baking dish for 35 minutes. Serve it at once with:
Cream or whipped cream

PRUNE SOUFFLÉ or WHIP
4 to 6 Servings
Drain and stone:
Stewed Prunes (page 403, approximately 1 pound dried prunes)
Put them through a ricer or sieve. There should be 1 cupful of thick prune pulp. Whisk until foamy:
5 egg whites
½ teaspoon salt
Add:
¼ teaspoon cream of tartar *
Whip the eggs until they are stiff. If the prunes are unsweetened fold in:
½ cup sugar
Fold in the prune pulp and:
½ cup broken nuts (optional)
1 teaspoon grated lemon rind (optional)
Place the soufflé in a 9-inch baking dish. Set it in a pan of hot water. Bake it in a slow oven 275° for about 1 hour or until it is firm. Serve it hot or cold (preferably the former) with:
Cream, Custard Sauce (page 690)
or Rich Pudding Sauce (page 691)

APRICOT SOUFFLÉ or WHIP
Follow the preceding rule for:
Prune Soufflé
Substitute for the prune pulp:
1 cup apricot pulp (see Stewed Apricots, page 402)

DATE SOUFFLÉ or WHIP
Follow the rule on this page for:
Prune Soufflé
Substitute dates for the prune pulp.
Soak for 2 hours in water to cover:
½ pound dates
Stew them until they are soft. Remove the stones and put the dates through a sieve. There should be 1 cupful of pulp.

Apple Sauce Pudding, page 655.
This is a form of soufflé that is delicious served very cold with cream.

BANANA SOUFFLÉ or WHIP
6 Servings
A California recipe—good and very simple.
Put through a colander or sieve:
6 medium-sized, peeled bananas
Beat into the pulp:
6 tablespoons castor sugar
1 tablespoon lemon juice
½ teaspoon vanilla (optional)
A little yellow or red colouring
½ cup broken nuts (optional)
Whip until stiff:
4 egg whites
½ teaspoon salt
Fold them lightly into the banana mixture. Place these ingredients in a baking-dish. Bake the soufflé in a moderate oven 325° for about 30 minutes. Serve it hot or cold with:

Cream

CHESTNUT SOUFFLÉ with CARAMEL SAUCE

4 Servings
Combine:
½ cup sugar
½ teaspoon cinnamon
½ teaspoon freshly ground nutmeg
½ teaspoon vanilla
3 egg yolks
Beat these ingredients until they are well creamed. Add:
½ pound raw chestnuts, shelled and ground or crushed
Stir these ingredients vigorously until they are frothy. Whip until stiff:
3 egg whites
½ teaspoon salt
Fold them into the chestnut mixture. Bake the soufflé in a buttered dish in a moderate oven 325° for about 45 minutes. Invert the soufflé on to a platter. Serve it with:
Caramel Sauce (page 690) or whipped cream

HAZEL-NUT SOUFFLÉ

Beat until light:
3 egg yolks
Beat in gradually:
3 tablespoons sugar
3 tablespoons flour
½ teaspoon salt
Put through a nut mill:
½ cup hazel-nuts
Pour over them and heat to just below the boiling point:
1 cup milk

Stir in the egg mixture. Stir and cook these ingredients over low heat to permit the yolks to thicken slightly. Stir in:
3 tablespoons butter
Cool the custard. Beat until stiff:
3 egg whites
Fold them into the custard. Bake the soufflé in a buttered mould in a moderate oven 325° for about 30 minutes. Serve it hot or cold with:
1 cup heavy cream whipped
flavoured with:
Caramel or coffee

MACAROON SOUFFLÉ

4 Servings
Scald:
1 cup milk
Pour it slowly over:
12 macaroons
Beat and add:
4 egg yolks
Cook these ingredients in a double boiler until they are thick. Cool them. Add:
½ teaspoon vanilla or 1 tablespoon rum
Whip until stiff:
4 egg whites
½ teaspoon salt
Fold them lightly into the macaroon mixture. Place the pudding in an 8-inch buttered baking-dish. Set it in a pan of hot water. Bake it in a moderate oven 325° for about 35 minutes. Serve it hot from the baking-dish with:
Cream
or invert the contents of the dish on to a plate and garnish the soufflé with:
Candied Cumquats (page 770)
Serve it with:
Caramel Sauce (page 690)

ENGLISH ALMOND SOUFFLÉ

8 Servings
Sift:
½ cup sugar
Beat until very light:
8 egg yolks
PUDDINGS AND DESSERTS

Add the sugar gradually. Beat constantly until the yolks are creamy. Fold in:

2 teaspoons grated lemon rind
\( \frac{1}{2} \) pound almonds, blanched and ground

Whip until stiff:

8 egg whites
\( \frac{1}{2} \) teaspoon salt

Fold them lightly into the yolk mixture. Place the batter in a greased baking-dish. Set it in a pan of hot water.

Bake it in a moderate oven 325° until it is firm (for about 45 minutes). Serve it hot or cold with the following sauce:

Stir with a wire whisk in a double boiler until thick and frothy:

\( \frac{1}{2} \) cup sugar
2 tablespoons grated lemon rind
2 teaspoons lemon juice
\( \frac{1}{2} \) cup water *
3 beaten eggs

* One-half cup wine may be substituted.

STEAMED PUDDINGS

See 'Steam' Puddings. Appendix B (page lvii)

RULE FOR STEAMING PUDDINGS

Place the pudding mixture in a well-greased pudding mould, in individual cups made for this purpose, or in a tin receptacle having a tightly fitted lid. (A baking-powder can may be used.) Fill the mould or moulds \( \frac{3}{4} \) full. Place the receptacle in a steamer over boiling water, or place it on a rack in a saucepan of boiling water. Keep the water boiling and do not jar the saucepan. Do not permit the water to diminish to any great extent. Add boiling water so that more than one-half of the mould is immersed all the time. This will ensure a light, well-cooked pudding. This is the ideal way to prepare steamed puddings. Pudding mixtures may be steamed in a greased, covered double boiler with good results. They may also be placed in greased custard cups (covered by heavy waxed paper held in place by rubber bands) and steamed in a pan of hot water in a moderate oven 350° or on top of the stove.

STEAMED RAISIN PUFF

8 Servings

Beat until soft:

\( \frac{1}{4} \) cup butter

Add gradually and blend until creamy:

3 tablespoons sugar

Beat in, one at a time:

2 eggs

Sift before measuring:

2 cups bread flour

Resift with:

3 teaspoons baking powder

Add the flour in 3 parts to the butter mixture alternately with thirds of:

1 cup milk

Beat the batter until it is smooth after each addition. Add:

1 cup chopped raisins

Pour the batter into a greased pudding mould.* Cover it closely. Steam it for 1 hour (see preceding Rule for Steaming Puddings).

Serve it hot with:

Hard Sauce (page 688), Lemon Sauce (page 693), Nut Sauce (page 695), or Fluffy Orange Sauce (page 694)

* This pudding is fine steamed in custard cups. Time about \( \frac{1}{2} \) hour in a 350° oven.

STEAMED BROWN PUDDING

14 Servings

Combine and blend well:

1 cup light brown sugar
\( \frac{1}{2} \) cup shortening

Add:

1 cup milk
1 cup molasses (treacle)
1 cup dry bread-crumbs
2 beaten eggs
2 cups seeded raisins, chopped

Sift before measuring:

2 cups bread flour
Resift with:
- 2 teaspoons baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1 teaspoon cloves
- 1 teaspoon nutmeg, grated

Add the sifted ingredients to the molasses mixture. Pour the batter into a well-greased pudding mould. Steam the pudding for 1 hour (see Rule for Steaming Puddings, page 666). Serve it hot with:

Hard Sauce (page 688) or Foamy Sauce (page 690)

STEAMED MOLASSES PUDDING (BLACK PUDDING)

8 Servings
Beat:
- 1 egg

Stir in:
- 1 cup molasses (treacle)
- 2 tablespoons melted shortening
- 1 teaspoon vanilla

Dissolve:
- 1 teaspoon bicarbonate of soda

in:
- 1 cup cold water

Sift:
- 1 1/2 cups bread flour

Dust a part of this over:
- 1 cup raisins or 1/2 cup raisins and 1/2 cup nuts

Resift the rest with:
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon cinnamon (optional)

Add the sifted ingredients in 3 parts to the molasses mixture alternately with thirds of the water and soda. Beat the batter well after each addition. Pour it into a greased pudding mould. Cover it closely. Steam the pudding (see Rule for Steaming Puddings, page 666) for 2 hours. Serve it hot with:

Fluffy Orange Sauce (page 694) or Hot Wine Sauce (page 696)

Flavour the sauce with:
- 2 tablespoons or more brandy

* Ground nutmeg may be substituted, but it is done at your peril.

STEAMED DATE PUDDING

8 Servings
Not so rich as the preceding fig pudding but equally good.

Sift:
- 1 cup brown sugar

Beat until soft:
- 1/4 cup butter

Add the sugar gradually. Blend these ingredients until they are creamy.

Beat in:
- 1 egg
- 1/4 teaspoon vanilla

Sift before measuring:
- 1 1/2 cups bread flour

Resift with:
- 4 teaspoons baking powder
- 1 teaspoon salt

make me wish that I had never heard of carbohydrates.

Beat until soft:
- 1 cup suet (1 pound)

Add gradually:
- 1 cup sugar

When these ingredients are well blended beat in:
- 3 egg yolks

Stir in:
- 1 cup milk
- 3 tablespoons brandy

Put through a mincer and add:
- 1 pound figs

Grate and add:
- 1 nutmeg *

Combine and add:
- 1 1/2 cups bread-crumbs
- 2 teaspoons baking powder

Whip until stiff, then fold in:
- 3 egg whites
- 1/4 teaspoon salt

Pour the ingredients into a greased mould. Steam the pudding for 4 hours (see Rule for Steaming Puddings, page 666). Serve the pudding with:

Hard Sauce (page 688) or whipped cream

STEAMED FIG PUDDING

12 Servings
A wonderful winter wind-up to a good meal. All these steamed puddings

* Ground nutmeg may be substituted, but it is done at your peril.
PUDDINGS AND DESSERTS

Add the sifted ingredients to the butter mixture in 3 parts alternately with thirds of:

- 1 cup milk

Beat the batter until it is smooth after each addition. Fold in:

- 1 cup chopped dates
- 1 cup broken nuts

Pour the batter into a greased pudding mould. Cover it closely. Steam it for 2 hours (see Rule for Steaming Puddings, page 666). Serve the pudding hot with:

Foamy Sauce (page 690) or Rich Pudding Sauce (page 691)

STEAMED CHOCOLATE PUDDING I

4 Servings

Melt, then cool:

- 2 ounces chocolate

Sift:

- ½ cup sugar

Beat until light:

- 1 egg

Add the sugar gradually. Beat these ingredients until they are creamy. Add the melted chocolate. Melt, cool, and add:

- 1 tablespoon butter

Beat in:

- 1 tablespoon jelly (optional)

Sift:

- 1 cup bread flour

Resift with:

- 1 teaspoon baking powder
- ½ teaspoon salt

Add the sifted ingredients in 3 parts to the egg mixture alternately with thirds of:

- ¼ cup milk

Beat the batter until it is smooth after each addition. Pour it into a greased pudding mould. Cover it closely. Steam it for 1 hour (see Rule for Steaming Puddings, page 666). Serve the pudding hot with:

Cream,
Custard Sauce (page 644),
Nut Sauce (page 695), or
Almond Sauce (page 694)

STEAMED CARAMEL PUDDING

6 Servings

This is a delicious company pudding. Melt in an iron frying-pan:

- ¼ cup sugar

When it is light brown stir in very slowly:

- ¼ cup hot milk

Cool this syrup. Beat until soft:

- 2 tablespoons butter

Beat in, one at a time:

- 5 egg yolks

Add the syrup and:

- 1 teaspoon vanilla
- 1½ tablespoons bread flour
- 1 cup unblanched almonds, ground

Beat the batter until it is smooth. Place on a platter and whip until stiff:

- 5 egg whites
- ½ teaspoon salt

Fold them lightly into the batter. Pour it into a greased pudding mould sprinkled with:

Sugar

Cover it closely. Steam it for 1 hour
PUDDINGS AND DESSERTS

(see Rule for Steaming Puddings, page 666). Serve the pudding hot with:
Whipped cream or
Caramel Syrup (page 690)

STEAMED GINGER PUDDING

10 Servings
Beat:
\(1\) egg
Add and beat well:
\(1\) cup molasses (treacle)
\(\frac{1}{2}\) cup melted butter
\(1\) cup chopped figs, dates, or raisins
Sift before measuring:
\(2\frac{1}{2}\) cups bread flour
Resift with:
\(1\) tablespoon ginger
\(1\) teaspoon bicarbonate of soda
Add the sifted ingredients to the egg mixture. Beat them until they are well blended. Stir in:
\(1\) cup hot water
Place the pudding in greased shallow cups. Cover them with heavy waxed paper (see Rule for Steaming Puddings, page 666). Place the pudding in a pan of hot water in a moderate oven \(375^\circ\) for about \(\frac{1}{2}\) hour. Serve it hot with:
Lemon Sauce (page 693) or
Vanilla Sauce (page 694)

STEAMED SUET PUDDING

8 Servings
Chop until fine:
\(1\) cup suet (\(\frac{1}{4}\) pound)
Add:
\(2\) cups bread-crumbs
\(1\) cup raisins
\(\frac{1}{4}\) cup chopped citron*
\(1\) cup sugar or \(1\frac{1}{4}\) cups brown sugar
\(\frac{1}{4}\) cup milk
\(1\) beaten egg
\(\frac{1}{4}\) teaspoon bicarbonate of soda
\(1\) teaspoon cinnamon
\(\frac{1}{2}\) teaspoon cloves
\(\frac{1}{2}\) teaspoon allspice
\(\frac{1}{2}\) teaspoon salt
Pour the batter into a greased pudding mould. Cover it closely. Steam it for 2 hours (see Rule for Steaming Puddings, page 666). Serve it hot with:
Whipped cream or
Wine Sauce (page 696)

* Nuts may be substituted for the citron.

STEAMED APPLE SUET PUDDING

This is a fine variation of the above Suet Pudding.
Substitute closely packed brown sugar for white sugar. Add 3 medium-sized tart apples, peeled, cored, and finely sliced, and substitute black walnuts for the citron. When about to serve soak the pudding with \(\frac{1}{2}\) cup rum. Ignite the rum at the table. Serve it with:
Rich Pudding Sauce (page 691) flavoured with vanilla

STEAMED APPLE PUDDING

6 Servings
Cream until fluffy:
\(\frac{1}{2}\) cup butter
\(\frac{1}{2}\) cup brown sugar
Beat in:
\(1\) egg
\(\frac{1}{4}\) cup molasses (treacle)
\(1\) tablespoon orange rind
Measure:
\(1\frac{1}{2}\) cups sifted bread flour
Resift with:
\(\frac{1}{4}\) teaspoon bicarbonate of soda
\(1\) teaspoon baking powder
\(1\) teaspoon ginger
\(1\) teaspoon cinnamon
Add these ingredients to the butter mixture alternately with:
\(\frac{1}{2}\) cup sour milk
Stir in:
\(1\) cup chopped apples
Steam it for 1 hour (see Rule for Steaming Puddings, page 666) in a greased pudding mould for \(1\frac{1}{4}\) hours. Serve it with:
Lemon Sauce (page 693)

STEAMED PLUM PUDDING

24 Servings
Sift:
\(1\) cup bread flour
Prepare and dredge lightly with part of the flour:
\(1\) pound suet (2 cups), chopped
\(1\) pound seeded raisins
\(1\) pound currants, washed and dried
\(\frac{1}{2}\) pound citron, chopped
Resift the remaining flour with:
1 nutmeg, grated
1 tablespoon cinnamon
1/2 tablespoon mace
1 teaspoon salt
6 tablespoons sugar or
1/2 cup brown sugar
Combine the dredged and the sifted ingredients. Add:
7 egg yolks
4 tablespoons cream
1/2 cup brandy or sherry *
3 cups grated bread-crumbs
Place on a platter and whip until stiff:
7 egg whites
1/2 teaspoon salt
Fold them lightly into the raisin mixture. Pour the batter into a greased pudding mould. Cover it closely.

Steam the pudding for 6 hours (see Rule for Steaming Puddings, page 666). Serve it with:
Sauce
Cook and stir in a double boiler until thick:
1 cup sugar
1/2 cup butter
2 eggs
1/2 teaspoon salt
5 tablespoons heavy wine
Or serve it with:
Hot Sherry Sauce (page 696) or Rum Sauce (page 697) or Wine Sauce (page 696)
* One-half cup orange juice and two tablespoons grated orange rind may be substituted for the brandy.

Baked Plum Pudding, page 657.

**GELATINE PUDDINGS**

**LEMON JELLY**
4 Servings
Soak:
1 1/2 tablespoons gelatine
in:
1/2 cup cold water
Dissolve it in:
2 cups boiling water
Add and stir until dissolved:
1/2 cup sugar
1/2 teaspoon salt
Add:
1 teaspoon grated lemon rind (optional)
1 cup lemon juice
Pour the jelly into a wet mould. Chill it until it is firm. Serve it with:
Cream or Custard Sauce (page 644)

**ORANGE JELLY**
4 Servings
Soak:
1 1/4 tablespoons gelatine
in:
1/2 cup cold water
Dissolve it in:
1/2 cup boiling water
Add and stir until dissolved:
1/2 cup sugar
1/4 teaspoon salt

**GRAPEFRUIT JELLY**
5 Servings. (Without the addition of solid ingredients)
Soak:
1 1/4 tablespoons gelatine
in:
1/2 cup cold water
Boil for 3 minutes:
1 cup water
1/2 cup sugar
Dissolve the soaked gelatine in the hot syrup. Cool it. Combine it with:
1 cup grapefruit juice
1 cup orange juice
2 tablespoons lemon juice
1/2 teaspoon salt
Chill the jelly until it is about to set. One or 2 cupfuls of solid ingredients—grapefruit, apples, nuts, celery, peppers, olives, etc.—may be added at this time. Place the jelly in a wet mould. Chill
it until it is firm. Unmould it. If it is to be a salad, serve it with:
Cream Mayonnaise (page 450)
If it is to be a dessert, serve it with:
Cream

PINEAPPLE JELLY
8 Servings
Soak:
2 tablespoons gelatine
in:
1 cup cold water
Dissolve it in:
1¼ cups hot pineapple juice
Add:
1 cup boiling water
Add and stir until dissolved:
½ cup sugar
½ teaspoon salt
Chill the gelatine until it is about to set (when it falls in sheets from a spoon).
Add the contents of:
1 (No. 2) can shredded pineapple, drained
3 tablespoons lemon juice
Pour the jelly into a wet mould. Chill it until it is firm, unmould it, and serve it with:
Cream or Custard Sauce (page 644), etc.

FRUIT MOULDED into LEMON or ORANGE JELLY
Prepare by one of the preceding rules:
Lemon or Orange Jelly
When it is nearly set (when it falls in sheets from a spoon) combine it with well-drained:
Fruit—cooked or raw*
Add to it, if desired:
Nuts
Marshmallows, cut into quarters
Do not use more than 3 cupfuls of solids in all.
* Fresh pineapple must be boiled before it is added to any gelatine mixture.

FRUIT GELATINE
12 Servings
This is good made in a ring mould.

Fill the centre with ice cream.
Stir:
The rind of 2 oranges
The rind of 2 lemons
into:
1 cup sugar
Add and boil for 5 minutes:
1¼ cups water (or part fruit juice and water)
Soak:
2 tablespoons gelatine
in:
½ cup cold water
Dissolve the gelatine in the hot syrup.
Cool the mixture slightly. Add:
1 cup canned sieved apricots (use a No. 2½ can)
2 bananas, sieved
Juice of 2 oranges
Juice of 2 lemons
½ teaspoon salt
Chill these ingredients until they are firm. Serve the gelatine with:
Cream or whipped cream

CHERRY NUT GELATINE
8 Servings
Combine and heat to the boiling point the contents of:
1 (No. 2) can pie cherries
Add and stir until dissolved:
½ cup sugar
Drain the cherries, reserving the fruit and juice. Dissolve in the hot juice the contents of:
1 pint packet lemon jelly
Chill this mixture over cracked ice. When it begins to thicken add the cherries and:
½ cup broken nuts
Chill the gelatine until it is firm. Serve it with:
Cream or whipped cream

WINE JELLY
8 Servings
Soak:
2 tablespoons gelatine *
in:
½ cup cold water
Dissolve in it:
½ cup boiling water
Stir in until dissolved:

\( \frac{1}{2} \) cup or more sugar **

Cool these ingredients. Add:

- \( \frac{1}{2} \) cup orange juice
- 6 tablespoons lemon juice
- 1 cup well-flavoured wine

If this mixture is not a good colour add:

A little red colouring

Chill the jelly until it is firm. Serve it with:

Cream, whipped cream, or Boiled Custard (page 644)

* These proportions of water, fruit juice, and wine may be varied. If the wine is not strong, use less water to dissolve the gelatine and increase the amount of wine accordingly. This makes a soft jelly of a very good consistency to serve in sherbet glasses or from a bowl. If a stiff jelly is desired for moulds, increase the gelatine to 3 tablespoonfuls.

** It is difficult to give an accurate sugar measurement. One-half cupful is sufficient if both the oranges and the wine are sweet. Taste the combined ingredients and stir in additional sugar if it is needed.

GELATINE FRUIT WHIPS

FRUIT WHIPS

6 to 8 Servings

Pineapples,* oranges, raspberries, peaches, strawberries, apricots, prunes, etc., may be used alone or in combination.

Stir:

- 1 teaspoon grated lemon rind

into:

- 1 scant cup (\( \frac{1}{4} \) cup) sugar

Soak:

2\( \frac{1}{2} \) teaspoons to 1 tablespoon **
gelatine

in:

- \( \frac{1}{2} \) cup cold water

Dissolve it in:

- \( \frac{1}{4} \) cup boiling water

Stir in the sugar until it is dissolved.

Add:

3 tablespoons lemon juice

1 cup crushed or sieved fruit

If a single fruit is used, add:

1 teaspoon vanilla

Place the pan holding these ingredients in ice water. When they are chilled whip them with an egg beater until they are frothy. Whip until stiff:

4 egg whites

\( \frac{1}{2} \) teaspoon salt

Whip these ingredients into the gelatine mixture until the jelly holds its shape. Pour it into a wet mould. Chill it thoroughly. Serve it with:

Cream or Boiled Custard (page 644)

* Fresh pineapple must be cooked before being added to any gelatine mixture.

** According to the juiciness of the fruit.

COFFEE MARSH-MALLOW JELLY

4 Servings

Place in a double boiler over boiling water:

- 1 full pound marsh mallows

Pour over them and stir until they are dissolved:

2 cups boiling coffee

Add:

- 1 cup nuts

Place these ingredients in a wet mould. Chill them until they are firm. Invert the jelly on to a plate. Serve it with:

Cream or whipped cream

CHERRY WHIP

6 Servings

Boil to the consistency of syrup

- 1 cup sugar

- \( \frac{1}{4} \) cup water

Drop into it and cook until soft (for about 3 minutes): -

- 1 quart stoned cherries

Drain the cherries. Reserve the juice.

Soak:

- 1 tablespoon gelatine

in:

- 2 tablespoons cold water
Dissolve it in 1 cup hot cherry juice. Chill these ingredients until they are thick. Whip them with an egg beater until they are fluffy. Whip until stiff:

3 egg whites
1 teaspoon salt

Fold them into the cherry mixture. Pour part of this into a wet mould. Alternate the whip with layers of the drained cherries. Chill the pudding until it is set.

Serve it with:
Cream or Boiled Custard (page 644)

**ORANGE WHIP**

10 Servings

A delicious winter dessert. Light and refreshing—good to serve after a heavy meat course. It depends for success upon the quality of the orange juice used.

Soak:
1 1/4 tablespoons gelatine

**MARSH-MALLOW PUDDING**

6 to 8 Servings

This pudding is named for its marshmallow-like consistency. It is very quickly made.

Sift:
1 cup sugar

Soak:
1 1/4 tablespoons gelatine in:
1/2 cup cold water
Dissolve it in:
1/2 cup boiling water
Cool these ingredients. Whip until stiff:
4 egg whites
1 teaspoon salt

Add the gelatine to the egg whites in a slow stream. Whip the pudding constantly. Add the sugar 1/4 cup at a time. Whip the pudding well after each addition. Whip in:
1 teaspoon vanilla

Continue to whip until the pudding thickens. Chill it thoroughly. Serve it with:
Boiled Custard (page 644)

in:
1/2 cup cold water
Dissolve it in:
1/2 cup boiling water
Add:
1 1/2 tablespoons lemon juice
1/4 cup orange juice
Chill these ingredients until the jelly falls in sheets from a spoon.
Whip until stiff:
5 egg whites
1/4 teaspoon salt
Beat in the gelatine mixture. Have ready:
1/4 cup sugar
Beat this in, 1/4 the amount at a time. When the whip begins to thicken, fold in:
5 egg yolks

Place the pudding in a wet mould or in the bowl from which it is to be served. Chill it thoroughly. Serve it with:

Cream

**SPONGE PUDDINGS**

**SNOW PUDDING**

6 Servings

An ideal summer dessert.

Soak:
1 tablespoon gelatine
in:
1/2 cup cold water
Dissolve it in:
1 cup boiling water
Add and stir until the sugar is dissolved:
1/2 cup lemon juice
1/4 cup sugar
Chill these ingredients until they fall in sheets from a spoon. Whip until stiff:
3 egg whites
1/4 teaspoon salt
Whip the jelly into them. Continue to beat until the mixture begins to stiffen. Pour the pudding into the bowl from which it is to be served. Chill it thoroughly. Serve it with:
Boiled Custard (page 644)
PUDDINGS AND DESSERTS

PINEAPPLE SPONGE

5 Servings
Soak:
2 teaspoons gelatine
in:
1/4 cup cold water
Dissolve it in:
1/4 cup boiling water
Add:
1/2 cup sugar
1/2 teaspoon salt
1 cup crushed pineapple
2 tablespoons lemon juice
Cool these ingredients until they are nearly set. Beat them with a wire whisk until they are frothy. Whip until stiff:
2 egg whites
1/4 teaspoon salt
Fold them lightly into the gelatine mixture. Chill the sponge until it is firm. Serve it with:
Boiled Custard (page 644)
Moulded Pineapple Cream, page 680.

BANANA SPONGE

6 Servings
Mash lightly with a fork:
3 bananas
There should be about 1 cupful of pulp. Soak:
1 tablespoon gelatine
in:
2 tablespoons water
Dissolve it in:
1/4 cup boiling water
Stir in until dissolved:
1/4 cup sugar
Cool this mixture. Stir in the banana pulp and:
2 teaspoons lemon juice
Chill the jelly until it begins to thicken. Whip it. Beat until stiff:
2 egg whites
1/4 teaspoon salt
Fold them into the gelatine. Fill sherbet cups or a serving-dish. Top the dessert with:
1 cup cream, whipped
to which add:
1/2 teaspoon vanilla

APRICOT SPONGE

8 Servings
Cover:
1/2 pound dried apricots (1 1/2 cups)
with:
2 cups cold water
Permit them to soak for 12 hours. Bring them slowly to the boiling point. Simmer them until they are tender. Drain the fruit. Put it through a ricer or sieve. Reserve the juice.
Soak:
1 1/2 tablespoons gelatine
in:
1/2 cup apricot juice
Cook and stir until the sugar is dissolved:
1/2 cup apricot juice
1 1/2 cups sugar
Add the gelatine and stir it until it is dissolved. Add:
3 tablespoons lemon juice
Combine the liquid with the apricot pulp. Chill these ingredients until they are thick. Whip until stiff:
4 egg whites
1/2 teaspoon salt
Fold them lightly into the jelly mixture. Pour it into a wet mould. Chill the pudding thoroughly. Serve it with:
Vanilla Sauce I (page 694),
Boiled Custard (page 644),
Cream or whipped cream

EGGLESS PRUNE WHIP

6 Servings
Not only has the following dish the virtue of being good and cheap, but it provides in addition a dessert for those who are unable to eat milk and eggs.
Soak for 12 hours:
1/2 pound prunes
in:
2 cups cold water
Add:
1/2 lemon, sliced
1 stick cinnamon (optional)
Stew the prunes gently for 1/2 hour. Add and cook for 10 minutes or until the prunes are tender:
1 cup sugar
Drain the prunes. Save the juice.
Remove the stones and put the prunes through a ricer or sieve. Soak:
1 tablespoon gelatine
in:
½ cup cold prune juice
Dissolve it in:
1 cup hot prune juice
Chill this mixture until it is thick. Whip it with a wire whisk until it is fluffy. Fold in the prune pulp and place the whip on ice until it is well chilled. Serve it with:
Cream or Boiled Custard (page 644)

* EGGLESS APRICOT WHIP

Follow the preceding rule for:
Eggless Prune Whip
Substitute for the prunes:
Dried apricots

QUICK FRUIT WHIP

2 Servings
Soak:
1 teaspoon gelatine
in:
½ cup fruit juice
Dissolve it over hot water. Add the contents of:
1 (4½ oz.) can apricots and apple sauce
3 tablespoons sugar
½ teaspoon vanilla
Chill these ingredients until set. They may be whipped. Serve with:
Cream

COCOA SPONGE

5 Servings
Soak:
1 tablespoon gelatine
in:
½ cup boiling milk or water
Add and stir until dissolved:
½ cup sugar
3 tablespoons cocoa
Cool these ingredients until they are thick. Add:
1 teaspoon vanilla
Whip the mixture until it is fluffy.

Whip until stiff:
3 egg whites
½ teaspoon salt
Combine them with the jelly and whip the sponge until it will hold its shape. Pour it into a wet mould. Chill it thoroughly. Unmould it and serve it with:
Almond Sauce (page 694), cream, or whipped cream

CHOCOLATE SPONGE

6 Servings
Soak:
2 tablespoons gelatine
in:
½ cup cold water
Melt over hot water:
3 ounces chocolate
Add and heat to the boiling point:
½ cup boiling water
1 cup sugar
½ teaspoon salt
Cool these ingredients slightly.
Scald:
3 cups milk
Dissolve the soaked gelatine in it. Stir in the chocolate mixture. Cool these ingredients. Add:
1 teaspoon vanilla
Whip until stiff, then fold in:
2 egg whites
Place the sponge in an oiled ring mould. Chill it until it is set. When firm unmould it. Serve it with the centre filled with:
Whipped cream
You may top this with:
Chopped nuts or crushed nut brittle

MOCHA SPONGE

6 Servings
This is good frozen in a refrigerator tray. If it is to be made in this way, use three-fourths cupful of sugar in all.
Soak:
1 tablespoon gelatine
in:
½ cup cold water
Dissolve it in:
1½ cups strong boiling coffee
PUDDINGS AND DESSERTS

Add:

\[ \frac{1}{2} \text{ cup sugar} \]
\[ \frac{1}{2} \text{ cup milk} \]

Cook and stir these ingredients over a low flame until they are hot. Do not permit them to boil. Beat in a separate dish:

\[ 3 \text{ egg yolks} \]
\[ \frac{1}{2} \text{ cup sugar} \]

Pour part of the hot mixture over them. Return it to the pan and cook and stir it for 2 minutes to permit the yolks to thicken slightly. Do not permit it to boil. Cool these ingredients until they are thick. Add:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

Whip them with a wire whisk until they are fluffy. Whip until stiff:

\[ 3 \text{ egg whites} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

Fold them into the gelatine mixture. Pour the sponge into a wet mould. Chill it thoroughly. Unmould it and serve it with:

Cream

Coffee Jelly with Marsh Mallows, page 672.

PERSIAN CREAM

6 Servings

Soak:

\[ 1 \text{ tablespoon gelatine} \]

in:

\[ \frac{1}{2} \text{ cup cold milk} \]

Scald:

\[ 1 \frac{1}{2} \text{ cups milk} \]

Dissolve the gelatine in it. Beat:

\[ 2 \text{ egg yolks} \]
\[ \frac{1}{2} \text{ cup sugar} \]

Beat a little of the hot milk into the yolks then return it to the saucepan. Cook and stir these ingredients over a very low flame until they begin to thicken. Cool them. Add:

\[ 1 \text{ teaspoon vanilla or rum} \]

Whip until stiff:

\[ 2 \text{ egg whites} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

Fold them lightly into the gelatine mixture. Chill the cream. Serve it very cold with:

Crushed fruit or fruit sauce

CARAMEL CREAM I

4 Servings

Soak:

\[ 1 \text{ tablespoon gelatine} \]

in:

\[ \frac{1}{2} \text{ cup cold water} \]

Stir and melt in a heavy frying-pan until light brown:

\[ \frac{1}{2} \text{ cup sugar} \]

Stir in slowly:

\[ 1 \text{ cup hot water} \]

When the sugar is dissolved add the soaked gelatine. Stir it until it is dissolved. Scald:

\[ \frac{1}{2} \text{ cup milk} \]

Beat it into:

\[ 2 \text{ egg yolks} \]

Add:

\[ \frac{1}{2} \text{ cup sugar} \]

Cook and stir these ingredients over a low flame until the yolks begin to thicken. Add the caramel mixture. Chill these ingredients until they are about to set. Whip until stiff:

\[ 2 \text{ egg whites} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

Fold in:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]

Fold these ingredients lightly into the custard. Chill the pudding thoroughly. Serve it with:

Cream or whipped cream

Caramel Bavarian Cream, page 679.

MILK PUDDING

4 Servings

This sounds flat but it is not without character. One of my favourite easy desserts.

Soak:

\[ 1 \text{ tablespoon gelatine} \]

in:

\[ 3 \text{ tablespoons water} \]

Heat until scalded:

\[ \frac{1}{2} \text{ cup milk} * \]
\[ \frac{1}{2} \text{ cup sugar} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

Dissolve the gelatine in this mixture. Cool it slightly. Add it to:

\[ 1 \text{ cup cream} \]
Flavour the pudding with:

\[ \frac{1}{2} \text{ teaspoon vanilla} \]
\[ \frac{1}{2} \text{ teaspoon almond extract} \]

Beat it from time to time as it solidifies. The pudding may be chilled in a bowl of ice. Pour it into an oiled mould. Chill it until it is firm. Serve it with the following sauce.

**Sauce:**
Combine:

\[ \frac{1}{2} \text{ cup peach or other jam} \]
\[ 1 \text{ teaspoon grated orange rind} \]

**WHIPPED CREAM PUDDINGS**

**RICE PUDDING with WHIPPED CREAM**

10 Servings

Boil:

\[ \frac{1}{2} \text{ cup Rice (page 87, about 1 cup cooked rice)} \]

Drain it and rinse it with cold water.
Soak for 5 minutes:

\[ 2 \text{ teaspoons gelatine} \]
in:

\[ \frac{1}{2} \text{ cup cold water} \]

Dissolve it over heat. Add it to the rice. Stir into it:

\[ 6 \text{ tablespoons sugar} \]
\[ \frac{1}{2} \text{ cup blanched, shredded almonds (optional)} \]

Chill the rice. Whip until stiff:

\[ 1 \text{ pint heavy cream (2 cups)} \]

Fold into it:

\[ 2 \text{ teaspoons vanilla} \]

Fold the cream into the rice. Place the pudding in a wet mould. Chill it thoroughly. Unmould it and serve it very cold with:

Cold Currant Jelly Sauce (page 695) or Hot Butterscotch Sauce (page 692)

The latter is an excellent combination.

**RICE and FRUIT CREAM**

5 Servings

Combine:

\[ 1 \text{ cup cooked rice} \]
\[ 1 \text{ cup drained apricots, pineapple, etc.} \]

\[ \frac{1}{2} \text{ cup orange juice} \]
\[ 2 \text{ tablespoons rum} ** \]

Serve the pudding with this or some other jam (orange marmalade is good) or sauce, or with stewed fruit or fresh, crushed, sweetened fruit.

**WHIPPED CREAM PUDDINGS**

Whip until stiff:

\[ \frac{1}{2} \text{ cup heavy cream} \]

Fold in the rice mixture and:

\[ 12 \text{ marshmallows, diced} \]

Place the cream in individual dishes. You may top it with:

Crushed nut brittle or shaved semi-sweet chocolate

**PINEAPPLE SNOW**

8 Servings

A pretty Christmas pudding.

Soak:

\[ \frac{1}{2} \text{ tablespoon gelatine} \]
in:

\[ \frac{1}{2} \text{ cup cold water} \]

Heat:

\[ 2 \text{ cups crushed pineapple} \]

Stir in:

\[ \frac{1}{2} \text{ cup sugar} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]

When these ingredients are boiling add the soaked gelatine. Remove the pan from the fire and stir in the gelatine until it is dissolved. Chill the jelly until it is about to set. Whip until stiff:

\[ 2 \text{ cups heavy cream} \]

Fold in the pineapple. Place the pudding in a wet mould. Chill it thoroughly. Unmould it and serve it with:

Maraschino cherries (optional)

**BAVARIAN CREAM I**

(With milk and cream)

8 Servings

This dessert is an elaborate version
PUDDINGS AND DESSERTS

of Blancmange (page 657). You may improvise many pleasant variations of flavouring and of accompaniments (fruits, sauce, etc.). Various kinds of cake and fruit may be moulded into it. It may be served in a ring mould, in a large mould, in individual rings or mounds, or it may be moulded in a block and served sliced, covered with fruit, etc.

Soak:

1 tablespoon gelatine in:

2 tablespoons cold water

Scald:

\( 1 \frac{1}{2} \) cups milk *

Add:

\( \frac{1}{4} \) to \( \frac{1}{2} \) cup sugar
\( \frac{1}{4} \) teaspoon salt

Stir the gelatine into this mixture until it is dissolved. Chill it. As it thickens flavour it with:

1 teaspoon vanilla
\( \frac{1}{2} \) teaspoon almond extract (optional)

Whip it with a wire whisk until it is fluffy. Beat until stiff:

1 cup heavy cream

Fold it into the gelatine mixture. Place the pudding in a wet mould. If desired alternate the pudding mixture with:

6 broken macaroons ** or lady fingers soaked in rum, sherry, etc.

Chill the pudding thoroughly. Unmould it. Serve it with:

Whole or crushed berries or stewed fruit and whipped cream

* If preferred \( \frac{1}{2} \) cupful of milk and 2 cups of cream, whipped, may be used. This makes a richer pudding.

** If the macaroons are omitted \( \frac{1}{2} \) cupful of ground almonds or other nuts may be added.

BAVARIAN CREAM II

(With eggs and cream)

8 Servings

Place in a cup and soak:

1 tablespoon gelatine
\( \frac{1}{4} \) cup cold water

Dissolve it by setting the cup in hot water. Strain and cool the gelatine.

Beat until light:

5 egg yolks
\( \frac{1}{2} \) cup sifted sugar

Add the gelatine and:

\( \frac{1}{2} \) teaspoons vanilla

In a separate bowl whip until stiff:

5 egg whites
\( \frac{1}{2} \) teaspoon salt

Whip in slowly:

\( \frac{1}{2} \) cup sifted sugar

In a separate bowl whip until stiff:

2 cups heavy cream

Combine the cream, the egg whites, and the egg yolks by folding them lightly together. Place the pudding in a wet mould. Chill it thoroughly. Unmould it and serve it with:

Crushed fruit, brandy peaches, etc.

CHOCOLATE BAVARIAN CREAM

Prepare:

Bavarian Cream I

Add to the hot milk:

2 ounces chocolate or
6 tablespoons cocoa

HAZEL-NUT BAVARIAN CREAM

8 Servings

Soak:

1 tablespoon gelatine in:

2 tablespoons cold water

Combine and beat:

\( \frac{1}{4} \) cup scalded milk
\( \frac{1}{2} \) cup sugar
4 egg yolks
\( \frac{1}{2} \) teaspoon salt

Cook and stir these ingredients over a low flame until they begin to thicken. Stir in the soaked gelatine until it is dissolved. Grind and add:

\( \frac{1}{2} \) cup hazel-nuts

Add:

1 teaspoon vanilla

Chill these ingredients until they are about to set. Whip until stiff:

2 cups heavy cream

Fold it into the other ingredients. Place the pudding in the dish from
which it is to be served or in a wet mould. Chill it thoroughly. Serve it with:

Raspberry Juice (page 696)

COFFEE BAVARIAN CREAM

8 Servings
Soak:
1 tablespoon gelatine
in:
1 cup milk
Bring to the boiling point:
1 cup strong coffee
Dissolve the gelatine in it. Add:
1 cup sugar
Chill these ingredients until they are about to set. Whip them until they are light. Whip until stiff:
2 egg whites
1/2 teaspoon salt
Fold them lightly into the gelatine mixture. Whip until stiff:
2 cups heavy cream
Fold it lightly into the gelatine mixture. Chill the pudding until it is set. Serve it sprinkled with:
Crushed nut brittle

MOCHA BAVARIAN CREAM

8 Servings
Soak:
1 tablespoon gelatine
in:
4 tablespoons cold water
Dissolve it over boiling water. Add:
1 cup icing sugar
3 tablespoons strong coffee
Beat until light:
6 egg yolks
Beat in the gelatine mixture. Fold in:
2 cups heavy cream, whipped
1 teaspoon vanilla or rum
Place the bavarian in an oiled ring mould. Chill it until it is firm. Invert it on to a platter. Garnish the top with:
Crushed nut brittle or toasted nuts

CARAMEL BAVARIAN CREAM

8 Servings
Soak:
1 tablespoon gelatine
in:
1/2 cup water
Place in a large heavy frying-pan over low heat:
1/2 cup sugar
Stir it until it melts and is a clear brown. Stir in slowly:
1 cup hot water
Stir and boil this syrup for about 1 minute. Add:
1 cup rich hot milk
1/2 cup sugar
1/4 teaspoon salt
Heat until scalded, then pour part of this mixture over:
3 beaten egg yolks
Return this to the pan. Stir and cook it until it coats a spoon heavily. Stir in the soaked gelatine. Stir it until it is dissolved. Cool the custard. Add:
1 teaspoon vanilla or
1 tablespoon rum
Fold in:
1 cup heavy cream, whipped
Place the bavarian in an oiled mould. Chill it thoroughly.

STRAWBERRY BAVARIAN CREAM I

8 Servings
Hull and slice:
2 cups strawberries
Pour over them:
1 cup sugar
Permit them to stand for 1/2 hour.
Soak:
11/2 tablespoons gelatine
in:
2 tablespoons cold water
Dissolve it in:
2 tablespoons boiling water
Add it to the berries. Add:
1 tablespoon lemon juice
Chill the berry mixture until it is about to set. Whip until stiff and fold in:
1 cup heavy cream
Whip until stiff, then fold in:
2 egg whites
1/2 teaspoon salt
Chill the pudding well before serving it.
STRAWBERRY BAVARIAN CREAM II

8 Servings

Crush:
1 quart hulled strawberries

Add:
1 cup sugar

Permit them to stand for 1 hour.

Soak:
2 tablespoons gelatine
in:
3 tablespoons water

Dissolve it in:
3 tablespoons boiling water

Stir this into the berries. You may add:
1 tablespoon lemon juice

Cool the gelatine. When it is about to set fold in lightly:
2 cups heavy cream, whipped

Pour the cream into a wet mould. Chill it until it is firm.

Serve it with the following sauce:

Strawberry Sauce
2 cups strawberries
\( \frac{1}{4} \) cup sugar
1 teaspoon lemon juice

Permit these ingredients to stand for 2 hours. Put them through a ricer or sieve.

RASPBERRY BAVARIAN CREAM

Follow the preceding:
Strawberry Bavarian Cream
Substitute for the strawberries:
Raspberries

MOULDED PINEAPPLE CREAM

4 Servings

Soak:
1 tablespoon gelatine
in:
\( \frac{1}{4} \) cup cold water

Combine and stir constantly over very low heat until slightly thickened:
2 egg yolks
\( \frac{1}{4} \) cup sugar
2 cups unsweetened pineapple juice
\( \frac{1}{2} \) teaspoon salt

Add the soaked gelatine. Stir it until it is dissolved. Pour \( \frac{1}{4} \) this mixture into a wet mould. Chill it. Chill the remaining gelatine until it begins to set. Then fold into it:
1 cup cream, whipped

Fill the mould; chill the cream until it is firm.

Coffee Marshmallow Jelly with Whipped Cream, Pineapple Marshmallow Cream, Berry Marshmallow Cream, page 684.

BANANA CREAM

3 Servings

Beat until stiff:
1 cup heavy cream

Put through a ricer or sieve:
3 ripe bananas

Stir in:
2 tablespoons icing sugar
1 teaspoon vanilla
\( \frac{1}{2} \) teaspoon salt

Fold the cream into these ingredients. Serve the fluff in sherbet glasses with:
Orange juice or other fruit juice

Or omit the vanilla and use:
4 tablespoons sugar

Add:
1\( \frac{1}{2} \) tablespoons lemon juice

Serve this combination without additional fruit juice.

CHARLOTTE RUSSE I

6 Servings

Soak:
\( \frac{1}{2} \) tablespoon gelatine
in:
\( \frac{1}{4} \) cup cold water

Dissolve it in:
\( \frac{1}{2} \) cup scalded milk

Beat in:
\( \frac{1}{4} \) cup castor sugar

Cool these ingredients. Flavour them with:
\( \frac{1}{4} \) teaspoon maple flavouring
2 tablespoons strong coffee

Whip until stiff:
1 cup heavy cream

Fold it lightly into the chilled ingredients. Line a mould with:
Lady fingers
Pour the pudding into it. Chill it thoroughly. Unmould it and serve it with:

Boiled Custard (page 644) flavoured with rum

CHARLOTTE RUSSE II

10 to 12 Servings
Solak:
2 tablespoons gelatine
in:
1/2 cup cold water
Dissolve it in:
2 cups scalded milk
Add and stir until dissolved:
1/2 cup sugar
Pour part of this over:
4 egg yolks *
Return it to the fire and cook and stir the custard over a very low flame until it begins to thicken. Cool it. Add:
1 tablespoon brandy or other strong liquor
Whip until stiff:
4 egg whites
1/2 teaspoon salt
Fold them lightly into the custard. Whip until stiff:
1 pint (2 cups) heavy cream
Fold it lightly into the custard. Line a mould with:
Lady fingers
Fill it with the custard. Chill it thoroughly. Unmould the pudding. Garnish it with:
Maraschino cherries (optional)
Serve it with:
Whipped cream (optional)
* Two or three eggs may be used successfully in making this pudding.

CHOCOLATE CHARLOTTE

6 Servings
Soak:
1 tablespoon gelatine
in:
1/2 cup cold water
Dissolve it in:
1/2 cup scalded milk

Add and stir until dissolved:
1 ounce chocolate broken into pieces
Chill these ingredients until they begin to thicken.* Whip until stiff:
1 pint (2 cups) heavy cream
Whip until stiff in a separate bowl:
1 egg white
1/2 teaspoon salt
Fold into the egg white:
1/2 cup sugar (a scant cup)
1 teaspoon vanilla
Fold these ingredients into the cream:
Fold in the gelatine mixture. Pour the pudding into a wet mould. Chill it thoroughly. Unmould it. Serve it with:
Cream or whipped cream
* You may add at this time:
1/2 cup ground nuts

FRENCH CHOCOLATE CREAM

6 Servings
Stir and scald in a saucepan over low heat:
2 cups milk
1/4 cup sugar
3 ounces sweet chocolate, grated
Pour part of these ingredients over:
3 beaten egg yolks
Return the sauce to the pan. Stir the custard constantly over low heat until it thickens. Strain it. Cool the custard by placing the pan in cold water. In a separate bowl whip until stiff:
1 cup heavy cream
Add:
1 teaspoon vanilla
2 tablespoons brandy
Fold the cold custard into the whipped cream mixture until it is well blended. Fill custard cups with the pudding. Chill it thoroughly before serving it.

French Chocolate Custard, page 647.

MAPLE CHARLOTTE

10 Servings
Soak:
1 1/2 tablespoons gelatine
in:
1/2 cup cold water
Dissolve it in:

\[ \frac{1}{2} \text{ cup boiling water} \]

Chill the jelly until it falls in heavy sheets from a spoon. Whip until stiff:

- 1 pint heavy cream (2 cups)

Beat in with a spoon:

6 tablespoons maple syrup

\[ \frac{1}{2} \text{ cup blanched chopped almonds} \]

Beat in the gelatine until it is well blended. Line a bowl with pieces of:

Sponge Cake (page 331) or Lady Fingers (page 617)

Pour the gelatine into it. Chill it until it is firm. Unmould it and serve it garnished with:

Whipped cream

**CHESTNUT CREAM**

6 Servings

Place in a moderately hot oven until the shells and inner skins peel off easily:

- 1 pound Italian chestnuts

Peel the chestnuts. Drop them into boiling water to cover. Add to the water:

- 3 tablespoons sugar
- \[ \frac{1}{2} \text{ teaspoon salt} \]

Boil the chestnuts until they are very tender. Remove them from the fire.*

Add to them:

- \[ \frac{1}{2} \text{ cup sugar} \]

Chill them thoroughly. Remove the chestnuts from the syrup. Reserve 8 or 10 of them. Put the remainder through a sieve. Let them fall on to a platter. Make a high mound of them. Top the mound with:

Whipped cream

Place a border of whipped cream around the base of the mound. Decorate it with the reserved chestnuts. Serve it, if desired, with the:

Syrup

Add to the syrup:

- 1 tablespoon rum

* At this point the chestnuts may be drained and mashed with:

- 4 tablespoons cream
- 4 tablespoons sherry
- 1 teaspoon vanilla

Heap them into a mound. Garnish it with:

Whipped cream

**CHESTNUT MOUND (MONT BLANC)**

6 Servings

Boil in salted water for 8 minutes:

- 2 pounds chestnuts

Remove the shells. Cook the shelled nuts in a double boiler over hot water in:

- 1 quart milk

Add:

- \[ \frac{1}{2} \text{ teaspoon salt} \]
- 1 cup sugar
- 1 teaspoon vanilla *

When the chestnuts are mealy (when they are easily pierced with a straw) drain them. Put them through a sieve. Let them fall lightly on to a large plate into a mound. If necessary to touch them try to do so very lightly so that they will not be mashed. Whip until stiff:

- 1 cup heavy cream

Fold in:

- 1 teaspoon vanilla
- 2 tablespoons icing sugar

Place the cream on the mound and let it overflow to the sides. Chill well before serving. You may cover the top of the cream with a grating of:

Sweet chocolate

* After draining the chestnuts may be flavoured with 2 or more tablespoonsfuls brandy, curaçao, etc.

**MACAROON PUDDINGS**

**NESSELRODE PUDDING**

12 Servings

Soak:

- 2 tablespoons gelatine

in:

- 1 cup cold milk

Scald in a double boiler:

- 2 cups milk

Add:

- \[ \frac{1}{2} \text{ cup sugar} \]

Beat and stir in:

- 5 egg yolks
PUDDINGS AND DESSERTS

Cook and stir these ingredients for 1 or 2 minutes to permit the yolks to thicken slightly. Stir in the soaked gelatine until it is dissolved. Add:
1 cup chopped raisins
3 tablespoons ground almonds (optional)
1 pound macaroons, broken
Cool these ingredients. Add:
x tablespoon brandy or rum
2 teaspoons vanilla
Whip until stiff:
5 egg whites
1 teaspoon salt
Fold them lightly into the other ingredients. Place the pudding in a wet mould. Chill it well. Unmould it on a plate and garnish it with:
Maraschino cherries
Serve it with:
Whipped cream

MACAROON CHARLOTTE

6 Servings
Roll until fine:
12 macaroons
Place on a platter and whip until stiff:
2 egg whites
1 teaspoon salt
Fold in:
1/2 cup powdered sugar
1/2 teaspoon vanilla
1/2 teaspoon almond extract
Whip until stiff:
1 cup heavy cream
Fold it into the other ingredients. Line a mould, or individual moulds, with:
Lady Fingers (page 617) or Sponge Cake (page 531)
Fill it with the charlotte. Chill it for 2 hours or more. Unmould it and serve it with:
Maraschino cherries
Caramel Sauce

CHOCOLATE MACAROON CHARLOTTE

6 Servings
Soak:
x tablespoon gelatine
in:
2 tablespoons water
Beat and stir until blended:
1 1/2 ounces chocolate
1 1/2 cups milk
Dissolve the gelatine in the milk. Add:
1 cup sugar
1 teaspoon salt
Chill these ingredients until they begin to set. Whip until stiff:
1 cup heavy cream
Fold in:
1 cup dry macaroon crumbs
1 teaspoon vanilla or
2 teaspoons rum
Fold in the chocolate mixture. Place it in one large moist mould or in sherbet glasses. Garnish the top with:
1 cup macaroon crumbs
A maraschino cherry

CABINET PUDDING

8 Servings
Soak:
1 1/2 tablespoons gelatine
in:
6 tablespoons water
Dissolve it over hot water. Beat until very light:
6 egg yolks
6 tablespoons sugar
Beat in the dissolved gelatine and:
1 teaspoon vanilla
Whip until stiff:
6 egg whites
1 teaspoon salt
Fold them lightly into the yolk mixture. Soak:
16 macaroons
in:
Rum, sherry, or arrack
Line a mould with:
Lady fingers *
Place in it a layer of custard and a layer of macaroons. Repeat the process. Custard should form the top layer. Chill the pudding until it is firm. Unmould it on a platter. Garnish it with:
Maraschino cherries (optional)
Serve it with:
Whipped cream
* The lady fingers may be omitted. Substitute soaked macaroons.
PUDDINGS AND DESSERTS

Uncooked Desserts

The majority of Whips, Sponges, Bavarians, Charlottes, and Macaroon Puddings rightly come under this head, but they have been placed elsewhere in the preceding pages.

DATE LOAF

12 Servings
Crush:

$\frac{1}{2}$ pound wholemeal biscuits

Remove the stones and cut into pieces:

$\frac{1}{2}$ pound dates (about 2 cups)

Cut into pieces:

$\frac{1}{2}$ pound marshmallows

Chop fine:

$\frac{1}{2}$ cup nuts (about $\frac{1}{2}$ pound)

Whip until stiff:

$\frac{1}{2}$ cup heavy cream

Fold in:

$\frac{1}{2}$ teaspoon vanilla

Combine $\frac{1}{2}$ the biscuit crumbs with the dates, marshmallows, nuts, and whipped cream. Shape them into a roll. Roll in the remaining biscuit crumbs. Chill the roll for 12 hours. Serve it cut into slices with:

Cream or whipped cream

COFFEE MARSH-MALLOW JELLY with WHIPPED CREAM

6 Servings
Melt in the top of a double boiler over boiling water:

$\frac{1}{2}$ pound marshmallows, diced

in:

$\frac{1}{2}$ cup hot, very strong coffee

Stir and cook these ingredients until the marshmallows are dissolved. Chill the mixture until it is about to set.

Fold in:

$\frac{1}{2}$ cup heavy cream, whipped

Place the jelly in an oiled ring mould. Chill it well. Invert it and cover the top with:

Slivered toasted almonds or crushed nut brittle

Coffee Marshmallow Jelly, page 672.

PINEAPPLE MARSH-MALLOW CREAM

8 Servings
Cut into quarters

$\frac{1}{2}$ pound marshmallows

Chill them for several hours. Prepare and add:

$\frac{1}{2}$ cup drained diced pineapple

Add:

$\frac{1}{2}$ cup cold heavy cream

Whip these ingredients with a wire whisk until thickened. Chill them thoroughly. Shortly before serving, whip:

$\frac{1}{2}$ cup heavy cream

Fold half of it into the chilled mixture. Place it in a serving-dish. Garnish it with the remaining cream. You may top it with:

Maraschino cherries or cherry preserves

BERRY MARSH-MALLOW CREAM

6 Servings
Cut into eighths:

$\frac{1}{2}$ cup marshmallows

Whip until stiff:

$\frac{1}{2}$ cup heavy cream

In a separate bowl whip until stiff:

$\frac{1}{2}$ egg white

$\frac{1}{2}$ teaspoon salt

Fold in the marshmallows. Fold in the cream. Chill these ingredients thoroughly. Shortly before serving, fold in:

$\frac{1}{2}$ cup crushed raspberries or strawberries

PETIT SUISSE

4 Servings
Any one who visited (and loved) France will grow nostalgic for the good old days when eating this.

Beat until soft:

6 ounces cream cheese

Beat in:

2 teaspoons icing sugar

Beat in to a smooth, even consistency:

Cream
Place the mixture in moist custard cups. Chill it. Unmould it. Serve it surrounded with:

Unhulled strawberries or other fruit

Place on one side of the plate a small mound of:

Icing sugar

FRENCH CHEESE CREAM
(fromage à la crème)

6 Servings
This very simple dessert is as good as any elaborate concoction I know. Whip until stiff:

1 cup heavy cream
Beat until soft:

6 ounces soft white cream cheese*
2 tablespoons cream
\( \frac{1}{2} \) teaspoon salt
Fold the cheese into the whipped cream. Place these ingredients in a wet mould or in individual moulds. Chill the cheese thoroughly. Unmould it. Serve it with:

Fresh unhulled strawberries, raspberries, or other fresh fruit
* The original recipe calls for 1 pound of soft cream cheese. Use more cheese if you wish.

DEVONSHIRE CREAM

Place in a fireproof dish for 12 hours:

Milk
Move it very gently on to a stove and heat it very slowly until bubbles appear around the edges. Do not let the milk boil. Remove it from the fire and permit it to stand for 24 hours. Skim the cream. It will be thick and clotted. Serve it very cold with:

Berries

ORANGE COMPOTE

4 Servings
Cut the yellow rind off:

2 California oranges

Cut into thin slices, add to it and boil for 20 minutes:

1 cup water
\( \frac{1}{2} \) cup sugar
\( \frac{1}{2} \) teaspoon salt
Skin and remove membrane from the 2 oranges and from:

3 additional oranges
Place the sections in a serving-bowl. Pour the hot syrup and rind over them. Chill the compote. You may add to it before serving:

1 tablespoon rum or liqueur

BAR-LE-DUC DESSERT
A pleasant summer dish. Serve it with toasted biscuits.
Stir to a smooth paste:

6 ounces cream cheese
1 or 2 tablespoons cream
Fold in:

2 tablespoons currant jam
Freeze the mixture or chill it well.

STRAWBERRIES and SOUR CREAM

Serve:

Strawberries
(Do not remove the hulls.) To cat them dip them in:

Sugar
then in:

Sour cream or smooth cottage cheese

SLICED APPLES or Pears
and CREAM

Pare and cut into thin slices:

Apples or pears
To keep them from discoloring sprinkle them with:

Lemon juice (optional)
Just before serving sprinkle them with:

Sugar
Cinnamon
Serve them with:

Thick cream (sweet or sour) or with smooth cottage cheese
or serve sliced apples or pears with:

Crumbed Roquefort cheese
PUDDINGS AND DESSERTS

COTTAGE CHEESE DISH
This delicious mixture may be served as a dessert or as an accompaniment to a meat course.
Put through a fine sieve:
Cottage cheese
Thin it to the consistency of apple sauce with:
Cream
Sweeten it as desired with:
Sugar
Vanilla
Place it in a bowl. Sprinkle the top with:
Cinnamon
Serve the mixture very cold with:
Cranberry Relish (page 396), stewed cranberries, stewed cherries, crushed sweetened strawberries, etc.
The cheese and the fruit may be placed side by side in small dishes and served with turkey, chicken, veal, etc.

PEACHES and RASPBERRIES
6 Servings
Peel and halve:
4 chilled peaches
Place them in a bowl. Combine and stir:
½ quart chilled raspberries
6 tablespoons sugar
2 tablespoons lemon juice
½ cup broken nuts (this California recipe reads 'green almonds')
Pour these ingredients over the peaches. Serve the fruit with:
Whipped cream

FLAMING PEACHES (PÊCHES FLAMBÉES)
Cook in syrup:
Whole Peaches (page 396)
Allow 1 peach to each person. Drain them. Bring them to the table. Pour over each peach:
1 or 2 tablespoons sugar
2 or more tablespoons kirsch *
Light the liquor and let it burn down.
* Kirsch burns brightly but some other liquor may be substituted.
Baked Peaches with Brandy Sauce and Cream, page 661.

FLAMING Pears
Allow 1 pear for a serving
Cut into halves, then core:
Ripe pears
Place them on an oven-proof plate. Prick them. Sprinkle them with:
Icing sugar
Pour over each half:
1 tablespoon brandy
Ignite the brandy at the table.
Fresh Pears in Liqueur, page 6.

STUFFED PEACHES
Peel and halve:
Large firm peaches *
Remove the stones and fill the cavities with:
Marshmallows cut in pieces
Shredded almonds
Wrap the fruit in waxed paper. Chill it thoroughly. Serve it with:
Icing sugar and cream
* Canned peaches may be substituted.

BANANAS and PINEAPPLE JUICE
Slice:
Bananas
Cover them with:
Chilled pineapple juice
Garnish them with:
Maraschino cherries
Grilled Grapefruit, page 5.
This makes a good dessert as well as a good entrée. Serve it with:
Butter Wafers (page 609)

CHILLED FRESH FRUIT in SYRUP with LIQUEUR
Prepare for the table and place in a bowl:
An assortment of fresh fruits—peaches, apricots, berries, grapes, etc.
Boil for 10 minutes:
1 cup sugar
½ teaspoon salt
1 cup water
PUDDINGS AND DESERTS

STRawberry and Kirsch CREaM

6 Servings
Wash:
1 quart ripe strawberries
Reserve 8 unhulled berries. Hull, then cut into halves the remaining berries.
Sprinkle over them:
1 cup icing sugar
Permit them to stand for 10 minutes.
Whip until stiff:
1 cup heavy cream
Flavour it with:
3 tablespoons kirsch
Fold the berries into the cream. Serve it in sherbet glasses garnished with the unhulled berries.

QUICK FRUIT FLUFF with CREAM or Egg Whites

These whips take a good beating but they are worth it. They may be used in cooked pie shells or crumb crusts.

I. 5 Servings
Beat:
1 cup heavy cream
Combine and beat long and hard until light and fluffy:
1 cup hulled berries *
1 egg white
1 cup sugar **
1 teaspoon vanilla or 2 teaspoons lemon juice
Fold this mixture into the cream. Heap it into sherbet glasses. Chill it thoroughly.

II. 3 Servings
Combine and beat until light and fluffy:
1 cup hulled berries
1 teaspoon grated lemon rind
2 tablespoons lemon juice
1 cup sugar
2 egg whites
Heap the fluff into sherbet glasses. Chill it thoroughly.

* 1 cupful of grated raw apple, riced or sieved banana, cooked apricot or prune pulp, raw crushed peaches or apricots, canned drained pineapples, etc., may be substituted.

** If whatever your addition is is
sweetened or is naturally sweet, reduce the amount of sugar to make a palatable dish.

_Caramel Cornflake Ring with Fruit, page 649._

This simple dessert calls for so little cooking that it must be mentioned here.

**CANTALOUP FRUIT CUPS**

8 Servings
Cut into halves and remove the seeds from:

- 4 cantaloupes
Scaplop the edges. Chill the fruit.

Combine the following ingredients:

- 2 cups peeled and sliced oranges
- 2 cups peeled and sliced peaches (fresh)
- 2 cups peeled and diced pineapple (fresh or canned)
- 1 cup peeled and sliced bananas
- 1 cup skinned grapefruit sections

1 cup sugar dissolved in the various fruit juices

Chill the fruit thoroughly. Just before serving fill the cantaloup cups with the fruit. Pour over each cup:

1 tablespoon sherry or rum (optional)

Top each cup with:

- Orange or Lemon Ice (page 703) or Sherbet (page 704)

**CANTALOUP FILLED with PINEAPPLE and CHOPPED MINT**

Peel and cut into cubes:

- A fresh pineapple

Sprinkle the cubes with:

- Icing sugar

Chill the fruit. Cut into halves:

- Chilled cantaloupes

Fill them with the cubed pineapple. Sprinkle the tops with:

- Chopped mint leaves

**Sauces for Puddings and Desserts**

Rum, sherry, brandy, Madeira, etc., add flavour and piquancy to desserts and sauces. Be very careful to vary all flavours as the same flavour should not be repeated too frequently.

Plain custard sauce, cream, or fruit juice are excellent if served with the right pudding at the right time. With pudding sauces the "object all sublime" is "to let the punishment fit the crime." A sauce should complement a pudding. If a pudding is acid, serve a bland sauce; if a pudding is bland, serve a sauce with character; and if a pudding is rich, shun whipped cream and try a fruit sauce. The success of the pudding with sauce will depend upon your sense of discrimination.

**HARD SAUCE**

About 1 cupful

Hard sauce is given different flavours, but its basis is always the same although its proportions may differ. Any kind of sugar may be used for hard sauce. The sauce may be spread in a dish to the thickness of ½ inch. Chill it. When it is firm cut it into small shapes suitable to individual servings. Use a pastry cutter.

Sift:

1 cup icing sugar

Beat until soft:

2 to 5 tablespoons butter

Add the sugar gradually. Beat these ingredients until they are well blended.

Add:

- ½ teaspoon salt
- 1 teaspoon or more vanilla, coffee, rum, whisky, brandy, lemon, or orange juice, etc.

If desired, beat in:

- 1 egg or ½ cup cream

When the sauce is very smooth chill it thoroughly.
PUDDINGS AND DESSERTS

**HARD SAUCE MADE with an ELECTRIC MIXER**

Use the ingredients given for the preceding rule. Cream the softened butter in a small bowl at high speed. Add the sugar gradually. Add the flavouring. Beat the sauce until it is creamy (for about 5 minutes). Scrape the sides of the bowl once or twice while beating. Chill the sauce.

**FLUFFY HARD SAUCE**

About 1 cupfuls
Sift:  
1 cup sugar  
Beat until soft:  
1 tablespoon butter  
Add the sugar gradually and:  
1 tablespoon cream  
Beat these ingredients until they are well blended. Whip until stiff:  
3 egg whites  
1 teaspoon salt  
Fold them into the sugar mixture. Add:  
2 tablespoons cream  
1 teaspoon or more vanilla, rum, or sherry  
Beat the sauce well. Pile it in a dish. Chill it thoroughly.

*Foamy Sauce, page 690.*

**SPICY HARD SAUCE**  
About 1 cupful  
Sift:  
1 1/2 cups castor sugar  
Beat until soft:  
1/2 cup butter  
Add the sugar gradually. Beat these ingredients until they are creamy. Beat in:  
1/2 teaspoon cinnamon  
1/2 teaspoon cloves  
1 teaspoon vanilla  
1/2 teaspoon lemon juice  
1/2 teaspoon salt (if butter is unsalted)  
Chill the sauce.

**BROWN SUGAR HARD SAUCE**

About 1 1/2 cupfuls  
Sift:  
1 1/2 cups brown sugar  
Beat until soft:  
1/4 cup butter  
Add the sugar gradually. Beat these ingredients until they are well blended. Beat in slowly:  
1/4 cup cream  
Beat in, drop by drop:  
2 tablespoons wine or 1 teaspoon vanilla  
When the sauce is very smooth * chill it thoroughly.  
* One-fourth cup nuts may be added at this time.

**STRAWBERRY HARD SAUCE**

About 1 1/2 cupfuls  
Sift:  
1 cup castor sugar  
Beat until soft:  
1/2 cup butter  
Add the sugar gradually. Beat these ingredients until they are well blended. Beat in:  
1/2 cup crushed strawberries  
Chill the sauce thoroughly. This makes a good sauce but it is better with the addition of:  
1/2 cup cream  
1 stiffly beaten egg white  
*Fluffy Strawberry Sauce, page 695;  
Strawberry Cream Sauce, page 695.*

**RASPBERRY HARD SAUCE**

Follow the rule for:  
Strawberry Hard Sauce (above)  
Substitute for the strawberries:  
1/2 cup crushed raspberries

**BANANA HARD SAUCE**

Follow the rule for:  
Strawberry Hard Sauce (see above)  
Substitute for the strawberries:  
1/2 cup crushed bananas  
Add:  
1 teaspoon vanilla
FOAMY SAUCE
About 2 cupfuls
Sift:
1 cup castor sugar
Beat until soft:
5 tablespoons to ¼ cup butter
Add the sugar slowly. Beat these ingredients until they are well blended.
Beat in:
1 egg yolk
1 teaspoon vanilla or 2 tablespoons wine
Place the sauce over hot water. Beat and cook it until the yolk has thickened slightly. Whip until stiff:
1 egg white
½ teaspoon salt
Fold it lightly into the sauce. Serve it hot or cold.

CUSTARD SAUCE
Follow the rule for:
Boiled Custard (page 644)

MARSH-MALLOW SAUCE
About 1 cupful
Steam until soft in a double boiler:
¼ pound marsh mallows
Cook until the syrup spins a thread (page 754):
1 cup sugar
¼ cup water
Beat the softened marsh-mallows into the syrup. Flavour the sauce with:
1 tablespoon sherry or a drops peppermint oil or ¼ teaspoon vanilla
Keep it hot in a double boiler or serve it cold.

Caramel Syrup
About 3 cupfuls
Place in a large iron frying-pan over a slow fire:
3 cups sugar
Stir it constantly as it melts. If a strong caramel flavour is desired, burn the sugar slightly.* Stir into the sugar slowly:
3 cups boiling water
Cook these ingredients until they are the consistency of maple syrup. This syrup may be kept indefinitely in a closed jar or bottle. It may be flavoured with rum.
* When making caramel for colouring for soups, etc., burn it until it loses all sweetness.

CARAMEL SAUCE
Combine and stir until blended:
1 part caramel syrup (see above)
2 parts cream or top milk
Vanilla as desired
½ teaspoon salt

HOT CARAMEL SAUCE
About 1½ cupfuls
Melt in an iron frying-pan over a very low fire:
1½ cups sugar
Stir in very slowly:
½ cup hot cream
Cook and stir the sauce until it is smooth. Remove it from the fire. Add:
½ teaspoon vanilla
Keep the sauce hot over hot water. Add if desired:
Chopped nuts

COFFEE CARAMEL SAUCE
About 1½ cupfuls
Melt in a heavy frying-pan:
1 cup sugar
Stir into it gradually:
1½ cups strong coffee
Dissolve:
2 tablespoons cornflour in:
3 tablespoons water
Stir it into the sugar mixture. Cook the sauce until it boils and thickens. Add:
2 tablespoons butter
½ teaspoon salt

SIMPLE PUDDING SAUCE
Combine, stir, and cook to the boiling point:
½ cup brown sugar
PUDDINGS AND DESSERTS

1 cup white sugar
1 tablespoon cornflour
1 cup water
2 tablespoons butter

Cool slightly, add:
1 teaspoon vanilla

The sauce may be thinned with:
Cream

HOT BROWN SUGAR SAUCE

About 1½ cupfuls
Cook for 5 minutes:
1 cup brown sugar
1 cup water

Pour the syrup in a fine stream over:
1 beaten egg

Beat the sauce constantly. Cook and stir it over hot water for 2 minutes.
Add:
3 tablespoons lemon juice
½ teaspoon salt

Serve the sauce hot.

BROWN SUGAR CREAM SAUCE

About 1½ cupfuls
Place in a double boiler:
3 beaten egg yolks
1 cup cream
1 teaspoon salt
1 cup brown sugar

Stir and cook until thick and creamy.
Add a little at a time:
3 tablespoons butter
1½ tablespoons lemon juice

MAPLE SAUCE

1 cupful
Boil for 5 minutes:
1 cup maple syrup
Add:
2 tablespoons chopped nuts

Serve the sauce at once over:
Pudding or ice-cream

Cool these ingredients. Add:
½ to 1 cup cream
Or you may beat and fold in:
1 cup heavy cream whipped

Maple Nut Sauce, page 719.

COFFEE SAUCE

About 1½ cupfuls
Beat:
2 eggs
Beat into them very slowly:
½ cup strong boiling coffee
Add:
½ cup sugar
½ teaspoon salt

Cook and stir the sauce in a double boiler until it coats a spoon. Chill it.
Shortly before serving fold in:
½ cup heavy cream whipped or
½ cup cream

RICH PUDDING SAUCE

About 2½ cupfuls
This is so good that it will glorify the plainest pudding or cake. It is less extravagant than it sounds as only a small amount is needed over gingerbread, cake, cottage pudding, etc.
Beat well:
2 egg yolks
Beat in gradually:
1 cup castor sugar
Add:
1½ teaspoons vanilla or 2 tablespoons brandy, sherry, etc.

Whip until stiff:
1 cup heavy cream

Whip until stiff (in a separate bowl):
2 egg whites

Fold the cream into the yolk mixture.
Fold the egg white into yolk mixture.

* This sauce may be made with 1 egg. In that case do not bother to separate it.

HOT BUTTER SAUCE I

(With water)
About 1 cupful
Melt:
4 tablespoons butter
Stir in until blended:

2 tablespoons flour

Add slowly:

1 cup boiling water
2 tablespoons sugar

Cook and stir the sauce until it boils, then cook it in a double boiler over a very low flame for about 15 minutes. If the butter is unsalted add:

1 teaspoon salt

Season the sauce well with:

Brandy, whisky, sherry, or with lemon juice or vanilla

Serve it hot.

HOT BUTTER SAUCE II
(With egg yolks and cream)

About 1½ cupfuls

Beat until soft in the top of a double boiler:

½ cup butter

Add gradually and beat until creamy:

1 cup icing sugar

Beat in slowly:

3 tablespoons brandy or other strong liquor

Beat in, one at a time:

2 egg yolks

Add:

½ cup cream

Cook these ingredients over boiling water until they are hot and slightly thickened. Serve the sauce at once.

BUTTERSCOTCH SAUCE

About ½ cupful

Boil to the consistency of heavy syrup:

½ cup golden syrup
* cup yellow ** sugar
2 tablespoons butter
A few grains of salt

Cool these ingredients. Add:

½ cup evaporated milk or cream

Serve the sauce hot or cold. Reheat it in a double boiler.

* One-half cupful and two tablespoonfuls.

** Medium brown may be used.

GRATED CHOCOLATE or CHOCOLATE SHOT

Sprinkle:

Grated sweet or bitter chocolate or chocolate shot

over:

Whipped cream or ice-cream

THIN CHOCOLATE SAUCE

About 1 cupful

This sauce may be made in quantity and kept in the ice-box for days, ready for use.

Combine and stir until dissolved:

½ cup sugar
1 cup boiling water
1 ounce chocolate
1 teaspoon salt

Cook these ingredients without stirring until the sauce is the consistency of syrup. Cool it slightly. Add:

1 teaspoon vanilla

Serve it hot or cold.

CHOCOLATE SAUCE I

About 1 cupful

Stir until dissolved, then cook without stirring to the syrup stage (for about 5 minutes):

½ cup water
½ cup sugar

Cool the sauce. Melt.

2 ounces chocolate

Stir it into the syrup. Add:

1 teaspoon vanilla

If the syrup is too thick, thin it to the right consistency with:

Cream

Serve it hot or cold.

CHOCOLATE SAUCE II

About 1 cupful

Bring to the boiling point:

6 tablespoons hot water
1 ounce chocolate
1 tablespoon butter
1 teaspoon salt

Add:

1 cup sugar
3 tablespoons golden syrup

Boil the sauce for 5 minutes. Cool it slightly. Add:

1 teaspoon vanilla or 2 teaspoons rum

Serve it hot or cold.
PUDDINGS AND DESSERTS

HOT CHOCOLATE SAUCE
About 2 cupfuls
Combine and stir until dissolved:
1½ cups sugar
3 tablespoons soft butter
4 ounces melted chocolate
1 cup cream
Boil these ingredients without stirring for 7 minutes. Stir in:
½ cup sherry wine
1 teaspoon vanilla
Keep the sauce hot in a double boiler.

CHOCOLATE SAUCE with BROWN SUGAR
About ¼ cupful
Melt:
4 ounces chocolate
Stir in:
1 cup brown sugar
½ cup cream
Cook these ingredients until the sauce is thick. Stir it constantly with a wire whisk.

CHOCOLATE CUSTARD SAUCE
About 2½ cupfuls
Heat in a double boiler:
2 cups milk
2 ounces chocolate
Beat well:
4 egg yolks
½ cup sugar
1 teaspoon salt
Beat the hot sauce into the yolk mixture. Cook and stir the sauce in the double boiler for 5 minutes. Cool it.
Add:
1 teaspoon vanilla
Serve it hot or cold over:
Filled Cream Puffs (page 587), puddings, or ice-cream

CHOCOLATE MILK SAUCE
About 2½ cupfuls
Boil to the soft-ball stage:
2 ounces chocolate
1 cup sugar
2 tablespoons golden syrup
2 cups milk
Remove it from the fire. Beat in:
2 tablespoons butter
Cool slightly. Add:
1 teaspoon vanilla

SOUR-CREAM ORANGE SAUCE
About ¼ cupful
Cream until well blended:
¼ cup icing sugar
3 tablespoons butter
Beat in:
¼ cup thick sour cream
1 teaspoon grated orange rind
3 tablespoons orange juice
Good over dry cake or hot pudding.

LEMON SAUCE I
(With cornflour)
About ¼ cupful
Combine and stir constantly over a low flame:
¼ cup sugar
1 tablespoon cornflour
1 cup water
When the sauce thickens (in about 5 minutes) remove it from the fire.
Stir in:
2 tablespoons butter
1 teaspoon grated lemon rind
3 tablespoons lemon juice
1 teaspoon salt

LEMON SAUCE II
(With egg yolks)
About ¼ cupful
Sift:
¼ cup icing sugar
Beat until soft:
3 tablespoons butter
Add the sugar gradually. Blend these ingredients until they are creamy.
Beat in:
3 egg yolks
Stir in slowly:
¼ cup boiling water
Cook and stir the sauce in a double boiler or over a very low flame until it thickens. Remove it from the fire.
Stir in:
1 teaspoon grated lemon rind
3 tablespoons lemon juice or
2 tablespoons brandy
LEMON SAUCE III
Cook and stir in a double boiler until thick and smooth:
- 1 cup sugar
- ½ cup butter
- 1 slightly beaten egg
- 1 teaspoon lemon rind
- 3 tablespoons lemon juice
- ½ cup water

FLUFFY ORANGE SAUCE
About 1¼ cupfuls
Combine and stir constantly over a low flame until thick:
- ½ cup orange juice
- 1 teaspoon grated lemon rind
- 1½ teaspoons lemon juice
- 1 cup boiling water
- 2 beaten egg yolks
Remove the sauce from the fire. Cool these ingredients lightly.
Whip until stiff:
- 2 egg whites
- ¼ teaspoon salt
Fold them lightly into the sauce.
Fold in:
- 1 teaspoon vanilla
Keep the sauce hot in a double boiler, or chill it and serve it cold.

VANILLA SAUCE I
Follow the rule on page 693 for:
Lemon Sauce II
Omit the lemon juice. Substitute:
- 1 teaspoon vanilla
This is good with:
- 1 tablespoon rum

VANILLA SAUCE II
About 1 cupful
This is more economical than No. 1, as it is made without egg yolks.
Melt:
- 1½ tablespoons butter
Blend in:
- 1½ tablespoons flour
Stir in:
- 1 cup boiling water
- 2 tablespoons sugar
- ¼ teaspoon salt
Cook and stir the sauce over a very low flame until it thickens. Add to it:
- 1 teaspoon vanilla or
- 1 inch of vanilla bean *
Serve it hot or cold.
* Scarcely any one uses this old-fashioned flavouring which has been superseded by the extract. This is a pity, for the bean flavour is delicate and good.

ECONOMY PUDDING SAUCE
About 2½ cupfuls
Combine:
- 1½ cups water
- ½ cup sugar
- 2 tablespoons molasses (treacle)
Stir these ingredients over quick heat until the sugar is dissolved. Combine and stir until smooth:
- ¼ cup milk
- 2 tablespoons cornflour
Stir this paste into the syrup. Stir and cook it for 2 minutes. Remove the sauce from the stove. Stir in:
- 2 tablespoons butter
- 1 teaspoon vanilla

LEMON CUSTARD SAUCE
About 1 cupful
Beat until light:
- 2 eggs
Beat in gradually:
- ½ cup sugar
- 1 teaspoon grated lemon rind
- ½ teaspoon salt
Place the bowl over hot water. Beat the custard until the sugar is dissolved and the sauce is warm. Add:
- 1 cup lukewarm milk
Beat for 1 minute longer. Add:
- 1 tablespoon lemon juice

ALMOND SAUCE
Prepare:
Boiled Custard (page 644)
Add:
- ½ cup blanched almonds, ground
Flavour the sauce with:
Vanilla or 1 teaspoon grated lemon rind and 2 teaspoons lemon juice
NUT SAUCE
About \( \frac{1}{2} \) cupfuls
Stir and bring slowly to the boiling point:
- \( \frac{1}{2} \) cup soft butter
- \( \frac{1}{2} \) cup brown sugar
- \( \frac{1}{2} \) cup cream
Simmer these ingredients for 2 minutes. Remove them from the fire. Add:
- \( \frac{1}{2} \) cup chopped nuts
- \( \frac{1}{3} \) teaspoon lemon juice
- \( \frac{1}{3} \) teaspoon vanilla
- \( \frac{1}{3} \) teaspoon salt
Serve the sauce hot or cold.

RAISIN SAUCE
About \( \frac{1}{2} \) cupfuls
Boil for 15 minutes:
- \( \frac{3}{4} \) cups water
- \( \frac{1}{4} \) cup seeded raisins
- \( \frac{1}{4} \) cup sugar
- \( \frac{1}{3} \) teaspoon salt
Melt:
- 2 tablespoons butter
Stir in until blended:
- \( \frac{1}{3} \) teaspoon flour
Add the hot sauce slowly. Stir and cook it until it boils. Add:
- A grating of nutmeg or lemon rind

CURLANT JELLY SAUCE*
About \( \frac{1}{2} \) cupful
Dilute over hot water:
- \( \frac{1}{4} \) cup currant jelly
Thin it with:
- \( \frac{1}{4} \) cup boiling water
Serve it hot or cold. This sauce may be thickened. Melt:
- 1 tablespoon butter
Blend in:
- 1 tablespoon flour
Add the diluted jelly. Cook and stir the sauce over a low flame until it thickens.

* Some other jelly may be substituted.

STRAWBERRY CREAM SAUCE
About \( \frac{3}{4} \) cupfuls
Whip until stiff:
- 1 egg white
- 1 beaten egg yolk
Beat in slowly:
- 1 cup castor sugar
Combine and beat into this mixture:
- \( \frac{1}{4} \) cup thick cream
- \( \frac{1}{4} \) cup milk
Beat in:
- \( \frac{1}{4} \) cup hulled crushed strawberries

FLUFFY STRAWBERRY SAUCE
About \( \frac{1}{2} \) cupfuls
Hull, then mash with a silver fork:
- 2 cups strawberries
Add:
- \( \frac{1}{2} \) cup castor sugar
- \( \frac{1}{3} \) teaspoon lemon juice
Whip until stiff:
- 1 egg white
- \( \frac{1}{3} \) teaspoon salt
Add it to the strawberry mixture. Whip the sauce until it is light and fluffy.

SUMMER SAUCE of RHUBARB and STRAWBERRIES
Cut into \( \frac{1}{4} \)-inch pieces without peeling:
- Rhubarb
There should be about 2 cupfuls. Sprinkle over it:
- 1 cup sugar
Permit these ingredients to stand for at least 6 hours. Add:
- 2\( \frac{1}{2} \) cups hulled strawberries
Cook the sauce until the fruit is tender. Serve it over:
- Cottage Pudding (page 657), Rice Rings (page 648), etc.

FRUIT SAUCE
About \( \frac{3}{4} \) cupfuls
Combine, stir, and heat to boiling:
- 1 cup unsweetened fruit juice
- \( \frac{1}{2} \) to \( \frac{3}{4} \) cup sugar
- 1 tablespoon cornflour or
- 2 tablespoons flour
PUDDINGS AND DESSERTS

Remove the sauce from the fire. Stir in:
2 tablespoons butter (optional)
2 teaspoons lemon juice

Cool the sauce. You may add:
1 cup crushed shredded fruit, fresh or stewed

Cook and stir the sauce until it is thick. Flavour it, if desired, with:
Sherry or other wine

Serve it hot or cold.

FRUIT CUSTARD SAUCE

About 3 cupfuls
Cream:
\( \frac{1}{2} \) cup butter
Add gradually and beat until fluffy:
1 cup sugar

Beat in, one at a time:
2 eggs

Beat in slowly:
1 cup boiling milk (well, nearly boiling)

Beat thoroughly. Fold in:
1 cup crushed berries or sliced peaches, etc.

FRUIT SYRUP

(Raspberry, Loganberry, etc.)

About 2\( \frac{1}{2} \) cupfuls
Chop or crush:
2 cups fruit
Add to it:
1 cup sugar

Place these ingredients in a warm place for 1 hour. Strain the fruit. Serve the juice. If you wish to thicken the sauce, cook it until it is the right consistency.

CANNED RASPBERRY or LOGANBERRY JUICE

Put through a sieve:
Canned raspberries or loganberries
Use the juice for sauce. Discard the seedy, pulp. (It is one of the few things I have been unable to utilize.)

CIDER SAUCE for STEAMED PUDDINGS

About 2 cupfuls
Melt over heat:
1 tablespoon butter
Stir in until blended:
\( \frac{1}{2} \) tablespoon flour

Add:
1\( \frac{1}{2} \) cups cider
Sugar, if required

Stir and boil these ingredients for 2 minutes. Serve the sauce hot or cold.

WINE SAUCE

Prepare:
Wine Custard (page 645)

HOT WINE SAUCE

About 1\( \frac{1}{2} \) cupfuls
Cream:
1 cup sugar
\( \frac{1}{2} \) cup butter

Beat and add:
1 egg

Stir in:
\( \frac{1}{2} \) cup sour wine
\( \frac{1}{2} \) teaspoon nutmeg (optional)

\( \frac{1}{2} \) teaspoon grated lemon rind

Shortly before serving beat the sauce over hot water. Heat it thoroughly.

GRANNY SAUCE

About 1\( \frac{1}{2} \) cupfuls
Cream:
\( \frac{1}{2} \) cup butter
1 cup sugar

Add:
\( \frac{1}{2} \) cup claret or other wine

\( \frac{1}{2} \) teaspoon grated lemon rind (optional)

HOT SHERRY SAUCE

About 1\( \frac{1}{2} \) cupfuls
Cream:
\( \frac{1}{2} \) cup butter
1 cup sugar

Stir these ingredients over heat. Permit them to boil. Remove them at once. Add:

\( \frac{1}{2} \) cup sherry
A few grains of nutmeg

Serve the sauce hot.
RUM SAUCE I
Follow the preceding rule for:
Hot Sherry Sauce
Substitute for the sherry:
½ cup rum

RUM SAUCE II
About 2½ cupfuls
Beat:
2 egg yolks
1 cup castor sugar
Add slowly:
6 tablespoons rum
Beat these ingredients until they are well blended. Whip until stiff:
1 cup heavy cream
Fold in:
1 teaspoon vanilla
Fold the egg mixture into the cream.

CARAMEL RUM SAUCE
Add to:
Caramel syrup (page 690)
1 or 2 tablespoons rum

FRUIT RUM SAUCE
Combine equal parts of:
Preserves
Orange juice
Flavour the sauce with:
Rum
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

ICE-CREAMS AND WATER ICES TO BE FROZEN IN AN ICE-CREAM FREEZER

Rule for making Ice-cream and Water Ices in a Freezer

Use cream that is twenty-four hours old, as it makes a finer grain than fresh cream. When it is possible to do so, dissolve the sugar in liquid over heat before adding it to the cream.

Add one-eighth teaspoonful, or more, of salt to the syrup. Cool the syrup before adding it to the cream. Chill the mixture to be frozen before placing it in the ice-cream container.

Fill the ice-cream container only three-fourths full to allow for the expansion of the frozen cream.

Allow from three to six measures of ice to one measure of coarse (rock) salt, according to the rapidity with which you wish to freeze the cream. The larger proportion of salt will bring quicker results, but the cream is finer grained when it is frozen slowly. Pack the freezer one-third full of ice before adding any salt, then add the salt and the remaining ice and salt in alternate layers around the container until the freezer is filled.

Turn the cream slowly at first until a slight pull is felt, then turn it rapidly.

If the ice-cream is to be used at once, turn it until it is very stiff. If the ice-cream is to be packed, turn it only until it is the consistency of thick sauce.

Pour off the salt water in the freezer. Wipe the lid carefully, remove it, remove the dasher, scrape it, and pack the cream down with a spoon. Place a heavy piece of waxed paper over the top of the container. Place a cork in the lid, fit it closely on the container, and repack the ice-cream in additional salt and ice. Cover the freezer with newspapers and a piece of carpet or other heavy material.

VANILLA ICE-CREAM I

About 1½ quarts
Heat over a low flame (do not boil):
1 cup cream
Stir in until dissolved:
½ to 1 cup sugar
½ teaspoon salt
Cool these ingredients. Add to them:
3 cups cream
1½ teaspoons vanilla
Freeze the cream as directed in the preceding rule. Serve it with:
Tutti Frutti (page 732), Brandy
Cherries (page 719), Crushed
Chocolate Nut Brittle (page 719), or some sauce

CHOCOLATE CHIP ICE-CREAM

Prepare the preceding:
Vanilla Ice-cream I
When partially frozen stir in:
2 cups chipped semi-sweet chocolate
Freeze until it is firm.

VANILLA ICE-CREAM with EGG YOLKS

About 1½ quarts
Scald over a low flame (do not boil):
1½ cups milk
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

CHOCOLATE ICE-CREAM II

About \( \frac{1}{2} \) quarts
Dissolve in a double boiler:
\[ 2 \text{ ounces chocolate in} \]
\[ 2 \text{ cups milk} \]
Stir in:
\[ \frac{1}{4} \text{ cup sugar} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
Remove these ingredients from the heat. Beat them with a wire whisk until they are cool and fluffy. Add:
\[ \frac{1}{2} \text{ teaspoons vanilla} \]
Whip until stiff:
\[ \frac{1}{4} \text{ pint (2 cups) heavy cream} \]
Fold the cream into the chocolate mixture. Freeze it as directed (page 698). Serve the ice-cream in:
Meringues (page 588) with:
Chocolate Sauce (page 692)

COFFEE ICE-CREAM

About \( \frac{1}{4} \) quarts
Scald over a low flame (do not boil):
\[ \frac{3}{4} \text{ cups rich milk} \]
Stir in until dissolved:
\[ \frac{1}{4} \text{ cups sugar} \]
Pour the milk slowly over:
\[ 2 \text{ beaten eggs} \]
Beat these ingredients until they are well blended. Stir and cook them over a low flame (or in a double boiler) until they are thick and smooth. Do not permit them to boil. Chill them. Add:
\[ \frac{1}{4} \text{ cup strong coffee} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
Whip until stiff:
\[ \frac{1}{4} \text{ cup heavy cream} \]
Fold in:
\[ \frac{1}{4} \text{ teaspoon vanilla} \]
Fold it into the other ingredients. Freeze the cream as directed (page 698).

COFFEE FRAPPÉ

\[ \frac{3}{4} \text{ quarts or more} \]
Dissolve:
\[ \frac{3}{4} \text{ cups sugar} \]
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

in:
3 cups strong coffee
Cool these ingredients. Add:
3 cups cream
Partly freeze the mixture (page 698).
Beat until stiff and fold in:
3 egg whites
½ teaspoon salt
Freeze the frappé until it is firm.
Serve it with:
Whipped cream

COFFEE PARFAIT

About 1 quart
Combine:
2 tablespoons cornflour
⅓ cup sugar
½ teaspoon salt
Stir this into:
2 tablespoons milk
Beat, then add:
2 egg yolks
1 cup strong coffee
Stir and cook this custard over very low heat (or in a double boiler) until it thickens. Cool it. Whip until stiff:
1½ cups heavy cream
Freeze the parfait as directed (page 698).
Serve it in tall glasses topped with:
Whipped cream

HONEY CHOCOLATE ICE-CREAM

About 1 quart
Scald in the top of a double boiler:
½ cup milk
Combine and mix well:
1 tablespoon flour
⅓ cup honey
⅛ teaspoon salt
Add these ingredients to the hot milk. Stir and cook them over hot water for 15 minutes. Combine and beat:
1 egg
½ cup milk
Stir this into the honey mixture. Stir and cook the custard for about 3 minutes (until it will coat a spoon).
Cool the custard. Add:
1½ cups cream
½ teaspoon vanilla
You may add:
1 cup semi-sweet chocolate, shaved, or
1 cup chopped nuts
Freeze the cream as directed (page 698).

PISTACHIO ICE-CREAM

About 1½ quarts
This is a pretty Christmas dessert served in a meringue tart garnished with whipped cream and cherries.
Shell:
4 ounces pistachio nuts
Blanch them. Pound them in a mortar with:
A few drops of rose water
Add to them:
½ cup sugar
½ cup cream
½ teaspoon vanilla
½ teaspoon almond extract
A little green colouring
Stir these ingredients until the sugar is dissolved. Heat (do not boil):
1 cup cream
Add and stir until dissolved:
½ cup sugar
½ teaspoon salt
Cool these ingredients. Add the pistachio mixture and:
3 cups cream
Freeze the cream as directed (page 698).

MOCK PISTACHIO ICE-CREAM

Prepare:
Vanilla Ice-cream I (page 698)
Before freezing it add:
1 teaspoon almond extract
1½ teaspoons vanilla
A little green colouring
Freeze the cream as directed on page 698. Serve it in:
Meringues (page 588)
or in a:
Meringue Tart (page 589)
Garnish it with:
Whipped cream, maraschino cherries, or fresh strawberries
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

PEPPERMINT STICK ICE-CREAM

About 1½ quarts
Grind or crush:
½ pound peppermint rock
Soak it for 12 hours in:
2 cups milk
Add to it:
1 pint (2 cups) cream *
Freeze the mixture as directed (page 698). Serve the ice-cream with:
Chopped Chocolate (page 720) or Chocolate Sauce (page 692)
* If the cream is heavy, whip it by all means.

STRAWBERRY ICE-CREAM

About 1½ quarts
Hull:
1 quart strawberries
Crush them. Stir in:
½ cup sugar (1 cup less 2 tablespoons)
Chill the berries thoroughly. Combine them with:
1 quart (4 cups) cream
Freeze the cream as directed (page 698).

PEACH ICE-CREAM

About 1½ quarts
Pare, slice, and mash:
4 pounds ripe peaches
Stir in:
½ cup sugar
¼ teaspoon salt
Cover the peaches and permit them to stand until the sugar is dissolved.
Combine:
1 teaspoon vanilla
½ cup sugar
1 quart (4 cups) cream
Partly freeze these ingredients as directed (page 698). When they are half frozen add the peach mixture and finish freezing the cream.

APRICOT ICE-CREAM

Prepare the preceding:
Peach Ice-cream
Substitute for the peaches:
Fresh apricots

DRIED APRICOT ICE-CREAM

About 1½ quarts
Cook by the rule on page 402:
½ pound Dried Apricots (2 cups) with 1 to 1½ cups sugar
Put them through a ricer or sieve. Cool the pulp. Add:
2 tablespoons lemon juice
1 quart (4 cups) cream
Freeze the mixture as directed (page 698).

BANANA ICE-CREAM

Prepare:
Vanilla Ice-cream I (page 698)
Use the larger amount of sugar. Partly freeze the mixture. Stir in until blended:
1 cup riced or sieved banana pulp
½ cup lemon juice
Finish freezing the cream.

ORANGE ICE-CREAM

About 1½ quarts
Scald:
1½ cups heavy cream
Stir in until dissolved:
1¼ cups sugar
Add:
1½ cups heavy cream
Freeze the cream as directed (page 698) until it is the consistency of mush.
Add:
3 tablespoons lemon juice
1¼ cups orange juice
Finish freezing the cream.

BAKED ALASKA

6 Servings
Cover a bread board with heavy paper. Place on it squares of:
Sponge Cake * (page 534) or Angel Cake (page 536)
cut into slices about ½ inch thick. Place on each piece a slice of:
Ice-cream
Use cream frozen in brick form. The ice-cream should be cut 1 inch shorter than the cake so that it will come
within \( \frac{1}{2} \) inch from the edge when placed upon it.

Cover the ice-cream and cake well with a Meringue (page 516) made with

- 6 egg whites
- \( \frac{1}{4} \) teaspoon salt
- 6 tablespoons icing sugar
- 1 teaspoon vanilla

Bake the Alaska in a hot oven 450° until the meringue is brown. Slide it from the paper on to a plate. Serve the Alaska at once.

* One large slice of cake may be used and the whole brick of ice-cream may be placed upon it. The brick may be hollowed slightly and filled with preserves or crushed sweetened fruit.

**ANGELICA I**

About 1\( \frac{1}{2} \) quarts

Boil to the thread stage (page 754):

- 1\( \frac{1}{2} \) cup water
- 1 cup sugar

Whip until stiff:

- 3 egg whites
- \( \frac{1}{4} \) teaspoon salt

Continue to whip while pouring the syrup in a slow stream on to the egg whites. Whip constantly until the mixture is cool. Add:

- 1 teaspoon vanilla

Whip until stiff and fold in:

- 1 pint (2 cups) heavy cream *

Freeze the mixture as directed (page 698). Serve it with:

- Crushed berries, Chocolate Sauce (page 692) or over Sour-cream Apple Soufflé (page 572)

* One cup of cream may be used instead of 2.

**FROZEN EGGNOG I**

Prepare:

- Vanilla Ice-cream with Egg Yolks (page 698)

When ready to serve it make a funnel-shaped hole in the centre. Place in it:

- Several tablespoonfuls of rum, brandy, or whisky

Stir the liquor into the ice-cream.

**MACAROON ICE-CREAM**

Follow the rule on page 698 for:

- **Vanilla Ice-cream I**

Use:

- \( \frac{1}{2} \) cup sugar

Crush and add:

- 12 macaroons (1 cup)

Freeze the cream as directed (page 698).

**BURNT ALMOND ICE-CREAM**

Follow the rule on page 698 for:

- **Vanilla Ice-cream I**

Use only:

- \( \frac{1}{4} \) cup sugar

Crush with a rolling-pin until fine or grind:

- \( \frac{1}{2} \) pound Sugared Almonds (page 766)

Add them to the cream. Freeze the cream as directed (page 698).

**MARSH-MALLOW NUT MOUSSE**

About 1 quart

Whip until stiff:

- 1 pint (2 cups) heavy cream

Fold in:

- \( \frac{1}{4} \) cup and 2 tablespoons icing sugar
- 2 tablespoons Caramel Syrup (page 690)
- 2 teaspoons vanilla

Partly freeze this mixture. Beat in:

- \( \frac{3}{4} \) cup broken pecans or walnuts
- \( \frac{1}{2} \) pound marsh mallows cut into pieces

Freeze the cream until it will hold its shape.

**NUT BRITTLE MOUSSE**

A scant quart

Crush:

- \( \frac{1}{2} \) pound Nut Brittle (page 766).

Whip until stiff:

- 1 pint (2 cups) heavy cream

Fold the brittle into the cream. Freeze the mousse as directed (page 698). Serve it with:

- Chocolate Sauce (page 692)
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

WATER ICES

Water ices served in a merengue tart topped with whipped cream make a showy dessert. They may be served in individual meringues or the ice may be shaped in a ring on a platter and the ring may be filled with fresh or canned fruits.

Any one of the following ices may be frozen in a freezer, then used to line a mould or tray which is filled with whipped cream, sweetened lightly with powdered sugar and flavoured with vanilla. The mould is packed in ice and salt until the cream is frozen (page 705), or the tray is placed in the refrigerator until the cream is frozen.

Decorate the dessert when unmoulded with berries, cumquats, or fruit that harmonizes in colour and flavour with the ice.

A delicate flavour may be added to the following citrus fruit ices by using moderately strong tea in place of water.

LEMON ICE

About 1½ quarts

Grate:

2 teaspoons lemon rind

on to:

2 cups sugar

Add, stir over heat until the sugar is dissolved, then boil for 5 minutes:

4 cups water

½ teaspoon salt

⅛ cup lemon juice

Freeze the ice as directed (page 698).

Serve it in a mould or ring with:

Fresh or canned fruit used in some attractive combination flavoured with curaçao, Coin-
treau, or rum

ORANGE AND LEMON ICE

About 1½ quarts

This is delicious served with rum. Place the ice in sherbet glasses and pour a teaspoonful of rum over each glass, or pass a small decanter of rum at table.

Grate:

2 teaspoons orange rind

on to:

2 cups sugar

Stir until the sugar is dissolved, then add and boil for 5 minutes:

4 cups water

½ teaspoon salt

Cool the syrup. Add to it:

2 cups orange juice

¼ cup lemon juice

Freeze the ice as directed (page 698).

PINEAPPLE ICE

About 1½ quarts

Boil for 5 minutes:

1 cup sugar

4 cups water

Cool the syrup and add:

1 cup crushed pineapple

½ teaspoon salt

6 tablespoons lemon juice

Freeze the ice as directed (page 698).

Good with:

Chopped Chocolate (page 720)

RASPBERRY ICE I

Follow the rule for Raspberry Ice II (page 714). Omit the gelatine. Freeze the ice as directed on page 698.

LOGANBERRY ICE I

About 1½ quarts

An excellent substitute when fresh berries are not available.

Stir until the sugar is dissolved, then boil for 5 minutes:

2 cups water

2 cups sugar

½ teaspoon salt

Strain the contents of:

1 (No. 2½) can loganberries

There should be about 3 cups of juice. The juice may be strained through 2 thickness of cheesecloth. Add it to the syrup. Freeze the ice as directed (page 698).
STRAWBERRY ICE I

Strain or sieve:

2 quarts strawberries

The juice may be strained through 2 thicknesses of cheesecloth. There should be about 2 cupfuls of pulp and juice.

Combine, stir until the sugar is dissolved, then boil for 3 minutes:

4 cups water
2 cups sugar

Cool the syrup. Add the strawberry pulp and:

1 tablespoon lemon juice

Freeze the ice as directed (page 698).

FRUIT ICE with BANANA I

About 2 quarts

Banana imparts a pleasant flavour to ices.

Grate:

1 teaspoon lemon rind
1 teaspoon orange rind

on to:

1 cup sugar

Stir the sugar. Add, stir over low heat until the sugar is dissolved, then boil for 5 minutes:

2 cups water

Chill the syrup. Add to it:

1 cup canned apricots, riced or sieved, with juice

APRICOT ICE

About 2 quarts

Put through a ricer or sieve the contents of:

1 (No. 2½) can apricots

Add:

2 cups orange juice
6 tablespoons lemon juice

Stir in:

1 cup sugar

Freeze the ice as directed (page 698).

PEACH ICE

About 2 quarts

Combine:

2 cups peach pulp (fresh peaches peeled and riced or sieved)
6 tablespoons lemon juice
½ cup orange juice

Boil for 5 minutes:

3 cup water
1 cup sugar

Cool the syrup. Combine it with the fruit pulp and juices. Freeze the ice as directed (page 698).

LEMON, ORANGE or PINEAPPLE SHERBET I

About 1½ quarts

Follow the rules on page 703 for:

Lemon, Orange, or Pineapple Ice

Use only:

2 cups of water

Freeze the ice as directed (page 698) until it is the consistency of mush.

Whip until stiff:

2 egg whites
½ teaspoon salt

Fold them lightly into the ice. Continue to freeze the ice until it is firm. Pack the sherbet in ice and salt for at least 1 hour before serving it.

APRICOT SHERBET

About 1½ quarts

Follow the rules on page 703 for:

Apricot Ice

Use only:

2 cups orange juice

Freeze the ice as directed (page 698) until it is the consistency of mush.

Whip until stiff:

1 cup sugar

Fold the sherbet in ice and salt for at least 1 hour before serving it.

Please read the paragraph on Sherbets (page 703). Sherbets may be served in the same way.
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

Pour the syrup over:
12 sprigs of fresh mint, chopped
(use the tender leaves only)
Steep the mint for 1 hour. Strain the syrup. Add to it:
\( \frac{3}{4} \) cup orange juice
6 tablespoons lemon juice
A little green colouring
Freeze these ingredients as directed (page 698) until they are the consistency of mush.

Whip until stiff:
1 egg white
\( \frac{1}{2} \) teaspoon salt
Fold them lightly into the ice. Continue to freeze the ice until it is firm. Pack it in salt and ice for at least 1 hour before serving it. Serve it garnished with:

Mint leaves

The following Milk Sherbets are so good that they offer an ‘embarrassment of choice.’ Try them out by all means.

**LEMON MILK SHERBET**

About 1½ quarts
Dissolve:
1½ cups sugar
in:
7 tablespoons lemon juice
Stir these ingredients slowly into:
3½ cups milk or milk and cream
If the milk curdles it will not matter after it is frozen. Freeze the sherbet as directed (page 698). Pack it in ice and salt for at least 3 hours before serving it.

**ORANGE MILK SHERBET**

About 1½ quarts
Chill until very cold:
4 cups milk
While it is chilling, grate:
1 cup lemon juice
Add:
1½ cups sugar
Dissolve the sugar in:
\( \frac{3}{4} \) cup lemon juice
1½ cups orange juice
Stir these ingredients gradually into the chilled milk. If the milk curdles slightly it will not matter after it is frozen. Freeze the sherbet as directed (page 698). Pack it and permit it to stand for 3 hours before serving it.

**PINEAPPLE MILK SHERBET**

About 1½ quarts
Combine and stir:
1 cup unsweetened pineapple juice
1 teaspoon grated lemon rind
\( \frac{1}{2} \) cup lemon juice
1 cup sugar
\( \frac{1}{2} \) teaspoon salt
Stir these ingredients slowly into:
4 cups chilled milk
Freeze the sherbet as directed (page 698).

**FRUIT MILK SHERBET**

About 2 quarts
Combine:
1 ½ bananas, riced or sieved
10 tablespoons lemon juice
1½ cups orange juice
3 cups milk
1½ cups sugar
Freeze the sherbet (page 698).

Ice-creams, Water Ices, and Desserts to be Frozen in Refrigerator Trays or in Moulds

Rules for making Frozen Desserts with Mechanical Refrigeration

In order to freeze water ices and ice-creams successfully in a mechanical refrigerator, or in a mould packed in ice and salt, it is advisable to add some thickening substance to the mixture to be frozen. This substance may be dissolved gelatine, flour, or cornflour, egg yolks in custard, or hot syrup poured over egg yolks or egg whites.

When cream or evaporated milk is used in creams or mousses it must
be stiffly whipped and folded into the other ingredients just before the mixture is put into a refrigerator tray or mould.

Mechanically frozen ice-creams and water ices have not the light consistency characteristic of churned ice-creams and water ices, but in the case of mousses and bombes, excellent results are obtained.

In the case of water ices and sherbets vigorous beating at intervals during the freezing time will give the ice the quality of a frappé (coarsely frozen water ice).

Golden syrup added to water ice, ice-cream, or mousse, helps to prevent an icy consistency—a good proportion being one part syrup to two parts sugar.

Combinations that are too sweet will not freeze in a mechanical refrigerator. A good proportion is one part sugar to four parts liquid.

Sherbets are water ices to which a small amount of dissolved gelatine is added. When partly frozen, the ice is combined with stiffly beaten egg whites.

Parfaits are stiffly beaten egg whites over which a thick hot syrup is poured. When the mixture is cool it is combined with stiffly whipped cream.

Mousses are heavy cream whipped and combined with flavours of different kinds, eggs, fruit pulp, chocolate, gelatine, macaroons, etc.

Bombes are mousses frozen into various shapes.

The length of time for freezing water ices and ice-creams depends upon the refrigerator used. Companies manufacturing refrigerators issue time charts for freezing desserts. The period varies but is usually from 2 to 4 hours.

All mixtures frozen in refrigerator trays are improved by frequent stirring while being frozen. They may be beaten with a wire whisk or an electric beater shortly before being served.

To Beat Cream:

Place thoroughly chilled cream in a mixing bowl. Beat it with a wire whisk, or a rotary beater, until it begins to stiffen. Be careful not to beat it too long, or it will turn to butter.

To Beat Evaporated Milk:

Place the milk in a double boiler. When it is scalded, add gelatine, which has been soaked in cold water, and dissolve it well. Allow 1 teaspoonful of gelatine soaked in 2 teaspoonfuls of cold water to 1 cupful of scalded evaporated milk. Chill the milk thoroughly, then beat it like cream.

Rule for Sealing and Packing Mousses:

Moulds fitted with tightly closing lids are made for freezing creams and ices. If there is no mould available—a baking powder can, or other tin receptacle that will close tightly, may be used.

Fill the mould with any desired mixture suited to the purpose of still freezing, cover the top of the can with a piece of heavy waxed paper, and adjust the lid. Let the waxed paper protrude for an inch or more. Lift the paper and spread a generous coating of lard around the container.
DELMONICO ICE-CREAM

6 Servings

Beat:

2 egg yolks

Beat in until well blended:

1/2 cup icing sugar

1/2 cup cream

Cook and stir these ingredients in a double boiler until they are slightly thickened. Chill them. Add:

1 teaspoon vanilla or 1 tablespoon or more of sherry

Whip until stiff:

1 pint (1 cup) heavy cream

In a separate bowl whip until stiff:

2 egg whites

1/2 teaspoon salt

Fold the cream and the egg whites into the custard. Freeze the cream in a mould or in refrigerator trays (page 705).

Serve it with:

Sauce under Milk Pudding (page 676)

STRAWBERRY ICE-CREAM II

4 Servings

Wash and hull:

1 pint strawberries

Drain the berries. Stir into them to sweeten them well:

Icing sugar

Whip until stiff:

1 pint (1 cup) heavy cream

Fold it into the berry pulp. Freeze the cream in a mould or in refrigerator trays (page 705).

STRAWBERRY ICE-CREAM III

6 Servings

Hull and cut into pieces or crush:

1 pint strawberries

Add:

1 cup sugar
Cook and stir the berries until they reach the boiling point. Cool them and add:

3 tablespoons lemon juice

Whip until stiff:

1/2 pint (1 cup) heavy cream

In a separate bowl whip until stiff:

2 egg whites
1/2 teaspoon salt

Fold the cream and the egg whites lightly into the berry mixture. Freeze the cream in a mould or in refrigerator trays (page 705).

Fruit Bombe or Mousse, page 711.

ANGELICA II

2 quarts

Boil to the thread stage (page 754):

1 1/2 cups sugar
1/2 cup water

Whip until stiff:

2 egg whites
1/2 teaspoon salt

Pour the syrup over them in a slow stream. Whip constantly. When the mixture is cool add:

1 teaspoon vanilla or
1 tablespoon or more of sherry

Whip until stiff:

1 1/2 pints (3 cups) heavy cream

Fold it lightly into the egg mixture. Freeze the cream in a mould or in refrigerator trays (page 705). Serve it with:

Raspberry Juice (page 696)

RASPBERRY PARFAIT

About 1 1/2 quarts

Crush:

1 quart raspberries

The raspberries may be strained through 2 thicknesses of cheesecloth. Boil to the thread stage (page 754):

1/2 cup water
1 cup sugar

Whip until stiff:

3 egg whites
1/2 teaspoon salt

Pour the syrup over them in a slow stream. Whip constantly until they are cool. Fold in the crushed berries. In a separate bowl whip until stiff:

1 pint (2 cups) heavy cream

Fold it lightly into the other ingredients. Freeze the parfait in a mould or in refrigerator trays (page 705).

MAPLE PARFAIT

About 1 1/4 quarts

Cook and stir over boiling water until thick:

6 egg yolks
1 1/2 cup maple syrup

When the custard will coat a spoon remove it from the heat. Pour it into a bowl and beat it with a wire whisk until it is cold. Whip:

1 pint (2 cups) heavy cream

Fold it lightly into the custard. You may add:

1/2 cup crushed nut brittle

Freeze the parfait in a mould or in refrigerator trays (page 705).

BUTTERSCOTCH PARFAIT

About 1 quart

Stir and melt in a saucepan over low heat:

1 1/2 cup brown sugar
2 tablespoons butter

Boil these ingredients for 1 minute. Add:

1 1/2 cup water

Cook the butterscotch until it is smooth and syrupy. Beat:

4 egg yolks

Add the syrup slowly, beating constantly. Cook and stir these ingredients over low heat until they are light and fluffy. Chill them. Whip until stiff:

1 cup heavy cream

Add:

A few grains of salt
2 teaspoons vanilla

Fold in the egg mixture. Freeze the parfait in a refrigerator tray or mould (page 705).

Caramel Parfait

About 1 1/2 quarts

Soak:

1 1/2 teaspoons gelatine
in:
\[ \frac{1}{2} \text{ cup cold water} \]
Melt and stir in a frying-pan until it is brown:
\[ \frac{1}{4} \text{ cup sugar} \]
Burn it slightly. Stir in and cook until the sugar is dissolved:
\[ \frac{1}{4} \text{ cup boiling water} \]
Beat:
2 egg yolks
Add slowly:
\[ \frac{1}{4} \text{ cup sugar} \]
Beat these ingredients until they are well blended. Add the caramel mixture. Stir these ingredients over a slow fire or in a double boiler until they will coat a spoon. Stir in the soaked gelatine. Cool the custard.
Add:
2 teaspoons vanilla
Chill the custard until it is about to set.
Whip until stiff:
1 pint (2 cups) heavy cream
Fold it lightly into the custard. Freeze the parfait in a mould or in refrigerator trays (page 705).

**TUTTI-FRUTTI PARFAIT**

About 1 quart
Soak:
1 cup candied fruit, chopped
in:
Brandy, rum, or liqueur *
Drain it well. Soak:
2 teaspoons gelatine
in:
2 tablespoons water
Dissolve it over hot water. Boil to the thread stage:
\[ \frac{1}{4} \text{ cup water} \]
\[ \frac{1}{4} \text{ cup sugar} \]
Beat until stiff:
2 egg whites
\[ \frac{1}{2} \text{ teaspoon salt} \]
Pour the syrup over the egg whites in a fine stream, beating constantly. Beat in the dissolved gelatine. Continue beating until the mixture thickens somewhat. Beat in the drained fruit.
Whip until stiff:
1 cup heavy cream
1 teaspoon vanilla
Fold this into the fruit and egg mixture. Freeze the parfait in a mould or a refrigerator tray. Serve it topped with:
- Whipped cream
- Candied cherries

* The syrup from canned or stewed fruit will answer the purpose of softening the candied fruit.

**FROZEN CARAMEL PUDDING**

This is a rather heavy but acceptable every-day dessert.

Follow the rule for:

*Caramel Cornflour Pudding*  
(page 651)
Freeze it in refrigerator trays.

**FROZEN COFFEE PUDDING I**

About 1\(\frac{3}{4}\) quarts
Beat until light:
3 egg yolks
Add gradually:
\[ \frac{1}{4} \text{ cup sugar} \]
\[ \frac{1}{2} \text{ cup hot milk} \]
\[ \frac{1}{4} \text{ cup strong coffee} \]
\[ \frac{1}{4} \text{ cup cream} \]
Cook these ingredients in a double boiler until they are thick. Soak:
2 teaspoons gelatine
in:
\[ \frac{1}{2} \text{ cup cold milk} \]
Dissolve it in the hot pudding mixture. Cool these ingredients. Whip until stiff:
3 egg whites
\[ \frac{1}{2} \text{ teaspoon salt} \]
Fold them lightly into the pudding mixture. Pack the pudding in a mould or place it in a refrigerator tray. Freeze it until it is stiff. Serve it with:
- Whipped cream

**FROZEN COFFEE PUDDING II**

Follow the rule on page 699 for:

*Coffee Ice-cream*

Soak:
2 teaspoons gelatine
in:
2 tablespoons cold water
Dissolve it in the hot coffee. Freeze the mixture in a refrigerator tray.
**Bombes, Mousses**

The three following bombes, or mousses, are old treasured family recipes. These mixtures were placed in moulds, packed in ice and salt, and served on "occasions."

To-day similar recipes are to be found in any book on Iceless Refrigeration. Modern equipment has made these dishes commonplace, but for me they retain a certain glamour associated with distinguished company, conviviality, and the easy flow of intellectual conversation.

**CHOCOLATE BOMBE**

About 1½ quarts

Soak:

1½ teaspoons gelatine

in:

1 cup cold water

Stir and bring to the boiling point:

1 cup milk

1½ cups sugar

2 tablespoons cocoa

Dissolve the gelatine in the mixture.

Cool it. Add:

1 teaspoon vanilla

Chill the gelatine until it is about to set.

Whip until stiff:

1 pint (2 cups) heavy cream

Fold it lightly into the gelatine. Freeze the bombe in a mould (page 705) or in refrigerator trays.

In a separate bowl whip until stiff:

2 egg whites

½ teaspoon salt

Fold the cream and the egg whites lightly into the custard. Have ready: 18 macaroons soaked in:

Wine

Spread them with:

Tart jelly

Place alternate layers of the cream and the macaroons in a mould or in refrigerator trays (page 705). Freeze the cream by packing it or by placing it in the refrigerator.

**APRICOT BOMBE I**

About 2 quarts

Soak:

1½ teaspoons gelatine

in:

½ cup cold water

Bring to the boiling point:

2 cups apricot pulp and juice*

Dissolve the gelatine in the hot juice. Add:

1 cup sugar

3 tablespoons lemon juice

Chill the mixture until it is about to set.

Whip until stiff:

1 pint (2 cups) heavy cream

Fold it lightly into the apricot mixture. Freeze in a mould (page 705) or in refrigerator trays.

* Stewed Apricots cooked without sugar (page 402) and put through a ricer or sieve.

**APRICOT BOMBE II**

About 1½ quarts

With canned apricots—a little bit less troublesome than No. I.
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

Drain the contents of:

1 (No. 3) can apricots

Put the pulp through a ricer or sieve. There should be about 2 1/2 cupfuls. Chill it in a refrigerator tray for 1 hour.

Place it in a bowl with:

- 2 unbeaten egg whites
- 1 teaspoon salt

Beat it until light and fluffy. Whip:

- 1 1/2 cups heavy cream

Beat in gradually:

- 1 cup sugar
- 1 teaspoon vanilla

Fold this into the apricot mixture. Freeze it in a mould or in a refrigerator tray (page 705).

FRUIT BOMBE or MOUSSE

About 1 1/2 quarts

Prepare:

- 2 cups crushed fruit (peaches, apricots, bananas)

Stir in:

- 1 teaspoon salt
- 1 to 1 1/2 cup icing sugar

Soak:

- 1 1/2 teaspoons gelatine
- 2 tablespoons cold water

Dissolve it in:

- 1/4 cup boiling water

Add:

- 2 tablespoons lemon juice (optional)

Stir this into the fruit mixture. Whip until stiff:

- 2 cups heavy cream

Fold it into the fruit mixture. Freeze the bombe in a mould or in a refrigerator tray (page 705).

MACAROON PEACH or APRICOT BOMBE

About 1 1/2 quarts

Beat:

- 1 egg

Beat in gradually:

- 1/2 cup sugar

Stir in:

- 2 cups scalded milk

Stir and cook this custard over low heat until the egg thickens slightly. Cool it. Add:

- 1 cup dry macaroon crumbs
- 1 cup fresh peach or apricot pulp

Fold in:

- 1/2 cup heavy cream, whipped
- 1 teaspoon vanilla

Freeze it in a refrigerator tray.

BISCUIT TORTONI
(MACAROON BOMBE)

About 1 quart

Combine:

- 1 1/4 cups crushed macaroons
- 1 cup rich milk
- 1 cup icing sugar
- A few grains of salt

Permit these ingredients to stand for 1 hour. Whip until stiff:

- 1 cup heavy cream

Fold in:

- 1 teaspoon vanilla

Place the mixture in paper muffin cups in a refrigerator tray. When it is set decorate the tops with:

- Maraschino cherries
- Toasted almonds (unsalted)
- Angelica, etc.

MACAROON STRAWBERRY BOMBE

About 1 quart

Wash and hull:

- 1 pint strawberries

Sprinkle them with:

- 1/4 cup sugar

Permit these ingredients to stand for 1 hour. Put them through a ricer or sieve. Add:

- A few grains of salt
- 3 tablespoons golden syrup

Soak:

- 1 teaspoon gelatine
- 3 tablespoons cold water

Dissolve it over hot water. Cool it. Add it to the strained berries. Whip until stiff:

- 1 cup heavy cream
Fold in the gelatine mixture and:
\[
\frac{1}{4} \text{ cup finely crushed macaroons}
\]
Freeze the cream in a mould (page 705) or in refrigerator trays.

**MACAROON RASPBERRY BOMBE**

A marvellous combination.
Prepare:
- Raspberry Ice II (page 714)
- Biscuit Tortoni (page 711)
Heap it on the raspberry mixture in the trays or place the raspberry mixture in a mould, heap the biscuit tortoni upon it and freeze it as directed on page 705.

**STRAWBERRY or RASPBERRY BOMBE**

About 1½ quarts
Hull and wash:
- 1 quart berries
Combine them with:
- 1½ cups sugar
- 2 tablespoons lemon juice
Chill them for 1 hour. Rub them through a sieve or 2 thicknesses of cheesecloth. Soak:
- 1½ teaspoons gelatine
in:
- 2 tablespoons cold water
Dissolve it in:
- 3 tablespoons boiling water
Add it to the fruit juice. Chill the juice until it is about to set. Whip until stiff:
- 1 pint (2 cups) heavy cream
Add:
- 1 teaspoon vanilla
Fold it lightly into the gelatine mixture. Freeze the cream in a mould (page 705) or in refrigerator trays.

**PEPPERMINT BOMBE**

Follow the rule on page 701 for:
- Peppermint Stick Ice-cream
Whip the cream. Serve the bombe sprinkled with:
- Chocolate Decorettes or Chocolate Sauce (page 692)

**BUTTER PECAN ICE-CREAM**

About 1 quart
Boil for 2 minutes:
- 1 cup light brown sugar
- 1 cup water
- ½ teaspoon salt
Beat:
- 2 eggs
Beat in the syrup slowly. Cook these ingredients over hot water, stirring constantly until they are slightly thickened. Add:
- 2 tablespoons butter
Cool, then add:
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 tablespoon sherry
Beat until thickened but not stiff:
- 1 cup heavy cream
Fold it into the egg mixture. Fold in:
- 1 cup broken toasted pecans or walnuts
Place the cream in a refrigerator tray until it is partly frozen. Beat it well. Freeze it until it is firm.

**PERSIMMON ICE-CREAM**

4 Servings
A California recipe.
Put through a ricer or sieve
- 2 ripe Japanese persimmons
Add:
- 1 tablespoon sugar
- 3 or more tablespoons lemon juice
Fold in:
- 1 cup heavy cream, whipped
Freeze the cream in a mould or a refrigerator tray (page 705).

**FRESH PINEAPPLE MOUSSE with LIQUEUR**

About 1½ quarts
Prepare by putting through a mincer:
- Fresh pineapple to make
- 1 cup pulp and juice
Combine it with:
- 1 cup sugar
- 1 cup water
- ½ teaspoon salt
Bring these ingredients to the boiling point. Boil them for 10 minutes.
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

Soak:
1 teaspoon gelatine
in:
2 tablespoons water
Dissolve it in the hot syrup. Chill, then add:
2 tablespoons or more kirsch, Madeira, rum, or liqueur
Whip until stiff:
1 cup heavy cream
Fold in the fruit syrup. Freeze the mousse in a bombe or refrigerator tray (page 705).

CHOCOLATE MOLASSES CHIP MOUSSE

About 1½ quarts
Crush or grind:
½ pound Chocolate Molasses Chips (page 764)
Soak:
2 teaspoons gelatine
in:
2 tablespoons cold water
Heat but do not boil:
2 cups top milk
Stir in:
½ teaspoon salt
½ cup sugar
Stir in the soaked gelatine. When these ingredients are dissolved cool the mixture. Add:
½ teaspoon vanilla
Whip until stiff:
2 cups heavy cream
Fold it into the milk mixture. Fold in the crushed candy. Freeze the mousse in a mould (page 705) or in a refrigerator tray. Serve it sprinkled with:
Crushed molasses chips or Grated bitter chocolate

BLACK RASPBERRY MOUSSE

About 1½ quarts
Cook for 10 minutes:
½ cup water
½ cups sugar
Cool the syrup. Add:
1 tablespoon lemon juice
Press through a sieve:
1 tablespoon brown sugar
2 tablespoons or more kirsch
Add the juice to the syrup. Freeze it to a mush. Whip until stiff:
1 cup heavy cream
Beat it into the raspberry mixture. Freeze it until it is nearly firm. Beat it again. Freeze it until it is stiff.

PINEAPPLE MARSH-MALLOW MOUSSE

About 1 quart
Cut into small pieces:
20 marsh mallows
Pour over them and stir until dissolved:
1 cup hot milk
Cool this mixture. Whip until stiff:
1 cup heavy cream
Fold in the contents of:
1 (9 oz.) can crushed pineapple
Freeze the mousse in a refrigerator tray.

MARSH-MALLOW NUT MOUSSE

Follow the rule on page 702. Freeze the mousse in a mould (page 705) or in a refrigerator tray.

NUT BRITTLE MOUSSE

Follow the rule on page 702. Freeze the mousse in a mould (page 705) or in a refrigerator tray.

FROZEN EGGNOG II

Follow the rule on page 702. Freeze the eggnog in a mould (page 705) or refrigerator tray.

WATER ICES

FRUIT ICE with BANANA II

Soak:
2 teaspoons gelatine
in:
2 tablespoons cold water
Follow the rule on page 704 for:

FRUIT ICE I

After the syrup has boiled for 5 minutes dissolve the gelatine in it. Chill the syrup. Add the fruit and proceed to pack the ice in a mould (page 705) or to freeze it in a refrigerator tray.
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

ORANGE ICE AND FROZEN WHIPPED CREAM

6 Servings
Strain:
2 cups orange juice
If it is very acid stir into it a little:
Icing sugar
Whip until stiff:
x pint (2 cups) heavy cream
Fold into it:
x teaspoon vanilla
x tablespoon or more castor sugar
½ cup broken nuts (optional)
Place the orange juice in the bottom of
a mould or tray. Pile the cream on top
of it. Freeze it packed in ice and salt
(page 705) or in a refrigerator.

RASPBERRY ICE II

To be used as a lining for a bombe or
in the bottom of a refrigerator tray.
See Macaroon Raspberry Bombe (page
712).
Soak:
x teaspoon gelatine
in:
x tablespoon cold water
Crush:
x quart red raspberries *
Put them through a fine strainer or two
thicknesses of cheesecloth.
Strain through the pulp:
½ cup water
Combine and boil for 3 minutes:
½ cup sugar
½ cup water
Dissolve the soaked gelatine in the hot
syrup. Cool it. Combine it with the
raspberry juice. Add:
x¾ teaspoons lemon juice
Place the mixture in a chilled mould
or in a refrigerator tray. Cover it with:
Biscuit Tortoni (page 711)
or with:
2 cups heavy cream, whipped
To which add:
x teaspoon vanilla
2 tablespoons icing sugar
½ cup chopped nuts (optional)
Pile it on the fruit juice. Freeze the
cream in a mould (page 705) or in a
refrigerator tray.
* If raspberries are not available
substitute canned loganberries. They
have character and a delicious flavour.

LOGANBERRY ICE II

Follow the rule on page 703 for:
Loganberry Ice I
Soak:
2 teaspoons gelatine
in:
½ cup cold water
Dissolve it in the hot syrup. Use ½ of
these ingredients and ½ the amount
given in the recipe if you wish to line
a mould or tray. Freeze the ice in
a mould or in a refrigerator tray
(page 705).

STRAWBERRY ICE II

6 Servings crushed, 4 Servings
strained
This is the right amount to fill a 3-egg
Meringue Tart (page 589). Top the
tart with ½ pint (1 cup) heavy cream,
whipped, and a few unhulled straw-
berries. Crush or strain:
x quart berries
Soak:
x teaspoon gelatine
in:
x tablespoon cold water
Boil for 3 minutes:
x cup water *
x to 1 cup sugar
½ teaspoon salt
Add:
x to 2 tablespoons lemon juice
Dissolve the gelatine in the hot syrup.
Cool it. Combine the crushed berries
or juice with the syrup. Freeze the
ice in a mould or in a refrigerator tray
(page 705).
* Half of this may be unsweetened
pineapple juice.
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

SHERBETS

FOUNDATION RECIPE
for FRUIT SHERBET FROZEN
in a REFRIGERATOR

5 Servings
Soak:
2 teaspoons gelatine
in:
\( \frac{1}{2} \) cup cold water
Boil for 10 minutes:
\( \frac{1}{4} \) cup sugar
3 cups water
Dissolve the gelatine in the hot syrup.
Cool it. Combine it with:
1 cup fruit juice*
Place the mixture in a refrigerator tray for about 1 hour (until it begins to solidify). Turn it into a chilled bowl. Whip it with a wire whisk until it is fluffy. In a separate bowl whip until stiff:
2 egg whites
\( \frac{1}{2} \) teaspoon salt
Fold them lightly into the fruit mixture. Place the sherbet in a tray in the refrigerator. At 1 hour intervals stir it from the back to the front. Freeze the sherbet for 4 hours or more. Beat it with a wire whisk or an electric beater before serving it.
* Additional fruit juice or fruit pulp may be used in all sherbets except lemon and orange. Subtract the amount of fruit juice added from the amount of water given in the recipe.

LEMON SHERBET II

5 Servings
Soak:
2 teaspoons gelatine
in:
\( \frac{1}{2} \) cup cold water
Boil for 10 minutes:
2 1/2 cups water
\( \frac{1}{4} \) cup sugar
Dissolve the gelatine in the hot syrup.
Cool it. Grate:
1 teaspoon lemon rind
Add to it:
\( \frac{1}{4} \) cup lemon juice
Add these ingredients to the syrup.
To chill this mixture and to add to it:
2 egg whites
\( \frac{1}{2} \) teaspoon salt
Follow the preceding:
Foundation Recipe for Fruit Sherbet
Freeze the sherbet as directed.

MINT SHERBET II

Follow the preceding rule for:
Lemon Sherbet II
Strip the tender leaves from:
12 sprigs of mint
Chop them. Pour the hot syrup over them. Steep them for 1 hour. Strain the syrup. Add to it:
A little green colouring

ORANGE SHERBET II

5 Servings
Soak:
2 teaspoons gelatine
in:
\( \frac{1}{2} \) cup cold water
Boil for 10 minutes:
1 cup water
\( \frac{1}{2} \) or \( \frac{3}{4} \) cup sugar (according to the acidity of the oranges used)
Dissolve the gelatine in the hot syrup.
Cool it. Add to it:
1 teaspoon grated lemon rind
1 teaspoon grated orange rind
1 1/2 cups orange juice
1/4 cup lemon juice
To chill this mixture and to add to it:
2 egg whites
\( \frac{1}{2} \) teaspoon salt
Follow the rule for:
Foundation Recipe for Fruit Sherbet (this page)
Freeze the sherbet as directed.

GRAPEFRUIT SHERBET

4 Servings
The sherbets given in this chapter are all good, but this one is outstanding.
Soak:
2 teaspoons gelatine
in:
\( \frac{1}{2} \) cup cold water
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

To chill this mixture and to add to it:
1 egg white
½ teaspoon salt

Follow the rule for:
Foundation Recipe for Fruit Sherbet (page 715)
Freeze the sherbet as directed.

RASPBERRY SHERBET

5 Servings
Soak:
2 teaspoons gelatine
in:
¼ cup cold water
Press through a sieve or ricer:
1 quart raspberries, fresh or frozen
Add to them:
4 tablespoons lemon juice

Boil for 10 minutes:
1½ cups water
1 cup sugar
Dissolve the gelatine in the hot syrup.
Cool it. Add to the raspberries. To
chill these ingredients and to add to
them:
2 egg whites
½ teaspoon salt
Follow the rule for:
Foundation Recipe for Fruit Sherbet (page 715)
Freeze the sherbet as directed.

STRAWBERRY SHERBET

Follow the preceding rule for:
Raspberry Sherbet
Substitute for the raspberries:
1 quart strawberries

CRANBERRY SHERBET

8 Servings
Boil until soft:
1 quart cranberries
1½ cups water
Strain the juice and put the berries
through a sieve. Add to them and
boil for 5 minutes:
1½ cups sugar
1 cup water
Soak:
2 teaspoons gelatine

THREE-FRUIT SHERBET

6 Servings
Boil for 5 minutes:
½ cup sugar
½ cup water
Soak:
1 teaspoon gelatine
in:
2 tablespoons cold water
Dissolve it in the hot syrup. When
the gelatine is dissolved, stir in:
½ cup lemon juice
½ cup orange juice
1¼ cups riced or sieved banana pulp

LIME SHERBET

4 Servings
Boil for 10 minutes:
1 cup sugar
½ cup water
Stir in:
2 teaspoons gelatine dissolved in
½ cup cold water
Cool the syrup slightly. Add to it:
½ cup lime juice
A drop or two of green colouring
(optional)
To chill this mixture and to add to it:
2 egg whites
½ teaspoon salt
Follow the rule for:
Foundation Recipe for Fruit Sherbet (page 715)
Freeze the sherbet as directed.

716 ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

Boil for 10 minutes:
1 cup sugar
1 cup water
Dissolve the gelatine in the hot syrup.
Cool it. Add to it:
¾ cup lemon juice
2 cups grapefruit juice (preferably
fresh)
¼ cup orange juice
¼ teaspoon salt
To chill this mixture and to add to it:
2 egg whites
½ teaspoon salt
Follow the rule for:
Foundation Recipe for Fruit Sherbet (page 715)
Freeze the sherbet as directed.

RASPBERRY SHERBET

5 Servings
Soak:
2 teaspoons gelatine
in:
¼ cup cold water
Press through a sieve or ricer:
1 quart raspberries, fresh or frozen
Add to them:
4 tablespoons lemon juice

Boil for 10 minutes:
1½ cups water
1 cup sugar
Dissolve the gelatine in the hot syrup.
Cool it. Add to the raspberries. To
chill these ingredients and to add to
them:
2 egg whites
½ teaspoon salt
Follow the rule for:
Foundation Recipe for Fruit Sherbet (page 715)
Freeze the sherbet as directed.

STRAWBERRY SHERBET

Follow the preceding rule for:
Raspberry Sherbet
Substitute for the raspberries:
1 quart strawberries

CRANBERRY SHERBET

8 Servings
Boil until soft:
1 quart cranberries
1½ cups water
Strain the juice and put the berries
through a sieve. Add to them and
boil for 5 minutes:
1½ cups sugar
1 cup water
Soak:
2 teaspoons gelatine

LIME SHERBET

4 Servings
Boil for 10 minutes:
1 cup sugar
½ cup water
Stir in:
2 teaspoons gelatine dissolved in
½ cup cold water
Cool the syrup slightly. Add to it:
½ cup lime juice
A drop or two of green colouring
(optional)
To chill this mixture and to add to it:
2 egg whites
½ teaspoon salt
Follow the rule for:
Foundation Recipe for Fruit Sherbet (page 715)
Freeze the sherbet as directed.

THREE-FRUIT SHERBET

6 Servings
Boil for 5 minutes:
½ cup sugar
½ cup water
Soak:
1 teaspoon gelatine
in:
2 tablespoons cold water
Dissolve it in the hot syrup. When
the gelatine is dissolved, stir in:
½ cup lemon juice
½ cup orange juice
1¼ cups riced or sieved banana pulp

To chill this mixture and to add to it:
1 egg white
½ teaspoon salt
Follow the rule for:
Foundation Recipe for Fruit Sherbet (page 715)
Freeze the sherbet as directed.
in:

\[ \frac{1}{2} \text{ cup cold water} \]

Dissolve the gelatine in the hot juice.

To chill this mixture and to add to it:

2 egg whites

\[ \frac{1}{2} \text{ teaspoon salt} \]

Follow the rule for:

- Foundation Recipe for Fruit Sherbet (page 715)
- Freeze the sherbet as directed.

**BANANA PINEAPPLE SHERBET**

About 1\(\frac{1}{2} \) quarts

Combine and stir until dissolved:

\[ 1\frac{1}{2} \text{ cups crushed pineapple} \]

\[ \frac{1}{2} \text{ cup icing sugar} \]

Add:

\[ 1\frac{1}{2} \text{ cups banana pulp*} \]

\[ \frac{1}{2} \text{ cup orange juice} \]

6 tablespoons lemon juice

Place these ingredients in a refrigerator tray. Freeze them until they are nearly firm. Beat until stiff but not dry:

2 egg whites

\[ \frac{1}{2} \text{ teaspoon salt} \]

Add the fruit mixture gradually. Beat the sherbert until it is light and fluffy. Return it to the tray. Freeze it until it is firm.

* About 3 large bananas.

**MILK SHERBETS (Refrigerator)**

Simple and refreshing desserts. Superlative!

Follow one of the rules on page 704 for:

- Lemon, Orange, etc., Milk Sherbet

These sherbets may be frozen without the addition of gelatine but they are somewhat lighter when it is added.

Soak:

2 teaspoons gelatine

in:

2 tablespoons cold water

Dissolve it over heat. Add it to the other ingredients. Place the sherbet in a tray in the refrigerator. When it is fairly firm beat it well with a wire whisk or an electric beater. Freeze it until it is firm. Beat it well shortly before serving it.

**BUTTERMILK SHERBET**

6 Servings

This remarkable combination has come into favour.

Combine:

2 cups buttermilk

\[ \frac{1}{2} \text{ cup sugar} \]

1 cup crushed pineapple

Freeze these ingredients until they are the consistency of mush. Place them in a chilled bowl. Add:

1 egg white

\[ 1\frac{1}{2} \text{ teaspoons vanilla} \]

Beat the sherbet until it is light and fluffy. Replace it in the refrigerator tray. Freeze it until it is firm. Stir it frequently.

**FROZEN RHUBARB**

Sugarless but good.

Wash, then cut into 1-inch lengths:

1\(\frac{1}{2} \) pounds young rhubarb

Cook it until soft in:

1\(\frac{1}{2} \) cups Karo (or 1 cup golden syrup, 1 cup water)

Add:

A few drops of red colouring

Freeze the rhubarb in a refrigerator tray. You may add:

1 package frozen strawberries

**CANNED FRUIT FROZEN**

Freeze:

A can of fruit

Follow the rule for Packing a Mould (page 705). When it is frozen, place it horizontally and open it with a can opener by running the opener around the side of the can near the top. Invert the contents of the can and slice the iced fruit and juice. Serve each slice topped with:

- Whipped cream

Fruit may be placed in a refrigerator tray but it must not be frozen too long. Two hours are usually sufficient.

**VANILLA ICE-CREAM with EVAPORATED MILK**

4 Servings

Stir over heat but do not boil:

\[ \frac{1}{2} \text{ to } \frac{1}{4} \text{ cup sugar} \]

\[ \frac{1}{4} \text{ cup cream} \]
ICE-CREAMS, WATER ICES, AND FROZEN DESSERTS

Chill this mixture. Add:
\[ \frac{3}{4} \text{ teaspoons vanilla} \]
Prepare for whipping by the rule on page 706:
\[ \frac{1}{2} \text{ cups evaporated milk} \]
Whip it. Combine it lightly with the sugar mixture. Freeze the cream in a refrigerator tray.

CARAMEL ICE-CREAM with EVAPORATED MILK

4 Servings
Prepare by the preceding rule:
Vanilla Ice-cream
Use:
\[ \frac{1}{2} \text{ cup sugar} \]
Just before freezing the cream fold in:
\[ 4 \text{ tablespoons Caramel Syrup (page 690)} \]

MACAROON MOUSSE with EVAPORATED MILK

4 Servings
Prepare by the rule (page 717):
Vanilla Ice-cream
Use:
\[ \frac{1}{2} \text{ cup sugar} \]
Just before freezing the cream fold in:
\[ 2 \text{ tablespoons Caramel Syrup (page 690)} \]
\[ \frac{1}{2} \text{ cup crushed macaroons (about 10)} \]

APRICOT MOUSSE with EVAPORATED MILK

6 Servings
Soak for 12 hours:
\[ \frac{1}{2} \text{ pound dried apricots (1 scant cup)} \]
in:
\[ 1 \text{ cup water} \]
Bring them slowly to the boiling point. Add:
\[ \frac{1}{2} \text{ cup sugar} \]
Cook the apricots for 2 minutes. Cool them. Put them through a ricer or sieve. There should be \( \frac{1}{2} \) cup of pulp and \( \frac{1}{2} \) cup of juice. Soak:
\[ 1 \text{ teaspoon gelatine} \]
in:
\[ 2 \text{ tablespoons cold juice} \]
Dissolve it in:
\[ 2 \text{ tablespoons hot juice} \]

Add the gelatine to the pulp. Chill it until it is about to set. Prepare for whipping by the rule on pages 566 or 706.
\[ \frac{1}{2} \text{ cups evaporated milk} \]
Whip it. Add to it:
\[ \frac{1}{2} \text{ teaspoon vanilla} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
Fold it lightly into the gelatine mixture. Freeze the mousse in a refrigerator tray.

CHOCOLATE ICE-CREAM with EVAPORATED MILK

About \( \frac{1}{2} \) pints
Chill until ice-cold:
\[ 1 \text{ cup evaporated milk} \]
Combine:
\[ 6 \text{ tablespoons cocoa} * \]
\[ 6 \text{ tablespoons sugar} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
Stir in gradually:
\[ \frac{1}{2} \text{ cup evaporated milk} \]
\[ \frac{1}{2} \text{ cup water} \]
Stir and cook these ingredients over boiling water until they are smooth. Add and stir until melted:
\[ 16 \text{ marshmallows (\( \frac{1}{2} \) lb.)} \]
Cook this mixture. Whip the chilled milk until stiff, then fold it in. Freeze the cream in a mould or a refrigerator tray (page 705).
*One and a half ounces chocolate may be substituted.

ECONOMICAL CHOCOLATE ICE-CREAM

3 quarts
Boil:
\[ 1 \text{ cup evaporated milk} \]
\[ 1 \text{ cup water} \]
\[ 2 \text{ cups sugar} \]
Soak:
\[ 1\frac{1}{2} \text{ tablespoons gelatine} \]
in:
\[ 2 \text{ tablespoons cold water} \]
Dissolve it in the hot syrup. Stir in until dissolved:
\[ \frac{1}{2} \text{ pound chocolate, minced} \]
When cool stir in:
\[ \frac{1}{2} \text{ teaspoon vanilla} \]
\[ 1 \text{ cup chilled evaporated milk} \]
\[ 1 \text{ cup evaporated milk, whipped} \]
(page 566 or page 706)
Freeze the cream in a refrigerator tray (page 705).
ICB*CREAMS.

WATER

ICES,

AND

FROZEN

DESSERTS

719

Sauces

and Garnishes for Frozen Desserts

Pudding Sauces, page 688.

Serve Chocolate, Caramel, Maple, Butterscotch, Fruit Sauce, etc.

BRANDIED CHERRIES

Heat well the contents of:

A bottle (about 1 cup) of the best preserved cherries *

Add:

1 wineglass brandy (1 cup)

Set the brandy on fire. When the flame is dead add:

2 tablespoons kirsch

Serve the sauce hot on:

Vanilla ice-cream

* Other preserves may be substituted.

ORANGE MARMALADE SAUCE

with CREAM

Combine and stir:

1 glass (4 lb.) orange marmalade

1 to 1 cup cream

PEACH PRESERVE SAUCE

Combine and stir:

1 glass (1 cup) peach jam

2 teaspoons grated orange rind

1 cup orange juice

2 tablespoonfuls brandy or rum

Other preserves may be substituted. Orange marmalade may be used. In that case omit the orange rind.

A good combination:

Apricot jam

prepared as directed above, flavoured with:

Apricot brandy

Note: Commercial ice cream may be glorified by the addition of a good sauce or a few tablespoonfuls of curaçao, brandy, or rum.

HONEY PEANUT-BUTTER SAUCE

Combine, stir, and heat:

1 cup honey

1 to 1 cup peanut butter

1 tablespoon grated orange rind (optional)

MAPLE NUT SAUCE

Stir over low heat until dissolved, then boil without stirring to a thin syrup:

1 pound maple sugar

1 cup evaporated milk

Add:

1 cup golden syrup

2 teaspoon vanilla

1 cup chopped nuts

CHOCOLATE MINT SAUCE

Melt over hot water:

10 large chocolate peppermints

Add:

3 tablespoons cream

Stir the sauce well. Serve it over:

Ice-cream

CHOCOLATE NUT BRITTLE SAUCE

Melt over hot water:

3 ounces sweet chocolate

Add:

1 1 cups Crushed Nut Brittle (page 766)

Stir in slowly:

1 cup boiling water

Heat the sauce until the candy is melted. Cool it slightly before serving it over:

Ice-cream

MINCEMEAT SAUCE for ICES

Top each dish of ice with:

1 tablespoon mincemeat

thinned with:

Unsweetened pineapple juice

flavoured with:

Brandy or rum

Mincemeat may also be thinned with orange or other fruit juice and flavoured with a generous grating of orange rind.

Candied Mint Leaves, page 443.

An attractive decoration for ices and sherbets.
HONEY SAUCE

4 Servings
Combine and stir well:
- 1/2 cup hot water
- 1 cup honey
- 1 cup chopped nuts
- 1 cup candied orange or lemon peel minced *

Chill the sauce.

* Candied ginger may be substituted — so may grated orange or lemon rind.

CARAMEL CREAM SAUCE
Combine and stir in a double boiler over hot water until melted:
- 1/2 pound caramels
- 1 cup rich cream or evaporated milk

TOPPINGS for ICE-CREAM and MOUSSE
Ice-cream and mousse may be topped when served with many good things — any one of the following:
- Whipped cream and maraschino cherries
- Preserved ginger, chopped, with syrup
- Honey and chopped citron
- Hot maple syrup
- Crumbled macaroons or crushed nut brittle
- Crushed sweetened fruit or cooked fruit

CHOCOLATE MOLASSES CHIPS
Crush or grind Chocolate Molasses Chips (page 764). Serve them sprinkled over frozen desserts.

DECORETTES
Serve decorettes sprinkled over frozen desserts.

CHOPPED CHOCOLATE
Serve finely chopped sweet or bitter chocolate over frozen desserts.

FRESH FRUIT
Serve sliced peaches, crushed berries, etc., over frozen desserts. Sweeten the fruit. It may be topped with whipped cream.

CANNED FRUIT
Serve combinations of canned fruit, preferably with water ices. Flavour the fruit with rum, brandy, etc.

CARAMELIZED NUT or PEANUT BRITTLE
Crush or grind Nut Brittle (page 766). Serve it sprinkled over frozen desserts.

CRUSHED BURNT ALMONDS or TOASTED ALMONDS
Crush or grind burnt almonds or toasted almonds. Serve them sprinkled over frozen desserts.

CHOPPED NUTS
Serve chopped nuts — black walnuts, hazel-nuts, etc. — over frozen desserts. They may be combined with maple syrup.
JELLIES, JAMS, PRESERVES, AND MARMALADES

Jellies, jams, and marmalades are made by boiling fruit juice and sugar, or fruit and sugar, until these ingredients reach a stage when they will form a jelly.

**Rule for making Jelly, Jam, etc.**

**Fruit:**

The best results are obtained by using fruit that is slightly under ripe, when its pectin content is highest. Fruit that is ripe or over-ripe does not form a jelly readily. Slightly under-ripe fruit and fully ripened fruit make a good combination as the latter is full flavoured.

Some fruits contain so little pectin (raspberries, pineapple, cherries, strawberries), that the addition of another fruit rich in pectin is needed to make their juices thicken. Apples, crab-apples, currants, grapes, gooseberries, plums, and cranberries are added measure for measure to the fruits lacking the necessary amount of pectin.

Commercially prepared pectin is on sale at all groceries, and is in favour with many people. No recipes for jellies and jams made with commercially prepared pectin are given, as special instructions invariably accompany the purchase of this product.

**Water:**

Water is added to fruit in varying quantities. Strawberries and some other berries may be preserved without the addition of water. Apples, plums, and pears require it.

Water may be added to fruit until it can be seen through the top layer, but the fruit must never float in water.

**Juice for Jelly:**

When the fruit has been cooked until it is soft, extract the juice by putting it through a jelly bag. If the jelly is to be clear and sparkling, do not squeeze the bag.

Special racks are sold for jelly making—a bag accompanying them. If there is no available jelly rack and bag, make a jelly bag of a material that is heavy enough to hold back the particles that will cause the jelly to be cloudy. The bag may be of flannel, or heavy muslin, or three or four layers of cheesecloth. Sew the bag well so that it will be strong. The top may be bound with tape and loops of tape may be sewed to it from which to hang it, or, instead of hanging the bag, place it on a strainer and permit the juice to drop through it. When the juice stops dripping from the bag, you may return the pulp in the bag to the preserving pan. Add about the same amount of water and boil it from 10 to 15 minutes. This second extraction will give you a second-grade jelly—acceptable but inferior to the jelly made with the first extraction.

After using the bag, rinse it in boiling water.
The strained juice may be reheated, poured boiling hot into sterilized jars, and covered tightly with screw tops. It will keep indefinitely and can be made into jelly at your convenience.

Sugar:
Use 3 cupful of sugar to every cupful of juice or fruit, except in cases where the fruit is extremely acid. Then use 1 cup of sugar to 1 cup of fruit or juice. The sugar may be preheated by being placed in a slow oven. Many cooks recommend this.

A jelly that contains too little sugar will not thicken, but a jelly that contains too much sugar will become syrupy and will not thicken either. The following helpful test has been contributed by the wife of an instructor in physics.

Test for Pectin:
To determine if fruit juice contains sufficient pectin to jelly, take one tablespoonful of the cooled fruit juice, add the same quantity of grain alcohol (or methylated spirit) and shake gently. The effect of the alcohol is to bring together the pectin in a jelly—likewise, if a large quantity of pectin is present it will appear in one mass or clot when poured from the glass. This indicates that equal quantities of sugar and juice should be used. If the pectin does not slip from the glass in one mass, less sugar will be required. If the pectin collects in 2 or 3 masses, use 3 or 2 as much sugar as juice. If it collects in several small particles, use 1 as much sugar as juice.

To Boil Jelly:
The best jelly is made by cooking a small quantity of juice at a time—from 4 to 6 cups. Measure the juice and place it in a deep pan that will allow for the boiling up of the liquid.

Boil the juice rapidly for 5 minutes and skim it, if necessary. Add the sugar, stir it until it is dissolved, and continue to boil the juice rapidly, without stirring it, until it is ready to be removed from the fire.

To Test Jelly:
Begin to test the juice 5 minutes after the sugar has been added. Place a small amount of jelly in a spoon, cool it slightly, and let it drop back into the pan from the side of the spoon. As the syrup thickens, 2 large drops will form along the edge of the spoon, one on either side. When these 2 drops come together and fall as 1 drop the "sheeting stage" has been reached—220° to 222°.

This makes a firm jelly. If you like a somewhat softer jelly cook the syrup until it falls in 2 heavy drops from the spoon, but not until the 2 side drops fall together and become 1.

The jelly is then ready to be taken from the fire. The time for cooking required will probably be between 12 and 20 minutes, dependent upon the kind of fruit and the amount of sugar used.

Place the jelly at once in sterilized glasses. Fill them to within 1 inch of top.

Do not boil the jelly unnecessarily. Quick, short cooking preserves both its colour and its flavour.
To Sterilize Glasses or Jars:

Fill glasses or jars \( \frac{3}{4} \) full of water and place them well apart in a shallow pan partly filled with water. Heat them in the oven until the water simmers. If the lids are placed lightly upon the glasses they will be sterilized at the same time.

Paraffin Wax:

Melt paraffin wax over a very low flame or over hot water.* Pour it from a small teapot or pitcher. (If the paraffin wax is permitted to become very hot it is apt to pull away from the sides of the jelly glass.) Cover the jelly as soon as it is cold with a very thin coating of paraffin wax. On the second day cover the jelly again with a thin film of paraffin wax, tilting the glass to permit the wax to cover every bit of the surface. The 2 coatings should not be more than \( \frac{1}{4} \) inch thick. A heavy coating is apt to pull away from the sides of the glass. Besides, it is wasteful and unsightly.

* A new way of handling paraffin wax is to put \( 1\frac{1}{2} \) to 2 teaspoonfuls of shaved wax in the bottom of a jelly glass. Pour the hot jelly on it. The paraffin wax will melt and rise. In the case of preserves place the paraffin wax in the hot syrup on top.

Cover the jelly glasses with tin lids and store the jelly in a cool, dark place. If placed in a warm, light place, it may 'weep'—ooze from the glass.

Preserves:

Preserves are fruits cooked with sugar until the syrup thickens—the fruit being permitted to remain whole.

Apply the test given for jelly. If you like a 'loose' quality in preserves, cook them until 2 heavy drops form on the edge of the spoon and not until the 2 drops combine and fall together.

Jams:

Jam is fruit cooked with sugar until the ingredients thicken and the fruit loses its shape.

Jellies

**RED CURRANT JELLY**

Wash:

Currants

It is not necessary to stem them. Place them in a preserving pan. Currants may be cooked with or without water. (This is a matter of taste.) Cooking them without water makes a very concentrated jelly. If water is used allow about \( \frac{2}{3} \) as much water as there is fruit. If no water is used crush the bottom layer of currants and pile the rest on top of them. Cook the currants until they are soft and colourless. Drain them through a jelly bag (page 721). Allow to each cupful of juice:

\[ \frac{3}{4} \text{ to } 1 \text{ cup sugar} \]

Cook only 4 cupfuls of juice at a time. Follow the Rule for Making Jelly on page 721.

**RED CURRANT and RASPBERRY JELLY**

This is the most delicate of jellies. Prepare currants by the preceding rule for:

Currant Jelly

Crush:

Raspberries

Add them to the currants. Cook the fruit until the currants are soft and colourless. Strain the fruit through a jelly bag (page 721). Equal parts of
raspberries and currants may be used, or 2 parts raspberries to 3 parts currants, and even 1 part raspberries to 3 parts currants will impart a delicious flavour to the jelly. Allow to each cupful of juice:

\( \frac{1}{4} \) to 1 cup sugar

Cook only 4 cupfuls of juice at a time. Follow the Rule for Making Jelly (page 721).

**APPLE JELLY**

Wipe, quarter, and remove the stems and blossom ends from:

Tart apples

Place them in a saucepan. Add water until it can be seen through the top layer of apples. Cover the pan. Cook the apples until they are soft. Drain them through a coarse sieve. Put the juice through a jelly bag (page 721). Boil the juice for 20 minutes. Allow to each cupful of juice:

\( \frac{1}{4} \) to 1 cup sugar

Cook only 4 cupfuls at a time. Follow the Rule for Making Jelly (page 721).

**MINT JELLY**

Follow the preceding rule for:

Apple Jelly

Before removing the jelly from the fire bruise the leaves of a bunch of:

Fresh mint

Hold the stems in the hand and pass the leaves through the jelly until the desired strength of mint flavour is obtained. Add a small amount of:

Green colouring

**ROSE GERANIUM JELLY**

Follow the preceding rule for:

Mint Jelly

Substitute for the mint 2 or 3 sprays of:

Rose geranium leaves

Substitute for the green colouring a small amount of:

Red colouring

**CRAB-APPLE JELLY**

Follow the rule on this page for:

Apple Jelly

Do not quarter the crab-apples. Cut them into halves.

**QUINCE JELLY**

Scrub and cut into quarters:

Quinces

Remove the seeds. Follow the rule on this page for:

Apple Jelly

See rule for Quince Jam (page 727).

**PARADISE JELLY**

Wash and cut into quarters:

20 medium-sized apples

Peel and cut into quarters:

10 medium-sized quinces

Remove the seeds. Place the apples in a pan with:

1 quart cranberries

 Barely cover them with water. Boil them until they are soft. Cover the quinces with water. Boil them until they are soft. Strain the juices of all the fruits through a jelly bag. Boil them for 12 minutes. Allow to each cupful of juice:

1 cup sugar

Cook only 4 cupfuls at a time. Follow the Rule for Making Jelly (page 721).

**GRAPE JELLY**

Wash under-ripe: *

Grapes

Remove them from their stems. Place them in a preserving pan with a small quantity of water—about \( \frac{1}{4} \) cupful of water to 4 cupfuls of grapes. A quartered:

Apple

may be added to this amount of grapes (but the addition is optional). It is supposed to keep grape jelly from sugaring. Boil the grapes until they are soft. Strain them through a jelly bag. Allow to each cupful of juice:

\( \frac{1}{4} \) to 1 cup sugar

Cook only 4 cupfuls at a time. Follow the Rule for Making Jelly (page 721).

* Preferable to ripe or over-ripe grapes on account of their tart flavour and pectin content.

**SPICED GRAPES**

Wash, then remove from their stems:

15 pounds Concord (black) grapes
Drain them. Place \( \frac{1}{2} \) the grapes in a preserving pan. Add to them:
- 4 cups vinegar
- 4 2-inch sticks of cinnamon
- 2 tablespoons whole cloves (heads removed)

Cover them with the remaining grapes. Cook them until they are soft. Strain the juice through a jelly bag. Allow to each cupful of juice:
- 1 cup sugar

Cook only 4 cupfuls of juice at a time. Follow the Rule for Making Jelly (page 721).

**PLUM JELLY**

Goose plums make delicious jelly or jam.

Wash:
- Small red plums

Place them in a saucepan. Add water to them until it can be seen through the top layer. Boil the plums until they are soft, then strain them through a coarse strainer and put the juice through a jelly bag. Allow to each cupful of juice:
- \( \frac{1}{2} \) to 1 cup sugar

Boil only 4 cupfuls at a time. See Rule for Making Jelly (page 721) and rule for making Plum Jam (page 728).

**FLAVOURED JELLY**

Place in the bottom of a jelly glass and cover with boiling jelly:
- A rose geranium leaf or
- A sprig of lemon verbena or mint

You may add herbs to a tart jelly that is to be served with meat. Follow the above method. Add a small sprig of:
- Tarragon
- Basil, etc.

**STRAWBERRY PRESERVES**

Wipe, pick over, and hull:
- Strawberries

Place them in a bowl in layers and sprinkle them with:
- Sugar

Allow 1 cupful sugar to every pound of berries.

Permit them to stand for 12 hours. Cook 4 cupfuls of berries at a time. Bring them quickly to the boiling point and cook them quickly for 15 minutes. Place them in a crock or enamel bowl for 2 days. Stir them gently several times each day. Place the preserves in glasses and cover them at once with paraffin wax.

**SUNSHINE STRAWBERRIES**

Arrange in a large preserving pan:
- 2 layers of washed, hulled, perfect strawberries

Sprinkle the layers with an equal amount of:
- Sugar

Permit them to stand for \( \frac{1}{2} \) hour. Heat them over a slow fire until they reach the boiling point, then boil them rapidly for 12 minutes. Pour the berries on to platters. Place glass about \( \frac{1}{2} \) inch above the platters, covering them completely. Permit the berries to stand in the sun until the juice forms a jelly (for 2 or 3 days). Turn them twice daily. These preserves need not be reheated. Place them in hot, sterilized glasses. Seal them.

**STRAWBERRY and PINEAPPLE PRESERVES**

Combine:
- 1 quart hulled berries
- 4 cups sugar
- 1 cup chopped pineapple
- Rind and juice of 1 lemon

Boil these ingredients for 20 minutes. Stir them frequently. To cook fresh pineapple and strawberries combine and cook for 10 minutes:
- 1 cup shredded pineapple
- 3 cups sugar

Add:
- 2 cups hulled strawberries

Cook the preserves for about 20 minutes longer (or until thickened). Stir them frequently.
STRAWBERRY and RHUBARB PRESERVES
Cut into small pieces:
1 quart rhubarb
Sprinkle over it:
8 cups sugar
Permit these ingredients to stand for 12 hours. Bring them quickly to the
boiling point. Wipe and hull:
2 quarts strawberries
Add them to the rhubarb. Boil the
preserves until they are thick (for about
15 minutes).

GOOSEBERRY PRESERVES
These, being tart, are good with a meat
course or with soft cream cheese. Wash:
1 quart gooseberries
Remove the stems and blossom ends.
Place the berries in a saucepan. Add
to them:
3/4 cup water
Place them over a quick fire. Stir
them. When they are boiling add:
3 to 4 cups sugar
Boil the preserves quickly until the
berries are clear and the juice is thick
(for about 15 minutes).

DAMSON PRESERVES
Wash, cut into halves, and remove the
stones from:
Damsons
Stir into the damsons an equal amount of:
Sugar
The sugar may be moistened with a
very little water or the fruit may be
permitted to stand for 12 hours before
it is cooked. Boil the preserves until
the syrup is heavy.

PEACH PRESERVES
Use firm, slightly under-ripe, well-
flavoured peaches.
Peel and cut into lengthwise slices:
Peaches
Reserve the stones. Crack some of
them and remove the kernels. Measure
the peaches. Allow to each cupful:
1/2 cup sugar
2 tablespoons water
Stir this syrup and cook it for 5 min-
utes. Add the fruit. Cook it rapidly
until it is transparent. Place it in
glasses or jars.* Add to each glass
one or more peach kernels. This is
optional but they give the preserves a
distinctive flavour.
Add to the syrup if desired:
Lemon juice (about 2 teaspoons
to every cup of peaches)
If preferred omit the water. Pour the
sugar over the peaches and permit
them to stand for 2 hours before pre-
serving them.
* If the fruit is juicy and there is
too much syrup, place the peaches in
jars and boil down the syrup until it
is thick.

QUINCE PRESERVES
Scrub:
Quinces
Pare them. Cut them into eighths.
Reserve the peelings. Remove the
cores and discard them. Weigh the
quince slices. Cover the peelings well
with water. Measure the water as you
pour it over.
To each quart of water allow:
1 sliced seeded lemon
1 sliced seeded orange
Cook these ingredients slowly until the
fruit is tender. Strain the juice. Add
the quince slices to the juice. Cook
them until they are almost tender. Add:
Sugar
Allow as much sugar as the weight of the
quince slices. Continue cooking the
fruit. When it is tender lift out
the fruit and place it in jars. Boil the
syrup until it is heavy. Pour it over
the quince slices.

CHERRY PRESERVES
Stem and stone:
Cherries
Bring them to the boiling point. Stir
them frequently. Add:
Sugar
Unless the cherries are very sweet these
ingredients should be used pound for
pound. Cook the preserves for 20 minutes. Put them in a crock or bowl for 12 hours before placing them in glasses. If the cherries are very juicy they may be removed from the syrup after 20 minutes' boiling and the syrup may be boiled down until it thickens. Pour it over the cherries and permit them to stand as directed.

BAR-LE-DUC
Wash and stem:
3 quarts currants
Crush a few in the bottom of the pot. Bring the currants to the boiling point. Boil them for 2 minutes. Add:
6 cups heated sugar
Boil the currants for 2½ minutes. Add in a slow stream so as not to disturb the boiling point:
½ cup strained honey
Boil the currants for 2½ minutes longer. Place them in sterilized glasses (page 723). Cover them with paraffin wax.

CITRON PRESERVES
About 2 pints
Peel and remove the seeds from a:
6-pound citron melon
Dice it or cut it into thin slices. To 8 cupfuls of sliced melon allow:
5 cups sugar
4 cups water
Cook these ingredients for 6 minutes.

Add the citron. Cook it until it is tender and transparent. Test it with a straw. Add:
Rind of 1 lemon
Juice of 1 lemon
6 cloves without heads (optional)
Cook the preserves 20 minutes longer. Add:
3 tablespoons chopped candied ginger
Place the preserves in sterilized jars.

TOMATO PRESERVES
Scald and skin:
1 pound tomatoes
If red tomatoes are used slice them. Cover the tomatoes with:
An equal amount of sugar
Permit them to stand for 12 hours. Put the juice through a strainer. Boil it until the syrup falls from a spoon in heavy drops. Add the tomatoes and:
Grated rind and juice of 1 lemon or 2 lemons, thinly sliced (seeds removed)
2 ounces ginger root or preserved ginger**
Cook the preserves until they are thick.
* Green tomatoes need not be skinned. Slice them. Cover them with sugar. Boil them until they are heavy, flavour them in the same way. Cook them until they are thick.
** Four inches of stick cinnamon may be substituted.

JAMS
Jam may be ‘stretched’ by adding peeled, diced rhubarb. Weigh the rhubarb and the fruit—use as much rhubarb as fruit.

RASPBERRY or BLACKBERRY JAM
Cook:
Raspberries or blackberries (crushing a few of them) with an equal amount of:
Sugar
(or a little less) over a quick fire. Stir them frequently from the bottom to keep them from sticking. Boil them until they are thick.

QUINCE JAM
After making
Quince Jelly (page 724)
put the pulp left in the strainer and the jelly bag through a ricer or fine sieve. To 3 cupfuls of pulp add 1 cup quince juice and:
3 to 4 cups sugar
Cook about 4 cupfuls of jam at a time until it is thick and smooth (for about 20 minutes). Stir it frequently from the bottom as it is apt to stick.
PLUM JAM

Follow the preceding rule for:
Quince Jam
Substitute plum pulp and juice for quince pulp and juice.

FIVE FRUITS JAM

The following is a marvellous blend and sometimes blends are desirable. On the whole I like food to retain its natural flavour. My sympathy goes out to the cowboy movie actor who is reported to have said after his first formal dinner: 'I et for two hours and I didn't recognize anything I et except an olive.'

Hull:
Strawberries
Place as much sugar as you have strawberries in a porcelain-lined dish and soak them for 12 hours. Bring them quickly to the boiling point and boil them with as little stirring as possible until the juice thickens (for about 15 minutes). As strawberries are apt to come a little in advance of the other fruits these preserves may be placed in fruit jars and set aside until the later fruits are available. Stem and stone:

Cherries
Stem:
Currants
Pick over:
Raspberries
Stem and head:
Gooseberries
The first 4 fruits are best used in equal proportions, but gooseberries have so much character that it is well to use a somewhat smaller amount or their flavour will predominate. Bring the fruits separately or together to the boiling point. Add to each cupful of fruit and juice:

$\frac{1}{2}$ cup sugar
Boil the jam until it is thick (for about 20 minutes). Combine it with the strawberry preserves.

FRUIT BUTTERS

A purée of fruit, sweetened, well spiced, and cooked until thick.

Cut the fruit—apples, peaches, or pears—into quarters, or prepare for cooking grapes, plums, or tomatoes. Stew the fruit slowly in a little water or cider vinegar until it is soft. Put it through a sieve. Measure it. Add to each cup of pulp: $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar. Add grated lemon rind and juice, cinnamon, cloves, and allspice to taste. Whole spices may be used to keep the butter from becoming dark. Put them in a bag and remove it later. Cook the pulp, stirring it constantly toward the end until it sheets from a spoon. The residue in a jelly bag, after it has stopped dripping, may be made into fruit butter. Add a small amount of water. Boil it for 5 or 10 minutes. Put the pulp through a sieve and proceed as directed for fruit butter.

* The question of how to cook apple butter is a moot point. Some cooks cook it very slowly, others prefer a quick heat. How the stuff spits! It always conjures up childhood visions of a brisk autumn day, a kettle hung from a tripod in the yard, and be-aproned women bustling about taking turns at stirring the pot. This was usually an all-day get-together that exhausted everybody concerned, but the result was worth the effort.

APPLE BUTTER

About 1½ quarts
Use Jonathan, winesap, or other well-flavoured apples for good results.

Wash:
4 pounds apples
Remove the stems, quarter the apples.
Cook them slowly until soft in:
2 cups water or cider vinegar
Put the fruit through a strainer or sieve.
Add to each cup of pulp:
$\frac{1}{2}$ cup sugar
Add:
2 teaspoons cinnamon
1 teaspoon cloves
$\frac{1}{2}$ teaspoon allspice
Grated lemon rind and juice (optional)
Cook the butter until it sheets from a spoon. (See page 722.)
Marmalades

**Orange Marmalade**

Cut into quarters and remove the seeds from:

- 2 large oranges
- 2 large lemons (or 3 small ones)

Soak the fruit for 24 hours in:

11 cups water

Drain it. Cut it into very small shreds. Return it to the water in which it was soaked. Boil it for 1 hour. Add to it:

8 cups sugar

Boil the marmalade until the juice forms a jelly when tested. Follow the Rule for Making Jelly (page 721).

**Orange, Lemon, and Grapefruit Marmalade**

About 20 glassfuls

Cut in halves, remove the seeds, and slice into very small pieces:

- 1 grapefruit
- 3 oranges
- 3 lemons

Measure the fruit and juice and add three times the amount of water. Soak the fruit for 12 hours. Boil it for 20 minutes. Permit it to stand again for 12 hours. For every cupful of fruit and juice add:

1/2 cup sugar

Cook these ingredients in small quantities—from 4 to 6 cupfuls at a time—until they form a jelly when tested. Follow the Rule for Making Jelly (page 721).

**Peach Butter**

About 1 1/4 quarts

Wash,* then cut into quarters:

- 4 pounds peaches

Cook them very slowly until soft in:

- 2 cups water or cider vinegar

Put the fruit through a strainer or sieve. Add to each cup of pulp:

1/4 cup sugar

Add:

- 2 teaspoons cinnamon
- 1 teaspoon cloves
- 1/2 teaspoon allspice

Grated lemon rind and juice (optional)

Cook the butter until it sheets from a spoon. (See page 722.)

* Unless the fuzz is very heavy the peaches need not be pared.
JELLIES, JAMS, PRESERVES, MARMALADE

APRICOT and PINEAPPLE MARMALADE
About 11 glassfuls
Wash:
1 pound dried apricots
Soak them for 12 hours in water to cover by 1 inch. Bring them slowly to the boiling point. Strain them. Reserve the juice. Put them through a ricer or sieve. Add the juice and the contents of:
1 (No. 2) can crushed pineapple (2½ cups)
Allow for every cup of pulp and juice:
½ cup sugar
Add:
3 tablespoons lemon juice
Boil the marmalade for 15 minutes or until it thickens. Stir it frequently.

APRICOT, PINEAPPLE, and ORANGE MARMALADE
Follow the preceding rule for:
Apricot and Orange Marmalade
Put through a mincer and add to the apricots:
1 lemon
1 orange
Omit the additional juice in the recipe.

PEACH MARMALADE
Peel and slice:
Firm peaches
Allow to each cupful of sliced peaches:
1 cup sugar
Allow to every 5 cupfuls of peaches:
1 orange, seeded and minced
Permit these ingredients to stand for 2 hours. Boil them, stirring them frequently, until the syrup is heavy.

SEEDLESS WHITE GRAPES and ORANGE MARMALADE
Cut into very thin slices (removing seeds):
1 small orange
Soak it for 3 hours in:
½ cup water
Add:
2 cups seedless (or seeded) grapes
Soak them for 30 minutes. Bring the fruit slowly to the boiling point. Boil it quickly for 5 minutes. Add:
1½ cups sugar
1 tablespoon lemon juice
Boil the marmalade for 5 minutes.

WHITE CHERRY MARMALADE
Remove the stems and stones from 5 quarts white cherries
Bring the cherries to the boiling point. Add:
5 cups heated sugar
The chopped pulp and juice of 3 oranges
Cook these ingredients slowly until they are the consistency of marmalade.

TOMATO, APPLE, and GINGER MARMALADE
Skin and drain:
Ripe tomatoes
There should be 2 cupfuls. Peel, core, and chop:
Apples
There should be 2 cupfuls. Put through a mincer:
1 lemon
Combine the tomatoes, apples, and lemon. Cook them for 15 minutes. Add:
3 cups sugar
Cook these ingredients until they are the consistency of marmalade. Add for the last 10 minutes of the cooking:
4 tablespoons chopped preserved or candied ginger

PEACH and CANTALOUP MARMALADE
A curious mixture with a good result.
Combine:
2 cups diced peaches
2 cups diced cantaloup
Grated rind and juice of 2 oranges
12 maraschino cherries with juice
3 cups sugar
Cook these ingredients until they are thick. Stir them frequently.
**SPRING MARMALADE**

Dice:
- 2 pounds rhubarb

Mince:
- 1 seedless orange

Add:
- 4 cups sugar

and the contents of:
- 1 (No. 24) can crushed pineapple

Cook these ingredients for 30 minutes. Stir them frequently.

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**CONSERVES**

**BLACK CHERRY CONSERVE**

Slice into very thin slices (removing seeds):
- 2 oranges

Barely cover the slices with water. Cook them until they are very tender.

Stem, stone, and add:
- 1 quart black cherries
- 6 tablespoons lemon juice
- 3 1/2 cups sugar
- 6 cloves (optional)
- 1 teaspoon cinnamon

Cook the conserve until it is thick and clear.

**SPICED RHUBARB CONSERVE**

Cut into very thin slices (removing the seeds):
- 1 orange
- 1 lemon

Tie in a small bag:
- 1 ounce ginger root
- 1/2 pound cinnamon sweets (red-hots)
- 1 blade mace
- 2 whole cloves

Add the spices to the fruit with:
- 1/2 cup water
- 1/2 cup vinegar

Boil these ingredients until the fruit is tender. Add and cook until the conserve is thick:
- 1 1/2 cups strawberry rhubarb
- 3 cups sugar
- 1/4 cup white raisins (sultanas)
  (optional)

**BLUE PLUM CONSERVE**

Peel and chop:
- The thin yellow rind of 2 oranges and 1 lemon

Add:
- The juice and chopped pulp of 3 oranges and 1 lemon

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**APRICOT and ALMOND CONSERVE**

Wash:
- Apricots

Scrub them. Cut them in halves and remove the stones. Weigh the apricots. Allow to every pound and add:
- 1 cup blanched, shredded almonds
- 6 tablespoons white raisins (sultanas)

Weigh these ingredients. Add an equal weight of:
- Sugar

Stir the conserve over heat until the sugar is dissolved. Cook it until it is thick. Stir it occasionally. Add when the conserve is cool, in any quantity desired:
- Brandy (optional)

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**GOOSBERRY CONSERVE**

Wash:
- 4 quarts goosberries

Remove the stem and blossom ends. Add:
- The thin yellow rind, chopped, of 4 oranges
- The pulp, chopped, and juice of 4 oranges
Boil these ingredients until they are nearly tender. Add:
10 cups heated sugar
1½ pounds seeded raisins
Boil the conserve 30 minutes longer.

RASPBERRY, RHUBARB, and ORANGE CONSERVE

Prepare:
8 cups diced rhubarb
Sprinkle over it:
5 cups sugar
Permit it to stand for 12 hours. Add to it:
Grated rind of 2 oranges
Skin the oranges, remove the seeds and cut them into very thin slices. Add them to the rhubarb with:
1 quart raspberries
Boil these ingredients until they thicken.

TUTTI-FRUTTI

The following conserve—a tradition in our family—is unusually good served with a meat course or as a sauce over puddings and ices.

Place in a stone crock with a lid:
1 quart brandy
Add, as they come into season, about:
1 quart strawberries
1 quart cherries
1 quart raspberries
1 quart currants
1 quart gooseberries
1 quart peeled and sliced apricots
1 quart peeled and sliced peaches
1 quart peeled and sliced pineapple, etc.
With each addition of fruit add the same amount of:
Sugar

Stir the tutti-frutti every day until the last of the fruit has been added. Cover the crock well. Place it in a cool place. The mixture will keep indefinitely. These are the clearest instructions I can give for making it. Had I known, when I was permitted to go to the cellar as a small child on tutti-frutti stirring expeditions, that I should one day write a cookery book I might have paid some attention to proportions. I am told they are immaterial, which is fortunate, as I remember only the excitement of the undertaking and the delicious aroma of the brew.
**PICKLES**

**Brine:**

Brine is a solution of salt and water. Use 1 part common salt to 9 parts water. Combine the salt with a little water, dissolve it, and add the remaining water.

**MUSTARD PICKLE**

About 6 quarts

Since making the following mild and palatable pickle for the first time, I have abandoned all other mixed pickles and have clung to this one as it meets with general and enthusiastic approval.

Slice (unpeeled if tender):

1 quart or more green cucumbers

Cover them for 12 hours with:

Brine (see above rule)

Drain them well. Keep them separate.

Slice to make 4 quarts with the cucumbers:

Green vegetables (green tomatoes, beans, etc.)

Keep them separate. Pour boiling salted water to cover (1 teaspoon salt to 1 quart water) over the vegetables and bring them to the boiling point. Drain them well. If the beans are not very young boil them until they are nearly tender. Peel and slice:

2 dozen small onions

Break into flowerets:

1 large cauliflower

Slice:

2 dozen or more small gherkins

Keep them separate. Pour boiling salted water over them. Bring them to the boiling point. Drain them well. If the cauliflower is not very tender boil it until it is partly done. Combine all the vegetables. Prepare the following mustard sauce.

Combine and stir until smooth:

2½ cups sugar
3 tablespoons celery seed

Slowly stir in the flour mixture. Stir constantly. When the sauce is smooth and boiling combine it with the drained vegetables. Add if needed:

Salt

Place the pickle in jars and seal them.

**GREEN TOMATO PICKLE**

Wash and cut into thin slices:

1 peck green tomatoes

Peel and cut into thin slices:

12 large onions

Sprinkle them with:

1 cup salt

Permit them to stand for 12 hours. Wash them in clear water. Drain them. Heat to the boiling point:

3 quarts cider vinegar

12 green peppers, sliced thin
6 sweet red peppers, diced
12 cloves garlic, minced
4 pounds brown sugar

Add the tomatoes and onions. Add and cook slowly until the tomatoes are transparent—for about 1 hour:

2 tablespoons dry mustard
2 tablespoons whole cloves
2 tablespoons stick cinnamon, broken
2 tablespoons powdered ginger
1 tablespoon salt
1 tablespoon celery seed

Stir these ingredients frequently. Place the pickle in jars and seal them.

**YELLOW CUCUMBER PICKLE**

(SENFGURKEN)

About 14 quarts

These large, luscious, firm slices are served very cold with meat.
Pars, cut into strips of about 3/4 by 2 1/2 inches, and seed

1 bushel large yellow cucumbers

Soak the strips for 12 hours in:

**Brine (page 733)**

Drain them well. Sterilize 1 1/2 quart fruit jars (page 741). Place in each one:

A slice of peeled horse-radish *

1/2 inches long, 1/2 inch wide and 1/2 inch thick

A 1-inch piece of long hot red pepper

4 sprigs of dill blossom with seeds

1 tablespoon white mustard seed

Prepare the following mixture. Combine:

1 1/2 gallons of pickling (white) vinegar **

3 cups water

1 cup sugar (if the vinegar is very acid use 1 1/2 cups sugar)

Taste these ingredients. They should be palatable, not raw. Boil about 3 cupfuls at a time—enough to cover the bottom of a large saucepan to the depth of about 1 inch. Keep several pans going to hasten the process. Immerse in the boiling vinegar sufficient cucumber strips to cover the bottom of the pan. Let them come to the boiling point. Remove them at once to the jars. Do not cook the strips longer, as it will soften them. When a jar is filled with cucumber strips cover them with boiling vinegar. Seal the jars. Permit the pickle to ripen for at least 6 weeks before serving it.

* If pint fruit jars are used reduce these amounts by half.

** Other vinegar may be substituted, but it will darken the pickle.

**SOUR-SWEET YELLOW CUCUMBER PICKLE (SENFGURKEN)**

Peel, cut into strips and seed:

12 large yellow cucumbers

Place them in brine (page 733) for 12 hours. Drain them. Have ready 8 or 10 sterilized quart fruit jars (page 741). Prepare the following mixture:

1 gallon pickling vinegar

8 cups sugar

1/2 cup mustard seed

Place in a bag and add:

1/2 cup whole mixed spices

Boil about 5 cupfuls of the mixture at a time—enough to cover the bottom of a large pan to the depth of about 1 inch. Place the bag of spices in the pan. Immerse in the boiling vinegar sufficient strips to cover the bottom of the pan. Bring the vinegar to the boiling point. Remove the strips at once. Place them in the jars. Fill the jars with the boiling vinegar mixture. Seal them at once.

**SOUR-SWEET SPICED CUCUMBER PICKLE**

These are wonderfully good.

20 pounds very small cucumbers

Soak them for 24 hours in brine made of:

1 cup salt

3 quarts (12 cups) water

Remove them from the brine and pour boiling water to cover over them. Drain them quickly in a colander and pack them closely while hot in sterilized jars (page 741). Cover them at once with the following vinegar mixture.

Bring to the boiling point:

1 gallon vinegar

11 cups sugar

2 ounces whole mixed spices

1 ounce stick cinnamon

1 tablespoon cloves

1 teaspoon alum

Seal the jars at once.

**OZARK PICKLES**

This recipe makes fine hard, crisp pickles.

Thoroughly scrub with a brush:

About 350 small cucumbers (about 2 inches in length)

Place them in brine for 24 hours (page 733), heavy enough to float a small potato. Pour boiling water to cover over:

Small pickling onions

Permit them to stand for 2 minutes. Drain them. Cover them with cold water. Remove the outer skin. Peel them. Place them in brine (page 733) for 12 hours. Pour boiling water over them. Drain them. Have ready sterilized pint jars. Place in the bottom of each jar:

A head of dill
Cover this with a row of pickles. Peel:

Horseradish

Add to each jar a block of horseradish about ¼ inch high by ½ inch wide and ½ inch long. Add 5 or 6 of the onions and:

½ inch or more of ginger root
½ inch of long red pepper

Barely fill the jar with pickles. Place 5 or 6 onions on top. Bring to the boiling point and pour over these ingredients:

½ cup vinegar
½ cup water
1 cup sugar

Permit the pickles to stand for about 15 minutes. Pour off the liquid. Boil it again. Add to each jar:

½ teaspoon mustard seed
½ teaspoon celery seed
A pinch of alum

Pour on the boiling liquid and seal the jars.

BREAD and BUTTER PICKLES

Slice very thin:

1 gallon firm cucumbers
2 seeded green peppers

Skin:

8 small white onions

Prepare:

1 quart crushed ice

Place these ingredients in layers in a crock with:

½ cup salt

Cover with a weighted lid and place in a refrigerator for 3 hours. Drain. Make a syrup of:

5 cups vinegar
5 cups sugar
½ teaspoon turmeric
½ teaspoon ground cloves
2 teaspoons mustard seed
1 teaspoon celery seed

Add the vegetables. Heat them slowly with very little stirring. Scald, do not boil them. Place the pickles in sterilized jars and seal them at once.

OLIVE OIL PICKLE

About 3 quarts

This pickle is not for reducers, but even they will be tempted by it.

Wash:

24 cucumbers 3 to 4 inches long

Cut them, unpeeled, into very thin slices. Sprinkle them with:

½ cup salt

Permit them to stand for 3 hours. Drain them well. Peel, slice very finely, and add:

2 small onions

Combine and add:

1 cup white mustard seed
1 tablespoon celery seed
½ cup olive oil
4 cups vinegar

Mix all the ingredients thoroughly. Place them in jars. Permit the pickle to ripen for 3 weeks before using it.

COLD PICKLES

Combine:

1 gallon vinegar
½ cup salt
3 cups sugar
1 cup finely diced horseradish

Wash and trim the stems from:

1 peck 4-inch cucumbers

Place them in a 3-gallon crock. Pour the vinegar mixture over them. Cover them with a plate. Place a weight on the plate. Permit the pickles to ripen for several days before serving them.

DILL PICKLES

About 4 quarts

Sterilize 4 1-quart jars. Place in each jar:

1 clove of garlic
6 peppercorns
1 clove
A flower of dill

Scrub well, then dry:

½ peck straight 3-inch cucumbers

Pack them closely into the jars. Bring to the boiling point:

2 quarts vinegar
1 quart water
1 cup coarse salt

Fill the jars with this mixture. Seal the jars. Permit the pickles to ripen for 5 days before serving them.
PICKLED ONIONS
Cover with water:
Small white onions
Add:
1 tablespoon salt to every quart water
Permit the onions to soak for 2 hours.
Remove the outer skins. Soak the onions for 48 hours in:
Brine (page 733)
Remove the onions and boil them for 3 minutes. Place them at once in sterilized jars (page 741). Cover them with the boiling vinegar. Add to each quart jar:
½ inch long hot red pepper pod
½ bay leaf
3 cloves without heads (optional)

MIDWINTER PICKLE in MUSTARD SAUCE
About 4 quarts
Slice into ⅛-inch slices:
24 large sour cucumber pickles (not dill)
Peel and cut into thin slices:
3 large onions (optional)
Dissolve:
4 tablespoons cornflour
1 tablespoon dry mustard
1 teaspoon turmeric
in:
1 cup cider vinegar
Combine and heat to the boiling point:
1 cup white or brown sugar
1 teaspoon salt
1 teaspoon paprika
A few grains cayenne
3 cups cider vinegar
2 teaspoons celery seed
Stir in the cornflour mixture. Stir and boil these ingredients until they thicken. Combine the pickles, the onions, and the boiled dressing. Place the pickles in jars.

MIDWINTER PICKLE—SOUR-SWEET (with or without spices)
Cut into ⅛-inch slices:
12 large sour cucumber pickles
Cover them with:
3 cups brown or white sugar
3 tablespoons mustard seed
3 tablespoons celery seed (or in place of these seeds, 6 tablespoons mixed whole spices)
Permit them to stand in an earthen receptacle until the sugar is dissolved

White vinegar
Add:
Sugar (1 cup sugar to 1 gallon vinegar)

MIDWINTER PICKLE with GINGER and SPICES
Cut into ⅛-inch slices, then drain well:
8 pounds cucumber pickles in brine*
Combine, stir, and boil to a medium syrup:
1 quart cider vinegar
2 cup water
5 pounds white sugar
Add:
4 tablespoons mustard seed
2 tablespoons celery seed
1 tablespoon freshly grated nutmeg
1 tablespoon ground cloves
1 tablespoon ground mace
2 or 3 small hot red peppers, cut into pieces
1 pound candied ginger, chopped
1 pound raisins
1 pound candied orange rind, chopped
Add the drained pickles. Boil until the syrup thickens somewhat.
* Dill pickles may be substituted.

MIDWINTER GARLIC PICKLE
Place in a stone jar:
6 cloves of garlic, sliced
25 sour cucumber pickles, cut into ⅛-inch slices
Pour over them:
{ \frac{1}{2} \text{ cup olive oil} 

Bring to the boiling point and boil for 10 minutes:
{ 3 \text{ cups vinegar} 
\frac{1}{2} \text{ cup whole spices} 
1 \text{ tablespoon black peppercorns} 
\frac{1}{2} \text{ cup tarragon vinegar} 
4 \text{ pounds brown sugar} 
6 \text{ tablespoons mustard seed} 

Pour these ingredients over the ingredients in the jar. Permit the pickle to ripen for 3 weeks before serving it.

MIDWINTER PICKLED ONIONS

Save the liquid from any kind of pickle. Add:
{ Small or medium-sized dry onions cut in halves

Permit them to stand for 1 week before serving them.

UNCOOKED SPICED CABBAGE PICKLE

Shred:
{ 1 \text{ gallon (4 qts.) cabbage} 

Place it in layers in a stone jar. Sprinkle each layer generously with:
{ Salt

Permit it to stand for 12 hours. Wash off the salt. Drain the cabbage well. Place it in layers in jars. Combine and sprinkle each layer with some of the following mixture:
{ 2 \text{ cups sugar} 
\frac{1}{2} \text{ tablespoon cinnamon} 
1 \text{ tablespoon cloves} 
1 \text{ tablespoon allspice} 
3 \text{ tablespoons dry mustard} 
1 \text{ tablespoon white mustard seed} 
1 \text{ tablespoon grated horseradish}

Cover the pickle with cold:
{ Vinegar

Seal the jars.

RELISHES

PICCALILLY

Approximately 5 quarts

Cut into very thin slices:
{ \frac{1}{2} \text{ peck small green cucumbers} 

Seed and slice:
{ 4 \text{ medium-sized green peppers} 

Skin and slice:
{ 4 \text{ medium-sized onions} 

Place these ingredients in brine (page 753) for 12 hours. Drain them well. Bring to the boiling point:
{ 1 \text{ quart cider vinegar} 
4\frac{1}{2} \text{ cups sugar} 

Place in a bag and add:
{ 2\frac{1}{2} \text{ tablespoons whole mixed spices} 
\frac{1}{2} \text{ tablespoon celery seed} 
\frac{1}{2} \text{ tablespoon mustard seed} 

Add the drained vegetables. Bring them to the boiling point. Remove the spices. Place the pickle in jars.

CHILLI SAUCE I

About 4\frac{1}{2} \text{ quarts}

Scald, peel, and slice:
{ \frac{1}{2} \text{ bushel (16 quarts) tomatoes} 

Bring them to the boiling point. Add:
{ 14 \text{ large green peppers, seeded and finely chopped} 
12 \text{ large white onions, peeled and finely chopped} 
1 \text{ cup sugar} 
\frac{1}{2} \text{ cup salt} 
1 \text{ teaspoon ground cloves} 
\frac{1}{2} \text{ cup celery seed (optional)} 
2 \text{ cups vinegar} 

Boil the sauce until it is thick (for about 3 hours). Stir it frequently. Taste it. Add if needed:
{ Salt

Bottle the sauce.

CHILLI SAUCE II

About 5 quarts

Wash, peel, and quarter:
{ 3 \text{ dozen large tomatoes} 

Put through a mincer:
{ 12 \text{ green peppers (seeded)} 
3 \text{ small hot red peppers (seeded)} 
12 \text{ large white onions (skinned)} 

Add the tomatoes and:
{ 2 \text{ pounds brown sugar} 
1 \text{ quart vinegar} 

Bottle the sauce.
<table>
<thead>
<tr>
<th>PICKLES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VEGETABLE RELISH</strong></td>
</tr>
<tr>
<td>3 quarts</td>
</tr>
<tr>
<td>Peel and chop * until they are very fine:</td>
</tr>
<tr>
<td>2 large carrots</td>
</tr>
<tr>
<td>4 white onions</td>
</tr>
<tr>
<td>Seed and chop until they are very fine:</td>
</tr>
<tr>
<td>4 large sweet red peppers</td>
</tr>
<tr>
<td>4 large sweet green peppers</td>
</tr>
<tr>
<td>Chop until very fine:</td>
</tr>
<tr>
<td>1 small head of cabbage</td>
</tr>
<tr>
<td>Add to the vegetables and permit them to stand for 3 hours:</td>
</tr>
<tr>
<td>1 cup salt</td>
</tr>
<tr>
<td>Drain them well. Add to them:</td>
</tr>
<tr>
<td>3 cups vinegar</td>
</tr>
<tr>
<td>2 cups sugar</td>
</tr>
<tr>
<td>1 tablespoon celery seed</td>
</tr>
<tr>
<td>1 tablespoon mustard seed</td>
</tr>
<tr>
<td>1 teaspoon red pepper</td>
</tr>
<tr>
<td>Mix the ingredients well. Pack them into jars. Cover them well with the vinegar. If there is more liquid than necessary pour off the surplus. Seal the jars.</td>
</tr>
<tr>
<td>* Chopping is preferable to mincing.</td>
</tr>
</tbody>
</table>

**INDIAN RELISH**

About 4 quarts

Put through a mincer or chop until they are very fine:

12 green tomatoes
12 tart peeled and cored apples
3 peeled onions

Boil:

5 cups vinegar
5 cups sugar
1 teaspoon red pepper
3 teaspoons ginger
1 teaspoon turmeric
1 teaspoon salt

Add the chopped ingredients. Cook them for ½ hour. Pack the relish in jars. Seal them.

**CHUTNEY I**

About 1½ quarts

Chutney is a highly spiced condiment. The ingredients used vary greatly. The following is a good, peppy chutney.

<table>
<thead>
<tr>
<th>CURRY SAUCE PICKLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peel and chop fine:</td>
</tr>
<tr>
<td>12 large green cucumbers</td>
</tr>
<tr>
<td>6 large onions</td>
</tr>
<tr>
<td>2 sweet red peppers</td>
</tr>
<tr>
<td>Sprinkle these ingredients with:</td>
</tr>
<tr>
<td>1 cup salt</td>
</tr>
<tr>
<td>Permit them to stand for 1 hour. Drain them. Peel and stew until soft:</td>
</tr>
<tr>
<td>12 large tomatoes</td>
</tr>
</tbody>
</table>
| Combine the salted vegetables with the stewed tomatoes. Add and boil for 30 minutes:
| 4 teaspoons curry powder |
| 2 teaspoons celery seed |
| 2 tablespoons brown sugar |
| 2 cups vinegar |
| Pack the pickle into jars and seal them. |

<table>
<thead>
<tr>
<th>TOMATO KETCHUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin and cut into pieces:</td>
</tr>
<tr>
<td>1 peck (8 quarts) tomatoes</td>
</tr>
<tr>
<td>8 medium-sized onions</td>
</tr>
<tr>
<td>1 clove of garlic</td>
</tr>
<tr>
<td>1 bay leaf</td>
</tr>
<tr>
<td>2 long red peppers without seeds</td>
</tr>
<tr>
<td>Boil these ingredients until they are soft. Strain them. Add:</td>
</tr>
<tr>
<td>1 cup brown sugar, closely packed</td>
</tr>
<tr>
<td>Tic in a bag and add:</td>
</tr>
<tr>
<td>1 tablespoon whole allspice *</td>
</tr>
<tr>
<td>1 tablespoon whole cloves</td>
</tr>
<tr>
<td>1 tablespoon whole mace</td>
</tr>
<tr>
<td>1 tablespoon celery seed</td>
</tr>
<tr>
<td>1 tablespoon black peppercorns</td>
</tr>
<tr>
<td>2 inches of stick cinnamon</td>
</tr>
<tr>
<td>Boil these ingredients quickly until they are reduced to ½ the quantity. Add:</td>
</tr>
<tr>
<td>2 cups vinegar</td>
</tr>
<tr>
<td>Cayenne</td>
</tr>
<tr>
<td>Salt if desired</td>
</tr>
<tr>
<td>Boil the ketchup for 10 minutes longer. Bottle it at once. Seal the bottles with sealing wax.</td>
</tr>
<tr>
<td>* These spices may be varied.</td>
</tr>
</tbody>
</table>
Cook until the fruit is tender:

- 1 lemon, chopped (seeds removed)
- 1 clove of garlic, skinned and chopped
- 5 cups peeled, chopped apples *
- 2 cups brown sugar
- 1 pound (1½ cups) seeded raisins
- 3 ounces (½ cup) crystallized ginger, chopped
- 1 teaspoon salt
- ½ teaspoon cayenne
- 2 cups cider vinegar

Place the chutney in jars and seal them.

* Pears may be substituted for apples. In either case the fruit should be firm and slightly under-ripe.

** Ginger root and finely sliced lemon and orange may be added at this time.

---

**WATERMELON PICKLE**

Cut the green rind and the red meat from:

**Watermelon rind**

The rind may be cut into rounds (use a pastry cutter) or into any desired shape. Weigh the rind. Cover it well with:

- Salted water (1 cup salt to 4 quarts water)

Soak it for 12 hours. Drain it well. Boil it rapidly in boiling water to cover until it is half tender (for about 10 minutes). Drain it. Allow for every pound of rind:

- 1 cup water
- 1 cup vinegar
- 2 cups sugar
- 3 inches of stick cinnamon
- 8 cloves without heads *

Tie the spices in a bag. Boil these ingredients until they form a thick syrup.** Add the rind and bring it to the boiling point. Remove the spice bag. Place the rind in jars. Cover it with the boiling vinegar mixture. Seal the jars.

Allow to every 6 pounds of rind:

- 1 orange and 1 lemon
- 1 ounce ginger root or 4 tablespoons preserved ginger, chopped

* Ginger root and finely sliced lemon and orange may be added at this time.

** If desired the syrup may be boiled until it is heavy.

---

**CHUTNEY II**

About 1½ quarts

Similar to the preceding rule but with onions and tomatoes added.

Combine, cook slowly for 3 hours, then seal in jars:

- 2 cups chopped seeded raisins
- 2 cups chopped green apples
- 1 cup minced onions
- ½ cup salt
- 6 medium-sized ripe tomatoes, peeled and quartered
- 1½ pounds brown sugar
- 1 pint cider vinegar
- 4 ounces white mustard seed
- 2 ounces preserved ginger
- ½ teaspoon cayenne

---

**PICKLED RIND AND FRUIT**

**GINGER WATERMELON PICKLE**

About 5 pints

Remove the green peel and all red meat from:

**Watermelon rind**

There should be 5 pounds of peeled rind. Cut it into strips or balls. Soak it for 12 hours in cold water. Keep the water cold if possible. Drain the rind. Boil the rind rapidly in boiling water to cover until it is tender but not soft (for about 10 minutes). Drain it. Reserve the water. Combine and boil to the consistency of heavy syrup (for about ½ hour):

- 10 cups of the watermelon water
- 10 cups sugar

Add for the last 10 minutes:

- ¼ pound ginger root or 6 tablespoons crystallized or preserved ginger, chopped
- 5 thinly sliced lemons (seeds removed)

Add the rind. Bring the syrup again to the boiling point. Place the rind in sterilized jars (page 741). Cover the jars. Permit the syrup to boil until it is heavy. Cover the rind with boiling syrup. Seal the jars at once.

---

**PICKLED PEACHES**

About 4 quarts

Pour boiling water over:
1 peck (16 pounds) clingstone peaches

Drain them. Peel them. Place in each peach:
3 cloves (heads removed to keep the syrup from darkening)

Stir until the sugar is dissolved then bring to the boiling point and boil for 10 minutes:
1 quart (4 cups) mild vinegar
7 cups sugar

Tie in a bag and add:
6 2-inch sticks of cinnamon

Add enough peaches to fill a jar. Boil them until they are thoroughly hot. Remove them from the liquid. Place them in a sterilized jar (page 741). Cover them to keep them hot. When all the peaches are cooked boil the syrup for about 10 minutes. (This is optional.) Pour it boiling hot over the peaches. Discard the spice bag. Seal the jars at once.

BRANDIED PEACHES I

Select ripe, firm:

Peaches

Weigh them. Rub the fuzz from the peaches with a coarse towel. If the fuzz is very heavy, soak the peaches first for about 15 minutes in a solution of water and bicarbonate of soda (1 tablespoonful soda to 1 quart water).

Make a thick syrup of equal parts of:

Sugar and water (allow 1 cup sugar and 1 cup water for every pound of fruit)

Boil the peaches in the syrup for 5 minutes. Place them in sterilized jars (page 741). If the syrup is thin add more sugar and boil it until it is heavy. Pour the syrup over the fruit, filling the jars ¾ fulls. Add to fill the jars:
Brandy

BRANDIED PEACHES II

Follow the rule for:

Peach Brandy (page 784)

Serve the peaches chopped over puddings and creams or as compote.

SPICED PEARs I (Winter Pears)

Boil:
6 cups vinegar
8 cups brown sugar
2 teaspoons cloves (heads removed)
A 3-inch stick of cinnamon

Peel, cut into slices, core, and add:
8 pounds winter pears (Kiefer)

Boil them until they are tender. Place them in jars. Cover them with the syrup. Seal the jars at once. The syrup may be saved and used a second time.

SPICED PEARs II (Seckel Pears)

Leave the stems on:

Seckel pears

Peel the pears. Follow the above rule for Spiced Pears I.

PICKLED CRAB-APPLES

Leave the stems on:

Crab-apples

Cut out the blossom ends. Follow the above rule for Spiced Pears I.
CANNING (BOTTLING)

Chapters on this subject usually begin with a dryasdust definition of the word ‘canning.’ I am going to assume that you are familiar with the meaning of the word although you may be unfamiliar with the process. Farther on in these pages you may find much practical information, but I should like to begin my chapter with the assurance that it is a thrill to possess shelves well stocked with home-canned food. In fact, you will find their inspection (often surreptitious), and the pleasure of serving the fruits of your labours, comparable only to a clear conscience or a very becoming hat.

To Test Jars, Lids, Rubbers:

It is important that these be perfect. Jars must be free from leaks or cracks. Lids must have even unbent edges. Place the lids on the jars (without a rubber). Screw them down. They are right for use if it is impossible to insert a thin penknife blade or a thumbnail between the lid and the jar.

Use new rubbers every year. Bend them into little folds. If the rubbers crack, discard them. Test them by stretching. If they return to their original shape they are good rubbers. Fill fruit jars with water. Place rubbers and lids on them. Screw down the lids. Invert the jars. If there is no seepage the jars and lids may be used.

To Sterilize Utensils:

Jars: Wash jars well with soap and hot water. Place them, filled with water, either upright or sideways, well apart in a deep pan of cold water. Bring the water slowly to the boiling point. Boil it for 15 minutes. Keep the jars hot until ready to use them.

Lids: Wash all lids well in soap and water. Place zinc and glass tops in very hot water for 5 minutes. Invert them to drain. Keep them hot until ready to use them. Prepare lids that have a sealing composition by pouring hot water over them. Allow them to stand until used.

Rubbers: Scald rubbers quickly. Do not boil them.

Utensils: Sterilize all other utensils to be used in canning by washing them first and then placing them in boiling water.

ACID AND NON-ACID FOODS

Foods for canning are considered in two groups: acid and non-acid.

Acid Foods: Fruits, including tomatoes, pickled products, ripe pimentos, and rhubarb.

Non-acid Foods: Vegetables (the tomato is really a fruit), meats, poultry, and fish.
Acid foods may be canned:

- From an open pan (page 743)
- In a hot water bath (page 744)
- In an oven (page 745)

If the first 2 methods are used the heat will not exceed the boiling point, 212° F. If the third is used the food will be somewhat hotter. Either heat is sufficient to destroy all the bacteria in acid foods,* and if sterilized utensils are used and rules are followed carefully there should be no subsequent spoilage.

NON-ACID FOODS MUST BE PROCESSED IN A STEAM PRESSURE CANNER AT 10 OR 15 POUNDS OF STEAM. This ensures a heat 240° to 250° F., which is sufficient to kill all micro-organisms and bacteria in the non-acid foods. It is impossible to do this at a lower degree of heat.

The addition of a small amount of acid, lemon juice, vinegar, etc., to non-acid food does not change the acidity of the food enough to permit processing by any method other than the pressure canner. The exception is food pickled in vinegar, which may be processed in a hot-water bath.

NON-ACID FOODS SHOULD NOT BE CANNED AT HOME IF A PRESSURE CANNER IS NOT AVAILABLE.

* These facts are taken from a Government Bulletin on Home Canning.

THE CANNING OR BOTTLING OF FRUIT

Choose fresh, firm, perfect fruit that is not over-ripe. Imperfect fruit may be used, but it must be carefully gone over and all blemishes removed.

Wash the fruit. Prepare as for table use. If it is to be peeled it may be dipped in boiling water until the skins loosen and then for a moment in cold water. It is best to do this with a small quantity—about a quart—at a time.

To prevent the discoloration of large fruits after peeling, place them in brine (2 teaspoons salt to 1 quart water). Drain them well.

If cherries or plums are not stoned prick them several times with a large pin.

Syrups for Canning:

Syrups are thick or thin according to the acidity of the fruit and the taste of the people for whom you are canning.

<table>
<thead>
<tr>
<th>Syrup</th>
<th>Sugar</th>
<th>Water or Fruit Juice</th>
<th>Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin syrup</td>
<td>1 cup</td>
<td>3 cups</td>
<td>3½ cups</td>
</tr>
<tr>
<td>Medium syrup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>2½ cups</td>
</tr>
<tr>
<td>Thick syrup</td>
<td>1 cup</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
</tbody>
</table>

Combine sugar and water. Stir over heat until dissolved. Bring the syrup to the boiling point.

Allow about 2 cupfuls of syrup to 1 quart of large fruit (pears, peaches, plums). Allow 1 cupful of syrup to 1 quart of small fruit (cherries, berries).

Canning with Golden Syrup:

There is no satisfactory substitute for sugar, as it intensifies the flavour of the food with which it is combined. A syrup of golden syrup and
CANNING

water without the addition of sugar is subject to mould. Even with sugar and golden syrup the results are variable. Honey or golden syrup may be substituted in about the following proportions:

<table>
<thead>
<tr>
<th>Syrup</th>
<th>Sugar or Honey</th>
<th>Water</th>
<th>Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin syrup</td>
<td>1/4 cup</td>
<td>2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Medium syrup</td>
<td>1 cup</td>
<td>2 cups</td>
<td>3 1/2 cups</td>
</tr>
<tr>
<td>Thick syrup</td>
<td>2 cups</td>
<td>2 cups</td>
<td>5 cups</td>
</tr>
</tbody>
</table>

It is unwise to use a higher percentage of syrup.

Canning with Water (without Sugar or Golden Syrup):

Substitute boiling water for sugar or sugar and syrup; add it to within 1/4 inch of the top of the jars. When ready to use the fruit, drain it, add sweetening to the water (or juice), bring it to a rolling boil. Pour it over the fruit, cool, then chill and serve it.

APPROXIMATE YIELD OF FRUITS

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Weight</th>
<th>Units</th>
<th>Yield</th>
<th>Bushels</th>
<th>Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>2 1/2 lb.</td>
<td>7 to 8</td>
<td>1 quart</td>
<td></td>
<td>28 quarts</td>
</tr>
<tr>
<td>Berries</td>
<td>1 1/2 to 1 3/4 lb.</td>
<td>5 cups</td>
<td>1 quart</td>
<td></td>
<td>24 quarts</td>
</tr>
<tr>
<td>Cherries</td>
<td>1 1/2 to 1 3/4 lb.</td>
<td>6 cups</td>
<td>1 quart</td>
<td></td>
<td>20 quarts</td>
</tr>
<tr>
<td>Peaches</td>
<td>2 to 2 1/2 lb.</td>
<td>8 to 10</td>
<td>1 quart</td>
<td></td>
<td>20 to 22 quarts</td>
</tr>
<tr>
<td>Pears</td>
<td>2 to 2 1/2 lb.</td>
<td>5 to 6</td>
<td>1 quart</td>
<td></td>
<td>30 quarts</td>
</tr>
<tr>
<td>Pineapples</td>
<td></td>
<td></td>
<td></td>
<td>15</td>
<td>15 quarts</td>
</tr>
<tr>
<td>Plums</td>
<td>1 1/2 to 2 1/4 lb.</td>
<td>24 to 32</td>
<td>1 quart</td>
<td></td>
<td>28 quarts</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>2 1/2 to 3 1/2 lb.</td>
<td>8 to 10</td>
<td>1 quart</td>
<td></td>
<td>18 quarts</td>
</tr>
</tbody>
</table>

OPEN PAN CANNING (BOTTLING)

Prepare as for table use:

Fruit

Prepare by the rule on page 742:

Syrup for canning fruit

Add a small quantity of fruit to the boiling syrup, about enough for 1 jar. Boil the fruit until it is tender.* Boil small fruits slowly. Test the fruit with a straw or cake tester. Boil cherries for 5 minutes. If not stoned, prick cherries several times with a large pin. Have ready a hot sterilized jar with a sterilized rubber in place. Work quickly. Fill the jar with the fruit. Fill it to overflowing with boiling syrup. (You will save syrup if you place the jar in a small pan.) Run the handle of a sterilized spoon around the fruit to make the air bubbles rise. Wipe the top of the jar free from seeds, pulp, or syrup. Seal the jar at once tightly with a hot sterilized lid. Set the jars well apart on several thicknesses of cloth. Cool them as rapidly as possible. Avoid draughts that might crack the jars. Seal screw lids completely. Do not touch self-sealing lids again. Tighten other screw lids as the jars cool.

In cooking berries (except strawberries) wash them by putting them in a colander and dipping it up and down in water. Wash 1 quart at a time.
Pick them over. Add 1 to 2 cups sugar to 1 quart berries. Permit them to stand for about 2 hours. Cook them with as little stirring as possible for 20 minutes. Pack boiling hot into sterilized jars. Use sterilized rubbers and lids. Complete seal at once.

* Cook hard fruits (pineapple, some apples, quince, etc.) in boiling water until nearly tender. Drain them well. Finish cooking them in syrup. Use the water in which the fruit was cooked for the syrup.

**COLD PACK CANNING (BOTTLING)**

Prepare as directed on page 742:

**Fruit**

Pack it into hot sterilized jars with sterilized rubbers in place. Prepare:

_Syrup for canning (page 742)_

Pour the boiling syrup slowly over the fruit to within $\frac{1}{4}$ inch of the top. If fruit is canned with water, fill the jars to within $\frac{1}{2}$ inch of the top. Run the handle of a sterilized spoon around the fruit to make the air bubbles rise. Screw the lids down, but not too tightly. That is, complete the seal, then turn the screw lid back $\frac{1}{2}$ inch. Allow this very little leeway to permit the steam in the jar to escape and to avoid breakage. Exception: self-sealing jars. Seal these completely.

Process the jars at once in a hot-water bath, pressure canner, or by steaming them in an oven (pages 745 and below).

**HOT PACK CANNING (BOTTLING)**

By this method fruits or vegetables are precooked for a few minutes in an open pan. This causes the fruit or vegetable to shrink and eliminates blanching or dipping. Fruits are precooked in boiling syrup, vegetables in boiling water. See Charts (pages 747 and 750). Boil only 1 or 2 quarts at a time. Drop the fruit or vegetable gradually into the boiling liquid so as not to disturb the boiling point. Begin counting the time when all the fruit is immersed and the liquid boils freely again.

After cooking, drain the fruit or vegetable. Pack it at once into clean, hot jars with rubbers in place. Do not crowd the fruit. Fill jars of fruit to within $\frac{1}{4}$ inch of the top with hot syrup. Seal the jars only partially, that is, complete the seal, then turn the lid back to loosen it $\frac{1}{2}$ inch. Seal self-sealing jars completely. Process immediately in a pressure canner, hot-water bath, or oven. (See pages 745 and below.)

**THE HOT-WATER BATH**

A wash boiler is good for this purpose. Any large, deep pan with straight sides may be used. Pack jars and seal them as directed for the Cold Pack or Hot Pack Method.

There is a rack made for the purpose of processing jars, but if you have none place a wire cake cooler, a wooden rack, or similar utensil in the bottom of the boiler so that the jars will be sufficiently elevated to permit the water to circulate beneath them. Partially fill the boiler with boiling water. Place the jars in it, leaving a 2-inch space between them to allow
the water to circulate freely. Cover the jars well with boiling water. Place a cloth over the top of the boiler before adjusting the lid to keep in the steam. Bring the water to the boiling point and allow the time given in the chart (page 747) from that moment on. Keep the water (which must at all times cover the jars) at the boiling point. Remove the jars, place them on several thicknesses of cloth. Immediately upon taking the jars from the hot-water bath seal them completely. Tighten the lids again as the jars cool. Exception: self-sealing lids. Do not touch these. Place jars on several thicknesses of cloth. Cool the jars quickly, avoid draughts. Test jars when cold for leakage (see below).

Oven Steaming or Processing

Seal jars completely, then turn back top ½ inch. Seal self-sealing lids completely. Place the jars 2 inches apart in a shallow pan of warm water on the centre rack of an oven preheated to 275°. See chart (page 747). Do not permit the heat to fluctuate. Keep the temperature even. Immediately upon taking the jars from the oven seal them tightly. Tighten the lids again as the jars cool. Exception: self-sealing lids. Do not touch these. Place jars on several thicknesses of cloth. Cool the jars quickly, avoid draughts. Test jars when cold for leakage (see below).

Pressure Canning

Place filled jars on the rack of the pressure canner containing boiling water to the level of the rack. If jars are to be processed more than 30 minutes a little more water will be required. Do not crowd the jars; leave a space of 2 inches between them to allow the steam to circulate. Clamp the cover into place. Keep the pet cock open until all air has been forced out of the container (until the steam escapes from it in a steady stream for 4 to 7 minutes). Close the cock. When the required pressure is reached begin counting the time given in the charts (pages 747, 750) for processing the product. Adjust the heat to keep the pressure at a uniform level. This is important. At the end of the processing period remove the pressure canner at once from the heat. Permit the gauge to drop to zero and to remain there for 2 minutes before opening the pet cock slowly. Remove the cover. Remove the jars and complete the seal. This is unnecessary when patent lids are used. Do not touch these. Place the jars on several thicknesses of cloth. Keep the jars well apart and away from draughts to avoid breakage. Cool them quickly. When cold test them for leakage (see below).

Head Space in Jars

Head space in jars is measured by placing a pencil or other thin straight object across the top of the jar. Fill the packed food to within 1 inch of the top, cover it with liquid as directed in these rules.

To Test Jars for Leakage

Containers calling for rubber rings should be permitted to cool. They are then placed upside-down and tested for leakage. Do not invert jars
CANNING

sealed with self-sealing lids (lacquered metal tops). These should be tapped with a spoon. If the sound has a clear ringing tone the jar is well sealed. If the note is dull a good seal has not been formed. Keep jars in a cool place for ten days. Test them again during this time. Reprocess them if necessary.

REPROCESSING JARS

If jars show any sign of leakage they should be opened and the contents should be examined. If the lid is imperfect use another sterilized lid. If the jar is imperfect, heat the food and repack it in a sterilized jar. If the cover is perfect but the rubber imperfect, replace it with a new hot rubber. In any case, reprocess the jar for 10 minutes. In case of a bulging rubber press it back into shape while the jar is still hot. If the jar, when inverted, still leaks use a new hot rubber and reprocess the food for 10 minutes. The food, if reprocessed, will be over-cooked. To avoid this, it is better to serve it at once.

SPOILAGE

Inspect every jar opened carefully. With glass jars there should be no bulging of the rubber and no signs of leakage. The odour should be characteristic of the product. Any different odour probably indicates spoilage. There should be no outburst of air or spurtling of liquid. If botulinus bacteria have not been destroyed in the canning process they may grow later and produce a toxin in the food. Never taste a doubtful product; burn it at once.

Important Note:

The Steam Pressure Canner is recommended by the U.S. Department of Agriculture and Extension Service for processing non-acid vegetables. It also recommends: ‘Boil 10 minutes all canned vegetables before serving or tasting.’
# Time-table for Canning (Bottling) Fruits

These rules are for pint and quart jars. Please read the rules for filling and sealing jars to be processed by these methods.

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>Preparation for Processing (For Cold or Hot Pack Method see page 744)</th>
<th>Processing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>APPLES</td>
<td>Pare, core, quarter. To avoid shrinkage, steam or precook * in thin boiling syrup for 5 minutes. Pack in jars and cover with thin boiling syrup. Process at once for: Or can by the Open Pan Method (page 743). Apples may be prepared as apple sauce and canned while very hot. Process at once for:</td>
<td>In Hot-water Bath</td>
</tr>
<tr>
<td>APRICOTS</td>
<td>Wash, halve, stone or leave whole, pack in jars and cover with thin boiling syrup. Process at once for: Or can by the Open Pan Method (page 743).</td>
<td>20 minutes</td>
</tr>
<tr>
<td>BERRIES (See Strawberries below)</td>
<td>Pick over, wash, hull. Pack in sterilized jars. Cover with boiling syrup. Process at once for:</td>
<td>20 minutes</td>
</tr>
<tr>
<td>CHERRIES</td>
<td>Wash, stem, and if not stoned prick with a pin. Pack into jars, cover with medium or thick boiling syrup. Process at once for: Or wash, stem, and stone cherries, add sugar as needed, bring to the boiling point, boil 5 minutes and pack while hot into jars. Process at once for: Or can by the Open Pan Method (page 743).</td>
<td>25 minutes</td>
</tr>
<tr>
<td>FRUIT JUICES</td>
<td>Crush ripe fruit (stone cherries). Heat slowly to simmering point. Strain. Add sugar and water to taste, both optional. Heat juice. Pour into hot jars. Seal it (see Hot-water Bath, page 744). Process at once for: If to be made into jelly later do not add sugar at this time.</td>
<td>30 minutes</td>
</tr>
<tr>
<td>PEACHES</td>
<td>Pare, halve, pack in jars, cover with boiling medium syrup. Process at once for: Or pare, halve, or leave whole and can by the Open Pan Method (page 743).</td>
<td>35 minutes</td>
</tr>
<tr>
<td>PEARS</td>
<td>Pare, cut in halves, and core. (If pears are small and firm they may be pared and canned whole with stems.) Prepare thin boiling syrup, add about 1 quart of pears at a time. Boil from 4 to 8 minutes. Pack at once into jars. Add syrup. Process at once for: Or can by the Open Pan Method (page 743).</td>
<td>50 minutes</td>
</tr>
<tr>
<td>PINE-APPLE</td>
<td>Peel, remove eyes, cut fruit into cubes. Pack into jars, cover with boiling thin syrup. Process at once for: Or can by the Open Pan Method (page 743), boiling the fruit for 20 minutes.</td>
<td>50 minutes</td>
</tr>
<tr>
<td>PLUMS</td>
<td>Wash, prick, pack in jars, cover with boiling medium syrup. Process at once for: Or can by the Open Pan Method (page 743).</td>
<td>20 minutes</td>
</tr>
<tr>
<td>RUBARB</td>
<td>Wash, cut into small pieces. Pack in jars, cover with boiling thin syrup. Process at once for: Or can by the Cold-water Method (page 748).</td>
<td>16 minutes</td>
</tr>
<tr>
<td>STRAW-BERRIES</td>
<td>Wash, stem, add sugar (1 cupful to 1 quart). Permit them to stand for 4 hours. Simmer for 5 minutes. Fill jars, seal. Process at once for: Or can by the Open Pan Method (page 743). Add sugar, permit berries to stand 12 hours. Boil them for 10 minutes. Pack and seal.</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>

In this chart directions for processing in boiling water are for an altitude of 1,000 feet or less. For altitudes above 1,000 feet the time for processing should be increased 10 per cent for each additional 1,000 feet.

* Place the fruit in boiling syrup. Begin to count the time when the syrup boils again.
CANNED HUCKLEBERRIES
(WHORTLEBERRIES or
BILBERRIES)
(without sugar)

Pick over, then wash:

Huckleberries
Place them in a pan 1 quart at a time
with 1/2 cup of water. Sprinkle them
with:

1/2 teaspoon salt
Cook the berries until they are soft.
Stir them from time to time. Fill hot
sterilized jars to overflowing. Seal
them partially. Process the berries for
5 minutes in a hot water bath. Seal
them completely.

CANNING

GRAPE JUICE

Pick over, then wash:

Ripe grapes
Pick them from the stem. Heat
sterilized quart jars. Put sterilized
rubbers in place. Place in each jar:

1 cup grapes
1/4 cup sugar
Fill the jars to overflowing with boiling
water. Place sterilized lids on the jars.
Seal them at once. Cool. Invert the
jars for several hours. Store them in a
cool place for 6 weeks. Strain the juice.

COLD WATER CANNING (BOTTLING)

Rhubarb, Gooseberries,
Cranberries

Pare and cut into small pieces:
Young tender rhubarb
Pack it in a sterilized fruit jar.
Place the jar under a cold water tap.
Let the water run for 20 minutes, or
pack the rhubarb and cover it with cold
water. After 10 minutes drain off the
water. Fill the jar to overflowing with
fresh cold water. Adjust the sterilized
rubber and lid. Screw the lid down
tightly.

Gooseberries and cranberries may be
canned by this rule.

CANNING (BOTTLING) OF VEGETABLES

Successful canning calls for fresh, young, tender vegetables. Have them
as freshly picked as possible, look them over carefully for imperfections,
discard all that are not sound and wash or scrub the rest thoroughly until
they are free from soil. Can only a small amount at a time.

Tomatoes may be cooked by the Open Pan Method. See page 743.
All other non-acid vegetables must be either blanched or precooked
and processed in a pressure canner. See the chart on page 730. The
object of blanching is to shrink the vegetables.

To blanch vegetables use a wire basket or a large colander and a large
pan. Prepare the vegetables for canning. Boil the water in the pan.
Place about 4 cupfuls or less of vegetables in the basket or colander; immerse
them in the boiling water. Cook them uncovered. Count the time given
on the chart for blanching from the moment the water boils again after
the vegetables have been immersed. See that the vegetables are scalded
evenly. Spinach and other greens should be steamed until wilted.

To precook vegetables, drop them, a quart at a time, into boiling water.
Drain the vegetables. Have in readiness clean hot jars with clean rubbers
in place and clean hot lids. Fill only as many containers as will fit into
the pressure cooker at one time. Pack the vegetables evenly and attractively
into the jars. Do not crowd or press them. You may shake the jars to
get a good pack. Since corn, peas, and shell beans are apt to swell, allow
about 1 inch space between the liquid and the top for this. Spinach and
other greens are apt to shrink. Press them down lightly and cut through them several times with a knife. Cover all vegetables, except those noted above, with boiling water (or with the water in which they are blanched or cooked) to within ¼ inch of the top. Add ½ teaspoonful of salt to 1 quart of vegetables and water—½ teaspoonful to a pint. Work quickly. Vegetables and water should be boiling hot. Adjust the lids, screw them down tightly. Allow as short a time as possible between packing and processing. See Pressure Canning (page 745).

### Approximate Yield of Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Weight</th>
<th>Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>3 lb.</td>
<td>1 quart</td>
</tr>
<tr>
<td>Beans, Lima</td>
<td>2 lb.</td>
<td>1 quart</td>
</tr>
<tr>
<td>Beans, String</td>
<td>1 ½ lb.</td>
<td>1 quart</td>
</tr>
<tr>
<td>Beets, Baby</td>
<td>2 ½ to 3 lb.</td>
<td>1 quart</td>
</tr>
<tr>
<td>Corn on the Cob</td>
<td>6 to 8 small ears</td>
<td>1 quart</td>
</tr>
<tr>
<td>Greens, Spinach, etc.</td>
<td>2 ½ to 3 lb.</td>
<td>1 quart</td>
</tr>
<tr>
<td>Peas, Green, Shelled</td>
<td>4 lb.</td>
<td>1 quart</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>3 lb.</td>
<td>1 quart</td>
</tr>
</tbody>
</table>

### Tomatoes Canned (Bottled) by the Open Pan Method

Wash:

*Firm tomatoes*

Dip them in boiling water, 4 to 6 at a time. As soon as the skins are loose remove the tomatoes. Put them in cold water. Core, stem, and peel the tomatoes. They may be cut into pieces. Place them in an open pan. Season them with:

*Salt (about 1 teaspoonful of salt to 4 cupfuls of tomatoes)*

Bring them very slowly to the boiling point. Stir them frequently to keep them from sticking to the bottom. Cook them for ½ hour. Fill hot sterilized jars, with scalded rubbers in place. Wipe rubbers free of seeds and juice. Seal the jars at once with sterilized lids.
TIME-TABLE FOR CANNING (BOTTLING) VEGETABLES

Please read rules on page 748 for canning vegetables

<table>
<thead>
<tr>
<th>VEGETABLES *</th>
<th>Preparation for Steaming in Pressure Canner</th>
<th>Processing Time in Pressure Canner</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASPARAGUS</td>
<td>Wash, scrape, and tie asparagus in bunches, or cut into 1-inch pieces. Drop 1 quart at a time into boiling water. Keep tips above water. Boll 5 minutes. Pack at once in hot jars. Add boiling liquid to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>40 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>BEANS, STRING</td>
<td>Wash and string beans. Drop 1 quart at a time into boiling water to cover. When water is again boiling pack at once loosely in hot jars. Add boiling liquid to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>45 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>BEANS, LIMA</td>
<td>Wash, shell, precocook * for 5 minutes. Pack loosely to within 1 inch of the top in clean hot jars. Add boiling liquid to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>60 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>BEETS, YOUNG</td>
<td>Leave ½ inch of the root and the stem. Seal in boiling water until skins slip. Peel and pack at once in hot jars. Add liquid to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>40 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>BROCCOLI, BRUSSELS SPROUTS</td>
<td>Wash, remove coarse leaves and stems. Precocook for 5 minutes. Pack at once into hot jars. Fill jars with fresh boiling water to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>40 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>CARROTS, YOUNG</td>
<td>Wash, precocook for 5 minutes. Skin, slice, or leave whole. Pack at once into hot jars. Add boiling liquid to within 1 inch of the top. Season.* Seal. Process at once for:</td>
<td>40 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>CORN, WHOLE KERNEL</td>
<td>Cut from the cob as closely as possible. Do not scrape cobs. Weigh. Add half as much boiling water by weight. Heat to boiling point. Pack at once in hot jars. Add boiling liquid to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>75 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>CORN, CREAM STYLE</td>
<td>Cut from the cob with a shallow cut. Scrape cobs with the back of a knife. Follow the rule for whole-kernel corn. Process at once for:</td>
<td>75 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>CORN ON THE COB</td>
<td>Drop ears into boiling water. Precocook † for 5 minutes. Pack at once into hot jars. Add boiling liquid to within 1 inch of the top. Season.* Seal. Process at once for:</td>
<td>80 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>MUSHROOMS</td>
<td>Wash thoroughly. Peel mature mushrooms. Drop into boiling water containing 1 tablespoon vinegar and 1 teaspoon salt per quart. Drain. Pack into hot jars. Cover with fresh boiling water to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>35 minutes at 10 pounds pressure</td>
</tr>
<tr>
<td>PEAS</td>
<td>Shell peas. Precocook † for 5 minutes. Pack loosely, while hot, into hot jars. Add boiling liquid to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>1 hour at 10 pounds pressure</td>
</tr>
<tr>
<td>POTATOES, NEW, WHITE</td>
<td>Wash, precocook † for 5 minutes. Skin, remove eyes. Pack while hot. Add boiling liquid to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>70 minutes at 15 pounds pressure</td>
</tr>
<tr>
<td>SPINACH or GREENS</td>
<td>Wash thoroughly. Steam in small quantities (about 2 pounds) until thoroughly wilted. Pack while hot. See Canning of Vegetables (page 748). Cut through several times with a knife. Cover with boiling liquid to within ½ inch of the top. Season.* Seal. Process at once for:</td>
<td>65 minutes at 15 pounds pressure</td>
</tr>
</tbody>
</table>

* Allow 1 teaspoonful of salt to each quart of vegetables, ½ teaspoonful to each pint.
† To precocook, see page 748.
**VEGETABLES**

<table>
<thead>
<tr>
<th>Processing</th>
<th>Processing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time in</td>
<td>Time in</td>
</tr>
<tr>
<td>Oven Heated</td>
<td>Hot Water</td>
</tr>
<tr>
<td>45 minutes</td>
<td>25 minutes</td>
</tr>
</tbody>
</table>

*Allow 1 teaspoonful of salt to each quart of vegetables, ½ teaspoonful to each pint.

**CANNED VEGETABLES for SOUP**

Prepare as you would for the table:
- Corn
- Carrots
- String beans
- Celery
- Onions
- Butter beans
- Skinned tomatoes, etc.

Add a small amount of water and bring them to the boiling point. Fill clean hot jars with the vegetables. Use new scalded rubbers. Add to each quart jar:
- 1 teaspoon of salt

Fill the jars to overflowing with the hot stock or with boiling water. Adjust hot lids tightly. Process the vegetables in a pressure cooker for 80 minutes at 10 pounds of steam.

**SOUP STOCK HOME-CANNED**

Prepare as you would for table use:
- Broth or Soup

Strain the stock. Reheat it. Place it in clean hot jars to within ¼ inch of the top. Seal them completely. Process the jars at once in a pressure canner at 15 pounds of steam for 45 minutes.

**TOMATO SOUP HOME-CANNED**

Wash, then cut up:
- 14 quarts ripe tomatoes
- 7 medium-sized onions
- 1 or 2 stalks celery with some leaves
- 12 sprigs of parsley
- 2 bay leaves

Simmer these ingredients until the vegetables are tender. Put them through a sieve.

Melt:
- ½ cup butter

Stir in:
- ½ cup flour

Thin these ingredients by adding:
- 3 cups tomato juice

Stir slowly into the boiling soup. Season with:
- 4 tablespoons salt
- ½ cup sugar
- 1½ teaspoons pepper

If necessary, sieve the soup a second time. Fill clean hot jars to within ¼ inch of the top. Seal them completely if self-sealing tops are used. Seal other lids completely, then turn back the lids ¼ inch. Process at once in a hot-water bath (page 744) for 15 minutes. Complete seal unless self-sealing lids are used. Do not touch these. Cool the jars quickly; avoid draughts.

**TOMATO PURÉE**

Wash thoroughly, then cut up:
- 6½ pounds tomatoes
- 3 stalks celery with leaves
- 3 sweet green peppers, seeded
- 1 onion, peeled

Simmer these ingredients until they are very soft. Put them through a sieve. Season them mildly with:
- Salt
- Pepper

Reheat the purée, place it in clean hot jars. Seal the jars. Process at once in a pressure canner at 5 pounds of steam for 10 minutes; in a hot-water bath for 35 minutes; or in an oven 225° for 75 minutes. Seal the jars as directed according to the manner in which they are to be processed (pages 743-5).
CANNING

TOMATO JUICE
Wash and cut into small pieces:
Ripe tomatoes
Simmer them (about 4 cupfuls at a time) long enough to have the juice flow freely. Put them through a fine sieve. Allow to 1 quart of tomato juice:
1 teaspoon salt
Vegetables suitable for soup may be cooked with the tomatoes, such as onions, carrots, celery with tops, etc. You may also add:
Bay leaf, herbs, etc.*
Bring the strained juice to the boiling point. Fill sterilized jars (sterilized rubber rings in place) to overflowing. Seal them at once.
* As spices discolour the juice it is better to add them before serving, rather than at this time.

ITALIAN TOMATO PASTE
This flavourful paste is diluted in a little boiling water and added to sauces and soups. Fine in spaghetti and noodle dishes and as a dressing for cooked vegetables, salads, etc.
Wash and cut into slices:
14 pecks (6 quarts) ripe tomatoes
Add:
3 teaspoons salt
You may add:
1 large head of celery cut up with some leaves
1 cup onion chopped
1 clove of garlic minced (optional)
3 tablespoons fresh herbs or
1 tablespoon dried herbs
1 teaspoon peppercorns
12 cloves
1 2-inch stick of cinnamon
Simmer these ingredients until the tomatoes are soft. Stir frequently. Put the vegetables through a fine sieve. Simmer the pulp over hot water or simmer it over direct heat with some means of protecting it from the bottom, asbestos plate, etc. Stir it frequently as it burns easily. After several hours, when the pulp is thick and reduced by about one-half, spread the paste to the depth of 1/4 inch on moist plates. Cut into the paste to permit the air to penetrate. Place the paste in the sun to dry, or dry it in a slow oven 250°. When the paste is dry enough to roll, roll it into balls. The balls may be dipped in salad oil. Store them in air-tight jars or store the paste in layers in a tin box with waxed paper between the layers.

SAUERKRAUT
Large quantities
I.
Remove the outer leaves of:
Firm cabbages
Quarter, core (discard the core), then shred the rest. Weigh it. Place the shredded cabbage in an earthenware crock in layers with:
1 cup of salt to every 10 pounds of cabbage
Use a container large enough to permit the cabbage to ferment and rise without overflowing.
Press the cabbage with a wooden spoon or potato masher until it is bruised. Pack it down well. Cover it with a cloth, a plate, and a weight. Keep it at 85°. The scum must be removed every day until the cabbage is cured. See that the cabbage is covered with juice. If it is not, pack it down. The period of curing depends upon the temperature, from 1 to 3 weeks. Taste the cabbage when it stops fermenting. If it tastes sour it is ready to be placed in containers. Pack it tightly, cover it with juice, seal the containers. Sauerkraut may be processed in a hot-water bath in a 275° oven for 30 minutes.

Small quantities
II.
Pack tightly into quart jars to within 1 inch of the top:
Shredded cabbage
Add to each quart:
3 scant teaspoons salt
Partly seal the jars. If packed closely the juice will nearly fill the jar. The sauerkraut should be kept at a temperature of 84°. It is cured in 6 weeks. After fermentation ceases the lids should be tightly sealed.
SUCCESSFUL CANNING (BOTTLING)

To sum up the ‘musts’ and the ‘don’ts’ of successful canning read the following instructions:

Sterilize all utensils.
Use good rubbers.
Use jars that seal perfectly.
Pack jars quickly.
Have the food as hot as possible, the liquid boiling.
Pack food evenly.
Shake the jars but do not crowd the contents or press them down.
The exception is greens. These may be pressed lightly. Cut through them several times with a knife to permit the heat to penetrate the centre.
Process the jars at once.
Before sealing, wipe rubbers, free them from seeds, syrup, or juice.
Follow the chart for the correct time for processing.
Immediately after processing, tighten all except self-sealing lids.
Cool the jars quickly.
Do not invert them.
Avoid draughts that may crack them.
When cool, test the jars (see page 743).
Store jars in a cool, preferably dark place.

If the liquid evaporates in the jar the quality of the food will not be affected although the appearance may. This may be caused by uneven temperature, packing the food too closely, or the food may not have been blanched enough to cause the desired shrinkage. Do not open jars to refill them.

There should be little risk of botulinus poison in food processed in a pressure canner. Non-acid vegetables (all vegetables except the tomato, which is really a fruit) are best canned in this way. The liquid in the jars should be clear and the food firm and free from mould. There should be no outburst of air or spurting of liquid. If the liquid is clouded and the odour bad, destroy the product.

Caution: Never taste canned products if you are in any doubt whatever as to their quality. Botulinus poison is powerful—do not trifle with it. All vegetables canned at home should be boiled for 10 minutes in an open vessel before tasting or using.

Keep all vegetable juices for use in stock (page 377) or soup (page 36).
CANDIES AND CONFECTIONS

Rule for making Candy

Utensils:

Use a heavy aluminum pot and a wooden spoon. Choose a pot that is large enough to let the syrup boil up without running over—one that holds about four times as much as the ingredients used. Grease the edge of the pot to the depth of 2 inches with butter to prevent the syrup from boiling over.

A candy thermometer is a great help in candy making. Test it. When water boils it should register 212°. To avoid breakage, place it in lukewarm water and heat it gradually before immersing it in the hot syrup. Clean it by placing it in warm water.

To prevent candy from sugaring add 2 or more tablespoonfuls of glucose to any recipe.

Cooking:

Cook candies by stirring them over slow heat until the sugar is dissolved. Cover the pan for the first 3 minutes of boiling; the steam will prevent crystals from forming on the sides of the pan. Or wipe away the crystals that may form on the sides of the pan with a dampened pastry brush or with a wet cloth wrapped around the tines of a fork.

Fondant, candies calling for water, and hard candies are then cooked, without stirring, over rapid heat. This makes the latter crisp and brilliant. Remove the syrup gently from the fire and permit it to 'settle' for a minute or two before pouring it.

Candies that call for butter, cream, milk, chocolate, or molasses are apt to burn if not stirred while cooking. Dissolve the ingredients for these candies over quick heat. Cook them slowly after they reach the boiling point. Do not beat candies until they are cool—almost cold.

Drop butter and flavouring on the surface. Beat them in later. If candy curdles while cooking, do not be alarmed, it will probably become smooth when it is beaten. You may add water to sugared candy and boil it again.

Degrees:

Thread stage—238°. (When syrup dropped from a spoon spins a thread of 3 inches.)

Soft ball stage—approximately 238°.

Firm ball stage—approximately 244 to 250°.

Hard ball stage—270 to 290°.

Crack stage—290 to 310°.

If you have no candy thermometer have a cup of cold water in readiness. Drop a very little of the boiling syrup into it. When the syrup can be gathered up in the fingers into a soft ball that will almost hold its shape it has reached the soft ball stage—238°. When the syrup can be gathered up in the fingers into a ball that will hold its shape it has reached the firm
CANDIES AND CONFECTIONS

ball stage—250°. When the syrup becomes firm and cracks when knocked against the side of the cup it has reached the crack or hard ball stage—290°.

Oiling:
Oil pans or slabs that are to be used for all candy, except fondant, with olive oil. Use a brush to spread it. Do not at any time oil marble that is to be used for fondant. Moisten it with water.

Pulling:
When pulling candy dip the hands frequently in cold water. If gloves are used, grease them lightly and dip them in flour. A candy hook is a great help when pulling large quantities of candy. It should be placed on a level with the eyes.

Weather Conditions:
The weather is a big factor in candy making. It is impossible to make good hard candies in a moist, hot atmosphere. They become sticky, then sugary. It is advisable to take this into consideration when making all candies and to cook them to 2° higher than in dry, cold weather.

Dipping:
This is best done in a room that is about 65° in temperature. Melt chocolate for dipping at a very low heat.

Wrapping:
Wrap candies in small squares of waxed paper. Store them in tin boxes.

Beating Candy Mixtures with an Electric Mixer:
Pour the cooked candy mixtures, while hot, into a large bowl. Add the butter and the flavouring. Beat the candy at high speed. Add the nuts and pour the candy on to oiled dishes.

COOKED FONDANT
Stir in a saucepan over slow heat until dissolved:
3 cups sugar
1 cup cold water
Wipe the sides of the pan with a damp pastry brush or a damp cloth wrapped around the tines of a fork, so that no sugar will adhere to it. Cook these ingredients quickly, without stirring, to the soft ball stage 238° (see above). Add, if desired, a little:
Colouring
Pour the syrup on to a marble slab, a buttered enamelled table top or large dish. Use only what will pour; do not scrape the pan. When thoroughly cool stir the syrup with a spatula or fork. Always work from the edges to the centre. When the syrup begins to cream knead it well with the hands. Cover it with a damp cloth and permit it to stand for 10 minutes before using it.

The fondant may be set aside in an air-tight container (sealed jar, tin box, etc.) in a cold place where it will keep fresh for a long time.
Flavour the fondant as you use it with:
Peppermint
Almond
Wintergreen
An inexperienced candy maker may make sure of her results by adding to the boiling syrup:
1 teaspoon cream of tartar

CREAMY FONDANT
A soft melting fondant.
Place in a saucepan:
2 cups sugar
1 cup water
1 teaspoon glycerine
1 tablespoon golden syrup, or glucose
Stir these ingredients until the sugar is thoroughly dissolved. Place the pan over slow heat. When the mixture begins to boil cover it so that the steam will wash down any crystals that may form on the side of the pan. Cook the syrup for 3 minutes. Remove the cover. Continue cooking the syrup until it reaches the soft ball stage 238° (page 754). Remove it gently from the fire. Pour it on to a wet slab or platter. Cool the syrup until it is lukewarm. Spread over it with a spatula:

1 well-beaten egg white

Follow the preceding rule for Cooked Fondant to work and shape it. Dip the fondant in:

Chocolate Coating (page 767)
This must be done at once as the egg white causes this fondant to soften quickly.

ALMOND PASTE AND MARZIPAN

About 2 pounds
In some parts of Europe this confection is traditional at Christmas time. It is moulded into fancy shapes and frequently into flat cakes that are pie-shaped and elaborately decorated. A thin wedge is served a visitor together with a glass of dessert wine.

Blanch:

1 pound almonds
Grind them. All my other rules for grinding almonds read: 'Put through a nut mill.' This is the only rule that says: 'Put them through a mincing machine.' This time you want the nuts to be oily. Use the finest knife and grind the almonds at least 4 times.

Cook just past the thread stage—240°:

2 cups sugar
1 cup water
Add the grated almonds and:

6 to 8 tablespoons orange juice
A few drops of rose water,*

Stir these ingredients until they are thoroughly blended and creamy. Knead them toward the end. Flatten them out on a hard surface dusted with icing sugar. Permit the paste to cool. Pack it in a closely covered tin or in a fruit jar. Permit it to ripen from 6 to 8 days.

Marzipan:
Whip until fluffy:

1 egg white

Work in gradually:

1 cup almond paste

Add:

Icing sugar
until it makes a paste that is easy to handle. Should it become too thick, work in drop by drop:

Lemon juice
Knead the paste. Mould it into any desired shape. Use a pastry brush to colour it, if you wish, with a little diluted colouring, or you may roll it in:

Equal parts of cocoa and powdered sugar
Wrap each piece separately in waxed paper. Store the marzipan closely covered in a cool place. It dries out easily.

* Rose water is a highly desirable addition to almond paste as it is its traditional flavour. Other flavours may be substituted.

CHOCOLATE-COATED FONDANT BALLS
(Uncooked Fondant)

Tempting, opulent-looking—not for reducers. This candy is the specialty of a very clever hostess, whose parties seem incomplete without them. Her son calls them 'knockout drops' because he once indulged in thirteen and suffered the consequences.

Beat until soft:

1/4 cup butter
Add very slowly and cream until very light:

1 pound fine icing sugar
Add:

4 tablespoons rich, thick cream
1 scant teaspoon vanilla
Work the fondant well with the hands and shape it into 1/4-inch balls.* To roll the balls use about:

1/4 pound icing sugar
Place the balls on waxed paper in the refrigerator until they are hard. Follow the rule on page 767 for:

Chocolate Coating
Cool it slightly. Dip the balls into the
chocolate coating with a fork. Place them on waxed paper. Permit them to harden. Place the balls in a closed fruit jar in the refrigerator until ready to serve them.

* A maraschino cherry, drained and wiped dry, a piece of date or fig, a few raisins or nuts or a bit of candied fruit may be rolled into the centre of the balls.

**BUTTER CREAM FONDANT**

Follow the preceding rule for the fondant part of Chocolate-coated Fondant Balls.

**UNCOOKED FONDANT**

Beat until well blended:

- 1 egg white
- 1 tablespoon cold water and 2 tablespoons evaporated milk or 3 tablespoons cream
- 1 teaspoon vanilla or a few drops of peppermint or wintergreen

Add very slowly until the fondant is thick enough to knead. Sifted icing sugar

Knead and work it until it is smooth.* Cover it with a damp cloth and permit it to stand for 1 hour before using it. It may be set aside in a sealed jar in a cool place and used when desired.

* A very little colouring matter may be added.

**MAPLE WALNUT CREAMS**

(MAPLE FONDANT, uncooked)

Combine and stir:

- 1 egg white
- 2 tablespoons evaporated milk
- 1 teaspoon maple extract

Work in sufficient:

Icing sugar

to make a firm creamy fondant. Work in:

- 1 cup chopped walnuts

Press the candy into a buttered tin. Mark it into squares. Let it ripen for 24 hours. Break it into pieces.

**PATIENCE CANDY (CARAMEL FONDANT)**

Stir over slow heat until the sugar is dissolved:

- 1 cup sugar
- 3/4 cup milk
- 1/4 cup butter

Permit these ingredients to boil very slowly without stirring. Meanwhile melt in a frying-pan without stirring:

- 1 cup sugar

When the sugar is a light brown, stir it very slowly into the boiling syrup. Cook the candy to the soft ball stage 238° (page 754).* Cool it. Beat it until it is creamy. Pour it into a pan and mark it into squares or form the candy into small balls. Place them between:

Nuts

or use the fondant as a filling for:

Dates or figs

This fondant may be dipped in:

Chocolate Coating (page 767)

* At this time, beat in, if desired:

12 or more marshmallows cut into quarters

**NEWMINT CREAMS**

Stir over slow heat until the sugar is dissolved:

- 3/4 cup golden syrup
- 2 cups brown sugar
- 6 tablespoons hot water

Cook these ingredients quickly, without stirring, to the thread stage 238° (page 754). Whip until stiff:

- 1 egg white
- A few grains of salt

Pour the syrup slowly on to the egg white. Whip constantly. Add:

- 1 teaspoon vanilla
- 1 1/2 cups nuts

When you can no longer stir the candy flatten it out on a greased tin. When it is cold cut it into squares.

**ALMOND CREAMS**

Blanch and toast lightly:

Almonds

Cover them with:

Cooked Fondant (page 755) or Uncooked Fondant (page 756)

Dip them at once in:

Chocolate Coating (page 767)

Place them on waxed paper to dry.
CANDIES AND CONFECTIONS

OPERA CREAMS
Place in a saucepan and stir until the sugar is dissolved:
2 cups sugar
\( \frac{1}{2} \) cup rich cream
1 cup milk
2 tablespoons golden syrup
\( \frac{1}{2} \) teaspoon salt
Cook and stir these ingredients over slow heat to the soft ball stage 238°. Remove them from the fire. Cool them. Add:
1 teaspoon vanilla
Beat the mixture until it is creamy. Add:
1 cup pecans
1 cup English walnuts
Pour the candy into a buttered pan. When it is cold cut it into squares. Place it in an air-tight container. This candy improves with age.

PEPPERMINT CREAMS
Stir over slow heat until the sugar is dissolved:
2 cups sugar
\( \frac{1}{2} \) cup golden syrup
\( \frac{1}{2} \) cup milk
\( \frac{1}{2} \) teaspoon cream of tartar
Cook and stir these ingredients slowly to the soft ball stage 238° (page 754). Remove them from the fire. Cool them slightly. Beat the candy until it is creamy. Flavour it with:
\( \frac{1}{2} \) teaspoon peppermint
Colour it lightly as desired. Drop it from a teaspoon on to waxed paper.

PEPPERMINT DROPS
Stir over slow heat until the sugar is dissolved:
2 cups sugar
\( \frac{1}{2} \) cup cold water
\( \frac{1}{2} \) teaspoon cream of tartar
Cook these ingredients quickly, without stirring, to the soft ball stage 238° (page 754). Remove them from the fire. Permit them to stand for 2 minutes. Add:
8 to 12 drops oil of peppermint
Beat the candy until it becomes creamy and begins to cool. Drop it from the side of a teaspoon on to waxed paper.

CHOCOLATE FUDGE I
This makes the best fudge imaginable—rich, soft, and creamy. As the ingredients used do not differ materially from dozens of other fudge recipes, the manner of making it is undoubtedly responsible for the success. When you eat this observe the feed limit.
Stir over slow heat until the sugar is dissolved:
2 cups sugar
\( \frac{1}{2} \) cup Drostès’s cocoa *
\( \frac{1}{2} \) cup milk
Cook these ingredients very, very slowly to the soft ball stage 238° (page 754). Do not stir them, unless they threaten to burn, after they reach the boiling point. Remove the saucepan from the fire and add, without stirring:
2 tablespoons butter
Cool the syrup. ** If in haste, place the pan in cold water. When the syrup is nearly cold, add:
1 teaspoon vanilla
Beat the syrup until it is creamy. Grease a dish lightly with:
Butter
When the syrup thickens, just before it is ready to pour on to the dish, add:
1 cup broken nuts
(Black walnuts or grated coco-nut are sometimes a welcome change.) Pour the candy on to the dish. Cut it into squares before it hardens.
* Six tablespoons cocoa of any kind may be substituted for the expensive but delicious Drostès’s.
** Do not be disturbed if the butter fails to combine with the syrup. Time enough to beat it in later.

CHOCOLATE FUDGE II
Stir over quick heat until the sugar is dissolved:
2 ounces chocolate
2 cups sugar *
1 teaspoon salt
\( \frac{1}{2} \) cup rich milk
2 tablespoons golden syrup (optional)
Cook the syrup slowly to the soft ball stage 238° (page 754). Stir it frequently. Remove it from fire. Add:
2 tablespoons butter
CANDIES AND CONFECTIONS

Cool the candy slightly. Beat it until it begins to harden. Add:

1 teaspoon vanilla
1 cup broken nuts (optional)
Pour it on to an oiled dish. Cut it into squares before it hardens.

* 1 1/2 cups of this may be brown sugar.

BROWN SUGAR FUDGE
Follow the preceding rule for:
Chocolate Fudge II
Omit the chocolate. Substitute for white sugar:
Brown sugar

COFFEE FUDGE
Stir over slow heat until the sugar is dissolved:
2 cups sugar
1 cup strong coffee
1 tablespoon butter
1/2 teaspoon salt
1/2 teaspoon cream of tartar
Boil these ingredients quickly, stirring them constantly, to the soft ball stage 238° (page 754). Remove the candy from the fire. Cool it slightly. Add:
1/2 teaspoon almond extract
Beat it until it begins to harden. Add:
1 cup broken pecans, hickory nuts, or filberts
Pour the candy on to an oiled dish.

RULE for MAKING CANDY with an ELECTRIC MIXER
Fudge, penuche, and similar mixtures that call for beating may be taken from the stove and placed at once in the large mixing bowl. Beat them at high speed until they are creamy (from 5 to 6 minutes).

CANDY PUDDING
Stir over quick heat until the sugar is dissolved:
5 cups light brown sugar
1/2 cup golden syrup
1 tablespoon butter
1/2 teaspoon salt
1 cup cream
1 cup water

Boil these ingredients slowly, stirring them constantly, to the soft ball stage 238° (page 754). Add:
1 pound almonds, blanched and shredded
1/2 pound figs, chopped
1 pound seeded raisins, chopped
Stir the candy well, remove it from the fire and beat it hard until it begins to cream. Roll it in a damp cloth. When it is cold and firm, cut it into pieces.

CHOCOLATE PECAN SQUARES
(With Sour Cream)
Stir over quick heat until the sugar is dissolved, then boil slowly, without stirring, to the soft ball stage 238° (page 754):
2 1/2 cups brown sugar
3 ounces chocolate
1 cup thick sour cream
Cool the candy. Beat it until it begins to harden. Add:
1 cup chopped pecans or walnuts
Pour these ingredients on to a buttered pan. When cool cut the candy into squares.

CHOCOLATE BALLS or TRUFFLES I
(With Condensed Milk)
Melt over hot water:
6 ounces milk chocolate
Add:
1/2 teaspoon cinnamon
1/4 teaspoons butter
When the butter is melted add:
A scant half-cup (1 cup less 1/4 teaspoonfuls) of Borden's Eagle Brand or Nestlé's Condensed Milk
1 teaspoon vanilla
Stir these ingredients until they are thoroughly blended. Pour the mixture on to a shallow dish and chill it for 2 hours or more. Form it into balls. Roll the balls in:
Decorettes (chocolate shot) or chopped nuts
Chill the candy until it is hard.
CANDIES AND CONFECTIONS

CHOCOLATE BALLS or TRUFFLES II
(With Evaporated Milk)
Melt in a double boiler:
\[ \frac{1}{4} \text{ pound cooking chocolate, cut in pieces} \]
Add:
\[ \frac{1}{4} \text{ cup evaporated milk} \]
\[ \frac{1}{4} \text{ teaspoon cinnamon} \]
Cook and stir these ingredients over boiling water for 15 minutes. Cool them. Shape the candy into balls. Roll them in:
Chocolate decorettes or chopped nuts

FRENCH TRUFFLES
Grate:
3 ounces chocolate
Work into it:
\[ \frac{1}{4} \text{ cup butter} \]
7 tablespoons icing sugar
Add to this:
2 tablespoons thick cream
Shape the candy into balls. Roll them in:
Granulated sugar or cocoa

CHOCOLATE BALLS with NUTS
Cook over a slow fire, stirring constantly, until thick:
\[ \frac{1}{2} \text{ egg yolk} \]
\[ \frac{1}{2} \text{ cup sugar} \]
2 tablespoons flour
\[ \frac{1}{2} \text{ cup milk} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
Remove these ingredients from the fire. Cool them. Melt in a separate saucepan:
\[ \frac{1}{2} \text{ pound sweet chocolate} \]
Cool it. Combine it with the egg mixture. Shape the candy into small balls. Roll them in:
Icing sugar
Place each ball between:
2 half walnuts or pecans

GINGER CANDY
We all have our favourite mixtures. This is mine.
Stir over quick heat until the sugar is dissolved:

2 cups white sugar
1 cup brown sugar
\[ \frac{1}{4} \text{ cup milk} \]
2 tablespoons golden syrup
Cook these ingredients slowly to the soft ball stage \(238^\circ\) (page 754). Stir them frequently. Add:
2 tablespoons butter
Remove the syrup from the fire. Cool it. Beat it until it begins to thicken. Add:
\[ \frac{1}{2} \text{ pound preserved ginger,* finely chopped} \]
1 teaspoon vanilla
Pour the candy on to a greased dish. Cut it into squares before it hardens. These candy squares may be dipped in:
Chocolate Coating (page 767)
* If preserved ginger is used, drain it well. If candied ginger is used, wash the sugar from it in the milk, dry the ginger and chop it.

HAWAIIAN CANDY
This has the acid flavour of pineapple and the spicy flavour of ginger—a fine combination.
Stir over quick heat until the sugar is dissolved:
\[ \frac{1}{2} \text{ cup brown sugar} \]
1 cup sugar
\[ \frac{1}{4} \text{ cup crushed, drained pineapple} \]
1 cup cream
Boil these ingredients slowly to the soft ball stage \(238^\circ\) (page 754). Stir them constantly. Remove them from the fire. Add:
1 tablespoon butter
1 teaspoon ground ginger
\[ \frac{1}{4} \text{ cup broken pecans or walnuts} \]
1 teaspoon vanilla
Cool the candy. Beat it until it is creamy. Pour it into a shallow greased pan. Cut it into squares before it is cold.

MEXICAN ORANGE CANDY
Heat in a double boiler:
1 cup evaporated milk
Melt in a deep saucepan:
1 cup sugar
When the sugar is a rich brown, stir in slowly:
\[ \frac{1}{4} \text{ cup boiling water or orange juice} \]
CANDIES AND CONFECTIONS

Add the hot milk. Stir in until dissolved:

2 cups sugar
\( \frac{1}{2} \) teaspoon salt

Cook the syrup slowly to the soft ball stage 238° (page 754). Stir it frequently. Add:

Grated rind of 2 oranges

Cool these ingredients. Beat them until they are creamy. Stir in:

x cup nuts

Pour the candy on to a greased dish and cut into squares when it is cold, or drop it from a spoon on to waxed paper.

DIVINITY

Stir over slow heat until the sugar is dissolved:

2 cups sugar
\( \frac{1}{2} \) cup water
\( \frac{1}{2} \) cup golden syrup

Cook these ingredients quickly to the soft ball stage 238° (page 754). Whip until stiff:

2 egg whites
\( \frac{1}{2} \) teaspoon salt

Pour the syrup over the eggs in a thin stream. Beat them constantly. When all the syrup has been added, place the bowl containing the candy over hot water. Beat the candy until it sticks to the bottom and the sides of the bowl and stands up in peaks. Remove it from the fire. Add:

15 teaspoons vanilla
1 cup broken nuts
\( \frac{1}{2} \) cup diced candied pineapple and cherries (optional)

Spread the candy upon an oiled dish. Cut it into squares.

CHOCOLATE DIVINITY

Follow the above rule. When the candy stands in peaks, beat in:

3 ounces chocolate, melted and cooled

CARMEL CREAM DIVINITY

A smooth, rich, melting candy. Stir over quick heat until the sugar is dissolved:

3 cups sugar
1 pint cream (2 cups)
1 cup golden syrup

*2 B

Cook and stir these ingredients slowly to the soft ball stage 238° (page 754). Remove the syrup from the fire. Cool it slightly. Beat it until it is very stiff. Beat in:

x cup pecans or walnuts

Pour the candy into a buttered pan. Cut it when it is cold.

DIVINITY ROLL

Part I

Put through a mincer:

x cup raisins
2 cups stoned dates
x cup figs
x cup nuts

Moisten these ingredients to make a thick paste with:

Orange juice

Part II

Boil to the thread stage 238° (page 754):

2 cups sugar
2 tablespoons golden syrup
\( \frac{1}{2} \) cup hot water

Whip until stiff:

2 egg whites
\( \frac{1}{2} \) teaspoon salt

Pour the syrup on the egg whites in a steady stream, whipping constantly. When thick, pour the divinity on to a sheet of waxed paper. Cover it with Part I. Roll it while hot. Chill it. Cut into slices.

SEA FOAM

Stir over a slow fire until the sugar is dissolved:

3 cups light brown sugar
1 cup water (or \( \frac{1}{2} \) cup water and \( \frac{1}{2} \) cup golden syrup)
1 tablespoon vinegar

Cook these ingredients quickly to the soft ball stage 238° (page 754). Whip until stiff:

2 egg whites
\( \frac{1}{2} \) teaspoon salt

Pour the syrup over the eggs in a thin stream. Beat them constantly. Place the bowl containing the candy over, not in, boiling water and beat the candy until it is thick and creamy. Add:

1 teaspoon vanilla
1 cup broken nuts

Pour the candy on to an oiled dish. Cut it into squares while it is hot.
CHOCOLATE CARAMELS I
(With Cream)

40 Caramels
Stir over quick heat until the sugar is dissolved:

- 1 cup sugar
- 1/2 cup golden syrup
- 3 ounces chocolate
- 1/2 teaspoon salt
- 1 cup cream

Boil these ingredients slowly to the soft ball stage 238° (page 754). Stir them constantly. Add:

- 1/4 cup cream

Cook the candy until it again reaches the soft ball stage 238°. Add:

- 1/4 cup cream

Cook the candy until it reaches the firm ball stage 248° (page 754). Remove the candy from the fire and pour it into an 8-by-4-inch tin that has been lightly oiled. Do not scrape the pan. When the candy is cold mark it with a knife into squares, invert it on to a slab, turn it right side up, and cut the squares with a long sharp knife. Permit it to dry for 3 or 4 hours. Wrap each piece of candy in waxed paper.

CHOCOLATE CARAMELS II
(With Milk)

Stir over quick heat until the sugar is dissolved:

- 3 cups sugar
- 1 cup golden syrup
- 1 cup milk
- 1/2 tablespoons butter

Cut into small pieces and stir in:

- 3 ounces chocolate

Stir and boil these ingredients slowly to the firm ball stage 248° (page 754). Add:

- 1 teaspoon vanilla

Pour the candy into lightly oiled tins. Follow the preceding rule for Chocolate Caramels I.

CHOCOLATE CARAMELS III
(With Molasses and Brown Sugar)

Stir over quick fire until the sugar is dissolved:

- 1 cup molasses (treacle)
- 1 cup brown sugar
- 1 cup white sugar

1 cup grated chocolate
1 cup milk or cream

Boil and stir these ingredients slowly until they reach the firm ball stage 248° (page 754). Add:

- 1 tablespoon butter
- 1 teaspoon vanilla

Pour the candy into lightly oiled tins. Follow the rule on this page for Chocolate Caramels I.

CREAM CARAMELS

Stir over quick heat until the sugar is dissolved:

- 2 cups sugar
- 1 cup cream
- 1 tablespoon butter

Stir and cook these ingredients slowly to the soft ball stage 238° (page 754). Remove the candy from the fire. Cool it. Beat it until it is creamy. Pour it on to an oiled dish. Cut it into squares.

MAPLE CARAMELS

Stir over quick heat until the sugar is dissolved:

- 2 cups brown sugar
- 1 1/2 cups maple syrup
- 1 cup cream

Stir and cook these ingredients slowly to the soft ball stage 238° (page 754). Add:

- 1 tablespoon butter

Pour the candy into an oiled tin. Cut it into squares as it hardens. Nuts may be added to the candy just before removing it from the fire, or they may be sprinkled on the greased tin.

Caramels

Combine:

- 2 cups golden syrup
- 2 cups white sugar
- 1/2 teaspoon salt

Cook these ingredients slowly, stirring constantly until they are clear. Add bit by bit:

- 1 stick (1/2 lb.) butter

Add, drop by drop:

- 1 (14 oz.) can evaporated milk

Continue to cook the candy very slowly to the soft ball stage 238° (page 754). Pour it into a buttered pan. When cool, cut it.
CANDIES AND

VANILLA CARAMELS
Place in a deep saucepan and stir over quick heat until the sugar is dissolved:

1 cup sugar
1 cup brown sugar
1 cup golden syrup
1 cup cream
1 cup milk
6 tablespoons butter

Cook these ingredients over slow heat (stir them rarely) to the firm ball stage 248° (page 754). Remove the candy from the fire. Add:

1 teaspoon vanilla
1⁄2 teaspoon salt

Permit this to stand for about 15 minutes. Stir in:

1 cup nuts

Stir the candy only enough to incorporate the nuts. Pour it into a shallow lightly buttered pan. When firm invert the candy on to a wooden board. Cut it with a long thin-bladed knife, using a sawing motion. Place in a cool place for 2 hours, then wrap the candy in waxed paper.

ENGLISH TOFFEE
Combine in a deep saucepan and stir over quick heat until the sugar is dissolved:

2 cups sugar
1 teaspoon cream of tartar
1 cup cream

Stir and boil these ingredients for 3 minutes. Add:

1 cup butter

Cook and stir the syrup until it is light-coloured and thick—to the hard ball stage 290° (page 754). Remove the syrup from the fire. Add:

1 teaspoon vanilla or 1 teaspoon rum

Pour the candy into a buttered pan. When it is cold cut it into squares.

PLAIN WHITE PULL CANDY
Combine and stir over slow heat until the sugar is dissolved:

1 1/4 cups sugar
1 1/2 cup water
2 tablespoons mild vinegar
1 1/2 teaspoons butter

CONFECTIONS

CANDY

Cook these ingredients quickly, without stirring, to the firm ball stage 250° (page 754). Add:

1/4 teaspoon vanilla or other flavouring

Pour the candy on to an oiled dish or on to a marble slab and let it cool until a dent can be made in it when pressed with a finger. Gather it into a lump and pull it with the finger tips until it is light and porous (page 754). Pull any desired flavouring or colouring into the candy. Shape it into long thin strips and cut them into 1-inch pieces. Place the candy in a tightly covered tin if you wish it to become creamy.

CHOCOLATE PULL CANDY
Spread an oiled dish with:

Grated chocolate

Follow the preceding rule for:

Plain White Pull Candy

Pour it on to the chocolate. Pull the chocolate into the candy.

SALT-WATER TAFFY
Combine and stir over slow heat until the sugar is dissolved:

2 cups sugar
1 cup golden syrup
1 3/4 cups water
1 3/4 teaspoons salt
2 teaspoons glycerine

Cook the syrup without stirring to between the firm and the hard ball stage 260° (page 754). Remove it from the heat. Add:

2 tablespoons butter

Pour these ingredients on to a greased dish, then follow the rule for Plain White Pull Candy. Pull in flavouring and colouring.

CREAM PULL CANDY
Stir over slow heat until the sugar is dissolved, then boil quickly without stirring for 6 minutes:

2 1/2 cups sugar
1 1/2 cup water
1 1/2 teaspoons salt

Skim these ingredients. Pour in very slowly so that the boiling is not disturbed:

1 cup cream
Cook the syrup to the firm ball stage 262° (page 754). Remove it from the fire. Add:

\( \frac{1}{4} \) teaspoon vanilla

Follow the rule on preceding page for:

Plain White Pull Candy

**MOLASSES CANDY**

Stir over slow heat until the sugar is dissolved:

- 1 cup molasses (treacle)
- 2 teaspoons vinegar
- \( \frac{1}{2} \) cup sugar
- 1 tablespoon butter

Boil the syrup to the hard ball stage 265°. Stir it constantly as it thickens. Stir in:

\( \frac{1}{2} \) teaspoon soda

Follow the rule on preceding page for:

Plain White Pull Candy

**MOLASSES PEPPERMINT CANDY**

Follow the rule above for:

Molasses Candy

Flavour it with:

4 drops of peppermint oil

**CHOCOLATE-COVERED MOLASSES CHIPS**

Stir over a quick flame until the sugar is dissolved:

- 1 cup molasses (treacle)
- 1 cup sugar
- 2 tablespoons vinegar
- 2 tablespoons butter

Boil these ingredients slowly to the hard ball stage 290° (page 754). Stir the syrup as it thickens. Add:

- 1 teaspoon vanilla

Pour the candy on to a buttered dish. To pull it follow the rule on preceding page for Plain White Pull Candy. Pull it into long thin strips. Cut them into 1-inch pieces. When they are cold dip them in:

Chocolate Coating (page 767)

**PEANUT TAFFY**

Stir over quick heat until the sugar is dissolved

1 cup sugar

\( \frac{1}{4} \) cup molasses (treacle)

\( \frac{1}{4} \) cup water

Boil these ingredients slowly to the hard ball stage 290° (page 754). Add:

- \( \frac{1}{2} \) teaspoon vinegar
- 2 tablespoons butter

Spread in a buttered pan:

1 cup chopped peanuts

Pour the taffy over them evenly. Cut the candy into squares when it is cold.

**GUMDROPS or TURKISH PASTE**

Soak:

- 2 tablespoons gelatine

in:

- \( \frac{1}{2} \) cup cold water

Pour:

- \( \frac{1}{2} \) cup boiling water*

over:

- 2 cups sugar

Stir the sugar and water over a slow fire until the sugar is dissolved. Add the soaked gelatine. Bring these ingredients to the boiling point and boil them quickly for 10 minutes. Remove the syrup from the fire. Add:

- 1 tablespoon lemon juice
- 1 teaspoon vanilla or other flavouring

A little colouring

It is well to taste the candy to see that it is flavoured sufficiently. Pour it into a pan that has been dipped in cold water and permit the syrup to harden for 12 hours. Cut it into squares or oblongs with a hot knife and roll the pieces in castor sugar or in granulated sugar.

* Fruit juice may be substituted for the water or diluted with water to make up \( \frac{1}{4} \) cup of liquid.

**HEAVENLY HASH**

Dice:

12 marsh mallows

Chop:

1 cup nuts

Boil water in the bottom of a double boiler. Turn off heat. Place in the top:

1 pound milk chocolate
OLD-FASHIONED BUTTER-SCOTCH

Place in a deep pan to allow for foaming:

- 2 cups brown sugar
- ½ cup molasses (trecacle)
- ½ cup butter
- 2 tablespoons water
- 2 tablespoons vinegar

Stir these ingredients over a quick flame until the sugar is dissolved. Boil them quickly, stirring them frequently, to the crack stage 300° (page 754). Pour the candy on to buttered tins and mark it into squares as it hardens or drop it from a teaspoon on to waxed paper.

COCO-NUT SQUARES

Stir over quick heat until the sugar is dissolved:

- 2 cups sugar
- 2 tablespoons butter
- ½ cup milk

Cook these ingredients slowly and stir them constantly until they reach the soft ball stage 238°. Remove them from the fire. Stir in:

- 1 cup shredded coco-nut
- 1 teaspoon vanilla

Beat the candy until it is creamy. Place it in a buttered dish. Cut it at once into squares.

COCO-NUT CANDY PATTIES

Stir over quick heat until the sugar is dissolved:

- 2 cups sugar
- ¼ cup milk

Cook these ingredients slowly to the soft ball stage 238° (page 754). Stir constantly. Stir in:

- 1½ cups shredded coco-nut
- ½ teaspoon vanilla

Drop the candy by the spoonful on to waxed paper. The centres may be decorated with:

- Cinnamon drops (redhots)

COCO-NUT MOLASSES CHEWS

Combine:

- ½ cup golden syrup
- ½ cup New Orleans molasses (trecacle)
- 1 tablespoon vinegar
- 2 tablespoons butter

Stir and cook these ingredients over quick heat until they boil. Cover them with a lid for 3 minutes. Continue cooking, stirring occasionally until the syrup reaches the firm ball stage 248° (page 754). Remove from heat. Work in with 2 forks:

- 2 cups moist shredded coco-nut
- ½ teaspoon salt

Drop the chews on waxed paper.

PEANUT CLUSTERS (CHOCOLATE-COVERED PEANUTS)

Stir over quick heat until the sugar is dissolved:

- 2 cups sugar
- ¼ cup milk
- 2 tablespoons butter
- 1 tablespoon cocoa

Permit these ingredients to boil. Cook them slowly without stirring for 6 minutes. Stir in slowly:

- 1 teaspoon vanilla
- 1 cup shelled peanuts

Drop the candy by the spoonful on to waxed paper.

RAISIN DROPS

Melt in a heavy frying-pan:

- 2 tablespoons butter

Stir in:

- 1 cup brown sugar

When the sugar is dissolved, stir in until blended:

- ¼ cup minced raisins
- ¼ cup ground nuts

Remove the candy from the fire. Add:

- ½ teaspoon vanilla

Drop the candy from a teaspoon on to waxed paper.
PENUCHE

Stir over slow heat until the sugar is dissolved:

- 2 cups brown sugar
- 1 cup water
- ½ teaspoon salt

Boil these ingredients quickly, without stirring, to the soft ball stage 238° (page 754). Add:

- 1 tablespoon butter

Place the saucepan containing the candy in cold water. When the bottom of the saucepan is cool begin to beat the candy. Beat it until it is smooth and creamy. Add:

- 1 teaspoon vanilla
- 1 cup nuts

Drop the candy from a spoon on to an oiled surface or waxed paper.

* One cup milk, cream, or evaporated milk may be substituted for the water. In that case boil the syrup slowly and stir it frequently.

PRALINES

The preceding rule for Penuche may be used for Pralines. Separate the nuts as the candy dries.

Stir over quick heat until the sugar is dissolved:

- 4 cups brown sugar
- ⅛ cup cream
- 2 tablespoons butter

Bring these ingredients quickly to the boiling point and boil them, without stirring for 3 minutes. Remove the syrup from the fire. Stir in carefully:

- 1 pound pecans or almonds

Pour the candy on to a greased surface. Cool it. Separate the nuts.

WHITE PRALINES

Stir over quick heat until the sugar is dissolved:

- 3 cups sugar
- 1 cup cream

Boil and stir these ingredients over a slow fire for 15 minutes. Remove them from the fire. Stir in carefully:

- 1 teaspoon vanilla
- 1 pound pecans or almonds

Pour it on to a greased surface. Cool the candy. Separate the nuts.

NUT BRITTLE

Peanut, almond, etc.

This candy, ground or crushed, is delicious over ice-cream and other desserts.

Melt in a frying-pan over a low fire:

- 1 cup sugar

Stir it constantly. When the syrup is light brown stir in until they are well coated:

- 1 cup nuts

Pour the candy on to an oiled dish. When it is cold break it into pieces.

PEANUT BRITTLE

Place in an iron pan and cook to the soft ball stage 230°:

- 1 cup golden syrup
- 2 cups sugar
- ½ cup water

Add:

- 2 cups raw Spanish peanuts with red skins

Stir and cook these ingredients to the crack stage 301° to 302°. Turn off the heat. Stir in until blended:

- ½ tablespoons butter
- ½ teaspoons vanilla
- 2 teaspoons bicarbonate of soda

Pour the brittle on to a greased surface, preferably marble. Turn it at once and stretch it quickly until it is very thin. When cold break it into pieces.

SUGARED ALMONDS

Cook over slow heat, stirring constantly:

- 2 cups sugar
- ¼ cup water
- 1 teaspoon or more cinnamon

Boil the syrup rapidly. When it is clear and falls in heavy drops from a spoon, add:

- 1 pound unblanched almonds

Stir the almonds until they are well coated. Remove the candy from the fire and stir it until the nuts are dry. Sift them to remove the superfluous sugar. Add a very little water to the sifted sugar, a few drops of red colouring and as much additional cinnamon as is desired. Boil the syrup until it is clear, then add the almonds and stir them until they are well coated.
CANDIES AND CONFECTIONS

SPICED NUTS

Sift into a shallow pan:
- 1 cup sugar
- 1 cup cornflour
- 1 teaspoon salt
- 3 teaspoons cinnamon
- 1 teaspoon allspice
- 1 teaspoon nutmeg
- 1 teaspoon ginger

Combine and beat slightly:
- 1 egg white
- 2 tablespoons cold water

Dip in this mixture:
- 1/2 pound nuts

Drop them one at a time in the sifted ingredients. Roll them about lightly. Keep the nuts separated. Place them on a baking-sheet. Bake them in a very slow oven 250° for about 1½ hours. Remove them from the oven and sift the sugar from them. When cold they will be crisp and spicy.

SALTED NUTS

Place in a frying-pan:
- 1 pound blanched almonds
- 2 tablespoons butter

Cook the almonds over a slow fire, or place them on a grill pan under a low heat. Shake the pan from time to time. Cook the almonds until they are a light brown. Sprinkle them generously with:
- Salt

Drain them on brown paper. Change the paper after the first 3 minutes.

ORANGE PASTE with NUTS

This candy will soften readily in hot weather. It is a great favourite with young people. Mine have nicknamed it 'amoebas.'

Soak for 5 minutes:
- 2 tablespoons gelatine
- 1/2 cup cold water

Stir and boil over slow heat until the sugar is dissolved:
- 2 cups sugar
- 1/2 cup water

Add the soaked gelatine. Boil the syrup for 10 minutes over a quick flame. Use an asbestos plate under the saucepan to keep the syrup from burning, or cook it in a double boiler for 20 minutes. Place on a lightly greased dish:
- 1/2 pound finely chopped nuts

Grate over them:
- The rind of 1 lemon
- The rind of 1 orange

Sprinkle over them:
- The juice of 1 lemon
- The juice of 1 orange
- 6 drops rose water (optional)
- 1 teaspoon vanilla

Pour the syrup over these ingredients. The paste should be about ¼ inch thick. Chill it for 6 hours or more. Cut it into squares. Roll them in:
- Icing sugar

CHOCOLATE-COATED NUTS

Dip whole nuts in:
- Chocolate Coating (see below)

CHOCOLATE COATING

I am giving a recipe for chocolate coating that is in general use. However, both bitter chocolate and milk chocolate may be melted by a very slow process (over warm—not hot—water) and used for dipping, after the chocolate has been melted and is almost cold, with excellent results. If you find mild chocolate too sweet, use milk and bitter chocolate in equal parts.

Place in a shallow pan over warm water:
- 4 ounces chocolate
- 2 tablespoons butter
- 1 inch square of paraffin wax

Stir these ingredients until they are melted and blended. Add:
- 5 drops of vanilla

Remove them from the fire and when they are nearly cool put the food to be dipped in the coating on a fork, dip it quickly and place it on a piece of waxed paper to dry, or on a piece of white oilcloth stretched on a board. (The latter is the better of the two.)
CANDIED AND CONFECTIONS

CANDIED FRUIT PEEL

Here are two recipes for grapefruit or orange peel—both very good. The first can be made in an hour or two; the second requires 24 hours' soaking. The first is a moist peel. The second has a more sugared quality.

CANDIED GRAPEFRUIT or ORANGE PEEL I

Cut into strips:
- Grapefruit or orange peel

Cover it with cold water. Bring it slowly to the boiling point. Remove it from the fire. Drain it well. Repeat this process, boiling the peel in five waters in all. Drain it well each time. Make a syrup, allowing:

\[ \frac{1}{2} \text{ cup water and } \frac{1}{2} \text{ cup sugar} \]

to the peel of 1 grapefruit or 2 large oranges. Add the peel and boil it until all the syrup is absorbed. Cool the peel. Roll it in:

Sugar

Spread it to dry. The sugared peel, when thoroughly dry, may be dipped in:
- Chocolate Coating (see page 767)

MORE CONFECTIONS

STUFFED APRICOTS

The following recipe makes a delicious confection.

Wash and scrub in hot water:
- 1 pound apricots

Steam them over hot water in a covered colander for 20 minutes. Make a syrup of:

\[ \begin{align*}
\text{1 cup sugar} \\
\text{1 cup water}
\end{align*} \]

Boil it until it spins a thread 238° (page 754). Place the apricots in this and stir them about gently with a fork. Permit them to drain on a board for a few minutes. Place in the centre of each apricot:

- A piece of marshmallow

Roll the fruit in:
- Granulated sugar

STUFFED PRUNES

Wash:
- 1 pound large prunes

Steam them over hot water until they are tender. Cool them. Remove the stones. Stuff the prunes with one of the following:

- Fondant (page 755)
- Nuts
- Candied pineapple
- Marshmallows, etc.

The prunes may be rolled in:
- Granulated or castor sugar

STUFFED DATES or FIGS

Soak:
- Dates or figs

in a little:
- Wine, rum, whisky, lemon, or orange juice

or steam them for 10 minutes over hot water. Remove the date stones. Fill the cavities with pieces of:

- Marshmallow and nuts

Shape the fruit in its original form and roll it in:
- Castor sugar
The fruit may be stuffed with:

**Candied ginger, candied fruit, nuts, or Fondant (page 755)**

Or steam dates as directed or buy moist dates in bulk. Wrap a date around a nut. Surround the date with three nuts. Surround the nuts with two dates. Roll these ingredients in the palm of your hands into a firm ball. Roll the ball in granulated sugar. Cut the balls into halves crosswise of the nuts. Decorative and good!

**APRICOT ORANGE BALLS**

About 45 balls, ½ inch in diameter

Wash:

1 pound best dried apricots *

Dry them. Cut into pieces:

1 seedless orange

Put these ingredients through a meat mincer. Place them in a double boiler with:

2 cups sugar

Steam and stir them until the sugar is dissolved. Cool them. Shape the candy into balls. Roll the balls in:

Granulated sugar

* Inferior apricots may be used if they are steamed for 5 minutes in a double boiler before they are ground.

**APRICOT COCO-NUT BALLS**

34 balls, ½ inch in diameter

Wash:

½ cup dried apricots

Steam them in the top of a double boiler for 5 minutes. Combine them with:

¾ cup shredded coco-nut

½ cup nuts

Put these ingredients through a mincer. Add:

1 teaspoon grated lemon rind

1 teaspoon lemon juice

Shape the mixture into balls about ½ inch in diameter. Roll them in:

Granulated sugar

If the mixture seems dry a little orange juice may be added. If it is too moist a little castor sugar may be worked into it.

**DATE ROLL**

Boil to the soft ball stage 238° (page 754):

3 cups sugar

1 cup evaporated milk

Stir in:

1 cup chopped dates

1 cup chopped nuts

When cool enough to handle, form the ingredients into a roll with buttered hands. Wrap the roll in damp cloth or in waxed paper. Chill it. Slice it.

**DATE BALLS**

Stone:

1 pound dates, or use ½ pound stoned dates

Put them through a mincer with:

1 cup chopped pecans

Add:

½ teaspoon salt

Shape the candy into tiny balls. Roll them in:

Icing sugar

**PERSIAN BALLS**

Remove the stones from:

1 pound dates, or use ½ pound stoned dates

Cut the stems from:

1 pound dried figs

Put these ingredients through the coarsest cutter of a mincer with:

1 pound seeded raisins

1 pound pecans

½ pound crystallized ginger or orange peel

Shape these ingredients into balls.* Roll them in:

Icing sugar

* If very stiff add 1 or 2 tablespoonfuls of lemon juice.

**FRUIT ROLL**

Follow the above rule. Roll the mixture into long rolls. Roll them in:

Icing sugar

Wrap them in waxed paper. Serve them cut into slices.
CANDIES AND CONFECTIONS

PEACH and APRICOT LEATHER
Put through a mincer twice, using the finest knife:
2 pounds dried apricots*
1 pound dried peaches
Place on a board:

GLAZED FRUITS and NUTS
Stir over slow heat until the sugar is dissolved:
2 cups sugar
1 cup water
\( \frac{1}{2} \) teaspoon cream of tartar or \( \frac{1}{2} \) cup golden syrup
Cook these ingredients quickly without stirring until they became pale yellow (the crack stage 310°, page 754).* Remove the syrup from the fire and add:
4 drops of lemon juice
Plunge the pot containing the syrup for a moment into very cold water to check the boiling, then place it in hot water to keep the syrup from hardening. Begin dipping in the syrup at once:
Nuts
Pieces of canned pineapple
Cherries
Figs
Dates
Prunes
Grapes**
Sections of orange, etc.
Drop the candies on tin and they will not stick.
* The syrup may be boiled to 290° and the lemon juice may be omitted.
** All the fresh fruits dipped must be perfect. Discard those that have been pricked or broken. Leave a bit of stem on grapes.

Frosted Grapes, page 402.

GLAZED PINEAPPLE
Drain the contents of:
1 (No. 24) can pineapple
Dry the slices with a cloth. Add to the syrup from the can:

Castor sugar (not icing)
Roll out a small part of the fruit mixture at a time, using castor sugar on the rolling-pin. Roll it to the thickness of \( \frac{1}{4} \) inch or less. Cut it into \( 1 \frac{1}{2} \) by 2-inch strips. Roll the strips into tight rolls.
* Use a high grade of fruit for best results.

GLAZED SWEETS
2 cups sugar
\( \frac{1}{2} \) cup golden syrup
Stir and bring these ingredients to a boil in a large pan. Add the fruit—do not crowd it. Simmer the syrup until the fruit is clear. Lift it from the syrup; dry it on racks. Place it between waxed paper.

CANDIED CUMQUATS
Wash:
1 quart cumquats
Prick a hole in the stem ends. Cover the fruit with:
4 cups cold water
Bring it slowly to the boiling point. Simmer the cumquats until they are tender (for about 10 minutes). Drain them well. Boil:
1 cup water
Stir in until dissolved:
2 cups sugar
Add:
\( \frac{1}{2} \) teaspoon cream of tartar
Boil these ingredients to 238° (until the syrup spins a thread 3 inches long). Add the cumquats. Cook them slowly for 10 minutes. Remove them from the syrup. Drain them. When they are cool enough to handle roll them in:
Granulated sugar

CANDIED CRANBERRIES
An attractive garnish.
Select, then wash and drain:
1 cup large perfect cranberries
Prick them several times with a needle. Combine, cook, and stir until sugar is dissolved:
CANDIES AND CONFECTIONS

CANDIED APPLES

Cook the syrup for:
Glazed Fruits (page 770)

Add:
A few drops of colouring

Dip in:
Apples

Place them on a well-greased surface to harden.

Candied Mint Leaves, page 443.

LOLLIPOPS

Stir over slow heat until dissolved:
2 cups sugar
1/3 cup golden syrup
1/3 cup water

Cook these ingredients without stirring over quick heat to the brittle stage 300° (page 754). Remove the syrup from the heat. Stir in:
A few drops of colouring
1 teaspoon vanilla or a few drops of peppermint oil, etc.

Pour the syrup by the tablespoonful on to a greased sheet. Press into each disk a wooden skewer or cardboard loop. Remove the lollipops when cold.

CANDIES

1 cup sugar
1 cup water

Cover these ingredients with a lid for the first three minutes of boiling. Boil them without stirring to the soft ball stage 238° (page 754). Remove the syrup from the fire. Add the berries. Leave them in the syrup from 3 to 5 minutes or until translucent. Drain the berries. Permit them to dry on waxed paper. When nearly dry roll them in:
Granulated sugar

POP CORN BALLS

1/2 cup corn equals about 6 cups corn when popped

Pop:
1/3 cup corn

Sprinkle it with:
1 teaspoon salt

Prepare the syrup. Stir it slowly into the popped corn until every kernel is coated. Shape the corn lightly into balls with slightly floured hands as soon as it is cool enough to handle.

Molasses Syrup:
Melt:
1 1/2 teaspoons butter

Add:
1/2 cup molasses (treacle)
1/2 cup sugar

Stir these ingredients until the sugar is dissolved. Boil them without stirring to the hard ball stage 290° (page 754).

Caramel Syrup:
Melt:
1 1/2 tablespoons butter

Add:
1 1/2 cups brown sugar
6 tablespoons water

Stir these ingredients until the sugar is dissolved. Boil them without stirring to the soft ball stage 238° (page 754).

White Sugar Syrup:
Stir until the sugar is dissolved:
1/3 cup sugar
1/3 cup water
2 1/2 tablespoons golden syrup

Boil these ingredients without stirring to the firm ball stage 248° (page 754). Add and cook nearly to the hard ball stage 290°:
1 teaspoon salt
1 teaspoon vanilla
1 teaspoon vinegar
Beverages

Hot Beverages

Coffee to be good must be freshly ground. Buy only a small quantity at a time and keep it in an air-tight container.

Boiled Coffee

Combine and stir:

1 cup ground coffee
1 egg white slightly beaten
1 cup cold water

The egg-shell may be added to the mixture. So may a pinch of salt.

Pour over these ingredients:

4 cups freshly boiled water

Boil the coffee for 3 or 4 minutes. Stop the spout of the coffee-pot with paper. Set the pot on the back of the stove. Cut down the grounds from the sides, add 1/4 cup of cold water, and permit the coffee to stand for 10 minutes before serving it.

Drip Coffee

Place very finely ground coffee in a strainer. Allow:

2 tablespoons coffee for 1 cup water

Place the strainer over a coffee-pot. Place the coffee-pot where it will be hot. Boil the water and pour it slowly into the strainer, a cupful at a time. The coffee is ready to be served when the water has dripped through. It may be refiltered if it is not strong enough.

Percolated Coffee

Allow:

2 tablespoons ground coffee for 1 cup water

Place the water, hot or cold, in the bottom of the coffee-pot, place the coffee in the strainer, and boil the water. Permit it to boil up and percolate the coffee grounds for 5 minutes or until the desired strength of coffee is obtained. Permit the coffee to stand for 5 minutes before serving it.

Coffee in Quantity

1 pound of coffee will serve 40 to 50 people. Cook it with 6 to 8 quarts of water. Place the coffee (medium grind) in a cheesecloth bag. Allow for expansion—it will double in bulk. Shortly before serving have ready a large pan with water boiling. Drop the bag into the pan. Permit it to stand in a warm place for 7 to 10 minutes. Remove the bag, cover the pan closely, and place it where it will keep hot. Serve it as soon as possible.

Café Au Lait

The famous milk coffee of France. Combine equal parts of:

Strong coffee
Scalded milk

Café Brûlot

Place in a silver bowl the thinly sliced:

Peel of 1 orange
4 sticks of cinnamon
12 whole cloves
6 lumps sugar

Pour over these ingredients:

1/2 cup brandy or cognac

Ignite it and ladle it until the sugar is dissolved. Add:

4 cups freshly made coffee

Serve Café Brûlot in demi-tasses.

Tea

Bring cold, fresh water to the boiling point. Make the tea in a china or earthenware pot. A metal pot is apt to spoil its flavour. Scald the pot. Allow:

1 teaspoon tea for every cup boiling water

Place the tea in the scalded pot. Pour a small quantity of boiling water over the tea. Cover the pot. Permit the tea to steep for 1 minute, add the rest of the boiling water, stir the tea, and
permit it to steep in a warm place for 2 minutes before serving it. It may then be strained if desired.

_Iced Tea, page 774._

**COCOA**

About 4 cupfuls
Combine and stir in the top of a double boiler over direct heat:
- 4 tablespoons cocoa
- ½ teaspoon cinnamon (optional)
- ½ teaspoonful salt
- 1 cup boiling water
- 2 to 4 tablespoons sugar

Place the top of the boiler over boiling water. Add:
- 3 cups scalded milk

Stir and heat the cocoa. Cover it (if there is time) and keep it over hot water for 10 minutes. Beat it before serving it.

**CHOCOLATE**

About 4 cupfuls
Melt over hot water:
- 1½ ounces chocolate

Stir in:
- ½ cup sugar
- ½ teaspoon salt

Stir in slowly:
- 1 cup boiling water

When these ingredients are well blended add:
- 3 cups scalded milk

Boil the chocolate for 1 minute. Beat it with a wire whisk until it is frothy. Add:
- ½ teaspoon vanilla

**RUSSIAN CHOCOLATE**

About 5 cupfuls
Melt:
- 1 ounce chocolate

Add:
- 1 cup sugar
- 1 teaspoon salt
- 1½ cups boiling water

Stir and cook these ingredients for 5 minutes. Add:
- 1 cup milk
- 1 cup cream

Reheat but do not permit this to boil.
Add:
- 1 teaspoon vanilla
- 2 cups hot freshly made coffee

Beat the mixture well. Serve it at once.

**HOT (MULLED) CIDER**

Good on a cold night with canapés or sandwiches.

Heat well but do not boil:
- Apple cider

You may add to it:
- A few cloves
- A stick of cinnamon

**COLD BEVERAGES**

**ICED COFFEE**

Prepare:
- Boiled Coffee or Percolated Coffee
  
  (page 772)

Sweeten it with:
- Sugar (optional)

Chill it. Just before serving it add for every cup of coffee:
- 2 tablespoons cream (optional)

Serve the coffee over crushed ice or pour chilled and sweetened coffee into glasses and top the coffee with:
- Whipped Cream or Vanilla Ice-cream
  
  (page 698)

Coffee may be frozen in cubes and added to chilled coffee in the place of ice.

**CUBE COFFEE**

Prepare:
- Strong coffee

Place it in trays with separators. Freeze it. Place several cubes in a glass. Pour over them:
- Cream or ice-cream
- Freshly made hot weak coffee

**COLD CHOCOLATE COFFEE**

Place in a glass:
- 3 or 4 tablespoons chocolate ice-cream

Fill the glass with:
- Freshly made coffee (that has been cooled)
ICED TEA

Prepare:
Hot Tea (page 772)
Strain it and pour it over crushed ice.
Serve it with:
Lemon slices and sugar
Sprigs of mint

ICED TEA with COLD WATER

Fill a quart fruit jar with:
Cold water
Add:
2 tablespoons tea
Place the jar in the sun for 2 hours, strain the tea at once, replace it in the fruit jar and keep it in the refrigerator ready for use.

ICED TEA with MINT LEAVES

Bruise the leaves of:
4 sprigs of mint
Add:
6 tablespoons lemon juice
Pour over these ingredients:
6 cups hot tea
Permit this mixture to steep for ½ hour.
Strain it and chill it. Serve it over crushed ice garnished with:
Mint leaves
Add as desired:
Sugar

DECORATIVE ICE CUBES to be USED IN ICED DRINKS

Fill a refrigerator tray with water.*
Place in each section one of the following:
A maraschino cherry
A preserved strawberry
A piece of lemon or pineapple
A sprig of mint, etc.
Freeze the water. Serve the cubes in tea, lemonade, punch, or other cold drinks.

* The water may be coloured and flavoured. See the following rule for Iced Tea with Rum, substitute:
Sherry, whisky, etc.

ICED TEA with RUM

Add to each serving of iced tea:
1 teaspoon rum
or fill refrigerator trays with water and add to each section:
1 teaspoon rum
Serve one or more of the frozen blocks in iced tea. Garnish the glasses with:
Slices of lemon
Sprigs of mint

ICED TEA with LEMON, MINT, and GINGER ALE

Combine:
2 quarts of strong hot tea
Juice of 6 lemons
1 cup sugar
Several sprigs of twisted mint
Chill the tea. When ready to serve, strain and add:
1 quart ginger ale
Place in each glass:
A sprig of mint

MINTED ICED TEA with LEMON ICE

Allow:
1½ teaspoons China tea
to:
1 cup boiling water
While hot add:
A dozen crushed mint leaves
Strain the tea and chill it. Fill iced tea glasses ½ full with:
Lemon Ice or Sherbet (page 703)
Add the tea. Garnish the glasses with:
Mint
The tea may be slightly sweetened with
Icing sugar
or it may be served with the sugar.

ICED CHOCOLATE

Prepare:
Chocolate (page 773)
Chill it. Serve it over crushed ice.
Top it with:
Whipped cream or ice-cream
LEMONADE
Allow to:
1 cup water
1 cup sugar
1 cup water
Rind of 2 lemons cut into thin strips
1 teaspoon salt
Juice of 6 lemons
Cool and add:
2 tablespoons syrup
to:
1 glass ice water or soda-water
Or add:
1 tablespoon syrup
2 tablespoons orange, apricot, or pineapple juice
to:
1 glass ice water or soda-water

ORANGEADE
Serve undiluted:
Orange juice
over:
Crushed ice
or, if preferred, add to the orange juice:
Water
Lemon juice
Sugar
in any quantity desired.

LEMONADE for 100 PEOPLE
Boil for 10 minutes:
4 cups water
4 pounds (8 cups) sugar
Cool the syrup. Add:
7 1 cups lemon juice
Stir in the contents of:
2 (No. 2) cans pineapple
Add:
8 oranges, sliced
4 gallons water
Chill. Serve over ice.

MINT CUP
About 2 quarts
Remove the tips and the leaves from:
4 sprigs of mint
Add to them:
2 cups sugar
2 cups water
Boil these ingredients for 5 minutes.
Strain the syrup. Add:
2 cups lemon juice
1 teaspoon salt
A little green colouring
Chill these ingredients well. Immediately before serving add:
1 quart chilled ginger ale

GINGER ALE CUP
About 2 quarts
Combine and boil for 5 minutes
1 cup sugar
1 cup water
Cool the syrup. Add to it the:
Juice of 6 oranges
Juice of 6 lemons
Chill these ingredients. Immediately before serving add:
1 quart chilled ginger ale

PINEAPPLE PUNCH
18 Servings
Place in a large bowl:
2 cups strong tea
Add and stir well:
1 1 cup lemon juice
1 1 cups orange juice
2 tablespoons lime juice
1 cup sugar
Leaves from 12 sprigs of mint
Place these ingredients on ice for 2 hours. Shortly before serving, strain the punch and add:
BEVERAGES

8 slices pineapple and juice from can
4 pint bottles of ginger ale
4 pint bottles of plain soda
Crushed ice

GINGER ALE and PINEAPPLE JUICE
Combine equal parts of:
Chilled pineapple juice
Chilled ginger ale
Serve at once over ice.

GINGER ALE and GRAPEFRUIT JUICE
Combine equal parts of:
Chilled unsweetened grapefruit juice
Chilled ginger ale
Serve at once over ice.

GINGER ALE AND GRAPE JUICE (MOCK CHAMPAGNE)
Boil for 5 minutes then cool:
½ cup sugar
½ cup water
Add:
½ cup fresh or bottled grape juice
½ cup orange juice
Chill these ingredients. Just before serving add:
1 pint chilled ginger ale

STRAWBERRY FRUIT PUNCH
12 quarts or more
Boil for 5 minutes:
2 quarts (8 cups) water
8 cups sugar
Cool the syrup. Combine:
3 quarts hulled strawberries
8 bananas, sliced
2 cups sliced pineapple (canned or fresh)
2 cups mixed fruit juice (pineapple, apricot, raspberry, etc.)
Juice of 12 large oranges
Juice of 12 large lemons
Add the chilled syrup or as much of it as is palatable. Chill these ingredients. Immediately before serving add:
4 quarts Apollinaris
6 cups or more crushed ice

This is a strong punch. It is given purposely this way as the ice will thin it, and water may be added if desired.

FRUIT PUNCH
About 4 quarts
Boil for 10 minutes:
1 cup sugar
1 cup water
Add:
2 cups strong hot tea
Cool the mixture. Add:
⅔ cup crushed pineapple
2 cups strawberry juice or other fruit juice
Juice of 5 lemons
Juice of 5 oranges
Chill these ingredients for 1 hour. Add sufficient water to make 1 gallon (4 qts.) of liquid. Immediately before serving add:
1 cup maraschino cherries
1 quart soda-water

PUNCH for 50 PEOPLE
Make a syrup by boiling for 10 minutes:
1½ cups water
2½ cups sugar
Reserve ¼ cupful of this. Add to the remainder, stir, cover, and permit to stand for 30 minutes or more:
1 cup lemon juice
2 cups orange juice
1 cup strong tea
2 cups white grape juice, grape-fruit juice, pineapple juice, or crushed pineapple
2 cups fruit syrup (preferably raspberry or loganberry)*
1 cup maraschino cherries with juice
Strain these ingredients. Add ice water to make about 2 gallons of liquid or add ice water to make 1½ gallons of liquid and add at the last minute:
1 quart soda-water

If you find the punch lacking in sugar, add part or all of the reserved sugar syrup.

* This, I find, is the hitch. Your punch is apt to be just as good as this touch. Strawberry jam may be diluted and strained, canned raspberry or loganberry juice may be sweetened and boiled until heavy.
FRUIT PUNCH with TEA

About 1½ quarts
Pour:
½ cup strong hot tea
over:
1 cup sugar
Stir until the sugar is dissolved. Add:
½ cup orange juice
½ cup lemon juice
Chill this syrup. Place in a bowl or pitcher large pieces of ice. Pour the syrup over it. Add:
1 pint chilled ginger ale
1 pint Apollinaris
Serve the punch at once in glasses garnished with:
Orange slices

ORANGE MILK PUNCH

Individual Serving
Combine and beat well with a wire whisk:
½ cup orange juice
½ cup milk
1 teaspoon sugar
Chill the punch well. Beat it before serving it.

GRAPE JUICE

Wash:
Concord (black) grapes
Pick them from the stems. Cover the grapes with cold water. Boil them until they are broken and the seeds are separated. Strain them through a colander. Strain the juice twice through a flannel jelly bag (page 721).

Measure the juice. Allow to 4 cupfuls of juice:
1 cup sugar
Boil the juice and the sugar for 20 minutes. Bottle the juice. Cool it. Cork it and seal it with paraffin wax.

UNCOOKED GRAPE JUICE

Wash:
Grapes
Remove them from the stems. There should be 2 cupfuls. Place them in a 1 quart fruit jar. Add to them:
1 cup sugar
Cover them with:
Boiling water
Seal them. Permit them to stand until the liquid looks like commercial grape juice. When ready to use the juice, strain the contents of the jar.

CHOCOLATE MINT DRINK

About 1½ quarts
Combine and stir until dissolved:
1 cup hot milk
½ cup cocoa malt or Bournvita
Add:
3 cups cold milk
½ teaspoon salt
1 teaspoon salt
1 teaspoon vanilla
½ teaspoon peppermint extract
Chill this mixture. Just before serving pour it into a shaker. Add:
1 pint vanilla ice-cream
Shake the mixture well.

COCKTAILS AND OTHER ALCOHOLIC BEVERAGES

A commentator says: 'Alcohol does not give you courage. It simply makes you see things as they should be.'

If you can pry your family loose from the generally accepted American custom of serving a cocktail before dinner, serve dry sherry (at room temperature) or vermouth (cold—temperature about 45°).

MEASUREMENTS

1 dash = 6 drops, or about ½ teaspoon
3 teaspoons = 1 tablespoon (½ oz.)
1 pony = 1 ounce
1 jigger = 1½ ounces
1 large jigger = 2 ounces
1 glass or wineglass = 4 ounces

When making Tom Collins or other drinks calling for effervescence water, add the water at the last minute so that it will retain its sparkle.
A simple syrup is a useful ingredient when making drinks. Keep it in a bottle in the refrigerator and use as needed. Boil for 5 minutes 1 part water to 2 parts sugar (½ as much water as sugar).

In addition to various liquors, it is advisable for the home bar-tender to have on hand a stock of the following:

- Bitters
- Olives
- Cherries
- Soda water
- Lemons, oranges, and limes.

See the chapter on Canapés and Hors-d’œuvre for suitable accompaniments (besides a steady head) for cocktails.

**BACARDI COCKTAIL**

Combine:
- 1 part Bacardi
- Juice of half a green lime
- 1 teaspoon granulated sugar

Shake well in cracked ice.

**BARKER SPECIAL**

Combine:
- 1 lime
- 1 part rum or gin
- ½ part pineapple juice
- 1 teaspoon castor sugar

Stir until the sugar is dissolved. Shake well in cracked ice.

**BENEDICTINE COCKTAIL**

Combine:
- 1 part benedictine
- 2 parts cognac
- 1 part lime juice

**BRONX COCKTAIL**

Combine:
- Juice of ¼ orange
- ½ part French vermouth
- ½ part Italian vermouth
- ½ part dry gin

Shake well in cracked ice and strain into cocktail glass.

**CLOVER CLUB COCKTAIL**

Combine:
- 1 part gin

**BEVERAGES**

**SYRUP FOR BEVERAGES**

**DAIQUIRI**

Shake well in finely cracked ice:
- Juice of ½ lime
- 1 teaspoon of sugar
- 1 large jigger (2 oz.) rum

Serve very cold in a chilled glass.

**DAISY**

Stir in a glass half filled with crushed ice, until the glass is frosted:
- 1 jigger of gin or whisky
- 2 dashes grenadine
- Juice of ½ lemon

Fill up the glass with soda-water. Decorate with:
- Fruit
- A sprig of mint

**EL PRESIDENTE**

Shake well with ice:
- ½ part rum
- ½ part French vermouth
- Juice of 1 lemon
- Dash of curaçao
- Dash of grenadine

Serve with a:
- Cherry
GIN COCKTAIL
Combine:
1 part gin
1 or 2 dashes orange bitters
Shake well in cracked ice and serve.

HAWAIIAN COCKTAIL
Combine:
2 parts of applejack brandy or calvados
1 part pineapple juice
The juice of 1 lemon
Shake well in cracked ice and serve.

MANHATTAN COCKTAIL
Combine:
1 dash angostura bitters
1 part Italian vermouth
1/2 part bourbon or whisky
Stir well in cracked ice and strain.
Place in each cocktail glass:
A cherry

MARTINI COCKTAIL
Combine:
1 part French vermouth
1 part Italian vermouth
2 parts gin
1 dash angostura bitters
Stir well in cracked ice. Place in each cocktail glass:
A green olive
Strain the cocktail and serve it.

DRY MARTINI COCKTAIL
Combine:
1 part French vermouth
2 parts gin
2 dashes of orange bitters
Stir well in cracked ice.
Place in each cocktail glass:
A green olive
Strain the cocktail and serve it.

OLD-FASHIONED
Crush:
1 lump of sugar
in:
2 dashes of angostura bitters or 1 teaspoon of water
Add:
1 jigger or more bourbon whisky
Serve in old-fashioned cocktail glass. Place in each glass 1 or 2 cubes of ice.
Decorate with:
1 slice of orange
A twist of lemon peel
A cherry
Add a small amount of soda-water, if desired.

ORANGE BLOSSOM COCKTAIL
Combine:
1 part orange juice
1 part gin
A dash of grenadine syrup
Shake well in cracked ice and serve.

PARADISE COCKTAIL
Combine:
1/2 part gin
1/2 part apricot brandy
Shake well in cracked ice and serve.

PLANTER'S PUNCH
Fill a 10-ounce glass with crushed ice.
Add and stir:
2 jiggers of rum
Juice of 1/2 lemon
Dash of grenadine
Fill the rest of the glass with:
Soda-water
Decorate with:
Fruit
A cherry

QUEEN ELIZABETH COCKTAIL
Combine:
1/2 part dry vermouth
1/2 part benedictine
1/2 part lime juice
Stir—do not shake—and serve.

RICKY
Use gin, rye or bourbon whisky. Put ice cubes in a 6-ounce glass. Add:
The juice of 1/2 lime
1 jigger of the liquor chosen
Fill up glass with soda-water, stir, and serve.
**RUM COLLINS**
Combine:
- 1 large jigger rum
- 1 teaspoon sugar
- Juice of 1 lime or ½ lemon
Shake well with ice. Strain into a tall glass. Fill up with soda-water. Stir.

**RUM PUNCH**
Combine:
- 1 part of lemon juice or lime juice
- 1 part of pure maple syrup
- 2 dashes of grenadine
Shake well with ice. Pour into a 10-ounce glass filled with crushed ice. Decorate with:
  - Pineapple stick
  - A slice of orange
  - A cherry

**SAZERAC**
Dissolve:
- 1 lump sugar
in:
- 1 teaspoon of water
Add:
- A dash of Peychaud bitters
- A dash of anisette
- 1 jigger of rye or bourbon whisky
Stir well with ice and strain. Garnish with:
  - Twisted lemon peel

**SHERRY COCKTAIL**
Combine:
- 1 part sherry
- 1 dash orange bitters
- 1 dash angostura bitters
Stir well and pour into cocktail glass.

**SHERRY FLIP**
Combine:
- 1 jigger sherry
- 1 egg
- 1 teaspoon castor sugar
Shake with ice, strain, sprinkle with:
  - Nutmeg

**SIDE CAR**
Dissolve:
- 1 teaspoon castor sugar
in:
- ½ teaspoon water
Add:
- Juice of ½ lime or lemon
- ½ part Cointreau
- ½ part cognac
- 1 egg white
Shake well in cracked ice. Rub the edge of a cocktail glass with:
  - A slice of lime or lemon
Dip the rim in:
  - Castor sugar
to give it a frosted appearance. Fill the glass.

**STINGER**
Combine:
- ½ part white crème de menthe
- ½ part brandy
Shake with ice, strain, and serve.

**TOM COLLINS**
Combine:
- 1 tablespoon castor sugar
  - Juice of 1 lemon or 2 limes
- 1½ jiggers gin
- 3 or 4 mint leaves (optional)
Shake well with cracked ice and strain into a 10 or 12-ounce glass. Add cubes of ice and fill glass with:
  - Soda-water
Stir just enough to mix.

**WALDORF COCKTAIL**
Combine:
- 1 part rye whisky
- 1 part Italian vermouth
- 1 part absinthe
- 2 dashes orange bitters
Shake well and pour into cocktail glass.

**WHISKY COCKTAIL**
Combine:
- 1 dash angostura bitters
- 4 dashes syrup
- 1 part whisky
Stir well and strain into cocktail glass. Place in each glass:
  - A cherry
BEVERAGES

WHISKY SOUR
Combine:
1 jigger rye or bourbon whisky
1 teaspoon castor sugar
Juice of ½ lemon
Shake with ice and strain into a 6-ounce glass. Add:
Slice of orange
A cherry
A little soda-water, if desired

WHISKY TODDY
Dissolve:
1 lump of sugar
in:
A jigger of cold water
Add:
1 twist lemon peel
1 jigger of bourbon whisky
Add a lump of ice and stir.
If a hot toddy is desired, use hot water to dissolve sugar and add whisky fill the glass with hot water.

WHISKY CUP
16 Servings
Combine and stir:
1½ cups sugar
Juice of 3 lemons
Stir in until well blended:
2 quarts whisky
2 quarts soda-water
Pour over large block of ice in punch bowl. Add:
½ cup grenadine
2 oranges, sliced
1 cup sliced pineapple

ARTILLERY PUNCH
20 Servings
Combine and stir well:
1 cup sugar
Juice of 6 lemons
Add and mix well:
2 tablespoons bitters
1 quart claret
1 quart sherry
1 quart rye, bourbon or Scotch whisky
1 quart brandy
Pour over a block of ice in a punch bowl. Add:
1 quart soda-water

BOWLE or FRUIT CUP
About 5 quarts
Stem:
1 quart strawberries
or peel:
1 quart peaches
Sprinkle over them:
½ cup sugar
Add:
1 quart bottle of white wine
Permit these ingredients to stand for 12 hours. Add:
4 cups water
2 quart bottles of white wine
Boil for 10 minutes:
1 cup sugar
½ cup water
Chill the syrup. Add as much of the syrup to the fruit cup as desired. Cover the cup and set it on ice until it is thoroughly chilled. If available, add tender sprigs of woodruff (Waldmeister) to give the Bowle distinction and a fillip that is all its own.

CLARET CUP
About 7 cups without ice
Place in a pitcher:
2 slices of pineapple, cut in pieces
2 small unpeeled peaches, cut in halves
2 peach stones
1 orange, sliced
½ lemon, sliced
A few small strips of cucumber rind
1 tablespoon sugar
Permit these ingredients to stand for 4 hours. Add:
2 tablespoons brandy
2 tablespoons maraschino
1 quart claret or Burgundy
Place the cup on ice for 1 hour. When ready to serve, remove the cucumber, peaches, and stones and add:
1 pint Apollinaris
A large piece of ice
Garnish the cup with:
Mint
Remove the mint before it gives too strong a flavour.
MULLED WINE
About 3 quarts
This is fine for an after-the-theatre party, served with hors-d'œuvre or assorted cookies.
Make a syrup by boiling for 5 minutes:
- 1 cup sugar
- ¾ cup water
- 2 sticks cinnamon
- ½ lemon cut into slices
- 2 dozen cloves
Strain the syrup. Add to it:
- 4 cups of hot fruit juice* (lemon, orange, pineapple, etc.)
Heat, but do not boil:
- 1 quart or more wine (preferably red)
Combine the fruit juices and the wine. Add, if needed:
- A few drops of colouring
Keep the wine hot in a double boiler. Serve it very hot with slices of:
- Lemon and pineapple
Do not hesitate to vary these proportions.
* If very sweet fruit juice is used reduce the amount of sugar.
Hot Mulled Cider, page 773.

HOT BUTTERED RUM
Individual Serving
Place in a hot tumbler:
- 1 teaspoon powdered sugar
Add:
- ½ cup boiling water
- ½ cup rum*
- 1 tablespoon butter
Fill glass with boiling water. Stir well. Sprinkle on top:
- Freshly grated nutmeg
* This is an old-time New England conception of an individual portion. It may be modified. Curious, isn't it, that the Pilgrims made rum—especially a drink like this one, which has been said to make a man see double and feel single.

RUM LEMONADE (HOT)
Combine:
- 1 lump sugar

JUICE OF ½ LEMON
2 tablespoons or more Jamaica rum
Fill the glass with hot water. Add:
A slice of lemon

TOM and JERRY (HOT)
6 Servings
Beat to a very stiff froth:
- 6 egg whites
Beat in gradually:
- 6 teaspoons castor sugar (½ for each egg)
Beat until blended, then beat into the egg whites:
- 6 egg yolks
Pour 2 tablespoonsfuls of this mixture into a china mug. Add to each serving:
- ½ jigger of brandy
- 1 jigger of rum
Fill the mug with very hot water. Stir well and sprinkle the top with:
- Grated nutmeg

EGGNOG I
About 5 quarts
A rich and extravagant version that is correspondingly good. I shall not attempt to give the number of servings as I am a poor judge of thirst and capacity. An authority (Mark Twain) says: "Too much of anything is bad, but too much whisky is just enough."
Beat until light:
- 12 egg yolks
Beat in gradually:
- 1 pound icing sugar
Add very slowly, beating constantly:
- 1 quart rum, brandy, or whisky
- 2 quarts cream
- 1 quart milk
Whip until stiff:
- 6 egg whites
- ½ teaspoon salt
Fold them lightly into the other ingredients. Serve the eggnog sprinkled with:
- Freshly grated nutmeg

EGGNOG II
Beat until light:
- 6 egg yolks
Beaten gradually:

$\frac{1}{2}$ cup sugar

Add very slowly, beating constantly:

1 cup brandy
2 cups cream
2 cups milk

Whip until stiff:

6 egg whites*
$\frac{1}{2}$ teaspoon salt

Fold them lightly into the other ingredients. Serve the eggnog sprinkled with:

Freshly grated nutmeg

* You may cut this to 2 egg whites and whip half of the cream.

EGGNOG III
(With Evaporated Milk)

8 Servings

This must be prepared a day ahead of time. It is smooth, good, and made with ingredients one is apt to have on hand. Less 'calories' than the usual eggnog.

Beat until light:

3 eggs

Beat in gradually:

6 tablespoons sugar
A few grains of salt
2 tablespoons vanilla

Stir in:

2$\frac{1}{2}$ cups evaporated milk

Diluted with:

$\frac{1}{2}$ cup water

If an alcoholic flavour is desired, omit the vanilla and add:

$\frac{1}{2}$ cup brandy, whisky, etc.

Place the eggnog in a jar with a screw top. Permit it to ripen in the refrigerator for 24 hours. Serve it sprinkled with:

Freshly grated nutmeg

EGGNOG

Individual serving

Beat until light:

1 egg yolk

Beat in slowly:

1 tablespoon sugar
$\frac{1}{4}$ cup cream
$\frac{1}{2}$ to $\frac{1}{2}$ cup rum, brandy, or whisky

Whip until stiff:

1 egg white
A few grains of salt

Fold it lightly into the other ingredients.

MILK PUNCH

Individual serving

Shake with cracked ice:

1 glass sweet milk
1 teaspoon castor sugar
1 large jigger of bourbon, rye, or brandy

Strain into 10-ounce glass. Sprinkle with:

Nutmeg

Or, heat milk and add to each glass:

2 teaspoons rum

MINT JULEP

The New Yorker had a most amusing story of a bar-tender who thought he knew how to make mint julep. As he was following his favourite formula one day he was interrupted by a southern gentleman, who was horrified to find that the bar-tender was chopping the mint. The southerner, apparently a man of authority, told him the mint must be bruised, not chopped. So he followed his instructions until one day he was vehemently interrupted by another southerner, who told him that mint must never be bruised, it must be left whole—and so on through endless experiences and endless corrections, until the poor bar-tender had a nervous breakdown and still did not know the really correct way to prepare a mint julep. Neither do I. It is without any feeling of superiority that I venture to give the following recipe, which I offer as a suggestion only:

TO FROST A MINT JULEP

The quickest way is to place the julep cup on several folds of dry newspaper. This acts as an insulator. Fill the cup with ice and julep mixture and stir it vigorously with a bar spoon or an iced-teaspoon. A slower way is to mix the julep and place it for half an hour in a refrigerator.
TO PREPARE A MINT JULEP
Chill silver julep cups or 12-ounce glasses. Pick from stem and place in cup:
4 or 5 mint leaves
Muddle with:
1 teaspoon castor sugar
1 teaspoon water
Fill cup with finely crushed ice. Pour in:
1 jigger bourbon whisky
Stir energetically until the ice has dropped 1 or 2 inches and frost begins to appear. Then fill remainder of julep cup with crushed ice and pour in:
1 jigger bourbon whisky
Decorate the julep with:
Sprigs of mint dusted with castor sugar

BEVERAGES

Insert short straws. (Long straws are apt to short-circuit the flavour of the drink and make it too strong.) Place the julep in the refrigerator for half an hour—if you are not too impatient. A connoisseur I know likes to add to each julep a finger-length of fresh pineapple and a slice of thick-skinned orange.

MINT JULEPS for PARTIES
Mint julep in mass production becomes a problem. You may solve it by mixing simple syrup (page 778) and mint leaves ahead of time. Refills may be poured from a pitcher. Place whisky mixed with mint syrup in the pitcher around a single piece of ice and have it passed with separate bowls of mint and crushed ice. For refills metal cups may be pre-chilled in the refrigerator.

GRAPE, BLACKBERRY, or OTHER BERRY WINE
Mash in a stone jar:
20 pounds grapes or other fruit
Add:
5 quarts boiling water
Cover the jar. Permit these ingredients to stand for 5 days. Strain the fruit through a cheesecloth bag. Return the juice to the jar. Add:
10 cups sugar
Cover the jar. Permit these ingredients to stand until fermentation has ceased. Remove the scum. Strain the juice. Bottle it tightly. Seal the bottles with sealing-wax.

BLACKBERRY CORDIAL
Boil:
Blackberries
Add a little water to keep them from scorching. When they are soft put the juice through a jelly bag. Add to each quart of juice:
2 cups sugar
½ stick cinnamon
2 tablespoons cloves
½ ounce mace or allspice
Boil these ingredients for 20 minutes. Strain them. Add to each quart of juice:
1 pint French brandy

PEACH BRANDY
Pare:
Clingstone peaches (Albertas)
Place them in quart jars. Cover them with:
Sugar
Cover the jars loosely with lids. Continue to cover the peaches with sugar until the juice is drawn from them and the sugar is dissolved. When the peaches are covered with juice tighten the lids on the jars. Wrap the jars in heavy paper and place them in a cool dark place. The peaches are ready to be served in three months. Use them sliced over ice cream or pudding. Pour off the liquid and bottle it. This makes delicious brandy.

CHERRY BOUNCE
Stem and place in a crock:
6 pounds cherries
Add:
5 pounds sugar (10 cups) *
1 pint alcohol
Cover the crock. Stir the cherries twice a day until the sugar is dissolved (for about 3 days). Cover the crock tightly. After 3 months add:

- 1 pint distilled water

Strain the liquid. Bottle it.

* This measurement is for acid cherries. Use less if the cherries are not acid.

**QUINCE LIQUEUR**

The formula for this delicious and unusual liqueur was given by a French priest to his friends. When you drink it remember the advice of the old German who said when serving a fine vintage: 'Don't gulp it, zipp it!'

Wash and core:

**Quinces**

Put them through a mincer. Add to

- 4 quarts of ground quince:
  - 3 gallons rye whisky
  - 1 ounce cardamom seed
  - 1 ounce mace
  - 1 ounce anise seed
  - 1/2 vanilla bean
  - 1 ounce broken nutmeg

Place these ingredients for 3 weeks in a stone jar with a tight cover. Stir them frequently. Strain them through a flannel jelly bag.

Make a rich syrup of:

- 10 pounds best granulated sugar
- 7 pints water

Cool, then add it to the liqueur. Bottle and seal it.

**ON THE SERVING OF WINES**

Here are a few suggestions to guide the inexperienced hostess.

With few exceptions wines are served at 45° to 60° Fahrenheit.

Champagne is always served cold—35° to 45°. It should be cooled gradually in a refrigerator and placed in ice shortly before being used. The younger vintages of champagne call for 35°, the older for 40°.

Either champagne or a medium dry sherry is suitable to serve at all times and with all foods and throughout a meal.

Some of the generally accepted customs on the serving of wine are:

Serve dry wines before sweet wines; white wines before red ones; light wines before heavier ones; white wines with hors-d’œuvre, fish, and white meats; red wines with dark meats, game, and cheeses.
<table>
<thead>
<tr>
<th>Course</th>
<th>Wine</th>
<th>How to Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shellfish or</td>
<td>Chablis</td>
<td>Cold—40 to 45° Fah.</td>
</tr>
<tr>
<td>Hors-d'œuvre</td>
<td>Graves</td>
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<tr>
<td></td>
<td>Rhine or Moselle</td>
<td></td>
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<tr>
<td>Soup</td>
<td>Sauterne</td>
<td>Cold—40 to 45° Fah.</td>
</tr>
<tr>
<td></td>
<td>Sherry (dry)</td>
<td>Room Temperature Cool—50° Fah.</td>
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<tr>
<td></td>
<td>Madeira</td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>White Bordeaux</td>
<td>Cool—50° Fah.</td>
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<tr>
<td></td>
<td>White Burgundy</td>
<td>&quot;</td>
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<tr>
<td></td>
<td>Rhine or Moselle</td>
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<tr>
<td>Entrées</td>
<td>White wine</td>
<td>Cold—40 to 45° Fah.</td>
</tr>
<tr>
<td></td>
<td>Claret</td>
<td>Room Temperature</td>
</tr>
<tr>
<td>Red Meats</td>
<td>Fine Claret</td>
<td>Room Temperature</td>
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<td></td>
<td>Red Burgundy</td>
<td>Cold—40 to 45° Fah.</td>
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<tr>
<td></td>
<td>Sparkling Burgundy</td>
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<td>White Meats</td>
<td>White Bordeaux</td>
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<td></td>
<td>White Burgundy</td>
<td>Cold—40 to 45° Fah.</td>
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<td>Champagne</td>
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<td>Fowl or Game</td>
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<td>Red Burgundy</td>
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<td>Rhône</td>
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<tr>
<td>Cheese</td>
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<tr>
<td></td>
<td>Port</td>
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<td></td>
<td>Old Sherry</td>
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<td>Full-bodied Madeira</td>
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<td>Dessert</td>
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<td>Rich Old Sherry</td>
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<td>Coffee</td>
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<td>Madeira</td>
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<td></td>
<td>Liqueur</td>
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</table>
HERBS

Numerous books and articles have been written recently on herbs, how to grow them and how to use them. It is impossible to condense all this lore into a few paragraphs, as the approach to the subject is handled reverently by some writers and exhaustively by all.

After decades of neglect we are being made nationally herb-conscious. Many cooks smile at this vibrant revival of a custom they have never permitted to lapse into oblivion. They have always found room for a bit of tarragon in a garden corner, a sprout of chervil, basil, etc., or if minus a garden, a neighbour or nurseryman has been persuaded to grow them. Now, suddenly the cultivation of herbs has become a cult and it threatens to engulf us.

If this subject is new to you, buy a good book on herbs and let it be your guide. There are various schools of thought represented, which bring about an enlivening, if not always enlightening, controversy.

My rules are elastic, culled from a number of herb-growing friends and authorities with assailable but unbending convictions. I fully expect some protest about whatever I might say, for social ostracism seems to follow in the wake of a vagrant savory or a misplaced camomile. Epicures are insistent upon wedding the right herb to the right dish and in some circles only the brave venture forth on a doubtful alliance. It is advisable to suppress your iconoclastic urges until you know your herbs, then use them as you please. However, a break in the conventions cannot be much worse than a split infinitive or a double negative and they have been known to creep into the best of families.

There are no limits to the use of herbs. They are a delightful addition to our everyday cooking, but even the most enthusiastic grower should use them with discretion. A pinch of herb adds a wonderful touch to a creamed dish, salad, soup, or meat. Use herbs fresh or dried. Keep an assortment of the latter on your pantry shelf. Determine what you like—some are strong flavoured, others mild, and their use is a matter of individual preference.

Herbs are picked for drying as they come into flower. They are washed, hung in bunches in a shady, airy room, or dried in a very slow oven 250° and when thoroughly dry, they are pulverized and placed in closed containers. Packaged and bottled herbs are purchasable in most grocers. A number of people find growing herbs for the market a good source of income. Herbs put up by these amateur growers seem to retain a more delicate flavour than those put out in quantity by wholesale houses.

Keep on hand a supply of herb bags to season soups and stews calling for a bouquet garni. To make them, cut 4-inch squares of heavy cheesecloth, place in the centre of each a combination of ⅛ teaspoon each of dried basil, thyme, marjoram, and savory or other herbs, celery, parsley, etc. Gather the 4 corners together, tie them securely; pull off ravelings. Place the bags in a covered jar until ready to use them.
<table>
<thead>
<tr>
<th></th>
<th>BASIL</th>
<th>CHERVIL</th>
<th>MARJORAM</th>
<th>MIXED</th>
<th>SAGE</th>
<th>ROSEMARY</th>
<th>SAVORY</th>
<th>TARRAGON</th>
<th>THYME</th>
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<tbody>
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<td><strong>APPETIZER</strong></td>
<td>In tomato juice, shrimp</td>
<td>In stuffed eggs, sauce</td>
<td>In cream cheese</td>
<td></td>
<td></td>
<td>In liver sausage</td>
<td>Tomato juice, any fish</td>
<td>In aspic, cheese</td>
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<td></td>
<td>or fish cocktails</td>
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<td>cocktail</td>
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<td>In tomato, vegetable,</td>
<td>In spinach soup, Vichy-</td>
<td>In a bouquet * in almost</td>
<td>In vegetable soup</td>
<td>In cabbage soup</td>
<td>Lentil, pea, vegetable or</td>
<td>Tomato chicken soup, etc.</td>
<td>In onions or clam chowder,</td>
<td>In stock, claret</td>
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<td>mock turtle, in bouquets*</td>
<td>sose</td>
<td>any soup</td>
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<td>in a bouquet *</td>
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<td>or in a bouquets*</td>
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<td><strong>EGGS</strong></td>
<td>In omelet and all egg</td>
<td>Alone or in combination for</td>
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<td>With other herbs</td>
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<td>In all egg dishes</td>
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<td><strong>FISH</strong></td>
<td>In grilled, baked or</td>
<td>In melted butter</td>
<td>As a bouquet * in boiled</td>
<td>Use sparingly in salt</td>
<td>With mackerel in butter</td>
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<td>Sparsingly in</td>
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<td>fish, with lobster</td>
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<td>roast, stews</td>
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<td><strong>MEAT</strong></td>
<td>In chopped meat, stews,</td>
<td>In butter with Madeira over</td>
<td>In chopped meat over lamb</td>
<td>Over roast beef, in veal</td>
<td>In beef roasts, minced</td>
<td></td>
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<tr>
<td></td>
<td>calf liver, etc.</td>
<td>veal cutlets, in Bernaise</td>
<td>or pork roast</td>
<td>stews, with sage over</td>
<td>beef, hamburgers, pork,</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>sauce for filet mignon</td>
<td></td>
<td>roast pork</td>
<td>stuffed veal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>POULTRY</strong></td>
<td>In bouquet for friccaises</td>
<td>In melted butter sauce for</td>
<td>In stuffing for any fowl</td>
<td>In a bouquet * garnish</td>
<td>Any chicken</td>
<td>In bouquet * for friccaises</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>grilled chicken</td>
<td></td>
<td>for goose or duck</td>
<td>or for friccaises</td>
<td>or for friccaises</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td>In eggplant, peas, beans,</td>
<td>In spinach, squashes,</td>
<td>Use sparingly in stuffings</td>
<td>Peas</td>
<td>In creamed mushrooms,</td>
<td>In carrots, peas, onions</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>in all tomato dishes</td>
<td>tomatoes, mushroom rooms</td>
<td>for goose or duck</td>
<td></td>
<td>green peas, green peas,</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td><strong>SALADS</strong></td>
<td>In fish or vegetable</td>
<td>Alone in French dressing</td>
<td>In green salad, chicken</td>
<td>In stuffed tomatoes, in</td>
<td>In green salads, in</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>salad, aspics, salmon</td>
<td>over greens</td>
<td></td>
<td>French dressing</td>
<td>aspic</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>loaves, tomatoes, celery,</td>
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<td></td>
<td>salad dressing</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td><strong>SAUCES</strong></td>
<td>In tomato sauce, any fish</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fish sauces, Bernaise</td>
<td></td>
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<tr>
<td></td>
<td>sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>sauce, Tartar sauce</td>
<td></td>
</tr>
</tbody>
</table>

**Note:** Mint, parsley, and chives are not listed, as most cooks are familiar with their use.

* Bouquet—French expression for a number of herbs tied together, cooked with a dish and later removed.
We now know that no food is good in itself. Even milk, once considered innocuous, has proved to be harmful to some people. However, there are many who are fortunate in being free from allergies, and when a doctor says to one of them, ‘I recommend a light diet,’ he usually has in mind foods that are easily digested, unspiced, and bland. A well person may sigh at the list, but an invalid will be benefited by sticking to it.

Toast, milk toast, cooked cereals, eggs, green vegetables, riced or baked potatoes, scraped beef, creamed chicken or sweetbreads, stewed fruits put through a ricer or strainer, custards, eggnog, ice-cream—there is usually a great variety of dishes but they are apt to become monotonous. Here are a few suggestions that may prove of use:

Clear Soup with Farina Balls or Custard (page 62)
Vegetable Bisque (page 44), strained
Cream of Asparagus Soup (page 46)
Cream of Celery Soup (page 47)
Cream of Mushroom Soup (page 49)
Chicken Broth (page 38)
Chicken Bouillon with Egg (page 39)
Oyster Stew (page 52)
Jellied Chicken Soup (page 62)
Steamed Rice (page 87)
Creamed Chicken (page 132) or Sweetbreads (page 338)
Creamed Brains (page 339) or Spinach (page 259)
Soufflés generally: Vegetable (strain the vegetables), Onion (page 212, strain the onions), Chicken, Mushroom, etc. These may be served with Cream Sauce or, where it is permitted, with Tomato Sauce.

Timbales: Broccoli (page 204), Chicken (page 206), Asparagus (page 205), etc. These also may be served with sauce.

Omelets (page 75), Baked Eggs (page 72), Steamed Eggs (page 76), Eggs Poached in Milk (page 68)

Green Vegetables, strained; carrots, strained
Oysters in Spinach (page 102), omit the cheese
Fish—boiled or steamed (pages 223–4), Fish Pudding or Timbale (page 109)
Oysters Creamed (page 96)
Chicken Stew (page 357),
Sweetbreads, Brains (pages 338–40)
Scraped Beef (page 314)
Hamburger (page 315)
Custards (page 642), Rice Pudding (page 648)
Lemon Soufflé (page 662), Prune or Apricot Soufflé (page 664)
Lemon, Orange, or Grapefruit Jelly (page 670)
Tapioca Puddings (pages 649-51)
Marsh-mallow Pudding (page 673), Snow Pudding (page 673)
Wine Custard (page 645)
Zabaglione (page 644)
Wine Jelly (page 671)
Sweet Omelets (pages 74 and 661)
Baked Canned Fruit (page 661; omit the nuts)
Grilled Grapefruit (page 5)
Orange Whip (page 673)
Rice Ring (page 89) with Stewed Fruits (page 395)
Apple Sauce Pudding (page 655)
Sponge Cake (page 531), Lady Fingers (page 617)
Angel Cake (page 537)
Vanilla Wafers (page 606)
Ice-creams (page 698) and Water Ices (page 703)
Eggnog (page 5)
Orange Milk Punch (page 777)

A close perusal of the cookery book will produce any number of additional recipes that may be prepared for convalescents.

RECIPIES AND SUGGESTIONS FOR LEFT-OVER FOODS

Some of the most tempting luncheon dishes are made from ice-box scraps. Do not disdain them.

On one occasion I had to confess, when asked by an enthusiastic guest for a soufflé recipe, that it was composed of a 12-cent can of fish flakes, some celery, and yesterday's broccoli.

Both soufflés and timbales lend themselves readily as a basis for using up the odds and ends to be found in any refrigerator.

Tomatoes, peppers, onions, eggplant, acorn squash, summer squash, turnips, avocados, cucumbers, pimientos, baked potatoes, and carrots may be filled with left-over meat, fish, potatoes, rice, or vegetables, alone or in some good combination. Moisten these ingredients with gravy, cream sauce, butter, eggs, bacon fat, milk, or cream and combine them with dry bread, bread-crumbs, onions, nuts, etc. Prepare and fill the cases and cook them as directed (page 189-203).

Waffle, pancake, and fritter batter combine well with meat, fish, or
SUGGESTIONS FOR LEFT-OVER FOODS

Vegetables. Add 1 to 1 cup of finely minced left-over food to waffle batter, cook the waffles, and serve them with cream or other sauce; or gravy, etc. See Filled Pancakes (page 105), Fritters (page 482).

Deep custard cups are useful for serving small amounts of left-overs. Fill them with moistened, seasoned food, cover the tops with pieces of buttered paper secured with string or rubber bands, and place the cups in a pan partly filled with boiling water. Steam the food on top of the stove or in the oven until it is thoroughly heated. Remove the papers. If desired, the tops may be sprinkled with bread-crumbs dotted with butter or sprinkled with cheese and browned under a grill.

To utilize the following articles of food try the recipes suggested:

APPLE SAUCE:
- Apple Sauce Pudding
- Apple Sauce Cake

BACON FAT:
- Bacon fat will keep indefinitely. Use it for sautéing meats, potatoes, mushrooms, eggs, etc.

BONES:
- Chicken Bone Soup
- Ham Bone—Split Pea or Bean Soup
- Ham Bone Stock—Split Pea or Bean Soup

BREAD:
- Bread, Egg, and Cheese Dish
- Bread Dressing
- Croûtons
- Crumb Muffins
- Crumb Griddle Cakes
- In Tomato Cases (see introduction of this chapter)

BREAD-CRUMBS:
- Place stale bread in a slow oven. When it is dry crush it with a rolling-pin and place the crumbs in a covered fruit jar. Use them for breaded dishes, oysters, cutlets, etc.

CEREALS (COOKED):

CHEESE:
- Macaroni
- Rarebit
- Croquettes
- Popovers
- Noodle Ring
- Rice
- Tomato Rice
- Ramekins
- Welsh Rarebit over Grilled Tomatoes
- Cheese Soufflé
- Cheese and Ham Soufflé
- Cereals
- Scrambled Eggs with Cheese
- Baked Eggs with Cheese

- Cheese Omelet
- Scalloped Oysters with Cheese
- Cabbage Stuffed with Rice and Cheese
- Cheese Sauce
- Baked Onions and Cheese on Toast
- Cheese Custard Pie
- Gnocchi
- Cheese Timbales
- Au gratin dishes
- Cheese Spread
- Grated in canapé spreads or sandwiches
**SUGGESTIONS FOR LEFT-OVER FOODS**

**CHICKEN:** See Meat

**CHICKEN FAT:**
Use chicken fat in place of bacon fat or chilled as a substitute for butter in baking.

**COFFEE:**
- Coffee Jelly with Marsh Mallow
- Coffee Marshmallow Jelly with Whipped Cream
- Coffee-flavoured Layer Cake
- Soft Ginger Cookies
- Soft Molasses Drop Cakes
- Coffee Fudge
- Mocha Sea-foam Icing
- Mocha Torte
- Mocha Sponge
- Mocha Sauce
- Coffee Ice-box Cake

**CREAM SAUCE:**
- Creamed Potatoes
- Soufflés
- Creamed Eggs
- Waffles—see introduction to this chapter
- Creamed Meats, Vegetables, Hash, etc.

**EGG YOLKS:**
- Scrambled in Tomato Soup
- Scrambled
- Egg Drops for Soup
- Mayonnaise
- Hollandaise Sauce
- Sponge Cake made with Yolks
- Yellow Loaf or Layer Cake
- Gold Cup Cakes
- Gold Layer Cakes
- Yolk Cookies
- Yolk Drop Cakes
- Date Bars II
- Butter Wafer
- Cup Custards
- Custard Filling
- Caramel Custard
- Boiled Custard Sauce
- Lemon Sauce
- Almond Sauce
- Drop yolks into simmering water, cook them under the boiling point until they are firm. Rice them and use them as a garnish for salads, etc.
- Add egg yolks to cream sauce. Do not boil the sauce after adding them.
- Yolks may be kept for days frozen in a refrigerator tray.

**EGG WHITES:**
- Angel Cup Cakes
- Angel Cake
- Angel Cake—Chocolate
- Cinnamon Stars
- Meringue Tart
- Meringues
- Pecan Drop Cakes
- Prune, Apricot, and Date Whip
- Apricot Sponge
- Brown Sugar Drop Cookies
- Pound Cake
- White Cake
- Marsh-mallow Pudding
- Fluffy Hard Sauce
- Sea-foam Candy
- Cornflake Drops
- Chocolate Almond Bars
- Hazel-nut Cakes
- Kisses
- Lady Cake
- Divinity
- White and other icings
- Marble Cake
- Whipped Cream Cake
- Poppy-seed Cake
- Chocolate Almond Shells
- Date and Nut Cookies
- Almond Rings
- Macaroons
- Caramel Nut Cakes
- Snow Balls

**FISH:**
- Fish Timbales
- Fish and Nut Timbales
- Fish Salad
- Fish Soufflé
- In Tomato Cases
- Steamed Fish Pudding
- Fish and Rice Ramekins
- Fish Hash
- Fish Salad in Aspic
- Eggs Stuffed with Fish
Aspic Salad
Creamed on Toast

Three-fourths to one cup of flaked fish may be added to Waffles—see first paragraph of this chapter.

FRUIT JUICES:
Cocktails and other drinks

Fruit Sauce (plain or thickened with cornflour) for Custards or Puddings. You may add grated orange or lemon rind

Fruit Salad Dressing
Lemonade
Moulded Fruit Salad
In Brown Betty, Tapioca, and Rice Pudding
Add to Mincemeat

GRAPEFRUIT AND ORANGE PEEL:
Candied Grapefruit Peel
Candied Orange Peel
Orange Bread

GRAVY:
Combine gravy with cooked rice, spaghetti, etc., adding chopped onions, celery, carrots, or peppers. Serve gravy with Waffles or Pancakes, Sautéed Cereals, or Cold Sandwiches.

HASH:
In Scone or Pie Dough
In Pie Shells
In Tomato Cases
Shepherd’s Pie
On Toast

Hash with Potatoes
Hash with Celery
Hash with Waffles
Meat Roll
In a Carrot Ring, Rice Ring, Noodle Ring, etc.

ICE-CREAM:
Stir into 1 pint soft ice-cream 1 tablespoon gelatine soaked in 2 tablespoons water dissolved over heat. Chill the cream. Serve it with pudding sauce.

JELLIES:
Dissolve bits of jelly and jam with a small quantity of boiling water and use them for pudding sauce.

Use jelly in place of apple sauce in Turnovers
Lady Finger Sandwiches

OATMEAL:
Oatmeal Griddle Cakes
Oatmeal Muffins

PICKLE VINEGAR
Pickled Onions or Beets
With salad oil in salads

PICKLED FRUIT JUICE:
Mincemeat
Baked Ham

POTATOES:
Potatoes au Gratin
Baked Mashed Potatoes
Creamed Potatoes
Eggs in a Nest

Potato Balls Rolled in Cornflakes
Potato Cakes
Potato Cheese Puffs
Potato Soufflé
SUGGESTIONS FOR LEFT-OVER FOODS

| Hashed Brown | Sautéed Potatoes |
| O'Brien      | Shepherd's Pie   |
| Mashed Potato Puffs | Mashed Potato Pie |
| Pear Potatoes | Mashed Potato Tuna Fish Balls |

PRUNES OR APRICOTS:

| Eggless Apricot Whip | In Fruit Jelly |
| Eggless Prune Whip   | To baste Baked Ham |
| Soufflé              | Prune Muffins |
| Apricot Bread        | Chocolate Prune Cake |
| Apricot Ice-cream    | Prune Cake |
| Prune or Apricot Juice | Apricot Whip |
| Prune or Apricot Eggnog |

RICE:

| Cheese Rice Boiled | Caramel Rice Pudding |
| Cheese Rice Baked  | Rice Waffles |
| Eggs with Rice and Tomato Sauce | Rice served with cinnamon, sugar, and cream or fruit juice |
| Rice Ramekins      | Creamed with Left-over Food |
| In Tomato Cases     | Rice Muffins |
| Rice Croquettes     | Batter Bread or Muffins |
| Rice Timbales       | |
| Rice Pudding        | |

SAUSAGES:

| Liver Sausage Sandwiches | Dumplings |
| Frankfurter or Vienna Sausages sliced, in thick soups | Gravy (Brown Sauce or other Sauces) |
| In Baked Beans            | |
| Noodle and Rice Dishes   | |

SOUP:

| Jellied Soup | Mock Venison |
| Aspic Salad  | Fig Spice Cake |

SOUR MILK:

| Scones          | Sour-cream Cake |
| Muffins         | Sour-cream Cake |
| Bran Muffins    | Sour-cream Cookies |
| Graham Muffins  | Sour-cream Icing |
| Cottage Cheese  | Salad Dressing  |
| Doughnuts       | Sour-cream and Horseradish Sauce |
| Gravy           | Baked Fish with Sour Cream |
| Gingerbread Waffles | Sour-cream and Horseradish Sauce |
| Griddle Cakes   | Baked Fish with Sour Cream |
| Graham Griddle Cakes |

SOUR CREAM:

| Almond Cake Filling | Grandmother's Apple Cake |
| Almond Roll         | Hermits |
| Cream Sauce for Mulled Cucumbers and other vegetables | Jam Cup Cakes |
| Gravy               | Old-fashioned Molasses Drop Cakes |
| Sour-cream Cake     | In Ice-cream with bicarbonate of soda added to cut the acid |
| Sour-cream Cookies  | Waffles |
| Sour-cream Icing    | Crumb Muffins |
| Salad Dressing      | Sour-cream Muffins |
| Sour-cream and Horseradish Sauce | Borscht |
| Baked Fish with Sour Cream |

Eggless Apricot Whip
Eggless Prune Whip
Soufflé
Apricot Bread
Apricot Ice-cream
Prune or Apricot Juice
Prune or Apricot Eggnog

Caramel Rice Pudding
Rice Waffles
Rice served with cinnamon, sugar, and cream or fruit juice
Creamed with Left-over Food
Rice Muffins
Batter Bread or Muffins

Mock Venison
Fig Spice Cake
Spice Cup Cakes
Sour-milk Layer Cake
Pancakes
Velvet Spice Cake
Prune Cake
Chocolate Spice Cake
Devil's Food II
Banana Cake

Grandmother's Apple Cake
Hermits
Jam Cup Cakes
Old-fashioned Molasses Drop Cakes
In Ice-cream with bicarbonate of soda added to cut the acid
Waffles
Crumb Muffins
Sour-cream Muffins
Borscht
Doughnuts with Sour Cream
MEAT AND POULTRY:
(See the beginning of this chapter)
Aspic Salad
Bacon Left-overs
Chicken à la King
Chicken and Ham Creamed
Chicken and Ham Spread
Chicken in Tomato Cases
Chicken Mousse I and II
Chicken Salad
Chicken Salad in Aspic
Chicken or Veal Forcemeat
Creamed Chicken or Veal in Rice or Noodle Ring
Club Sandwich
Diced Meat in French Dressing
Eggs in a Nest
Ham à la King
Ham Cakes with Eggs
Ham Cakes with Pineapple
Ham in Tomato Cases
Ham, Jellied Mousse
Ham Sandwich Spread
Ham Soufflé
Ham Loaf
Ham Noodles
Minced Ham on Pineapple Slices
Ham Rolls with Rice
Baked Potatoes Filled with Minced Ham
Left-over Meat Loaf
Left-over Meat in Rice Balls
Left-over Meat in Batter
Left-over Meat in Soup

MEAT AND VEGETABLE SCRAPS:
Bacon Left-overs
Creamed on Toast
Eggplant (Aubergine) Filled with Left-over Food
Economy Soufflé
Filled Pancakes
In a Meat Roll
In Fritters or Croquettes
VEGETABLES:
Vegetable Bisque
Vegetable parings—see Soups
Vegetables in Tomato Cases
Vegetable Soufflé
Vegetable Stock
Creamed Vegetables with or added to omelet
Carrot Timbales or other Timbales
Cream of Cauliflower Soup
Upside-down Vegetable Pie

SUGGESTIONS FOR LEFT-OVER FOODS

Veal Paprika
Chicken Paprika
Coffee Cake
Sour-cream Cherry Cake

Ice-cream Pie
Sour-cream Pie
Breaded Veal Slices

Chicken and Ham Soufflé
Chicken and Ham Timbales
Chicken Bisque
Chicken Croquettes
Chicken Giblets Creamed
Chicken Livers (see Index)
Left-over Meat Devilled
Meat Pie Roll or Pinwheels
Meat Scraps, cooked or uncooked, in Soup
Meat Soufflé
Meat Loaf in Pastry
Meat in Tomato Aspic
Meat in Fritters
Meat on Skewers
Meat in Puff Shells
Meat Pie
Meat Shortcakes
Hot Biscuits Baked with Fillings,
   Chicken, Ham, Roast, etc.
In Aspic
Rombauer Rice Dish
Baked Potatoes with Hash and Vegetables
Scalloped Veal and Oysters
Cold Roast Beef and Tomato Sauce
Chow Mein
Ham and Veal Loaf
Curried Veal and Rice
Terrapin, Chicken, Lamb
In Spaghetti, Noodles, Rice, etc.

In Pastry
In Soup
In Tomato Cases
Shepherd’s Pie
In Spaghetti, Noodles, etc.
Vegetable Casserole
Left-over Timbales

Carrots Filled with Left-over Food
Onion Soufflé or other Soufflés
Economy Soufflé
Left-over Vegetable Dish with Cheese
Left-over Vegetable Dish with Hamburger
Green Peas in Tomatoes
Brussels Sprouts or other vegetables
in Cheese Sauce
SUGGESTIONS FOR LEFT-OVER FOODS

LETTUCE:
- Cabbage of Lettuce and Rice Dish
- Braised Lettuce
- Wilted Lettuce
- In Soup

SPINACH:
- Eggs in Spinach with Cheese
- Oysters in Spinach
- Spinach Soufflé or Ring
- Oysters Rockefeller
- Timbales
- In an Omelet
- In Pancakes
- Cream of Spinach Soup

TOMATOES:
- Tomato Pancakes
- Tomatoes and Corn
- Vegetable Stock
- Soup
- Tomato or Creole Sauce
- Curried Tomatoes
- Creamed Tomatoes
- Gravy

HEALTH CHART
A daily diet list for balanced and protective meals.

Milk:
1 quart for each child
1 pint for each adult

Fruits and Tomatoes:
1 or more servings of citrus fruits (orange, lemon, grapefruit) or their juices,
fresh pineapple, canned pineapple juice, cantaloup, bananas, strawberries,
etc., tomatoes or tomato juice or any raw fruit or vegetable rich in Vitamin C

Bread and Cereals:
2 servings of whole grain or products made with enriched flour

Butter:
At every meal (Margarine that contains added Vitamin A may be substituted)

Vegetables:
1 or more servings of green leafy or yellow vegetables
2 or more servings of potatoes, other vegetables, or fruit

Eggs:
1 each day or at least 3 or 4 a week

Lean Meat, Poultry, Fish:
1 or more servings

Sweets:
May be added to satisfy the appetite when a sufficient amount of protective foods has been eaten

In addition, unless a doctor advises against it, drink six to eight glasses of water a day.
The milk may be taken in soup or sauce, the egg in pudding, pie, or cake, the vegetables in stew or salad, etc. This list merely shows that it is advisable to include these foods in about these amounts and proportions at some time in the three meals served every day.
VITAMIN CHART

Food provides certain essential vitamins which are necessary for health, growth, and development.

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Benefits Derived</th>
<th>Important Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Keeps certain eye tissues and all mucous surfaces healthy.</td>
<td>In green leafy and yellow vegetables</td>
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<td></td>
<td>Prevents night blindness.</td>
<td>Dairy products</td>
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<td></td>
<td>Promotes growth.</td>
<td>Fish-liver oils</td>
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<td></td>
<td>Keeps skin healthy.</td>
<td>Eggs, liver, kidney</td>
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<td></td>
<td>Helps the body to build up resistance to infection.</td>
<td>Dried prunes and apricots</td>
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<tr>
<td>Vitamin B</td>
<td>Keeps nerves healthy.</td>
<td>In yeast</td>
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<td>(Thiamin)</td>
<td>Promotes growth, stimulates appetite, aids digestion and intestinal health.</td>
<td>Whole-grain cereals and breads</td>
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<td>A daily diet including four to six servings of foods that are good sources of</td>
<td>Nuts, beans, peas, peanut butter</td>
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<td>thiamin is necessary.</td>
<td>Lean pork</td>
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<td>An alkaline substance like soda destroys Vitamin B.</td>
<td>Egg yolks</td>
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<td></td>
<td>For this reason soda should never be added to green vegetables to preserve their</td>
<td>Oysters</td>
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<td></td>
<td>colour.</td>
<td>Liver</td>
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<td>Kidney</td>
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<td>Essential for building tooth structure and healthy gums.</td>
<td>Fruits, especially oranges and bananas</td>
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<td>Vitamin C</td>
<td>Strengthens the walls of tiny blood vessels.</td>
<td>Vegetables, especially the green leafy kind</td>
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<td>(Ascorbic</td>
<td>Very little of this vitamin can be stored in the body; it must be supplied daily</td>
<td>Milk</td>
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<td>acid)</td>
<td>in generous amounts.</td>
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<tr>
<td>Vitamin D</td>
<td>Builds and preserves strong bones and teeth.</td>
<td>In oranges and other citrus fruits (lemons, grapefruit, etc.)</td>
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<td></td>
<td>Normalizes blood.</td>
<td>Tomatoes, green peppers</td>
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<td></td>
<td>Insufficient amount in diet of children results in rickets.</td>
<td>Most fruits (bananas, strawberries, etc.)</td>
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<td>Vitamin G</td>
<td></td>
<td>Vegetables if eaten fresh, quickly cooked, or commercially canned</td>
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<td>(Riboflavin)</td>
<td>Essential for growth, health, and for the process of cell breathing.</td>
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<td>Necessary for healthy eyes and skin and for the proper co-ordination of the</td>
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<td></td>
<td>muscles.</td>
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<td>Helps increase span of life.</td>
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<tr>
<td>Vitamin K</td>
<td>Important in the building of prothrombin, a substance essential for normal blood</td>
<td>Green leafy vegetables (cabbage, kale, spinach)</td>
</tr>
<tr>
<td></td>
<td>clotting. This is sometimes called the antihaemorrhagic vitamin.</td>
<td></td>
</tr>
</tbody>
</table>
CALORIE CHART

A malediction on the first calorie counter (must have been a man) and a malediction on Helen Hokinson who shows those whose glamour has begun to glimmer that calories count! Joy-killers, both.

A calorie chart is not a diet chart, nor is a cookery book writer a doctor. Her advice is to consult a doctor before your diet—and as to whether or not you decide to consult: 'Let your contours be your guide.'

It's fun to count other people's caloric intake. Make a game of it. (If you are not naturally a mathematician this calls for pencil and paper.). Watch the calories mount.

Yes, you may eat and grow thin. It isn't nearly as much fun as giving your appetite a free rein, but if you are inclined to take on soft, but unfortunately much-dated curves, a concentration on non-caloric food (with only an occasional indulgence) is advisable.

### Calorie Chart

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds, salted</td>
<td>10 almonds</td>
<td>100</td>
</tr>
<tr>
<td>Almonds, shelled</td>
<td>12 to 14</td>
<td>100</td>
</tr>
<tr>
<td>Angel cake</td>
<td>Average slice</td>
<td>150</td>
</tr>
<tr>
<td>Apple, baked with</td>
<td>2 tablespoons sugar</td>
<td>200</td>
</tr>
<tr>
<td>Apple butter</td>
<td>1 tablespoon</td>
<td>75</td>
</tr>
<tr>
<td>Apple dumpling</td>
<td>1 medium</td>
<td>300</td>
</tr>
<tr>
<td>Apple, raw</td>
<td>1 large</td>
<td>100</td>
</tr>
<tr>
<td>Apple pie</td>
<td>1 average piece about 1/6 of pie</td>
<td>350</td>
</tr>
<tr>
<td>Apple sauce</td>
<td>1/3 cup</td>
<td>157</td>
</tr>
<tr>
<td>Apricots, dried, stewed, sweetened</td>
<td>1/2 cup</td>
<td>200</td>
</tr>
<tr>
<td>Apricots, fresh</td>
<td>3</td>
<td>60</td>
</tr>
<tr>
<td>Apricots, canned with juice</td>
<td>6</td>
<td>150</td>
</tr>
<tr>
<td>Artichokes</td>
<td>1</td>
<td>150</td>
</tr>
<tr>
<td>Asparagus, canned, drained</td>
<td>8 stalks, large</td>
<td>50</td>
</tr>
<tr>
<td>Asparagus, fresh</td>
<td>12 stalks, cooked</td>
<td>26</td>
</tr>
<tr>
<td>Asparagus soup, cream of</td>
<td>1 cup</td>
<td>200</td>
</tr>
<tr>
<td>Aspic salad</td>
<td>Average serving</td>
<td>110</td>
</tr>
<tr>
<td>Avocado</td>
<td>1/4 medium</td>
<td>250 to 300</td>
</tr>
<tr>
<td>Bacon</td>
<td>4 or 5 small slices well done</td>
<td>100</td>
</tr>
<tr>
<td>Bananas</td>
<td>1 medium</td>
<td>100</td>
</tr>
<tr>
<td>Banana cream pie</td>
<td>Average serving</td>
<td>250</td>
</tr>
<tr>
<td>Batter cakes</td>
<td>2 cakes</td>
<td>200</td>
</tr>
<tr>
<td>Bean-soup</td>
<td>1/4 cup</td>
<td>100</td>
</tr>
<tr>
<td>Beans, baked, canned</td>
<td>1/3 cup</td>
<td>200</td>
</tr>
<tr>
<td>Beans, Lima, fresh or canned</td>
<td>1/4 cup</td>
<td>100</td>
</tr>
<tr>
<td>Beans, Lima, dried, cooked</td>
<td>1/3 cup</td>
<td>105</td>
</tr>
<tr>
<td>Beans, string or snap</td>
<td>1/4 cup</td>
<td>26</td>
</tr>
<tr>
<td>Beef broth</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Food</td>
<td>Amount</td>
<td>Calories</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Beef, corned, boiled</td>
<td>Slice $4\frac{1}{2}$ by $1\frac{1}{2}$ by $1\frac{1}{2}$ inches</td>
<td>100</td>
</tr>
<tr>
<td>Beef, corned, hash</td>
<td>$\frac{1}{2}$ cup</td>
<td>100</td>
</tr>
<tr>
<td>Beef, dried</td>
<td>4 thin slices</td>
<td>100</td>
</tr>
<tr>
<td>Beef, fillet of</td>
<td>1 small fillet</td>
<td>250</td>
</tr>
<tr>
<td>Beef, hamburger grilled</td>
<td>1 cake 2½ inches diameter</td>
<td>100</td>
</tr>
<tr>
<td>Beef heart</td>
<td>1 slice medium</td>
<td>118</td>
</tr>
<tr>
<td>Beef liver</td>
<td></td>
<td>100</td>
</tr>
<tr>
<td>Beef loaf</td>
<td>Average slice</td>
<td>100</td>
</tr>
<tr>
<td>Beef, rib roast lean</td>
<td>Slice 5 by 2½ by $\frac{1}{2}$ inches</td>
<td>100</td>
</tr>
<tr>
<td>Beefsteak, sirloin</td>
<td>Slice 2 by 3½ by $\frac{3}{4}$ inches</td>
<td>100</td>
</tr>
<tr>
<td>Beef stew with vegetables</td>
<td>$\frac{1}{4}$ cup</td>
<td>150</td>
</tr>
<tr>
<td>Beef tongue</td>
<td>2 small pieces</td>
<td>75</td>
</tr>
<tr>
<td>Beet greens</td>
<td>$\frac{1}{2}$ cup cooked</td>
<td>37</td>
</tr>
<tr>
<td>Beets</td>
<td>2 beets 2 inches in diameter</td>
<td>45</td>
</tr>
<tr>
<td>Beets, pickled</td>
<td>12 slices</td>
<td>50</td>
</tr>
<tr>
<td>Beer</td>
<td>1 glass (8 ounces)</td>
<td>100</td>
</tr>
<tr>
<td>Berry pies</td>
<td>Average slice—about</td>
<td>340</td>
</tr>
<tr>
<td>Biscuits, graham</td>
<td>1 biscuit</td>
<td>35</td>
</tr>
<tr>
<td>Biscuits, oyster</td>
<td>1 2-inch</td>
<td>50</td>
</tr>
<tr>
<td>Biscuits, saltines</td>
<td>3 2-inch square</td>
<td>100</td>
</tr>
<tr>
<td>Biscuits, soda</td>
<td>1 biscuit</td>
<td>25</td>
</tr>
<tr>
<td>Blackberries, fresh</td>
<td>7 tablespoons</td>
<td>62</td>
</tr>
<tr>
<td>Blackberry pie</td>
<td>Average slice</td>
<td>350</td>
</tr>
<tr>
<td>Blueberries, fresh</td>
<td>$\frac{1}{4}$ cup</td>
<td>50</td>
</tr>
<tr>
<td>Boston brown bread</td>
<td>1 slice, 3 in. diameter, $\frac{1}{4}$ in. thick</td>
<td>148</td>
</tr>
<tr>
<td>Bouillon, clear</td>
<td>1 cup</td>
<td>25</td>
</tr>
<tr>
<td>Brains, calf</td>
<td>$\frac{1}{2}$ cup</td>
<td>100</td>
</tr>
<tr>
<td>Brazil nuts, shelled</td>
<td>1 nut</td>
<td>50</td>
</tr>
<tr>
<td>Bread, bran</td>
<td>1 slice</td>
<td>75</td>
</tr>
<tr>
<td>Bread, rye</td>
<td>1 slice</td>
<td>43</td>
</tr>
<tr>
<td>Bread, white</td>
<td>1 slice</td>
<td>52</td>
</tr>
<tr>
<td>Bread, wholemeal</td>
<td>1 slice</td>
<td>64</td>
</tr>
<tr>
<td>Bread pudding</td>
<td>$\frac{1}{4}$ cup</td>
<td>150</td>
</tr>
<tr>
<td>Broccoli</td>
<td>$\frac{1}{4}$ cup, cooked</td>
<td>37</td>
</tr>
<tr>
<td>Brown Betty</td>
<td>$\frac{1}{2}$ cup</td>
<td>100</td>
</tr>
<tr>
<td>Brownies</td>
<td>1 two inches square</td>
<td>100</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>$\frac{1}{4}$ cup</td>
<td>58</td>
</tr>
<tr>
<td>Buckwheat cakes</td>
<td>2 cakes</td>
<td>300</td>
</tr>
<tr>
<td>Butter</td>
<td>1 tablespoon or 1 square</td>
<td>100</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 cup</td>
<td>79</td>
</tr>
<tr>
<td>Cabbage, chopped, raw</td>
<td>$\frac{1}{2}$ cup</td>
<td>14</td>
</tr>
<tr>
<td>Cabbage, cooked, buttered</td>
<td>$\frac{1}{2}$ cup</td>
<td>67</td>
</tr>
<tr>
<td>Cake, chocolate layer</td>
<td>1 small slice</td>
<td>200</td>
</tr>
<tr>
<td>Cake, devil’s food</td>
<td>1 small slice</td>
<td>250</td>
</tr>
<tr>
<td>Cake, fruit</td>
<td>1 small slice</td>
<td>270</td>
</tr>
<tr>
<td>Cake, plain</td>
<td>2-inch cube</td>
<td>160</td>
</tr>
<tr>
<td>Cake, sponge</td>
<td>1 small slice</td>
<td>100</td>
</tr>
<tr>
<td>Cantaloup</td>
<td>$\frac{1}{4}$ average melon</td>
<td>50</td>
</tr>
<tr>
<td>Caramels</td>
<td>1 plain</td>
<td>80</td>
</tr>
<tr>
<td>Carrots, cooked</td>
<td>$\frac{1}{2}$ cup</td>
<td>30</td>
</tr>
<tr>
<td>Carrots, raw</td>
<td>4 medium sticks</td>
<td>20</td>
</tr>
<tr>
<td>Food</td>
<td>Amount</td>
<td>Calories</td>
</tr>
<tr>
<td>------------------------------------</td>
<td>-----------------</td>
<td>----------</td>
</tr>
<tr>
<td>Cashew nuts</td>
<td>4 to 5 nuts</td>
<td>100</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 cup</td>
<td>30</td>
</tr>
<tr>
<td>Caviare</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Celery</td>
<td>10 to 12 sticks</td>
<td>30</td>
</tr>
<tr>
<td>Celery soup, cream of</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Charlotte russe</td>
<td>1 serving</td>
<td>230</td>
</tr>
<tr>
<td>Cheese, Cheddar</td>
<td>1 1/2-inch cube</td>
<td>93</td>
</tr>
<tr>
<td>Cheese, cottage</td>
<td>2 tablespoons</td>
<td>31</td>
</tr>
<tr>
<td>Cheese, cream</td>
<td>1/3 cake</td>
<td>100</td>
</tr>
<tr>
<td>Cheese, Gruyère</td>
<td>1 slice, 4 1/2 by 3 1/2 by 1 inches</td>
<td>100</td>
</tr>
<tr>
<td>Cheese soufflé</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Cheese straws</td>
<td>3 straws average length</td>
<td>100</td>
</tr>
<tr>
<td>Chef salad without dressing</td>
<td>Average serving</td>
<td>100 to 150</td>
</tr>
<tr>
<td>Cherries, canned</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Cherries, fresh</td>
<td>20 large</td>
<td>100</td>
</tr>
<tr>
<td>Chicory</td>
<td>5 or 6 leaves</td>
<td>21</td>
</tr>
<tr>
<td>Chicken</td>
<td>1 medium grilled</td>
<td>98</td>
</tr>
<tr>
<td>Chicken, roast</td>
<td>Average serving</td>
<td>90</td>
</tr>
<tr>
<td>Chicken salad</td>
<td>1 cup</td>
<td>200</td>
</tr>
<tr>
<td>Chocolate (beverage)</td>
<td>1 cup made with milk</td>
<td>255</td>
</tr>
<tr>
<td>Chocolate bar (candy)</td>
<td>Small</td>
<td>330</td>
</tr>
<tr>
<td>Chocolate caramels, nut</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Chocolate creams</td>
<td>1 medium</td>
<td>100</td>
</tr>
<tr>
<td>Chocolate éclair</td>
<td>1 small</td>
<td>250</td>
</tr>
<tr>
<td>Chocolate fudge</td>
<td>1 piece 1 inch square</td>
<td>100</td>
</tr>
<tr>
<td>Chocolate ice-cream</td>
<td>1/3 cup</td>
<td>250</td>
</tr>
<tr>
<td>Chocolate malted milk</td>
<td>1 large glass</td>
<td>465</td>
</tr>
<tr>
<td>Chocolate pudding</td>
<td>1 cup</td>
<td>200</td>
</tr>
<tr>
<td>Chocolate soda</td>
<td>1 glass</td>
<td>400</td>
</tr>
<tr>
<td>Cinnamon bun</td>
<td>1</td>
<td>150</td>
</tr>
<tr>
<td>Clam chowder</td>
<td>1/2 cup</td>
<td>100</td>
</tr>
<tr>
<td>Clams</td>
<td>1 2</td>
<td>150</td>
</tr>
<tr>
<td>Cocoa, made with milk and water</td>
<td>1/2 cup</td>
<td>100</td>
</tr>
<tr>
<td>Coco-nut, shredded, dried</td>
<td>2 tablespoons</td>
<td>68</td>
</tr>
<tr>
<td>Coco-nut custard pie</td>
<td>1 average piece</td>
<td>330</td>
</tr>
<tr>
<td>Cod fish, creamed</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Cod fish balls</td>
<td>2 large</td>
<td>200</td>
</tr>
<tr>
<td>Cod-liver oil</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Coffee, clear</td>
<td>1 cup</td>
<td>None</td>
</tr>
<tr>
<td>Coffee with 1 tablespoon cream</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Coffee with 2 small teaspoons sugar</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Coffee cake</td>
<td>1 piece 1 1/2 inches square</td>
<td>100</td>
</tr>
<tr>
<td>Cole slaw</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Consommé</td>
<td>1 cup</td>
<td>25</td>
</tr>
<tr>
<td>Cookies, plain</td>
<td>2 3-inch cookies</td>
<td>100</td>
</tr>
<tr>
<td>Corn, canned</td>
<td>1 cup</td>
<td>200</td>
</tr>
<tr>
<td>Corn chowder</td>
<td>1 cup</td>
<td>200</td>
</tr>
<tr>
<td>Corn, fresh, cut from cob</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Corn on cob</td>
<td>2 ears 6 inches long</td>
<td>108</td>
</tr>
<tr>
<td>Corn soup, cream of</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Cornflakes</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Cornflour blancmange</td>
<td>1 cup</td>
<td>200</td>
</tr>
</tbody>
</table>
### CALORIE CHART

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornmeal, cooked</td>
<td>½ cup</td>
<td>100</td>
</tr>
<tr>
<td>Cottage pudding</td>
<td>Average serving</td>
<td>100</td>
</tr>
<tr>
<td>Crab, canned</td>
<td>1 cup</td>
<td>75</td>
</tr>
<tr>
<td>Crab, soft-shell</td>
<td>1 crab</td>
<td>75</td>
</tr>
<tr>
<td>Cranberries, fresh</td>
<td>1 cup</td>
<td>53</td>
</tr>
<tr>
<td>Cranberry sauce</td>
<td>½ cup, scant</td>
<td>200</td>
</tr>
<tr>
<td>Cream, thin (18.5 per cent fat)</td>
<td>2 tablespoons</td>
<td>59</td>
</tr>
<tr>
<td>Cream, thick (40 per cent fat)</td>
<td>2 tablespoons</td>
<td>114</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>½ cup, scant</td>
<td>100</td>
</tr>
<tr>
<td>Cream of wheat, cooked</td>
<td>½ cup</td>
<td>48</td>
</tr>
<tr>
<td>Cream sauce, white</td>
<td>½ cup</td>
<td>100</td>
</tr>
<tr>
<td>Cucumbers, raw</td>
<td>12 slices</td>
<td>12</td>
</tr>
<tr>
<td>Cup custard</td>
<td>½ cup</td>
<td>200</td>
</tr>
<tr>
<td>Custard pie</td>
<td>Average piece</td>
<td>200</td>
</tr>
<tr>
<td>Dates</td>
<td>3 or 4 dates</td>
<td>100</td>
</tr>
<tr>
<td>Divinity</td>
<td>1 square</td>
<td>100</td>
</tr>
<tr>
<td>Doughnuts</td>
<td>1</td>
<td>200</td>
</tr>
<tr>
<td>Duck, roast</td>
<td>1 piece medium</td>
<td>300</td>
</tr>
<tr>
<td>Dumplings</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Eggplant (Aubergine), fried</td>
<td>1 slice</td>
<td>200</td>
</tr>
<tr>
<td>Eggs, whole, boiled</td>
<td>1</td>
<td>50</td>
</tr>
<tr>
<td>Eggs, fried with butter</td>
<td>1 egg</td>
<td>110</td>
</tr>
<tr>
<td>Eggs, omelet</td>
<td>2 eggs</td>
<td>230</td>
</tr>
<tr>
<td>Eggs, poached</td>
<td>1 egg</td>
<td>70</td>
</tr>
<tr>
<td>Eggs, scrambled</td>
<td>½ cup</td>
<td>100</td>
</tr>
<tr>
<td>Endive</td>
<td>5 or 6 pieces</td>
<td>60</td>
</tr>
<tr>
<td>Farina, cooked</td>
<td>½ cup</td>
<td>100</td>
</tr>
<tr>
<td>Figs, dry</td>
<td>1 large</td>
<td>65</td>
</tr>
<tr>
<td>Floating Island</td>
<td>2 tablespoons, heaping</td>
<td>100</td>
</tr>
<tr>
<td>Flounder</td>
<td>Average serving</td>
<td>100</td>
</tr>
<tr>
<td>Frankfurters</td>
<td>1 sausage</td>
<td>125</td>
</tr>
<tr>
<td>French dressing</td>
<td>1 tablespoon</td>
<td>75</td>
</tr>
<tr>
<td>French toast</td>
<td>1 piece</td>
<td>135</td>
</tr>
<tr>
<td>Frog legs</td>
<td>2</td>
<td>50</td>
</tr>
<tr>
<td>Fruit cake</td>
<td>1 average slice</td>
<td>250</td>
</tr>
<tr>
<td>Fruit cocktail or salad</td>
<td>½ cup with 1 tablespoon of dressing</td>
<td>200</td>
</tr>
<tr>
<td>Gelatine</td>
<td>1 ounce</td>
<td>30</td>
</tr>
<tr>
<td>Ginger ale</td>
<td>1 cup</td>
<td>75</td>
</tr>
<tr>
<td>Gin</td>
<td>1 ounce (2 tablespoons)</td>
<td>70</td>
</tr>
<tr>
<td>Gingerbread</td>
<td>1 2-inch square</td>
<td>200</td>
</tr>
<tr>
<td>Ginger snaps</td>
<td>1</td>
<td>20</td>
</tr>
<tr>
<td>Goose, roast</td>
<td>Average serving</td>
<td>300</td>
</tr>
<tr>
<td>Gooseberries, cooked</td>
<td>½ cup</td>
<td>100</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>½ large</td>
<td>100</td>
</tr>
<tr>
<td>Grapefruit juice</td>
<td>½ cups</td>
<td>100</td>
</tr>
<tr>
<td>Grape juice</td>
<td>½ cup</td>
<td>100</td>
</tr>
<tr>
<td>Grapes, Malaga</td>
<td>20 to 25 grapes</td>
<td>100</td>
</tr>
<tr>
<td>Food</td>
<td>Amount</td>
<td>Calories</td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>-------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Gravy, thick</td>
<td>3 tablespoons</td>
<td>100</td>
</tr>
<tr>
<td>Green pepper</td>
<td>1 whole</td>
<td>20</td>
</tr>
<tr>
<td>Griddle cakes</td>
<td>1 cake 4½ inches in diameter</td>
<td>100</td>
</tr>
<tr>
<td>Grits, hominy, cooked</td>
<td>½ cup</td>
<td>100</td>
</tr>
<tr>
<td>Gum drops</td>
<td>1 large</td>
<td>25</td>
</tr>
<tr>
<td>Haddock</td>
<td>Average serving</td>
<td>100</td>
</tr>
<tr>
<td>Halibut oil</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Halibut steak, cooked</td>
<td>1 piece, 3 by 1½ by 1 inch</td>
<td>100</td>
</tr>
<tr>
<td>Ham, baked</td>
<td>1 slice 4½ by 4 by ½ inches—no fat</td>
<td>100</td>
</tr>
<tr>
<td>Ham, fried</td>
<td>1 slice</td>
<td>200</td>
</tr>
<tr>
<td>Hamburger</td>
<td>1 cake 2 inches in diameter</td>
<td>100</td>
</tr>
<tr>
<td>Hard sauce</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Herring, fresh</td>
<td>3 ounces</td>
<td>128</td>
</tr>
<tr>
<td>Herring, smoked</td>
<td>3 ounces</td>
<td>268</td>
</tr>
<tr>
<td>Hermits</td>
<td>1 cooky 2 inches in diameter</td>
<td>50</td>
</tr>
<tr>
<td>Hickory nuts</td>
<td>12 nuts—about</td>
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</tr>
<tr>
<td>Hollandaise sauce</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Hominy grits</td>
<td>½ cup</td>
<td>82</td>
</tr>
<tr>
<td>Honey</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Honeydew melon</td>
<td>½ medium melon</td>
<td>100</td>
</tr>
<tr>
<td>Horse-radish</td>
<td>1 tablespoon</td>
<td>25</td>
</tr>
<tr>
<td>Ice-cream, commercial, plain</td>
<td>¼ cup</td>
<td>100</td>
</tr>
<tr>
<td>Jam or jelly</td>
<td>1 tablespoon</td>
<td>60</td>
</tr>
<tr>
<td>Jello</td>
<td>1 cup</td>
<td>75</td>
</tr>
<tr>
<td>Kale, cooked</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Ketchup</td>
<td>1 tablespoon</td>
<td>10</td>
</tr>
<tr>
<td>Kidneys (grilled), beef or veal</td>
<td>1 medium kidney</td>
<td>250</td>
</tr>
<tr>
<td>Kisses</td>
<td>1 small</td>
<td>50</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>½ cup</td>
<td>35</td>
</tr>
<tr>
<td>Lady fingers</td>
<td>1</td>
<td>50</td>
</tr>
<tr>
<td>Lamb chops, grilled</td>
<td>1 chop, average size</td>
<td>100</td>
</tr>
<tr>
<td>Lamb, leg, roast</td>
<td>Slice, 3½ by 4½ by ½ inches</td>
<td>100</td>
</tr>
<tr>
<td>Lard</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Leeks</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>Lemon</td>
<td>1 medium</td>
<td>30</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>3 tablespoons</td>
<td>15</td>
</tr>
<tr>
<td>Lemon ice</td>
<td>½ cup, scant</td>
<td>100</td>
</tr>
<tr>
<td>Lemon jelly</td>
<td>½ cup</td>
<td>100</td>
</tr>
<tr>
<td>Lemon meringue pie</td>
<td>1 piece, ½ of a pie</td>
<td>250 to 300</td>
</tr>
<tr>
<td>Lemonade</td>
<td>1 cup</td>
<td>75</td>
</tr>
<tr>
<td>Lentils, dried</td>
<td>1 ounce before cooking</td>
<td>95</td>
</tr>
<tr>
<td>Lentil soup</td>
<td>1 cup</td>
<td>250</td>
</tr>
<tr>
<td>Lettuce</td>
<td>1 large head</td>
<td>50</td>
</tr>
<tr>
<td>Lettuce, loose leaf</td>
<td>6 large leaves</td>
<td>18</td>
</tr>
<tr>
<td>Lime juice</td>
<td>1 tablespoon</td>
<td>10</td>
</tr>
<tr>
<td>Liver</td>
<td>1 slice medium</td>
<td>100</td>
</tr>
<tr>
<td>Lobster, canned</td>
<td>½ cup, scant</td>
<td>84</td>
</tr>
<tr>
<td>Lobster, fresh</td>
<td>½ cup</td>
<td>125</td>
</tr>
<tr>
<td>Loganberries, canned</td>
<td>½ cup</td>
<td>100</td>
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</table>
**CALORIE CHART**

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macaroni, cooked</td>
<td>1/4 cup</td>
<td>89</td>
</tr>
<tr>
<td>Macaroni and cheese</td>
<td>1/3 cup</td>
<td>200</td>
</tr>
<tr>
<td>Mackerel, grilled</td>
<td>Average serving</td>
<td>125</td>
</tr>
<tr>
<td>Malted milk</td>
<td>1 glass</td>
<td>200</td>
</tr>
<tr>
<td>Manhattan cocktail</td>
<td>1 cocktail glass</td>
<td>125</td>
</tr>
<tr>
<td>Maple syrup</td>
<td>1 tablespoon</td>
<td>72</td>
</tr>
<tr>
<td>Margarine</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Marmalade</td>
<td>2 tablespoons</td>
<td>200</td>
</tr>
<tr>
<td>Marshmallows</td>
<td>5</td>
<td>100</td>
</tr>
<tr>
<td>Martini cocktail</td>
<td>1 cocktail glass</td>
<td>75</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Meat loaf</td>
<td>1 medium slice</td>
<td>100</td>
</tr>
<tr>
<td>Melba toast</td>
<td>1 slice</td>
<td>25</td>
</tr>
<tr>
<td>Milk, whole</td>
<td>1 cup</td>
<td>166</td>
</tr>
<tr>
<td>Milk, evaporated, undiluted</td>
<td>1 cup</td>
<td>336</td>
</tr>
<tr>
<td>Milk, dried, whole</td>
<td>1 1/4 cup</td>
<td>236</td>
</tr>
<tr>
<td>Milk, skim</td>
<td>1 cup</td>
<td>80</td>
</tr>
<tr>
<td>Mincemeat pie</td>
<td>Average serving</td>
<td>400</td>
</tr>
<tr>
<td>Mints, chocolate cream</td>
<td>3 small mints</td>
<td>100</td>
</tr>
<tr>
<td>Molasses</td>
<td>1 tablespoon</td>
<td>55</td>
</tr>
<tr>
<td>Muffins</td>
<td>1 small</td>
<td>125 to 150</td>
</tr>
<tr>
<td>Mushrooms, fresh</td>
<td>20 to 25 medium mushrooms</td>
<td>100</td>
</tr>
<tr>
<td>Mushrooms, canned</td>
<td>1 1/4 cup</td>
<td>85</td>
</tr>
<tr>
<td>Mushroom soup, cream of</td>
<td>1 cup</td>
<td>200</td>
</tr>
<tr>
<td>Mustard greens</td>
<td>1 cup</td>
<td>35</td>
</tr>
<tr>
<td>Mutton, leg, roast</td>
<td>Average serving, lean</td>
<td>100</td>
</tr>
<tr>
<td>Noodles, cooked</td>
<td>1 1/4 cup</td>
<td>60</td>
</tr>
<tr>
<td>Oatmeal, cooked</td>
<td>1 1/4 cup</td>
<td>66</td>
</tr>
<tr>
<td>Old-fashioned</td>
<td>1 1/4 old-fashioned glass</td>
<td>150</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Olives, green</td>
<td>1 large or 2 small</td>
<td>30</td>
</tr>
<tr>
<td>Olives, ripe</td>
<td>1 large or 2 small</td>
<td>25</td>
</tr>
<tr>
<td>Onions</td>
<td>4 medium</td>
<td>100</td>
</tr>
<tr>
<td>Onions, creamed</td>
<td>1 1/4 cup</td>
<td>100</td>
</tr>
<tr>
<td>Onions, green, raw</td>
<td>1 1/4 medium</td>
<td>10</td>
</tr>
<tr>
<td>Orange</td>
<td>1 large</td>
<td>100</td>
</tr>
<tr>
<td>Orange juice</td>
<td>1 cup</td>
<td>110</td>
</tr>
<tr>
<td>Orange ice</td>
<td>1 1/4 cup</td>
<td>110</td>
</tr>
<tr>
<td>Orange sherbet</td>
<td>4 heaping tablespoons</td>
<td>268</td>
</tr>
<tr>
<td>Oxtail soup</td>
<td>1 cup</td>
<td>150</td>
</tr>
<tr>
<td>Oyster stew with milk</td>
<td>1 cup</td>
<td>150</td>
</tr>
<tr>
<td>Oysters</td>
<td>4 large</td>
<td>50</td>
</tr>
<tr>
<td>Pancakes</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Parsley</td>
<td>1 bunch</td>
<td>15</td>
</tr>
<tr>
<td>Parsnips, cooked</td>
<td>1 1/4 cup</td>
<td>65</td>
</tr>
<tr>
<td>Pea soup, cream of</td>
<td>1 1/4 cup</td>
<td>100</td>
</tr>
<tr>
<td>Peaches, canned</td>
<td>2 large halves with juice</td>
<td>100</td>
</tr>
<tr>
<td>Peaches, fresh</td>
<td>3 medium peaches</td>
<td>100</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>1 tablespoon, scant</td>
<td>100</td>
</tr>
<tr>
<td>Peanuts</td>
<td>20 to 24 single nuts</td>
<td>100</td>
</tr>
<tr>
<td>Pears, canned</td>
<td>3 halves with juice</td>
<td>100</td>
</tr>
<tr>
<td>Food</td>
<td>Amount</td>
<td>Calories</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-----------------</td>
<td>----------</td>
</tr>
<tr>
<td>Pears, fresh</td>
<td>1 medium pear</td>
<td>50</td>
</tr>
<tr>
<td>Peas, canned</td>
<td>1/4 cup</td>
<td>55</td>
</tr>
<tr>
<td>Peas, creamed</td>
<td>1/4 cup</td>
<td>55</td>
</tr>
<tr>
<td>Peas, dried</td>
<td>2 tablespoons</td>
<td>100</td>
</tr>
<tr>
<td>Peas, green, shelled</td>
<td>1/2 cup</td>
<td>75</td>
</tr>
<tr>
<td>Pecans</td>
<td>6 nuts (halves)</td>
<td>50</td>
</tr>
<tr>
<td>Peppers, green</td>
<td>1 pepper</td>
<td>20</td>
</tr>
<tr>
<td>Perch</td>
<td>3 medium</td>
<td>280</td>
</tr>
<tr>
<td>Persimmon</td>
<td>1 small</td>
<td>155</td>
</tr>
<tr>
<td>Pickles, cucumber</td>
<td>1/4 cup</td>
<td>25</td>
</tr>
<tr>
<td>Pigs' feet, pickled</td>
<td>1 small</td>
<td>100</td>
</tr>
<tr>
<td>Pineapple, canned</td>
<td>1 slice with juice</td>
<td>100</td>
</tr>
<tr>
<td>Pineapple, fresh</td>
<td>1/4 cup sliced</td>
<td>60</td>
</tr>
<tr>
<td>Pineapple juice</td>
<td>1 cup</td>
<td>130</td>
</tr>
<tr>
<td>Pineapple ice</td>
<td>1/2 cup</td>
<td>130</td>
</tr>
<tr>
<td>Plums</td>
<td>3 or 4</td>
<td>100</td>
</tr>
<tr>
<td>Popcorn</td>
<td>1 1/4 cups popped, no butter</td>
<td>100</td>
</tr>
<tr>
<td>Popovers</td>
<td>1 popover</td>
<td>100</td>
</tr>
<tr>
<td>Pork chops, grilled</td>
<td>1 lean chop</td>
<td>200</td>
</tr>
<tr>
<td>Pork roast</td>
<td>1/2 pound</td>
<td>300 to 620</td>
</tr>
<tr>
<td>Pork tenderloin</td>
<td>1 piece</td>
<td>200</td>
</tr>
<tr>
<td>Potato chips</td>
<td>8 to 10 large pieces</td>
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</tr>
<tr>
<td>Potato salad</td>
<td>1/4 cup</td>
<td>200</td>
</tr>
<tr>
<td>Potatoes, baked</td>
<td>1 medium</td>
<td>100</td>
</tr>
<tr>
<td>Potatoes, mashed</td>
<td>1 cup, scant</td>
<td>200</td>
</tr>
<tr>
<td>Potatoes, boiled</td>
<td>2 small</td>
<td>100</td>
</tr>
<tr>
<td>Potatoes, sweet, baked</td>
<td>1 medium</td>
<td>200</td>
</tr>
<tr>
<td>Pralines</td>
<td>1 patty</td>
<td>300</td>
</tr>
<tr>
<td>Preserves</td>
<td>1 tablespoon</td>
<td>75</td>
</tr>
<tr>
<td>Pretzels</td>
<td>1 pretzel</td>
<td>20</td>
</tr>
<tr>
<td>Prune juice</td>
<td>1 cup</td>
<td>180</td>
</tr>
<tr>
<td>Prune souffle</td>
<td>1/3 cup</td>
<td>100</td>
</tr>
<tr>
<td>Prunes, dry, large</td>
<td>1</td>
<td>35</td>
</tr>
<tr>
<td>Prunes, stewed</td>
<td>4 medium with juice</td>
<td>200</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>1 cup</td>
<td>70</td>
</tr>
<tr>
<td>Pumpkin pie</td>
<td>1 piece, 1/3 of pie</td>
<td>150</td>
</tr>
<tr>
<td>Radishes</td>
<td>5 medium</td>
<td>15</td>
</tr>
<tr>
<td>Raisins</td>
<td>1/2 cup seeded or 2 tablespoons</td>
<td>100</td>
</tr>
<tr>
<td>Raspberries, fresh</td>
<td>1/4 cup</td>
<td>45</td>
</tr>
<tr>
<td>Raspberry ice</td>
<td>1/3 cup</td>
<td>120</td>
</tr>
<tr>
<td>Rhubarb, stewed, sweetened</td>
<td>1/4 cup</td>
<td>100</td>
</tr>
<tr>
<td>Rice, brown</td>
<td>3 tablespoons</td>
<td>106</td>
</tr>
<tr>
<td>Rice, white</td>
<td>1/3 cup</td>
<td>93</td>
</tr>
<tr>
<td>Rice pudding</td>
<td>1/4 cup</td>
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</tr>
<tr>
<td>Rolls, French</td>
<td>1 roll</td>
<td>100</td>
</tr>
<tr>
<td>Rolls, Parker House</td>
<td>1 roll</td>
<td>100</td>
</tr>
<tr>
<td>Roquefort cheese dressing</td>
<td>1 tablespoon</td>
<td>250</td>
</tr>
<tr>
<td>Rum, Bacardi</td>
<td>1 ounce (2 tablespoons)</td>
<td>75</td>
</tr>
<tr>
<td>Russian dressing</td>
<td>1 tablespoon</td>
<td>75</td>
</tr>
<tr>
<td>Salmon, canned</td>
<td>1/2 cup</td>
<td>100</td>
</tr>
<tr>
<td>Food</td>
<td>Amount</td>
<td>Calories</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Salmon, fresh</td>
<td>Average serving</td>
<td>100</td>
</tr>
<tr>
<td>Sardines, canned</td>
<td>4 large sardines</td>
<td>100</td>
</tr>
<tr>
<td>Sauerkrout</td>
<td>1 cup</td>
<td>27</td>
</tr>
<tr>
<td>Sauerkrout juice</td>
<td>1 cup</td>
<td>20</td>
</tr>
<tr>
<td>Sausage, pork</td>
<td>2 medium</td>
<td>100</td>
</tr>
<tr>
<td>Scallops</td>
<td>6 large</td>
<td>100</td>
</tr>
<tr>
<td>Scones</td>
<td>2 small</td>
<td>100</td>
</tr>
<tr>
<td>Shad roe</td>
<td>Average serving</td>
<td>100</td>
</tr>
<tr>
<td>Sherbets</td>
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<td>200</td>
</tr>
<tr>
<td>Sherry</td>
<td>1 wine glass</td>
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<tr>
<td>Sauerkraut juice</td>
<td>Average serving</td>
<td>100</td>
</tr>
<tr>
<td>Shredded wheat biscuit</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Shortcake with fruit</td>
<td>Average serving</td>
<td>300</td>
</tr>
<tr>
<td>Shrimp</td>
<td>10 shrimp</td>
<td>50</td>
</tr>
<tr>
<td>Shrimp cocktail with sauce</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Syrup, golden</td>
<td>1 tablespoon</td>
<td>85</td>
</tr>
<tr>
<td>Smelts</td>
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<td>100</td>
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<tr>
<td>Snow pudding</td>
<td>1 cup</td>
<td>100</td>
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<tr>
<td>Sole, fillet of</td>
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<td>100</td>
</tr>
<tr>
<td>Soya-beans</td>
<td>1 cup</td>
<td>350</td>
</tr>
<tr>
<td>Spaghetti, cooked</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Spare ribs</td>
<td>4 ribs</td>
<td>150</td>
</tr>
<tr>
<td>Spinach, cooked and chopped</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Spinach soup, cream of</td>
<td>1 cup</td>
<td>37</td>
</tr>
<tr>
<td>Split pea soup</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Squab</td>
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<td>300</td>
</tr>
<tr>
<td>Squash, Hubbard</td>
<td>1 cup, cooked</td>
<td>50</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Strawberry shortcake</td>
<td>Average serving</td>
<td>300</td>
</tr>
<tr>
<td>Succotash, canned</td>
<td>1 cup</td>
<td>100</td>
</tr>
<tr>
<td>Sugar, brown</td>
<td>2 teaspoons</td>
<td>35</td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>2 teaspoons</td>
<td>30</td>
</tr>
<tr>
<td>Sugar, loaf</td>
<td>1 lump</td>
<td>25</td>
</tr>
<tr>
<td>Sweetbreads, grilled</td>
<td>2</td>
<td>75</td>
</tr>
<tr>
<td>Sweetbreads, creamed</td>
<td>1 cup</td>
<td>125</td>
</tr>
<tr>
<td>Tangerines</td>
<td>1</td>
<td>35</td>
</tr>
<tr>
<td>Tapioca pudding</td>
<td>1 cup, scant</td>
<td>100</td>
</tr>
<tr>
<td>Tartar sauce</td>
<td>1 tablespoon</td>
<td>150</td>
</tr>
<tr>
<td>Tea with lemon</td>
<td>1 cup unsweetened</td>
<td>None</td>
</tr>
<tr>
<td>Tea with lemon</td>
<td>1 cup</td>
<td>15</td>
</tr>
<tr>
<td>Thousand Island dressing</td>
<td>1 tablespoon</td>
<td>175</td>
</tr>
<tr>
<td>Tomato juice</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Tomato salad, whole, raw, or canned</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Tomato soup, clear</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Tomato soup, cream of</td>
<td>1 cup</td>
<td>230</td>
</tr>
<tr>
<td>Tomatoes, canned</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>Tomatoes, fresh</td>
<td>1 or 2 medium</td>
<td>50</td>
</tr>
<tr>
<td>Tongue</td>
<td>2 small pieces</td>
<td>75</td>
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<tr>
<td>Tripe, grilled</td>
<td>Average serving</td>
<td>150</td>
</tr>
<tr>
<td>Trout</td>
<td>2</td>
<td>75</td>
</tr>
<tr>
<td>Trout, salmon</td>
<td>Average serving</td>
<td>125</td>
</tr>
<tr>
<td>Tuna fish, canned</td>
<td>1 cup</td>
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### Food Energy: Recommended Daily Allowances

<table>
<thead>
<tr>
<th>Category</th>
<th>Calories per kilogram (2.2 lb.)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Man</strong> (154 lb.)</td>
<td></td>
</tr>
<tr>
<td>Moderately active</td>
<td>3,000</td>
</tr>
<tr>
<td>Very active</td>
<td>4,500</td>
</tr>
<tr>
<td>Sedentary</td>
<td>2,500</td>
</tr>
<tr>
<td><strong>Woman</strong> (125 lb.)</td>
<td></td>
</tr>
<tr>
<td>Moderately active</td>
<td>2,500</td>
</tr>
<tr>
<td>Very active</td>
<td>5,000</td>
</tr>
<tr>
<td>Sedentary</td>
<td>2,100</td>
</tr>
<tr>
<td>Pregnancy (latter half)</td>
<td>2,500</td>
</tr>
<tr>
<td>Lactation</td>
<td>5,000</td>
</tr>
<tr>
<td><strong>Children up to 12 years</strong></td>
<td></td>
</tr>
<tr>
<td>Under 1 year</td>
<td>100 calories per kilogram</td>
</tr>
<tr>
<td>1-3 years</td>
<td>1,200</td>
</tr>
<tr>
<td>4-6 years</td>
<td>1,600</td>
</tr>
<tr>
<td>7-9 years</td>
<td>2,000</td>
</tr>
<tr>
<td>10-12 years</td>
<td>2,500</td>
</tr>
<tr>
<td><strong>Children over 12 years</strong></td>
<td></td>
</tr>
<tr>
<td>Girls: 13-15 years</td>
<td>2,800</td>
</tr>
<tr>
<td>16-20 years</td>
<td>3,200</td>
</tr>
<tr>
<td>Boys: 13-15 years</td>
<td>3,200</td>
</tr>
<tr>
<td>16-20 years</td>
<td>3,800</td>
</tr>
</tbody>
</table>

1 Recommended Dietary Allowances, Committee on Food and Nutrition, National Research Council, page 3. May 1941. Reprinted by permission.

* Needs of infants increase from month to month. The amounts given are for children of approximately 6 to 8 months of age.

 Allowances are based on needs for the middle year in each group (as 2, 5, 8, etc.) and for moderate activity.
TABLE SETTING

When setting a table give your guests plenty of elbow room. Do not crowd them.

If preferred the napkin may be placed to the left and the first course, on a plate or in a cocktail glass, may be placed on the service plate before the guests are seated. In winter it is unwise to do this if you wish to begin with a hot dish as some guests suddenly become sociable and the short delay occasioned in seating them may chill the soup or entrée. (The host is frequently given to transgressing in this way.)

The first course, cocktail, soup, or hors-d'œuvre, is removed with the service plate. The waitress removes the service plate with the left hand and replaces it with a hot plate from the right hand.

There is a plate before the guest throughout a formal meal except for the few moments before the dessert course when the table is denuded of all plates, salt and pepper containers, unused silver and used wine glasses (if you have ceased to serve the wine).

The table is then brushed free of crumbs. A small square pad about 8 by 8 inches is covered with a piece of linen. This usually has a small lace or tatted edge. The waitress places the covered pad flat on her hand and the dish to be served is placed on the pad. When she is ready to remove the crumbs from the table she uses another covered pad (oblong, about 4 to 8 inches) to brush the crumbs on to the first pad. (Folded napkins may be substituted.) The formal dessert setting is then placed before the guests. If you wish to serve finger bowls, place a small fine doily on the dessert plate and the partly filled finger bowl upon the doily. The dessert fork and spoon are placed to either side of the finger bowl. The guest places the fork and spoon to either side of the plate and removes the finger bowl, with the doily, to the left.

If several wines are to be served the glasses needed for this purpose are placed on the table from the beginning. When you have ceased to serve a particular wine the glass is removed.

Ash-trays are frequently used during a meal, so they may be placed on the table at once. Smoking between courses is frowned upon by all epicures because it deadens the sensitivity of the palate, but guests must be permitted to do what pleases them. Sometimes ash-trays are placed before guests before the dessert plates are brought in.

After-dinner coffee may be served at table. It is frequently poured by the hostess. Coffee spoons are placed on the saucers behind the cups. The filled cups and cream and sugar are passed by the waitress. Or, if the dinner has reached an informal stage, the hostess may ask the guests' preference and add the sugar and cream, if desired. (Cream, by the way, is optional.)

Experience has taught me that men in particular like to loiter at table; being left to their own conversation (and a bottle of port) is dear to them. The hostess may serve coffee and somewhat later retire to the drawing-room with the women guests, or she may serve the coffee to her reassembled
guests in the drawing-room. By this time good food, wine, and conviviality have usually broken down the minor social inhibitions and the serving of coffee may be informal. Liqueur may be served in the wake of coffee.

Formal dinners, given in beautifully appointed houses, served by competent, well-trained servants (who are artists in their own right), are a treat. Since we cannot expect to have these ideal conditions at all times in the average house, why make an attempt at undue formality? At a formal dinner one waiter usually serves six people, no more. When a party is larger, additional service is required. If you cannot meet these requirements, make your dinner less formal by all means. Your chances for success will be greater if you do not attempt the impossible and your standards need not be lowered in the least.

Plan to have an ordered, well-cooked meal (you may have to cook and serve it yourself). For this, immaculate linen and sparkling glass and silver are imperative. Plan to have the kind of food that will simplify last-minute preparation and subsequent serving. Plan to have a few courses and to serve more than one kind of food from one dish.

Please do not let your guests sit, trying to make conversation, with a gradually congealing slice of meat before them, waiting longingly for the vegetables and the reluctant gravy boat to follow. This is trying to hostess and guests alike.

If service is indifferent, or if your harassed cook is to pinch hit as a waitress, plan to serve the main course yourself from an attractively arranged dish, let us say a baked fish, parsley potatoes, and tomatoes filled with peas, with the gravy boat next to the dish. Or, if you prefer, have the dish passed and follow it up quickly with the gravy boat.

Once filled plates are before the guests, a waitress is free to pass bread, condiments, to refill water glasses, or to serve wine (unless the host prefers to do this himself from a decanter or bottle).

If a little common sense is applied in advance planning there should be no objectionable creaking of the household machinery and both hosts and guests should be at their ease. Entertaining will prove to be the pleasure it is supposed to be if you are not too ambitious in the wrong direction.

Advice to an Untried Hostess (soon to be much tried if she allows herself to become flustered).

No matter whom you are entertaining try not to be unduly impressed with the fact that something unusual is expected of you as a hostess. It isn’t. Distinguished persons are usually simple. They dislike ostentation and nothing is more disconcerting to a guest than the impression that his coming is causing a household commotion. Confine all noticeable efforts for his comfort and entertainment to the period that precedes his arrival. Work like a demon, if you must, satisfy yourself that you have anticipated every known emergency (the howling child, the last-minute search for studs, your husband’s exuberance, your cook’s ill humour), and then relax and enjoy your guests.

If something happens to upset your well-laid plans, rise to the occasion. The mishap may be the making of your party. Capitalize on it, but not too heavily.

Poise is an admirable quality. ‘Saki’ advises us to observe the dignity
and the grace of a cat, which he thinks equalled in only a few fortunate human beings. As a cat is not called upon to be a cook (or a hostess) she may well have poise.

Poise is more difficult to attain and sustain when a woman must emulate the mental and physical agility of a flea. Sometimes it takes a superhuman effort to fling aside her kitchen apron as the door bell rings announcing the arrival of the first guests, and to assume a manner devoid of exhaustion or concern when greeting them. But the average woman, who is frequently endowed with tact, grace, and other good qualities derived from her precious American heritage of hospitality, is capable of this effort and makes it successfully.

*That which thy fathers have bequeathed to thee, earn it anew if thou wouldst possess it.*
MEAT STRETCHING, MEAT SUBSTITUTES AND SUPPLEMENTARY DISHES

Protein, a body tissue builder and renewer, is essential to health. Lean meat, poultry, fish, shell-fish, eggs, milk, cheese, and butter are rich in protein; so are peanuts and soya-beans. Until recently we have been rather scornful of the virtues of the last two, the peanut having once been the symbol of utter insignificance and the soya-bean a denizen of the other side of the tracks. Now we are told that both are complete protein foods valuable as substitutes for meat.

The soya-bean, long in use in the Orient, is being given a tardy national recognition. It is even rumoured that it will make the social grade, so be prepared to meet it shortly, with the proper patriotic enthusiasm, in the best of houses.

The rationing of meat therefore is not so much a privation as it is an inconvenience. To quote a frequently used phrase in France in a happier time: ‘The matter will arrange itself.’ This arrangement, however, cannot be made without intelligent planning.

Harassed butchers explain patiently to impatient customers what is and what is not available at the moment. The market may be flooded with meat on one day and devoid of anything you ask for on the next. Writing menus at the present time is like some down-and-out person thinking of what she might wear to the Derby if she had the clothes to be presentable and the money to take her there. The New Yorker cartoon of the woman saying to her butcher: ‘I’ll have half a pound of hamburger and please wrap it as a gift’ may be nearer fact than fiction in the future. We will have food, of that we are assured. The question is how well shall we be able to plan to use that food so that we may continue to have a balanced diet? On your toes, housewives! It is up to you to ‘arrange’ matters and, to quote an old coloured man, ‘to co-operate with the inevitable.’

There is nothing new about meat stretching. It has been practised at all times by practical cooks. All that is needed is to draw attention to the page numbers of any general cookery book on which recipes for these dishes are to be found. They include braised meats and stews with vegetables, minced meats, creamed fish, sweetbreads, etc., meat soups, starchy dishes, or egg dishes with meat, pot pies, and so on.

Next come the meat-substitute dishes—soya-beans, peanuts, beans, peas, lentils, eggs, cheese, milk, and gelatine, and last the supplementary dishes, for example: macaroni, etc., with cheese and meat gravy, dumplings in soup, whole grain cereals with cream and similar combinations.

This chapter is devoted to the value of protein foods in the diet only, at least one-third of which should come from animal sources, i.e. meat, fish, eggs, milk, cheese, etc.
MEAT STRETCHING AND MEAT SUBSTITUTES

In order to provide your family with properly balanced meals, see the Health Chart (page 796) and the Vitamin Chart (page 797).

When planning for sufficient protein food remember that it is possible to distribute it over an entire meal. For example: A main course of fruit salad and cottage cheese may be preceded by clam or shell-fish cocktail or pea or lentil soup. A main dish of minced beef in cabbage leaves may be followed by a cup custard or chocolate pudding or preceded by a clear soup with egg drops.

The chapter on Luncheon and Supper Dishes (page 66), abounds in meat-extending and supplementary protein dishes too numerous to list here. You are urged to familiarize yourself with this chapter, the index, and the Left-over Chart on page 790.

The proper use of food scraps adds a lot to the protein column and to the pennies saved by a watchful eye. Nor need your palate suffer, for some of the most delectable dishes I know are compositions on the economy theme.

Economical Meat Dishes

<table>
<thead>
<tr>
<th>Dish</th>
<th>Amount of Meat</th>
<th>Servings</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Left-over Vegetables with Hamburger</td>
<td>⁴ pound</td>
<td>4</td>
<td>183</td>
</tr>
<tr>
<td>Pot Roast</td>
<td>³ pounds</td>
<td>9</td>
<td>205</td>
</tr>
<tr>
<td>Braised Beef and Vegetables</td>
<td>¹ pound</td>
<td>4</td>
<td>206</td>
</tr>
<tr>
<td>Swiss Steak</td>
<td>² pounds</td>
<td>6</td>
<td>208</td>
</tr>
<tr>
<td>Rump Steak Smothered in Onions</td>
<td>² pounds</td>
<td>6</td>
<td>309</td>
</tr>
<tr>
<td>Flank Steak with Dressing</td>
<td>² pounds</td>
<td>4 to 6</td>
<td>310</td>
</tr>
<tr>
<td>Croquettes</td>
<td>2 cups cooked meat</td>
<td>12 croquettes</td>
<td>169</td>
</tr>
<tr>
<td>Beef Chop Suey</td>
<td>¹ pound</td>
<td>6</td>
<td>157</td>
</tr>
<tr>
<td>Beef Rolls</td>
<td>¹ pound</td>
<td>4 rolls</td>
<td>310</td>
</tr>
<tr>
<td>Gaston Beef Stew</td>
<td>¹ pound</td>
<td>4</td>
<td>311</td>
</tr>
<tr>
<td>Irish Stew</td>
<td>¹³ pounds</td>
<td>4 to 6</td>
<td>312</td>
</tr>
<tr>
<td>Goulash</td>
<td>² pounds</td>
<td>6</td>
<td>312</td>
</tr>
<tr>
<td>Hamburger Patties</td>
<td>¹ pound</td>
<td>4</td>
<td>313</td>
</tr>
<tr>
<td>Spanish Casserole Dish</td>
<td>¹ pound</td>
<td>4 to 6</td>
<td>157</td>
</tr>
<tr>
<td>Beef Loaf</td>
<td>¹ pound</td>
<td>4 to 6</td>
<td>314</td>
</tr>
<tr>
<td>Meat Pie Roll</td>
<td>¹ cup cooked meat</td>
<td>4</td>
<td>144</td>
</tr>
<tr>
<td>Steak and Kidney Pie</td>
<td>¹³ pounds beef</td>
<td>6</td>
<td>146</td>
</tr>
<tr>
<td>Breaded Veal Slices</td>
<td>¹³ pounds</td>
<td>4 to 6</td>
<td>318</td>
</tr>
<tr>
<td>Veal Patties</td>
<td>² pound</td>
<td>3</td>
<td>152</td>
</tr>
<tr>
<td>Veal Stew</td>
<td>² pounds</td>
<td>4 to 6</td>
<td>319</td>
</tr>
<tr>
<td>Left-over Veal Loaf</td>
<td>¹ cup cooked meat</td>
<td>4</td>
<td>321</td>
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<tr>
<td>Veal Birds</td>
<td>¹ pound</td>
<td>4</td>
<td>322</td>
</tr>
<tr>
<td>Veal and Ham Casserole</td>
<td>¹² pounds</td>
<td>4</td>
<td>321</td>
</tr>
<tr>
<td>Veal in Batter</td>
<td>¹ pound</td>
<td>4</td>
<td>313</td>
</tr>
<tr>
<td>Curried Veal and Rice</td>
<td>² cups cooked meat</td>
<td>4 to 6</td>
<td>153</td>
</tr>
<tr>
<td>Veal Soufflé</td>
<td>² pounds</td>
<td>4</td>
<td>322</td>
</tr>
<tr>
<td>Veal and Pork Goulash</td>
<td>¹ pound</td>
<td>4</td>
<td>140</td>
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<tr>
<td>Mexican Veal Steak with Noodles</td>
<td>¹ pound</td>
<td>6</td>
<td>318</td>
</tr>
<tr>
<td>Braised Roast of Lamb</td>
<td>⁴ pounds</td>
<td>10</td>
<td>323</td>
</tr>
<tr>
<td>Lamb Stew</td>
<td>¹³ pounds</td>
<td>4 to 6</td>
<td>325</td>
</tr>
<tr>
<td>Curry of Lamb with Rice</td>
<td>¹ pound</td>
<td>4</td>
<td>325</td>
</tr>
<tr>
<td>Pork Birds</td>
<td>² pounds</td>
<td>6 to 8</td>
<td>330</td>
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<tr>
<td>Sauerkraut and Pork Hocks</td>
<td>¹³ pounds</td>
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<td>331</td>
</tr>
<tr>
<td>Spare Ribs and Sauerkraut</td>
<td>² pounds</td>
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<td>330</td>
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MEAT STRETCHING AND MEAT SUBSTITUTES

<table>
<thead>
<tr>
<th>Dish</th>
<th>Amount of Meat</th>
<th>Servings</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spare Ribs with Stuffing</td>
<td>3 pounds</td>
<td>5</td>
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<tr>
<td>Stewed Pigs' Feet</td>
<td>2 pounds</td>
<td>4</td>
<td>331</td>
</tr>
<tr>
<td>Stewed Neck Bones</td>
<td>2 pounds</td>
<td>4</td>
<td>331</td>
</tr>
<tr>
<td>Smoked Ham and Eggs</td>
<td>1 pound</td>
<td>4</td>
<td>333</td>
</tr>
<tr>
<td>Ham à la King</td>
<td>2 cups cooked ham</td>
<td>10</td>
<td>335</td>
</tr>
<tr>
<td>Ham Loaf</td>
<td>21/2 pounds</td>
<td>8</td>
<td>336</td>
</tr>
<tr>
<td>Veal and Ham Loaf</td>
<td>2 pounds</td>
<td>8</td>
<td>337</td>
</tr>
<tr>
<td>Salt Pork and Milk Gravy</td>
<td></td>
<td></td>
<td>338</td>
</tr>
<tr>
<td>Sausages and Sausage Gravy</td>
<td></td>
<td></td>
<td>339</td>
</tr>
<tr>
<td>Sweetbreads, Brains, Kidneys, Tripe, Liver, Heart, Tongue, Oxtails, etc.</td>
<td></td>
<td></td>
<td>340</td>
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<tr>
<td>Chicken and Veal Creamed</td>
<td>2 cups cooked meat</td>
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<td>341</td>
</tr>
<tr>
<td>Ham Cakes and Eggs</td>
<td>1 cup cooked ham</td>
<td>4</td>
<td>342</td>
</tr>
<tr>
<td>Frankfurters and Apples with Cheese</td>
<td>8 frankfurters</td>
<td>4</td>
<td>343</td>
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<tr>
<td>Mixed Grill</td>
<td></td>
<td></td>
<td>344</td>
</tr>
<tr>
<td>Ragout Fin</td>
<td>2 pound</td>
<td>12</td>
<td>345</td>
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<tr>
<td>Oyster and Mushroom Ragout with Veal Balls</td>
<td>1 1/2 pounds</td>
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<td>346</td>
</tr>
<tr>
<td>Peppers Filled with Meat and Rice</td>
<td>1 1/4 pound</td>
<td>4</td>
<td>347</td>
</tr>
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</table>

HIGH PROTEIN DISHES WITH LITTLE OR NO MEAT

Chilled Tomato Cream Cocktail or Soup (page 1)
Milk and Fruit Eggnogs (page 3)
Sea-food Cocktails (pages 3–5)
Canapés and Sandwiches (pages 8–25) and Hors-d’oeuvre (pages 26–34), containing cheese, eggs, fish paste, sausage, mayonnaise, ham, sea food, peanut butter, etc.

See Soups (pages 35–61) and Garnishes for Soup (page 62), for soups thickened with cereals, i.e. Scotch Broth, Green Kern, etc., and the good and filling lentil, pea, and bean soups, left-over soup with croutons and cheese, borsch, cream soups, soups thickened with eggs or cream, bisques and soups served with rice, noodles, dumplings, meat balls, etc.

See eggs with and without additional protein (pages 67–77)
Rice, spaghetti, noodles, and other starchy foods (pages 78–96), are fine meat-stretching dishes

Spanish Rice (page 92)
Jambolaya (page 93)
Rombauer Rice Dish (page 93)
Oysters and Sea Food (page 96)
Scalloped Oysters (page 98)
Oyster Celery (page 104)
Creamed Scallops and Mushrooms (page 105)
Ham and Potato Cakes (page 134)
Chicken Liver Dishes (page 128)
Calf Brain Fritters (page 129)
MEAT STRETCHING AND MEAT SUBSTITUTES

Grilled Calf Brains on Tomatoes (page 128)
Sautéed Kidneys, Mushrooms, and Celery (page 129)
Veal Kidney, Mushrooms, and Onion Casserole (page 129)
Beef Kidneys, Tomatoes, and Onions (page 130)
Chicken dishes—Chop Suey, etc. (pages 131–3)
Left-over Chicken or Turkey in Spaghetti with Mushrooms (page 133)
Chilli con Carne (page 135)
Baked Rice and Fish Balls (page 105)
Pancakes filled with Sea Food (page 105)
Quick Casserole Dishes (page 106)
Rice, Tuna, and Cheese Sauce (page 106)
Steamed Fish Pudding (a good main dish) (page 109)
Baked Fish Ring (page 110)
Newburg dishes (pages 113–14)
Masked Cauliflower (page 116)
Cod-fish dishes (page 119)
Cereals (cheese, meat, or vegetables in cereals) (page 95)
Hominy or Semolina with Cheese (page 95)
Hot or Cold Sandwiches with Sauce (page 120)
Poultry and Game:
  Chicken Stew, Fricassee, Stuffed Chicken Legs, Rabbit Stew, etc. (pages 352–67)
  Chicken Livers, Peas, and Carrots (page 128)
  Mushrooms à la King (page 172)
  Lima Beans and Mushrooms (page 173)
  Lima Bean dishes (page 174)
  Spinach with Bacon and Cheese (page 175)
  Cauliflower and Mushrooms in Cheese Sauce (page 175)
  Eggplant (Aubergine) with Sausages (page 176)
  Squash Pudding with Bacon or Sausages (page 177)
  Vegetable Casserole with Bacon (page 177)
  Rarebits (pages 184–5)
  Cheese Custard Pie (page 186)
  Cheese Fondue (pages 187–8)
  Tomatoes filled with Creamed Mushrooms and Sweetbreads, etc. (pages 190–3)
Filled Peppers (pages 193–4)
Acorn Squash baked with Sausage Meat (page 199)
Turnip Cups filled with Left-over Food (page 200)
Baked Avocados filled with Creamed Food (page 201)
Baked Apples filled with Sausage Meat (page 201)
Baked filled Potatoes (page 201)
Scones baked with Fillings (page 122)
Grilled Hamburger Sandwiches (page 122)
Baked Bean Sandwiches (page 122)
Toasted Rolls with Ham and Asparagus (page 124)
Liver and Mushrooms (page 127)
Baked Sweetbread Patties, Potatoes, and Onions (page 126)
Ham Loaf (page 133)
Sausages and Mushrooms (page 138)
Meat Pies (page 131)
Meat Pie Roll (page 144)
Meat Shortcakes (page 145)
Left-over Meat in Waffles or Pancakes (page 146)
Eggs in Corned Beef Hash (page 147)
Left-over Meat in Batter (page 148)
Scalloped Veal and Oysters (page 149)
Meat Balls (page 149)
Ox Tongue with Raisin Sauce (page 150)
Chow Mein (page 151)
Veal and Vegetable Casserole (page 152)
Terrapin (page 154)
Minced Beef and Kidney Bean Dish (page 153)
Porcupines (page 156)
Nutburgers (page 157)
Liver and Vegetable Casserole (page 157)
Food on Skewers (page 159)
Croquettes (page 160), Nut and Rice, Cheese and Rice, Egg, etc.
Nut Roast (page 165)
Dried Bean Loaf (page 165)
Dried Bean Patties (page 165)
Scalloped Cabbage (page 165)
Cabbage, Tomato, and Cheese Dish (page 166)
Cabbage Rolls stuffed with Rice and Sausage Meat (page 167)
Mushroom Ring or Mousse (page 171)
Timbales, ½ to 1½ cups meat, 6 servings, Ham, Economy, Chicken, Veal, etc. (pages 203-9)
Soufflés, 1 cup meat and vegetables, 4 servings (pages 210-19)
Ham, Economy, Vegetable, Fish, Chicken, Lima Bean, Sea Food, Shad Roe, etc.
Salads (pages 404-43)
Cottage Cheese, Meat, Chicken, Fish and Sea Food, Gelatine, Frozen, Chicken, and Fish Mousse, etc.
Jellied Ham Mousse, 2 cups cooked ham, 10 servings (page 136)
MEAT STRETCHING AND MEAT SUBSTITUTES

EMERGENCY SOUPS

Dehydrated soups will in some measure compensate for the shortage of canned soups. If you are unable to give the time to preparing the home-made variety, which excels most manufactured soups, the dehydrated products will make good pinch hitters.

In addition, provide yourself with a jar of beef extract—1 tablespoonful of extract will make 1 quart of soup. Prepare your vegetables, cook them in water until tender, add the beef extract, then season the soup. You may substitute the extract in all rules calling for meat stock. Bouillon cubes are useful and should be kept if beef extract is not available.

As nothing usable should be wasted, the liquor from canned or cooked vegetables should be combined and kept in a jar in the refrigerator. This makes good stock and a bouillon cube or beef extract may be added if desired. Vegetable cubes are also recommended.

To make quickly prepared soups, use beef extract, bouillon cubes or packaged soup powder, water or left-over vegetable juices. To this broth you may add:

I. Raw carrots, potatoes, or onions (grated). Simmer the soup until the vegetables are tender.

II. Farina Balls (page 62).

III. Left-over vegetables, bits of meat and cereal.

IV. A few tablespoons of cream or grated cheese or both.

V. Cooked rice, barley, oatmeal, or noodles.

Prepare dehydrated noodle soup. Add cooked vegetables and left-over meat.

See Basic Rule for Cream Soups (page 45), to make acceptable vegetable bisque with left-over vegetables and juices.

Read the whole soup chapter (pages 35-65), for suggestions that may prove of use to you. See Onion Soup (page 43), Vichyssoise (page 48) (use chicken bouillon cubes), Potato Soup (page 47), Salmon Bisque (page 50), Left-over Vegetable Soup with Croutons and Cheese (page 43), and all the rest.

SUGGESTIONS FOR THE USE OF SOYA-BEANS

This inexpensive and valuable complete protein food may be substituted wholly or in part in recipes calling for minced meat. The beans should be cooked and may then be chopped or ground. As they are apt to be drier than meat they are good moistened with milk, tomato juice, or left-over gravy. They require a good bit of seasoning. Vary this. (See Seasonings, page 379.) See Purée of Dried Lentils, Peas, or Beans (page 275). Substitute soya-beans, and serve them as a vegetable or use a rather stiff purée as a lining and topping for a meat pie.

Soya-beans are good served au gratin. See Dried Bean Loaf and Dried Bean Patties (page 165), Dried Soya-beans and Green Soya-beans (page 275). Substitute part soya-beans in Meat Loaf I or II on (page 314) or Left-over Meat Loaf (page 143).
Soya-beans combine well with cheese, tomatoes, onions, and other vegetables. They really need an uplift, being rather on the dull side, but (like some of our friends) respond readily to the right contacts.

**SOYA-BEAN LOAF**

8 Servings
Sauté until soft:
- ¼ cup chopped onion (or celery and green pepper)

2 tablespoons butter or dripping
Add and bring to the boiling point:
- 1 cup tomato purée *
Stir in:
- 1 cup soft bread crumbs
- 2 beaten eggs
- 3 cups cooked soya-beans, minced
- ¼ teaspoon salt
- ½ teaspoon curry powder (optional)
- Chopped parsley or dried herb

Place in a greased casserole. Bake the loaf in a moderate oven 350° for 45 minutes. You may serve it with:
- Gravy or other sauce

* You may substitute 1 cup cream sauce and serve the loaf with tomato sauce.

**SOYA-BEAN SOUFFLÉ**

4 Servings
Put through a ricer or mincer:
- Cooked soya-beans

There should be about 2 cupfuls of pulp. Add:
- 2 teaspoons chopped onion
- 3 beaten egg yolks
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons chopped parsley or other herb

Whip until stiff, then fold in:
- 3 egg whites

Bake the soufflé in a slow oven 325° for about 1 hour.

**SOYA-BEAN SALAD**

Add cooked chopped soya-beans to vegetable salads and to French dressing or mayonnaise.

**PEANUTS AS A MEAT SUBSTITUTE**

Add peanuts to cooked food and to salads. Serve them ground over cooked vegetables macaroni, etc. Use peanut butter freely for sandwiches. Substitute peanuts for other nuts in Nut Roast (page 165), Nutburgers (page 157), etc. Substitute part chopped peanuts in recipes calling for minced meat, Lima beans, etc.

Make Peanut Brittle (page 766) and Peanut Butter Cookies (page 616). Find other ways of using peanuts or peanut butter to make a generous use of this complete protein food.
MENUS

Planning menus for others is difficult. Standards, traditions, budgets, diet restrictions, and individual taste play a large part in deciding upon the type of food that is to be served, and in wartime rationed food and food shortages must also be considered.

On the other hand, dishes of all countries and kinds may be served, properly balanced, in the course of a meal. A dinner of goulash, spoon bread, creamed spinach, and slaw topped by a meringue is far less incongruous than a person in shorts on a Louis Quatorze sofa or Bach brought up to date by a jazz band.

I like to think of many suggestions in terms of a large Victorian hall rack. On its pegs hang hats representing dishes. Perhaps they are arranged to suit the diner's taste; if not, they may be readily rearranged to better advantage.

The general scheme suggested is a pattern planned to serve as a guide. To accommodate your budget or your larder you may decide to replace a top hat with a visored cap, a bit of evening frivolity with a garden hat and so on. The framework remains intact whatever you do. The mirror reflects the household, its manners, and mode of living. Rearrange the following headgear to suit yourself.

BREAKFAST MENUS

To balance the New Englander's cod-fish balls and baked beans, the Southerner's grits and bacon, and the Northerner's fried cakes and doughnuts, there is the modern trend to make the first meal of the day as light as possible. To-day the average woman's breakfast is probably: fruit, dry toast, a beverage; and the average man's is: fruit, cereal, eggs with ham or bacon, hot bread, and a beverage.

The following suggestions are offered to vary the monotony of these menus:

1

A delicious and complete breakfast that requires no pot scouring:
Grapefruit Juice
Bacon Waffles
Coffee

Apples Filled with Sausage Meat (page 201)
Toasted English Muffins (page 470)
Jelly
Grilled Grapefruit (page 5)
Omelet with Crab (page 75)
and Bacon, or Scrambled Eggs (page 69)
and Calf Brains (page 339)
Grilled Tomatoes (page 281)
Scones (page 453)
Coffee

2

Honey

817
Stoned Prunes or Hot Apple Sauce (page 399)  
with Cinnamon, between Slices of French Toast (page 479)  
Sausages (page 337)  
Coffee

Sliced Peaches  
Beef Kidney Stew (page 342) or Pancakes (page 489)  
Orange Marmalade  
Coffee

Tomato Cocktail  
Bacon  
Cod-fish Balls (page 119)  
Popovers (page 462)  
Baked Onions (page 278)  
Jam  
Coffee

Honeydew Melon or Sliced Oranges  
Sausages and Mushrooms (page 138)  
Waffles (page 493) and Maple Syrup  
Coffee

8  
Berries  
Canadian Bacon  
Hot Pineapple Slices on Fried Mush (page 95)  
Syrup  
Coffee

Interest may be added to breakfast menus by serving one of the following dishes:  
Smoked Salmon on Toast (page 71)  
Baked Bananas (page 400) and Crisp Bacon (page 336)  
Apple Pancakes (page 492)  
Blueberry Pancakes (page 492)  
Potato Pancakes (page 492)  
Blueberry Muffins (page 459)  
Bacon Muffins (page 461)  
Pineapple Waffles (page 494)  
Orange Waffles (page 494)

Brown Sugar Roll (page 457)  
Crumb (page 563) or Sour-cream Coffee Cake (page 564)  
Date, Apple, or Pineapple Muffins (page 459)  
Bran Scones (page 458)  
Yeast Coffee Cake, Caramel Buns, etc. (pages 560-1)  
Luncheon Bread (page 474)

Luncheon Menus

The luncheon menu is usually determined by the breakfast that has preceded it and the dinner that is to follow it. As the main dish of a simple luncheon try one of the following:  
Eggs Poached in Tomato Soup (page 68)  
Creamed Eggs on Toast (page 77)  
Emergency Soups (page 53)  
Oysters and Bacon (page 101)  
Tomatoes Stuffed with Cottage Cheese (page 30)  
Baked Tomatoes Filled with Onions, Creamed Food, Corn, Stuffed Olives, Crab in Cheese Sauce, etc. (pages 191-3)  
Onion Soup (page 43)  
Cheese, Bread, and Egg Dish (page 186)  
Oyster Celery (page 104)  
Duchess Soup (page 48)  
Minestrone (Italian Bean Soup) (page 44)  
Shrimp Bisque (page 51)  
Pepperpot (page 47)  
Oxtail Soup (page 41)  
Black Bean Soup, etc. (page 60)
Peppers filled with Rice, Hash, Oysters, etc., Served with Cheese Sauce (pages 193-5) or Tomato Sauce (page 385)
Food on Skewers (page 159)
Poached Eggs on Rice with Tomato Sauce (page 78)
Baked Eggs in Mustard Sauce (page 72)
Scrambled Eggs with Onions (page 70)
Spring Onions on Toast (page 280)
Baked Onions and Cheese on Toast (page 187)
Creamed Sea Food (page 115)
Toasted Sandwiches (page 126)
Cold Sandwiches with Hot Sauces or Cold Dressing (page 120)
Sausages in Scone or Pie Crust (page 139)
Rice Croquettes or other Croquettes (page 162)
Chilli con Carne (page 155)
Left-over Meat Loaf (page 143)
Meat Pie Roll (page 144)
Curried Veal with Rice (page 153)
Rice with Mushroom and Almond Sauce (page 90)
Hamburger Ring (page 156)
Hamburger with Olives and Tomato Sauce (page 156)
Eggplant Filled with Left-over Food (page 197)
Baked Rice and Fish Balls (page 105)
Filled Pancakes (pages 105, 148)
Eggplant (Aubergine) Fritters (page 298)
Steak and Kidney Pie (page 146)
Cheese Pondue (page 187)
Baked Avocados (page 201)
Polenta (page 95)
Bananas, Pineapple, and Bacon (page 158)
Sausages with Apple Rings (page 400)
Herring (page 119)
Sautéd Fish (page 228)
Mixed Grill (page 139)
Grilled Calves Brains (page 128)
Jellied Chicken (page 133)
Soufflés: Oyster, Left-over Shrimp, Celery, and Cheese, etc. (pages 210-19)
Timbales: Veal, Left-over Cauliflower, Ham, etc. (page 209)
Onions filled with Mushrooms (196)
Mock Chicken Drumsticks — City Chicken (page 160)
Creamed Scallops (page 107)
Crab Cakes (page 118)
Oyster Pie (page 103)
Shrimp in Curry Sauce (page 116)
Creamed Oysters (page 96)
Baked Oysters and Bacon (page 101)
Eggs Benedictine (page 69)
Cheese Rice, Boiled (page 83)
Shrimp Wiggle (page 116)
Welsh Rarebit on Tomatoes (page 184)
Tomato Rarebit (page 184)
Woodchuck (page 185)
Cucumber Cases filled with Dressing or Hash (page 200)
Baked Potatoes Filled with Minced Ham, Hash, or Creamed Food (page 202)
Baked Eggplant (Aubergine) (page 290)
Eggs and Cheese in Bread Shells (page 76)
Cheese Custard Pie (page 186)
Mushrooms and Ham Baked (page 171)
Curried Rice (page 93)
Cabbage Rolls (page 167)

Some of the simple luncheon menus in the following chapter are suitable for late breakfasts.
Some of the breakfast menus offer suggestions applicable to luncheon menus. So do the supper menus (page 829).

LUNCHEON MENUS

1
Honeydew Melon or Cantaloup Filled with Cottage Cheese, Garnished with Seedless Green Grapes and Mayonnaise (page 412)
Nut Bread (page 471) A Beverage

2
Waffles (page 493) and Creamed Chicken (page 132)
Tomatoes Filled with Pineapple (page 192)
Molasses Nut Drop Cakes (page 615) Lemon Ice (page 703) A Beverage
Meal in One Sandwich (page 121)
Petit Suisse with Strawberries (page 684) A Beverage

Broccoli Ring (page 218)
with Creamed Chicken and Mushrooms (page 132)
Fresh Peach and Cheese Salad (page 415) or Nectarine Salad (page 440)
Potato Chips Hot Rolls
Quick Caramel Sponge Cup Cakes (page 595) A Beverage

Chicken Livers, Green Peas, and Carrots in Casserole (page 128)
Muffins (page 459) Currant Jelly
Apple Salad with Lemon Sherry Dressing and Cheese Balls (page 411)
A Beverage

Consommé (page 36)
Baked Avocados Filled with Creamed Ham (page 201)
Muffins String Beans (page 270)
Watercress Salad (page 404)
French Apple or Individual Transparent Pie (pages 506, 510)
A Beverage

Rice Ring (page 89) Filled with Shrimp Wiggle (page 116)
Grapefruit Aspic or Salad (pages 427, 413) Cheese Biscuits
Raspberry Rum Cake (page 580) A Beverage

Quick Aspic Salad (page 433) on Lettuce with Herb Mayonnaise (page 450)
Toasted Bread Loaf with Garlic (page 65)
Meringues (page 588) Filled with Raspberry Parfait (page 708)
A Beverage

Chicken Livers or Oysters in Blankets (page 27)
Vegetable Soufflé (page 211) Cheese Flakes (page 468)
Chicory Salad (page 404) Fresh Pears in Liqueur (page 6)
A Beverage

Tongue in Aspic or Cold Sliced Tongue (page 428)
Jambolaya Garnished with Sautééed Mushroom and Pimentos (page 97)
Pulled Bread (page 65)
Leaf Lettuce with French Dressing (Spiced Vinegar) (page 449)
Grandmother’s Apple Cake (Sour-cream Apple Soufflé) (page 572) A Beverage

Chicken Bouillon (page 36)
Broccoli Timbales (page 204) with Mushroom Sauce (page 386)
Japanese Persimmon Salad with French Dressing (page 412)
Hot Rolls (page 465) or Scones (page 455)
Chocolate Spice Cake (page 551) A Beverage
MENUS

12
Moulded Pineapple Ring (page 439)
Filled with Chicken Salad (page 418) on Lots of Lettuce
Cream Cheese Spread (page 188) Wholemeal Biscuits
Chocolate Walnut Torte (page 586) A Beverage

13
Vichyssoise or Bouillabaisse (pages 48, 51)
Fruit Ryvita
Velvet Spice Cake (page 552) Black Coffee

14
Egg Croquettes (page 163) Creamed Mushrooms (page 294)
Cucumber Jelly (page 430) or Tomatoes on Cress Mock Rolls (page 456)
Flaming Peaches (page 686) A Beverage

15
Lobster and Mushroom Casserole (page 113) or Lobster Ring (page 114)
Wild Rice (page 87) Moulded Vegetable Salad (page 432)
Buttermilk Potato Rolls (page 467)
Peaches and Raspberries (page 686) Brown Sugar Drop Cakes (page 606)
A Beverage

16
Baked Ham (page 332)
Vegetable Soufflé
Boiled Oranges (page 401) Chef Salad (page 405)
Fig (page 553) or Molasses Spice Cake (page 553) with Hard Sauce (page 688)
A Beverage

17
Crab with Piquante Sauce and Rice (page 112)
French Endive with Pearl Onions and French Dressing
Muffins (page 459)
Pineapple Sponge (page 674) Pecan Wafers (page 614) A Beverage

18
Ham Slice in Milk (page 334)
Lima Beans and Mushrooms (page 173)
Ryvita
Apple and Celery Aspic Salad (See Foundation Recipe for Jelly I, page 425)
Coffee Cake Wreath Filled with Poppy Seed (page 562) A Beverage

19
Food on Skewers (page 159)
Chantilly Potatoes* (page 246) Bread Sticks (page 65)
Green Peas in Tomatoes (page 192)
Baked Peaches with Brandy Sauce or Mincemeat (page 399) A Beverage
* Place the potatoes in the centre of a large dish. Decorate the top with parsley. Alternate the skewers and tomatoes around them.

Rice, Tuna Fish, and Cheese Sauce (page 106)
Watercress and Cucumber Salad with Chiffonade Dressing (page 447)
Bran Bread (page 478)
Apples with Orange Juice (page 660) Cocoa Kisses (page 620)
A Beverage
MENUS

21

Mushrooms under Glass (page 170) or Oysters Baked in Mushroom Sauce (page 101)
Mashed Potato Balls, Fried (page 246) Buttered Broccoli (page 254)
Luncheon Bread (page 474)
Seedless Grape Ring (page 437) or Chocolate Soufflé (page 662) A Beverage

PLATE LUNCHEONS

Creamed Eggs and Asparagus (page 77) or Ragout Fin (page 169)
Black Cherry and Almond Aspic on Lettuce with Mayonnaise (page 440)
Hot Buttered Scones (page 455)
Peppermint Stick Ice Cream (page 701) with Chocolate Sauce (page 692)
Pecan Slices (page 600) A Beverage

2

Chicken Timbales (page 206) with Mushroom Sauce (page 386)
Grapefruit Aspic on Lettuce with Mayonnaise (page 427)
Green Beans (page 271) Potato Chips or Soufflé Potatoes (page 251)
Olives Hot Buttered Muffins (page 459)
Meringues (page 588) Filled with Pistachio Ice-cream (page 700) A Beverage

3

Croquettes, Oyster and Chicken (page 162) or Sweetbread and Mushroom
Green Peas in Onion Cases (page 197)
Ginger Ale Salad (page 439) Hot Buttered Rolls (page 463)
Fudge Pie à la Mode (page 522) A Beverage

4

Cocktails
Filled Patty Shells (page 503) (Sweetbreads, Chicken, Oysters, etc.)
Cauliflower au Gratin or Brussels Sprouts (page 254, 255)
Tomatoes Filled with Aspic or Pineapple (page 422)
Buttered Nut Bread (page 475)
Raspberry Sherbet (page 716) Cocoa Drop Cakes (page 606) A Beverage

5

Bouillon (page 36) Caviare Canapés (page 16)
Individual Noodle Rings (page 83) with Chicken à la King (page 131)
Buttered Asparagus (page 261)
Cheese Bread Cubes (page 11)
. Frozen Tomato Aspic on Watercress with Mayonnaise (page 427)
Hazel-nut Cake with Strawberries and Cream (page 585) Coffee

SUGGESTIONS FOR SIMPLE LUNCHEONS

Fried sausage cakes, country gravy, mashed potatoes, hot slaw, apple sauce.
Vegetable Plate: Baked tomatoes, baked onions, peas, a poached egg, Hollandaise sauce, bread sticks, honey.
Fried smelts, buttered peas and carrots in a creamed potato ring, stewed apricots.
Chop Plate: Liver, bacon, sausages, chops, and mushrooms, baked potatoes, popovers, jam, melons.
Cold ham, rice croquettes, creamed asparagus or peas, baked apples in orange julius.
Creamed chicken giblets with mushrooms on rice, lettuce, chocolate cookies.
Creamed mushrooms with cheese on tomatoes and toast, crumb spice cake.
Welsh rarebit over asparagus on brown toast, tomato aspic, cup cakes.
Chilled tomato filled with celery and pineapple, mayonnaise, biscuits, cheese, brownies.
Creamed veal or chicken with celery on French toast, grilled tomatoes, fruit.
Chicken or vegetable timbale and mushroom sauce (or left-over timbale and tomato sauce), cucumber salad, hot rolls, cream cheese balls, fruit jelly.

Simplified Service
If you wish to simplify service, serve from one or two dishes only. Garnish the food with parsley, celery tops, chives, lemon slices, olives, etc.
Carrot ring filled with peas or creamed celery.
Spinach ring filled with carrots.
Acorn squash filled with tomatoes creole or buttered peas.
Baked potatoes filled with sautéed onions, or creamed onions au gratin casserole surrounded by potato balls and glazed carrots.
Broccoli ring filled with creamed mushrooms surrounded by parsley potatoes.
A ring of string beans filled with Harvard beets.
Cauliflower surrounded by beets or by small mounds of string beans alternated with beets.
Rice or wild rice ring filled with Brussels sprouts, Hollandaise surrounded by mushroom caps.
Onions filled with sauerkraut around a mound of mashed potatoes.
Scalloped potatoes, macaroni, noodles, etc., may be baked in a ring. Fill it as you please.
Your entire course may be arranged attractively on one dish:
Creamed oysters in a bowl surrounded by pickled beets stuffed with eggs and herbs and baked potato balls.
Pork chops, olives, and cream in a noodle ring surrounded by broccoli and carrots.
Chicken pot pie surrounded by mounds of string beans and celeriac salad.
Tartar sauce (in a small bowl) surrounded by fish rolls, potato apples, and green peas in paper cups.
Veal stew in a rice ring, glazed onions, carrots in bunches with parsley tops.
Stuffed eggplant surrounded by chops, new potatoes.
Sautéd fish, tomatoes filled with spinach, browned potatoes, carrots.
Roast pork, apples filled with sweet potatoes, a green vegetable—
and so on indefinitely.

Dinner Menus

1

Ham Loaf (page 135)
or Hamburger with Olives and Mushroom Sauce (page 156)
String Beans with Cheese (page 271)
Sour-milk Muffins (page 460)
Apple Sauce Pudding (page 655)
Coffee

Potato Boats (page 248)
Soft Molasses Cookies (page 610)

Breaded Veal Slices or Wiener Schnitzel (pages 518, 519)
Harvard Beets Cooked in a Double Boiler (page 267)
Baked Potatoes Filled with Vegetables (page 202)
Bran Scones (page 458)
Lemon Soufflé or Lemon Chiffon Pie (pages 662, 525)
Coffee
3
Hash with Celery (page 140) or Browned Hash (page 141)
Baked Onions (page 278) or Potato Soufflé with Cheese (page 212)
Crumb Muffins (page 460) or Lettuce with Tomato Soup Dressing (page 448)
Blueberry Pie (page 507) or Coffee

4
Beef Rolls (page 310) or Veal (page 321) or Pork Birds (page 330)
Broccoli with Butter (page 254) or Baked Rice (page 105)
Drop Scone (page 455) or Orange Compote (page 685) or Coffee

5
Lamb chops (page 324) or Peas and Parsley (page 268)
Potato Pears (page 246) and Wholemeal Rolls (page 469) or Orange Whip (page 673)

6
Veal Soufflé (page 322) or Beef Loaf (page 314)
Parsley Carrots (page 264) or Scalloped Potatoes and Onions (page 249)
Celery Aspic Salad on Tomatoes (page 431) or Coffee
Pinwheel Scones (page 457) or Cocoa Cup Cakes (page 594)

7
Grilled Steak with Sauce (page 306) or Rolled Oats Rolls (page 469)
Creamed Celery and Green Peppers (page 276) or Chocolate Waffles (page 496) and Chocolate Sauce (page 692)
Hashed Brown Potatoes (page 250) or Coffee

8
Emergency Pea or Tomato Soup (page 53)
Chicken or Rabbit Pot Pie (page 130) or Mustard Pickle
Green Bean Casserole (page 271) or Cherry Whip (page 672) or Fruit Gelatine (page 671)
Chocolate Almond Bars (page 601) or Coffee

9
Pot Roast (page 305)
Potato and Onion Pie Roll (page 144) or Grilled Eggplant (Aubergine) (page 290)
Tomatoes Filled with Celery on Lettuce (page 421) or Caramel Custard (page 643)
Vanilla Ice-box Cookies (page 617) or Coffee

10
Veal Stew (page 319)
Garnished with Sautéd Mushrooms (page 295) (optional)
String Bean Salad on Watercress (page 407) or Cheese and Biscuits or Moulded Cottage Cheese Ring with Fruit (page 442)

11
Strawberry or Pineapple Cocktail (pages 6, 7)
Roast Chicken Filled with Potatoes (page 352) or Corn on the Cob (page 285) or Grilled Corn (page 285)
Baked Tomato Slices with Peppers and Onions (page 283)
Four-hour Bread Rolls (page 465) or Coffee
Cheese Cake (page 524) or Mock Cheese Cake (page 525)
Stuffed Pork Chops and Cinnamon Apples (pages 329, 398) or Pork Chops and Apples (page 328)

Lettuce Salad with Sour-cream Dressing (page 452)

Coffee

Marinated Celeriac (page 28)

Spiced Peaches

Green Corn Pudding (Eggless—page 181)

Coffee

Melon Mint Cocktail (page 7)

Roast Beef (page 304)

Tomato Pudding (page 175) or Tomatoes Creole (page 178)

Browned Potatoes (page 245) or Yorkshire Pudding (page 376) or Popovers (page 462)

Maple Ring (page 581)

Pineapple Grapefruit Cocktail (page 2)

Smoked Salmon on Toast (page 71)

Graham Bread (page 474)

Mashed Potato Balls with Cornflakes (page 247)

French Cheese Cream and Strawberries (page 685)

Tomatoes Filled with Crab Vinaigrette or Grilled Grapefruit (page 5)

Fillet of Beef with Sour-cream Gravy and Mushroom (page 304)

Red Cabbage in Green Peppers (pages 258, 193)

French Potato Balls (page 244) or Rice Croquettes (page 162)

Steamed Ginger Pudding (page 669), Rum or Brandy Sauce (page 697)

Coffee

Shrimp in Grapefruit (page 4)

Clear Soup with Marrow Balls (pages 36, 64)

Biscuits

Duck or Goose (pages 361, 360), dressed with Potato

Apples (page 246)

Turnip Cups filled with Peas (page 200) or White Asparagus (page 261)

Parker House Rolls (page 466)

Cherry Tart or Kuchen (page 508)

Coffee

Grapefruit Cocktail (page 5) or Salami Cornucopias (page 29)

Crown Roast of Lamb with Dressing (page 323), Gravy, Mint Sauce (page 389)

Artichokes with Hollandaise (page 284) or Creamed Broccoli (page 254)

Overnight Rolls (page 466)

Strawberry Bombe (page 712) or Bavarian Cream (page 677)

Nut Kisses (page 619)

Coffee
19

Herring Salad (page 420) or Small Tomatoes filled with Slaw and Anchovies
Clear Soup (page 36) with Biscuit Balls
Celery, Radishes, or Olives
Squab Stuffed with Rice (page 365)
Cauliflower and Mushrooms (page 175)
Bread Sticks (page 474)
Cabinet Pudding (page 683) or English Almond Soufflé (page 665)

Cantaloup Baskets (page 7) or Shrimp Bisque (page 51)
Grilled Spring Chicken (page 335)
Green Peas and Mushrooms (page 269) Corn Fritters (page 181)
Wholemeal Ice-box Rolls (page 472) Jelly
Cream Tart with Apricot Filling (page 589) or Sour-cream Cherry Cake (page 572)
Coffee

21

Chicken Broth (page 38)
Grilled Lobster with Tartar Sauce (page 237)
New Potatoes and Parsley (page 244) Summer Squash with Onions (page 289)
Hot Rolls
Endive Salad with Lorenzo Dressing (page 446)
Pineapple Ice Garnished with Fresh or Canned Fruit (page 703)
Velvet Spice Cake (page 552) Coffee

Onion Soup (page 43)
Baked Stuffed Fish (page 224)
Garnished with Tomatoes filled with Mashed Potatoes (page 190)
Crescent Rolls (page 470)
Cucumber Salad, Sour-cream Herb Dressing (page 451), served with the fish
Grapefruit Sherbet (page 715) Tortelettes (page 623)
Coffee

Creamed Oyster Canapés (page 13) Tomato Juice Cocktail (page 1)
Baked Ham (page 332)
Mulled Cucumbers (page 286) or Asparagus (page 261)
Bran Ice-box Rolls (page 472)
Meringue Tart (page 589) Filled with Lemon and Orange Ice, Flavoured with Rum, and Garnished with Whipped Cream (page 703)
Coffee

23

Caviare Canapés (page 16)
German Meat Balls (page 149)
Noodles with Buttered Crumbs (page 84)
Green Beans (page 271) or Spinach (page 260)
Hawaiian Salad (page 413)
Snowballs and Strawberry Sauce (page 659) or Quick White Cake (page 540) with Foamy Sauce (page 690)
A Beverage
MENUS

25

Avocado filled with Chilli Sauce on Watercress (page 6)
Roast Veal or Kidney Roast (page 318)
Noodles (page 84) or Spatzen (page 376)
Buttered Peas and Carrots (page 264)
Wine Jelly with Cream (page 671) and Tutti-Frutti Cake (page 556) or
Baked Canned Fruit (page 661) and Caramel Cake (page 645)

Meatless Green Pea Soup with Dumplings (page 44)
Sea Food au Gratin (page 115)
Beet Salad (page 408)
French Bread (page 475)
Orange Cake (page 577)

26

Egg and Anchovy Canapés (page 16)
Bouillon (page 36)
Soufflé Biscuits (page 65)
Tongue in Raisin Sauce (page 150)
Green Peas (page 269) in Rice Ring (page 89)
Cheese Rolls (page 469)
Chilled Artichokes (page 284) with Lemon Butter (page 591)
Raspberry Ice (page 703)
Hazel-nut Cakes (page 624)

Coffee

27

Mushroom Broth (page 42) or Tomato Bouillon (page 41)
Roast Suckling-pig (page 327) with Onion Dressing
Red Cabbage or Sauerkraut (page 258)
Toasted Rye Bread
Snow Pudding (page 673)
Chocolate Angel Cake (page 538) or Almond Torte (page 584)

Coffee

28

Tomato Cocktail (page 1)

Celery
Olives
Turkey with Oyster or Sausage Dressing (page 360)
Cranberry Jelly (page 395)
Bread Sticks (page 65)
Acorn Squash filled with Creamed Spinach (page 290)
Orange Salad on Watercress with French Dressing (page 413)
Steamed Fig or Date Pudding with Sauce (page 667) or
Chocolate Date Torte (page 581) with Sauce *

Coffee

* If these desserts seem too heavy serve an eggless bread and wind up with a
soufflé (page 210) of some kind.

GAME DINNER

Toasted Sardine Canapé or Grilled Sardines on Toast (page 12)
Consommé into Cream Soup (page 58)
Melba Toast
Wild Duck (page 362) Garnished with Orange Salad for Game (page 413)
French Potato Balls (page 244)
Brussels Sprouts with Hollandaise (page 255)
Pineapple Ice (page 703)
Russian Cookies (page 604)
Coffee
INFORMAL TEA

Serve Tea, Coffee or Cocoa accompanied by a light sandwich followed by a small cake, or serve cinnamon toast or marmalade sandwiches.

**Sandwiches (pages 8–25):**
- Olive
- Pecan
- Watercress
- Toasted Cream Cheese
- Sardine
- Egg and Bacon
- Nut
- Nut Bread
- Prune Bread
- Bran Bread de Luxe
- Wholemeal Fig Bread
- Orange and Nut Bread

**Small Cakes or Cookies (pages 593–627):**
- Quick Caramel Sponge Cup Cakes (page 595)
- Spice Cup Cakes (page 596)
- Yolk Drop Cakes (page 606)
- Orange Marmalade Cookies (page 608)
- Peanut Butter Cookies (page 616)
- Brownies (page 598)
- Russian Cookies (page 604)
- Scotch Shortbread (page 604)
- Pecan Puffs (page 615)
- Macaroon Jam Tarts (page 615)
- Pecan Slices (page 600)
- Pineapple Fingers (page 619)

FORMAL TEAS

Open Tomato Sandwiches
Tiny Bran Scone with Cheese Spread—Served Hot (page 10)
Sponge or Angel Cake Bars (page 601)
Butter Wafers (page 609)

**Tea**

**Coffee**

- Toasted Mushroom Sandwiches (page 9)
- Puff Shells I Filled with Oysters (page 10)
- Pineapple and Cream Cheese Sandwiches (page 23)
- Lettuce and Mayonnaise Sandwiches
- Pecan Drop Cakes (page 614)
- Chocolate Cake with White Icing and Chocolate Coating (page 548)
- Kisses (page 619)

**Jelly Tots (page 615)**

**Tea**

**Candies**

- Watercress Sandwiches (page 17)
- Olive Sandwiches (page 22) or Chicken Salad Sandwiches (page 19)
- Cheese Puff Canapés (page 9), Thin Ham on Beaten Scones (page 458)
- Peach or Strawberry Ice-cream (page 701)
- Honey Drop Cakes (page 608)
- Brownies II (page 598)
- White Cake with White Icing and Coco-nut—Cut in Squares (page 538)
- Candied Orange Peel

**Salted Nuts**

**Tea**

**Coffee**

- Ripe Olive Sandwiches (page 22)
- Pickle Canapés (page 17), Stuffed Brussels Sprouts (page 33)
- Tomato and Shrimp Canapés (page 16)
- Puff Shells II

(Filled with Chicken Salad, Lobster Salad, Caviare, or Cheese, page 20)

**Orange and Lemon Ice (page 703)**

Glazed Fruits or Nuts

**Peppermint Creams**

**Tea**

**Coffee**

- see the following suggestions for a cocktail party as many of the things be served at formal teas.
Cocktail Party

La Brinvilliers, a notorious poisoner, was beheaded for her crimes. According to a French wit, the only difference between La Brinvilliers and the average cook is the intention.

This is particularly true of menu building, wherein many a hostess sins grievously, but at a 'help yourself' party she may give her fancy free rein and let her guests assume full responsibility.

Alcoholic or non-alcoholic cocktails—either or both. A choice of the following suggestions:

Stuffed Celery  Grilled Sardine Canapés
Olives, Radishes  Devilled Sardines
Marinated Mushrooms  Rolled Tongue Hors-d’œuvre
Hot Ripe Olives  Lettuce Sandwiches
Potato Chips and Cheese  Crab or Lobster Canapés
Antipasto  Pastry Snails
Lobster Spread Sandwiches  Shrimp Surrounding a Small Hollowed Cabbage
Caviare and Cucumber Canapés  Cabbage filled with Mayonnaise or Pink Sauce for Shrimp
Very Small Hot Toasted Sandwiches or Puff Shells  Meat in Pie Dough (Rissoles)
(mushroom, cream cheese, liver sausage, oyster, etc.)  Pretzels and Cream Cheese
Codfish Balls  Pickled Onions and Bacon
Tiny Grilled Sausages with Mustard Cream  Bacon and Saltine Canapés
Chicken Livers in Blankets (Tit-bits)  Oyster Canapés
Salted Nuts

See page 25 for Attractive Ways of Serving Canapés and Hors-d’œuvre.

Suppers

Cold Ham
Creamed Eggs and Asparagus (page 77) Cheese Straws
Fresh Fruit Salad with Lemon and Sherry Dressing (page 448) A Beverage

Cheese, Bread, and Egg Dish (page 186)
A Green Salad with Chives and Ketchup Dressing (page 446)
Berries  Bran Cookies (page 611) A Beverage

Cocktail
Chicken Soufflé (page 214) with Mushroom Sauce (page 386)
Green Peas (page 268) Hot Bread (page 465)
Orange Milk Sherbet (page 705) Brown Sugar Drop Cakes (page 606)
A Beverage

Caviare Canapés (page 16)
Chicken Liver Timbales with Mushroom Sauce (page 207, 386)
Watercress with Roquefort Cheese Dressing. Hot Toast
Lime Sherbet (page 716) A Beverage
MENUS

5
Spinach Ring (page 218) with Creamed Sweetbreads (page 338) or Oysters (page 96)
Rice Muffins (page 461) Jam A Beverage

Rice Ring (page 89), filled with Shrimp Newburg (page 117)
Cucumber Jelly Cress (page 430) Toasted Rye Bread
Individual Pies (page 498) Filled with Glazed Strawberries (page 568) Coffee

Liver Sausage and Cold Tongue
Potato Salad (page 409), Potato Soufflé with Cheese (page 212) or Potatoes filled with Vegetables (page 292)
Hot Bread (page 465)
Fruit Moulded with Lemon or Orange Jelly (page 671) A Beverage

Sautéed Mushroom Caps (page 293) and Grilled Sausages (page 337)
Noodles with Poppy Seed (page 84)
Cinnamon Apples (page 398) Wholemeal Wafers Coffee

Rye Bread Cervelat or Montebello Sausage
Dutch Plum Cake (page 568) Celeriac Salad (page 418) A Beverage

Onion Soup (page 43)
Chicory Salad with Chiffonade Dressing (page 447) Hard Biscuits
Cherries Salted Almonds A Beverage

Oyster and Mushroom Ragout (page 169)
Lettuce Salad, Spiced Vinegar French Dressing (page 449)
Cheese Biscuits Coffee

Crab Canapés (page 13)
Beets filled with Caviare (page 33) Asparagus Sandwiches (page 17)
Cheese Soufflé (page 211) Stuffed Olives
Endive Salad—French Dressing with Horse-radish (page 446) (and see page 404)
Raspberries or Grapes A Beverage

PICNIC MENUS

Hamburgers rolled in Pancakes
Chilled Tomatoes Ryvita Cheddar Cheese
Gingerbread Cup Cakes (page 595) Pears and Grapes Coffee

Sautéed Canadian Bacon on Hard Rolls
String Bean Salad with Lettuce, Onions, and French Dressing (page 407), or Potato Salad with Lots of Lettuce (page 409)
Devilled Eggs with Liver Sausage (page 78) Watermelon Jam Cake (page 556) Coffee
MENUS

3

Baked Ham
Italian Salad (page 409)
Bran Muffins II (page 462) Roquefort Cheese Balls rolled in Chives (page 445)
Sour-cream Apple Pie (page 506) or Berry Pie (page 506) Coffee

4

Grilled Steak (page 506) Picnic Salad *
Plain Buns spread with Butter † Pickles
White Cake I or II with Chocolate Icing (page 538) Salted Nuts (page 767)
* Cubed cucumbers, tomatoes, and onions with French dressing.
† If some other salad is served, cover the buns with slices of onion.

5

Sautéed Eggs with Bacon or Sausages *
Baked Beans (page 271) or Jambolaya (page 91) Olives
Toasted Buttered French Bread Loaf (page 65)
Apples Gold Layer Cake with Caramel Icing (page 544) Coffee
* This is hearty—good for a cold-weather picnic.

6

Fried Fish or Chicken * Baked Potatoes,† Potato Chips, or Green Corn ‡
Cole Slaw (page 410) Dill Pickles Beaten Scone (page 458)
Banana Chocolate Cake (page 576) Peaches Coffee
* Sautéed in the open. † Baked in a camp-fire. ‡ Grilled over a camp-fire.
DEFINITIONS OF COOKING TERMS AND PROCESSES

A la king:
Food served in rich cream sauce sometimes flavoured with sherry.

Antipasto:
Assorted appetizers of fish, cold cuts, or vegetables.

Appetizer:
Small portion of food or beverage served before or as the first course of a meal.

Aspic:
A jelly made from meat stock that has been boiled down sufficiently to become firm when cold, also stock (fish, vegetable, fruit, or tomato juice) which has been thickened with gelatine.

Au gratin:
Food creamed or moistened with other ingredients (eggs, milk, or stock), covered with bread crumbs and butter or cheese and baked or grilled until the top is brown.

Bake:
To cook by dry heat usually in an oven.

Barbecue:
To roast meat or fowl over coals or on a spit. This is frequently basted with a highly seasoned sauce. A similar result may be obtained in a slow oven.

Baste:
To moisten roasting meat or other food while baking with juices from the pan or with additional liquid.

Batter:
A blended mixture of flour, liquid, and other ingredients.

Beat:
To blend by mixing thoroughly using an over-and-over or rapid rotary motion.

Bisque:
A thick cream soup usually made from fish; also a rich frozen dessert.

Blanch:
To pour boiling water over a food, then drain and rinse with cold water. Used to whiten or remove skins from almonds.

Blend:
To mix two or more ingredients until well combined.

Boil:
To cook in liquid (usually water) in which bubbles constantly rise to the surface and break. After boiling point is reached heat may be reduced, provided water is kept in constant motion.

Borscht:
Russian soup with beets.

Bouillabaisse:
A chowder made of several varieties of fish and other ingredients.

Bouillon:
Clear soup made from lean beef.

Braise:
To cook meat by searing, then simmering in a covered dish in a small amount of liquid, either in an oven or over direct heat.

Brioches:
Light French rolls.

Broil:
To cook by exposing food directly to the heat.

Brush:
To spread with butter, egg, etc., thinly with a brush or a small paper or cloth.

Café au lait:
Coffee with hot milk.
Canapé:
An appetizer made of a small piece of bread spread with well-seasoned food.

Candy:
To conserve or preserve by boiling with sugar. To encrust or coat with sugar.

Capon:
A castrated male chicken, usually large with tender meat.

Caramel:
Burnt-sugar syrup used for colouring and flavouring, also a candy.

Caramelize:
To heat sugar in a pan until melted and brown, or to heat foods containing sugar until light brown and of caramel flavour.

Chantilly:
A dish containing whipped or plain cream.

Charlotte:
Usually a gelatine dessert with flavoured whipped cream moulded in a form lined with cake or lady Angers.

Chop:
To cut into pieces.

Cobbler:
A form of pie. A deep layer of fruit covered with pastry or scone dough.

Cocktail:
An alcoholic or non-alcoholic drink served before a meal, or fruit or shellfish with tart sauce served as a first course.

Combine:
To mix ingredients.

Compote:
Sweetened stewed fruit left whole or in pieces, frequently served with a meat course.

Condiments:
Food seasonings such as salt, pepper, vinegar, herbs, and spices. Relishes are frequently called condiments.

Consommé:
A highly seasoned clear soup made from one or a combination of meats and vegetables.

Cream:
To work shortening with the hand or a utensil until it has the consistency of whipped cream.

Croissants:
Rich French crescent rolls.

Croquettes:
A mixture of chopped or minced cooked food, cereals, cheese, meat, etc., bound together by eggs or a thick sauce, shaped, then dipped into egg and crumbs and fried.

Croutons:
Cubes of bread toasted or fried, served over various dishes and in soup.

Cube:
To cut into squares.

Cut:
To divide foods with a knife or scissors. To incorporate firm fat, butter, shortening, etc., into dry ingredients with little blending, permitting the fat to remain in small particles.

Cutlet:
A small piece of meat cut from the leg or rib, a piece of boned fish or a croquette mixture made into the shape of a cutlet.

Demi-tasse:
Small cup of after-dinner coffee.

Devilled:
Highly-seasoned food.

Dice:
Cut into small cubes.

Dissolve:
To liquefy a solid food, to melt.

Dot:
To place small bits of butter, cheese, etc., over the surface of food.

Dredge:
To coat with flour or sugar.
Drippings:
The residue left in the pan in which meat or poultry has been cooked.

Dust:
To sprinkle lightly with flour or sugar.

Entrée:
The main dish of an informal meal or a subordinate dish served between main courses.

Fat:
Shortening, butter, and suet, etc., rendered, also oils.

Fillet:
Cuts of boneless or boned meat or fish.

Flake:
To break up into small pieces with a utensil.

Fold in:
To add a beaten ingredient (whipped cream or egg white) to another ingredient without loss of the air incorporated by beating. Heap the lighter on the heavier ingredient and blend lightly with a down-up-and-over motion.

Fondant:
Sugar mixed with other ingredients to form a paste. This may be cooked or uncooked. It is always kneaded.

Fondue:
A baked dish similar to a soufflé but including bread or biscuit crumbs.

Frappé:
Sweetened fruit juice frozen until of a mushy consistency.

Fricassee:
A stew or to stew meats, poultry, etc., in stock or sauce.

Fritters:
Fruit, meat, cereal, vegetables, or fish covered with batter or chopped and mixed with batter. Usually fried in deep fat.

Frosting:
A cooked or uncooked sugar mixture used to cover and decorate cakes, cookies, or other foods.

Fry:
To cook in deep fat.

Garnish:
To decorate one food with another, usually something bright or savoury.

Giblets:
The heart, liver, and gizzard of poultry.

Glaze:
To coat with a thin sugar syrup that has been cooked to the crack stage, or with thin aspic or diluted fruit jelly.

Grate:
To reduce to small particles by rubbing on a grater.

Grill:
See Broil.

Grind:
To put food through a food chopper.

Goulash:
A Hungarian thick meat stew.

Hollandaise:
A sauce made of eggs and butter, served hot or cold with vegetables or fish.

Hors-d’œuvre:
Piquant or crisp foods served as appetizers, such as canapés, fish, olives, celery, sausages, etc.

Infusion:
Liquid extracted from coffee, tea, herbs, etc.

Julienne:
Food cut into narrow lengthwise strips.

Kirsch:
A cherry cordial.

Knead:
To work dough with a pressing motion of the hands, stretching, then folding it over on itself.

Lard:
To place strips of fat (salt pork, bacon, etc.) on top of lean meat, or to draw narrow strips of salt pork or bacon through meat. A needle is made for this purpose, but it can be done with a small sharp knife.
DEFINITIONS OF COOKING TERMS

Macédoine:
A mixture of vegetables or fruits.

Marinade:
An oil and acid mixture, such as French dressing, in which food is allowed to stand to gain flavour or tenderness.

Marinate:
To soak in French dressing, vinegar, lemon juice, sour cream, etc.

Mask:
To cover completely with a sauce, jelly or mayonnaise.

Melt:
To liquefy by heat.

Meringue:
A mixture of stiffly beaten egg whites, sugar, and flavouring used as a topping for pies and other desserts, also as a tart or shell for ice cream, etc.

Mince:
To chop very fine.

Minestrone:
A thick Italian vegetable soup.

Mix:
To combine by beating or stirring.

Mocha:
A flavouring made with coffee infusion to which chocolate may be added.

Mousse:
A mixture of sweetened whipped cream and other ingredients frozen without stirring, or combinations of cream, fruit, meat, vegetables, etc., thickened with gelatine.

Panbroil:
To cook meat in a hot pan with little or no grease; pouring off fat as it accumulates.

Parboil:
To boil food until partially cooked.

Pare:
To cut off the peel of potatoes, apples, etc.

Parfait:
A frozen dessert consisting of beaten egg whites or yolks cooked with hot syrup and combined with whipped cream, or a mixture of ice-cream, fruit, and whipped cream.

Pasteurize:
To kill bacteria by using a high degree of heat.

Pâté de foie gras:
Goose-liver paste.

Peel:
To pull off the outer covering of fruits, such as bananas, oranges, grapefruit, etc.

Petits Fours:
Small iced cakes.

Purée:
To press fruit or vegetables through a sieve or ricer, also a soup made with food put through a ricer and thinned with cream or stock.

Poach:
To cook under the boiling point in hot liquid to cover.

Ragoût:
Being French, a de luxe concoction, but literally a thick, well seasoned stew.

Ramekins:
Individual baking dishes.

Render:
To free fat from connective tissue by heating slowly until fat melts and can be drained off.

Roast:
To cook by dry heat, usually in an oven.

Roe:
Eggs of fish.

Roll:
To place on a board and roll with a rolling-pin.

Sauté:
To cook in a small amount of fat.

Scald:
To heat liquid to a temperature just below the boiling point. To immerse food in boiling liquid for a short time.
Scallop:
To bake food in an oven-proof dish in layers with sauce and crumbs.

Score:
To make light cuts in a surface, usually in lines.

Sear:
To brown the surface of meat by the quick application of intense heat, usually in a hot pan or in a hot oven.

Sherbet:
A frozen mixture of fruit juice, sugar, egg whites, and milk or water.

Shred:
To cut into very thin slices or strips.

Shortening:
Any kind of fat suitable to baking.

Sift:
To put dry ingredients through a fine sieve or sifter.

Simmer:
To cook in liquid that is kept just below the boiling point.

Skewer:
A long pin of wood or metal on which food is placed and held in shape while cooking. To pierce or fasten meat, fowl, fish, etc., with skewers.

Sliver:
To cut or shred into lengths.

Soak:
To immerse in a liquid for a period of time.

Soufflé:
A light baked dish made with a basis of eggs and cream sauce.

Steam:
To cook with the heat of boiling water. This is frequently done in a double boiler or steamer. A steamer may be a covered pan with a perforated tray. The food is placed in a separate dish or directly on the tray. Boil it slowly, allowing the steam to rise through the holes. Do not permit the water to rise above the tray.

Steep:
To cover with boiling liquid and permit to stand.

Sterilize:
To kill bacteria by a high degree of heat.

Stew:
To cook gently in liquid for a long period.

Stir:
To blend ingredients with a utensil, using a circular motion.

Stock:
The liquid resulting from the cooking of meat, fish, or vegetables.

Timbale:
A baked mixture made with a custard base to which meat, fish, or vegetables may be added.

Timbale case:
A fried batter used as a shell for creamed food.

Toast:
To brown in an oven or by direct heat.

Truss:
To tie a fowl or other meat so that it will hold its shape.

Try out:
Usually applied to bacon. To heat slowly until the fat is liquid.

Until set:
Until a liquid has become firm, usually applied to a gelatine mixture.

Whip:
To beat an ingredient rapidly with a utensil so as to incorporate air and increase volume.
TABLE OF EQUIVALENTS

For difference in American and British cup measurements see p. 840.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>American</th>
<th>British</th>
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</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>4 1/2</td>
<td>3 1/2</td>
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<tr>
<td>Apricots</td>
<td>3</td>
<td>1</td>
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<tr>
<td>Butter</td>
<td>2</td>
<td>1</td>
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<tr>
<td>Butter</td>
<td>the size of an egg</td>
<td>about 1/4 cup</td>
</tr>
<tr>
<td>Chocolate</td>
<td>1 square, bitter</td>
<td>1 ounce</td>
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<tr>
<td>Cocoa (substituted for 1 ounce chocolate)</td>
<td>Use 2 1/3 tablespoons cocoa and 1 tablespoon fat</td>
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<tr>
<td>Cocoa</td>
<td>4</td>
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<td>Coco-nut</td>
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<tr>
<td>Cheese</td>
<td>4 cups grated*</td>
<td>1 pound</td>
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<td>Cottage cheese</td>
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<tr>
<td>Dates</td>
<td>2 cups stoned</td>
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<tr>
<td>Eggs</td>
<td>5 whole eggs</td>
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<tr>
<td>Egg whites</td>
<td>8 cups stoned</td>
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<td>Egg yolks</td>
<td>16</td>
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<tr>
<td>Figs</td>
<td>3 cups chopped</td>
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<td>Flour</td>
<td>Bread flour</td>
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<td>Cake flour, sifted</td>
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<td>Lemon</td>
<td>1 juiced</td>
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<td>Macaroni</td>
<td>3 cups</td>
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<td>Macaroni</td>
<td>1 cup</td>
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<td>Marshmallows</td>
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<td>Meat</td>
<td>2 cups solid</td>
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<tr>
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<td>Milk, condensed</td>
<td>1 (15-oz.) can</td>
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<td></td>
<td>Milk, evaporated</td>
<td>1 (14 1/2-oz.) can</td>
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<td>Noodles</td>
<td>1 cup raw</td>
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<td>Nuts</td>
<td>4 cups coarsely chopped</td>
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<td></td>
<td>Orange</td>
<td>1 juiced</td>
</tr>
<tr>
<td></td>
<td>Peanuts</td>
<td>3 cups chopped</td>
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<tr>
<td></td>
<td>Pecans</td>
<td>3 cups chopped</td>
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<tr>
<td></td>
<td>Prunes</td>
<td>2 1/2 cups dried</td>
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<tr>
<td></td>
<td>Raisins</td>
<td>2 1/2 cups seeded</td>
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<td>Raisins</td>
<td>3 cups seedless</td>
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<td></td>
<td>Rice</td>
<td>2 1/2 cups uncooked</td>
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<td></td>
<td>Rice</td>
<td>1 cup raw</td>
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<td>Sugar, granulated</td>
<td>2 cups</td>
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<tr>
<td></td>
<td>Sugar, brown</td>
<td>2 1/2 cups firmly packed</td>
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<td>Sugar, icing</td>
<td>3 1/2 cups sifted</td>
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<tr>
<td></td>
<td>Sugar, loaf</td>
<td>50 to 70 lumps</td>
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<td>Walnuts, black</td>
<td>3 cups chopped</td>
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<tr>
<td></td>
<td>Walnuts, English</td>
<td>4 cups chopped</td>
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* Fresh, grated, about 5 cups.
### Table of Proportions

**Gelatine (unflavoured):**
1 tablespoon thickens 2 cups liquid

<table>
<thead>
<tr>
<th>Tablespoon</th>
<th>Salt:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 teaspoon salt to 1 quart sauce</td>
</tr>
<tr>
<td></td>
<td>1 teaspoon salt to 4 cups flour</td>
</tr>
<tr>
<td></td>
<td>1 teaspoon salt to 2 cups liquid</td>
</tr>
<tr>
<td></td>
<td>1 teaspoon salt to 1 pound meat</td>
</tr>
<tr>
<td></td>
<td>1 teaspoon salt using 1 quart water</td>
</tr>
</tbody>
</table>

| Soups and sauces |     |     |
| Dough            |     |     |
| Cereals          |     |     |
| Meat             |     |     |
| Vegetables       |     |     |

### Table of Weights and Measures

The recipes in this book call for standard measuring cups and spoons. A standard measuring cup equals 1/4 pint. All measurements given are level.

<table>
<thead>
<tr>
<th>A few grains</th>
<th>Less than 1/2 teaspoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>3 teaspoons</td>
</tr>
<tr>
<td>4 tablespoons</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 gill</td>
<td>1 cup</td>
</tr>
<tr>
<td>5 1/2 tablespoons</td>
<td>1 cup</td>
</tr>
<tr>
<td>8 tablespoons</td>
<td>2 cups</td>
</tr>
<tr>
<td>16 tablespoons</td>
<td>1 pint (1 pound)</td>
</tr>
<tr>
<td>1 cup</td>
<td>1 pint (2 pounds)</td>
</tr>
<tr>
<td>2 cups</td>
<td>1 quart</td>
</tr>
<tr>
<td>2 pints</td>
<td>1 quart (2 pounds)</td>
</tr>
<tr>
<td>4 quarts</td>
<td>1 gallon</td>
</tr>
<tr>
<td>8 quarts</td>
<td>1 peck</td>
</tr>
<tr>
<td>4 pecks</td>
<td>1 bushel</td>
</tr>
<tr>
<td>16 ounces</td>
<td>1 pound</td>
</tr>
<tr>
<td>1 fluid ounce</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>16 fluid ounces</td>
<td>1 pint (2 cups)</td>
</tr>
</tbody>
</table>

**For Use in Translating Foreign Measurements**

1 pound or 16 ounces = 454 grammes

- A scant 1/2 cup bread flour = 100 grammes
- A scant cup of cake flour = 100 grammes
- A scant 1/2 cup of butter = 100 grammes
- A scant 1/2 cup sugar = 100 grammes
- 1/2 pound sweet chocolate = 113 grammes

* The measurement given, less 1 tablespoonful.

**Average Can Sizes**

<table>
<thead>
<tr>
<th>Can Size</th>
<th>Weight</th>
<th>Cupfuls</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-oz.</td>
<td>8 oz.</td>
<td>1</td>
</tr>
<tr>
<td>No. 1</td>
<td>11 oz.</td>
<td>1½</td>
</tr>
<tr>
<td>No. 1½</td>
<td>16 oz.</td>
<td>2</td>
</tr>
<tr>
<td>No. 2</td>
<td>20 oz.</td>
<td>2½</td>
</tr>
<tr>
<td>No. 2½</td>
<td>25 oz.</td>
<td>3½</td>
</tr>
<tr>
<td>No. 3</td>
<td>33 oz.</td>
<td>4</td>
</tr>
<tr>
<td>No. 10</td>
<td>106 oz.</td>
<td>13</td>
</tr>
</tbody>
</table>

The net weight will always be found on the label of every American can of food.
English and American measurements differ in some respects as the following tables show:

<table>
<thead>
<tr>
<th><strong>American Measures</strong></th>
<th><strong>British (standard institute) Measures</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon = ( \frac{1}{2} ) fluid oz.</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon = 3 teaspoons = ( \frac{1}{4} ) fluid oz.</td>
<td></td>
</tr>
<tr>
<td>1 cup = 16 tablespoons = 8 fluid oz.</td>
<td>1 cup = 20 tablespoons = 10 fluid oz.</td>
</tr>
</tbody>
</table>

All spoons are measured level.
APPENDIX A
(Appendices A, B, C, and D are by Irma S. Rombauer and Marion Rombauer Becker. The illustrations are by Ginnie Hofmann)

FROZEN FOODS

The Freezer and Its Contents

We are indebted to an Arctic explorer for the following Eskimo rule for a frozen dinner:

‘Kill and eviscerate a medium-sized walrus. Net several flocks of small migrating birds and remove only one small wing feather from each wing. Store birds whole in interior of walrus. Sew up walrus and freeze. Then two years or so later, find the cache if you can, notify clan of a feast, partially thaw walrus. Slice and serve.’ Simplicity itself.

Simple, too, are the mechanics of home freezing, this rather new to us and comparatively easy method of food preservation which has been advertised as all things to all men. The result is that some frozen-food enthusiasts toss any type of food into the poor freezer and expect fabulous results. Yes, some foods can be preserved by freezing more successfully than in any other way, but quality produce comes out only if quality produce goes in, and then only if suitable foods are chosen, and all the necessary steps are followed meticulously, i.e. quick and careful preparation, moisture-vapour-proof sealed wrapping, constant zero degree or lower temperatures during storage, and the observance of the proper thawing and cooking methods. In spite of this rather formidable list, these conditions are easily met for meats, fish, poultry, fruits, and pre-cooked foods. They all require care, but vegetables, because of the necessity of blanching, require both more time and more care.

As compared with canning, freezing takes one-third to one-half the amount of time and labour. The yields per bushel of produce are about the same.

The economy of having a well-filled freezer presents what I have heard called a ‘mooty’ point. Unless you are a determined planner and dispenser it may lead to extravagance. If you are faced with an emergency, it is a great temptation to use that choice cut of meat reserved for company, and children love to draw on the seemingly unlimited freezer resources of ice-cream and desserts. It is only by unsparing effort and good husbanding of supplies that the satisfactions as well as the cash savings from the use of a freezer are apparent and well worth while.

You profit especially if you raise your own meat and produce and are a sharp trader when markets are glutted seasonally with raw or already frozen goods. But remember that some frozen foods stored too long suffer excessive vitamin loss so that buying foods that have been held too long is a doubtful procedure.

In any case the freezer is not meant for miserly hoarding but should be managed on an overall continuously shifting plan—a seasonal plan—geared
to your family’s food needs and preferences. But keep the freezer stocked with favourites so the family will continue to ask: ‘What’s thawing?’

Space

Space estimates differ depending on family appetites, but the allowance of 6 to 8 cubic feet per person is average. Allow 6 cubic feet per person if you plan to use half the fruits and vegetables served during the year from your frozen store, supplementing the other half by the use of fresh vegetables or canned goods. Plan for about 3 pounds of frozen meat per person per week. This amount of space does not permit more than half your year’s meat supply to be in the freezer at any given time. Allow 8 cubic feet of space per person if you also plan to freeze half your supply of baked goods, desserts, and pre-cooked foods.

Quality

Whatever quantity you freeze the quality of the food you use is of first importance. Remember that quality cannot be made in the freezing process itself. It is lost sometimes even though well-fed animals and fruits and vegetables from rich soils are used. For example, the keeping qualities of varieties of the same fruit or vegetable differ. Elberta peaches grown in New York are considered tops for freezing, but Elberta peaches grown in Virginia are often reported poor for that purpose.

Time and conditions of harvest or slaughter are also factors to reckon with. Most crops are best when they have sun just before maturing. Undue rain before harvest may cause the entire pack to be mediocre. Crops such as early apples, the first asparagus, etc., keep their flavour the best. Because new discoveries are being made constantly it is wise, if you are barging into freezing in a big way, to consult your country agricultural agent about the best varieties of fruits and vegetables to grow and to buy from your neighbourhood. Also watch government bulletins and state experiment station publications, for these agencies continue to make discoveries in the science of home freezing.

The retention of nutritional values and flavours depends on the speed with which food can be processed after harvesting. From the time of harvesting on it must be kept at such favourable temperatures that microbial and enzymatic activities are held to a minimum. The freezing process arrests both these activities, but they can get very lively during thawing, especially the bacterial, if contamination happens to have taken place before freezing.

Wrapping, Packaging, and Sealing

After selecting quality food decide how to package it. Excess air within the frozen food package is a real enemy. Choose only those wrappings which will ensure an absolutely moisture-proof and vapour-proof seal, both to protect the food from drying out and to keep odours from penetrating into the freezer and causing off-flavours in other foods. Air left in the containers dries out the food during the inevitable temperature variations of storage, drawing moisture from the food itself to form a frost in the package—a frost made from the juices and seasoned with the flavours of the food itself. So pack always to exclude as much air as possible from the
package. Liquid foods must be stored in leak-proof containers, and enough space must be allowed for the expansion of the liquid during the freezing process. Allow $\frac{1}{2}$ inch in pint and $\frac{3}{4}$ inch in quart cartons. If you use glass, allow 1 inch for a pint and $1\frac{1}{4}$ inches for a quart container.

Choose containers that are vapour- and moisture-proof and of convenient size and shape. Cubic containers almost double the storage space as compared to cylindrical shapes. Meats and irregularly formed foods are wrapped in aluminium foil or special laminated papers. The foil, which should have a weight of 0.0015 or thicker, needs no sealing, but profits from an overwrap of stockinet. In some cases old nylon stockings are used in place of stockinet. Plastics and papers vary in quality, and it is often hard to judge their efficiency. They need careful sealing with tapes adapted to low temperatures. Some may be sealed with heat. A special iron is available for heat sealing, although a not-too-hot curling or pressing iron will do.

All sheet wrappings are applied with the lock-seal or drugstore wrap or, where size demands, with the costlier butcher wrap. Both are shown in detail here. To make the drugstore or lock-seal wrap, place the food in the centre of a piece of paper large enough so that when the ends are brought together they can be folded into an interlocking seam as shown on the left. Make the seam and draw the paper down against the food to enclose it tightly as shown in the centre. Reverse the package so that the seam lies on the table. Now turn the package so that the closed ends are at right angles to your body. Fold the end farthest from you in a pleated fold and make an extra fold in the end before pressing the folded end against the package. Spin the package around so that the doubly folded end can be braced against your body, as shown on the right above. Now very carefully force any excess air from the package. Then fold the remaining open end as described and shown on the right above. Seal the package with a tape that is adapted to low temperature.

To make the butcher wrap, the food is placed on a large square of paper on the diagonal. One corner is brought over it generously as shown on the left overleaf. The adjoining corners are then folded over as shown in the centre drawing and then the entire package is folded over as shown on the right overleaf. This wrap requires great care if excess air is to be excluded from the package and the food kept flat.

Easiest to handle are polyethylene bags made of a plastic which can be heat-sealed, but it is equally good and simpler to twist them tightly into a goose neck and secure them closely with a rubber band. These bags remain pliable even at zero temperature, need no overwrap, and can be reused. Pliofilm bags may also be reused if handled carefully, but an over-
wrap of stockinet, etc., is advisable. Cellophane bags may be the cheapest, but they are not reusable and must be heat-sealed.

Some frugal housewives keep their old butter and ice-cream cartons and line them with ploofilm bags, but any such cartons must be considered as merely protective overwraps for a moisture and vapour-proof liner. Plastic boxes and heavily waxed cartons are good for liquids but watch for a tight seal. Both may be reused. Before reusing, wash the wax cartons with a detergent and cold water to keep the wax firm.

If storing food to be frozen in cans, seal the cans but allow head space for expansion when filling the cans. Aluminium foil cartons are particularly satisfactory for foods that can be served with a mere reheating, but be extremely careful to seal them tightly. They are also satisfactory for rapid chilling before storage and can come out of the freezer to the oven without further handling or loss of food.

If packing vegetables in cartons, size them carefully. A device such as the one shown on the right below can be made out of a wooden box. Adjusted to your carton size, it is a great aid for quick, close packing.

If several servings of meat, cookies, or other small items are combined in one package, they separate more easily when two thickness of moisture-proof paper are placed between each two units, as shown on the left above, or when they are slid into folded foil as shown in the centre above before the outside wrapping is put on. In packaging your foods wrap in convenient serving or meal-size quantities: holding over or recooking thawed left-overs is not advisable. Since good results depend so much on the speed with which the fresh foods are prepared and put into the freezer, it is wise to have all filling, wrapping, and labelling equipment ready at
FROZEN FOODS

hand. Use proper funnels for filling cartons to keep liner edges dry for a perfect seal. Rectangular ones can be bought or they can be made by removing both ends from tin cans and compressing the lower end to fit the cartons.

Labelling and Dating

Soft wax or china-marking pencils or marking pens do well for cartons. Labels may be slipped between stockinet and other wrappings or under transparent wrappings. Small, tough, different-coloured tags with strings attached are helpful in quick identification of stored opaque packages. Keep a master record of dates of freezing as well as poundage on meats and portions of other foods you store. Labelling and dating of the packages themselves, needless to say, are essential. While many foods keep satisfactorily from one season to the next, there are some exceptions noted in detail later, such as fat meats, poultry, prepared doughs, and pre-cooked foods. But whatever you are processing, remember to start with quality food, get it properly prepared, well cooled, wrapped, and labelled before storing it.

Filling the Freezer

Do not overload your freezer. Doing so causes too great a rise in temperature and impairs the condition of the other foods stored in it. Several hours before adding new foods set the freezer to the coldest point. Freeze no more than 35 to 40 pounds of food per 12 cubic feet of freezer space in any 24-hour period unless your manufacturer says you may freeze more. Place the new packages, with the exception of sandwiches and baked goods, against the freezer plates or the walls of the freezer, unless the manufacturer directs otherwise, until the new produce is well frozen. Then when you finally go to use these treasures allow enough time for proper thawing and cooking (see pages xxx–xxxiii, if you want prime results).

Power Break

The bugaboo of power failure is lessened by the advice of experts who say that even a small freezer, if loaded, can last two days, a half-loaded one, one day. Should the power break last longer, 5 pounds of dry ice added to a 20-cubic-foot cabinet will increase the time to three or four days for a loaded and two or three days for a half-loaded freezer. In any case do not open the freezer during a power failure except to put in the dry ice. Food that still retains ice crystals can be frozen, but meats, poultry, and fish registering more than 50° must be cooked and used at once. All frozen foods once thawed should be used at once. Especially if they have been blanched, their oxygen-resisting enzymes have been destroyed and further exposure to air and heat causes rapid adverse changes in quality and nutritional value.

Defrosting the Freezer

About once a year your freezer may need defrosting. Pick a time when your supplies are low and store them temporarily in the refrigerator, turn
off the current for 10 minutes and then begin to scrape the frost from the cabinet with a plastic tool.

Preparation of Foods for Home Freezing

It may seem repetitious to begin this section with the caution: 'The retention of nutritional values and flavours depends on the speed with which food can be processed after harvesting and the favourable temperatures at which it is held until frozen,' but this principle bears repetition. Work quickly with small quantities of fruits and vegetables and keep the rest chilled in the refrigerator.

Freezing Fruits

Choose almost any firm, sound, uniformly sun-ripened fruit. Exceptions are pears, which seldom freeze well but do somewhat better if ripened off the tree, and bananas which had better be kept out of the freezer. It is not essential to use sugar in freezing fruit but it is sometimes preferable. See page xxiii.

Small Fruits

Those who grow their own berries may freeze them successfully without washing them. It is safer to wash berries that are not home grown. Fragile fruits like berries or cherries may be washed twice in cold or ice water to clean and firm them. Drain the fruit well, then spread it out on several thicknesses of paper towelling and cover it lightly with paper towelling to absorb as much surface moisture as possible. In order to avoid crushing or bruising the fruit use very gentle movements. After the fruit is picked over and hulled or stemmed, it is ready for packaging with or without the addition of sugar. For different methods of preparation, see following paragraphs. Blueberry skins remain tender if the fruit is blanched (page xxvi) before sugar is added. If whole strawberries are to be packaged without sugar, prick them with a fork to release the air. Raspberries may be frozen without sugar by being placed unwrapped in a single layer on trays in the freezer until solidly frozen and then packaged closely, properly sealed and stored.

Some fruits keep better if packed in dry sugar or in syrup. The dry method of sweetening is preferable, as the addition of water tends to weaken the flavour of the fruit.

To Sugar Fruit

Place the fruit on a shallow tray. Sift the sugar over it—until it is evenly coated. For amounts of sugar, see page xxiii. When the fruit is coated pack it gently into suitable cartons. Seal, label, and freeze the fruit.

Large Fruits

Sort the fruit carefully, removing pits, cores, and stems, and paring it when necessary. Treat fruits that tend to discolour before freezing and
during thawing, such as pared apples, peaches, apricots, pears, by one of
the two following methods:

1. Drop the prepared fruit into a mixture of lemon juice and water—
3 tablespoonfuls lemon juice to 1 quart water—or ½ teaspoonful
ascorbic acid crystals dissolved in 1 quart water. To dissolve the crystals,
see below. One quart of either of these mixtures is enough for about
4 quarts of fruit. Drain the fruit well before adding it to the syrup. It is
advisable to blanch (page xxiv) sliced apples. Or:

2. Drop the prepared fruit directly into the syrup (see below) in which
it is to be frozen, adding to it 1½ teaspoonfuls lemon juice or ½ teaspoonful
ascorbic acid to 2 cupfuls syrup. To distribute the acid evenly dissolve
½ teaspoonful of the ascorbic acid powder or crystals in 1 teaspoonful
water. Do this in a small bottle and shake the contents until dissolved
before adding it to 1 cupful syrup. Add the lemon juice or acid to the
syrup shortly before putting the fruits into the syrup.

If fruits that tend to discolour are packed in mixtures with citrus fruits,
the lemon juice or acid may be omitted.

Syrups

Syrups may be made several days in advance and stored in the refrigerator
so as to be well chilled when combined with the fruit.

For light or 40 per cent syrup use 1½ cups sugar to 1 pint water
For medium or 50 per cent syrup use 2½ cups sugar to 1 pint water
A heavier syrup is not recommended
For suggested amounts of fruit and syrup, see below

Some people prefer to combine sugar with golden syrup. If this com-
bination is desired, never use more than ¼ cupful golden syrup to ½ cupful
sugar. Any of these syrups may be made by merely dissolving the sugar
and golden syrup in water, but it is preferable to boil the mixture until the
sugar is dissolved. Chill well before using.

Amounts of Fruit and Syrup

Use enough syrup to cover the fruit well. When using syrup with small
or sliced fruits or berries allow about 1½ cupfuls fruit and ½ to ¾ cupful
syrup for a pint container. Halved fruits require about 1¾ cupfuls fruit
and 6 to 1 cupful syrup to a pint container.

If the fruit tends to rise above the syrup, crush a piece of moisture-proof
paper lightly and put it on top to keep the fruit submerged until the expan-
sion of freezing makes the syrup fill the carton. Leave the paper in the
carton.

Purées

Some fruits such as plums, prunes, avocados, persimmons, and melons
keep better in uncooked purée form. Bananas should not be frozen. Apple
sauce is one of the most delicious of cooked frozen purées, especially if made
with early apples. When packaging with sugar allow as much per pound
of fruit as is indicated on the chart on page xxiv.
FROZEN FOODS

Fruit Juices

Fruit juices such as apple and cider, raspberry, plum, and cherry keep very well. The cherry and apple juice should have $\frac{1}{2}$ teaspoonful of ascorbic acid or 2 teaspoonfuls of lemon juice added for each gallon of juice. Raspberry is best if the whole berries are mixed with 1 pound of sugar to each 10 pounds of fruit and frozen. Extract the juice when ready to use. In freezing citrus juices it is difficult to retain their vitamin content without an elaborate vacuum process. If you do freeze these juices, store them in specially lined cans. Fruit for jelly and jam may be frozen unsugared, and the juice extracted later, without any cooking. To make the jelly, proceed as usual (see page 721). Fruit sauces or cobbler fillings made from seedy berries, especially blackberries, are smoother if the frozen berries are broken apart and put unthawed through a meat grinder. Use a fine blade.

Suggested Amounts of Sugar for Frozen Fruits

Use 1 pound sugar to the pounds of fruit indicated below.

* 5 pounds apples 4 to 5 pounds dewberries 4 pounds raspberries, whole or crushed
4 to 5 pounds blackberries 3 to 4 pounds gooseberries 4 to 5 pounds rhubarb, diced
†4 pounds blueberries *3 to 5 pounds sour cherries 4 pounds strawberries, whole or crushed
*3 to 5 pounds currants 3 pounds pineapple 3 pounds currants, ascorbic acid 3 to 4 pounds plums

* Mix $\frac{1}{2}$ teaspoon dry ascorbic acid crystals with every 5 pounds of dry sugar.
† Steam-blanch (page xxvi) $\frac{1}{2}$ to 1 minute to keep skins tender.
‡ After washing, prick whole strawberries with fork to release excess air before combing with sugar.

Light or medium syrup. For relative amounts of fruit and syrup, see page xxiii

*†L Apples L Grapefruit L-M Papaya, $\frac{1}{2}$-inch
*†M Apricots, peeled L Guavas, pulp and rind L Grapes L-M Pomegranate or unpeeled L-M Loganberries *L M Blackberries L-M Nectarines L-M Prunes
*L Blueberries L Oranges, sections L-M Raspberries, whole
L-M Boysenberries L Peaches or crushed
*M Cherries, sweet L-Pears L-M Strawberries
* M Dewberries L-M Pineapple L-M Youngberries
* L-M Figs

* Use lemon juice or ascorbic acid (page xxiii).
† Blanch 1$\frac{1}{2}$ minutes in syrup.

No sugar is required for these fruits.

* Apples Loganberries Prunes
* Apples, sliced Melons Rhubarb
† Blueberries Pineapple Raspberries
Cranberries Plums Youngberries

* Use lemon juice or ascorbic acid (page xxiii).
† Steam-blanch (page xxvi) $\frac{1}{2}$ to 1 minute to keep skins tender.
Preparation of Vegetables for Freezing

Vegetables such as peas, asparagus, green beans, Lima beans, broccolis, and corn take well to freezing. If the produce was garden fresh and properly processed the taste is hardly distinguishable from fresh vegetables when served. Others, such as kale, New Zealand spinach, white potatoes, and salad materials (tomato, cucumber, and onions) are distinct failures. Still others, such as sweet potatoes, the squashes, celery, and cabbage, are possible only when pre-cooked before they are frozen. A long processing list is given on pages xxvi-xxviii in case there is some reason for wanting to freeze the less successful types of vegetables rather than to can them or to keep them in root storage.

Blanching of Vegetables

Since enzymes continue to be active in vegetables even after harvesting and unless arrested will bring about changes which lead to nutritional loss and off-flavours, blanching, which lessens activity, is imperative before freezing. There are two methods of blanching, by boiling or by steaming.

Steaming usually takes about \( \frac{1}{2} \) to 1 minute longer, but these methods are used more or less interchangeably. Exceptions are leafy vegetables which must be boiled if the heat is to penetrate quickly, and watery vegetables like squashes and cut sweet corn which lose flavour badly through leaching and must be steamed. Since blanching is not meant to be a cooking process but merely a preparatory one, it should be carefully timed to avoid textural and nutritional breakdowns. Removal of excess moisture after blanching and proper chilling before packaging are extremely important.

Choose young tender vegetables. The starchy ones such as peas and corn and Lima beans should be slightly immature. If not prepared and frozen at once, vegetables should be kept fresh by being chilled from harvesting to processing. Prepare them quickly as for regular cooking. In order to blanch them evenly and to pack them as efficiently as possible in the containers sort the vegetables for size before blanching them. Several handy devices for sizing and cutting are available and a corn scraper for preparing corn cream-style or for scraping is a great asset. Better food values and flavour are retained if vegetables are not shredded or frenched.
FROZEN FOODS

Blanching Equipment

Whether you boil or steam-blanch, blanching equipment consists preferably of a special blanching pan with a tight-fitting lid and a wire basket (see illustration, page xxvi). In either case handle no more than 1 pound of vegetables at a time.

Boil-Blanching

To blanch by boiling allow 6 to 10 quarts of boiling water to 1 pound of vegetables. The larger amount of water is preferable as the boiling process resumes more rapidly with the larger quantity after the vegetables are added and tends to leach them less. Put 1 pound of vegetables in the wire basket. Submerge them completely in the boiling water and wait until the water again reaches a boil. Then begin to time the blanching. See chart on this page. Shake the wire basket several times during this period to allow even penetration of the heat.

Steam-Blanching

To blanch by steaming put 6 quarts of water in the pan and bring to an active boil. Put the vegetables, again not more than a pound at a time, in the wire basket and suspend them above the water. Cover the pan and when the steam starts to escape under the lid begin to time for blanching. Shake the basket several times during this period to make sure that all the vegetables are uniformly exposed to the steam.

Whether you have used the boiling or the steam method, when the time is up remove the vegetables from the heat at once. Since the blanching process is not meant to cook the vegetables, but merely to halt the enzymatic action, the vegetables must be chilled at once to stop further softening of the tissues by heat. If your tap water is 60° or less, hold the vegetables under the running cold water. If not, immerse them in ice water or chill them over ice water as directed in the chart on this page. Then drain the vegetables well and spread them on several thicknesses of paper towelling and also cover them with paper towelling to absorb as much of the surface moisture as possible before packaging them. Except for greens like spinach, which should have a 1/4-inch head space, the containers should be closely and completely filled but not stuffed. Some vegetables keep best as purées. If frozen vegetables toughen consistently the water used may be too hard for good results.

Blanching Chart for Vegetables

(Showing preferred method)

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Minutes to boil</th>
<th>Minutes to steam</th>
<th>Minutes to chill in ice water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke</td>
<td>7</td>
<td></td>
<td>10 to 12</td>
</tr>
<tr>
<td>Asparagus, medium size</td>
<td>5 to 12</td>
<td>2</td>
<td>3 to 5</td>
</tr>
<tr>
<td>Beans, French</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans, Lima</td>
<td>1 1/2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Beans, Shell</td>
<td>1 1/2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Beans, Snap</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Beans, Soy</td>
<td>4 in pod</td>
<td></td>
<td>Cool, shell, and pack</td>
</tr>
</tbody>
</table>

† Add 1 teaspoon ascorbic acid to each quart of water used in blanching.
<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Minutes to boil</th>
<th>Minutes to steam</th>
<th>Minutes to chill in ice water</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Bean Sprouts</td>
<td>4 to 6</td>
<td></td>
<td>Cool over, not in, cold water</td>
</tr>
<tr>
<td>Beans, wax</td>
<td>2</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Beet Greens</td>
<td>2</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Beets, small</td>
<td>Until tender</td>
<td></td>
<td>Cool over, not in, cold water</td>
</tr>
<tr>
<td>Broccoli</td>
<td>3 to 5</td>
<td>4 to 5</td>
<td>8 to 12</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>4 to 6</td>
<td></td>
<td>Cool over, not in, cold water</td>
</tr>
<tr>
<td>*Cabbage, leaf or shredded</td>
<td>Until tender</td>
<td>3 to 4</td>
<td>Cool over, not in, cold water</td>
</tr>
<tr>
<td>Carrots, scrubbed</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Cauliflower, flowerets</td>
<td>Until tender</td>
<td></td>
<td>Cool over, not in, cold water</td>
</tr>
<tr>
<td>*Celery, diced</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Chard</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Chinese cabbage, shredded</td>
<td>3</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Collards</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Corn, cream-style, white or yellow</td>
<td>3 to 5</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Corn, medium size, cut, yellow</td>
<td>3</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Corn on cob</td>
<td>8 on the cob</td>
<td>15 on cob,</td>
<td>15 on cob, then cut off for packing</td>
</tr>
<tr>
<td>Corn on cob, scraped for pudding</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(see page 184)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>†Eggplant, 1 1/2-inch slices</td>
<td>4</td>
<td>4 in ascorbic acid solution</td>
<td>4 to 5</td>
</tr>
<tr>
<td>*Kale</td>
<td>4 to 6</td>
<td>1 1/2</td>
<td>5</td>
</tr>
<tr>
<td>Kohlrabi, diced</td>
<td></td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>*Mushrooms, medium, whole</td>
<td>3 1/2</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>*Mustard greens</td>
<td>Until tender</td>
<td>3 1/2</td>
<td>5</td>
</tr>
<tr>
<td>Okra, medium, whole</td>
<td>2</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Parsnips</td>
<td>3</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Peas, Black-eyed</td>
<td>2</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Peas, Green</td>
<td>3 1/2 to 1 1/2</td>
<td>2 to 5</td>
<td>Cool over, not in, cold water</td>
</tr>
<tr>
<td>*Potatoes, Sweet, purée</td>
<td>Until tender</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Add 1 teaspoon ascorbic acid to every quart potatoes</td>
</tr>
</tbody>
</table>

* Cook before freezing.
† Add 1 teaspoon ascorbic acid to each quart of water used in blanching.
‡ Ascorbic acid solution—2 teaspoons acid to 2 pints ice water.
**FROZEN FOODS**

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Minutes to boil</th>
<th>Minutes to steam</th>
<th>Minutes to chill in ice water</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Pumpkin, purée</em></td>
<td>Until tender</td>
<td></td>
<td>Cool over, not in, cold water</td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><em>Squash, Winter, purée</em></td>
<td>$2\frac{1}{2}$</td>
<td>Until tender</td>
<td>Cool over, not in, cold water</td>
</tr>
<tr>
<td>Turnip greens</td>
<td>$2\frac{1}{2}$</td>
<td>1\frac{1}{2}</td>
<td>4</td>
</tr>
<tr>
<td>Turnips, sliced, peeled</td>
<td></td>
<td>Blanch</td>
<td>5</td>
</tr>
<tr>
<td>Vegetables, mixed</td>
<td></td>
<td>separately as directed above; combine after chilling</td>
<td></td>
</tr>
</tbody>
</table>

**Freezing Meats**

Meats should be slaughtered, chilled, and aged as for canning, with the exception of poultry, below, and divided into meal-size quantities, not more, for packaging. Serve left-overs cold rather than hot; the reheating of once-thawed cooked meats does not make for very tasty or nutritious eating. For packaging, see page xxviii.

The same advice as with all frozen produce applies to the choice of meats: watch quality. Storage at low temperatures does not produce enough change to make tough meats tender. If you are used to buying quality cuts over the counter, make sure you can trust your new source when you buy elsewhere in quantity. Beef, lamb, and mutton must be properly aged in a chill-room before being frozen, but not too long (see below); pork and poultry should be frozen as soon as they cool after slaughtering to forestall the tendency of the fat to turn rancid.

Although some meats may be held over a year it is a questionable economic or gastronomic procedure. Hold corn-fed beef, lamb, and mutton a year if necessary; pork, veal, and young chicken no more than 8 to 9 months; old chickens, turkeys, and variety meats 3 to 4 months. Game storage depends in part on the type of game and in part on the laws of your state which may limit the holding time. For large game, see directions for meat above. For birds, see directions for poultry below. Ground and sliced meats keep less well than solid cuts. Salted or fat meats such as fresh sausage ought never to be held longer than a month as the salt tends to make the fats rancid. Smoked meats, like bacon and ham, will keep 2 to 4 months but extra precautions should be taken in wrapping any smoked meats to keep the odour from penetrating other foods. Bones, which add flavour to meats during cooking, take up considerable locker space and may also cause tearing in wrappings. Removing of bones takes both skill and time. If they are removed, be sure to cook them with the meat trimmings for concentrated stock, which is valuable for soups and gravies or for packaging pre-cooked meats (page xxxii). Frozen in ice-cube-size trays and removed and wrapped for storage, these concentrates make quick gravy or soup.

* Cook before freezing.
Broilers, fryers, and roasting chickens are most desirable for freezing. For stewers, see Pre-cooked Foods, page xxxi. Starve the chickens but give them plenty of water for 24 hours before slaughter. Then bleed them well. Clean and dress them (page 350) immediately. Be careful not to tear or bruise the flesh. Chill not longer than 2 hours. Do not age them. Remove the excess cavity fat. Wrap giblets separately in moisture-vapour-proof wrappings and store in the cavity. Wrap and seal (page xviii), label, and freeze. Storage space is saved if chickens are halved or disjointed before packaging. The halves are wrapped with double moisture-proof paper between them. The pieces may be stored in cartons. Necks, backs, and less meaty pieces may be cooked at once for concentrated stock. Strain and freeze the stock. Store young chickens no longer than 9 months, older ones 3 to 4 months, and stuffed chicken 2 to 3 months at the most. Keep ducks and turkeys 6 to 9 months. If you stuff poultry before freezing, avoid watery vegetables in the dressing, such as celery, onion, etc. A slight discoloration of the bones may occur during storage. It is harmless.

Freezing Fish

Fish, shellfish, and frog legs freeze successfully if they can be cleaned and frozen immediately. If this is impractical, keep fish under refrigeration from catching to freezing, but in no case over 24 hours. Fish weighing 2 pounds or less, minus viscera, head, tails and fins, are frozen whole. For fish weighing 2 to 4 pounds filleting is advised (page 220). Larger fish are usually cut into steaks (page 220). Separate fillets or steaks with a double thickness of waterproof paper (page xx). Lobster and crab are best if cooked as for the table but without salt. Shrimp, minus the head, are best frozen uncooked as they toughen if frozen after cooking. In fact, most shellfish are apt to toughen cooked or uncooked if held over 4 months. These may all be closely dry-packed. Oysters, clams, and scallops are shelled and drained. The liquor is saved. Scallops may be washed after shelling, but not the other shellfish. Package in liquor to cover and freeze. Hold no longer than 6 months.

Freezing Butter, Cream, and Milk

Unsalted butter stores well, but if salt is added, 5 months should be the limit of storage. Cream, whether in butter or stored separately, should be pasteurized first (page xxxvii). The uses for thick cream are limited on thawing mainly to whipped or ice-cream as its oil rises on contact with coffee and the texture is not good for cereals. If making ice-cream for freezing, use a recipe calling for heating the cream. If the milk is frozen, pasteurize first and allow 2 inches for expansion in freezing.

Freezing Eggs

Eggs must be removed from the shell before freezing. For short periods the shelled egg may be frozen whole individually in an ice-cube container, then packaged and stored. Usually the yolks and the whites are stored separately. The whites are simply packaged in moisture-vapour-proof, small recipe-sized containers (perhaps in the exact amount for your favourite
FROZEN FOODS

angel cake rule). The yolks need a stabilizer and must be labelled for subsequent use, depending on what is added. If for salad dressing, add 2 teaspoonfuls of salt for each pint of yolk. If for desserts, use 2 tablespoonfuls of sugar, honey, or golden syrup for each pint of yolks. If you prefer to package whole eggs, stir in with them 2 tablespoonfuls of sugar or golden syrup or 1 teaspoonful of salt to each pint of egg. In packaging allow a small head space for expansion during freezing. Thaw all eggs before using in recipes. To reconstitute a whole egg from your separately packaged whites and yolks, allow 1 tablespoonful of the yolks and 2 tablespoonfuls of the whites.

Freezing Dried Fruits, etc.

Dried fruits, nut meats, coco-nut, and whole cereals keep well frozen. Wrap them in usable quantities, taking the usual precautions to exclude air from the packages. If storage space permits, jellies and jams, especially raspberry and strawberry, retain for many months that fresh taste and clear colour they have just after preserving.

Thawing and Cooking of Frozen Foods

Certain changes take place in frozen foods during storage that call for distinctive handling before and during cooking. A tendency to mushiness in vegetables, dryness of meat, and a lack of juiciness in fish can be lessened by proper thawing and heating.

Always thaw frozen foods in their original containers. When time allows it is preferable to place them on a refrigerator shelf (with the exception of unbaked doughs, page xxxiv). Thawing them, still packaged, at room temperatures takes about half as long, and if the package is put before a fan about one-third as long as the refrigerator method. For emergencies, if the package is absolutely waterproof, it may be immersed in cool, not warm, water. This method should be used only when pressed for time as the result is poor. Use all frozen foods immediately after thawing.

Thawing and Cooking of Frozen Vegetables

Most frozen vegetables, because of previous blanching and a tenderizing process induced by temperature changes during storage, cook in from one-third to one-half the time that fresh vegetables require. Uncooked frozen vegetables may be substituted in recipes calling for fresh vegetables if it is possible to shorten the cooking time. Example: add them to stews for the last minutes of cooking. As with fresh vegetables it is imperative, if flavour and food values are to be retained, not to overcook them, especially if you use a pressure pan. See chart, page xxix.

The question of thawing or not thawing before cooking vegetables is disputed. If you thaw, cooking must follow immediately. To thaw vegetables allow about 6 hours in the refrigerator, 3 at room temperature or 1 hour before a fan, for a 12- to 16-ounce package. In any case broccoli and spinach profit by partial thawing and corn on the cob should always be completely thawed. Corn on the cob is delicious if buttered and rewrapped in the aluminium foil in which it was frozen, then baked at 400° for 20
minutes. Thawed vegetables must be cooked immediately; otherwise adverse changes take place very rapidly.

Unthawed vegetables should be broken apart sufficiently to allow the heat to penetrate rapidly and evenly. To cook them use the smallest possible amount of boiling water—\( \frac{1}{2} \) cupful is enough for most vegetables, although Lima beans take almost a cupful and soya-beans and cauliflower about \( \frac{1}{2} \) cupful. They should be covered at once with a lid. Once the boiling has begun again, simmer the vegetables until tender. They will take from one-third to one-half the time required for fresh vegetables. As the addition of water is ruinous to the flavour of some frozen vegetables, steaming, double boiler cooking, or baking is recommended, especially for corn cut from the cob, or squash. These methods are slower but superior to boiling.

**Thawing and Cooking of Frozen Meats**

Meats may be cooked thawed or unthawed, but partial or complete thawing helps retain juiciness in thick cuts. Variety meats or meats prepared by breading or dredging must be completely thawed. Always defrost in the original wrappings and when possible on a refrigerator shelf. Allow 5 hours for each pound in thick cuts and less for thinner cuts. Defrosting wrapped cuts at room temperature takes about half as long, and about a third as long as the refrigerator method when put before a fan. Thin cuts and patties may toughen if they are not thawed. Unthawed meats need 12 to 25 minutes more per pound added to the usual cooking time. In any roasting process use only the slow method of roasting meats (see page 300). A meat thermometer (see page 301) is a reassuring aid.

**Thawing and Cooking of Frozen Poultry**

Poultry is always best when thawed before cooking unless used for fricassées (see page 303). The usual method is to thaw in the original wrappings and allow 2 hours per pound on the refrigerator shelf, 1 hour per pound wrapped at room temperature, 20 minutes per pound if the package is placed before a fan. Poultry, however, sometimes benefits by thawing in the presence of moisture. To thaw a large rooster or a turkey by this method, wrap the frozen bird completely in Turkish towelling which has been immersed in water and wrung out well. Place the bird so wrapped on a sink drain, allowing a portion of the towelling to be steeped in water. The towel is then kept moist evenly. Allow the bird to thaw this way for 12 hours if large or for 6 or 7 hours if small. Cook when thawed.

**Thawing and Cooking of Frozen Fish**

Slowly thawed fish loses less juice and is more delicate when cooked than quickly thawed fish. Thaw fish in the original wrappings and allow about 8 hours per pound if thawing on a refrigerator shelf, 4 hours per pound wrapped and at room temperature, 2\( \frac{1}{2} \) hours per pound if the package is put before a fan. Lobster takes slightly longer; scallops, oysters, shellfish, and uncooked shrimp slightly less time than given above. Cooked shrimp need not be thawed before further cooking. Unthawed fish must
be cooked both longer and at much lower temperatures than usual for fresh fish.

**Handling of Partially or Completely Prepared Frozen Foods**

Shades of Aladdin's feasts—without the lamp! The pre-cooked meal is a reality. There are many discoveries still to be made in this field, so be adventurous. The following suggestions embody experiments which have been found acceptable. There is a definite earned increment in pre-cooking and preparing foods like school lunches and canapés. Gains are made in time and dish-washing if several pies rather than one are prepared—one for immediate use and others for storage—or if bread, roll, or cake recipes are doubled and half or more of the dough or baked goods is stored.

As with all frozen foods careful selection not only of quality but of type is important, for some things like potatoes, green salads, and some uncooked doughs do not freeze successfully. Many frozen creamed dishes can be ready for the stove at once; others need planning and long, slow thawing periods. Some pre-cooked foods can be held in storage 3 months or more; others only a few weeks. The importance of bringing pre-cooked foods to room temperature and, when this temperature has been reached, of packaging and sealing them properly at once for storage cannot be overemphasized. Use the same methods as for wrapping other frozen foods, and take the same precautions to exclude air (see page xviii). In storing pies, cakes, and all fragile commodities use additional cartons or tins to protect them from the weight of other objects in the freezer. Open sandwiches, rolls, unbaked biscuits, and pies can be frozen on trays before packaging if desired.

Perhaps the most important thing to consider in pre-cooking frozen foods is not to overcook before storing the foods that are to be served hot; also to watch seasonings carefully. Baffling changes take place. Onion and salt tend to vanish, as do herb flavourings, even the indomitable sage. Garlic and clove grow stronger and curry gets a musty flavour. Use only vanilla extract or bean and avoid all synthetic flavourings.

Sauces have their own peculiar reactions. Avoid all egg sauces. Sauces heavy in fat have a tendency to separate but often recombine with stirring. Sauces with much milk or cheese tend to curdle. Thickened sauces may need thinning.

**Frozen Stews and Creamed Dishes**

Goulashes and stews, which often improve in flavour on reheating, and creamed dishes and croquettes, which are coated against drying, are among the most successful pre-cooked frozen foods. Fried foods almost without exception tend to rancidity, toughness, and dryness. Starchy foods like macaroni, noodles, rice, and potatoes should be omitted from pre-cooked frozen foods.

**Frozen Canapés and Sandwiches**

Canapés and sandwiches should not be stored longer than 2 weeks. Make them up quickly to keep the bread from drying out. For production methods, see page 8. Be sure to spread all bread well and to make the fillings rather
heavy in fats so that the bread will not become saturated. You may prefer to prepare and freeze sandwich spreads for use later with fresh bread. In choosing recipes for fillings avoid mayonnaise and boiled salad dressings, hard-cooked egg whites, jellies, and all crisp salad materials. Garnishes like cress, parsley, tomato, and cucumber cannot be frozen, so add these the last moment before serving. Minced meats, fish, butter, cream and Cheddar type cheeses, peanut butter, nut meats, dried fruits, and olives are all suitable for freezing.

You may freeze the canapés on trays first or wrap them carefully and then freeze them. In either case keep the different kinds separated from one another and keep them away from the freezing plates as this contact makes the bread soggy. 

Canapés and sandwiches should always be thawed in the wrappings. They take from 1 to 2 hours to thaw on a refrigerator shelf and from 15 to 45 minutes at room temperature, depending on size.

**Frozen Soups**

To freeze soups make them as for regular use. Chill them rapidly over ice water. Store them in any containers suitable for liquids (see page xix), allowing head space of ¼ inch in pint and 1 inch in quart containers (see page xix). Concentrated meat or fish stock, the stock that has been simmered until it is reduced to one-half or one-third its original quantity (see Soup Stock, page 36), or cream soup and chowder bases to which liquids are added after thawing are the most space-saving soups to store. If the chowder calls for potato it is preferable to add freshly cooked potato just before serving. If you do freeze the potato, undercook it. Fish and meat stock thawed and combined in a blender with fresh vegetables make delicate soups in short order (see page lix).

To serve frozen soups bring them to a boil in a saucepan unless they are thick or on a cream base, when a double boiler is recommended. For cold soups thaw until liquid and serve while still chilled. For quick Vichyssoise, see page lx.

**Frozen Main Dishes**

Pre-cooked main dishes of the creamed type, stews, casserole dishes, meat pies, croquettes, and spaghetti sauces are among the most convenient and successful pre-cooked foods.

Prepare them as usual following your favourite recipes, but in all instances where vegetables are called for undercook the vegetables. Omit potatoes if possible. Chill these pre-cooked foods rapidly over ice water and package closely and carefully (see page xviii) before freezing. Reheat stews and creamed dishes in a double boiler. Stir as little as possible. Allow 1½ times as long as normal to heat a frozen casserole at the usual temperature. Put frozen meat pies into a 350°-375° oven.

Oven-prepared meats, fish, and fowl hold much better than fried ones, which tend to get rancid, tough, and dry even when covered with gravy before packaging. Stewed meats keep best in heavy sauces, if they are to be used for salads, in clear concentrated stock. Cook as for regular use.
FROZEN FOODS

Chill rapidly to room temperature. Cut in meal-sized portions, as re-freezing and holding is not advised. Package closely (see page xxvii) and freeze; hold no longer than 3 months. Thaw in original wrappings on a refrigerator shelf, allowing about as much time to thaw as for uncooked meats. Reheat in a double boiler.

Frozen Vegetable Dishes

A number of vegetables such as squash, boiled and candied sweet potatoes, and creamed celery are best cooked before freezing and are convenient to have on hand. See chart, page xxvi, for these and other suggestions. They may be heated in a double boiler or in a 400° oven without thawing.

Corn Pudding, page 181, was once a seasonal treat but it is now available at any time. Prepare the pudding as for immediate use. Put it into aluminium cartons, heat it in a moderate oven 325° for 10 minutes. Cool it over, not in, cold water. Cover, seal, and freeze it. To serve, heat it in a 250° oven for about 1 hour until brown. If you plan keeping the corn longer than 4 months merely scrape it, heat, chill, and seal it as above. Then when ready to serve it thaw in a 250° oven until soft, add the butter, cream, and salt and continue to heat the pudding until brown. For an attractive way to serve Corn on the Cob, see page xxx.

Frozen Salad Ingredients

The materials that the word salad brings to mind—fresh crisp greens, tomatoes, cucumbers, and aspics—are impossible to freeze, but some of the ingredients traditionally served with them are good to have on hand. Frozen pre-cooked meats and fish, whole or diced, sliced and covered with concentrated stocks may be used for salad. Cooked minced meats, ham, etc., may be packed with cream cheese. Do not hold these minced meat bases longer than 3 weeks, especially if salted. Pre-cooked snap beans evenly sized and unsliced may be packaged and frozen and later coated in French dressing. Fruit mixtures, excluding bananas and pears, may be frozen for use in fruit salads.

Frozen Cheeses

Cheeses of the hard or Cheddar type may be stored for 6 months. Cream cheese, but not cottage cheese, may be stored for 2 weeks.

Frozen Doughs

You may feel that the freshly baked quality of rolls or pie is so good that it is worth a chance. Leavens are highly variable under frozen storage conditions, so frozen batters are really a gamble. Store uncooked doughs in the containers in which they are to be baked to avoid further jostling. Doughs previously baked are quicker and easier to freeze and give more satisfactory results.

Pre-cooked baked goods heavy in fats like pies and rich cookies are more surely successful. They have a 3 months' storage limit. Bread and bread rolls may be kept for 6 months or more. Whether you bake before or
after freezing, careful packaging is essential. (See page xxviii.) Plan to serve just the amount of baked goods needed, for they dry out very rapidly after thawing.

Baked yeast bread has the most lasting storage possibilities of all baked goods. Bake as usual, cool and package as for frozen foods (see page xxi). Bread stored over 1 year, if necessary, is still in good condition. If it is used for toast it is not necessary that it be thawed. If not toasted, thaw wrapped 1 hour at room temperature before serving.

Unbaked yeast bread dough is best when stored only a week or 10 days. It is prepared as usual, kneaded and allowed to rise once until double in bulk. Knead again and shape into loaves not thicker than 2 inches before packaging. These thin loaves will thaw with much greater rapidity than thicker loaves. Frozen bread dough is the great exception to the rule that frozen foods are best when thawed slowly, for it is best when rapidly thawed. Place it in a 250° oven for 45 minutes. Then bake it as usual (see page 453), cool and serve. It is best to use it as soon as possible, for unless it is refrozen after cooling it dries out very rapidly.

Baked yeast rolls can be held for 3 months or more if they are well packaged. Bake as usual, cool, wrap, and store. To serve, thaw them wrapped at room temperature for 1 hour and then reheat them in a 400° oven for 5 minutes. Unbaked dough for yeast rolls should not be held longer than 1 week. Follow the procedure for unbaked yeast dough for bread above. Grease all roll surfaces and freeze them 2 to 4 hours on trays set against freezing units. Package them within 24 hours after freezing. Or wrap them before freezing, separating the rolls with double sheets of moisture-vapour-proof material (see page xxi). To bake, remove the rolls from the package, cover with a cloth, and put in a warm place to rise until they have doubled in bulk, about 2 to 4 hours. Bake as usual and serve.

Biscuits baked before freezing are packaged closely after cooling. Thaw them wrapped at room temperature for 1 hour. Reheat them in a 400° oven for 5 minutes.

Unbaked biscuits are frozen on trays or packaged before freezing (see unbaked frozen yeast rolls). Biscuits rise well if they are rolled thin for quick thawing. Thaw them wrapped at room temperature for 1 hour and bake as usual. Muffins, like biscuits, are prepared as usual. Baking cups are filled ⅜ full of batter. Bake as usual and package and freeze as for baked frozen yeast rolls (see above).

Frozen Cookies

Freezer cookies are among the greatest favourites, so it is hard to keep them on hand. Cookies when baked before freezing will keep about 3 months. Bake as usual, cool and package closely, separating each cookie with moisture-vapour-proof material. To avoid breakage store in extra carton after wrapping. Let the cookies thaw ½ to ¾ hour wrapped at room temperature before serving.

If cookie dough is unbaked before freezing and you want to save time, freeze cut dough on pans ready to bake and wrap each pan. If you are trying to save freezer space rather than time, freeze the dough in a roll and cut and bake it later. Wrap the roll in moisture-vapour-proof material and
FROZEN FOODS

seal. Uncooked cookie dough keeps 2 months. Package preferably in batch-sizes or open package at one end, fold back wrapping, thaw only until amount needed is cut off, roll, then rewrap and freeze the remainder at once. Cut individual cookies and bake in a 350° to 375° oven for 10 to 12 minutes.

Frozen Cakes

Sponge cake, angel food, and similar cakes must be baked before freezing. When baked, these and butter cakes, cup cakes, and loaf cakes will keep 3 to 4 months unfrosted, but only 2 months if frosted. Filled cakes tend to sogginess and any filling with an egg base is to be avoided. It is preferable to wait and add fillings just before serving. If frosted cakes are frozen, use icings with an icing sugar and butter base. All icings containing egg whites or syrups tend to crystallize and to freeze poorly, including, of course, fudge and brown sugar icings. Do not wrap iced cakes until the icing has been well firmed by chilling. Place waxed paper over iced portions before putting on the outer wrap. Seal. Protect cakes with an extra carton to avoid crushing.

Thaw cakes wrapped at room temperature for 2 hours or wrapped before a fan for 40 minutes before serving.

Frozen Pies

There are a number of differences in the handling of pie, depending on whether you bake it before freezing or freeze it before baking. Pie crust may be frozen ready for rolling or rolled and cut ready to put in the pan. Unrolled crust must be handled while it is still very cold if it is to remain tender. The best fillings for either method are fresh fruits, pumpkin, squash, or mincemeat, and their storage limit is 4 to 6 months. If the pie is to be frozen unbaked, the filling should have about 1 1/2 times more cornflour or tapioca than usual. If the fruits are like peaches or apricots, which darken on exposure to air, they should be treated with ascorbic acid (see page xxxiii). In covered pies that are frozen unbaked no vents should be cut before packaging. Cut the vents after the first 10 minutes of baking. Chiffon pies can be frozen only if baked before freezing. They can be defrosted wrapped at room temperature for 1 to 2 hours and garnished with whipped cream before serving. If a meringue topping is preferred, add it while the pie is still frozen and bake in a 325° oven for 15 minutes. Serve within the hour. Custard pies should never be frozen. Whether you bake first and store, or store and then bake, use metal rimmed or oven-proof pans so the pie can be stored and cooked in the container. After lining the pan with the crust brush the crust with lard or egg white to keep it from becoming soggy. Allow about 1 pint of filling for an 8-inch pie. Freeze wobbly fillings before packaging or be very careful to keep them level during packaging and freezing. Package pies closely, seal carefully, and protect with carton or tin against the weight of other objects in the freezer.

Thaw a baked pie at room temperature for 8 hours if it is to be served cold. If it is to be served hot, place it unthawed in a 400° pre-heated oven for 30 to 50 minutes, depending on size. Bake uncooked unthawed pies.
in a 450° pre-heated oven 15 to 20 minutes and reduce heat to 375° until done, about 1 hour in all.

Frozen Desserts

The same principles that apply to still frozen and refrigerator desserts apply to those made in zero storage cabinets. Whipped cream, whipped egg white or a gelatine base are necessary to prevent the formation of undesirable graininess or crystals. If these stabilizing ingredients are not used, the dessert mixture must be beaten several times during the freezing to break up these crystals. Such desserts should be used shortly after being frozen and not be stored for any length of time. Turned ice-cream is best if the recipes call for heating of the cream; and a final beating and refreezing may be necessary if these ice-creams have been stored longer than 3 weeks. Remove frozen ice-creams and desserts from storage 10 or 15 minutes before serving.

Raw Milk and Cream

To pasteurize raw milk or cream at home: place the milk or cream in a glass heat-proof jar on a rack in a deep pan filled with water. Heat the water surrounding the milk jar to 160° for 20 minutes. Cool rapidly to 50° and refrigerate, or see that the milk itself reaches a temperature not lower than 145° for 30 minutes. Cool to 50° and refrigerate.
APPENDIX B
PRESSURE COOKERY

A man once summed up his wife’s life with an epitaph: ‘She died of things.’ And well she might have!

Gone is the cluttered home with its jumble of superimposed hangings, its vase-laden double mantel-shelves, and the so-called objets d’art that covered every other available horizontal surface. Gone is the feather duster in use on the china figurines, animal families, fancy busts, and Nubian slaves and with it the patient maids who slaved from dawn to dusk to keep order in those complicated households. In the place of all this superfluity we have sanity and sanitation. Necessity and the housewife’s determination to enjoy freedom from ‘things’ have resulted in the simplification of her belongings and the streamlining of her home.

Among our numerous functional improvements and time savers the pressure-cooker is supreme for cooking certain types of food.

The sound approach to a pressure-cooker is an appreciation of its good qualities and a knowledge of its limitations.

It cooks soups and vegetables superbly. Some meats like tongue, oxtails, flank steak, pot roast, and many others are well and expeditiously prepared by this method, but I have only scorn for those who suggest that a juicy chop or steak, a tender chicken or a rib roast, be sacrificed to a steam bath. Experiment. Use your judgment, your good cooking standards, and, above all, your sense of taste to determine what you find desirable and undesirable when cooking by pressure. Do not permit yourself to regard this time-saving method as the answer to all good cooking. Accept it gratefully as a wonderful boon—but use it with discretion, for it is not a kitchen schmoo.

Frequently when I sing the praises of my pressure-cooker I am asked: ‘How dare you use it? Why, it frightens me to death!’ Then I explain that there is nothing complicated about pressure-cooker technique, that mastering a few simple rules ensures safety. Aldous Huxley found the Mexicans ‘anti-mechanical.’ So am I, but I use my pressure-cooker daily with ease.

The economical and practical features of all pressure-cookers are unquestioned, but as the various makes of cookers now available differ somewhat it is not possible to treat them as one.

First of all, after acquiring a pressure-cooker, have someone familiar with that particular make demonstrate its use. Then read the booklet issued by the manufacturer until you are thoroughly familiar with the mechanism of your cooker.

How to Cook with a Pressure-cooker

Place the food to be cooked in the pressure-cooker, never filling it more than \( \frac{1}{2} \) to \( \frac{3}{4} \) full. Adjust the cover, unless directed otherwise. Place the cooker over high heat, unless directed otherwise. When the steam arises...
freely from the vent, but not until it does, close or cover the vent with a
gauge or weight. It is very important in order to retain vitamins in
pressure cooking to exhaust the air from the cooker at the start of cooking.
When the indicator shows that the desired degree of pressure has been
reached, or the gauge or weight jiggles, place the cooker over low heat.
Cooking time is counted from this moment on. The pressure pan should
show a mild form of activity by hissing occasionally during the cooking
period. If you have a stop clock, use it; if not, watch the time carefully as
overcooking results very quickly. As soon as the cooking time is up
reduce the pressure in your cooker as directed, gradually or instantly, the
latter by placing it in cool water or by letting cool water run over the
side.

The cover must not be removed until all the steam is out of the cooker.
Here again handle your particular type of cooker exactly as you are in-
structed. When a cover is difficult to remove, do not force it; there is still
steam in the container which will be exhausted if you wait a few minutes.

Some cookers are geared to 15 pounds pressure. Others permit you to
vary the pressure from 3½ pounds to 20 pounds. Fifteen pounds of steam
is standard pressure. Soups and vegetables are cooked at this degree of
heat. A lower heat is recommended by some manufacturers for cereals,
meats, desserts, etc. Consult your booklet for these variations.

Points to Remember

Cook as small a quantity of food as you wish but use the full amount of
liquid given in the recipe for pressure cooking. Do not reduce or increase
the amounts of liquid given in your recipes. These amounts have been
gauged in relation to the cooker to ensure best results. Allow the same
amount of time for a reduced amount of food as for the full quantity.

When cooking foods that require different periods of cooking begin
with the ingredient that requires the longest period of time. Always reduce
the pressure as directed in the manufacturer's booklet before opening the
lid to add the ingredient that requires the shorter period of cooking.
Readjust the cover, place the cooker again over high heat, and proceed as
before (see page xxxviii). When the desired degree of pressure has been
reached reduce the heat and begin to count the rest of the cooking time.

When adding vegetables that require an unequal period of cooking,
equalize them by cutting into small dice those that require the longer period
of time, like potatoes, turnips, etc.

A trivet is useful for keeping food above the water. It is usually used
for vegetables, some meats, puddings, etc. **Caution:** When cooking foods
like Lima beans and cereals which tend to sputter be careful to see that the
vent pipe is not clogged. It is well to acquire the habit of always checking
the vent before sealing the lid. The cooking of apple sauce and dried peas
is not recommended by all manufacturers.

Mrs. Joseph Conrad wrote a delightful cookery book in which she says
that no woman need spend more than 2½ hours preparing dinner, but that
she must never leave the kitchen during this time. Shades of the past!
It is wise to stay put, however, during the short periods of pressure cooking
—at least not to wander out of earshot.
Rules for Cooking by Other Methods
Applied to Pressure Cookery

Compare general cookery-book recipes with similar recipes in this chapter and your pressure-cooker booklet. Use only the amount of water called for in similar pressure-cooker recipes, even though the general recipe may call for a larger amount. Never have the cooker more than half full of liquid or two-thirds full of liquid and food unless a full pressure pan is recommended by the manufacturer.

Use less seasoning in pressure-cooked food as there is less liquid to dilute it. Correct the seasoning later. Use about one-fourth less fat. In order to time food that is cooked in the pressure-cooker consult the time for pressure-cooked food in the recipes in this chapter or in your pressure-cooker booklet.

The Pressure-cooker as an Adjunct

There are a large number of general rules that may be followed with the entire or partial use of the pressure-cooker. On the whole I find husbands object to a too general use of the pressure-cooker, condemning the results as 'messes.' This is unfair to the cooker and to the cook. Where this is the case the cook will find it expedient instead, let us say, of making Hot Potato Salad, page 409, or Bean Salad, page 411, from scratch in the cooker to put on the vegetable and prepare the dressing while the vegetable cooks.

This takes about the same amount of time as doing it all in the pressure-cooker and ensures crispness. Here again it is wise to stress discretion.

General Directions for Pressure-cooker Soups

Cook soup at 15 pounds pressure. Time: soups with raw meat, ½ hour; with cooked meat, 20 minutes.

When cooking soup by the usual method a large quantity of liquid is used as some of it will be lost during the cooking period. As there is practically no loss of liquid through evaporation in pressure-cooked soups, a much smaller amount of liquid is used, usually about 4 cupfuls in a 4-quart cooker. If the result is a too highly concentrated soup it may be diluted later with stock, vegetable juices, water, or milk. Have your pressure-cooker no more than half full of liquid or two-thirds full of liquid and food combined at any time unless a full pressure-cooker is recommended by the manufacturer.

Cook soup with as little fat as possible. An excess of fat is apt to clog the vent pipe. Remember to underseason soup and to correct the seasoning when ready to serve it.

If you wish a clear vegetable soup, cook the meat, water, and mild seasonings until the soup is almost done, then reduce the pressure and remove the cover. Add the vegetables and pressure cook them until tender, from ½ to 5 minutes. See chart, page xlv. Reduce the pressure. Strain the soup.

A long-cooking cereal may be added to soup at once. Or, if a cereal calls for a shorter cooking period than the soup, reduce the pressure as
directed, add the cereal to the soup and then pressure cook it until the cereal is done. See Rule for Cooking Cereal, page 37. Thickenings for Soup.

**General Recipes for Soups Applied to Pressure Cooking**

Please read the above General Directions for Pressure-cooker Soups and be guided by them. Also read the beginning of the Soup Chapter, page 35. Cut the meat into 1-inch cubes. Beef may be browned in 3 tablespoonfuls fat. Crack or crush bones to extract full food value. Remember to reduce the liquid in soups and to season them lightly. For instance, in Soup Stock II, page 36, use about half as much water and do the same for chicken broth and left-over chicken soup. A specific rule for soup stock is given below. Do not have the pressure-cooker more than half full of liquid or two-thirds full of liquid and solids.

**PRESSURE COOKER ECONOMY SOUP**

*See Scrap Stock or Soup (page 36)*

Use 2 to 4 cupsfuls of water dependent on the amount of left-overs to be utilized. Season lightly. Do not overload your cooker (see preceding rule). Cook at 15 pounds pressure for 10 to 15 minutes, the longer time when raw meat and uncooked bone are used. *See To Thicken Soups (page 37).*

**PRESSURE SOUP STOCK**

4 to 6 Servings

Wash and cut into 1-inch cubes:

- 2 pounds lean beef, soup meat

Brown it (page 1) slowly in the pressure-cooker in:

- 2 tablespoons melted fat

Add:

- 1 quart boiling water
- Soup bone that has been cracked
- 1 medium sliced onion
- 1 diced carrot
- 4 stalks diced celery with leaves
- ½ bay leaf
- 4 peppercorns
- 1½ teaspoons salt

Adjust cover. Cook (page xxxviii) at 15 pounds pressure for 30 minutes. Reduce pressure instantly. Strain, remove grease. Correct seasoning. (See General Rules for Cooking Soup, page xli.)

**OXTAIL SOUP OR STEW**

4 Servings

Scar:

- 1 oxtail, joints separated
- 1 small diced onion

in:

- 3 tablespoons fat

Add:

- 4 cups hot water or ½ water, ½ tomato juice
- 1 teaspoon salt
- 2 peppercorns

Adjust cover. Cook (see page xxxviii) at 15 pounds pressure for 45 minutes. Reduce pressure quickly. Remove cover. Remove ox joints. Add to liquid in cooker:

- 1 diced carrot
- 4 diced ribs celery

Readjust cover. Pressure cook the soup for 5 minutes longer. If you do not like grease, chill the soup and remove the fat. Reheat the soup, correct the seasoning. You may add:

- 2 tablespoons sherry or tomato ketchup

Separate the meat from the ox joints. Add it to the soup. Serve it with:

- Chopped parsley
- Oxtail Stew

Oxtail Stew

Reserve 1 cupful of oxtail soup. Chill it. Remove the fat. Melt:

- 2 tablespoons soup fat

Stir in:

- 1½ tablespoons flour

Stir in the reserved stock. Stir this sauce over heat until it is smooth and boiling. Add the oxtail joints or the meat cut from the bones. This is a
matter of preference, mine being for the inclusion of the joints. Suck them if you dare. Add, if you wish, 1 cupful of diced pressure-cooked carrots, celery, onion, etc. Correct the seasoning. Serve the stew. (See Braised Oxtails, page 347.) You may follow this rule, using the pressure-cooking method. Pressure cook the oxtails at 15 pounds pressure for 45 minutes. Add the vegetables for the last 5 minutes only.

**ONION SOUP**

4 Servings

Follow the rule on page 43 for:

Onion Soup

Use 4 cupfuls stock. Cook (see page xxxviii) at 15 pounds pressure for 4 minutes. Season and serve as directed in the rule for Onion Soup, page 43.

**POTATO SOUP**

Follow the rule on page 47, using 1 cupful of water, for:

Potato Soup

---

**Dried Legume Soups**

Peas form a frothy purée that tends to clog the vent pipe and are not recommended for pressure cooking by all manufacturers. Follow directions on the label. Many dried legumes are soaked (see page xxxviii). Some packaged legumes do not require soaking. Follow directions on the label. Soak legumes if required. Drain them. Combine them as directed with water, etc., vegetables, and seasonings. Do not have the cooker more than about half full of combined ingredients. Adjust cover, place cooker over low heat. To cook, see page xxxviii. Reduce heat gradually. For about 6 to 8 servings use:

<table>
<thead>
<tr>
<th>Legume</th>
<th>Liquid</th>
<th>Salt</th>
<th>Time at 15 pounds pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lima beans, 1 cup</td>
<td>4 cups water</td>
<td>1 teaspoon</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Navy beans, 1 cup</td>
<td>4 cups water</td>
<td>1 teaspoon</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Lentils, 1 cup</td>
<td>4 cups water</td>
<td>1 teaspoon</td>
<td>50 minutes</td>
</tr>
<tr>
<td>Split peas, 1 cup</td>
<td>4 cups water</td>
<td>1 teaspoon</td>
<td>15 minutes</td>
</tr>
</tbody>
</table>

The liquid may be water, ham stock, or other stock. To this you may add ¼ cupful tomato juice or purée. Good additions to the pot are a ham bone, a broken-up turkey or chicken carcass, or a 2-inch cube diced salt pork.

For vegetables and seasoning use: ½ to 1 cupful diced celery with leaves, 1 diced green pepper, seeds and fibrous portions removed, 1 minced onion, 1 skinned and sliced carrot, ½ bay leaf, 1 teaspoonful salt, ½ teaspoonful
celery salt, ⅛ teaspoonful pepper, or 3 peppercorns. Correct seasoning when the soup is to be served. These soups may be strained. Chill them. Remove the fat. They may be thinned with stock, tomato juice, or milk. Navy bean soup calls for milk. Lentil and pea soup may be "bound" as follows: combine 1 tablespoonful flour, 1 tablespoonful fat, add a little cold stock. Stir this into hot stock and cook it until it boils. For Combinations and Garnishes, see page 62.

You may follow any of the general rules for making Legume Soups page 40, provided you fill the pressure-cooker only half full. These soups may be thinned later. Cut the usual time down to one-third.

**CREAM SOUPS**

Please read about Cream Soups, page 45. Pressure cook the vegetables in ¼ to ½ cupful of water. For time, consult the Vegetable Chart, page xlv. Put them through a strainer or blender. Proceed as directed.

**SPANISH RICE**

4 Servings
Wash well in 4 waters:

⅓ cup rice

Cook slowly in pressure-cooker until lightly browned:

4 slices minced bacon

Pour off surplus drippings, leaving about 2 tablespoonfuls. Sauté lightly in these:

½ to ¾ cup chopped onion

½ cup chopped green pepper

Stir in the rice and brown lightly.

Stir in:

1 cup diced celery

2½ cups canned or fresh tomatoes

1 teaspoon brown or white sugar

½ cup water

1 teaspoon salt

½ teaspoon white pepper

(1 clove minced garlic)

Bring these ingredients to the boiling point. Reduce heat. Adjust cover. Bring slowly to 15 pounds pressure (see page xxxviii). Cook 10 minutes. Reduce heat gradually.

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**Macaroni, Spaghetti, Noodles, and Rice**

Boil the amount of water and salt given below in the pressure-cooker. Place the macaroni, etc., in it. Stir briefly to keep the macaroni, etc., from sticking to the bottom of the cooker. Adjust cover. To cook, see page xxxviii. When cooking time is up, reduce heat gradually. Not all manufacturers recommend cooking cereals by pressure.

Spaghetti and macaroni will about double in bulk. Noodles will increase about one-third of original measure. They may be rinsed after cooking (see page 84).

<table>
<thead>
<tr>
<th>Water</th>
<th>Salt</th>
<th>Minutes at 15 pounds pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macaroni</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yield about 3 cups</td>
<td>6 cups boiling water</td>
<td>7 minutes</td>
</tr>
<tr>
<td>Long, 6 ounces</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Stir into:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elbow, 6 ounces</td>
<td>6 cups boiling water</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Stir into:</td>
<td>1 tablespoon</td>
<td></td>
</tr>
</tbody>
</table>
### Noodles
Yield about 3 1/2 cups
Narrow noodles, 4 ounces
Stir into: 4 cups boiling water 1 tablespoon 2 minutes
Broad noodles, 4 ounces
Stir into: 4 cups boiling water 1 tablespoon 4 minutes

### Rice
Yield about 3 cups
White, 1 cup
Stir into: 4 cups boiling water 2 teaspoons 8 minutes
Wild or brown
Yield about 4 cups
Stir 1 cup into: 4 cup boiling water 2 teaspoons 15 minutes

### Spaghetti
Yield about 3 cups
Thin, 6 ounces
Stir into: 6 cups boiling water 1 tablespoon 8 minutes
Regular, 6 ounces
Stir into: 6 cups boiling water 1 tablespoon 9 minutes

### SPAGHETTI SAUCE
8 Servings
Sufficient for 8 to 12 ounces spaghetti.
Brown in pressure pan:
- 1 1/2 cups chopped onion
- 1/2 pounds minced beef
in:
- 1/2 cup salad oil or bacon fat
Add:
- 1 small minced clove garlic
- 1/2 to 1 tablespoon chili powder
- 1 tablespoon Worcestershire sauce
- 1 cup diced green pepper
- 1 cup diced celery
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 cup mushrooms or 4 ounces canned mushrooms
Contents of 2 cans tomato paste: 12 ounces
1 No. 2 can tomatoes
Adjust cover. Cook (see page xxxviii) at 15 pounds pressure for 20 minutes. Reduce pressure instantly. If not the desired consistency, simmer sauce uncovered until it thickens. Correct seasoning. You may add 1/2 teaspoonful dried basil. Serve over spaghetti sprinkled with grated Parmesan cheese.

### QUICK NOODLE DISH
6 Servings
Melt:
- 3 tablespoons butter or oil
Sauté in it lightly:
- 3 tablespoons grated onion
Brown in it lightly:
- 1/2 pound minced beef or pork
Add:
- 1 cup uncooked noodles
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup tomato soup and 1 cup water
The liquids may be 3 1/2 cupfuls stewed tomatoes and 1 cupful water or stock. You may use diluted tomato puree or paste. Go easy on salt when making these changes and correct seasonings later.
Adjust cover. Place over high heat. When steam escapes close vent. When 15 pounds pressure has been reached reduce heat and cook for 4 minutes.
Reduce pressure instantly. Remove cover. Add:

- 1 cup cut-up celery or whole-kernel corn
- 1 cup chopped ripe olives or 1 cup mushrooms
- 1 teaspoon basil or thyme
- 1 clove garlic

Adjust cover. Place over high heat. When steam escapes close vent. When 15 pounds pressure has been reached, reduce heat and cook for 1½ minutes. Reduce heat instantly. Garnish with lots of:

Chopped parsley, chives, or grated cheese

Pressure-cooked Vegetables

Prepared by this method, vegetables are superlative. As they differ in age and freshness, the cooking period varies slightly. The younger and fresher the vegetable the faster it cooks. Be careful not to overcook vegetables. They are best when barely tender.

The amount of water given in the chart is for a 4-quart pressure-cooker and is sufficient for the maximum amount of vegetables. For a 7-quart cooker use no less than 1 cupful of water. Stock may be substituted for water for zest and flavour. Do not reduce the amount of liquid when cooking a smaller amount of vegetables.

Never crowd your cooker. Unless recommended otherwise by the manufacturer, have it only about two-thirds full. The exception to this rule is spinach. That wilts down at once when cooking, but even so, do not pack it down hard when filling the cooker.

Vegetables are salted preferably after cooking. When cooked, drain vegetables. Reserve the liquor for the sauce or the stock pot. Dress them as directed in the Vegetable Chapter, page 296.

Time Chart for Fresh Vegetables in Pressure-cooker

Cooking time begins when pressure reaches 15 pounds. Reduce pressure instantly at end of cooking period.

Artichokes, French
Prepare for cooking (page 284). Drain. Place in cooker heads up. Add ½ cup water. Cook large ones 15 minutes; small ones, 8 minutes.

Artichokes, Jerusalem
Peel, cut into halves. Add ½ cup water. Cook 10 minutes.

Asparagus
Wash, remove tough portions. Add ½ cup water. Cook 3 minutes.

Beans, Lima
Shell, wash. Add ½ cup water. Cook small 1 minute; large, 2 minutes.

Beans, Snap, Green or Wax
Wash, stem, cut into 1-inch pieces. Add ½ cup water. Cook 2½ minutes; whole, 3 minutes; Frenched, 1 minute.

Beet Greens
Wash thoroughly in several waters. Add ½ cup water. Cook 3 minutes.

Beets
Wash, scrub. Add ½ cup water. Cook whole, small, young ones 10 minutes; whole, large, young ones 15 minutes. For whole, large, old ones add ½ cup water and cook 20 minutes.

Broccoli
Wash, remove outer leaves and tough part of stalk. Slash ends up 2 inches. Add ½ cup water. Cook 1½ minutes.

Brussels Sprouts
Wash. Remove wilted leaves. Add ½ cup water. Cook 2 minutes.

Cabbage, new
White or red—wash and shred, or cut into 2-inch wedges. Add ½ cup water. Cook 1 minute.

Cabbage, old
White or red. Add ½ cup water. Cook 4 minutes.
**PRESSURE CARROTS**

Scrape, cut into ¼-inch slices or dice. Add ½ cup water. Cook 2 minutes.

**PRESSURE SPROUTS**

Wash, scrape, cut into 2-inch strips. Add ¼ cup water. Cook 1½ minutes.

**PRESSURE CAULIFLOWER**

Wash, separate into flowerets. Add ¼ cup water. Cook 1 minute.

**PRESSURE CELERIAC**

Peel, slice, or dice into ¼-inch pieces. Add ¼ cup water. Cook 3 minutes.

**PRESSURE CELERY**

Cut into uniform 2-inch pieces. Add ¼ cup water. Cook 1½ minutes.

**PRESSURE CELERY, DICED**

Scrub, cut into ½-inch pieces. Add ¼ cup water. Cook 1 minute.

**PRESSURE CORN CUT FROM COB**

Add ½ cup water. Cook 1 minute.

**PRESSURE CORN ON COB**

Remove husk and silk. Wash. Add ½ cup water. Cook 4 minutes.

**PRESSURE CUCUMBER**

Wash, peel, leave whole. Add ½ cup water. Cook 2½ minutes.

**PRESSURE EGGPLANT (AUBERGINE)**

Wash, cut into ½-inch slices. Pour water into cooker before placing eggplant into it. Add ¾ cup water. Bring pressure to 15 pounds only.

**PRESSURE EGGPLANT, WHOLE FOR STUFFING**

Wash. Add ½ cup water. Cook 5 minutes. When cooked cut in half for stuffing.

**PRESSURE KALE**

Wash, remove tough stems. Add ¼ cup water. Cook 4 minutes.

**PRESSURE KOHlrabi**

Scrub, peel, cut into cubes. Add ¼ cup water. Cook 2 minutes.

**PRESSURE LEEKS**

Cut off root ends and part of top, leaving only crisp green section. Add ½ cup water. Cook 2 minutes.

**PRESSURE MUSHROOM CAPS**

Large. Wipe clean, cut off stems. Add ¼ cup water. Cook 1 minute.

**PRESSURE MUSHROOMS, SLICED**

Caps and stems. Wipe clean, slice. Add ¼ cup water. Cook 1 minute.

**PRESSURE MUSTARD GREENS**

Wash, remove tough portions. Add ¼ cup water. Cook 5 minutes.

**PRESSURE OKRA, DICED**

Wash, stem, cut into ¼-inch pieces. Add ¼ cup water. Cook 1½ minutes.

**PRESSURE OKRA, WHOLE**

Wash, stem. Add ¼ cup water. Cook 3 minutes.

**PRESSURE ONIONS, QUARTERED**

Quartered or halves. Add ¼ cup water. Cook 9 minutes.

**PRESSURE ONIONS, SLICED**

Peel and slice. Add ¼ cup water. Cook 3 minutes.

**PRESSURE ONIONS, WHOLE**

To precook before placing around a roast in the oven, add ¼ cup water. Cook 7 minutes.

**PRESSURE OYSTERS PLANT OR SALISFY**

Wash, scrape, and slice. Add ¼ cup water. Cook 10 minutes.

**PRESSURE OYSTERS PLANT, WHOLE**

Wash and scrape. Add ¼ cup water. Cook 15 minutes.

**PRESSURE PARSNIPS, HALVED**

Peel, cut into halves. Add ¼ cup water. Cook 8 minutes.

**PRESSURE PARSNIPS, SLICED**

Peel and cut into ¼-inch slices. Add ¼ cup water. Cook 5 minutes.

**PRESSURE PEAS, NORMAL SIZE**

Shell, wash. Add ¼ cup water. Cook 1½ minutes.

**PRESSURE PEAS, SMALL AND VERY FRESH**

Shell, wash. Add ¼ cup water. Cook 15 seconds.

**PRESSURE POTATOES**

To precook for browning around a roast in the oven, add ¼ cup water. Cook 5 minutes.
### PRESSURE COOKERY

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POTATOES</strong></td>
<td></td>
</tr>
<tr>
<td>Potatoes, large</td>
<td>Halved. Peeled or unpeeled. Add ½ cup water. Cook 15 minutes.</td>
</tr>
<tr>
<td>Potatoes, medium</td>
<td>Whole. Peeled or unpeeled. Add ½ cup water. Cook 13 minutes.</td>
</tr>
<tr>
<td>Potatoes, sliced</td>
<td>Add ½ cup water. Cook 2½ minutes.</td>
</tr>
<tr>
<td>Potatoes, Sweet</td>
<td>Halved. Peel or not as desired. Add ½ cup water. Cook 12 minutes.</td>
</tr>
<tr>
<td>Potatoes, White</td>
<td>Sliced. Add ½ cup water. Cook 4 minutes.</td>
</tr>
<tr>
<td><strong>PUMPKIN</strong></td>
<td></td>
</tr>
<tr>
<td>Wash</td>
<td>Cut into 3-inch wedges. Add ½ cup water. Cook 10 minutes.</td>
</tr>
<tr>
<td><strong>RUTABAGAS (Swedes)</strong></td>
<td>Wash and pare. Cut into ½-inch slices or cubes. Add ½ cup water. Cook 6 minutes.</td>
</tr>
<tr>
<td><strong>SALSIFY</strong></td>
<td>See Oyster Plant</td>
</tr>
<tr>
<td><strong>SPINACH</strong></td>
<td>Wash thoroughly and rinse 3 or 4 times. Remove tough stems. Add ½ cup water. Cook 1 minute.</td>
</tr>
<tr>
<td>Squash, Acorn</td>
<td>Cut into halves. Remove seeds. Add ¼ cup water. Cook 8 minutes.</td>
</tr>
<tr>
<td>Squash, Hubbard</td>
<td>Scrub, cut into pieces. Add ¼ cup water. Cook 10 minutes.</td>
</tr>
<tr>
<td>Squash, Summer</td>
<td>Wash, cut into 1-inch slices, do not peel. Add ¼ cup water. Cook 1 to 3 minutes.</td>
</tr>
<tr>
<td>Squash, Yellowneck</td>
<td>Cut into ¼-inch slices, pared or unpared. Add ¼ cup water. Cook 1 to 2 minutes.</td>
</tr>
<tr>
<td>Squash, Zucchini, old or very large</td>
<td>Add ¼ cup water. Cook 3 minutes.</td>
</tr>
<tr>
<td><strong>CREAMED POTATOES</strong></td>
<td>6 Servings</td>
</tr>
<tr>
<td>Wash</td>
<td>pare, cut into ½-inch cubes, and put into a pressure-cooker:</td>
</tr>
<tr>
<td>4 cups cubed raw potatoes</td>
<td>Add:</td>
</tr>
<tr>
<td>2 tablespoons grated onion</td>
<td>½ cup milk</td>
</tr>
<tr>
<td>Combine by stirring:</td>
<td>2 tablespoons soft butter</td>
</tr>
<tr>
<td>2 tablespoons flour</td>
<td>2 teaspoons salt</td>
</tr>
<tr>
<td>½ teaspoon pepper</td>
<td>(½ teaspoon paprika)</td>
</tr>
<tr>
<td>Place this mixture in the centre of the potatoes. Do not stir. Adjust cover. Place over medium heat. When 15 pounds pressure is reached (see page 309) remove from heat. Permit the potatoes to stand until pressure is reduced. Stir until thickening and liquid are blended. You may stir in:</td>
<td>1 cup grated cheese 3 tablespoons chopped parsley or chives</td>
</tr>
</tbody>
</table>
Pressure-cooked Dried Legumes

<table>
<thead>
<tr>
<th>Amount</th>
<th>Salt</th>
<th>Hot water</th>
<th>Soaked</th>
<th>Unsoaked</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, Garbanzo (Chick-pea)</td>
<td>2 cups</td>
<td>2 teaspoons</td>
<td>4 cups</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Beans, Great Northern</td>
<td>2 cups</td>
<td>2 teaspoons</td>
<td>4 cups</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Beans, Kidney</td>
<td>1 cup</td>
<td>1 teaspoon</td>
<td>2 1/2 cups</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Beans, Lima, large</td>
<td>1 cup</td>
<td>1 teaspoon</td>
<td>3 cups</td>
<td>35 minutes</td>
</tr>
<tr>
<td>Beans, Lima, small</td>
<td>1 cup</td>
<td>1 teaspoon</td>
<td>2 1/2 cups</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Beans, Navy</td>
<td>2 cups</td>
<td>2 teaspoons</td>
<td>4 cups</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Beans, Pinto</td>
<td>2 cups</td>
<td>2 teaspoons</td>
<td>4 cups</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Lentils</td>
<td>1 cup</td>
<td>1 teaspoon</td>
<td>3 cups</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Peas, split</td>
<td>1 cup</td>
<td>1 teaspoon</td>
<td>2 1/2 cups</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Peas, whole</td>
<td>1 cup</td>
<td>1 teaspoon</td>
<td>2 1/2 cups</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Soya-beans</td>
<td>1 cup</td>
<td>1 teaspoon</td>
<td>3 cups</td>
<td>30 minutes</td>
</tr>
</tbody>
</table>

See Index for dishes made with dried beans, peas, and lentils.

Some packaged legumes do not require soaking. See instructions on label. Soak dried legumes if necessary. See page lxv. Drain them. Place them in the cooker. Add hot water to cover. Add for each cupful of legumes 1 teaspoonful salt. Do not fill the cooker more than half full of legumes and water. Adjust the cover. Place cooker over low heat. Cook (see page xxxvii) at 15 pounds pressure. Reduce heat gradually.

**BOSTON BAKED BEANS**

6 Servings

Soak (page lxv):

2 cups dried navy beans

Drain them.

Brown in the pressure-cooker:

1/2 pound diced salt pork

Place beans in cooker and add:

1/4 cup chopped onion

1 1/2 teaspoons dry mustard

4 tablespoons ketchup

1/2 cup brown sugar

2 tablespoons molasses

1 teaspoon salt

2 cups water

(1 1/2 teaspoons Worcestershire sauce)

Adjust cover. Cook (see page xxxvii) at 15 pounds pressure for 1 hour. Reduce pressure gradually. Shake or roll the beans gently. Place them in greased baking dish. You may decorate the top with:

1/4 pound sliced salt pork or 4 strips bacon

Brown in a 400° oven for 1/2 hour.

Frozen Vegetables Pressure Cooked

To prepare, see Cooking of Frozen Vegetables, Appendix A, page xxx.

Frozen vegetables cook in a shorter time than fresh vegetables so give them your full attention. Time them carefully. Have them slightly underdone rather than overdone.

Use a trivet if possible. If you cover the steam outlet as soon as the steam emerges steadily, you will find that 1/2 cupful boiling water is sufficient for cooking frozen vegetables except in the case of Lima beans where you must use 1 cupful. Always reduce pressure instantly when cooking time is up (see page xxxvii) in order to check further cooking promptly, for every second counts in preserving the flavour and nutritional values of the vegetables.
Time Chart for Frozen Vegetables in Pressure-cooker

When cooking time is up reduce heat instantly.

<table>
<thead>
<tr>
<th>Frozen vegetable</th>
<th>Amount of boiling water</th>
<th>Minutes to cook at 15 pounds pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>1/2 cup</td>
<td>1 1/2 minutes</td>
</tr>
<tr>
<td>Asparagus Tips</td>
<td>1/2 cup</td>
<td>1 minute</td>
</tr>
<tr>
<td>Beans, Green, Frenched</td>
<td>1/2 cup</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Beans, Green or Wax</td>
<td>1/2 cup</td>
<td>1 minute</td>
</tr>
<tr>
<td>Beans, Lima</td>
<td>1/2 cup</td>
<td>1 minute</td>
</tr>
<tr>
<td>Baby</td>
<td>1/2 cup</td>
<td>1 minute</td>
</tr>
<tr>
<td>Large</td>
<td>1/2 cup</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1/2 cup</td>
<td>1 minute</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>1/2 cup</td>
<td>1 minute</td>
</tr>
<tr>
<td>Carrots and Peas</td>
<td>1/2 cup</td>
<td>45 seconds</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1/4 cup</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Corn</td>
<td>1/4 cup</td>
<td>30 seconds</td>
</tr>
<tr>
<td></td>
<td>1/4 cup</td>
<td>1 minute</td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>1/3 cup</td>
<td>1 to 1 1/2 minutes</td>
</tr>
<tr>
<td>Peas</td>
<td>1/4 cup</td>
<td>0 minutes</td>
</tr>
<tr>
<td>Spinach</td>
<td>1/4 cup</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Succotash</td>
<td>1/4 cup</td>
<td>1 minute</td>
</tr>
</tbody>
</table>

Meats

Meat and stewing chicken are pressure cooked in approximately one-third of the usual cooking time required by other methods. This is frequently an important consideration.

If you have a fine piece of choice meat, give it its just due and cook it with care and appreciation by some method other than by pressure, unless you have found through experience that you prefer this method. If you wish to prepare meat of commercial or utility grade by stewing or pot
roasting, cook it by all means in the pressure-cooker. It will be tender and juicy. You may add vegetables for the last few minutes of cooking.

Meats are usually browned in the pressure-cooker, or in a frying-pan, fat being added for lean meat. Browning adds to flavour but may be omitted. To avoid unnecessary shrinkage brown the meat slowly. The meat may be lightly floured. The meats that are never browned are corned beef, salt pork, tongue, and tripe. Do as you like about oxtails. Heat about 2 tablespoonfuls or more of fat or oil in the cooker or in a frying-pan. Sear the meat in it slowly on all sides. The meat may be seasoned lightly at this time and fully seasoned later. If you, as a novice, find it difficult to use this small amount of fat without scorching the meat, you may increase it to 4 or 5 tablespoonfuls. In this case pour off any fat that will pour after the meat is browned and before the liquid and other ingredients are added.

Cool the cooker to avoid undue evaporation when the liquid is added. Place the meat on a trivet in the cooker, add a hot liquid and cook as directed. Add only the amount of liquid specified in each recipe. There should always be some water or liquid in the bottom of the cooker to produce the necessary steam for cooking. The juice which remains in the pan after cooking will make delicious gravy.

If you wish the meat to be browned and are willing to sacrifice some juiciness for appearance, place it briefly under a grill after it is cooked.

The time given for cooking meats is approximate, not exact. It is difficult to gauge the exact cooking time for cuts of meat and poultry, as age, shape, quality, amount of fat or bone, etc., must be taken into consideration. The thickness of the cut is more important than the size and shape in judging cooking time. A chunky piece of meat will take longer than a flat thinner cut. Follow instructions given in this chapter or in your pressure-cooker booklet carefully.

Some manufacturers urge you to cook all meats at 10 pounds pressure or under. Others claim that much the same results are obtained by cooking meat at 15 pounds pressure. Some cookers are adjusted to 15 pounds only.

A few specific rules follow to acquaint the cook with the detailed manner of pressure-cooking meats. The meat chart is a condensed version of the process, minus, for reasons of space, some of the vegetables and spices that may be added to the rule and that are to be found under similar rules in the chapters on Meat and Poultry.

Go easy at first on seasoning. This may be added later to the finished dish.

**POT ROAST**

4 to 5 Servings

Heat in the cooker (see above):

2 tablespoons fat

Brown in it slowly on all sides:

A 2- or 3-pound piece shoulder of beef, chuck, rump, or top round

Remove the meat from the cooker.

Add and stir about:

1 sliced onion

Place the meat in the cooker on a trivet.

Add to the pot:

4 tablespoons hot water

1 teaspoon pepper

Place on the beef:

½ bay leaf

Adjust cover. Cook the meat (see page xxxviii) at 15 pounds pressure for 11 minutes to the pound. Reduce heat instantly.
BEEF STEW

4 to 6 Servings
Cut into 1-inch cubes:
- \( \frac{1}{2} \) pounds lean beef
Brown it (see above) slowly in the cooker in:
- 2 tablespoons hot fat
Add, if desired:
- \( \frac{1}{4} \) diced or sliced onion
Add:
- 2 cups boiling water
- \( \frac{1}{2} \) teaspoon salt
- 2 peppercorns
- \( \frac{1}{2} \) bay leaf
Adjust cover. Cook (see page xxxviii) at 15 pounds pressure for 25 minutes. Reduce pressure instantly.

SHORT RIBS OF BEEF

4 Servings
Cut into 8 pieces:
- 2 pounds short ribs
Dredge them with:
- \( \frac{1}{4} \) cup flour
Season with:
- Salt and pepper
Brown them (see above) slowly in the pressure-cooker or in a frying-pan in:
- 2 tablespoons hot fat
Add:
- \( \frac{1}{4} \) cup water
Adjust cover. Cook (see page xxxviii) at 15 pounds pressure for 20 minutes. Reduce pressure instantly. If desired, add pared carrots and potatoes for the last 10 minutes of the cooking time (see page 1).

BARBECUED SHORT RIBS OF BEEF

6 Servings
Brown slowly but well in pressure-cooker (page 1):
- 3 pounds short ribs of beef
in:
- 2 tablespoons hot bacon fat
Add:
- \( \frac{1}{4} \) cup diced onion
Combine, heat, and pour over the meat:
- \( \frac{1}{4} \) cup ketchup
- \( \frac{1}{4} \) cup vinegar
- 2 tablespoons water
2 teaspoons chili powder
\( \frac{1}{2} \) teaspoon salt
Adjust cover. Cook the meat (see page xxxviii) at 15 pounds pressure for 20 minutes. Reduce pressure instantly. Thicken liquid in the pan (page 378) with flour. Correct seasoning.

SWISS STEAK

6 to 8 Servings
Combine:
- \( \frac{1}{4} \) cup flour
- 2 teaspoons salt
- \( \frac{1}{2} \) teaspoon pepper
Pound as much of this mixture as possible with the edge of a plate into:
- 2 pounds round steak \( \frac{1}{4} \) inch thick
You may leave the steak whole or cut it into individual pieces. Brown the steak (see page 1) slowly in the cooker in:
- 3 tablespoons hot fat
Add:
- \( \frac{1}{2} \) teaspoon brown sugar
- \( \frac{1}{4} \) cup strained hot tomatoes or tomato juice
A nice variation is to substitute for the tomato juice the contents of:
- 1 bottle pickled onions: 10 ounces,
  the onion liquid mixed with water to make \( \frac{1}{2} \) cup liquid in all
Adjust cover. Cook (see page xxxviii) at 15 pounds pressure for 25 minutes. Reduce pressure instantly. Correct the seasoning.

STUFFED FLANK STEAK

4 Servings
Trim the edges of a:
- \( \frac{3}{4} \)- to 1-pound flank steak
Season it lightly with:
- Salt and pepper
Spread it with dressing (see page 310) and roll it loosely. Tie it with string. Brown it slowly (see page 1) in the pressure-cooker in:
- 2 tablespoons hot fat
Add:
- 1 cup hot tomato juice
- \( \frac{1}{2} \) teaspoon brown sugar
- \( \frac{1}{2} \) teaspoon salt
Adjust cover. Cook the steak (see page xxxviii) at 15 pounds pressure for 35 minutes. Reduce pressure instantly.

**Dressing**
Prepare the dressing under Flank Steak (page 310), or try this one. Combine:

- \(\frac{1}{4}\) cup sausage meat
- 1 pared sliced tart apple
- 3 cups fresh bread crumbs
- \(\frac{1}{4}\) teaspoon grated onion
- 2 tablespoons chopped celery or parsley
- \(\frac{1}{4}\) cup hot water
- \(\frac{1}{4}\) teaspoon salt
- (\(\frac{1}{2}\) teaspoon dried savoury)

**CORNED BEEF**
6 to 8 Servings
Soak for 1 hour in cold water:

- 3 to 4 pounds corned beef: brisket

Drain it. Place it on a trivet in a cooker with:

- 2 cups cold water

Add:

- 1 bay leaf
- 5 peppercorns
- 1 small sliced onion
- 3 whole cloves
- 1 cut-up carrot
- \(\frac{1}{4}\) cup cut-up celery with leaves (1 clove garlic)

Adjust cover. Cook the meat (see page xxxviii) at 15 pounds pressure from 20 to 25 minutes to the pound. Reduce the heat instantly. Correct the seasoning.

**MEAT LOAF**
4 Servings
Combine and shape into a loaf:

- 1 pound minced beef
- 2 lightly beaten eggs
- 1 cup soft bread crumbs
- 1 small chopped onion
- 2 stalks chopped celery
- \(\frac{1}{4}\) cup chopped green pepper
- 2 tablespoons milk
- 1 tablespoon horseradish
- \(\frac{1}{4}\) teaspoon dry mustard
- 2 tablespoons ketchup
- 1½ teaspoons salt
- 1 teaspoon pepper

If time permits, wrap the loaf in waxed paper and chill it in the refrigerator.

Remove paper. Brown the loaf or cook it slowly without browning in a greased loaf pan, or cook it wrapped in moistened parchment paper slowly in:

- 3 tablespoons hot fat

Place it on a trivet. Add:

- ½ cup hot water

Adjust cover. Cook the loaf (see page xxxviii) at 15 pounds pressure for 15 minutes. Reduce heat instantly.

**LIVER LOAF**
The ingredients for the good Liver Loaf on page 344 may be steamed in containers (see Steamed Puddings, page 666) for 15 minutes, valve closed, at 15 pounds pressure.

**CHILI CON CARNE**
4 to 6 Servings
Never increase the amount of this recipe when using a 4-quart cooker as thick masses like this in a large quantity may clog the vent pipe.

Brown (page 4):

- 1 pound minced beef

in:

- 2 tablespoons hot fat

Add and sauté lightly:

- \(\frac{1}{3}\) cup chopped onion
- (1 minced clove garlic)

Add:

- 2 cups tomato purée or canned tomatoes: No. 2 can
- 2 cups cooked or canned kidney beans: No. 2 can
- 1½ teaspoons salt
- \(\frac{1}{4}\) teaspoon pepper
- 1 teaspoon chili powder

Adjust cover. Cook (see page xxxviii) at 15 pounds pressure for 15 minutes. Reduce heat instantly. Correct the seasoning and add more chili powder if desired. Simmer for several minutes in cooker without cover until desired consistency is reached.

**CHICKEN WITH CREAM GRAVY**
3 to 4 Servings
Disjoint:

A 2- to 3-pound chicken
Make Chicken Stock of the wing tips, neck, back, and gizzard. Dredge the other pieces in:

**Seasoned Flour**
Brown them slowly in a pressure-cooker in:

- 4 tablespoons butter

Add:

- ½ cup hot chicken stock

**Time Chart for Meats and Fowl in Pressure-cooker**

If you wish to cook meats at a lower pressure than 15 pounds consult the booklet furnished with your pressure-cooker.

Use seasoning lightly in food to be pressure cooked as there is very little liquid to dilute it. Correct the seasoning later as needed. Some of the following rules call for little or no seasoning. Do not hesitate to vary the flavour of these dishes by the substitution of tomato juice or stock for the water and the addition of a bay leaf, peppercorns, whole cloves, celery with leaves, carrots, onions, parsley, horse-radish, mustard, ketchup, etc., in moderation.

For amounts of meat per serving, see page 300.

Cooking time begins when pressure reaches 15 pounds. Reduce pressure instantly at end of cooking period. Where asterisk appears reduce pressure gradually.

**Beef, Flank Steak**

**Beef Heart**

See Baked Heart, page 347.

**Beef Kidneys, sliced**
Remove white centre and tubes (page 341). Slice. Season lightly. Add 1 cup boiling water. Cook 7 to 8 minutes.


**Beef Kidneys, whole**
Remove white centre and tubes (page 341). Season lightly. Add 1 cup boiling water. Cook 9 to 10 minutes. Use liquid in cooker for gravy.

**Sauerbraten** *
Prepare for cooking as directed on page 363 3 pounds beef. Brown slowly on all sides in 2 tablespoons hot fat (page 1). Cool. Add 2 cups liquid in which meat was soaked. Cook 45 minutes.

Make gravy from liquid left in pan. See page 378.

**Short Ribs (page 1)**

**Beef Tongue, pickled**
Add 2 cups water. Cook 20 minutes per pound. See page 345.

**Beef Tongue, smoked**
Soak in cold water for 2 hours. Bring to boil in fresh water. Drain. Season. Add 2 cups water. Cook 28 minutes per pound.

See Smoked Tongue, Boiled, page 346.

**Chicken, baked type** *
Prepare and stuff a 2½-pound chicken as directed on page 359. Place in cooker. Add ½ cup hot water. Cook 20 to 30 minutes in all. Brown under broiler or in a 400° oven after cooking.

Adjust cover. Cook the chicken (see page xxxviii) for 12 minutes at 15 pounds pressure. Reduce pressure instantly. The chicken may be crisped in a 400° oven for a few minutes. Serve the chicken with:

- Dumplings, page 375, and
- Cream Gravy, page 352
PRESSURE

Chicken, fried *

Use a 3 or 4-pound frying chicken cut into pieces. Dredge in ½ cup of flour mixed with 1 teaspoon salt and ½ teaspoon pepper. Brown slowly on all sides in coocker in 2 tablespoons hot fat (page 1). Season. Add 2 tablespoons hot water. Cool. Add 2 tablespoons hot water. Cook 14 minutes.

Chicken, stewed *

Singe, wash, clean, and cut into pieces a 3 or 4-pound chicken. Place in coocker with ¼ cup diced celery, 2 teaspoons salt, ¼ cup sliced onion. Add 2 cups water. Cook 20 minutes.

Lamb Breast

Stuff, brown slowly in 2 tablespoons hot fat (page 1). Season. Add 2 tablespoons hot water. Cook 35 minutes.

Lamb Kidney

Remove skin, tubes, and fat. (See page 340.) Season. Add 2 tablespoons hot water. Cook 4 minutes.

Lamb Shanks

Split in half and brown slowly in 2 tablespoons hot fat (page 1). Add 1 small onion chopped. Cool. Season. Add ½ cup hot water. Cook 90 minutes.

Lamb Shoulder

Brown slowly in 2 tablespoons hot fat 3 pounds lamb shoulder. Season. Add ½ cup hot water. Cook 60 minutes. Add vegetables for the last few minutes of cooking. See Braised Roast of Lamb, page 323.

Lamb Stew


Lamb Tongues

To prepare, see page 345. Add ½ cup water. Cook 20 to 25 minutes.

Oxtails (page 347)

Pork Chops


COOKERY

Pork Loin


Pork Shoulder


Ham Slice, tenderized


Ham Slice, not tenderized

Add 2 tablespoons hot water. Cook 15 minutes.

Ham Butts

2 smoked bones ham butts, ½ cup granulated sugar, ½ teaspoon dry mustard, ½ teaspoon powdered cloves, ½ teaspoon cinnamon, 2 tablespoons grated orange rind. Add ½ cups hot water or fruit juice—orange, pineapple, etc. Cook 6 minutes per pound.

Spare Ribs


Spare Ribs Barbecued

Follow recipe on page 331. Add ½ cup hot liquid. Cook 15 minutes in all.

Rabbit


Tripe

Honeycomb, see page 348 for preparation. Add 2 cups boiling water. Cook 1 hour.

Regular. See Tripe, page 348. Add 2 cups boiling water. Cook 1½ to 2 hours.
**PRESSURE COOKERY**

**Veal Birds**

**Veal Roast**
Brown veal shoulder slowly on both sides in 2 tablespoons hot fat (page l). Cool the pot. Place the roast on a trivet. Season with salt and pepper. Add 2 tablespoons hot water. Cook 20 minutes per pound.

**DUMPLINGS**
Follow the rule on page 374 for:

Dumplings
You may add:
3 tablespoons chopped parsley or chives or 1 tablespoon grated onion

Drop the batter from a spoon into hot stew, or into at least 3 cupfuls stock or water in the pressure-cooker. Adjust cover. Steam over low heat, vent open, for 5 minutes.

**SHRIMP**
3 or 4 Servings
Wash and drain:
1 pound shrimp
Cover the bottom of a pressure-cooker with:
⅝ inch water
to which you may add:
A slice of onion
½ bay leaf
1 slice lemon
2 diced ribs celery
½ teaspoon salt
A few grains cayenne
Adjust cover. Cook the shrimp (see page xxxviii) at 15 pounds pressure from 2½ to 5 minutes, according to size. Reduce pressure instantly. See Index for dishes calling for boiled shrimp.

**LOBSTER TAILS**
Bring to a rolling boil in cooker:
2 cups water
Plunge into it:
Lobster tails
Adjust cover. Cook (see page xxxviii) at 15 pounds pressure for 8 minutes. Reduce pressure instantly.

**Veal Stew**
Brown cubes of veal slowly in 2 tablespoons hot fat (page l). Season. Add 1 cup hot water. Cook 15 to 20 minutes in all.

See Veal Stew, page 319.

**Veal Tongue, large**
For preparation see Calf Tongue, page 346. Add 1 cup hot water. Cook 45 minutes in all.

**FROZEN MEATS, FOWL, AND SHELLFISH**
Please read the paragraph in the introduction to Pressure-cooked Meats, page l, about the difficulty of gauging the exact time for cooking meats.

Have all roasts partially or entirely thawed, page xxx. Frozen chops should be partially defrosted, a whole fowl entirely thawed. A cut-up fowl need only be defrosted to the point where it may be broken apart. Meat that is not defrosted may be pressure cooked, but it has a tendency to cook unevenly. It calls for a longer cooking period than fresh meat. Allow about ⅛ to ⅓ again as much time as given in the Meat Chart on page liii-lv and increase the water measurement to about double the amount.

When browning frozen meats be sure to use a moderate temperature to avoid unnecessary shrinkage. See Browning Meats, page l. Read about Pressure-cooked Meats on page xlix. Shellfish—clams, lobster, shrimp, etc.—need not be defrosted before cooking.

**BAKED APPLES**
4 Servings
Wash, remove core to ½ inch of stem end, then cut a strip of peel from one of the hollowed ends of:
4 large tart apples
Combine:
4 tablespoons brown sugar
1 tablespoon cinnamon
Fill the centres with this. Dot the tops with:

Butter.
Place trivet in cooker, add ½ cupful hot
water. Place apples on trivet. Adjust cover. Cook (see page xxxviii) the apples 3 to 4 minutes at 15 pounds pressure. Reduce the pressure instantly.

**PURÉED FRUITS**

Place prepared fruit, sugar, and water in a cooker. Have the cooker only $\frac{1}{2}$ full. Allow $\frac{1}{4}$ cupful of sugar and $\frac{1}{4}$ cupful of water to 1 pound of fruit, unless the fruit is very dry like apricots, when 1 cupful of water is required. Proceed to pressure cook the fruit (page xxxviii). Rhubarb and fresh apricots are brought up to 15 pounds pressure and the pressure is reduced instantly. Peaches and pears, if hard, may require 5 minutes' cooking at 15 pounds pressure. Reduce heat instantly. Apples, rhubarb, and cranberries tend to sputter. Do not remove cover until all steam is exhausted. The cooking of these fruits is not recommended by all manufacturers.

**DRIED FRUITS**

These are not soaked. Sugar is added after the fruit is cooked. Fill the pressure-cooker only $\frac{1}{2}$ full. When cooking pressure is reached (see page xxxviii) start counting cooking time. After cooking time is up, allow the fruit to stand until pressure is reduced.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Amount of water</th>
<th>Time to cook at 15 pounds pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>1 cup</td>
<td>$\frac{1}{2}$ cups 0 minutes</td>
</tr>
<tr>
<td>Figs</td>
<td>1 cup</td>
<td>1 cup 4 or 5 minutes</td>
</tr>
<tr>
<td>Peaches</td>
<td>1 cup</td>
<td>$\frac{1}{2}$ cups 0 minutes</td>
</tr>
<tr>
<td>Pears</td>
<td>1 cup</td>
<td>1 cup 0 minutes</td>
</tr>
<tr>
<td>Prunes</td>
<td>1 cup</td>
<td>1 cup 0 minutes</td>
</tr>
<tr>
<td>Raisins</td>
<td>1 cup</td>
<td>1 cup 0 minutes</td>
</tr>
</tbody>
</table>

**EXTRACTING FRUIT JUICE FOR JELLY**

When fruit for jelly making is cooked in a pressure-cooker instead of in an open kettle, anywhere from $\frac{1}{2}$ to more juice is extracted. As jelly should always be made in small quantities for best results, a cooker is ideally suited to this purpose. Wash and prepare the fruit according to your usual recipe. Add the desired amount of water, remembering that the less water used the more concentrated a fruit flavour will be obtained. Adjust the cover and quickly bring the pressure up to its highest point. Remove at once from the heat and let pressure recede of its own accord. Strain the juice through a jelly bag without squeezing and proceed as usual.

**MOCK BOSTON BROWN BREAD**

2 Loaves

Sift:

- $\frac{1}{2}$ cup all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon soda
- $\frac{1}{4}$ teaspoon salt

Add:

- 1 cup fine wholemeal biscuit crumbs

Cut in with 2 knives:

- 3 tablespoons shortening

Stir in:

- $\frac{1}{4}$ cup raisins

Mix together and add to the dry ingredients:

- 1 well-beaten egg
- $\frac{1}{2}$ cup buttermilk or sour milk
- $\frac{1}{4}$ cup molasses (black treacle)

Divide the batter equally between 2 well-greased No. 2 tin cans. Cover the cans with aluminium foil or 3 thicknesses of waxed paper secured with string. Bring to the boiling point in the pressure-cooker:

- 1 cup water

Place the cans in the cooker and adjust cover. When 15 pounds pressure is reached (see page xxxviii) reduce heat and cook for 30 minutes. Reduce pressure instantly.

**BROWN-BETTY**

Follow the rule on page 656 for:

**Brown Betty**

Place it in a greased baking tin or mould, filling it only $\frac{1}{4}$ full. Cover it closely with aluminium foil or 3 thicknesses of waxed paper secured with string. Add to the cooker:

- $\frac{1}{4}$ cup water
PRESSURE COOKERY

Place trivet in cooker and mould upon it. Secure cover. Steam for 5 minutes, vent open. Close vent. Cook at 15 pounds pressure (page xxxviii) for 10 minutes.

**RICE PUDDING**

6 Servings
Soak for 15 minutes:
\[ \frac{1}{2} \text{ cup rice} \]

In:
\[ \frac{1}{2} \text{ cup water} \]

Place it in a pressure-cooker and bring it to the boiling point with:
\[ 2 \frac{1}{2} \text{ cups milk} \]

Stir gently. Adjust cover. Cook it (see page xxxviii) at 15 pounds pressure for 1 hour. Remove pan from heat. When pressure is down, mix together and add while rice is still hot:
- 2 well-beaten eggs
- 1 cup sugar
- 1 teaspoon salt
- 1 cup washed raisins
- 1 teaspoon vanilla or grated lemon rind

Stir well. Cover and let stand for 5 minutes or more. Serve hot or cold with:

**Cream**

**CUSTARD**

Follow the rule on page 643 for:
**Danish Custard**

Use the brown sugar sauce or omit it. This without the brown sugar is much like the delicate French Plan; with the brown sugar it has a caramel sauce. Pour the ingredients into an oiled casserole. Cover it closely. Place in the pressure-cooker 1 cupful hot water. Place the casserole on a trivet in the cooker and adjust cover. Bring to 15 pounds pressure (see page xxxviii) and cook for 2 minutes. Reduce heat gradually.

**CHOCOLATE CUSTARD**

Prepare:
**Danish Custard** (page 643)

Cut into small pieces and add to the milk:
\[ 1 \frac{1}{2} \text{ ounces unsweetened chocolate: } 1 \frac{1}{2} \text{ squares} \]

Stir until the chocolate is dissolved. Proceed as for custard above, omitting brown sugar.

*STEAM* PUDDINGS

Thanks to the pressure-cooker we may now have the popular old-time steamed puddings in short order.

Puddings may be cooked in custard cups or a deep mould or bowl, the tops covered with aluminium foil or 5 thicknesses of waxed paper secured well with string, in a casserole similarly covered, or covered with a tightly fitted lid. For easy handling allow at least \( \frac{1}{2} \) inch of space all around between the mould and the cooker. Do not fill mould more than \( \frac{1}{2} \) full. Place it on a trivet. Pour around the mould 2 to 2 \( \frac{1}{2} \) cupfuls of boiling water. This is sufficient for a 4-quart cooker.

Most pressure-cooked puddings that contain baking powder or soda are cooked at first without pressure; that is, with the lid of the pressure-cooker adjusted but with the vent open and without the pressure weight. Exact time is given in the following rules for this preliminary step. Then the vent is closed and the puddings are cooked at 15 pounds pressure until done.

**PLUM PUDDING**

6 Servings

Sift:
\[ \frac{1}{4} \text{ cup flour} \]
\[ \frac{1}{2} \text{ teaspoon baking soda} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{2} \text{ teaspoon cinnamon} \]
\[ \frac{1}{2} \text{ teaspoon nutmeg} \]

Add:
\[ \frac{1}{4} \text{ cup dry bread crumbs} \]

Mix together and add to the dry ingredients:
\[ \frac{1}{4} \text{ cup raisins} \]
\[ \frac{1}{4} \text{ cup currants} \]
\[ \frac{1}{4} \text{ cup chopped citron or candied lemon peel} \]

Combine and beat:
\[ \frac{1}{4} \text{ cup ground suet} \]
\[ \frac{1}{4} \text{ cup firmly packed brown sugar} \]
\[ \frac{1}{4} \text{ cup milk} \]
\[ 1 \text{ well-beaten egg} \]

Mix these ingredients with the fruit mixture and the dry ingredients. Place the batter in a well-greased pudding mould; a 1-pound coffee can will do. Cover it closely with a lid or three thicknesses of waxed paper secured with string. Place in the pressure-pan on a
trivet with 2 cupfuls of boiling water. Adjust cover. Place it over low heat and steam for 30 minutes with the valve open, then cook (see page xxxviii) at 15 pounds pressure for 30 minutes. Reduce pressure instantly. Serve plum pudding hot with:

**Hard Sauce (page 688)**

**CHOCOLATE PUDDING**

Melt:

- 2½ ounces chocolate
- If preferred, ⅛ cupful cocoa may be substituted. Sift it with the dry ingredients. Blend until creamy:
  - 3 tablespoons butter
  - ½ cup sugar

Beat in:

- 1 egg

Sift before measuring:

- 2½ cups flour

Resift with:

- 4½ teaspoons baking powder
- ½ teaspoon salt

Add the flour mixture to the butter mixture in about 3 parts alternately with:

- 1 cup milk

Add the melted chocolate. Pour the batter into a greased mould, filling it only ⅔ full. Cover the top closely with a lid, or with aluminium foil or three thicknesses of waxed paper tied with string. Place pudding on a trivet or rack in cooker, add 2 cupfuls hot water. Adjust cover. Steam over low heat for 15 minutes without pressure, vent open, then cover vent and bring to 15 pounds pressure and cook (see page xxxviii) for 25 minutes. Reduce heat at once.

**MOLASSES PUDDING**

4 Servings

Follow the rule on page 667 for:

**Steamed Molasses Pudding**

Cover the top with aluminium foil or three thicknesses of waxed paper secured with string. Place the mould on a trivet in a pressure-cooker. Put 2 cupfuls hot water in the pressure-pan. Adjust cover. Steam the pudding over low heat without pressure, vent open, for 20 minutes. Close the vent, bring pressure to 15 pounds (see page xxxviii) and cook it for 20 minutes. Reduce the heat gradually. Serve the pudding with sauce as directed.
APPENDIX C

THE ELECTRIC BLENDER

Throw away your tamis cloth and hair sieve, if you still have these relics of a bygone age, and replace them with the piece of equipment that makes them obsolete, the electric blender. Only the ghost of an old-time medicine man could do justice to its usefulness and fascination, so please give it a chance to speak for itself. Besides, it is so much better than its reputation, that of making an A1 alcoholic drink.

What else will a blender do? It will crush, blend, and purée food in a few seconds with a better result than you could possibly achieve by any other means in a very much longer time. An electric mixer needs special attachments to do a similar job. A blender will liquefy fruits and vegetables and some blenders will grind nut meats, raisins, citron, meat, lentils, etc. It will purée spinach, make a Vichysoise, a cream soup, a fresh or cooked vegetable bisque of a velvety smoothness, a sherbet-like fresh fruit drink, etc., in a few minutes of effortless application. It will also blend ingredients for batters like popovers, muffins, pancakes, and waffles in short order, but the results are not quite so good as when conventional methods are used.

One of the few things the blender will not do satisfactorily is to whip egg whites. These become too fluffy, too airy. Otherwise, says a correspondent, it will do everything but ‘put out the cat’.

There are several makes of blender on the market, one of them invented by a bandmaster. If your budget permits, buy a blender by all means; if it does not, pinch, scrape, and sacrifice to be the possessor of this kitchen marvel. In the long run it is an economy, for it is ready to utilize refrigerator scraps and to make them into palatable dishes.

Suggestions for Hot Blender Soups

Marion says that she no longer has ‘hang-over’ food remnants in her refrigerator, for her noon menu is often left-over blender soup. Dump a bit of meat, cubed, or fish, an odd carrot, cut up, some cress or lettuce, and the last of last night’s Lima beans into the blender with a liquid like milk, stock, or tomato juice and in a split minute a soup of fine smooth consistency is ready to be heated. Some of these and other soups are improved by the addition of 1 or 2 tablespoonsfuls of sherry.

It is advisable to cut up raw food coarsely before putting it into the blender. Raw meat may form disagreeable curds in cooking which can be made to vanish by reblending after heating.

Mushrooms cooked or uncooked are a fine addition.

Rub the container with garlic or add onion very sparingly for good additional flavour.

Combine ingredients in any proportion to suit your taste or convenience. Chiffonade effects are gained with parsley, cress, celery leaves, outer lettuce leaves, spinach, etc., added to clear stock. A ‘cream’ quality is gained
THE ELECTRIC BLENDER

with cream sauce, cream, egg yolks, milk, and the use of canned cream soups or such vegetables as Lima beans and potatoes or small chunks of cooked veal stew or steak.

Good Combinations:

1. can cream of chicken soup, 1 cupful cress, 1 cupful parsley, a fresh pared cucumber, seeded if old, plus a cupful or two stock-pot liquor or milk. This is good, especially when chilled.
2. can green pea soup, left-over blender spinach or raw spinach, parsley, ham bone stock or milk, or both.
3. can tomato soup, milk or stock, parsley, celery leaves, etc.

General Comments:

Raw rhubarb, pineapple, outer celery stalks and foods with a fairly tough cellulose structure become stringy or grainy and are only recommended for concoctions which are further softened by cooking or straining.

One teaspoonful grated onion may be added to a mixture that is to be served uncooked, but if raw onions in quantity are used their flavour will be disagreeably strong and they must be cooked until the flavour is mild.

Avoid adding boiling hot liquids to blender. Cool them to prevent cracking the container. Fill the container only about 2/3 full to avoid overflowing. If you have a larger amount of ingredients to blend, put them through in several batches.

Always place the lid on the container before turning on the blender to avoid spurtling.

**BLENDER VICHYSSOISE**

3 Servings
Superlative! Made in about 20 minutes by using a blender and pressure-cooker.
Serve it hot or chill it quickly by placing it in a refrigerator tray or deep freeze. Follow the rule on page 48 for:

Vichyssoise

Use 1/3 the amount of ingredients given. After adding the potatoes and stock, pressure cook the soup for 3 minutes at 15 pounds pressure. Cool it. Blend it covered until smooth, about 1 minute. Place the soup in a jar. Chill it thoroughly. You may add the cream, but you will probably like the velvety result just as well without cream. Hot or cold, sprinkle the top with:
Chopped chives

**BLENDER BORSCHT**

3 Servings
Canned beets are fine for this. Blend covered for 2 minutes:
1 cup bouillon or stock
1 cup beet liquor
2 tablespoons sour cream

2 teaspoons lemon juice
1/2 teaspoon salt
A grating of pepper
Thin lemon peel, about 1 tablespoon
1 cup canned or cooked sliced beets

Serve hot or thoroughly chilled topped with:
1/2 cup whipped sour cream
Chopped chives

In summer keep a can of beets and one of consommé on ice. Combine these with 1 cupful water and 1 or 2 tablespoonsfuls ketchup. Blend, season, and serve as directed, or combine the beets, 1 can of consommé, and 1 can of cream of chicken soup. Blend. Season and serve.

**BLENDER ONION SOUP**

3 Servings
Sauté covered over low heat for 1/2 hour, stirring frequently:
2 cups sliced onions
in:
3 tablespoons fat
THE ELECTRIC BLENDER

Remove cover for the last 5 minutes. Place in the container the cooled onions and:

2 cups beef or chicken stock
2 or 3 tender ribs celery with leaves
2 or 3 sprigs parsley

Cover container and run blender for 30 seconds. Serve hot like Onion Soup (page 43).

BLENDER CREAM SOUPS

4 Servings

Place in container, cover and blend until smooth:

2 cups milk or part cream, part stock, or vegetable stock
2 tablespoons flour
2 tablespoons soft butter
1 teaspoon salt
1 teaspoon pepper
1 thin slice onion
2 to 3 sprigs parsley or
1 cup celery leaves

Raw, canned, or cooked vegetables cut up coarsely

Stir and cook over low heat until soup boils, about 5 minutes. Season as needed with salt. For vegetables use: Asparagus, 1 cupful; corn, 1 cupful; raw unpeeled cucumber, 2 cupfuls; 6 to 8 mushroom caps, stems sautéed. Spinach, if raw, 2 cupfuls tightly packed; if cooked, 1 cupful. If you use 1 cupful peas, cut the flour to 1 tablespoonful. If using cooked leftover food, do not season soup until ready to serve it. Heat and serve.

BLENDER BISQUES

Use the basic ingredients given above for blender cream soups. Omit seasoning, depending on how rich a soup you like, add or reduce flour to 1 tablespoonful, substitute for the raw, canned, or cooked vegetables:

1/2 cup cooked chicken
1/2 cup cooked or canned crab meat or fish flakes
1/2 cup lobster meat
1/2 cup salmon
1/2 cup shrimp
2 raw oysters or 1/2 cup diced cooked meat: beef, lamb, veal, or ham

Stir and cook over heat as directed for blender cream soups. Season and serve.

BLENDER CHICKEN EGgnOG

3 Servings

Heat:
2 cups chicken broth
Blend covered for about 15 seconds:
2 eggs
1 tablespoon lemon juice
1/4 teaspoon salt
A grating of pepper
2 tablespoons sherry

Remove cover. Add the hot broth very slowly to container with blender running. Place in jar and chill thoroughly. Serve with:

Chopped parsley

SUGGESTIONS FOR COLD BLENDER FRUIT SOUPS OR SHERBERTS

A frothy thick texture is achieved by adding to fruit juice a raw apple, cooked rhubarb, or cracked ice cubes. A smoother, heavier result comes from use of egg yolks and cream. A fairly creamy result comes from a fresh peach, a banana, or canned pineapple juice. A velvety concoction is:

1 small banana
1 cup milk

Add vanilla or rum, no sugar needed. You may add to this 1 tablespoonful chocolate syrup or 4 tablespoonfuls vanilla ice-cream. Also try stewed or canned apricots with milk, apricot, pineapple, and lemon juice with cracked ice cubes, frozen strawberries with sour or sweet cream. Interesting flavours may be added through the use of small quantities of jelly or jam. Vary flavour with honey sweetening. Almost any fruit is usable unless it is very seedy or has long tough fibres like pineapple.

BLENDER GRAPE DRINK

Individual Serving

Combine:
1/2 cup grape juice
1 tablespoon lime or lemon juice
1 teaspoon sugar or honey
1 egg yolk

Put cover on blender and run it about 30 seconds.
THE ELECTRIC BLENDER

BLENDER HEALTH DRINK

Individual Serving
Place in blender container and run until thoroughly blended:
1 peeled and sectioned navel orange
2 tablespoons lemon juice
1 egg yolk
1 tablespoon sugar or honey
(1 cup finely chopped ice)

BLENDER PURÉED VEGETABLES

The blender is a find for mothers of young children. Raw vegetables may be blended and then cooked until they boil. Or, vegetables may be barely cooked—the pressure-cooker is wonderful for this—cooled, and then blended. Butter and cream may be added.

BLENDER SPINACH

4 Servings
Wash, remove coarse stems from about 12 ounces of spinach. Place ½ cupful milk, sour cream, stock, or water in the container. Run blender. Feed the spinach into it gradually. When blended, heat, add butter and seasoning, or cream it (page 259).
Or cook spinach (page 260), put it very briefly through a blender. Cream it as directed.
Or, as a time saver when making creamed spinach follow the next rule.

BLENDER SPINACH DISH

4 Servings
Place in blender:
1 cup milk
1 thin slice onion
3 tablespoons soft butter
2 tablespoons flour
½ teaspoon salt
½ teaspoon paprika
A fresh grating of nutmeg or lemon rind
(1 skinned clove garlic)
Turn on blender. Feed into it gradually:
12 ounces spinach, coarse stems removed
When smooth, stir this mixture over low heat for about 2 minutes, until it bubbles and the flour is cooked. Serve with:
Buttered crumbs
4 slices cooked crumbled bacon
2 sliced hard-cooked eggs

CUSTARD

Follow any rule for custard. Blend ingredients briefly without heating, pour into cups and bake as directed on page 642. This makes a good quick custard:
2 cups milk
3 whole eggs
⅔ to ¾ cup sugar
1 teaspoon vanilla
A pinch of salt

QUICK BLENDER TRICKS

For Meat loaf. When in haste place all ingredients, except the meat, in a blender. Combine the blended ingredients with the minced meat.
For Spaghetti Sauce (page 80). Blend all the ingredients for spaghetti sauce after sautéing and cooling the onion. Cook the sauce.
For Fish Mousse (page 436) and similar dishes. You may avoid mincing the raw fish by using the blender.
For quick mixing and improving texture of pie fillings, commercial puddings, and cocoa before heating.
For cheese spreads. Blend hard cheeses with a little cream and your favourite seasonings.
For French Dressing (page 446). Blended French dressing does not separate or need shaking for 4 or 5 days.
For Ice-creams. Many ice-cream mixtures may be rapidly and satisfactorily combined in a blender. Example: Put in the container some of the liquid called for in the ice-cream recipe you choose. Add fruit, sugar, and flavouring, etc. If you use frozen fruit, break up the block into pieces. Blend and combine with remaining ingredients.
For cleaning. Even the messiest mixtures are freed from blades by adding soap chips or detergents to water and running the blender for a few seconds.
HOW TO SEPARATE AN EGG

Have 2 bowls ready. Holding an egg in one hand, tap the centre of the side of the egg lightly, yet sharply, either with the edge of a knife-blade or on the edge of one of the bowls, to make an even crosswise break. Then take the egg in both hands with the break on the upper side. Hold the egg over a bowl and tip the egg so that the wider end is down. Hold the edges of the break with the thumbs. Widen the break by pulling the edges apart until the egg shell is broken into halves. As you do this some of the egg white will flow into the bowl; the yolk and the rest of the egg white will remain in the lower half of the shell. Now pour the remaining egg back and forth from one half shell to the other, letting some more of the white flow into the bowl each time until you have only the yolk left. Place the yolk in the other bowl. Be sure that the egg whites in the bowl are entirely free from the yolks. If there are bits of yolk in the bowl, fish them out with a clean piece of shell or a spoon. If you are not careful about this, the egg whites will not whip properly.

To divide an Egg. Beat the egg, measure it in a measuring cup and divide.

RICE

Let's try to keep this sad tale with its moral in reverse from little children. The same amount and kind of rice rations were issued to some nuns and monks in the Philippines. The nuns, being tidy, washed theirs. The monks, being hasty, didn't go to all that bother. Some of the nuns developed beriberi while all the monks remained hale and hearty.

IXIII
This story coincides with scientific experiments which show that whether rice is short or long-grained, brown or white, tremendous losses in nutrients result from the old method of washing rice before and after cooking. Brown or undermilled rice is richer in taste and a far better buy nutritionally than processed or polished rice. Combined with eggs or sauce it cannot be distinguished at sight from its weaker, handsomer sisters.

To keep rice white when cooked in hard water, add 1 teaspoonful lemon juice or 1 tablespoonful vinegar to the cooking water.

One cupful uncooked rice equals about 3 1/2 cupfuls rice when cooked.

**FOOD ON SKEWERS**

If uncooked food is used, you may broil it 3 inches from the heating unit under moderate heat until done. Leave the oven door partly open. Cooked food is broiled under quick heat. In either case, baste the food several times with melted fat while cooking and turn it frequently to cook evenly. Some cooks like to place the filled skewers over a bread pan for easier handling while broiling or baking.

**LOBSTERS**

Allow 1/4 large lobster or 1 small lobster per serving. Buy active lobsters weighing from 1 1/2 to 2 1/2 pounds. Lobsters weighing 3 pounds and over are apt to be coarse. A 2 1/2-pound lobster will yield about 2 cupfuls of meat. The colour of a live lobster is a dark greenish blue. Cooked it becomes a bright red.

The female lobster is considered finer than the male by many. (Do you remember Mr. Pontifex’s disappointment in *The Way of All Flesh*)? Its uppermost finlike appendages near the body are softer than those of the male. The flesh of the male stays firmer when boiled.

To keep live lobsters place them in the refrigerator, but not directly on ice.

When buying a cooked lobster see that its tail is curled. The tail when pulled should roll back into place. This means that the lobster was (properly) alive when cooked.

**To Kill a Lobster**

Lobsters may be bought with the claws plugged and held together by rubber bands. Kitchen tongs are helpful when handling a lobster. Cut the spinal cord of a live lobster by inserting a sharp-pointed knife where the tail and body meet (see illustration, *page 1xv*).
USEFUL HINTS

To split a lobster, place it on its back. Cross the claws, hold them firmly, and draw a pointed knife through the shell lengthwise from head to tail (see illustration below). To crack the claws sufficiently to permit the meat to be removed use a mallet or a nutcracker.

To Prepare a Lobster for Cooking in the Half Shell

The meat of a lobster is edible all but the stomach or lady—a hard sack near the head—and the intestinal vein that runs through the middle of the underside of the tail meat. Remove and discard these inedible parts. The spongy substance to either side of the body, the lungs, is harmless. They are not removed when a lobster is cooked in the half shell. Neither are the delicious red coral and the greenish liver or tomary.

To Remove the Meat from a Lobster

Pull off the claws. Place the lobster on its back. Hold it with one hand, and with the other, using a sharp scissors or knife, cut a lengthwise gash in the soft undershell. Draw out the tail meat in one piece. Remove and discard the lady or stomach and the intestinal vein. See above. Crack the large claws with a nutcracker or mallet. Draw out the meat. Keep the small claws to use as a garnish. Add the coral and tomary to the lobster meat or reserve it for use in dressings or sauces for lobster dishes.

RULE FOR SOAKING AND COOKING DRIED LEGUMES

Dried peas and beans are much more temperamental than they sound. Their cooking time depends on the locality in which they were grown and their age—usually two unknowns for the cook—plus the type of water in which the beans are to cook. Soft water is best, but if it is unavailable try boiling the water 20 to 30 minutes before adding the beans. If you have permanently hard water, the odds will still be against you.

Do not use soda as valuable nutrients are lost by its use.

Custom demands soaking to cover, usually overnight, then bringing the beans to a slow boil in the water in which they were soaked and simmering them. If you have forgotten to soak and have no pressure-pan, you still have an alternative:

Drop 2 cups dry beans into 1 quart boiling water. Do this slowly so as not to disturb the boiling point. When the last bean has been added, lower the heat to a simmer and keep it there until the beans are tender.

Dried butter beans, after soaking for 8 hours, may cook in about 1 1/2 hours. Lentils take about 1 1/2 hours.

For Pressure Cooking, see Appendix B, page xlviii.
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USEFUL HINTS

TO CARVE LAMB

TO CARVE HAM

TO DRAW A BIRD

TO STUFF AND TRUSS A BIRD
USEFUL HINTS
TO CARVE POULTRY

RABBIT, HARE, AND SQUIRREL

If you are choosing rabbits, select them with soft ears and paws and sharp claws, all signs of youth. If you have shot your own, you are probably aware of the precautions needed to avoid tularemia. Never handle rabbit or other wild meat with your bare hands, and be sure that the flesh of these animals is sufficiently cooked. Draw rabbits at once. You may hang them 3 or 4 days.

To Dress Rabbit, Hare, and Squirrel

Sever the front legs at joint as shown on the dotted line. Cut through the skin around the hind legs as shown again by a dotted line. Tie the feet together securely. Hang the rabbit on a hook where tied. Pull the skin down off the legs, stripping it inside out like a glove and—over the body and forelegs. Sever the head and discard it with the skin. Slit the rabbit down the front. Remove the entrails and discard except for the heart and liver. Wash inside and out with acidulated water, that is, water to which 1 to 2 tablespoonfuls of vinegar are added. Rinse and dry carefully.

There are proverbially many ways to skin a squirrel, but some hunters claim the one below is the cleanest and the quickest. It needs a sharp knife. Cut the tail bone through from beneath, but take care not to cut through
the skin of the tail. Hold the tail as shown on the left and then cut the
skin the width of the back as shown in the dotted lines. Turn the squirrel
over on its back and step on the base of the tail. Hold the hind legs in one
hand and pull steadily and slowly, as shown in the centre above, until the
skin has worked itself over the front legs and head. While holding the
squirrel in the same position, pull the remaining skin from the hind legs.
Proceed then as for rabbit, above, cutting off the head and the feet and
removing the internal organs, plus two small glands found in the small of
the back and under each foreleg between the ribs and the shoulders.

TO PREPARE GRAPEFRUIT OR
ORANGE SECTIONS

Remove outer hulls from:

A grapefruit
Pull the fruit apart into halves. Place

one half in your left hand the flat side
up with the fruit sections lying cross-
wise of the fingers. If the grapefruit is
prime you may proceed to work with-
out a knife; if not, a sharply pointed
knife is helpful. Split the membrane of
the exposed upper section as shown
above to the right by tearing it open
with the thumb and forefinger. Pull
the membrane parallel with the outer
edge, first toward one end and then
toward the other. In each case loosen

it with a downward movement and con-
tinue the downward movement toward
the base of the section until the surface
of the segment is free from membrane.
If this is done with a firm but light
touch the segment, still adhering to the
other side wall, will lie exposed and
ready for easy removal with the fingers
or knife. Lift up the segment and free
it from the inner and outer membrane.
Repeat this with each section, using
the portion remaining in the left hand
as a base of operations. The segment
may break, but this method is worth pursuing even so, for virtually none of the juice is lost. A thin white rib may remain partly embedded in the base of the segment but it need not be entirely removed.
The method given above for grapefruit may be used with some oranges and the method below for oranges may be used for grapefruit, although following it results in a considerable loss of juice. Wash and dry:
An orange
Hold the fruit over a bowl to catch all the juices and use a sharp knife to remove the rind and the white skin. Pare it around and around like an apple so that the cells are exposed. Loosen the membrane. Lift out the segment in one piece and remove any seeds.

**TO KNEAD DOUGH**

**THE VANILLA BEAN AND EXTRACT**
The ever popular vanilla bean is far more flavourful than the extract drawn from it. To use a vanilla bean cut off a small piece and place it in the liquid that is to be heated for a dessert. Use about a ¼-inch piece for 2 cupfuls of liquid. The bean is taken out or left in. As children we used to quarrel as to who was to suck the bean still floating in the custard sauce. The French sense of frugality urges that it be taken out, washed carefully, dried, and used in Vanilla Sugar (see below).
To flavour a cold dessert split the piece of bean, scrape it well, and add the seeds and pulp to the other dessert ingredients. When you use vanilla extract be sure to add it to cooled ingredients only. It has an alcohol base and when added to hot substances resolves itself into that wonderful fragrance that is one of the treats of the kitchen—but gives you a much diminished flavour in the food.

**VANILLA SUGAR**
A good French cook will have in readiness containers filled with variously flavoured sugars to be used in desserts. Place in a bowl:
A split piece vanilla bean, either fresh or used—see above
Add about:
The same quantity sugar
Pound these ingredients to extract the vanilla flavour. Add:
2 cups sugar
Place it in a tightly closed container. Use it in desserts omitting other vanilla flavour. The sugar may be strained and the bean used again until it loses all flavour.

**ORANGE OR LEMON SUGAR**
Combine:
Sugar
Grated orange or lemon rind
Place these ingredients in tightly closed containers. Use the sugar in desserts omitting other orange or lemon rind.
**MISCELLANEOUS HINTS**

To Extract Juice from an Onion: Cut a slice from the bottom of the onion and twist the onion on a grater.

To Keep Lemons or Oranges Fresh: Wrap them in tissue or oiled paper. Keep them in a cool dry place.

To Keep Limes Fresh: Put them in a closed fruit jar in the refrigerator.

To Chop Parsley: Pull the tufts from the stems. Cut the parsley with one of the new patent cutters or gather it firmly in the left hand and cut through it repeatedly with a knife or scissors until it is very fine.

To Keep Parsley: Place it in a closed fruit jar in the refrigerator.

To Thaw Frozen Vegetables and Fruit: Place them in cold water.

To Keep Cheese Fresh: Cover it with a cloth moistened with vinegar.

To Clean Silver: Immerse it in 1 gallon of hot water, placed in an aluminum pan, to which add 1 tablespoon table salt, 1 teaspoon soda. Rinse and dry it.

White Stains on Furniture: Rub stains with a thin paste made of olive oil and salt.

Vegetable Stains: Remove them from the fingers with a slice of raw potato.

To Fasten a Food Chopper Securely: Place a piece of sandpaper with the rough side to the table before tightening the screw.

To Keep a Bowl Steady when Whipping Ingredients: Place it on a wet folded cloth.

To Measure Fat: Solid fat may be measured by submerging in water. If $\frac{1}{2}$ cupful of fat is desired, fill a cup $\frac{1}{2}$ full of water, then submerge the fat until the water reaches the one cup mark. The water may then be poured off and fat removed from the cup without sticking.

To Clean a Burnt or a Greasy Pan Quickly: Place 1 inch of water in the pot, add 1 teaspoonful or more soda and heat the water to the boiling point.

Canned Shrimps: Canned shrimps are improved if soaked in ice water for 1 hour.

Evaporated Milk: Substitute $\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water for 1 cup fresh milk.

To Season when Doubling a Recipe: Be careful! It is not safe to double salt or other seasonings. Use seasoning sparingly at first. Add what is needed later. This calls for tasting.

To Blanch Almonds: Pour boiling water over shelled almonds, permit them to stand until the brown skin is loosened, then blanch the almonds by pulling it off. Soak blanched almonds in cold water in the refrigerator to whiten.

To Frezen French or Italian Bread or Hard Rolls: Let cold water run over them a second, then place in a moderate oven until crisp again. Cool before slicing.

To Preserve the Vitamins in Milk: Keep milk out of sunlight to prevent deterioration of its vitamins.

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HELPFUL HINTS

Avoid stirring air into cooking or hot food. Permit food to cool before putting it through a strainer. Oxygen destroys some nutritive elements.

Grease them well, place them in a hot oven 450° for about 30 minutes. Scour them well with steel wool. Keep a piece of alum in the drawer with silverware.

Put a tablespoon of butter or margarine in the water.

Melt in a little strong coffee instead of water.

Add a bit of grated lemon rind and juice to practically anything.

Put some prepared mustard on steaks, ham, in hamburgers, in dressing, in stuffing, and in vegetable butter.

Add 1 teaspoon lemon juice to each quart of water while cooking.

To cut chives and tarragon instead of chopping them. When chopped half their flavour is lost. Use shears also to cut parsley, dice cooked meats, dice giblets, cut crusts from bread, cut marshmallows, celery, etc. Dip shears in flour before cutting marshmallows.

Pour a solution of water and dry mustard into them and let them stand for several hours, or use a dilute chlorine solution, then rinse in hot water.

To flavour orange or lemon desserts. Be careful not to grate too deep. The coloured part imparts the flavour, the white part makes food taste bitter.

Put in small jar, cover and shake until the ingredients are blended. Use the amount needed. Keep the remainder in a cold place for future use.

Grease pot in which it is to be melted.

Cream butter that is to be spread on sandwiches.

Add cornflour or a few grains of rice to salt in shakers.

Rinse a pan in cold water before scalding milk to prevent sticking.

Scald the fruit with boiling water. Slip off the skins.

Place them between sheets of waxed paper or folds of a towel, then roll them.

Fat should never be allowed to smoke or it will form indigestible acids.

Use milk.

Many precious minutes may be saved during the breakfast rush if dry ingredients for muffins or pancakes are mixed the night before (and muffin tins greased).

A good way to handle pie dough is to place it on waxed paper. Gather up the paper into a bag and manipulate the dough through the paper until it forms a ball and is well blended.
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