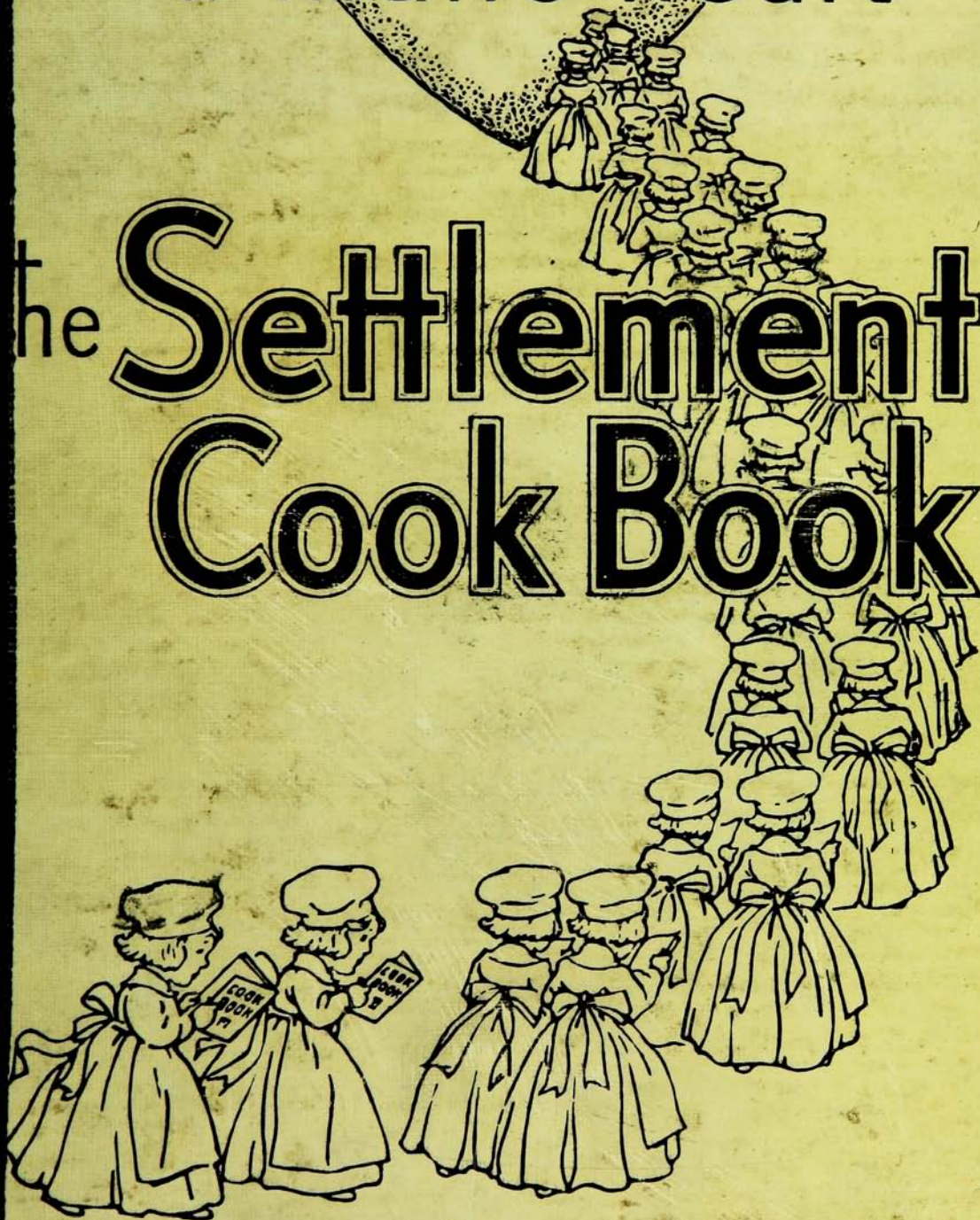


The way to  
a man's heart

the **Settlement**  
**Cook Book**



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THE  
SETTLEMENT  
COOK BOOK



Very Truly Yours  
Mrs. Simon Kander.

# THE SETTLEMENT COOK BOOK

*Compiled by*  
MRS. SIMON KANDER

Tested Recipes from  
The Milwaukee Public School Kitchens  
Girls Trades and Technical High School,  
Authoritative Dietitians  
and Experienced Housewives



*Twenty-seventh Edition*  
*Enlarged and Revised*

The Settlement Cook Book Co.  
MILWAUKEE, WIS.

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THE  
SETTLEMENT  
COOK BOOK

## RECIPES PLANNED FOR 4 TO 6 PERSONS

The recipes in this book are planned, as a rule to serve from 4 to 6 persons, depending on size of serving.



## TERMS USED IN COOKING

Cooking is the art of preparing food by the aid of heat, for the nourishment of the human body. The principal methods of cooking are boiling, broiling, stewing, roasting, baking, frying, sautéing, braising, fricasseeing and steaming.

**Baking:** Cooking in an oven.

**Basting:** Moistening with gravy or liquid at frequent intervals.

**Blanching:** Pouring boiling water over food, sometimes cooking a few minutes, and plunging into cold water immediately.

**Boiling:** Cooking in boiling water. Boiling point, 212° F.

**Braising:** Searing in fat, then cooking, covered, in oven or on stove in small amount of liquid.

**Broiling:** Cooking by direct exposure to heat, or over a glowing fire.

**Fricasseeing:** Stewing pieces of meat or fowl and serving with thickened gravy or sauce.

**Frying:** Cooking in hot fat, deep enough to cover food to be cooked.

**Grilling:** Broiling.

**Marinating:** Allowing food to stand in French dressing or a mixture of oil and vinegar or lemon juice.

**Masking:** Completely covering food with sauce or Mayonnaise.

**Roasting:** Cooking uncovered, without water, in an oven.

**Sautéing:** Cooking in a small quantity of fat.

**Scoring:** Making light cuts in lines on outer surface.

**Searing:** Browning rapidly at high temperature in skillet or broiler.

**Simmering:** Cooking at just below the boiling point.

**Steaming:** Cooking over boiling water, or in a steamer.

**Stewing:** Cooking slowly, covered, at low temperature, in small amount of liquid.

**Trying Out Fat:** Heating fatty meat, usually pork or bacon, until fat becomes liquid and can be poured off.

# Chapter 1

## Household Rules

### TABLE OF WEIGHTS AND MEASURES

60 drops..... = 1 teaspoon	1 oz. chocolate..... = $\frac{1}{3}$ cup cocoa
3 teaspoons..... = 1 tablespoon	1 cup raisins..... = 6 oz.
2 tablespoons..... = 1 liquid oz.	1 lb. walnuts in shell..... = $\frac{1}{2}$ lb. shelled
4 tablespoons..... = $\frac{1}{4}$ cup	1 lb. pecans in shell..... = $\frac{1}{2}$ lb. shelled
16 tablespoons..... = 1 cup	1 cup walnuts shelled..... = $\frac{1}{4}$ pound
1 wine glass..... = $\frac{1}{4}$ cup	1 cup pecans shelled..... = $\frac{1}{3}$ pound
2 cups..... = 1 pint	1 cup almonds shelled..... = $\frac{1}{4}$ pound
2 pints..... = 1 quart	$\frac{1}{3}$ cup blanched,
4 quarts..... = 1 gallon	chopped almonds..... = 1 oz.
8 quarts..... = 1 peck	1 lemon, juice..... = $2\frac{1}{2}$ to $3\frac{1}{2}$
4 pecks..... = 1 bushel	tablespoons
16 ounces..... = 1 pound	1 orange, juice..... = 5 to 6 table-
4 cups flour..... = 1 pound	spoons
3 cups corn meal..... = 1 pound	1 peck potatoes..... = 15 pounds
2 cups granulated sugar = 1 pound	1 peck spinach..... = $3\frac{1}{2}$ -4 pounds
$2\frac{2}{3}$ cups powdered sugar = 1 pound	1 peck peas in pods ..... = $7\frac{1}{2}$ pounds
$2\frac{2}{3}$ cups brown sugar..... = 1 pound	1 peck tomatoes..... = 14 pounds
2 cups solid meat..... = 1 pound	1 bushel plums ..... = 50 pounds
9 medium sized eggs..... = 1 pound	1 bushel pears..... = 48 pounds
5 whole eggs..... = 1 cup	1 bushel peaches..... = 48 pounds
8 to 10 egg whites ..... = 1 cup	1 bushel apples..... = 44 pounds
13 to 14 egg yolks ..... = 1 cup	
2 cups solid butter..... = 1 pound	<b>STANDARD SIZES OF CANNED</b>
1 pound brick butter..... = 2 cups	<b>FRUITS AND VEGETABLES</b>
1 rounded tablespoon..... = 2 tablespoons	An 8 oz. can..... = 1 cup
4 tablespoons flour..... = 1 oz.	No. 1 can..... = 2 cups
2 tablespoons butter,	No. 2 can..... = $2\frac{1}{2}$ cups
sugar or salt..... = 1 oz.	No. $2\frac{1}{2}$ can..... = $3\frac{1}{2}$ cups
1 square bitter	No. 3 can..... = 4 cups
chocolate..... = 1 oz.	No. 10 can..... = 13 cups

### HOW TO MEASURE

All measurements should be made level or flat.

Accurate measurement is essential to insure good cooking.

A half-pint measuring cup, with fourths and thirds indicated, is the standard. Standard measuring cups may be bought in sets consisting of 1 cup,  $\frac{1}{2}$ ,  $\frac{1}{3}$  and  $\frac{1}{4}$  cups.

Standard measuring spoons may be bought in sets consisting of  $\frac{1}{4}$ ,  $\frac{1}{2}$  and 1 teaspoon and 1 tablespoon.

### TO MEASURE DRY INGREDIENTS

A cupful is a measuring cup filled LEVEL or even with the ridge marked 1 cup. To measure dry ingredients, such as flour, and sugar, fill lightly with a spoon, taking care not to shake the cup.

A spoonful is a spoon filled LEVEL with the top. First sift the material into the bowl, dip in the spoon, lift it, slightly heaping, and level it by sliding the side of a knife across the top of the spoon. Do not level by pressing it.

Half a spoonful is obtained by dividing through the middle lengthwise. For  $\frac{1}{4}$  spoonful divide the half, crosswise; for  $\frac{1}{8}$ , divide the  $\frac{1}{4}$  crosswise.

A speck or a few grains of anything is what will lie within a space  $\frac{1}{4}$  inch square.

### TO MEASURE BUTTER OR FAT

**Bulk Butter: No. 1.** Pack solidly into cup or spoon, and level off with a knife. If very hard, leave at room temperature or cut into small pieces.

**No. 2.** When a recipe requires part of a cup of butter or fat, fill a cup with cold water; then pour off the same amount of water as the butter required: for example, to measure  $\frac{1}{4}$  cup of butter fill a cup with cold water, pour off  $\frac{1}{4}$  cup, and add butter until cup is filled. The butter added will equal  $\frac{1}{4}$  cup.

**Brick Butter:** When 1 pound of brick butter is cut and wrapped in four lengthwise parts, each part equals  $\frac{1}{2}$  cup; one inch of each part equals 2 tablespoons. When not divided,  $\frac{1}{2}$  of brick equals 1 cup.

**To Cut Brick Butter:** Cover blade of knife with wax paper; dip knife in very hot water; or saw through with string.

### LIST OF KITCHEN UTENSILS

#### POTS AND KETTLES

Tea Kettle  
 Coffee Pot  
 Tea Pot  
 Saucepans (4 sizes)  
 Double Boiler  
 Pan for deep frying  
 Large Stewing or Soup Kettle  
 Waterless Cooker  
 Pressure Cooker  
 Steamer  
 Iron or Aluminum Skillets  
 Griddle for pancakes  
 Waffle Iron  
 Dutch Oven  
 Covered Roasting Pan  
 Pudding Dishes  
 Oven Casseroles  
 Individual Ramekins

#### BAKING UTENSILS

Bread Pans  
 Pie Plates (2) tin or glass  
 Baking Sheet for cookies  
 Coffee Cake Pans (2 or 3)  
 Layer Cake Tins (2 or 3)  
 Loaf Cake Tin  
 Angel Cake Form  
 Spring Form  
 Cake Form with Center Tube  
 Muffin or Cup Cake Pans  
 Bread Board  
 Rolling Pin  
 Wire Rack for cooling cake  
 Flour Sifter  
 Cookie, Biscuit, and  
 Doughnut Cutters  
 Pastry Brush  
 Rubber Scraper

**COOKING UTENSILS**

Mixing Bowls (4-5)  
 Glass Measuring Cup  
 Set of Measuring Cups  
 Quart Measure  
 Strainers—3 sizes  
 Colander  
 Food Grinder  
 Fruit Juicer  
 Wooden Chopping Bowl  
 Potato Masher  
 Graters  
 Wheel or Rotary Egg Beater  
 Wire Egg Whip  
 Funnel  
 Pancake Turner  
 Can Opener  
 Bottle Opener  
 Cork Screw  
 Apple Corer  
 Scissors  
 Vegetable Brushes  
 Flour, Sugar & Salt Dredgers  
 Lemon Squeezer  
 Ice Pick  
 Basting Spoon  
 Wooden Mixing Spoons  
 Large Ladle  
 Soup Skimmer  
 Measuring Spoons  
 Teaspoons  
 Tablespoons  
 Spatula  
 Vegetable Knives (2)  
 Bread Knife  
 Carving Knife and Fork  
 Grapefruit Knife  
 Chopping Knife  
 Kitchen Knives and Forks  
 French Vegetable Cutter  
 Knife Sharpener  
 Long Handled Forks (2)

**MOLDS**

Ring Molds  
 Melon Mold  
 Timbale Molds  
 Any Fancy Mold

**FOOD CONTAINERS**

Bread Box  
 Sugar Canister  
 Flour Canister  
 Salt Box  
 Spice Box  
 Small covered glass Spice Jars  
 Pint glass Jars (6) for storing supplies  
 Quart glass Jars (6) for storing supplies

**FOR REFRIGERATOR**

Covered Glass Dish for brick butter  
 Covered Ice Box Dishes  
 Granite or Heavy Glass Pitcher  
 Glass Water Bottles  
 Hydrator

**MISCELLANEOUS**

Scale  
 Dish Pan  
 Dish Drainer  
 Sink Strainer  
 Paper Toweling  
 Wax Paper  
 Garbage Can  
 Scrub Pail  
 Floor Mop  
 Broom  
 Whisk Broom  
 Dust Pan

**CANNING EQUIPMENT**

See chapters on Jellies, Canning and Preserving (Pages 551-606)

**ELECTRIC EQUIPMENT**

Electric Mixer  
 Electric Roaster  
 Electric Toaster  
 Electric Sandwich Toaster  
 Electric Waffle Iron

**A Double Boiler** is a covered kettle that comes in two parts. The top of the boiler contains the food to be cooked, and fits closely into the lower part, which should always be  $\frac{1}{3}$  full of boiling water. The double boiler is used for keeping foods hot, for cooking cereals, sauces, egg mixtures, and similar foods which are cooked under the boiling point.

**A Steamer** is a covered kettle with a perforated tray, upon which the food is placed either directly or in a separate dish. The water should never reach above the tray and should boil slowly, allowing steam to rise through the holes. Greater food value is retained and more mineral salts are saved by steaming.

**The Waterless Cooker** is a large, tightly covered kettle with fitted pans for long, slow cooking of a complete meal at one time over one burner. The bottom of the kettle does not rest directly on the flame. The kettle needs little watching or stirring. The base of the kettle should never be washed in water—merely wiped.

**A Pressure Cooker**, *see* pages 15-17.

**A Fireless Cooker**, *see* pages 14-15.

**A Dutch Oven** is a deep iron skillet with a tight fitting iron cover, fitting over one burner on top of stove. It pot roasts meat or fowl in their own juices, without adding water, by long, slow cooking which requires no watching.

**A Spring Form** is a deep round cake pan with removable rim, used in baking torten. After removing the rim, the cake is served on a large plate, but may remain on the bottom of spring form in which it was baked. Also made with inserts. (*See* page 451.)

### KITCHEN RULES

**Proper Dress for the Kitchen:** Jewelry should not be worn in the kitchen. Wear a cotton wash dress or a cover-all apron with a pocket for a handkerchief.

Have a small hand towel that buttons on band of dress or apron.

Have two pot holders, fastened together with tape and attach to dress or apron. Wear washable cap that covers the hair.

**Washing Hands:** Always wash hands before beginning work and have finger nails clean. If fingers become sticky or covered with dough, wash and dry before finishing work. Never lay handkerchief on table, or keep it in the hand. If necessary to use it while cooking, wash hands before taking up work. Never lick your fingers or dry them on the dish towel. Have hand towel for drying hands.

Do not taste from the mixing spoon; pour from the mixing spoon into a teaspoon and taste from this. Do not taste from a spoon or drink from a glass or cup that has been used by another person, without first washing it. Do not blow on food to cool it.

### SETTING THE TABLE

Table setting is divided into three parts: (1) laying of cloth; (2) placing of decorations, flowers, candlesticks and compotes; (3) placing of plates, silver and glassware.

**1. Linens:** Cover the table with a silence cloth of felt padding or Canton flannel. Over this spread a spotless table cloth, the middle crease up, dividing the table exactly in half and the edges hanging evenly all around the table. Allow a twelve to eighteen inch hangover for a dinner cloth and an eight to twelve inch hangover for a luncheon cloth.

Lace tablecloths require no silence cloths.

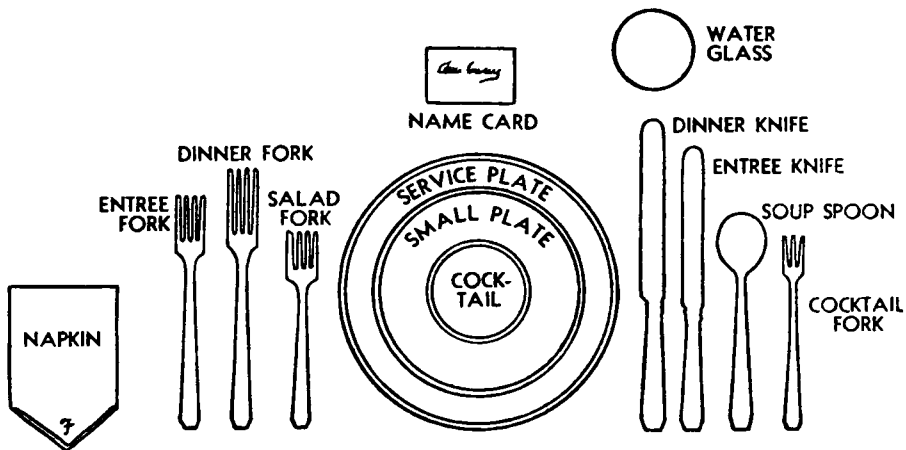
For breakfast, luncheon or supper, doilies (on padded mats for hot plates) may be used instead of a cloth.

**2. Decorations:** The center decoration should not obstruct the view. It may be a low bowl or mirror with fruit or flowers, according to the type of table setting used. For formal occasions, two candelabra or four candlesticks are placed at either side of the center-piece. Compote dishes two or four in number, filled with nuts and candies *may be* placed toward the ends of the table.

For luncheons no candles are used. Small ornaments of glass or china are substituted for them.

Place everything straight upon the table, as neatly and attractively as possible. Keep a nice balance and avoid crowding.

**3. Individual Covers:** A cover consists of plates, glasses, silver and napkin to be used by one person. The "covers" should be directly opposite each other, one inch from the edge of the table, allowing twenty-five to thirty inches from plate to plate.



INDIVIDUAL COVER FOR FORMAL OCCASIONS

Heat china and silver dishes in which warm food is served by placing on radiator or on hot oven, protected by pad. Chill dishes for salads and ices.

**Service Plate:** This plate should be placed one inch from the edge of the table and should remain in place until it is exchanged for the plate of the first hot course. On the service plate is placed the plate containing the cocktail glass for fruit or shellfish, the appetizer, the bouillon cup or soup plate and the entree.

### PLACING THE SILVER

**Silver** should be placed one inch from the edge of the table at either side of the service plate in the order in which it is used, commencing from the outside and continuing toward the plate. It must always be placed at right angles to the edge of the table.

**Knives** are placed at the right, sharp edges toward the plate.

**Forks**, tines turned up, are placed to the left of the plate.

**Spoons** for the appetizer and the soup, bowls turned up, are placed to the right of the knives. The cocktail spoon or fork is placed at the extreme right end. Other spoons are brought in with their respective courses.

Silver for the dessert course is not put on with the other silver at a formal dinner, nor are more than three forks laid. Additional silver is brought in with the dessert and coffee, either on the plate or placed from a napkin or tray at the right of the plate.

**The Water Glass** should be placed at the right, at or near the point of the knife. It should be only three-fourths full.

**The Wine Glass** should be placed below and to the right of the water glass.

**The Bread and Butter Plate** is placed directly above the forks, the spreader, straight across the top of the plate, handle to the right. At formal dinners no spreader is used and sometimes the bread and butter service is omitted entirely.

**Individual Salt and Pepper Sets** may be placed above each plate or between each two covers.

**The Napkin** is placed to the left of the forks with the fold at the top, the hemmed edges parallel with the forks and the table edge. Monogrammed, embroidered or luncheon napkins are folded in rectangular or triangular form, according to size and design.

**Side Board and Serving Table** are used to hold all silver for serving and all extras which may be needed during a meal.

### DIRECTIONS FOR SERVING

A simple menu may be served as attractively as a more elaborate one. There are three kinds of Service:

**Formal or Russian:** For formal occasions.

**Compromise:** For informal occasions where there is a maid. This is a combination of the Russian and English Service.

**Informal or English:** Family Service. Informal where there is no maid.

**Where There Is No Maid:** All the food belonging to one course is placed on the table in platters or suitable dishes before the person who is to serve or on a nearby tea-cart or small table. The number of plates necessary may be in a pile directly in front of the server, or the plates may be passed by each individual in rotation. Salad plates may be placed at the left or right of the cover for informal service.

**When Guests Are Expected:** Set the table, prepare the salad and dessert early. Half an hour or more before the dinner hour, finish cooking each article to be served hot and place it in double boiler over boiling water. Keep meat and rolls in a slow oven.

**Platter Service:** By this method everything pertaining to a complete course is served from large platters.

The main course consisting of meat, potatoes and vegetables with



appropriate garnishes, is artistically arranged with regard to color and shape, and served piping hot to each guest.

The salad course, with its wonderful possibilities for bringing out pleasing combinations in taste and color is served icy cold, also from a large platter.

**The dessert course** may be served by the hostess at the table.

Sometimes the dessert is served individually as is also the first course. The number of courses served depends on the occasion and the expense to be incurred. Crackers and relishes are served with the soup, buttered rolls and relishes with the main course, wafers with the salad course, small cakes with the frozen desserts, and nuts and candies at the end of the meal.

Any number of guests may be served in this manner provided a proportionate amount of help is supplied in the kitchen and dining room. One waitress can easily serve from six to eight persons.

**Individual Service:** A simple way of serving large groups is by the individual service. Small portions of everything belonging to one complete course are artistically arranged on individual plates in the kitchen, and served to each person.

**Buffet Service:** A buffet luncheon or supper is an informal affair at which large numbers may be easily served. A long, narrow table or a board, covered with an appropriate cloth, is placed at one side of the dining room. The food is attractively arranged on serving platters or bowls on this table.

One hot dish and one hot drink may be served to the guests, otherwise they help themselves or each other.

Assisting hosts or hostesses carve the fowl, ham or other meat not already cut.

If the guests are seated around the room, the necessary plates, and the silverware for each guest, are placed on the buffet. If small tables in the dining or living room are used, these are set as for any other service.

**Formal or Russian Service:** The host and hostess take no part in the service. No food appears on the table. All serving is done from the pantry or serving table by waitresses. Four to six guests are assigned to one waitress. Each plate may be brought to the table with a portion of the main dish of the course or the plates are set down empty and the food passed on well arranged platters from which the person helps himself, as on page 6. The waitress removes one plate with the right hand and places the plate for the next course with the left hand, the table never being without plates. Before serving the dessert, clear away everything but the decorations; then remove crumbs from the cloth. Cocktails with small appetizers may be served before the meal in the living room. After dinner coffee, also, may be poured by the hostess in the living room after the meal.

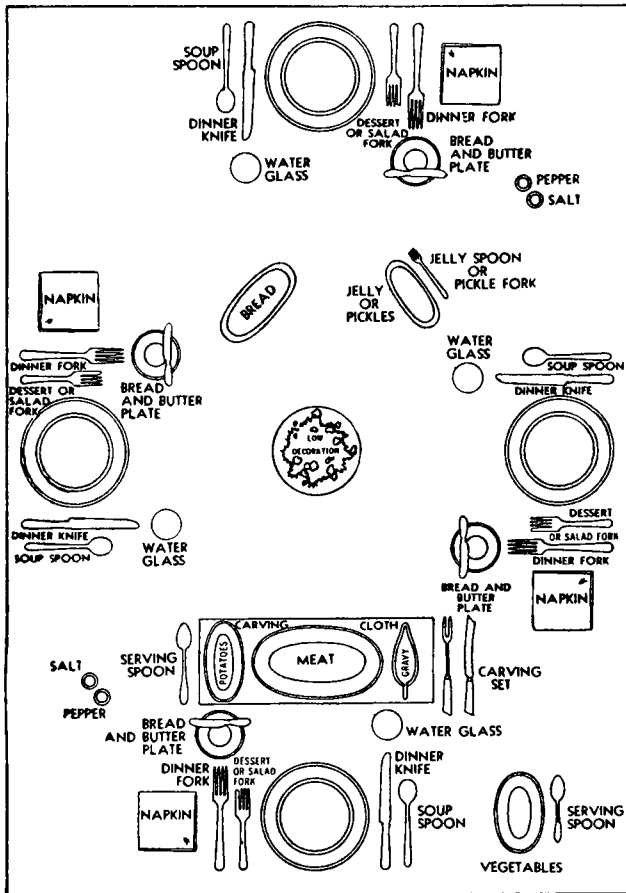


TABLE SET FOR INFORMAL SERVICE

**For Informal Service Where There Is a Maid:** The table is set with a plate and silver for each person. The platter or dish containing the main course is placed before the host, who serves the first portion on the plate before him. While the host is carving, the waitress holds an extra plate in her left hand and stands to the left of the server. She removes the filled plate, places the extra plate before the server, and passes the plate with the food to the first person to be served, at the same time taking the empty plate from this place. She brings this empty plate back to the server, removes the second filled plate, replacing it with the empty plate,

and continues in the same manner until everyone is served. The extra plate is then set aside.

**Finger Bowls** may be brought in before any course when necessary, and placed at the left of the cover. Usually the finger bowl, half filled with tepid water and containing a few flower petals, is brought in on a plate containing a doily and the dessert silver, before the dessert course. It is placed before each person, who removes the doily and finger bowl to the left and the silver, leaving the empty plate.

### WAITING ON TABLE

**Uniform of Waitress:** The waitress should wear a uniform; her hair, collar, cuffs, apron and hands should be trim and spotlessly clean. She should be quiet and orderly in her movements.

**A Waitress** stands at the left of each person, whether placing or removing a plate, or passing a dish from which one helps himself.

In passing individual portions, side dishes and all beverages from which the person does not help himself—the waitress sets them down slowly and easily from the right hand side. Do not lift a cup from the

table when pouring tea or coffee. Never lift a glass to refill it. Use a napkin to catch any drops from the pitcher.

Used dishes should be removed from the side from which they are served. Plates should be placed and removed one at a time.

When exchanging, passing or placing a plate, the thumb should never touch the upper surface. Use the left hand when placing or removing one plate. If removing and placing, use the left hand for the plate containing food; the right hand for empty plates.

In passing dishes from which a person helps himself, have a squarely folded large napkin or service doily in the palm of the left hand under the dish, with the serving silver conveniently placed.

The folded napkin is used under all dishes. A tray, with a doily, is used in passing or removing sugar and cream, or salt and pepper.

### ORDER FOR SERVICE

The host sits at the head of the table, the hostess directly opposite. The guest of honor, if a man, is seated at the right of the hostess; if a woman, at the right of the host. Serve the hostess or lady guest of honor first and continue toward the right. The next course should be served toward the left, that no side be always served last. At a formal dinner two waitresses serve, one from the hostess to the right, the other from the host to the right.

### CLEARING THE TABLE

When the main course is finished, remove all dishes containing food first; the platters, vegetable dishes and smaller serving dishes, not taking the silver from them; next the individual cover, consisting of the large plates and the butter plates, then the sauce dishes, if any, and last of all the clean plates and silver not used.

Do not remove cutlery or silver from dishes.

Do not pile dishes one upon the other.

Before serving the dessert, remove salts and peppers, relishes and all other dishes. Remove all crumbs with a folded napkin, brushing them on a plate or crumb tray.

After the meal is over and the family or guests have left the dining room, all knives, forks and spoons should be collected, also glasses, cups and saucers and dessert dishes.

Never set any food away on the dishes used for serving. Remove to the place where they are to be washed. Brush the crumbs from the cloth and fold it carefully in the old crease, as it lies on the table. If the napkins are used again, place them neatly folded in their individual rings.

Brush the crumbs from the floor. Arrange chairs in their places.

Never sweep or dust the dining room just before a meal.

## WASHING DISHES

Scrape all waste portions of food from dishes, rinse them; empty and rinse cups.

Arrange all articles of each kind together; plates by themselves, the largest at the bottom; cups by themselves; silver articles together, and steel knives and forks by themselves.

**Soaking Dishes:** If possible, cooking utensils should be washed as soon as used, or filled with water as soon as emptied.

Handles of knives and forks, if of wood, bone, ivory or pearl, should not be put into water, as they are apt to split. They should be wiped first with a wet, then with a dry cloth.

Cold water should be used for soaking dishes which have been used for milk, eggs, fish and starchy foods; hot water, for dishes used for sugar substances and for sticky, gummy substances like gelatin. Greasy dishes of all kinds, including knives, are more easily cleaned if first wiped with soft paper, which should be burned.

Order: (1) Glassware; (2) Silver; (3) Cups and saucers; (4) Plates; (5) Platters, vegetable dishes, etc.; (6) Cooking utensils.

**To Wash Dishes:** Have a pan half filled with hot soapy water. Slip glasses and fine China in sideways, that the hot water will touch outside and inside at the same time, and thus avoid danger of cracking. If dishes are very greasy, add a little washing soda, or ammonia. Rinse all dishes in clean hot water (except cut glass), drain and wipe with clean, dry towels.

**Draining Dishes:** As the dishes are washed, place them in order in a wire dish drainer. For fine dishes and glassware, do not use drainer, but place on a folded dish cloth to avoid nicking. Rinse by pouring boiling water over them. Let drain and they will need almost no drying.

A wheel egg-beater should not be left to soak in water. Keep the handles clean, wipe the metal with a damp cloth immediately.

Kitchen knives and forks should never be placed in dish water. Scour them with scouring powder, using a dampened cork or a piece of raw potato. Wash with dish cloth, and wipe them dry. Use stainless steel knives when possible.

Tinware, granite, ironware should be washed in hot water, and if browned, rub with scouring pad, ammonia powder, salt or baking soda.

Use wire dish cloth if food sticks to cooking utensils.

Never use washing soda or baking soda on aluminum. Use steel wool.

Keep strainer in sink, and pour all dish water, etc., in it, and remove contents of strainer, wrap in paper, and burn or place in garbage pail. Wash towels and cloth or mops with plenty of soap, and rinse thoroughly every time they are used. Hang towels up evenly to dry. Wash dish cloths. Wash dish pans, wipe and dry. Wash hands with pure soap to keep them smooth; wipe them dry.

Wash tea kettle; polish faucets; scrub sink with clean hot suds.

When *scrubbing* boards, wet brush and apply soap with upward strokes, working with the grain of the wood; rinse and dry.

### CARE OF SILVER

Silver should be washed in clean, hot, soapy water; rinsed with boiling water, drained and wiped dry as soon as possible.

When silver is tarnished, use a good silver polish, or wet a little sifted whiting with ammonia. Apply with a soft cloth, let stand on a paper to dry, then rub off with a soft cloth; rinse and polish with a second cloth or chamois.

Silver tarnished by egg should be cleaned immediately after washing. Use a soft brush for ornamental pieces.

Never put silver on rubber or directly on stove. Silver serving dishes may be heated in hot water or kept warm in a slow oven on top of a radiator, or on an asbestos pad over the heated oven.

### CARE OF THE SINK

When dish washing is finished, wash every part of the sink with hot, soapy water or fine scouring powder. Wash above and around the sink. Use a skewer to clean behind the sink pipes.

Flush the sink with boiling water every day and about once a week with a strong solution of washing soda.

### CARE OF THE DINING ROOM

See that no food is left uncovered in the room and that all movable furniture is set aside. Use a sweeper or cleaner after every meal. Always sweep or dry mop a floor before washing or scrubbing it. Sweep from the edges of the room toward the center, turning broom edge-wise to clean cracks.

Wipe varnished woodwork with an oiled cloth. Then rub with a soft, dry cloth.

Wash painted woodwork with clear, warm water. If very dirty, use pure white soap.

### TO REMOVE GREASE FROM FLOOR

When grease drops on the floor, pour ice cold water on it immediately to harden the grease so it will not soak into the wood.

### TO PICK UP BROKEN GLASS

Small pieces of broken glassware may be picked up from floor or other hard surfaces with dampened, absorbent cotton or paper towels.

### DUSTING A ROOM

Begin at one corner and take each article in turn as you come to it. Dust from the highest things to the lowest. Dust the woodwork, furniture and movable articles with a soft cloth, and wash the cloth when it is soiled.

### AIRING A ROOM

Lower the upper sash of one window and raise the lower sash of an opposite window.

### CARE OF THE REFRIGERATOR

**General Directions:** Follow the manufacturer's directions regarding placement of food and care of the refrigerator. The temperature in a refrigerator should be between 40 and 50 degrees F. Do not leave the door open longer than necessary. Do not place hot or warm food in refrigerator. Unless otherwise specified, keep food covered in enamel, china, glassware, oiled silk bags, or wrapped in waxed paper.

Defrost a **Mechanical Refrigerator** when the freezing compartment becomes coated with one-eighth to one-fourth inch of ice by disconnecting the refrigerator or setting control at "defrost" until the ice is melted. Defrosting time can be shortened by placing hot water in the ice cube trays and leaving the door open. To clean a refrigerator wash the shelves and walls with a solution of 2 tablespoons baking soda in 2 gallons water. When closing your home, remove all food, disconnect current and leave door open.

For an **ice refrigerator** pour hot baking soda solution down the pipes and drain, once a week, then rinse with boiling water. Where an ice refrigerator is used, the ice chamber should never be less than half full. This will insure a temperature not exceeding 50° F.

### FOOD PLACEMENT IN REFRIGERATOR

In **Mechanical Refrigerator** green and salad vegetables should be kept in covered hydrators, berries and ripe fruits in shallow pan. Eggs should be kept on lowest shelf in a basket, uncovered. Meats should be unwrapped and kept uncovered or covered lightly with oiled paper in the defrosting tray under freezing unit. Wrap fish in wax paper to prevent odors. Milk, cream, butter should be placed next to the freezing compartment. Store ice cream and other frozen foods in freezing compartment. Variety meats and fish, unless frozen, should be used within 24 hours after purchase.

In an **ice-box** place milk, butter, fresh meats, soup stock at the bottom where the temperature is lowest; place strongly flavored foods near the top.

### REMOVING STAINS

The suggestions below apply to linen, cotton and wool. For rayons and acetates, follow manufacturer's directions.

When possible remove all stains while they are fresh.

If a stain has been overlooked and washed in, it is difficult to remove and should be bleached on the grass.

**Brass Stains:** Rub either lard or olive oil on the stain, then wash with warm water and soap.

**Fruit and Coffee Stains:** Stretch the stained part over a bowl, and pour boiling water through it from a height until the stain disappears. If stain remains, hang material in sun to dry.

**Tea and Chocolate Stains:** Soak them in cold water and borax and then apply the boiling water as for coffee stains.

**Milk Stains:** Wash them out while fresh in cold water.

**Glue Stains:** Apply vinegar with a cloth.

**Grease Stains:** Place a blotter or unglazed brown paper under and over the stain and iron with a warm iron.

**Grass Stains:** Apply ammonia and water at once, or wash with naphtha soap and water. If colors are delicate, sponge with denatured alcohol.

**Ink Stains:** Soak in sweet or sour milk, or wet stains in oxalic acid and rinse.

**Mildew Stains:** If the stain is not too old it may be removed by applying soft soap and powdered chalk, keeping it moist and laying it in the sun.

**Rust:** Soak spot with lemon juice, then cover with salt. Let stand in the sun for several hours, or, until stain disappears. Rinse thoroughly. Should be used on white material only.

**Old Tea and Coffee Stains:** Wet spot with cold water; cover with glycerin, let stand 2 or 3 hours. Then wash with cold water and hard soap. Repeat if necessary.

**Cleaning Carpets and Rugs:** Sweep, wipe with a cloth wrung out of water to which a few spoonfuls of ammonia have been added.

**To Remove White Spots from Furniture:** Dip a cloth in hot water nearly to the boiling point. Place over spot, remove quickly, and rub over spot with dry cloth. Repeat if spot is not removed. Or rub with warm olive oil.

### TO MAKE SOAP

5 lbs. lukewarm melted fat	1 teaspoon salt
1 can (pound can) lye	2 tablespoons sugar
1 quart cold water	$\frac{1}{2}$ cup cold water
3 teaspoons borax	$\frac{1}{4}$ cup ammonia

Fats that are not fit for food may be made into soap. Melt fat and strain through cheese-cloth. Dissolve the lye in cold water and let stand until cool, then add the fat slowly, stirring constantly. Mix the other ingredients together and add to the first mixture. Stir the whole until thick and light colored. Pour into a pan lined with cloth. Mark into pieces of desired size before the soap becomes hard. When hard, break pieces apart and pile in such a way that soap may dry out well.

### WINDOW BOX FOR KEEPING FOOD COOL

The box is fitted to the outside of pantry or kitchen window, northern exposure preferred. It rests on window sill and if deeper than sill, is supported by brackets.

It is fastened to window casing with strong nails or screws near top and bottom of each end of box. The box should be as high as lower sash, have sloping top, holes for ventilation at sides, screened, and shelves resting on cleats. Raising the window gives access to the box. A sash curtain will conceal it from the room.

### A HOME MADE FIRELESS COOKER

A fireless cooker is a utensil for keeping pre-heated foods hot or to finish cooking them, without the expenditure of more fuel.

The materials needed are:

- A. A box or outside container.
- B. A cooking vessel with tightly fitting cover for holding the food.
- C. A large kettle or nest, in which the cooking vessel is to be placed.
- D. Packing or insulating material.
- E. A pillow, or pad to cover top of kettle.
- F. A washable cloth to tack over packing.

The box (A) can be a large candy pail; a butter tub; (or for 2 or 3 compartments) a shoe box, 28 x 15 x 15 inches or an old trunk; and should have a hinged cover, with a hook and staple or a clamp window fastener to hold it down tightly. The box should be large enough to permit about 3 inches of packing below and around the sides of the nest (C). The cooking vessel (B), for the food should be of granite or aluminum, seamless, with straight sides, and a tightly fitting cover. The kettle (C) to form the nest for the cooking vessel, should be large enough to allow the vessel to slip in or out easily.

For packing (D) use old newspapers, crumpled into tight balls. Pack them solidly 3 inches deep in the bottom of the box (A), place the nest (C) in center on top of the packing, slip in covered cooking vessel (B), then pack paper balls solidly all around between walls of nest and sides of container, leaving space at top for pillow (E).

All the packing must be covered by a washable cloth (F) which is tacked inside the upper edge of the box (A) and is cut to fit the outside of kettle (C).

Make pillow (E) of washable cloth to fit top of box, fill with paper balls, and sew or tie up.

### TO USE A FIRELESS COOKER

**General Rules:** Put food in cooking vessel on the stove, bring to boiling point, and cook until thoroughly heated. Cover and boil rapidly for one minute. Place immediately in the nest, cover with pillow, and clamp down the box lid.



The following foods are best cooked in a fireless cooker:

**Cereals:** Place in cooking vessel. Follow recipes for cooking cereals, page 43. Boil over fire 5 minutes, cover kettle, and follow general rules, page 14. Allow to remain over night. Reheat if necessary.

**Soups:** Prepare as on page 95, using less water. No allowance is necessary for evaporation. Cook 20 minutes on stove, cover and follow directions, page 14. Next morning, add diced vegetables for flavor, boil 5 minutes more, return to cooker until serving time.

**Meats:** Season meat with salt and pepper, place in cooking vessel, cover with boiling water, simmer from  $\frac{1}{4}$  to  $\frac{1}{2}$  hour until meat is hot in center; or roll meat in flour and place in hot greased frying pan, brown on both sides, and cover with boiling water in cooker kettle, and simmer  $\frac{1}{4}$  to  $\frac{1}{2}$  hour. Cover and boil hard for a few minutes, follow directions, page 14. Allow to remain in cooker 6 hours or more, according to weight. Before serving, heat and if desired, brown in skillet.

**Dried Fruits and Vegetables:** Follow recipes, page 334. Then put in cooking vessel and cook 5 minutes. Cover and follow directions, allowing to remain in cooker 5 to 6 hours, or over night.

### THE PRESSURE COOKER

The **Pressure Cooker** is a steam-tight kettle, in which food is cooked, and the steam that arises is not allowed to escape. This steam creates pressure, which raises the temperature and makes the food much hotter than when cooked in the ordinary way. In the pressure cooker, food cooks in one-third the time, with one-fourth the fuel.

The Cooker is made of heavy metal, usually aluminum. On top of the tight-fitting cover is a **steam gauge**, to register the number of pounds of pressure; a **petcock**, to allow escape of steam; and a **safety valve** to regulate the pressure automatically. The Pressure Cooker may be used on any stove, with any fuel.

Several foods may be cooked at one time. In the bottom of the Cooker is a removable rack. On this the various foods are placed in separate dishes—pans, one on top of the other, pails, brown-bread molds, glass fruit jars, tin cans, and the like.

The Cooker may be used for steaming and stewing, boiling, roasting and frying; also for canning (*see* Chapter on Canning, page 585).

The Cooker itself may be used as a kettle for cooking large quantities of food—soup, whole chicken, tongue, ham, or roasts.

### HOW TO USE PRESSURE COOKER

**Prepare the food** in the usual way, following favorite recipes. Place in separate vessels. Fill vessels to within an inch of the brim. Where liquid is required, use a little less than in open-vessel cooking, for none boils away.

**Place Food in Cooker.** Place rack at the bottom of cooker. Pour in water, hot or cold, to come to top of rack. On the rack arrange the separate containers of the various foods. If three distinct kinds of food are to be cooked in separate dishes, place meat below, vegetables in top dish, dessert always in the middle. Covers are unnecessary.

When meat has been browned on the bottom of the cooker, arrange the rack above the meat. Then place utensils containing potatoes, dessert and vegetables on top of rack.

**Place Cover on Cooker.** Wipe rim of cover and cooker dry. Place the cover in position so that the broad arrow on the edge of the cover points to the arrow on the band around the cooker. Clamp cover by turning thumb screws, each one in rotation, loosely at first; then securely tighten opposite ones, using both hands.

**Place Cooker Over Fire.** Start with high heat. Leave petcock open. Close as soon as steam escapes. Watch pointer on steam gauge. When it reaches the desired cooking pressure, lower the heat to hold the pressure at this point.

Cook all foods from one-fourth to one-third the time required or as indicated in the regular recipes. *Always count time from the moment the desired pressure has been reached.*

If it takes only a short time to reach the desired pressure, keep the pressure at that point a few minutes longer. Also, if it is possible to reduce pressure very rapidly, cook a few minutes longer under pressure.

**Remove Cooker from Stove. Never open cover until the steam gauge drops to zero.** Either cool cooker gradually, set in draft of open window, or pour cold water over cooker (taking care that the steam gauge is never wet). By this method, steam condenses, entire nutrition and flavors are saved. *When pointer drops to zero, open petcock wide, unclamp thumb screws, lift cover and remove food.*

If corn on cob, cauliflower, or strong-flavored vegetables, such as onions or cabbage are cooked, to preserve color, let steam escape at once by opening the petcock gradually, near an open window. When *pointer drops to zero*, remove cover. Serve food.

**Clean the Cooker.** Wipe cooker cover dry. Never let steam gauge get wet. See that safety valve, and petcock are clean and dry, and that the openings are clear. Wash kettle thoroughly. Leave open to air.

**Meats**—roasts and chops—are first browned on all sides in fat, in the bottom of the Cooker. When water is not added, as in roasts, steaks or chops, turn fire low until the meat juices begin to flow and steam escapes through open petcock. Close petcock at once and run up pressure. When water is required, as in stews and soup, immediately after browning, add the water and run pressure up quickly.

**Fresh Vegetables:** Potatoes, carrots, beets and the like are best cooked without water.

**Steamed Pudding:** Boston Brown Bread and the like should steam 1½ hours, leaving petcock open.

**Baking:** When baking in the Pressure Cooker, put the pan with pastry or cakes on the rack in cooker. Place cover on cooker but do not fasten thumb screws. Place on stove and bake same length of time as in ordinary oven.

### TO START A WOOD AND COAL FIRE

Remove ashes in fire-box, brushing off the top of the oven under the covers; put in crumpled paper, bits of wood, and then larger wood. If a coal stove, sprinkle with a little fine coal or charcoal. Have all drafts open; replace covers. Light the paper and as wood settles down, add coal little by little until the fire-box is filled. When the blue flame of coal disappears, close the dampers, and open the dampers again when more coal is added. When the coal is red it is nearly burned out. To keep a fire several hours, shake out the ashes, fill with coal, close the dampers and partially open the slide above the fire. For continual use it is better to add a little fuel at a time, but not in the midst of baking. For soft coal, keep the chimney damper partially open to allow the soot and smoke to escape. Remove ashes every day.

### DIRECTIONS FOR USE OF THE MODERN GAS RANGE

**Correct Use of Top Burners:** Place cooking utensil over burner before lighting it.

Automatic top burners light at the turn of the gas valve. Turn gas valve on full, then adjust it to give desired flame.

To light non-automatic burners, turn gas valve on full and immediately press pilot light or apply a lighted match.

**Correct Use of Oven:** Automatic oven-burners light at the turn of the gas valve.

To light non-automatic oven-burners, turn oven-burner valve on full and immediately apply lighted match.

Set oven-regulator at temperature indicated in recipe.

Leave the oven door slightly open until moisture evaporates, which usually requires about 3 minutes.

While oven remains lighted always leave burner valve on full. The correct oven temperature is maintained by the regulator which automatically adjusts the oven-burner flame.

If preheating is indicated in the recipe, allow 20 minutes for oven to reach desired temperature. Many foods are satisfactory baked from a cold start.

**Correct Use of Broiler:** Apply same rule for lighting as stated under "Correct Use of Oven."

Set temperature regulator for broiling, place rack about 3 inches from tip of flame and preheat broiler for 10 minutes, except for bacon.

Broil foods as indicated in recipes.

When the broiling compartment is under the oven, the broiler pan should be removed when oven is in use.

**Efficient Use of Gas:** Do not light gas until you are ready to use it and turn it off before removing utensil from flame or oven.

The top burner should be smaller than the cooking utensil.

Use the simmer-save burner whenever possible.

Do not use a stronger flame than is necessary; reduce it when boiling temperature is reached. If flame burns yellow and smoky, turn off gas a few seconds and light again. Flame should be blue.

Use the oven to capacity but arrange pans on racks to insure proper circulation.

**Care of Range:** Allow range to cool before cleaning. If washed when hot, the enamel may crack or craze.

Use mild soap or cleanser that will not scratch.

Wash, rinse and dry as you would china.

Do not allow acid foods, milk, etc., to come in contact with the enamel as they remove the glaze.

Keep burners free from dirt and food particles at all times. If clogged, it may be necessary to use a wire or to clean them in hot, soapy water.

**With a Portable Thermometer:** If stove has no oven heat regulator, or a stationary thermometer, buy a good portable oven thermometer. Set upright on floor of a cold oven six inches back from door, at right or left side, according to best light. If low grate interferes, insert thermometer sideways through grate. Light oven and let heat slowly until the desired degree of heat is reached as indicated by the thermometer. Then reduce flame so it will remain at that point 3 or more minutes. Place food to be baked in the oven. The mixture, being cold, will cool the oven somewhat, so turn the gas a little higher and look at the thermometer after a few minutes, to see when it reaches the required heat. Then lower the flame, look into the oven occasionally and if necessary, regulate the flame so that it remains at that degree until the bread, cake, pie, meat or other food is baked or roasted.

Wherever possible, in the recipes, the temperatures in degrees Fahrenheit have been inserted, but in those recipes in which they do not appear, the following equivalents of the various degrees of heat will be found useful.

275-300° F. is a slow oven.

400-450° F. is a hot oven.

300-400° F. is a moderate oven.

450-500° F. is a very hot oven.

**TANKED OR BOTTLED GAS FOR COUNTRY HOMES**

Special gas stoves may be had for country use. The gas is stored in cylinders outside the home and piped similar to city gas.

**DIRECTIONS FOR USE OF OIL STOVE**

Oil stoves have from one to four burners. Baking is done in a portable oven placed above the burners. There are two types of oil stoves, those with wicks, either cotton or asbestos, and those without wicks.

**To Light Burners:** When lighting the stove raise the chimney or drum, apply match to wick or asbestos in several places all around the circle. Lower chimney. Regulate wick or burner, turning the pointer or other device. The flame must be blue, not yellow. Greatest heat is obtained where the flame spreads directly under the cooking utensil.

**To Clean:** Wicks, wick tubes and burners must be kept clean and should be wiped with a soft cloth before each using, not cut. The asbestos type of wick must be scraped. Burners and wicks should be removed once a week and boiled in a solution of washing soda and water, then thoroughly dried, in the sun. Fill and clean oil reservoir regularly.

**DIRECTIONS FOR USE OF ELECTRIC RANGE**

**Surface Units:** (1) Boiling. Turn switch to "high" until boiling point is reached, then turn immediately to "low" or "off" for remaining time required.

(2) Frying. Preheat frying pan on "high," keep frying temperature by turning to "low" or "medium."

(3) Deep Well, or Thrift Cooker. To be used for foods that require long time cooking, such as soups, stews, vegetables, and beans—also for steaming. Keep covered and on "low" until ready to serve.

**Broiler:** Set control at 550° and turn switch to "broil." Place food in broiler pan so that surface of food is about 2 to 5 inches below broiler unit. Leave oven door ajar during entire process.

**Oven:** Remove broiler pan from oven when oven is in use. Do not use broiler pan for baking.

(1) Crowding the oven and allowing the pans to touch oven walls interferes with heat distribution and causes burning. Do not add water to or cover roasts and fowl. (See page 156.)

(2) Angel, sponge and sunshine cake are placed in a cold oven on rack about 3 inches above baffle. Set control at 325° Fahrenheit. Bake 60 to 70 minutes, using lower unit only.

**ELECTRIC EQUIPMENT**

**Electric Roaster**—In most instances oven time and temperature can be used. Pre-heat roaster to desired temperature before placing food in it. Also see page 184.

**Electric Beater**—Overbeating makes cakes dry, coarse and prevents rising. Beat about one-half time required for beating by hand.

**For Waffle Iron**—See Waffles, page 83.

## Chapter 2

### Feeding the Family

#### Infant Feeding, Invalid Cookery

**F**OOD is that, which when taken into the body, furnishes growth, repair and energy and regulate the body processes. Food should be carefully selected and prepared. The chart below, prepared and recommended by the Committee on Foods and Nutrition, National Research Council, tells exactly what is needed for persons of different age and activity groups. A moderately active man is one who works eight hours a day, for instance, as a carpenter. A moderately active woman is one who does her own housework.

Calories	Protein	Calcium	Iron	VITAMINS						
				A	Thiamine (B <sub>1</sub> )	Ascorbic Acid (C)	Riboflavin	Niacin	D	
	<i>gms.</i>	<i>gms.</i>	<i>mgs.</i>	<i>I. U.</i>	<i>mgs.</i>	<i>mgs.</i>	<i>mgs.</i>	<i>mgs.</i>	<i>I. U.</i>	
<b>Man (About 155 lbs.)</b>										
Moderately active 3000	70	0.8	12	5000	1.8	75	2.7	18		
Very active 4500	70	0.8	12	5000	2.3	75	3.3	23		
Sedentary 2500	70	0.8	12	5000	1.5	75	2.2	15		
<b>Woman (About 125 lbs.)</b>										
Moderately active 2500	60	0.8	12	5000	1.5	70	2.2	15		
Very Active 3000	60	0.8	12	5000	1.8	70	2.7	18		
Sedentary 2100	60	0.8	12	5000	1.2	70	1.8	12		
<b>Pregnancy (Latter half)</b>	2500	85	1.5	15	6000	1.8	100	2.5	18	400-800
<b>Lactation</b>	3000	100	2.0	15	8000	2.3	150	3.0	23	400-800
<b>Children up to 12 years</b>										
Under 1 year 45 per lb.	1-2 per lb.	1.0	6	1500	0.4	30	0.6	4	400-800	
1 to 3 years 1200	40	1.0	7	2000	0.6	35	0.9	6		
4 to 6 years 1600	50	1.0	8	2500	0.8	50	1.2	8		
7 to 9 years 2000	60	1.0	10	3500	1.0	60	1.5	10		
10 to 12 years 2500	70	1.2	12	4500	1.2	75	1.8	12		
<b>Children over 12 years</b>										
Girls—13 to 15 yrs. 2800	80	1.3	15	5000	1.4	80	2.0	14		
16 to 20 yrs. 2400	75	1.0	15	5000	1.2	80	1.8	12		
Boys—13 to 15 yrs. 3200	85	1.4	15	5000	1.6	90	2.4	16		
16 to 20 yrs. 3800	100	1.4	15	6000	2.0	100	3.0	20		

The above chart has been translated into the layman's language by the National Nutrition Conference for Defense. They have formulated a "yardstick" or Three Golden Rules for an adequate diet, as follows:

I. Eat something every day from each of the seven basic food groups.

II. These seven food groups are: (1) Green and yellow vegetables, some raw—some cooked, frozen or canned. (2) Oranges, tomatoes, grapefruit or raw cabbages or salad greens. (3) Potatoes and other vegetables and fruits—raw, dried, cooked, frozen or canned. (4) Milk and milk products—fluid, evaporated, dried milk or cheese. (5) Meat, poultry, fish or eggs or dried beans, peas, nuts or peanut butter. (6) Bread, flour and cereals—natural whole grain, or enriched or restored. (7) Butter or fortified margarine (Vitamin A added).

III. After you have had the above—eat what you may desire, providing you are not on a restricted diet.

These Three Golden Rules apply to persons of all ages. The only variable is the amount needed, depending on the age.

A Calorie is a unit by which heat is measured, just as heat is measured on a thermometer. One calorie is the amount of heat necessary to raise 2 cups of water 4 degrees Fahrenheit. The calorie is therefore the measure of the fuel value of foods and the amount of energy produced by their combustion in the body. See chart on page 20 and also pages 23 and 24.

Vitamins are important for health and growth, and to promote a long and vigorous life. Their functions and where they are found are shown below and on page 22.

Name	Best Known Functions	Where Found
Vitamin A	Promotes growth. Protects against eye disorders. Helps us to see in dim light. Helps maintain normal condition of the skin. Helps keep healthy tissues which resist infection.	Yellow and green vegetables*; tomatoes; sweet potatoes; yellow fruits; prunes; liver; egg yolk; milk; cream; cheese; butter.
Thiamin Vitamin B <sub>1</sub>	Promotes growth. Essential for the utilization of carbohydrate foods. Helps maintain appetite. Helps forestall fatigue. Aids digestive functions. It is a "specific" for beri-beri. Protects the nerves.	Whole grained and enriched cereals; sardines; peanuts; lean pork, smoked and fresh; roe of cod, haddock and flounder; milk; potatoes; legumes; glandular meats compressed yeast; brewer's yeast.
Riboflavin Vitamin B <sub>2</sub>	Promotes growth. Prevents the lesions of cheilosis (fissures and cracks at angles of mouth). Helps protect eyes against certain disorders as inflammation of cornea, dimness of vision in poor light, itching and burning sensation of eyes.	Milk, evaporated milk; green and leafy vegetables; egg yolk; glandular meats; meat; compressed yeast; brewer's yeast.
Niacin P-P-Factor	Recognized as a "specific" in the treatment of pellagra; however in pellagra there are usually multiple deficiencies.	Liver; kidney; muscle meats; fish; evaporated milk; milk; green and leafy vegetables; brewer's yeast; compressed yeast.
Ascorbic Acid† Vitamin C	Promotes growth. Prevents and cures scurvy. Increases resistance to infection. Promotes firm gums. Promotes firm bones and strong teeth.	Citrus fruits; tomatoes (canned or fresh); potatoes; cabbage. Other vegetables and fruits, especially if eaten raw.
Vitamin D‡	Necessary for normal growth. Prevents rickets. Necessary for the proper formation of bones and teeth.	Rays of sun shining directly on the skin; fish liver oils; oily fish as salmon and herring; irradiated foods; eggs.

\*The deeper the green or yellow color, the more Vitamin A will be supplied.

†Ascorbic acid is destroyed by: cooking with soda, long cooking in an open pan, long exposure to light and air.

‡Especially important for babies, children and pregnant and lactating women.

# VITAMINS

## Common Foods as Sources of Vitamins



SELECTED SERVING (Edible Portion)	A	B			C <sup>†</sup>	D	
		Thiamine	Riboflavin	Nicotinic Acid			
		INTERNATIONAL UNITS	MICROGRAMS 1	MICROGRAMS 2			MILLIGRAMS
LIVER	4oz	6885	389	3343	35.5	*	35
HEART	4oz	*	659	1980	7.8		
KIDNEYS	4oz	743	515	2603	19.8		
SWEETBREADS	4oz	*	373	907	3.7		
BRAINS	4oz	*	280	439	9.0		
BEEF	4oz	67	227	294	8.4	*	
LAMB	4oz	*	337	397			
VEAL	4oz	*	310	414	16.2		
PORK	4oz	*	1602	344	11.0		
FOWL	4oz	*	164	166			
OYSTERS	3 1/2 oz	150	225				5
COD LIVER OIL	1/2 TSP	4440				0	629
EGGS	1 1/2 oz (1 egg)	375	44	177	3.3	0	8
MILK	7 oz (1 qt less)	248	82	382	1.0	2.5	4
BUTTER	1/2 oz	231	0			0	11
BREAD (Whole Wheat)	1 oz (1 slice)	*	120	36			
CHEESE	2/3 oz	375	8	120			
OATMEAL	1/2 oz (1/2 cup unkt)	0	131			0	
APPLES	3 1/2 oz	60	28	71		4.5	
ORANGES	3 1/2 oz	50	76	113		41.3	
BANANAS	3 1/2 oz	206	46	105		8.5	
GRAPEFRUIT	3 1/2 oz	0	51	120		32.8	
PRUNES	1 oz (dry)	563	54	234		1.2	
SPINACH	3 1/2 oz	18750	82	393		50.0	
POTATOES	3 1/2 oz	30	116	72		9.8	
TOMATOES	3 1/2 oz	1125	52	48		22.5	
PEAS	3 1/2 oz	750	420	300		17.5	
CARROTS	3 1/2 oz	3188	66	153		3.3	
CAULIFLOWER	3 1/2 oz	38	168	180		28.8	

\* Not determined but present in small amounts.

† A portion of the vitamin C is destroyed in cooking.

§ Evaporated milk diluted with an equal amount of water has the same value as pasteurized milk.

- (1) Thiamine: 1 microgram = 1/5 International Unit.
- (2) Riboflavin: 1 microgram = 1/5 Sherman-Bourquin Unit.
- (3) Ascorbic Acid: 1 milligram = 20 International Units.

Prepared by National Live Stock & Meat Board, 407 South Dearborn St., Chicago, Ill.



TABLE OF FOOD VALUES IN THE DAILY DIET

FOOD	Weight Ounces	Approximate Measure	Protein Grams	Fat Grams	Carbohydrate Grams	Calories
<b>Bread</b>						
White.....	1.1	{ 2 ½-inch slices 3 ½ inches square	3.50	0.66	20.00	100.
Whole Wheat.....	1.4	{ 2 ¼-inch slices 2 ½ inches square	4.00	0.33	20.25	100.
Baking Powder Biscuits....	1.3	2 small	2.75	3.00	15.50	100.
Crackers, Soda.....	0.4	2 crackers	1.25	1.11	8.75	50.
Flour.....	4.0	1 cup	12.50	1.11	83.75	395.
Griddle Cakes.....	1.8	1 cake	3.50	2.77	15.25	100.
<b>Cakes, Cookies</b>						
Chocolate Cake.....	0.9	2 ½x2 ½x7/8-in. cube	1.25	4.55	13.50	100.
Doughnuts.....	0.8	½ doughnut	1.50	5.00	12.21	100.
Macaroons.....	0.8	2 macaroons	1.50	3.66	15.25	100.
Plain Cookies.....	0.9	2 cookies -	1.50	3.66	15.25	100.
Sponge Cake.....	0.9	1 ½x1 ½x2-in cube	2.75	2.11	17.50	100.
<b>Candy</b>						
Chocolate, Grated, Bitter	0.16	1 tablespoon	0.50	2.33	1.50	29.
Chocolate Fudge.....	0.9	1 ½x¾x1-in. cube	0.50	2.22	19.51	100.
Cocoa.....	0.2	1 tablespoon	1.50	2.00	2.75	35.
Raisins.....	1.1	¼ cup	0.75	1.00	22.00	100.
Sugar, Granulated.....	0.5	1 tablespoon	.....	.....	14.17	57.
Syrup, Corn.....	1.5	1 ¾ tablespoons	.....	.....	25.00	100.
<b>Cereals</b>						
Macaroni, Cooked.....	2.6	½ cup	1.87	0.11	10.37	50.
Oatmeal, Cooked.....	7.9	1 cup	4.25	1.77	16.75	100.
Rice, Steamed.....	4.0	¾ cup	2.25	0.11	22.50	100.
<b>Dairy Products</b>						
Butter or Bacon Fat	.....	.....	.....	.....	.....	.....
Drippings, Olive Oil.....	0.5	1 tablespoon	0.25	11.00	.....	100.
Mineral Oil.....	2.0	¼ cup	.....	.....	.....	.....
Buttermilk.....	8.5	1 glass	7.22	11.90	11.60	80.
Cheese, American.....	0.8	1 ½-in. cube	6.50	7.90	0.75	100.
Cheese, Swiss.....	0.8	1 ½-in. cube	6.25	8.11	0.50	100.
Cottage Cheese.....	3.2	5 ½ tablespoons	19.00	1.00	3.75	100.
Cream Cheese.....	0.9	2x1x¾-in. square	6.25	8.00	0.75	100.
Cream, Thick.....	0.66	1 tablespoon	0.25	7.30	0.50	69.
Cream, Thin.....	0.5	1 tablespoon	0.25	2.66	0.75	28.
Egg.....	2.0	1 medium	6.25	5.00	.....	75.
Milk, Skimmed.....	8.0	1 cup	8.90	0.50	12.00	90.
Milk, Whole.....	8.0	1 cup	7.90	9.06	12.00	170.
<b>Fruits</b>						
Apple.....	3.0	1 very small	0.33	0.42	12.15	53.4
Banana.....	5.5	1 large	5.00	6.00	89.00	100.
Cantaloupe.....	9.0	½ medium	0.75	.....	11.75	50.
Cherries.....	3.0	7 to 9	0.84	0.69	14.19	66.3
Grapefruit.....	4.0	½ medium	0.42	0.60	9.69	40.9
Grapes.....	3.0	Small bunch	1.11	1.35	16.32	81.9
Lemon Juice.....	4.5	½ glass	.....	.....	12.55	50.
Orange.....	3.0	1 medium	0.69	0.18	9.87	43.8
Orange Juice.....	8.2	1 cup	1.88	0.49	26.97	119.7
Peach, Fresh.....	3.5	1 medium	0.50	0.11	7.57	33.3
Pear, Fresh.....	3.0	1 medium	0.50	0.33	11.25	50.
Pineapple, Fresh.....	4.0	1 slice, 1 inch	0.50	0.33	11.25	50.
Plums, Fresh.....	4.4	3 to 4 large	1.25	.....	23.75	100.
Prunes.....	1.4	4 medium	0.75	.....	24.22	100.
Raspberries.....	5.3	1 ½ cups	2.50	1.55	19.00	100.
Rhubarb, Stewed.....	1.7	½ cup, cut	0.25	0.22	24.25	100.
Strawberries, Fresh.....	9.0	1 ½ cups	2.50	1.55	19.00	100.
Watermelon, Edible.....	11.7	1 medium slice	1.25	0.66	22.25	100.

30 grams equals 1 ounce. To reduce grams to calories, multiply protein and carbohydrate grams by 4; fat grams by 9.

FOOD	Weight Ounces	Approximate Measure	Pro- tein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries
<b>Fish</b>						
Halibut Steak.....	3.0	3x2x1-in. slice	15.25	4.33	.....	100.
Salmon, Canned.....	1.8	½ cup scant	11.25	6.11	.....	100.
Sardines.....	1.7	3 to 6	11.50	6.00	.....	100.
Oysters.....	7.2	⅔ cup	12.25	2.66	6.75	100.
<b>Meats</b>						
Beef, Boiled (Lean).....	2.2	.....	17.10	4.70	.....	110.
Hamburg Steak, Broiled..	2.0	1 cake	13.75	5.00	.....	100.
Roast Beef, Lean.....	1.6	5x¼x2½-in. slice	11.50	6.00	.....	100.
Steak, Broiled (Lean).....	2.0	2x1½x¾-in. slice	11.75	6.00	.....	100.
Sirloin, Capon Roasted...	1.7	2x1½x¾-in. slice	12.75	5.50	.....	100.
Chicken, Broiled.....	2.6	2x2¾x1½-in. slice	20.00	2.22	.....	100.
Lamb Chop, Broiled.....	1.6	1 chop	10.00	6.66	.....	100.
Frankfurter.....	1.1	1 sausage	7.75	7.44	0.50	100.
Pork, Bacon.....	0.5	4-5 small slices	3.25	9.66	.....	100.
Ham, Boiled.....	1.3	4¾x4x1½-in. slice	7.25	7.88	.....	100.
Veal Leg Roast.....	2.3	2x2¾x1½-in. slice	17.75	3.22	.....	100.
<b>Nuts</b>						
Almonds, Shelled.....	0.5	12 to 15 nuts	3.25	8.40	2.75	100.
Brazil, Shelled.....	0.5	2 nuts	2.50	9.50	1.00	100.
Chestnuts, Italian.....	1.5	7 nuts	2.50	2.20	17.50	100.
Peanuts.....	0.6	20 to 24 single	4.75	7.00	4.50	100.
Pecans.....	0.5	12 nuts	1.25	9.66	2.00	100.
Walnuts, English.....	0.5	8 to 16 nuts	2.75	9.11	1.75	100.
<b>Sauces</b>						
Thick Brown Meat or Vegetable.....	3.4	½ cup	3.00	1.00	19.75	100.
Mayonnaise, Cooked.....	0.5	1 tablespoon	0.25	10.80	0.50	100.
White.....	2.4	¼ cup	4.00	7.77	5.50	100.
Lemon.....	1.5	⅛ cup	.....	3.33	1.75	100.
<b>Soups</b>						
Clear, Bouillon.....	8.0	1 cup	5.20	0.22	0.50	25.
Cream of Asparagus.....	4.0	½ cup	4.25	6.22	6.75	100.
Tomato, Canned.....	7.0	¾ cup	3.00	1.33	19.00	100.
Cream of Tomato.....	3.0	⅔ cup	2.75	7.00	6.50	100.
<b>Sweets</b>						
Custard Cup.....	3.3	⅓ cup	4.25	4.33	11.00	100.
Gelatin, Granulated.....	0.3	1 tablespoon	9.25	.....	.....	37.
Ice Cream, Vanilla.....	2.0	¼ cup	1.50	6.11	9.75	100.
Pie, Apple.....	1.6	1½ in.	0.75	4.55	14.00	100.
Pie, Custard.....	1.9	2 in. of circumference	2.25	3.55	14.75	100.
<b>Vegetables</b>						
Asparagus, Canned.....	3.0	7 to 10 tips	1.29	0.09	2.37	15.3
Beans, Dried.....	3.0	½ cup	19.11	1.53	50.67	293.1
Beans, String.....	3.0	¾ cup	1.95	0.27	6.30	35.4
Beets.....	3.0	½ cup	1.35	0.09	8.25	39.3
Broccoli.....	3.0	½ cup	3.00	0.10	0.40	15.
Cabbage.....	3.0	¼ small head	1.35	0.27	4.77	26.7
Carrots.....	3.0	1 to 2 medium	0.93	0.33	7.92	38.4
Cauliflower.....	3.0	4 medium flowers	1.53	0.42	3.99	26.1
Celery.....	2.0	⅓ cup, cut fine	0.62	0.06	1.86	10.4
Cucumber.....	3.0	¼ medium	0.69	0.18	2.64	14.7
Kohlrabi.....	3.0	1 medium	1.80	0.09	4.95	27.9
Lettuce.....	2.0	¼ small head	0.68	0.18	1.64	10.8
Mushrooms.....	3.0	4 medium	3.15	0.36	6.12	39.
Olives, Green.....	2.0	6 Olives	0.46	11.44	4.82	124.2
Onions, Fresh.....	3.0	1½ medium	1.35	0.27	8.40	41.1
Peas, Canned.....	3.0	½ cup	3.06	0.18	8.34	47.1
Potatoes, Boiled or Baked	3.6	1 medium	2.75	0.11	22.00	100.
Sauerkraut.....	3.0	⅓ cup	1.80	0.90	2.72	26.1
Spinach.....	3.0	¼ cup	2.00	0.20	0.80	13.
Squash, Mashed.....	3.0	2 tablespoons	0.60	0.18	3.84	19.2
Swiss Chard.....	3.0	⅓ cup	2.40	0.20	3.00	25.
Tomato, Fresh.....	3.0	1 medium	0.78	0.33	3.30	19.5
Corn on Cob.....	9.0	2 ears	3.00	1.00	19.75	100.
Corn, Canned or Fresh	3.6	⅓ cup	2.75	1.22	19.50	100.
Radishes, Red Button.....	3.0	9 radishes	1.13	0.08	4.99	25.

## WHEAT-FREE, EGG-FREE OR MILK-FREE DIETS

Due to sensitivity to certain foods, special diets calling for the omission of particular ingredients are sometimes necessary. Wheat, eggs and milk present greater difficulty than less commonly used foods. Diets should be prescribed by a physician. The following suggestions may be helpful in carrying out his orders. It is advisable that labels on prepared foods or ingredients be carefully read, to avoid foods not permitted.

### WHEAT-FREE DIETS

The following flours and meals may be substituted for 1 cup *Wheat Flour*.

$\frac{1}{2}$ cup barley flour	$1\frac{1}{4}$ cups rye flour
1 cup corn flour	1 cup rye meal
$\frac{3}{4}$ cup coarse corn meal	$1\frac{1}{3}$ cups ground rolled oats
1 scant cup fine corn meal	$\frac{1}{2}$ cup rye flour and $\frac{1}{2}$ cup potato flour
$\frac{3}{8}$ cup potato flour	$\frac{2}{3}$ cup rye flour and $\frac{1}{3}$ cup potato flour
$\frac{1}{8}$ cup rice flour	$\frac{3}{8}$ cup rice flour and $\frac{1}{3}$ cup potato flour

Coarser meals and flours require more leavening. It is advisable to use  $2\frac{1}{2}$  teaspoons of baking powder to each cup of coarse flour. The above or any other combinations of flours permitted may be kept on hand, ready-mixed in the proper proportions. Flour combinations require at least 5 or 6 siftings, and longer, slower baking.

### EGG-FREE DIETS

A standard recipe requiring leavening may be made egg-free by increasing the required amount of baking powder by 1 teaspoon for each egg omitted. Avoid baking powders containing egg white.

### MILK-FREE DIETS

Persons sensitive to milk sometimes tolerate butter, and may be able to take dried, evaporated or hypo-allergic milk. Cake pans may be greased with olive oil or other milk-free fats. Poultry fats and vegetable fats not churned in milk may often be substituted. Foods containing cheese, buttermilk, sour milk or sour cream should be avoided.

## RECIPES

A few of the most commonly used wheat, egg or milk-free recipes are listed below. Many hundreds of recipes in this book can be used without change, such as Fruit and Vegetable Salads, with French Dressing, Fruit Gelatins, Fresh and Stewed Fruits and Water Ices, while others may be adapted by substituting permitted ingredients, such as potato or rice flour for wheat flour, and cornflakes, rice-flakes and crisp rye crumbs for bread crumbs.

#### Wheat-Free

- Soy Bean Bread, page 39
- Soy Bean Biscuits, page 40
- Potato Flour Muffins, page 72
- Scotch Oat Cakes, page 72
- Corn Pone or Dodger, page 73
- Rye Rolls, page 69
- Potato Flour Cake, page 438
- Oatmeal Lace Cookies, page 478
- Cocoanut Drop Kisses, page 491
- Pastries may often be made with corn-flakes, oatmeal or crisp rye crackers. Potato flour may be used for thickening gravies.

#### Milk-Free

- Rye Rolls, page 69
- Potato Biscuits, page 68
- Plain Pancake No. 1, page 77
- Sponge Cakes, pages 434 to 438
- In many recipes, water may be successfully substituted for milk.

#### Egg-Free

- Rice Pudding No. 1, page 342
- Scalloped Apples (Brown Betty), page 345
- Prune Pudding, page 362
- Rothe Gruetze, page 362
- Apple Tapioca, page 363
- Rennet Custards, pages 363, 364
- Honey Bars, page 476
- Scotch Wafers, page 484
- Mandelchen, page 486
- Rolled Pecan Cookies, page 477

#### Wheat, Egg and Milk-Free

- Rye Rolls, page 69
- Scotch Oat Cake, page 72
- Apple Snow Balls, page 365
- Sauces made with meat or vegetable stock, thickened with potato flour.

Grateful acknowledgement is made to the American Dietetic Association for permission to reprint part of the above material from "Allergy Recipes" (1938).

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## RECIPES PLANNED FOR 4 TO 6 PERSONS

The recipes in this book are planned, as a rule, to serve from 4 to 6 persons, depending on size of serving.

### ECONOMICAL BUYING AND UTILIZATION OF FOOD

**Meats:** When **cooking for two people**, buying in small quantities is not always advisable. If refrigerator is roomy, plan ahead, buy and cook enough for several meals. It is not practical to buy a roasting chicken or a roast weighing less than four pounds. Serve it hot at one meal, cold at the next, and utilize the leftovers. Use the larger cuts of meat when guests are expected. It is possible to make pot-roasts, stews, meat loaves and all kinds of steaks and chops with as little as one pound of meat. If larger quantities are purchased, there are numerous ways of utilizing the leftovers. See pages 177 to 179 for suggestions. Do not serve food the same way too often. Disguise it in different sauces. Portions of meat may be scalloped, made into croquettes, served with eggs, rice, noodles or spaghetti, on toast or in patties, made into sandwiches or sliced cold.

Make enough soup stock to last a week. See page 95 for method of keeping soup fresh.

**Vegetables:** In summer, when fruits and vegetables are plentiful, buy in quantities. Serve fresh, and can the remainder at the same time for future use. Leftover vegetables may be used in soups, salads, mixed with other vegetables, in a variety of sauces or scalloped.

**Cereals:** Cook one cup of breakfast cereal, or one-half cup of rice, (pages 43, 44, 226) or use leftovers in soup, with meat or other food.

**Bread and Cake:** Bread may be toasted and utilized in many ways. See pages 61 and 62, and 110. Stale cake may be sliced, broken in pieces, and served with fruit sauces, or with milk or cream.

**Syrups, Jams and Jellies:** Syrups from canned or pickled fruits may be used in making punches or cocktails, in salad dressings and dessert sauces. Leftover jams and jellies can be used as pastry fillings, or may help to flavor and sweeten fresh, stewed fruits.

**For Suggestions Consult the Index:** When large quantities of any one kind of food are on hand or purchased in season, be sure to consult the index at the beginning of the book under the name of that food, for suggestions on how to utilize it in various ways. For instance, if a quantity of milk or cream turns sour, see the index under the headings "Milk, Sour," and "Cream, Sour", for different ways of utilizing.

## THE FEEDING OF INFANTS AND CHILDREN\*

Mother's milk is the best food for the newborn infant. Sometimes a mother hasn't enough breast milk to satisfy the infant. At other times there may be medical reasons for replacing breast feedings with bottle feedings. These bottle feedings are made by mixing definite portions of plain cow's milk or evaporated milk with water, and adding some sugar to make up the caloric requirements. Several kinds of sugar may be used, such as corn syrup, dextri-maltose or lactose. The amounts and kind of sugar as well as the proportions of milk and water will vary with the age and nutritional needs of the individual baby.

Every baby should receive orange juice and cod liver oil or their equivalent substitutes. These are usually started during the first month of life. When orange juice is used, it is usually given diluted with an equal quantity of water, and offered between meals. It is best to start with a teaspoonful or two and increase the amount slowly until the baby receives 2 or 3 ounces of orange juice. Cod liver oil should be started in drop doses and increased until the baby receives 1 or 2 teaspoonfuls daily. Concentrated oils may be given in much smaller doses according to the physician's directions. The final dose of either cod liver oil or the concentrate will depend on the vitamin content of the particular product.

### THE USE OF SOLID FOODS DURING THE FIRST YEAR

Solid foods are now offered much earlier than was previously the custom. These foods are given to supply necessary minerals and energy. Cereals are usually started during the third month. Pre-cooked cereals or home cooked ones may be given. Home cooked cereals should preferably be those made from the whole grain. The cooking time will vary with the kind of cereal.

Vegetables and fruits in sieved form are added at from four or five months of age. With the addition of these solids the baby should get enough food during the day to enable him to do without any night feedings. In adding new solid foods, it is wise to begin with only a teaspoonful or two, and increase the amount slowly.

When vegetables are home cooked they should be cooked in a small amount of water and not too long a time. The vegetables should be sieved and the water left over at the end of cooking should be mixed with the vegetables, not discarded. Butter and a little salt may be added to the vegetables before serving. A vegetable meat broth

\*This section has been prepared by Dr. A. B. Schwartz,  
Department of Pediatrics, Marquette University Medical School, Milwaukee Wisconsin

(page 31) may be given in place of a single vegetable. Left-over vegetables properly refrigerated may be saved for several days' use. There is some loss of vitamins in left-over vegetables. The canned, sieved vegetables now on the market may be served in place of home cooked vegetables.

### FEEDING SCHEDULE AT SIX MONTHS OF AGE

- 6 to 7 A.M.** Milk feeding.
- 10 A.M.** Cereal and milk.
- 2 P.M.** Vegetables and milk.
- 4 P.M.** Orange juice or tomato juice.
- 6 P.M.** Cereal, milk and fruit.

**At seven months of age** the 2 o'clock feeding is enlarged by the addition of simple desserts, such as Rennet Custard (page 38), Soft Custard (page 33), Gelatin (page 366), Simple Puddings (page 33), Mashed Ripe Banana, or Baked Apple Sauce (page 331).

**At eight months of age** baked potato may be added to the mid-day meal. This is mashed and served with a little added butter. The potato is given in addition to the green vegetables.

**At nine months of age** the baby may be given something to chew on, such as a piece of zwieback or a piece of dry bread crust.

### THE THREE MEAL SCHEDULE

Between the ninth and twelfth months a baby's schedule may be changed to three meals a day. This can be done as soon as the baby begins to sleep a little later, postponing his first morning feeding to 7 or 8 A.M. The following diet schedule may then be adopted:

#### **7 to 8 A.M.**

2 to 4 rounded tablespoons of cooked or pre-cooked cereal, with 2 or 3 ounces of boiled milk over it. 6 to 8 ounces of milk.  
Zwieback or whole wheat toast, thinly buttered.

#### **9 A.M.**

2 ounces of orange juice diluted with a little water, or twice the amount of canned tomato juice.

#### **12 to 1 P.M.**

1. 1 egg or 1 rounded tablespoon of scraped beef or finely divided cooked beef or lamb or liver or minced chicken.
2. 3 to 4 tablespoons of sieved vegetables.  
2 tablespoons of baked potato.

3. 2 to 3 tablespoons of rennet or custard, cornstarch or tapioca pudding with added milk or sieved ripe banana with added milk.
4. Milk,  $\frac{1}{2}$  cup or more.

### 3 P.M.

Orange juice or tomato juice as at 9 A.M.

### 5 to 6 P.M.

1. Same as breakfast plus the addition of prune or apricot pulp, baked apple sauce or baked apple.

*Cereals* should be preferably of whole grain variety or pre-cooked kinds specially designed for infants. *Eggs* are often added long before this in the form of egg yolk added to the cereal. At twelve months it may be given either coddled, soft boiled, hard boiled, mashed, or scrambled. Some babies are sensitive to eggs as such, but can take care of them in custard form. *Bacon* in crisp form is often added to the year old diet. It contains no essential nutritional element but babies like it. *Cottage cheese*, moistened with a little of the baby's milk may be given as such, or in small sandwich form. *Scraped beef* is prepared by searing round steak in a hot skillet, scraping some of it into a patty and then broiling the patty. Beef patties may also be prepared by grinding the meat and then broiling as for scraped beef.

**Between the twelfth and fifteenth month of age**, the baby has enough teeth to chew more thoroughly. A change is made from the sieved to the coarsely mashed or chopped vegetables. Other forms of meat are added, such as lamb chop, roast beef, chicken, and glandular products such as liver and sweetbreads. At this age, too, grated raw vegetables may be given at one meal, carrots and the flower portion of cauliflower may be used. Watercress, lettuce or parsley may be shredded and added to sandwiches.

## FEEDING RULES FOR THE INFANT AND SMALL CHILD

During the first year, babies will often refuse one food or another. This may be due to indisposition associated with minor ailments, or to teething. Sometimes it has no explainable cause. Temporary refusal of food should be ignored by the mother. Most babies if left alone will sooner or later return to their normal eating habits. The introduction of new foods, and the transition period from breast to bottle feeding, or from liquid to solid foods, or from sieved to coarser foods, is often accompanied by food refusal. By a proper casualness and tact the mother may help an infant over these minor feeding difficulties. As soon as a small child shows interest in feeding itself,

the practice should be encouraged. These practice periods may be quite trying and probably a bit messy. Patience with these periods of struggle will avoid many of the negativistic attitudes of the older child. During the second year a child's appetite frequently declines because the pace of growth has slowed down, and there is less demand for the quantities of food previously taken. It is important at this time not to urge food.

### DIET FOR THE PRE-SCHOOL CHILD

#### **Breakfast:**

1. Orange juice or other fruit.
2. Cereal, cooked or pre-cooked.
3. Bread, whole wheat or enriched with Vitamin B.
4. Milk, a cup.

#### **Lunch or Supper:**

1. Serving of cheese, egg, or fish as in one of the following:  
Cottage cheese or cheese soufflé or cheese fruit salad, scrambled eggs or Goldenrod eggs, or egg salad, creamed salmon, salmon croquettes, or tuna fish salad.  
Or Sandwiches made with whole wheat bread, using hard boiled egg or cheese or peanut butter.  
Or salad combinations of fruits or vegetables such as cooked prunes stuffed with cottage cheese; canned pears and cottage cheese; finely cut cabbage, spinach or lettuce with gelatin.  
Or cereal as at breakfast.
2. A cup of milk.
3. Slice of whole wheat bread buttered.
4. Dessert.

#### **Dinner**

1. Meat: Beef, lamb, or liver (beef, calf or chicken).
2. Potato: Baked, or yellow sweet potato.
3. Vegetables: Any two (carrots and leafy vegetables particularly).
4. Bread: Whole wheat.
5. Dessert: Cooked fruit, custard or ice cream.

### VITAMIN AND MINERAL VALUES OF FOODS IN THE CHILD'S DIET

The substitution of one food for another is often necessary because certain foods may be available, while the others are not. Sometimes the substitution is necessary because the child is sensitive to particular foods or has a dislike for them. Substitutions of foods should be done



with an understanding of their importance in providing the necessary vitamins and minerals. A common error is to give a baby prune juice in place of orange juice. Orange juice is given mainly for its Vitamin C, for which prune juice is not a substitute.

The following groups of foods are arranged according to their specific advantages in providing vitamins and minerals:

**Vitamin A**

- Milk
- Butter
- Fortified margarine
- Cheese
- Ice Cream
- Egg Yolk
- Liver
- Apricots
- Prunes
- Peaches
- Broccoli
- Carrots
- Spinach
- Parsley
- Collard greens
- Dandelion greens
- Sweet potatoes
- Fish liver oils

**Vitamin B (Complex)**

- (Also see page 22)
- Yeast
- Whole grain cereals such as oatmeal, whole wheat
- Egg yolk

**Milk**

- Liver
- Legumes, dried cooked (peas and beans)
- Lean pork
- Green peas

**Vitamin C**

- Orange
- Grapefruit
- Tangerine
- Raw cabbage
- Lettuce
- Potatoes
- Tomato
- Watercress
- Strawberries

**Vitamin D**

- Fish liver oils
- Salmon
- Irradiated milk
- Egg yolk

**Foods Rich in Iron**

- Liver
- Spinach
- Apricots dried
- Chicken
- Lamb chops
- Egg yolk
- Tuna fish
- Prunes
- Beef
- Tomato
- Oatmeal
- Lima beans
- Beet greens
- Chard
- Broccoli
- Oranges
- Peaches
- Peas
- Wheat bran

**Foods Rich in Calcium**

- Milk
- Cottage cheese
- Egg
- Green vegetables

## PREPARING FOOD FOR INFANTS

### VEGETABLES

Cook carrots or spinach in a very small quantity of salted water until soft enough to mash through a sieve. Season with salt and butter.

(Do not discard any of the water used in boiling the vegetables. Very little, if any, should remain when the vegetable is done. If there is any, feed along with the vegetable.)

Asparagus tips, onions, lettuce, tomatoes, Swiss chard, squash, beets, celery, green beans, peas or any others may also be used.

#### VEGETABLE MEAT SOUP

- |                          |                           |
|--------------------------|---------------------------|
| ¼ pound lamb shoulder or | 1 tablespoon pearl barley |
| beef soup bone           | 2 carrots                 |
| 1 potato                 | 1 onion                   |
| 2 tablespoons rice       | 2 stalks celery           |
| 3 pints water            |                           |

Cut vegetables fine, add to meat and water after bringing to a quick boil. Let simmer 3 hours, add salt and strain.

This will keep 3 or 4 days if kept on ice and the entire quantity brought to a boil before each serving.

### **TOMATO JUICE**

To prepare tomato juice, slice tomato and add very little water, boil 10 minutes and strain. Canned tomatoes strained, to remove the pulp and seeds, can be used.

### **BEEF JUICE**

Take  $\frac{1}{2}$  pound round steak. Cut into small squares. Broil under flame until slightly brown. Squeeze out the juice into a warmed cup. Season with salt. Prepare only enough to serve as it does not keep well.

### **SCRAPED BEEF**

Cut a piece of tender steak  $\frac{1}{2}$  inch thick. Lay it on a meat board and with a dull silver knife or spoon scrape off the soft part until there is nothing left but the tough, stringy fibers. Season the pulp with salt, make into little flat, round cakes  $\frac{1}{2}$  inch thick, and broil them 2 minutes in the broiling oven or in a very hot frying pan. Serve on rounds of toast.

### **GROUND BEEF PATTIES**

Put beef, preferably top round, through the fine grinder. Season with salt. Mold lightly into patties and broil as above.

### **PRUNE PULP**

Stew  $\frac{1}{2}$  pound prunes in one pint of water until quite soft and then rub them through a coarse sieve. Put this pulp back in the water in which the prunes were cooked, add one teaspoonful cane sugar and boil again for about ten minutes.

### **PRUNE JUICE**

Wash thoroughly  $\frac{1}{2}$  pound of prunes, cover with cold water and soak over night. In the morning, place on stove in same water, cook gently until tender; strain.

### **BARLEY WATER**

Mix one level tablespoonful of Barley Flour (obtain from druggist) with a little cold water, making a paste. When perfectly smooth, add one pint of salted water. Boil in double boiler  $\frac{1}{2}$  hour. Make up to original pint with boiled water. May be kept several days in cool place.

### **RICE WATER**

Wash one heaping tablespoonful of rice, soak over night, drain and add a pinch of salt. Cook in a double boiler for three or four hours or until the grains of rice are quite soft, adding water to keep the quantity up to one pint. Strain through muslin.

### **OAT WATER**

Add one level tablespoonful of rolled, ground or crushed oatmeal to one pint of water, boil three hours in a double boiler, add enough water to make a pint, and strain. Salt to taste.

**CATNIP TEA**

Pour one pint of boiling water over one level tablespoonful of catnip leaves, allow to steep for five minutes, strain and serve.

**CAMOMILE TEA**

1 tablespoon camomile flowers      1 cup boiling water  
Pour boiling water over flowers and let stand ten minutes over slow fire until well flavored. Strain, serve hot with sugar.

**FLOUR-BALL**

2 pounds wheat flour      2 quarts water  
Tie flour in cheese-cloth bag and boil for 5 hours in 2 quarts of water. Place the resulting ball in the oven and bake for several hours or until the outside is quite brown. Break and discard outer shell. Grate inner ball to a powder. Wheat flour water may be made with this powder in same way as barley water. Flour-ball gruels are used for diarrhea.

**OATMEAL GRUEL**

$\frac{1}{2}$  cup oatmeal      3 cups boiling water  
1 teaspoon salt      Milk  
Add the oatmeal and salt to the boiling water, and cook thoroughly in a double boiler. Strain and dilute with milk or cream.

**CRACKER GRUEL**

4 tablespoons powdered cracker crumbs       $\frac{1}{2}$  teaspoon salt  
1 cup boiling water  
1 cup milk  
Boil up once and serve.

**BABY'S SOFT CUSTARD**

1 egg yolk      Few grains salt  
1 teaspoon sugar       $\frac{1}{2}$  cup milk  
1 teaspoon cool, boiled water  
Mix egg yolk, sugar and salt well. Add water and blend thoroughly. Bring milk to a boil. Add to egg mixture gradually, stirring constantly. Pour into top of small double boiler and cook over hot water, stirring constantly until mixture coats the spoon—about 3 minutes, see Boiled Custard, page 360. Cool and store in refrigerator. Makes 3 to 4 portions.

**CORNSTARCH PUDDING OR BLANC MANGE**

1 to  $1\frac{1}{2}$  tablespoons cornstarch       $\frac{1}{4}$  cup cold milk  
 $2\frac{1}{2}$  tablespoons sugar       $\frac{3}{4}$  cup boiled milk  
Few grains salt       $\frac{1}{4}$  teaspoon vanilla  
Mix together cornstarch, sugar and salt. Add cold milk and blend

well. Add boiled milk slowly, stirring constantly. Pour into double boiler and cook over boiling water, stirring constantly until smooth and thickened. Cover and cook for 15 minutes, stirring occasionally. Add vanilla. Pour into custard cups. Cool. Store in refrigerator. Makes 4 small portions. Use smaller quantity of cornstarch at first, gradually increasing the amount. Brown sugar may be used in place of granulated, using 1 or 2 additional teaspoons. For a child over 2 years, add 2 tablespoons cocoa and  $\frac{1}{2}$  tablespoon more sugar, for Chocolate Pudding.

### APPLE SAUCE

6 apples                      1 cupful cold water                      1 teaspoon sugar

Pare 6 apples and cut them into quarters. Place them in an enameled dish, add 1 cupful cold water, and boil apples about thirty minutes. Strain, and sprinkle over them 1 teaspoonful of sugar before serving.

## INVALID COOKERY

### SERVING FOOD

In preparing food for an invalid the following points should be kept in mind:

The food should be served in the most pleasing manner possible. It should be served in small quantities, suit the digestive powers of the patient, and satisfy hunger or furnish needed strength. In a severe illness the doctor prescribes the kind and amount of food to be given. In long and protracted illness, it is necessary to take nourishing food in small quantities at frequent intervals.

Use the daintiest dishes in the house. Place a clean napkin on the tray, and if possible, a fresh flower.

Serve hot food hot, and cold food cold.

Remove the tray as soon as the food is eaten, as food should never be allowed to stand in a sick room.

### LIQUID DIET

Only fluid foods are used in this diet. It consists of the various beverages, milk, strained broths and soups, gruels, beef juice or extracts, fruit juices, and raw eggs in milk or broth. Allowed:

Milk (Page 45)

Malted Milk (Page 49)

Coffee (Pages 46-47)

Tea (Page 48)

Cocoa (Page 48)

Lemonade (Page 534)

Orangeade (Page 534)

Milk Punch (Page 35)

Eggnog (Page 35)

Fruit Juices (Page 546)

Barley Water (Page 33)

Rice Water (Page 33)

Bouillon (Page 96)

Consomme (Page 96)

Chicken Broth (Page 96)

Oatmeal Gruel (Page 34)

Cracker Gruel (Page 34)

Beef Tea (Page 37)

Brown Flour Soup (Page 37)

Strained Gruels (Page 34)

**LIQUID DIET RECIPES****LIME WATER**

Pour 2 quarts boiling water over an inch cube unslaked lime; stir thoroughly and let stand over night; in the morning pour off the liquid that is clear and bottle for use. Keep in a cool place.

**ALBUMENIZED MILK**

½ cup milk

White of one egg

Put white of egg in a tumbler, add milk, cover tightly, and shake thoroughly until well mixed.

**KOUMISS**

1 quart milk

¼ yeast cake

2 tablespoons sugar

2 tablespoons lukewarm water

Dissolve the yeast in the lukewarm water. Heat the milk until lukewarm; add the sugar and dissolve yeast cake. Fill airtight bottles (patent tops), to within 1½ inches of top; cork and invert. Let stand for 6 hours at a temperature of 80° F. Chill and serve the following day. If ordinary bottles are used, tie corks down with strong twine.

**MILK PUNCH**

½ cup milk

1 tablespoon sherry, whiskey,  
rum or brandy

1 teaspoon sugar

A few gratings nutmeg

Mix ingredients, cover and shake well.

**EGGNOG**

1 egg, separated

½ teaspoon vanilla or

1 tablespoon sugar

1 tablespoon Sherry, whiskey,  
rum or brandy

Hot milk

Nutmeg gratings

Beat yolk until very light with sugar, add gradually the liquor, then add white, beaten stiff. Fill up the glass with the hot milk. Grate the nutmeg on top. Serve hot or cold.

**No. 1****ORANGE EGGNOG**

1 egg, separated

1 cup orange juice

2 tablespoons sugar

½ cup cracked ice

Beat egg yolk and sugar until thick and lemon colored. Add orange juice, stirring constantly, and stiffly beaten egg white. Pour over cracked ice, stir and serve.

**No. 2**

1 egg yolk

½ lemon, juice

2 oranges, juice

2 teaspoons honey

Beat all together thoroughly.



juices, then squeeze out the juice by means of a press or lemon squeezer, into a slightly warmed cup. Salt, if necessary, and serve at once. Prepare only enough to serve, as it does not keep well.

**No. 2. Scraped: No Water**

Scrape ½ pound lean, juicy beef, as above. Put it in top of double boiler, with cold water in the lower part, heat gradually, and keep it simmering 1 hour, or until the meat is white. Strain and press out the juice, season with salt to taste, and serve hot.

**No. 3. Shredded: With Water**

Shred ½ pound lean, juicy beef, and place it in top of a double boiler, with 1 cup of cold water and ½ teaspoon salt. Let it stand 1 hour. Then put boiling water in the lower part of boiler and cook 5 or 10 minutes, until the juice is brown. Strain and press meat to obtain all juice. Serve hot, salt to taste.

**CAMBRIC TEA**

Pour 1 cup boiling water over 1 teaspoon of tea and let steep 3 minutes. Strain into glass or china container. Warm ⅔ cup of milk. Add 1 teaspoon of sugar and 1 teaspoon of the tea infusion. Stir to dissolve sugar.

**BROWN FLOUR SOUP**

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup boiling water
- ½ teaspoon salt
- ⅛ teaspoon grated nutmeg
- 1 teaspoon caraway seed

Brown flour, add butter and cook until it bubbles. Add seasoning, and gradually the water. Cook, stirring constantly until smooth. Serve hot.

**SOFT OR SEMI-SOLID DIET**

Included in this diet are all foods in the liquid diet and other semi-solid or soft foods easily digested. Green vegetables and fresh fruits are omitted, as are solid meats and fish. However, fruit juices and certain puréed fruits, and strained soups made from vegetables, and meat jellies and custards are permitted. Even finely minced and creamed chicken and flaked and creamed fish are sometimes included.

Allowed:

- |                                      |  |                          |                       |
|--------------------------------------|--|--------------------------|-----------------------|
| Broths (Pages 95-96)                 | Chicken Mousse (Page 250)  | Ice Cream (Page 499)     |                       |
| Gruels (Page 34)                     | Baked Potato (Page 217)  | Ices (Pages 503, 508)    |                       |
| Cream Soups (strained)<br>(Page 103) | Mashed Potato (Page 218)   | Rennet Custard (Page 38) |                       |
| Jellied Bouillon (Page 102)          | { Soft Cooked<br>Coddled<br>Poached<br>Steamed<br>Shirred<br>Omelet (Page 92)<br>Scrambled | Custard (Pages 359, 360) |                       |
| Milk Toast (Page 61)                 |  | Eggs                     | Puddings              |
| Cereals (Page 43)                    |  | (Pages 85 and 86)        | Gelatin (Page 365)    |
| Creamed Chicken (Page 251)           |  |                          | Cornstarch (Page 361) |
| Chicken Custard (Page 38)            |  |                          | Tapioca (Page 363)    |
|                                      |  | Rice (Page 342)          |                       |

**SHREDDED WHEAT WITH MALTED MILK**

Warm the biscuit in the oven to restore crispness. Pour 1 cup hot malted milk over it, letting the milk absorb.

**LIVER SOUP**

Add a quarter of a pound of finely ground raw liver to one cup of tomato soup or chicken broth. Season with onion if desired.

**RED WINE SOUP**

1 cup red wine	3 whole cloves
$\frac{1}{2}$ cup water	3 small sticks cinnamon
2 tablespoons sugar	1 yolk of egg

Boil wine, water and spices 10 minutes and pour boiling hot, gradually over the well beaten yolk of egg. Serve hot or cold.

**CREAM WINE SOUP**

1 cup white wine	3 whole cloves
$\frac{1}{2}$ cup cold water	3 small sticks cinnamon
7 lumps loaf sugar	1 cup sweet cream
2 egg yolks well beaten	

Boil water, wine, sugar and spices 10 minutes. Heat the cream, pour it gradually while hot over the yolks and then pour in the strained wine, stirring constantly, to prevent curdling.

**CHICKEN CUSTARD**

4 egg yolks	1 cup cream
$\frac{1}{8}$ teaspoon salt	1 cup strong chicken soup

Beat yolks until thick and lemon colored, add salt, beat into the cream; stir in the hot soup. Pour in small custard cups and bake in water in a moderate oven. *See page 360.*

**RENNET CUSTARD**

1 cup fresh milk (not canned or soft curd)	$\frac{1}{2}$ rennet tablet
2 tablespoons sugar	$\frac{1}{2}$ tablespoon cold water
	$\frac{1}{2}$ teaspoon vanilla

Heat milk until lukewarm, add sugar and flavoring, when sugar is dissolved, add tablet dissolved in cold water. Stir quickly for a few seconds only. Turn into small molds, let stand at room temperature until firm. Then set in a cool place.

When rennet powder is used, follow directions on package.

**ICE CREAM FOR ONE**

$\frac{1}{2}$ cup heavy cream	4 teaspoons sugar	Few drops vanilla
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Make a freezer of a  $\frac{1}{2}$  pound baking powder can and a thick 8-inch bowl. Chop ice fine. Use  $\frac{1}{3}$  cup rock salt to 1 cup of ice.

Mix ingredients, pour in can. Beat, and as it freezes, scrape from sides of can with wooden spoon. Cover, turn can back and forth. When frozen, drain off water. Repack in ice and salt to cover can.



## RECIPES LOW IN STARCH AND SUGAR

Many persons require a diet low in sugar and starch. The dietary needs of each individual differ, and should be prescribed by a physician. **Special Food Products**, low in sugar and starch content, may be purchased in grocery or drug stores. They add variety to such restricted diets. Following are a few:

- |  |   |
|--|---|
| Soy Beans and Gluten Flour                                 | Gelatin and Flavored Gelatin Powder             |
| Gluten Bread, Crackers and Cookies                         | Chocolate Bars, Cocoa Nibs                      |
| Breakfast Cereals, Rusks                                   | Fruits and Vegetables canned without sugar      |
| Saccharin in $\frac{1}{4}$ and $\frac{1}{2}$ grain tablets | Fruit and Vegetable Juices canned without sugar |

30 grams equal 1 ounce; gm. stands for gram, gms. stands for grams.

### CARBOHYDRATE VALUES OF FRUITS AND VEGETABLES

<b>3% Carbohydrates:</b>	Gooseberries, canned, w. p.	Grapefruit juice	and canned, w.p.	Corn, medium and old, 22%
Asparagus	Kohlrabi	Lemons	Corn, green, very young	Persimmons, 34% (native)
Beans	Muskmelons	Limes	Grapes	Plantain (baking banana), 25%
Beet greens	Peaches, canned, w. p.	Loganberries, canned, w. p.	Kumquats	Prunes (fresh), 21%
Broccoli	Plums, canned, w. p.	Onions	Loganberries	Sweet Potatoes 30%
Cabbage	Pumpkin	Papayas	Nectarines	Peas—old, 25%
Cauliflower	Squash, winter	Pears, canned, w. p.	Parsnips	
Celery	Strawberries	Raspberries, canned, w. p.	Pears	
Cucumbers	Strawberry juice	Rutabagas	Salsify	
Endive	Tomato puree, canned	Tangerines		
Lettuce	Turnips		<b>18% Carbohydrates:</b>	<b>FRUITS DRIED:</b>
Radishes	Watermelon		Beans, baked	Apples, 66%
Rhubarb		<b>12% Carbohydrates:</b>	Cherries, sweet	Apricots, 63%
Romaine		Apple juice	Corn, canned	Crabapples
Sauerkraut	<b>9% Carbohydrates:</b>	Apricots	Crabapples	Currants, 74%
Spinach	Apple sauce, canned, w. p.	Beans, lima	Figs	Dates, 78%
Squash, summer	Apricots, canned, w. p.	Cherries, sour	Grapejuice, unsweetened	Figs, 74%
Strawberries, canned, w. p.	Artichokes	Oranges	Persimmons	Prunes, 73%
Tomatoes	Beets	Orange juice	Pomegranates	Raisins, 76%
Tomato juice	Blackberries	Peaches	Potatoes	
Turnip tops	Brussels sprouts	Peach juice	Succotash, canned	<b>MISCELLANEOUS:</b>
Watercress	Carrots	Pineapple		Avocados, 7%
	Cherries, canned, w. p.	Pineapple juice	<b>Unclassified Higher Carbohydrates:</b>	Mushrooms—are of negligible carbohydrate and food value
<b>6% Carbohydrates:</b>	Cranberries	Plums (excluding prunes)	Bananas, 23%	Green Olives, 3%
Beets, canned	Gooseberries	Raspberries	Beans-Lima, 24% (green shelled)	Ripe Olives, 2%
Blackberries, canned, w. p.	Grapefruit		Blackeye Peas (green shelled), 23%	Pickles (unsweetened), 3%
Celery root		<b>15% Carbohydrates:</b>		
Chives		Apples		
Dandelion greens		Blueberries, fresh		
Eggplant				

The above Classification is from the Food Composition Section of the Bureau of Home Economics of the United States Department of Agriculture. w. p. indicates water pack.

### NOODLES FOR SOUP

- $\frac{1}{2}$  pint broth, clear
- 1 egg

- $1\frac{1}{2}$  teaspoon (10 grams) butter
- Few grains salt and pepper

Beat egg until stiff. Bake in butter as an omelet. Let cool, cut in strips as noodles. Heat broth and add noodles. Protein, 6 gms.; Fat, 14.5 gms.; Carbohydrate, none; Calories, 154.5.

### SOY BEAN BREAD

3 eggs, separated  $\frac{1}{2}$  cup (50 grams) soy bean flour  
 Beat yolks thick and creamy, add 1 teaspoon caraway seed, anise seed, cinnamon or nutmeg. Add  $\frac{1}{4}$  teaspoon salt to whites and beat very stiff, add yolks, gradually sift over and fold in flour. Combine the two mixtures. Bake 30 minutes in slightly buttered small bread

tin, the first 20 in a moderate oven, 350° F., then reduce to 250° F. Remove from pan, cool, cut in six slices. Each slice contains: Proteins, 6 gms.; Fat, 3.7 gms.; Carbohydrates, .6 gms.; Calories, 59.7.

### FRENCH TOAST

1 egg, beaten	1 tablespoon (15 grams) cream
Pinch of salt	1½ teaspoons (10 grams) butter

Mix egg well beaten with pinch of salt and cream. Dip slice of bread into this mixture. Fry a light brown on both sides in butter. Sufficient for 4 slices. Each slice contains: Protein, 7.6 gms.; Fat, 8 gms.; Carbohydrate, .6 gms. Calories, 104.8.

### SOY BEAN BISCUITS

2 eggs, well beaten	½ cup (120 grams) cream
1 level teaspoon salt	½ cup water
1 tablespoon (20 grams) butter	1½ cups (150 grams) soy bean flour
4 (20 grams) walnuts, chopped	2 teaspoons baking powder

Mix eggs, salt, butter; add walnuts. Sift flour and baking powder. Add cream and water to first mixture alternately with flour. Bake in a hot oven in warm, well buttered gem pans. Makes 8 large biscuits. Five medium sized sour prunes (40 gms.), chopped, or a little saccharin may be added. Each biscuit contains: Protein, 10.7 gms.; Fat, 9.8 gms.; Carbohydrate, 2.4 gms.; Calories, 140.6.

With prunes added: Protein, 10.7 gms.; Fat, 9.8 gms.; Carbohydrate, 6 gms.; Calories, 155.

### BRAN MUFFINS

3 eggs	⅔ cup (130 grams) buttermilk
1½ tablespoons (30 grams) butter	6 (30 grams) chopped walnuts
½ teaspoon soda	2¼ cups bran, washed and dried
½ teaspoon salt	

Wash the bran by putting in a cheese-cloth bag. Tie it under the water faucet and knead and squeeze until the water comes away clear. Dry in a slow oven. Beat the yolks well. Add soda to buttermilk, mix with yolks, add melted butter, nuts, salt, then the bran. Add whites of eggs beaten stiff. Place in well greased muffin pans and bake in a moderate oven, 350° F., about 30 minutes. Makes 8 muffins. Each muffin contains: Protein, 3.4 gms.; Fat, 8.3 gms.; Carbohydrate, 1.3 gms.; Calories, 93.5.

### CHEESE WAFERS

1 egg	1 tablespoon (15 grams) cream
1¼ tablespoon (25 grams) butter	¾ tablespoon (10 grams) grated Parmesan cheese
½ teaspoon caraway seed	½ cup (50 grams) soy bean flour

Beat egg well, add pinch of salt, and the rest, and mix until it clears the bowl. Spread a thin layer in a well buttered shallow pan. Bake in

moderate oven, 325° F., for 20 minutes. When cool, cut in 12 equal sized wafers. Each wafer contains: Proteins, 2.2 gms.; Fat, 3.2 gms.; Carbohydrate, trace; Calories, 37.6.

### CHEESE OMELET

1 egg  
4 tablespoons (50 grams) grated cheese  
1 tablespoon (15 grams) cream  
Salt to taste  
 $\frac{3}{4}$  teaspoon (5 grams) butter

Beat egg well. Add cream and stir in the cheese. Parmesan is best. Place in a dish greased with 5 gms. butter and bake until firm in a moderate oven, about 350° F. Protein, 21 gms.; Fat, 32 gms.; Carbohydrate, trace; Calories, 372.

### CREAMED MUSHROOMS

$\frac{2}{3}$  cup mushrooms, chopped  
 $1\frac{1}{2}$  teaspoons (15 grams) butter  
1 egg yolk  
1 tablespoon (15 grams) cream  
Sauté the mushrooms in the butter. Heat the cream and egg yolk over hot water until it coats the spoon; add to mushrooms, and salt to taste. Serve at once. Protein, 3 gms.; Fat, 9.5 gms. Calories, 100.

### ALMOND CAKES

$\frac{2}{3}$  cup (110 grams) almonds  
2 tablespoons (40 grams) butter  
5 eggs  
 $\frac{1}{3}$  teaspoon baking powder  
Blanch almonds, bake until light brown, grind. Place in strainer, pour over 2 tablespoons cold water mixed with 1 tablespoon vinegar, drain. Dry in oven. Grind again. Add melted butter, yolks of eggs beaten well, baking powder, pinch of salt. Fold in whites beaten stiff. Fill buttered gem pans  $\frac{2}{3}$  full, bake 25 minutes in slow oven. Makes 9 cakes. Each contains: Protein, 5.9 gms.; Fat, 13.8 gms.; Carbohydrate, 2.1 gms.; Calories, 156.2.

### APPLE DESSERT

1 egg  
 $\frac{2}{3}$  cup (150 grams) chopped apple  
1 saccharin tablet, crushed  
A little lemon rind  
9 (10 grams) almonds blanched and chopped  
 $\frac{3}{4}$  teaspoon (5 grams) butter  
2 teaspoons (5 grams) Rusk crumbs  
Add well beaten egg yolk and almonds to the apple. Flavor with saccharin, a speck of cinnamon and lemon rind, add stiffly beaten egg white. Grease a small shallow tin with the butter, dredge with Rusk crumbs, put in the apple mixture and bake at 350° F. Protein, 8.1 gms.; Fat, 15.6 gms.; Carbohydrate, 26.3 gms.; Calories, 277.

### CUP CUSTARD

3 eggs slightly beaten  
1 pint milk  
Pinch of salt  
 $\frac{1}{2}$  teaspoon vanilla  
3 half grains saccharin, crushed  
Add salt, vanilla and saccharin dissolved in a little milk to the eggs and stir. Add remaining milk, pour into 4 buttered custard cups. Set

in pan of hot water, bake in moderate oven, 350° F., until firm in center. Each custard contains: Protein, 6.4 gms.; Fat, 6.9 gms.; Carbohydrate, 3 gms.; Calories, 99.7.

### COFFEE JELLY

3 teaspoons (14 grams) gelatin	2 saccharin tablets
½ cup cold water	2 tablespoons (30 grams)
2½ cups hot coffee	whipping cream

Soak gelatin in cold water a few minutes. Add coffee, speck of salt and saccharin, dissolved in a little water. Stir until gelatin is dissolved. Place in molds in refrigerator several hours to harden. Garnish each serving with 30 gms. cream plain or whipped. Makes 4 servings. Each one contains with cream: Protein, 4 gms.; Fat, 5.4 gms.; Carbohydrates, 1.3 gms.; Calories, 68.8.

### COFFEE CREAM

¼ cup strong coffee	1 egg white
1 egg yolk	Pinch of salt
1 saccharin tablet	3½ tablespoons (50 gms.) cream
1 teaspoon (5 grams) gelatin	½ teaspoon vanilla

Heat coffee, pour gradually on the beaten yolk, cool until thick, stirring constantly. Add gelatin dissolved in 2 tablespoons cold water. Add salt. Cool. Add saccharin dissolved in ½ teaspoon cold water. Then the egg white and lastly the cream stiffly beaten, flavored with vanilla. Mold, and chill. Protein, 9.2 gms.; Fat, 15.2 gms.; Carbohydrates, 2.2 gms.; Calories, 182.4.

### SUGAR-FREE WHIPPED CREAM

Serve individual desserts with 1 tablespoon whipped cream (15 grams) sweetened with ½ grain saccharin.

### ICE CREAM

3 eggs, separated	2 saccharin tablets
½ cup milk	½ teaspoon vanilla
1 cup (240 grams) cream	4 (20 grams) chopped walnuts

Beat yolks slightly, add milk and ½ the cream. Cook until thick. Add ½ of the saccharin. Cool and add the stiffly beaten whites and the remaining cream whipped, with the vanilla and the rest of the saccharin. Decorate with walnuts. Makes 3 servings, each containing: Protein, 10.4 gms.; Fat, 26.6 gms.; Carbohydrate, 6.4 gms.; Calories, 305.6.

### FRUIT EGGNOG

2 tablespoons (30 grams) black- berry, raspberry, lemon, or pineapple juice	1 egg ¼ cup crushed ice ½ saccharin tablet
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Beat the egg and mix with 2 tablespoons cold water and fruit juice. Strain and pour over the crushed ice. Add saccharin if desired. Protein, 6 gms.; Fat, 6 gms.; Carbohydrate, 3 gms.; Calories, 90.

## Chapter 3

### Breakfast Cereals



**C**EREALS or grains are seeds of certain members of the grass family; they form a very important part of the food of man. Common cereals used are wheat, oats, rice, rye and barley. From these are prepared various breakfast foods, such as oatmeal, and farina, etc., which must be cooked, and ready to eat cereals such as cornflakes, puffed wheat or rice, fig and bran, which should be heated in oven a few minutes before serving.

Cereals should be bought in packages or in small quantities and should be kept tightly covered. Precooked cereals are now available and are used a great deal in the feeding of infants.

**General Rules for Cooking Cereals:** Place boiling water or equal parts of water and milk with salt in top of double boiler, directly over heat. When boiling rapidly gradually stir in cereals. Stir constantly for five to ten minutes. Then place over boiling water until thoroughly cooked. *Coarse cereals* should be stirred occasionally with a fork. Before placing over boiling water, *fine granular cereals* may first be mixed with milk or cold water to avoid lumping, then brought quickly to the boiling point, stirring constantly.

#### TIME TABLE FOR COOKING CEREALS

<i>Kind</i>	<i>Amount</i>	<i>Boiling Water</i>	<i>Salt</i>	<i>Time</i>
Rolled Oats or Wheat.....	1 cup	2 to 3 cups	1 tsp.	40 min.
Farina.....	1 cup	4 cups	2 tsp.	45 min.
Cracked Wheat or Coarse Oatmeal.....	1 cup	4 cups	2 tsp.	3-4 hrs.
Corn Meal.....	1 cup	4 cups	2 tsp.	1-3 hrs.
Rice.....	1 cup	8 cups	2 tsp.	20-30 min.
Quick Oats, Wheat, Rye.....	1 cup	1½ cups	1 tsp.	3-5 min.

Cereals are served with cream, milk, or fruits, with or without sugar.

**Leftover Cereals:** Cheese sauce, tomato sauce, meat or eggs may be served on slices of fried mush.

Leftover cereal may be added to soup in place of rice or barley, or used in breads or griddle cakes in place of part of the flour.



# Chapter 4

## Beverages

### GENERAL RULES

**A**LL beverages contain a large percentage of water, and serve to quench thirst, to introduce water into the system and regulate the temperature; to carry off waste; to nourish; to stimulate the nervous system and various organs. Freshly boiled water should be used for making hot beverages; freshly drawn water for making cold beverages.

### MILK

Milk is one of the most important foods, having a well-balanced protein, carbohydrate, fat and mineral content as well as most of the essential vitamins. *See page 21.*

**Milk** should be cooled quickly after it comes from the cow and kept cold. To keep milk free from infectious germs, it must be kept cold and closely covered in sterile containers; preferably glass, earthenware or enamel. Uncovered milk absorbs odors and collects bacteria, especially when warm.

Milk is preserved by sterilization or pasteurization and may be bought powdered, condensed or evaporated. Milk may be pasteurized at home, *see page 46.*

**Vitamin D** content of milk is increased by feeding Vitamin D to the cow, by irradiating the milk directly, or by adding Vitamin D concentrate. Potency of Vitamin D and method used to increase the vitamin content are stated on the milk bottle caps.

**Fortified Milk** is pure fresh milk to which essential vitamins and minerals have been added.

In **Homogenized Milk** the fat globules are broken and do not rise to the top as cream.

**Soft Curd Milks** are produced by specially selected cows whose milk has a natural soft curd, or by homogenizing milk, or by the base exchange method which consists of filtering milk through zeolite crystals to accomplish a re-arrangement in the minerals of the milk.

**Certified Milk** is milk that is not pasteurized, but is produced and bottled in the most sanitary manner according to regulations laid down by a Medical Milk Commission.

**Unsweetened Evaporated Milk** is pure whole milk with the water taken out and nothing added. It is homogenized and may or may not be irradiated, that is, enriched with sunshine Vitamin D. Evaporated milk mixed with an equal amount of water can be used in any recipe calling for milk.

**Sweetened Condensed Milk** is pure whole milk to which sugar has been added and the water extracted.





**BOILED COFFEE**

1 cup ground coffee                      5 cups boiling water  
 6 tablespoons egg water                1 cup cold water

Scald coffee pot; mix coffee with Egg Water (*see* page 46), place in pot, add boiling water and let boil 3 minutes. Add cold water and let stand where it will keep hot, but not boil.

**COFFEE FOR 40 PEOPLE**

1 lb. coffee                                8 quarts freshly boiling water  
 1 egg                                        1½ pints cream

Add and mix the coffee, finely ground, with the egg and enough cold water to thoroughly moisten it, cover and let stand several hours. Place in thin bag and drop in the boiling water. Boil 5 minutes, let stand 10 minutes. Add cream to coffee and serve.

**INSTANT COFFEE**

Add from 1 to 2 teaspoons coffee powder to 1 cup boiling water, for emergency.

**DECAFFEINATED COFFEE**

When ordinary coffee is too stimulating, use decaffeinated coffee, from which most of the caffeine has been extracted. Prepare as other coffee.

**DRIP COFFEE**

1 cup coffee, finely ground            6 cups freshly boiling water

Place coffee in filter cup of coffee pot, and place over slow fire. Add gradually the boiling water and allow it to filter or drip. Cover between additions of water. If desired stronger, refilter. Serve at once, with loaf sugar, cream or scalded milk. Put sugar and cream in cup, then add the hot coffee.

**PERCOLATED COFFEE**

$\frac{2}{3}$  cup ground coffee                      4 cups water

When using a percolator, put freshly boiled or cold water in bottom and ground coffee in top compartment. Cover coffee pot. Place over fire, let boil 5 to 10 minutes, counting from the time that the water begins to trickle down through the grounds. The percolator should never be less than half full.

**CEREAL COFFEE**

Put  $\frac{1}{2}$  cup cereal coffee with 1 quart cold water in coffee pot, let boil 20 minutes; let settle 10 minutes. Serve with hot milk and sugar.

**LEFTOVER COFFEE**

Pour leftover coffee into covered glass container. When ready to use, uncover and reheat by placing container in pan of water. If wanted cold, place in refrigerator for a short time and serve ice cold with cream and sugar.

**Iced Coffee**, *see* page 532.

**TEA**

3 teaspoons tea leaves

2 cups freshly boiling water

Scald an earthen or china teapot. Put in tea and pour on boiling water and strain. Or pour boiling water over individual tea bags or tea ball filled with tea leaves. Serve immediately with or without sugar and milk.

**With Lemon or Orange:** Serve tea hot, without milk, allowing a slice of lemon or orange to each cup, adding a few cloves, if desired.

**With Preserved Fruit or Rum:** Serve tea hot without milk or sugar, allowing 1 teaspoon of rum or preserved fruit to each cup; strawberry, raspberry, cherry or pineapple preserves.

**With Loaf Sugar:** Loaf sugar may be flavored with lemon or orange and packed and stored in jars to be used later, to flavor and sweeten the tea. Wash rind of lemon or orange and wipe dry, then rub over all sides of the sugar.

**With Candy:** Serve hot, without milk, sweeten with hard sugar candies, as lemon, clove or cinnamon drops, or with rock candy.

**RUSSIAN TEA**

1 tablespoon tea leaves

1 teaspoon preserved cherries,

1 cup boiling water

strawberries or raspberries

Loaf sugar

Lemon slices

Russian tea is made and served in dining or drawing room. The water is kept hot in a samovar or tea pot and a strong tea is steeped in an earthenware teapot. Pour the cup of boiling water over the tea, let stand 3 minutes. Fill teapot full of boiling water, let stand 5 minutes. In serving, pour into each cup  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of tea. Fill cup with hot water from samovar or tea pot. Tea may be served hot or cold, but always without milk. Thin slice of lemon, or preserves, is served with each cup.

**CHOCOLATE**

1½ ounces bitter chocolate

1 cup boiling water

4 tablespoons sugar

3 cups milk

Few grains salt

Scald milk; melt chocolate in small saucepan over hot water; add sugar, salt and gradually boiling water; when smooth, place on range and boil 1 minute; add scalded milk. Beat with egg beater and serve.

If sweet chocolate is used, omit the sugar.

**COCOA**

1 cup milk

2 teaspoons cocoa

1 cup boiling water

2 scant teaspoons sugar

Scald the milk. In a saucepan put the cocoa, sugar and boiling water. Boil 1 minute, then add it to the scalded milk. Taste, and add more sugar, if needed.

**COCOA PASTE**

1 pint boiling water  
 ½ cup cocoa

⅓ teaspoon vanilla  
 Few grains salt

Put the cocoa into a saucepan, pour on the boiling water gradually, stirring until cocoa is thoroughly dissolved. Boil until thick, about 5 minutes, stirring constantly; add salt and vanilla if desired. Cover and keep in a cool place. When wanted, add to 1 teaspoon of the paste, 1 cup hot milk or milk and water mixed. Stir until dissolved. Add sugar to taste.

**RECEPTION COCOA**

3 cups milk  
 1 cup boiling water  
 2 tablespoons cocoa  
 2 tablespoons sugar

1 teaspoon cornstarch  
 Few grains salt  
 ½ teaspoon vanilla  
 Whipped cream

Stir the boiling water gradually onto the mixed dry ingredients, in a saucepan, let boil five minutes, stirring constantly. Heat milk in double boiler, add the cocoa mixture and vanilla. Beat with egg beater until foamy and serve hot in chocolate cups, with a tablespoon of whipped cream on top of each cup or place two marshmallows in each cup and fill two-thirds full of hot cocoa.

**HOT MALTED MILK DRINKS**

3 teaspoons malted milk                      Hot milk or water

**Plain:** Place malted milk powder in cup, mix to a smooth paste with a little boiling water. Fill cup with hot milk or water, stirring all the time. Season with salt and pepper or a little celery salt.

**With Chocolate:** Mix 1 tablespoon cocoa with milk powder as above, add sugar and cinnamon.

**With Soup:** Add ¼ cup chicken or beef broth to malted milk paste.

**HOT MALTED MILK WITH EGG**

2 tablespoons malted milk  
 Boiling water  
 ⅔ cup hot milk or water

1 egg  
 Few drops vanilla, or  
 grated nutmeg

Mix malted milk in cup to smooth paste with a little boiling water. Beat egg until light, add to malted milk, add hot milk and flavoring, stir until smooth and serve.

**Cafe Brulot,** *see* page 540.

## Chapter 5

# Bread, Rolls and Toast

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### BREAD

A good loaf of bread should be rounded at the top and light in weight; the crust should be smooth, golden brown, tender and crisp. When cut, the crumb should show a fine grain, tiny even holes; be moist and elastic and spring back to shape when pressed; should taste slightly sweet and not the least bit sour.

#### TO FRESHEN STALE BREAD

**To Freshen Stale Bread or Rolls:** Moisten with cold water, place in hot oven until thoroughly heated, or place in a paper bag in the oven or on top of hot radiator for a few minutes.

**To Steam Stale Bread:** Take a section of a loaf or single slices, coffee cake, or rolls, place in a double boiler or regular steamer over rapidly boiling water and cover closely or put in a colander lined with waxed paper, above boiling water or on a radiator until heated through.

#### USES FOR STALE BREAD

**Stale Bread** may be used for Soup Garnishes, page 110, Croutons, Soup Sticks, Dressings, etc. For Bread Patties or Canapes, see page 250. Crumbs, crusts and small pieces of bread should be dried in a cool oven until a light brown. Roll them on a pastry board, or put through a meat grinder; then sift. Use for breading food cooked in deep fat. Crumbs should be kept in covered jars.

**Zwieback:** Cut sweetened wheat bread, or Kuchen, ½-inch thick; place in a slow oven until thoroughly dried out; increase heat for a few minutes until a golden brown.

#### INGREDIENTS FOR DOUGH

**Flour:** Sift flour before using. For white bread, use all-purpose flour made from hard wheat.

**Enriched Flour** is wheat flour which contains added vitamins and minerals. It can be used in any recipe calling for flour with no difference in method or taste.

**Salt and Sugar:** Sugar in limited amounts quickens the action of the yeast; salt retards it.

**Potato Water** helps keep bread moist and also hastens the rising. To make potato water (1 cup) wash and peel 1 or 2 potatoes, cover with boiling water, and when thoroughly cooked, drain off and save potato water. Mash potato fine, and add to potato water.

**Fat:** Butter, substitute, pure sweet meat fat or vegetable oil.

**Liquid:** Use water, milk, skim milk, whey, potato or rice water alone or mixed with water. Water should be boiled, milk scalded and both cooled to lukewarm (98°–105° F.) before adding yeast.

**Yeast** is a plant. Hot water kills it, cold water chills it. Lukewarm water should be used. Increasing the amount of yeast shortens time for the rising and does not affect the quality of the bread. Use either **compressed** or **dry yeast**. Compressed yeast must be fresh. **Dry yeast** will remain fresh for weeks if kept in wrapper in a closed jar in a dry, cool place.

### GENERAL RULES FOR MAKING BREAD

**To Mix:** There are two methods of mixing dough—the **straight dough** method where a stiff dough using *all* the flour is made at once; and the **sponge** method, where a **sponge** is made first with *part* of the flour, and allowed to rise, and *later* adding the rest of the flour to make a stiff dough.

**To Knead:** Fold edges of dough toward center, press down and away with palm of hand, turning dough around and around until it no longer sticks to hand or board, handling dough lightly. Dough is ready when smooth and elastic, full of blisters and when pressed with fingers, springs back.

**To Raise:** Let dough rise at room temperature, 70° to 82° F., free from drafts. When dough has doubled and time permits, cut down with knife and let rise again.

**To Shape:** Divide dough into two parts; weigh or measure and place in greased pans 9 x 4½ x 3 inches. Loaves should be half the depth of the pan and slightly longer. Cover and let rise until the sides of the dough have nearly reached the top and the center is well rounded.

**To Bake:** Bake at 375° F. about 45 minutes or until done, according to size of loaf. When done, loaf shrinks from pan. Remove. If a hard crust is desired, allow the air to circulate around it. If a soft crust is desired, wrap bread in a cloth until cool.

### WHITE BREAD WITH COMPRESSED YEAST

#### No. 1—Straight Dough Method

2 cups scalded milk, water or potato water	6 to 6½ cups flour
½ oz. compressed yeast	1 tablespoon salt
	2 tablespoons sugar
	2 tablespoons fat

Crumble yeast in ¼ cup of the liquid, when lukewarm. (Potato Water *see Ingredients* for Dough, page 50). To the rest of the liquid add the fat, sugar and salt. When lukewarm, add the dissolved yeast, one-half of flour and beat. Add the remaining flour gradually. Toss on floured

board and knead until smooth and elastic. Put into bowl, cover and let rise. When doubled in bulk, divide into two parts. Shape into loaves. Place in greased pans. Let rise until dough is nearly to top of pan. Bake at 350° F. for 45 minutes, or until bread shrinks from pan. *See* General Rules, page 51.

### No. 2—Sponge Method

1 cup scalded milk, water or potato water	1 teaspoon sugar 2 cups flour $\frac{1}{2}$ oz. compressed yeast
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Crumble the yeast with the sugar and add the liquid when lukewarm; stir in the flour and beat to a smooth batter. Cover and let rise until doubled in bulk. This part of the bread is called the *sponge*, and is mixed with the following ingredients to make a stiff dough.

1 cup scalded milk	1 tablespoon salt
2 tablespoons fat	1 tablespoon sugar
4 cups flour	

Pour the milk over the fat, salt and sugar. When lukewarm, add the Sponge above. Stir in the remaining flour gradually. Toss on lightly floured board and knead until smooth and elastic. Place in bowl, cover, let rise until doubled. Shape into loaves, place in greased pans, and let rise until dough is nearly to top of pan. Bake at 350° F. for 45 minutes, or until bread shrinks from pan. *See* General Rules, page 51.

## WHITE BREAD WITH DRY YEAST

### No. 1—Straight Dough Method

2 cups scalded milk, water or potato water	2 tablespoons sugar 2 tablespoons fat 6 cups flour
1 dry yeast cake	1 tablespoon salt

When using dry yeast start the dough in the **evening**, and knead it at once into a stiff dough.

Crumble yeast in 1 cup of lukewarm liquid, let soak 20 minutes. Pour 1 cup scalded liquid over fat, sugar and salt. When lukewarm, add dissolved yeast. Add flour gradually and mix well. Toss on floured board and knead until smooth and elastic. Put in greased bowl. Cover and let rise over night until doubled in bulk. Shape into loaves, place in greased pans, and let rise until dough nearly reaches top of pan. Bake at 350° F. (moderate oven) until bread shrinks from pan. *See* General Rules, page 51.

### No. 2—Sponge Method

1 cup lukewarm water or potato water	2 cups flour $\frac{1}{2}$ dry yeast cake
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When using dry yeast, start the dough in the **evening**.

Break yeast and let soak 20 minutes in lukewarm water, stir in flour and beat to a thick, smooth batter. Cover and let rise 8 hours or over night at room temperature, 70° to 82° F., until light and doubled. This first part is called the *sponge* and is made into a stiff dough the next morning, by adding the remaining ingredients as directed.

1 cup lukewarm milk	2 tablespoons sugar
1 tablespoon salt	2 tablespoons fat
4 cups flour	

Scald milk, add salt, sugar and fat and when lukewarm, beat this gradually into the *sponge*. Stir in the remaining flour and knead to a medium stiff dough until smooth and elastic. Cover. Let rise until doubled. Shape into loaves; place into greased pans, and let rise until nearly to top of pan. Bake in moderate oven, 350° F. until bread shrinks from pan. See General Rules, page 51.

### FRENCH BREAD

Make White Bread, page 51, omitting sugar and fat. When ready to place in pans, divide into 4 equal parts and shape into long, narrow loaves. Place in greased pans, far apart. Slash  $\frac{1}{8}$  inch deep through top of loaf, lengthwise. Brush with beaten egg white and water mixed. When double its bulk, bake in hot oven 400° F., for first 15 minutes, then 350° F., or until crisp and well done.

### SABBATH TWISTS (CHOLLA) *challah*

8 cups flour	1 tablespoon sugar
2 cups hot water	$\frac{1}{2}$ oz. compressed yeast
2 tablespoons vegetable oil	$\frac{1}{4}$ cup lukewarm water
1 tablespoon salt	2 eggs

Pour water over salt, sugar and fat in mixing bowl. When lukewarm, add yeast dissolved in lukewarm water, add eggs, beaten, and flour gradually. Mix and stir, then knead until smooth and elastic. Cover, set aside in a warm place to double its bulk. Turn  $\frac{1}{2}$  of dough on board, cut into 4 equal parts, roll each  $1\frac{1}{2}$  inches thick, twisting 3 into a braid; fasten ends well and place in floured bread pan. Cut remaining  $\frac{1}{4}$  into 3 parts, roll each part  $\frac{1}{2}$  inch thick, braid and lay on top of braid in pan. Brush with beaten yolk of egg and sprinkle with poppy seed. Bake in hot oven 1 hour, 400° F., first 15 minutes, then at 350° F.

### RAISIN BREAD (BARCHES)

1 pint hot milk or water	1 egg, beaten
$\frac{1}{3}$ cup butter or fat	$\frac{1}{4}$ cup raisins
$\frac{1}{2}$ cup sugar	8 cups flour
1 teaspoon salt	1 oz. cake of yeast

$\frac{1}{2}$  teaspoon powdered anise  
Dissolve yeast in  $\frac{1}{2}$  cup of the milk made lukewarm. Set aside in warm place. Pour the rest of the milk over butter, sugar and salt in a mixing bowl and when lukewarm, add the yeast and the egg. Mix

and knead well on bread board with the rest of the ingredients, using more flour if necessary until smooth and elastic. Return to bowl, cover closely and set in a warm place until double its bulk. Form into plain loaves or divide dough into 3 or 4 parts, roll into long strands and with 3 of the strands, make a braid. Place in a large pan. Fold the remaining strand double, twist like a rope and lay lengthwise down the center of bread. Brush with yolks of egg beaten, sprinkle with poppy seed over all, if desired; let rise until double its bulk. Bake in a moderate oven (375° F.) one hour, until well done and browned.

### No. 1 MILWAUKEE RYE BREAD

4 cups rye flour	1 cake yeast (1½ ounces)
2 cups wheat flour	1 tablespoon salt
1 cup riced potatoes, solidly packed	1 pint hot potato water
	1 teaspoon caraway seed

Pour potato water in mixing bowl. When lukewarm add yeast dissolved in ¼ cup of the lukewarm liquid. Stir in rest of ingredients, knead until smooth and elastic. Let rise in warm place until doubled. Form into loaves, place in pans, let rise. When doubled, bake in a moderately hot oven (375° F.) 1 hour or longer. Brush top with water.

### No. 2

¾ cup corn meal	1 tablespoon caraway seed
1½ cups cold water	2 cups mashed potatoes
1½ cups boiling water	¼ cup lukewarm water
1½ tablespoons salt	1 cake yeast
1 tablespoon sugar	6 cups rye flour
2 tablespoons fat	2 cups wheat flour

Stir the cold water into the corn meal until smooth, place over fire, add the boiling water and let cook, stirring constantly, about 2 minutes, to a mush. Add salt, sugar and fat and let stand until lukewarm. Add potatoes and the yeast dissolved in the lukewarm water, and then the rye and wheat flour. Mix and knead to a smooth, stiff dough, using wheat flour or corn flour on the board to mold. Cover, set aside in warm place until double its bulk. Shape into 3 or 4 loaves, place in greased pans. Let rise to top of pans, bake 1 hour or longer in a moderately hot oven (375° F.).

### SOUR DOUGH FOR RYE BREAD

Place 1 cup rye bread dough (recipe above) in stone crock. Cover and set aside to ferment. When baking a fresh batch of bread, add ½ cup of this sour dough, after it has been stirred down, to the lukewarm water, in place of fresh yeast.

### PUMPERNICKEL

Follow directions for Milwaukee Rye Bread No. 2, above, using rye graham meal in place of the rye flour. Make smaller loaves and let bake thoroughly.



**NORWEGIAN RYE BREAD**

1 cup graham flour	1 tablespoon salt
$\frac{1}{4}$ cup brown sugar	1 cake yeast
3 cups rye flour	Hot water

Mix dry ingredients. Pour and beat in as much hot water as flour will take up, making stiff batter. Cover, let stand until lukewarm. Add the yeast, dissolved in 1 cup lukewarm water, and wheat flour to mold. Let stand till double its bulk. Shape into loaves, when light, bake in moderately hot oven  $1\frac{1}{4}$  hours ( $375^{\circ}$  F.).

**WHOLE WHEAT HEALTH BREAD**

1 cup boiling water	2 cups wheat flour
1 cup lukewarm milk or water	4 cups whole wheat flour
$\frac{1}{2}$ oz. yeast (1 cake)	1 tablespoon salt
2 tablespoons shortening	1 tablespoon sugar

Pour 1 cup boiling water on the salt, sugar, and butter; add milk; when lukewarm, add the yeast, mixed and dissolved with lukewarm water and 1 teaspoon of sugar. Stir in the wheat flour, then add the whole wheat flour gradually; mix to a stiff dough and knead until smooth, adding more wheat flour if necessary. Let rise in a warm place until double its bulk. Shape into two loaves and place in greased or floured pans. Let rise again until double its bulk and bake at  $350^{\circ}$  F. for 45 minutes or until bread shrinks from pan.

For variety, use 3 cups of whole wheat flour and 3 cups of wheat flour, or 1 cup of bran or rye flour with 3 cups of whole wheat flour and 2 cups of wheat flour.

**GLUTEN BREAD**

3 cups milk or water	2 tablespoons melted butter
$\frac{1}{2}$ oz. yeast (1 cake)	$\frac{1}{2}$ teaspoon salt
About 3 pints of gluten flour	2 tablespoons sugar, if desired
1 egg	

Make a sponge, with lukewarm milk or water, the yeast crumbled and softened, and a pint of flour. When light, add salt, butter, sugar, if used, the beaten egg and gluten flour to knead. Knead until smooth and elastic. Shape into loaves. Bake about 1 hour in moderate oven ( $350^{\circ}$  F.).

**SOFT GRAHAM BREAD**

3 cups graham flour, unsifted	2 tablespoons butter
1 cup wheat flour	$\frac{3}{4}$ yeast cake
1 teaspoon salt	$1\frac{1}{2}$ cups warm water
	$\frac{1}{2}$ cup molasses, or $\frac{1}{4}$ cup sugar

Dissolve the yeast with a little of the lukewarm water, mix the other ingredients in the order given, and add, if necessary, more wheat

flour to make a soft dough. Cover bowl and set in warm place. When light, beat it and pour into the bread pans, filling them half full. When nearly to top of pan, bake in a moderate oven (350° F.).

### OATMEAL BREAD

1½ cups rolled oats	¼ cup sugar
2 cups boiling water	1 cake yeast
2 teaspoons salt	¼ cup lukewarm water
4½ to 5 cups wheat flour	

Pour the boiling water over the oats, salt and sugar and let stand until lukewarm. Add yeast dissolved in ¼ cup warm water and then gradually the flour, kneading it to a smooth dough. Let rise until double its bulk. Toss on floured board, shape into two loaves and turn into two greased bread pans. Let rise again until double its bulk and bake in a moderate oven from 45 to 60 minutes. Grind the oatmeal if a finer texture is desired.

### COMBINATION BREAD

1 cup raw rolled oats	2 cups boiling water
1 cup corn meal	2 cakes compressed yeast
1 tablespoon salt	½ cup lukewarm water
2 tablespoons sugar	1 cup rye flour
1 tablespoon fat	1 cup whole wheat flour
1¾ cups white flour	

Add fat, salt, sugar, oatmeal and corn meal to boiling water, let stand 1 hour. Add yeast cake dissolved in the lukewarm water, then add rye, entire wheat and the white flour. Beat thoroughly, knead, place in bowl, cover and let rise. When double its bulk, knead, shape into loaves, and bake in a moderately hot oven (375° F.) about 45 minutes. This makes 2 loaves.

## ROLLS

### CRISP ROLLS (SEMMEL)

**No. 1.** Take Wheat Bread Dough, page 51, or French Bread, page 53, when ready to shape into loaves, cut into small pieces. Knead into round 1 inch high, 3 inches wide. Set 2 inches apart in a shallow pan, let rise slightly. Dip handle of knife in flour, press down through center, lengthwise, rolling it back and forth to make a deep crease through the middle of each piece. Let rise again, brush top with egg yolk mixed and beaten with a little cold water. Bake 20 minutes at 400° F., or until crisp and golden brown.

**No. 2.** Or, form into smaller balls, set together in pairs, place in pans far apart. When well risen, place a thin rolled strip of dough

across the top of each pair. Brush with slightly beaten egg yolk mixed with a little cold water. Let stand to rise again and bake 20 minutes at 400° F. or until crisp and golden brown.

**No. 3.** Or, form dough into rounds 1 inch high and 2 inches wide. Place rolls close together, in rows set far apart. Through center top of rolls all along the row, make a  $\frac{1}{4}$  inch deep cut. Brush with slightly beaten egg yolk mixed with a little cold water. Let rise again and bake in hot oven until crisp and brown.

### BAGEL (PRETZEL ROLLS)

Make dough as for Bread Sticks, below, let rise. Roll in small pieces width of finger and twice the length, tapering at ends. Shape into rings or pretzels, pinching ends well together. Let stand on floured board, only until they begin to rise.

Fill large, shallow pan half full of water; when very hot, but not boiling, drop rings in carefully, one at a time. Let cook under the boiling point on one side, then turn, with skimmer on the other, and let cook. They must be light, keep their shape and not break apart when handled. Place in hot oven (400° F.) on thin baking tin. If desired, sprinkle with salt and caraway seed, and let bake until crisp and golden brown.

### RYE YEAST ROLLS

Make No. 1 or No. 2 Rye Bread Dough, page 54. When ready to put into pans, cut and shape into small loaves  $1\frac{1}{2}$  inches wide, 3 inches long. Place far apart on a floured pan, brush the top with slightly beaten white of egg mixed with a little cold water and sprinkle with caraway seeds and a little salt. Let rise and bake in a hot oven 25 minutes at 400° F., or until brown and crisp.

### BREAD STICKS

1 cup scalded milk	1 yeast cake
$\frac{1}{4}$ cup butter	1 egg, separated
$1\frac{1}{2}$ tablespoons sugar	$3\frac{3}{4}$ cups flour
	$\frac{1}{2}$ teaspoon salt

Add butter, sugar and salt to milk; when lukewarm, add yeast cake, white of egg well beaten, and flour. Knead, let rise, roll and shape the size of a lead pencil. Place in floured pan, far apart, brush tops with beaten yolk of egg and sprinkle with poppy seed (if desired). Let rise and bake in hot oven (400° F.) until brown and crisp.

### SALT STICKS

Follow directions for Bread Sticks, as above, or use Milwaukee Rye Bread No. 1, page 54. Brush with yolk or white of egg, beaten slightly, sprinkle well with salt and caraway seed. Bake in hot oven (400° F.) until brown and crisp.

**BREAD STICKS, SWEET**

Follow directions for Bread Sticks, page 57, adding  $\frac{1}{4}$  cup sugar. Brush with melted butter, sprinkle with sugar, cinnamon and chopped almonds. Bake at 400° F. until crisp and golden brown.

**ZWIEBACK**

$\frac{1}{2}$ cup milk	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup melted butter
1 oz. compressed yeast	3 eggs
Flour	$\frac{1}{2}$ teaspoon powdered anise

Scald the milk and when lukewarm add to the crumbled yeast. Add the sugar, butter, salt, anise, and the eggs unbeaten, and enough flour to handle. Let rise until light. Make into 3 inch oblong rolls, place close together in a buttered pan in rows, two inches apart. Let rise again and bake 20 minutes at 400° F. When cold, cut in  $\frac{1}{2}$  inch slices and brown evenly in the oven.

**POPPY SEED HORNS OR CRESCENTS**

Take Wheat Bread Dough, page 51, or Kuchen Dough, page 393, and when well risen, toss on floured baking board, roll into a round sheet  $\frac{1}{4}$  inch thick. Spread with melted butter, then cut from center to outer edge in three-cornered pieces like pie. Roll over and over, stretching a little, from the longest side to the opposite point. Shape into long straight rolls, or into crescents or half moons. Place in greased pans rather far apart; brush with beaten yolk to which a little cold water has been added and sprinkle tops of horns with poppy seed. Set in warm place to rise and when double its bulk, bake in hot oven 20 minutes at 400° F. or until brown and crusty.

**VIENNA ROLLS**

Form Bread or Kuchen Dough, pages 51 or 393, into 2 by 5-inch rolls, tapering at the ends. Place 1 inch apart in shallow pan. Let rise until very light. Slash tops diagonally with sharp knife. Brush with egg white and water mixed. Bake about 30 minutes at 350° F.

**LEAFLET ROLLS**

Make Refrigerator Dough No. 1, page 60. Place in refrigerator over night or until thoroughly chilled. Then pinch off the amount of dough desired; roll into oblong sheet  $\frac{1}{4}$  inch thick; spread well with melted butter. Cut into 8 strips, each strip as wide as the bottom of each muffin cup. Then lay one strip on top of the other, cut through the layers, forming squares. Turn square and place in each cup of a greased muffin pan, with layers pointing upward. (The muffin pans should be about  $1\frac{1}{4}$  inches deep and  $1\frac{3}{4}$  inches across bottom.) Let rise until light and bake in a quick oven at 425° F. for 10 to 20 minutes or until well done.

Or, make Dough for Parker House Rolls, page 59, or any dough for rolls and proceed as above.

**ENGLISH MUFFINS**

1½ cups hot milk	1 teaspoon salt
3 tablespoons butter	1 oz. compressed yeast
1 quart flour	¼ cup warm water

Add butter and salt to milk, when lukewarm add yeast dissolved in warm water. Stir in the flour, beat well, let rise in a warm place several hours or until light and spongy.

Grease inside of 12 large muffin rings and place on well-floured board. Fill each ring ½ full of the batter, let stand until it just begins to rise. Heat griddle, grease if necessary. Place muffins with rings on griddle, using pancake turner. Let bake slowly about 15 minutes or until slightly brown; turn on other side with pancake turner, let bake slowly until done. When cool, and ready to serve, split, brush cut side well with melted butter, and then toast until golden brown. Serve hot with Orange Marmalade.

**TEA ROLLS**

1 cup milk	1 oz. compressed yeast
1½ cups flour	¼ cup sugar
1½ teaspoons salt	2 eggs
⅓ cup butter	Flour

Scald milk; when lukewarm, dissolve yeast in it and add 1½ cups flour. Beat thoroughly, cover and allow to stand until light. Add sugar, salt, eggs, butter, enough more flour to knead. Let rise until light. Shape into balls or small finger rolls; place in buttered pans close together; when light, bake in a hot oven (400° F.). For crusty rolls, set far apart. If desired, brush tops while hot with ¼ cup powder sugar mixed with 2 tablespoons rum.

**DOUGH FOR PARKER HOUSE AND OTHER ROLLS**

2 cups scalded milk	1 teaspoon salt
4 tablespoons butter	1 ounce compressed yeast
2 tablespoons sugar	¼ cup lukewarm water
1 egg	5½ cups flour

Add butter, sugar and salt to milk. When melted and lukewarm, add yeast dissolved in lukewarm water. Add egg, slightly beaten. Stir in the flour gradually and form into a soft dough, adding if desired, 2 large, freshly cooked potatoes, riced and only enough more flour to knead. Cover and let rise in a warm place until double its bulk. Toss gently on floured board, handle as little as possible. To shape and bake, see below.

**TO SHAPE LUNCHEON ROLLS**

Take any roll recipe made with yeast and when dough is light, cut in small pieces and shape as follows:

**Parker House No. 1:** Pat or roll ⅓ inch thick, brush well with melted butter, cut into rounds 2½ inches across. Fold over double so edges meet. Press finger through center of edges to keep shape. Place

in rows close together in greased pans, let stand until slightly raised, then bake in a hot oven (450° F.) 12 to 15 minutes, decreasing the heat. Makes about four dozen rolls.

**Parker House No. 2:** Roll thin and cut with small biscuit cutter. Lay two biscuits, one on top of the other in a pan and stand in a warm place. Bake about twenty minutes in a moderate oven at 375° F. Brush over with sugar and water before placing in oven.

**Plain Rolls:** Roll 1 inch thick and cut with biscuit cutter, or cut off small pieces, fold sides under until top of roll is round and smooth. For crusty rolls, place far apart, for soft rolls, place close together on greased tin.

**Finger Rolls:** Roll dough size and shape of finger. Place close together on well greased pan, brushing melted butter between, or place in special grooved pans.

**Crescent Rolls:** Roll dough  $\frac{1}{4}$  inch thick in round sheets size of plate. Spread with melted butter, cut dough from center to the edge in three-cornered pieces like pie. Beginning at the wide end roll up to the point. Draw ends around into crescents.

**Leaflet Rolls:** *see* page 58.

**Clover Leaf Rolls:** Grease muffin pans, roll dough into 1-inch balls, place 3 in each cup, brushing melted butter between.

**Butterflies:** Roll dough  $\frac{1}{4}$  inch thick and 6 inches wide. Brush with melted butter. Roll like jelly roll, cut into 2-inch pieces. Press knife handle across each piece.

**Braided Rolls:** Roll 3 or 4 pieces of dough each the width of a finger and twice as long. Lay side by side, pinch top ends together and twist into a loose braid. Press bottom ends together.

**Twists:** Roll the dough  $\frac{1}{2}$  inch thick and 7 inches long with palm of hand. Hold one end in each hand and twist the ends in opposite directions. Bring the two ends together thus forming a shape like rope. Place on greased pans  $\frac{1}{2}$  inch apart.

**Bowknots:** Roll as above and tie in knot.

### TO BAKE ROLLS

**To Bake Rolls:** Bake 15 or 20 minutes at 450° F. When done, brush tops with melted butter.

### No. 1 EVER READY REFRIGERATOR DOUGHS

1 cup milk	1 teaspoon salt
$\frac{1}{2}$ cup butter	1 oz. compressed yeast
$\frac{1}{4}$ cup sugar	2 eggs
	4 cups flour

Scald milk in large saucepan. Add butter, sugar and salt; when lukewarm add crumbled yeast, eggs and gradually the flour and mix well. Add more flour if necessary. Toss on floured board and knead until smooth and elastic. Place dough in bowl. Let rise in warm room until double its bulk. Cut down to let the gases escape. Place in crock or

tall pitcher. Cover tightly and put in refrigerator for 24 hours. Double recipe for larger quantity. When ready to use, pinch off the desired portion, shape into any desired Rolls, pages 59-60. Place into greased pans, let rise several hours until very light. Bake in a quick oven (425° F.) for 10 to 20 minutes or until done. Put the rest of the dough back in the refrigerator and use as wanted within a week.

**No. 2**

1 quart hot milk or water	1 cup shortening
1 cup mashed potatoes	1 teaspoon salt
1 scant cup sugar	2 ounces compressed yeast
2 $\frac{3}{4}$ quarts flour	

Mix first five ingredients in large mixing bowl. Stir until dissolved. Let stand until lukewarm. Add yeast dissolved in a little of this lukewarm mixture. Stir in enough flour to make a thick batter. Let rise until light. Mix to a soft dough, adding more flour and beat until smooth and elastic. Place dough in bowl. Then proceed as for No. 1. Makes four to five dozen rolls.

**For Refrigerator Kuchen Dough,** *see* page 394.

**Commercial fast frozen doughs** for various types of rolls may be purchased. They should be treated as directed on the package.

## TOAST

### DRY TOAST

Use day-old bread, slice  $\frac{1}{3}$  inch thick; if fresher, dry in the oven. Remove crusts if desired. To be crisp, toast should be freshly made and never piled on plate. Bread cut into triangles, fingers or other fancy shapes and toasted is used for garnishing.

**For Gas:** Heat oven for five minutes. Place bread in toaster or in pan on rack in broiling oven 1 inch from gas. Brown on one side. Turn and brown on other.

**For Electricity:** Heat toaster one minute before toasting. Toast should be golden brown and crisp.

**For Coal or Wood Fire:** Put on fork or in wire toaster. Move gently over glowing fire until dry, turning constantly until light brown.

### MILK TOAST

2 cups milk	$\frac{1}{2}$ teaspoon salt
2 teaspoons butter	4 slices bread

Heat milk, butter and salt, bringing to the boiling point. Toast bread. Serve toast in hot bowls, accompanied by a pitcher of the hot milk, or butter the dry hot toast, sprinkle with sugar and cinnamon, add  $\frac{1}{2}$  teaspoon salt to 1 cup of hot milk, and pour it over the toast. Serve hot.

### MELBA TOAST

Cut bread as thin as possible. Arrange in pan, place in slow oven (325° F.) and let dry out until crisp. Or use rimless electric sandwich toaster, weighting down the cover with a flat iron.

**TOASTED BREAD LOAF**

Remove crust from top and sides of a small loaf of white bread. With a very sharp knife, cut thin slices as far down as the bottom crust which is left whole. Spread melted butter between slices, and over top, sides and ends. Place in pan and toast in a very slow oven about 45 minutes or until golden brown. Serve whole.

**CINNAMON TOAST**

Toast  $\frac{1}{4}$ -inch slices of bread on both sides quickly. Spread with butter, sprinkle with a mixture of  $\frac{1}{2}$  cup granulated or brown sugar and 1 teaspoon cinnamon. Broil until sugar melts and forms a crust. Serve hot with tea or coffee.

**FRENCH TOAST**

2 eggs

 $\frac{2}{3}$  cup milk $\frac{1}{2}$  teaspoon salt

6 slices of day-old bread

Beat the egg slightly, add salt and milk, dip the bread in the mixture. Have a skillet hot and well buttered; fry the bread on each side. Serve hot with cinnamon and sugar or a sauce.

**CREAM TOAST**

2 cups milk or cream

2 tablespoons butter

1 tablespoon flour

1 teaspoon salt

Melt the butter, add flour and when it bubbles, add salt and gradually stir in the hot milk or cream. Stir until it thickens, pour this sauce over slices of dry or water toast.

**MATZOS A LA FRENCH TOAST**

4 matzos (unleavened bread)

2 tablespoons fat, or olive oil

6 eggs

Sugar and cinnamon

 $\frac{1}{2}$  tablespoon salt

Lemon, grated rind

Beat eggs very light, add salt. Heat the fat in a skillet. Break matzos into large, equal pieces. Dip each piece in the egg mixture and fry a light brown on both sides. Serve hot, sprinkled with sugar, cinnamon, and a little lemon rind.

**MAPLE TOAST**

Scrape soft maple sugar and use in place of the sugar and cinnamon mixture in recipe above for Cinnamon Toast.

**BUTTERSCOTCH TOAST**

Use brown sugar, free from lumps, in place of the granulated sugar in recipe above.

**ORANGE TOAST** $\frac{2}{3}$  cup sugar

Grated rind of 1 orange

Juice of 1 orange

6 slices of bread

Butter

Toast bread quickly so it will not harden. Butter well. Mix grated orange rind and sugar. Moisten with the juice. Spread mixture on the buttered toast and place under broiler for a few minutes until the coating begins to sizzle. Serve at once.



## Chapter 6

### Quick Breads, Biscuits and Muffins

**D**OUGH is made light in four ways: (1) by the use of yeast; (2) by the use of baking powder; (3) by the use of soda and molasses or sour milk; (4) by beating air into the mixture.

Baking powders are composed of soda, an acid and a little starch. There are three kinds of powders, according to the kind of acid used. 1st—Cream of Tartar; 2nd—Phosphate, and 3rd—Alum or “double-acting” type. 1 teaspoon double-acting baking powder is equal to  $1\frac{1}{2}$  teaspoons of other baking powder. The Cream of Tartar Powders are the most desirable.

Use 2 teaspoons baking powder to 1 cup flour.

Use 1 teaspoon soda and  $2\frac{1}{2}$  teaspoons Cream of Tartar to 1 quart of flour.

Use 1 teaspoon soda to 1 pint of thick, sour milk.

Use  $\frac{7}{8}$  teaspoon soda to 1 cup molasses for batters.

Use  $\frac{3}{8}$  teaspoon soda to 1 cup molasses for stiff doughs.

### QUICK BREADS

#### BUTTERMILK BREAD

4 cups flour	1 teaspoon soda
$\frac{1}{4}$ teaspoon salt	2 teaspoons cream of tartar
1 teaspoon sugar	1 egg, beaten
	$1\frac{1}{2}$ cups buttermilk

Sift the dry ingredients, add the rest and mix well. Place in well buttered pan and bake in a moderate oven ( $350^{\circ}$  F.) 35 minutes.

#### GRAHAM BREAD WITH BUTTERMILK

2 cups graham flour	1 tablespoon butter
1 cup wheat flour	1 egg
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ cups buttermilk or sour milk
1 teaspoon soda	
1 tablespoon sugar	$\frac{1}{2}$ cup nutmeats, cut

Mix the dry ingredients, add the rest and stir well. Place in well buttered pan and bake in a moderate oven ( $350^{\circ}$  F.) 35 minutes.

#### BRAN BREAD

4 cups white flour	4 cups sweet milk
4 cups bran flour	1 cup molasses
4 teaspoons soda	2 teaspoons salt

Add nuts or raisins or both as desired.

Sift the soda and salt with the white flour, add bran and mix well. Add molasses and milk. Makes three or four flat loaves. Place in greased pans ( $4\frac{1}{2}$ x9 inches) and bake 1 hour in moderate oven at about  $350^{\circ}$  F.

**CORN BREAD**

1 1/4 cups flour	3 teaspoons baking powder
3/4 cup corn meal	1 cup sweet milk
4 tablespoons sugar	2 tablespoons butter, melted
1 egg	1/2 teaspoon salt

Mix the dry ingredients by sifting them together. Add the milk, the well beaten egg and the butter. Beat well and bake in a shallow pan (8" x 8" x 2") in a hot oven (400° F.) 30 to 40 minutes.

**SOUTHERN SPOON CORNBREAD**

1 cup corn meal	2 eggs, well beaten
2 cups boiling water	2 cups milk
1 teaspoon salt	1 tablespoon fat

Scald corn meal with water, stir thoroughly, then cool. Add melted fat, eggs, salt and milk. The batter should be quite thin. Pour into greased baking dish and bake from 30 to 40 minutes in moderate oven (350° F.). Leave in dish, serve with spoon.

**No. 1 BOSTON BROWN BREAD**

1 cup rye meal	3/4 cup molasses
1 cup corn meal	2 cups sour milk with
1 cup graham flour	3/4 tablespoon soda, or
1 teaspoon salt	1 3/4 cups sweet milk with
	5 teaspoons baking powder

Mix and sift first 4 ingredients; add milk and molasses, stir until well mixed. Place in covered, greased molds or covered baking powder tins 2/3 full, steam two and one-half hours; in small cups, one hour. In pressure cooker, 1 1/2 hours, leaving petcock open.

**To Steam:** If ordinary kettle is used, place mold on rack, add warm water to half the height of mold. Cover kettle tightly, let water gradually come to boiling point, boil gently from 1 to 3 hours or until done, adding more boiling water when necessary.

**No. 2**

1 egg	1 cup sour milk
1/2 cup sugar	2 teaspoons soda
1/2 cup molasses	1 teaspoon salt
	2 3/4 cups graham flour

Beat egg slightly, add sugar and molasses and the rest of the ingredients. Mix well and place in 3 one-pound greased baking powder cans (tight covers), and steam two hours.

**PEANUT BUTTER BREAD**

2 cups flour	1/4 cup sugar
4 teaspoons baking powder	2/3 cup peanut butter
1 teaspoon salt	1 1/4 cups milk

Sift flour, baking powder, salt and sugar together. Add milk to peanut butter, blend well and add to dry ingredients: beat thoroughly. The

dough must be soft enough to take shape of pan. Bake in greased loaf pan in moderate oven (350° F.) 45 to 50 minutes. Best when a day old.

### WHITE NUT BREAD

½ cup sugar	2½ cups flour
1 egg	4 teaspoons baking powder
½ teaspoon salt	½ cup nut meats, broken
	1 cup milk

Mix dry ingredients, add nuts; add egg to milk and combine the two mixtures. Place in greased bread tin, let stand 20 minutes, then place in moderate oven (350° F.) and bake ½ hour or until well done.

### BROWN NUT BREAD

1½ cups graham flour	⅓ cup New Orleans molasses
¾ cup wheat flour	1½ teaspoons soda
1½ cups sour milk	¼ cup broken walnuts

Mix dry ingredients, add milk to molasses, add ½ teaspoon salt, stir well to a smooth batter, nut meats last. Place in greased bread pan and bake in moderate slow oven (325° F.) one hour.

### DATE BREAD

1 cup dates, cut and stoned	1½ cups flour
1 cup hot water	1 teaspoon baking powder
1 egg, beaten	1 teaspoon soda
½ cup white or brown sugar	½ cup pecans, cut in pieces

Pour hot water over dates. Let stand until cool. Beat egg, add sugar, then add date mixture. Sift dry ingredients, stir well with ¾ of the mixture, adding 1 teaspoon salt. Mix rest of flour with nuts and add last, stirring well. Place in buttered bread pan and bake at 350° F., 1 hour. Let cool in pan. Wrap in waxed paper.

### PRUNE, DATE, OR RAISIN BREAD

1 cup prunes, dates or raisins	1 teaspoon salt
2½ cups graham or 1 cup wheat and 1½ cups graham flour	4 teaspoons baking powder
¼ cup sugar	1 cup milk
	1 tablespoon shortening

Wash prunes, soak several hours, drain, stone, chop. Mix dry ingredients, add milk, beat well; add prunes, dates or raisins chopped and melted shortening. Put in greased pan; let stand 25 minutes in warm place. Bake in moderate oven (350° F.) one hour.

### APRICOT NUT BREAD

½ cup dried apricots	2 teaspoons baking powder
1 egg	¼ teaspoon baking soda
1 cup granulated sugar	½ cup strained orange juice
2 tablespoons melted butter	¼ cup water
2 cups flour	1 cup chopped Brazil nut meats

Wash and grind apricots. Beat egg until light, stir in sugar and mix well. Stir in butter. Sift flour with baking powder, soda and ¾ tea-

spoon salt. Add alternately with the orange juice and water to the sugar mixture. Add Brazil nuts and apricots. Mix well. Pour into greased bread pan. Bake in moderate oven, 350° F., for 1 hour.

### ORANGE AND NUT BREAD

2 cups wheat flour	½ cup sugar
2 cups whole wheat flour	½ cup each candied orange
4 teaspoons baking powder	peel and pecan meats, cut fine
2 teaspoons salt	1 egg, well beaten
	2 cups of milk

Mix dry ingredients well, add nuts and candied orange peel. (Orange Sticks, page 526.) Add milk to egg and combine the two mixtures. Stir until smooth, then beat well. Pour into two greased bread pans (about 4 x 8 inches) and bake in a moderate oven (350° F.) 45 minutes until well baked.

### BANANA BREAD

2 medium ripe bananas	2 teaspoons baking powder
¼ cup butter	½ teaspoon soda
½ cup sugar	½ teaspoon salt
2 cups sifted flour	½ cup sour milk or buttermilk
	2 eggs

Sift flour, baking powder, soda and salt, three times. Cream butter and sugar, add eggs one at a time. Add bananas, mashed with a fork, to the milk and mix alternately to the flour mixture. When well blended pour into a greased bread pan. Place in stove and bake at 350° F.

## BAKING POWDER BISCUITS

**General Rules:** All measurements must be level. Sift flour before measuring; then mix and sift dry ingredients. Work butter or other fat into the flour with a fork, with two knives or a pastry blender.

Soft biscuit doughs should be put into a hot oven (about 450° F.) at once; stiffer doughs, for quick breads and rolls, should stand 20 to 25 minutes in a warm place to rise before baking. They may also be kept over night in refrigerator, ready for baking.

The pans or muffin rings should be greased before the mixture is prepared.

Have oven ready for baking before mixtures are prepared.

**Ready-Mixed Flours and Doughs** may be purchased.

### BATTERS AND DOUGHS

When a flour mixture is moistened stiff enough to knead, it is called a **Dough**. If thin enough to be beaten, it is called a **Batter**.

For soft wheat flour, remove 1½ to 2 tablespoonfuls from 1 cup bread flour and replace with 1½ to 2 tablespoonfuls cornstarch.

**Pour-Batter:** 1 measure of liquid to 1 measure of flour as in griddle cakes. Batters may be stirred and beaten with a spoon.

**Drop-Batter:** 1 measure of liquid to 2 measures of flour as in muffins or cake.

**Soft Dough:** 1 cup of liquid to 3 cups of flour makes a soft dough that can be kneaded. Mix thoroughly with a knife.

**Stiff Dough:** 1 cup of liquid to 4 cups of flour makes a stiff dough that can be rolled thin.

### BAKING POWDER BISCUITS

2 cups flour	$\frac{3}{4}$ cup milk or water
4 teaspoons baking powder	$2\frac{1}{2}$ tablespoons shortening
	1 teaspoon salt

Sift the dry ingredients together. Work the butter into the flour with a fork or tips of fingers. Make a well in the center. Into this pour all the milk at once. Stir well for 20 seconds until all the flour is moistened. Toss on a floured board at once, knead for 20 seconds, pat or roll until  $\frac{1}{2}$  inch thick. Cut into rounds, place in pan, and bake in very hot oven (450° F.) 10 to 15 minutes. Use as little flour as possible on the board when shaping the dough.

### DROP BISCUITS

Follow recipe for Baking Powder Biscuits, as above, using 1 cup milk to make a softer dough. Drop by spoonfuls on greased pan or in muffin pan, and bake in very hot oven (450° F.) 10 to 15 minutes.

### SOUR MILK OR SODA BISCUITS

2 cups flour	1 tablespoon baking powder
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	$\frac{3}{4}$ cup thick sour cream or milk

Mix and sift dry ingredients. Work in the butter with a fork, add liquid quickly to make a soft dough. Pat, roll out and cut into biscuits or drop by spoonfuls on greased pan or in muffin pan. Bake in a moderately hot oven (400° F.).

### BISCUIT DOUGH FOR SHORTCAKE

2 cups flour	2 tablespoons sugar
4 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup shortening

Mix dry ingredients, work in butter with fork or blender; add milk quickly. Toss on floured board; pat, roll, cut with large biscuit cutter or roll to fit two pans and bake in a hot oven (450° F.) 12 to 15 minutes. Split biscuits and fill with crushed sweetened berries.

**For Strawberry Shortcake,** *see* page 343.

**PARKER HOUSE ROLLS**

4 cups flour	6 teaspoons baking powder
1 teaspoon salt	2 tablespoons shortening
1½ cups milk	

Sift flour, salt and baking powder together. Add melted shortening to milk, pour quickly on dry ingredients, mixing until blended. Knead lightly on floured board and roll out one-half inch thick. Cut with biscuit cutter. Crease each circle with back of knife one side of center. Butter the small section and fold larger part well over the small. Place 1 inch apart in greased pan. Allow to stand 10 minutes in warm place. Brush each with melted butter and bake in very hot oven (450° F.) 15 to 20 minutes.

**BRAN BISCUITS**

1 cup bran flour	1 cup wheat flour
3 teaspoons baking powder	2 tablespoons fat
½ teaspoon salt	¾ cup milk

Mix and sift the wheat flour, baking powder and salt. Add the bran flour, work in the shortening with knife, fork or blender, add milk, mixing quickly until you have a soft dough. Toss on a floured board, pat and roll out lightly to ½ inch in thickness. Shape with a biscuit cutter. Place in a buttered pan and bake in a hot oven (400° F.) 12 to 15 minutes.

**POTATO BISCUITS**

1 cup mashed potato	1 teaspoon salt
1 cup flour	2 tablespoons fat
3 teaspoons baking powder	½ cup water or milk (about)

Sift together flour, baking powder and salt. Work in the fat with fork or knife. Add potato and mix thoroughly. Then add enough liquid to make a soft dough. Roll the dough lightly to about ½ inch in thickness. Cut into biscuits and bake 12 to 15 minutes in hot oven (400° F.).

**SWEET POTATO BISCUITS**

¾ cup mashed sweet potato	1¼ cups flour
⅔ cup milk	4 teaspoons baking powder
4 tablespoons melted butter	1 tablespoon sugar
½ teaspoon salt	

Mix mashed sweet potato, milk and melted butter. Add remaining ingredients, sifted all together, to make soft dough and drop in greased muffin pans if moist; or turn out on floured board and toss lightly until outside looks smooth. Roll out ½ inch thick; cut with biscuit cutter. Place on greased pan. Bake in hot oven at 450° F. about 15 minutes.

**CHEESE BISCUITS**

2 cups flour	2 tablespoons butter
4 teaspoons baking powder	$\frac{3}{4}$ to 1 cup milk
1 teaspoon salt	$\frac{3}{4}$ cup grated American cheese

Sift dry ingredients together. Rub butter into flour with fork, stir in the milk quickly and add the cheese. Place on floured board, roll gently about  $\frac{1}{2}$  inch thick. Cut into rounds, place in a greased pan and bake in a hot oven (400° F.) 10 to 15 minutes.

Or roll out dough, dot with butter, sprinkle with grated cheese, roll up as for jelly roll, cut in 1-inch slices. Bake cut side down.

**SANDWICH BISCUITS**

Roll Baking Powder Biscuit Dough, page 67,  $\frac{1}{4}$  inch thick. Cut with small biscuit cutter. Spread half the rounds with creamed butter and thickly with any chopped meat. Cover with remaining rounds. Press together and brush tops and sides with milk. Bake in hot oven, 475° F. 10 to 12 minutes.

**CINNAMON ROLLS**

2 cups flour	2 tablespoons sugar
3 teaspoons baking powder	$\frac{1}{2}$ cup stoned raisins chopped fine, or currants
$\frac{1}{3}$ teaspoon salt	2 tablespoons citron, chopped fine
2 tablespoons butter	
$\frac{2}{3}$ cup milk	$\frac{1}{3}$ teaspoon cinnamon

Mix first five ingredients same as baking powder biscuits. Roll to one-fourth inch thickness, brush with melted butter and sprinkle with the raisins, citron, sugar and cinnamon. Roll like a jelly roll. Cut in pieces three-fourths inch thick. Place in buttered tins endwise and bake 10 to 15 minutes in a hot oven (400° F.) Dried currants may be used in place of raisins. Or, place in a well-buttered iron skillet, spread well with brown sugar. Serve caramel side up.

**NEW ENGLAND TEA BISCUITS**

Follow recipe for Baking Powder Biscuits, page 67, doubling the amount of shortening. Press a small piece of loaf sugar, first dipped in orange juice or a little orange marmalade on top of each biscuit. Place in hot oven (400° F.) and bake 10 to 15 minutes.

**RYE ROLLS**

4 cups rye flour	1 $\frac{1}{2}$ cups milk, or water
1 teaspoon salt	1 tablespoon fat
6 teaspoons baking powder	1 tablespoon caraway seed

Sift dry ingredients, add milk and melted fat. Knead on floured board; shape into rolls 1  $\frac{1}{4}$  inches wide by 2  $\frac{1}{2}$  inches long. Put into greased

pans 2 inches apart, brush with slightly beaten white or yolk of egg with 1 tablespoon cold water and sprinkle with caraway seed, let stand in warm place 20 to 25 minutes. Bake in hot oven (400° F.) 25 to 30 minutes until crisp.

## MUFFINS

**General Rules. Method 1:** Mix dry ingredients. To slightly beaten eggs, add milk and melted shortening. Combine mixtures, stir as fast as possible *only* until dry ingredients are moistened.

**Method 2. Cake Method:** Mix dry ingredients. Cream butter and sugar. Add eggs and beat well; then alternately flour and milk. Flour mixture always being added first and last.

Sweet or sour milk may be used in muffins. For each cup of sweet milk, use 4 teaspoons baking powder and 2 cups flour. For each cup sour milk use 3 teaspoons baking powder,  $\frac{1}{2}$  teaspoon soda and 2 cups flour.

### WHEAT MUFFINS

2 cups flour	2 tablespoons sugar
$\frac{1}{2}$ teaspoon salt	3 tablespoons melted fat
4 teaspoons baking powder	1 egg
	1 cup milk

Sift measured dry ingredients into a bowl. Mix milk, beaten egg and melted fat or oil. Then combine the two mixtures. Stir very well but only until the flour mixture is moistened. Pour into well greased muffin tins. Bake 15 to 20 minutes in very hot oven about 450° F.

**Graham, rye, corn meal, or whole wheat muffins** are made the same way, by mixing with the wheat flour  $\frac{1}{4}$  to  $\frac{1}{2}$  the quantity of graham, rye or whole wheat flour, or corn meal.

### BRAN MUFFINS

2 cups graham flour	$1\frac{1}{2}$ to 2 tablespoons molasses
1 cup bran flour	$\frac{1}{2}$ teaspoon salt
1 teaspoon soda	$1\frac{1}{2}$ cups sweet milk

Mix dry ingredients. Add milk and molasses. Melted butter may be used in place of molasses. Bake at 425° F. in gem pans about 60 minutes. May be reheated and toasted. Makes 12 muffins.

### SOUR CREAM MUFFINS

$1\frac{3}{4}$ cups flour	1 egg
2 teaspoons baking powder	1 cup sour cream
2 tablespoons sugar	1 tablespoon water
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon soda

Sift dry ingredients into mixing bowl. Beat egg very well, add cream, then soda mixed with water and add to dry ingredients. Mix quickly



and only until dry materials are moistened. Fill muffin tins two-thirds full and bake about 20 minutes at 425° F.

### TWIN MOUNTAIN MUFFINS

$\frac{1}{4}$ cup butter	4 teaspoons baking powder
$\frac{1}{4}$ cup sugar	1 egg
$\frac{1}{2}$ teaspoon salt	1 cup milk
	2 cups flour

Cream the butter; add the sugar gradually; then alternately the egg beaten and mixed with the milk and the flour sifted with the baking powder; the flour mixture always being added first and last. Bake at 400° F. in buttered gem pans about 25 minutes.  $\frac{1}{4}$  lb. dates, chopped fine, may be added to creamed butter and sugar for Date Muffins.

**Chocolate Muffins:** Add 1 to 2 squares melted chocolate to the butter and sugar mixture in the above recipe.

### SALLY LUNN (Hot Bread)

$\frac{1}{4}$ cup soft butter	2 cups bread flour
$\frac{1}{3}$ cup sugar	4 teaspoons baking powder
2 eggs, separated	1 teaspoon salt
	$\frac{3}{4}$ cup milk

Cream butter and sugar. Drop unbeaten yolks into first mixture and beat until light, thick and lemon colored. Sift dry ingredients and add to mixture with milk. Fold in stiffly beaten egg whites. Fill buttered muffin pans  $\frac{3}{4}$  full and bake in hot oven (400° F.) 25 minutes. This makes 9 large muffins.

### CORN MEAL MUFFINS

$\frac{1}{4}$ cup butter	2 cups flour
$\frac{1}{2}$ cup sugar	1 cup corn meal
2 eggs	4 teaspoons baking powder
1 cup milk	$\frac{3}{4}$ teaspoon salt

Cream the butter. Add sugar, then eggs, beaten, without separating until light-colored and thick. Into this stir, alternately, the milk, flour, and corn meal, sifted with the baking powder and salt. Beat thoroughly, and bake about 20 minutes at 400° F. in hot, well-buttered gem pans.

### HONEY AND NUT BRAN MUFFINS

$\frac{1}{2}$ cup honey	2 cups bran
1 cup flour	1 tablespoon melted butter
$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon soda	1 $\frac{1}{2}$ cups milk
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup walnuts, chopped fine

Sift together flour, soda and salt and mix with the bran, add other ingredients. Place in greased gem pans and bake in quick oven (425° F.) for 25 to 30 minutes. Will make 16 large muffins.

**GRAHAM GEMS**

$\frac{1}{2}$ cup flour	$3\frac{1}{2}$ teaspoons baking powder
1 cup graham flour	1 egg
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup milk (about)

Sift the flour and do not use the bran left in the sifter. Sift again with the salt and baking powder; add the egg well beaten and enough milk to make a stiff batter. Bake in buttered gem pans, in hot oven (400° F.) 15 minutes.

**BLUEBERRY MUFFINS**

$\frac{1}{4}$ cup butter	4 teaspoons baking powder
$\frac{1}{4}$ cup sugar	2 cups flour
1 egg, well beaten	1 cup milk
$\frac{1}{2}$ teaspoon salt	1 cup washed blueberries

Mix  $\frac{1}{4}$  cup of flour with blueberries, let stand 1 hour. Cream butter and sugar, add egg, sift baking powder, salt and rest of the flour. Combine the two mixtures alternately with the milk, add floured berries last. Bake 25 minutes at 425° F. in buttered gem pans.

**CRUMB MUFFINS**

2 cups dry bread crumbs	2 teaspoons baking powder
$1\frac{1}{4}$ cups milk	$\frac{1}{2}$ teaspoon salt
1 cup flour	2 eggs
1 tablespoon shortening	

Soak bread crumbs in cold milk 10 minutes; add flour, baking powder and salt which have been sifted together; add well beaten eggs and melted shortening; mix well. Heat muffin tins, grease, and drop one tablespoon of batter into each. Bake 25 minutes in hot oven, 400° F.

**POTATO FLOUR MUFFINS**

4 eggs, separated	$\frac{1}{2}$ cup white potato flour
$\frac{1}{4}$ teaspoon salt	1 teaspoon baking powder
1 tablespoon sugar	2 tablespoons ice water.

Beat egg whites stiff. Add salt and sugar to beaten yolks and fold into whites. Sift flour and baking powder twice and thoroughly beat into eggs. Add ice water last. Bake in moderately hot oven, 400° F., 15 to 20 minutes. Serve warm.

**SCOTCH OAT CAKE**

1 cup boiling water	1 tablespoon shortening
$\frac{1}{2}$ teaspoon salt	Oatmeal
$\frac{1}{4}$ teaspoon soda	

Add salt, soda, shortening to boiling water, then stir in oatmeal until dough is stiff enough to knead. Roll very thin, cut into squares, bake slightly on griddle, then dry in slow oven.

**No. 1 SCOTCH SCONES**

1 teaspoon cream of tartar	$\frac{1}{4}$ cup lard, or butter
2 cups flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup buttermilk

Mix flour with cream of tartar, salt and soda; add butter or lard. Make hollow in center, pour in buttermilk to form a rather soft dough. When thoroughly mixed, roll  $\frac{1}{2}$  inch thick, cut into squares, then bake on griddle, browning both sides. Serve cold or hot.

**No. 2 (Eaten Hot)**

2 cups bread flour	$\frac{1}{2}$ teaspoon salt
4 teaspoons baking powder	4 tablespoons butter
2 teaspoons sugar	2 eggs
	$\frac{1}{3}$ cup cream

Mix and sift flour, baking powder, sugar and salt. Add butter, mixing with fork or blender. Add eggs well beaten (reserving a small amount of unbeaten white) and cream. Toss on a floured board, pat and roll to  $\frac{3}{4}$  inch thickness. Cut in diamonds about 2 inches across, brush with reserved white, sprinkle with brown sugar and cinnamon and bake in hot oven 15 minutes.

**CORN PONE OR DODGER**

2 cups corn meal	2 teaspoons fat
1 teaspoon salt	$1\frac{3}{4}$ cups boiling water

Pour the boiling water over other ingredients. Beat well. When cool, form into thin cakes and bake 30 minutes in a hot oven (400° F.) until crisp. Good with butter or gravy.

**POPOVERS**

$\frac{1}{4}$ teaspoon salt	1 cup milk
1 cup flour	2 eggs
	1 tablespoon butter, melted

Sift flour and salt into a bowl. Beat eggs with rotary beater, add milk, butter and sift in flour, beating only enough to make a smooth batter. Fill hot greased gem pans one-third full of the mixture. Bake in quick oven (450° F.) 30 minutes, then at 350° F. for 15 minutes or until firm, brown and popped. Keep oven door closed while baking.

**GLUTEN POPOVERS**

2 eggs	1 teaspoon salt
2 cups gluten flour	2 cups water

Beat eggs, add water and pour gradually into flour and salt mixed. Stir until smooth, beating well. Pour into hot greased muffin pans,  $\frac{2}{3}$  full, and bake in a quick oven 450° F. for 20 minutes. Reduce heat to 350° F. and bake 20 minutes longer or until crisp and well done.

**RYE POPOVERS**

$\frac{3}{4}$ cup rye flour	1 teaspoon sugar
$\frac{1}{4}$ cup wheat flour	2 eggs
$\frac{1}{4}$ teaspoon salt	1 cup milk

Sift dry ingredients. Beat the eggs and add milk and stir gradually into the flour mixture to make a smooth batter. Beat with egg beater until full of air bubbles. Fill hot greased gem pans two-thirds full of the mixture. Bake in hot oven (450° F.) 30 minutes until brown and popped over. Gradually reduce heat.

**CHEESE POPOVERS**

1 cup flour	1 cup milk
$\frac{3}{8}$ teaspoon salt	1 egg
$\frac{1}{4}$ lb. American cheese, grated	

Beat the egg slightly, add salt and milk and stir gradually into flour to make a smooth batter. Beat with egg beater until full of air bubbles. Have muffin pans hot and well greased. Into each drop a rounded teaspoon of this batter. Spread with a teaspoon of cheese, and cover with another teaspoon of batter. Bake in a very hot oven (450° F.) about 20 minutes or until brown and well popped.

**IRISH POTATO CAKES**

2 cups mashed potatoes	1 teaspoon caraway seed
2 cups flour	1 tablespoon butter
4 teaspoons baking powder	1 teaspoon salt
$\frac{1}{2}$ cup milk	

Mix and sift dry ingredients, work in butter, add seeds, mashed potatoes and lastly the milk. Roll about as thick as biscuits and cut in squares. Cook in a small amount of fat in a frying pan, over a slow fire. Serve hot, split and spread with butter.

**APPLE MUFFINS**

2 cups flour	1 cup finely chopped apples
$\frac{3}{4}$ teaspoon salt	1 egg
4 tablespoons sugar	$\frac{1}{2}$ cup milk
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon cinnamon
2 tablespoons butter	12 apple slices

Mix flour, salt, baking powder and half of the sugar. Cut in the butter with a fork. Add chopped apples, mix. Lightly and quickly add the beaten egg with the milk. Drop by spoonfuls in greased muffin pans. Place one slice of apple on each muffin, mix remaining sugar with the cinnamon, sprinkle this over top and bake in a hot oven (about 400° F.) about 20 minutes.

# Chapter 7

## Griddle Cakes, Pancakes and Waffles

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### No. 1 PLAIN GRIDDLE CAKES

2 teaspoons baking powder      1 cup milk (scant)  
1 cup flour      1 egg  
 $\frac{1}{4}$  teaspoon salt      1 teaspoon melted butter

Sift the dry ingredients. Beat the egg. Add the milk, and stir it in gradually to make a smooth batter, add melted butter or oil. If not thin enough, use more milk.

Heat an iron griddle and grease it with a piece of fat. Pour the cakes on the griddle from the end of a large spoon. When the cakes are full of bubbles, turn with a pancake turner, brown the other side. Wipe griddle with a greased cloth after each baking. The egg may be omitted.

### No. 2

3 cups flour       $\frac{1}{4}$  cup sugar  
 $1\frac{1}{2}$  tablespoons baking powder      2 cups milk  
1 teaspoon salt      1 egg  
2 tablespoons melted butter or oil

Follow method above.

### SOUR MILK GRIDDLE CAKES

#### No. 1

1 cup flour (scant)       $\frac{1}{2}$  teaspoon salt  
1 teaspoon baking powder      1 egg  
 $\frac{1}{2}$  teaspoon soda      1 tablespoon oil or butter  
1 cup sour milk or buttermilk

Mix dry ingredients. Add milk and melted butter or oil to egg. Combine the mixtures. Stir until smooth and bake on hot griddle, like Plain Griddle Cakes, above.

#### No. 2

$2\frac{1}{2}$  cups flour       $1\frac{1}{4}$  teaspoons soda  
 $\frac{1}{2}$  teaspoon salt      2 tablespoons oil  
1 egg      or melted butter  
2 cups sour milk

Mix dry ingredients. Add milk, oil and the egg well beaten. Drop by spoonfuls on a greased hot griddle. Brown well on both sides. Serve with butter and maple syrup or Sugar Syrup, page 82.

**Sour Cream** may be substituted for sour milk, omitting butter.

**BREAD GRIDDLE CAKES**

1½ cups fine bread crumbs	2 eggs
1½ cups hot milk	½ cup flour
2 tablespoons butter	½ teaspoon salt
3½ teaspoons baking powder	

Mix in the order given. One cup any cooked cereal may be used instead of bread crumbs. Cook like other Griddle Cakes.

**RICE GRIDDLE CAKES**

2 cups hot boiled rice	1 teaspoon salt
2 cups flour	1 pint milk
3 teaspoons baking powder	2 eggs, separated

Mix the dry ingredients. Add milk to beaten yolks. Combine the two mixtures and lastly fold in the beaten whites. Cook like Griddle Cakes.

**CORN MEAL GRIDDLE CAKES**

1 cup flour	1½ teaspoons salt
1 cup corn meal	2 cups milk
1 tablespoon baking powder	1 or 2 eggs

Mix the dry ingredients. Beat egg well, add salt and the milk, and combine the two mixtures. A tablespoon of molasses may be added to the batter. Cook like other Griddle Cakes.

Or, one teaspoon soda and two cups sour milk may be used in place of the baking powder and sweet milk.

**CORN MEAL AND RICE GRIDDLE CAKES**

½ cup corn meal	2 teaspoons baking powder
½ cup flour	½ teaspoon salt
1 cup boiled rice	2 eggs, separated
1 cup milk	

Mix dry ingredients. To the beaten yolks add milk. Combine the mixtures, and fold in whites beaten stiff. Cook like other Griddle Cakes.

**BUCKWHEAT CAKES**

1 quart lukewarm water	½ cup flour
1 teaspoon salt	½ ounce compressed yeast
¾ cups buckwheat flour	2 tablespoons molasses

Dissolve the yeast in a little warm water with 1 teaspoon sugar; add to the rest of the water and mix with the flour, salt and buckwheat to make a thin batter. Let rise overnight. Next morning, add molasses and bake on a hot greased griddle, in small cakes, browning on both sides. Serve with sugar or syrup.

Save a cupful of this batter each time and use it in place of fresh yeast. After using two mornings add  $\frac{1}{2}$  teaspoon saleratus or soda or 2 tablespoons of boiling water, beat thoroughly in the dough. This can be continued each day for 3 weeks, before making fresh sponge.

### YEAST GRIDDLE CAKES

3 cups lukewarm milk and water mixed	1 cake yeast
1 cup wheat flour	1 teaspoon salt
1 cup barley flour	1 teaspoon soda
1 cup corn flour	2 eggs
	3 tablespoons syrup

2 tablespoons melted fat

If cakes are to be used for breakfast, mix liquid the night before with the wheat, barley, corn flour and salt, adding yeast dissolved in  $\frac{1}{4}$  cup of the liquid. In the morning add soda, eggs, syrup and shortening. Let rise 15 minutes and bake on hot griddle.

#### No. 1

#### PLAIN PANCAKE

2 or 3 eggs, separated	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup flour or cornstarch	1 cup milk or water

Stir yolks with the salt and flour, until smooth, add milk gradually, then fold in the beaten whites. Heat pan, add 2 tablespoons butter and when hot, pour in pancake; let cook slowly and evenly on one side, turn and brown on other side, or finish baking in oven. Serve with jelly.

#### No. 2

2 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup flour	1 cup milk

2 tablespoons fat

Beat eggs, add flour, salt and then milk, blend well. Heat skillet in oven, add fat, when hot, pour in egg mixture. Place in hot oven, let remain 20 minutes, reducing heat. Lift into hot platter, serve with powdered sugar and lemon slices or juice.

### FRENCH PANCAKES

1 cup flour	$\frac{1}{2}$ teaspoon salt
3 eggs, well beaten	1 tablespoon oil or melted butter
$1\frac{1}{2}$ cups milk	

Sift flour and salt, add milk and eggs, beat all together very well. Have skillet hot and for each pancake add 1 teaspoon fat, spread over pan, pour in a little batter, tilt pan back and forth, so batter will spread all over bottom; when brown, turn and brown on other side. Spread each pancake with jelly and roll up and dust with powdered sugar. Serve hot.

**RUSSIAN PANCAKES**

Make French Pancake Batter, page 77. Drop from tip of tablespoon on hot, well greased griddle to form small thin pancakes. Brown on both sides. Serve hot with thick sour cream and Russian Caviar.

**NORWEGIAN PANCAKES**

Make and bake as French Pancakes, page 77, but do not roll. Pile 6 or 8 flat pancakes on serving plate, spreading jelly or butter and scraped maple sugar between them, or spread Caramel Frosting No. 1, page 411, between and over top. Cut into pie-shaped wedges.

**SEA FOOD PANCAKE PIE**

French Pancakes, page 77	Cream cheese
Cream or Yellow Sauce, page 117	Caviar
Anchovy paste	Lobster or crab meat, page 146, cooked or canned

Make pancakes, page 77. Mix cream cheese with anchovy paste. Spread pancakes alternately with cheese mixture, then with caviar, until five or six pancakes have been filled. Cover with lobster or crab meat thoroughly heated in yellow sauce. Serve in pie shaped wedges.

**PANCAKE DESSERT**

French Pancakes, page 77	$\frac{1}{2}$ pound pure maple sugar
Grated rind of two oranges	2 tablespoons butter
	2 tablespoons sugar

Mix the orange rind and sugar. Melt the maple sugar and butter in top of double boiler and keep hot. Make French Pancakes, but do not roll, pile in deep dish in oven, sprinkling each with orange and sugar mixture. Pour over hot maple syrup, garnish with candied fruits.

**CRÊPES SUZETTE**

1 cup flour	1 cup milk
$\frac{1}{3}$ cup powdered sugar	2 eggs, separated
$\frac{1}{4}$ teaspoon salt	Grated rind of lemon

Beat yolks, add milk, then flour, salt and sugar previously sifted, lemon rind and last, the stiffly beaten egg whites. Heat a 6-inch greased skillet, add 1 tablespoon batter. Tip skillet from side to side until batter fills bottom of skillet. Brown pancake on one side, then turn and brown on the other side and roll. Place cakes on plate and keep hot on top of stove. Serve with the following sauce:

**No. 1 Sauce**

$\frac{1}{2}$ cup unsalted butter	2 tablespoons Grenadine and
2 cups powdered sugar	1 tablespoon each Cognac,
1 medium orange, juice and rind	Rum, Cointreau, or 3 table- spoons Rum

Follow method for Hard Sauce, page 337. Dissolve sauce in chafing dish or over hot water. Bring to table. Add the folded pancakes one at a time, turning each, to thoroughly cover with the Sauce.



**No. 2 Sauce**, for burning

$\frac{1}{2}$ cup unsalted butter	3 tablespoons powdered sugar
Juice of one orange	1 tablespoon Cognac
2 tablespoons Grenadine	1 tablespoon Rum
1 tablespoon Cointreau	

Put butter into a chafing dish, melt, then add sugar and allow to cook a few minutes. Add orange and Grenadine, stirring constantly. Then add the folded pancakes, turning each in the sauce till well covered. Then add the liqueurs, light with a match, and keep turning pancakes, in flaming sauce, until they are well flavored.

**GERMAN PANCAKE**

3 eggs	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup flour
2 tablespoons butter	

Beat eggs until very light with Dover beater, add salt and flour, and then the milk, beating all the time. Spread bottom and sides of a 10-inch cold frying pan with the butter. Pour in the egg batter, have oven very hot and bake 20 to 25 minutes, gradually reducing the heat. It should puff up at the sides, and be crisp and brown. Place on hot platter and serve with powdered sugar and lemon juice. For larger frying pan, double recipe.

**BOHEMIAN PANCAKES**

2 eggs, well beaten	$\frac{1}{2}$ oz. yeast dissolved in a
1 tablespoon sugar	little lukewarm milk
1 cup lukewarm milk	Grated rind of $\frac{1}{2}$ lemon
$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon salt

Put flour, sugar, salt and lemon rind in bowl, add well beaten eggs, the milk and mix well, then add the dissolved yeast. Beat thoroughly and set away in a warm place to rise, 1 or 2 hours or until very light. Lift the dough by spoonfuls carefully from the top of the mixture, so as not to disturb the remainder. Spread on griddle with back of spoon. Let bake slowly, that they may rise again, turn and bake on the other side. Place on large platter or on individual plates. Spread top of pancakes with a thick layer of Prune Filling, page 390, cover generously with grated gingersnaps, and over all spread whipped cream sweetened and flavored to taste, page 416. Makes 10 pancakes.

**CHINESE PANCAKE (EGG FOO YUNG)**

12 eggs	1 tablespoon cornstarch
1 cup cooked pork or chicken	1 tablespoon salt
1 cup bamboo shoots	$\frac{1}{2}$ cup oil
$\frac{3}{4}$ lb. water chestnuts	2 tablespoons Chinese Sauce

Cut meat in small strips, slice bamboo shoots fine and then into threads 2 inches long; peel chestnuts, slice fine and cut into threads 2 inches long; soften cornstarch in 2 teaspoons of water. Heat large

iron skillet, add salt and then oil. Place bamboo shoots and water chestnuts, squeezed dry, in mixing bowl, add meat and the eggs, beating all together lightly. Drop from mixing spoon at equal distances in hot oil in skillet. When brown on one side turn and brown on the other. Remove to hot platter and when all are done, pour off the fat. Mix one-half cup of water or soup stock with cornstarch, more if necessary, pour in skillet, add one tablespoon Chinese sauce, let cook two minutes. Place a few pancakes at a time in pan with gravy, let cook gently to absorb a little of the gravy and serve.

### SCOTCH PANCAKES

2 cups flour	2 tablespoons shortening
3 tablespoons sugar	$\frac{1}{2}$ teaspoon salt
1 teaspoon soda	1 teaspoon cream of tartar
2 eggs, beaten light	1 cup sour milk

Mix flour, add sugar, salt, soda and cream of tartar. Rub in the shortening. Add sour milk and beat well, then the eggs. Drop onto a hot griddle as for griddle cake batter, when well browned, turn and cook on other side. Only a small amount should be used for each cake. If the spoon is held so the tip is down, the batter runs on to the griddle, making a round, good shape.

### No. 1 POTATO PANCAKES

2 cups raw grated potatoes	$1\frac{1}{2}$ teaspoons salt
2 whole eggs	1 tablespoon flour, bread
A pinch of baking powder	crumbs or matzos meal

Peel large potatoes and soak several hours in cold water; grate, drain. Beat eggs well and mix with the rest of the ingredients adding a little pepper. Drop by spoonfuls on a hot, well greased skillet, in small cakes. Turn and brown on both sides. Serve with apple sauce.

### No. 2

4 large potatoes	$\frac{1}{2}$ cup sour cream or
or 2 cups raw, grated potatoes	$\frac{1}{2}$ cup hot milk
$\frac{1}{2}$ teaspoon salt	2 eggs, separated

Wash and peel potatoes, and let soak several hours in cold water. Grate the potatoes, place in a colander, set over a bowl and let drain. When the starch has settled in bottom of bowl, pour off the liquid. Place drained potatoes in a mixing bowl, add starch, cream or hot milk, and salt. Beat yolks well; add to potato mixture; and lastly fold in the stiffly beaten whites. Drop by spoonfuls on a hot, well greased skillet, in small cakes. Turn and brown slowly on both sides. Serve with apple sauce.

### No. 3 In Oven

Mix as above. Heat a generous amount of fat in skillet, add potato batter; bake in hot oven (400° F.), for 15 minutes, then turn and bake 15 minutes on other side.

**BREAD PANCAKES**

1 cup stale white bread  
1 egg

$\frac{1}{4}$  teaspoon salt  
1 tablespoon flour

Soak the bread in milk or water until thoroughly moistened. Mix with the rest, form in small cakes, and fry in a spider in hot butter on both sides until golden brown.

**COMBINATION PANCAKES**

1 cup wheat flour  
1 cup barley flour  
1 cup corn flour  
2 eggs  
1 tablespoon fat

1 tablespoon sugar  
 $2\frac{1}{2}$  cups sour milk  
or buttermilk  
1 teaspoon soda  
 $\frac{1}{2}$  teaspoon salt

Cream butter and sugar. Add eggs well beaten, salt, and the soda dissolved in the sour milk. Mix the flours well and stir in gradually to make a smooth batter. Bake on a hot griddle. Makes 40 pancakes.

**BLINTZES (COTTAGE CHEESE PANCAKES)***Batter*

4 eggs, well beaten  
1 cup flour  
1 teaspoon salt  
1 cup milk

*Filling*

$1\frac{1}{2}$  lb. cottage cheese  
2 yolks, beaten  
1 tablespoon butter  
1 tablespoon sugar

Press cheese through colander, salt to taste, add rest of ingredients. Make the batter by adding the liquid to salt and eggs, stirring in the flour gradually until smooth. Heat heavy 6-inch skillet, grease with vegetable fat. Pour only enough batter to make a very thin pancake, tipping pan from side to side to cover bottom. Bake on one side only until it blisters; toss on board fried side up. When a number have been fried in this manner place rounded tablespoon of cheese mixture in center of each pancake; fold over from both sides, then into envelope shape. Proceed in this manner until all the batter has been used; then just before serving, fry on both sides or bake until a golden brown. Serve hot with sugar and cinnamon or with sour cream.

**MATZOS PANCAKES**

3 matzos, broken  
2 whole eggs

1 teaspoon salt  
Goose fat or butter

Pour boiling water over matzos to cover. Let stand 15 minutes. Beat eggs well, stir lightly with the soaked and squeezed matzos, add salt and if desired, a little pepper. Heat fat in a spider, drop by spoonfuls in small cakes, and fry brown; turn and brown on other side. Serve with Sugar Syrup, page 82, or Jelly.

**No. 1 MATZOS MEAL PANCAKES**

$\frac{1}{2}$ cup matzos meal	1 tablespoon sugar
1 teaspoon salt	1 cup milk or water
2 eggs, separated	

Mix dry ingredients. Beat yolks of eggs, add milk and combine the two mixtures, let stand a half hour to swell, and lastly fold in the stiffly beaten whites of eggs. Heat griddle, grease with any desired fat. Pour cakes on the griddle from the end of a large spoon. When cakes are full of bubbles, and brown on one side, turn and brown the other side. Serve with sugar or Sugar Syrup below.

**No. 2**

4 eggs, separated	$\frac{1}{4}$ cup water
$\frac{1}{4}$ cup matzos meal	1 teaspoon salt
2 tablespoons fat	

Pour water on matzos meal, add salt and beat the yolks of eggs very light, add to meal mixture, let stand 5 minutes. Beat whites of eggs very stiff, fold lightly into the yolk mixture. Drop mixture by spoonfuls in small cakes on hot greased spider. Turn when brown and brown on other side. Serve with sugar, jelly or preserves.

Leftover pancakes may be cut into noodles and served in soup.

**MATZOS FRITTERS**

2 matzos	1 cup milk
2 tablespoons fat	1 beaten white of egg
1 egg yolk, beaten	$\frac{1}{2}$ cup matzos meal for thin
1 tablespoon sugar	batter

Let water just run over the matzos, then place in oven for a minute. Make a batter of egg, sugar, milk and meal and spread on one side of matzos and fry until brown in greased and heated spider. Spread batter on other side of matzos and fry. Serve hot with powdered sugar.

**WAFFLES****SYRUP AND SAUCES FOR PANCAKES AND WAFFLES****No. 1. Sugar Syrup**

2 cups sugar	$\frac{2}{3}$ cup boiling water
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Use brown, white or scraped maple sugar. Pour on the boiling water and stir only until the sugar is dissolved. Boil until clear, and then cool.

**No. 2. Honey Sauce**

To  $\frac{1}{2}$  cup honey, strained, use  $\frac{1}{4}$  cup butter. Blend by creaming the two ingredients or setting the bowl in warm water until the butter softens and will blend easily.

**No. 3. Spiced Honey Sauce**

To the foregoing recipe, add  $\frac{1}{2}$  teaspoon cinnamon.

**No. 4. Brown Sugar Sauce**

Equal parts of brown and white sugar with  $\frac{1}{2}$  as much water, boiled until clear. Or,  $\frac{1}{2}$  teaspoon butter creamed with 1 tablespoon of brown sugar.

**No. 5. Orange Hard Sauce**

Cream  $\frac{1}{3}$  cup butter with 1 cup confectioners' sugar. Add 2 teaspoons orange juice and  $\frac{1}{4}$  cup finely chopped, candied orange peel.

**No. 6. Currant Jelly Sauce**

Combine 1 glass currant jelly with  $\frac{1}{2}$  cup boiling water. Mix well and heat; add 2 teaspoons finely minced fresh orange peel.

**GENERAL RULES****Care and Use of Waffle Irons**

**To Temper:** Preheat until warm—not more than 5 minutes. Brush a thin coating of melted butter over the entire inner surface. Pour in enough batter to make a thick waffle. Remove when brown, and discard first waffle. Wipe off surplus grease with a piece of dry cheese cloth.

**Electric Iron:** Do not grease when once tempered. An electric iron must be thoroughly heated before pouring in the batter. To prevent sticking, swab with dampened cloth before each baking. Place 1 tablespoon or more of the batter near the center in each section of the iron, sufficient to touch top of grid. Close quickly so waffles brown on top. Bake until waffle stops steaming.

**Other Irons:** Follow manufacturer's instructions. Grease well, proceed as above and when one side of waffle is browned, turn iron, and brown on other side.

**WAFFLE BATTERS**

Waffles stick to iron when there is not sufficient fat in batter.

Sour milk or cream makes a more tender waffle than sweet milk. If sour milk or cream or buttermilk is used, use  $\frac{1}{2}$  teaspoon soda for each cup of liquid.

**STANDARD WAFFLE RECIPE**

2 cups flour	2 eggs, separated
2 teaspoons baking powder	4 to 6 tablespoons melted
2 tablespoons sugar	butter
$\frac{1}{2}$ teaspoon salt	2 cups milk

Sift flour, add baking powder, sugar and salt. Sift again. Beat egg whites until stiff but not dry. Set aside. Beat egg yolks, add milk and mix with dry ingredients with rotary beater only enough to blend them; add melted butter. Fold in the beaten egg whites last. Over-beating will toughen waffles. Bake, following General Rules above. Serve with any syrup or sauce, pages 82, 83. Makes 6 waffles.

For **Soy Bean Waffles** follow Standard Recipe, page 83, using 2 cups soy bean mix.

### SOUR CREAM WAFFLES

1 pint heavy sour cream	1 teaspoon baking powder
3 eggs, beaten separately	1 teaspoon soda
1 $\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	

Follow directions for Standard Waffle recipe, page 83.

### PECAN OR ENGLISH WALNUT WAFFLES

Follow Standard Waffle Recipe, page 83, adding  $\frac{3}{4}$  cup nut meats, broken in pieces. Or a few nut meats may be placed on batter before closing the baker.

### SPONGE CAKE WAFFLES

4 egg yolks	$\frac{1}{2}$ teaspoon salt
1 cup sugar	4 egg whites
1 teaspoon lemon juice or grated rind of $\frac{1}{2}$ orange	1 cup pastry flour
	$\frac{1}{4}$ cup water

Beat yolks until a light yellow color, add sugar and beat again. Add water and flavoring. Fold in flour, then the stiffly beaten egg whites.

Preheat iron five minutes. **Grease iron before baking each waffle.** Bake about three minutes. Care must be taken not to heat iron too long. The last waffle can be baked with stored heat.

### CHOCOLATE WAFFLES

4 tablespoons shortening	1 $\frac{1}{2}$ cups flour
10 tablespoons sugar	3 teaspoons baking powder
2 ounces chocolate, melted	$\frac{1}{4}$ teaspoon salt
3 eggs, separated	1 $\frac{1}{4}$ cups milk
$\frac{1}{2}$ teaspoon vanilla	

Cream shortening and add sugar. Add chocolate, and yolks well beaten. Add milk alternately with the flour sifted with the baking powder and salt and lastly, beaten whites. Serve with butter and powdered sugar. Makes six waffles.

### GINGERBREAD WAFFLES

3 eggs	1 teaspoon ginger
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup molasses	1 teaspoon soda
1 cup sour milk	1 teaspoon baking powder
1 $\frac{1}{2}$ cups flour	$\frac{1}{3}$ cup melted shortening

Beat eggs only until light. Add sugar, molasses, sour milk and remaining dry ingredients sifted together. Stir until smooth, then add shortening. Serve with butter and powdered sugar. Recipe makes six waffles. For a more spicy waffle add cinnamon and cloves.

## Chapter 8

# Eggs

### USES FOR EGGS

**Whites:** Angel Food and White Cakes, Kisses, Schaum Torte, Meringue, Frostings and Fillings.

**Yolks:** Custards, Mayonnaise, Cooked Salad Dressing, Noodles, Soup Garnishes, Gold Cakes and Egg-nogs.



### GENERAL RULES

A stale egg rises in water; fresh eggs are heavy, and sink to the bottom. Eggs should be well covered and kept in a cool place. Wash eggs just before using. Eggs should never be boiled, as that renders them tough. They should be cooked just under the boiling point. Water must not touch bottom of insert of double boiler in preparing custards or sauces containing eggs.

### TO PRESERVE EGGS

1 quart water glass                      9 quarts water                      15 dozen eggs  
In the early spring or fall when eggs are plentiful and at their best, pack them away for future use. Use strictly fresh eggs with perfect shells. Buy water glass of druggist. Use 10 parts water to one of water glass. Boil water, when cool add water glass and beat well. Use an 8-gallon stone jar, pack eggs in rows and pour over the liquid mixture to cover well. Place plate over eggs in crock to keep them 2 or 3 inches under water. Put cover on jar and keep in cool place. More eggs may be added at any time if well covered with the liquid mixture.

#### No. 1                      **SOFT COOKED EGGS**

Have enough boiling water in saucepan to cover eggs. Drop in slowly with tablespoon and place where they will simmer but not boil, from 3 to 5 minutes, according to the desired consistency.

**No. 2.** Put eggs in saucepan of cold water to cover, let come to the boiling point over slow fire. Remove at once. For medium soft boiled eggs, cover and leave in water 3 to 5 minutes longer.

### **CODDLED EGGS**

Take eggs from refrigerator to remove chill. Have water boiling in both top and bottom of double boiler, then remove from fire. Drop eggs gently with tablespoon into upper half of double boiler, letting stand 4 to 8 minutes over lower half. Do not return to fire.

### HARD COOKED EGGS

Slip the eggs into boiling water, place over low heat, where they will simmer, not boil, and let cook 30 to 45 minutes. Plunge in cold water to keep yolks from discoloring. Remove shells, serve whole or cut in quarters lengthwise, and pour browned butter over them and serve hot.

### POACHED EGGS

To 1 quart of boiling water, add 1 tablespoon vinegar and 1 teaspoon salt. Pour into shallow pan. Remove from stove. Break eggs carefully, one at a time into a saucer, then slip them into the hot water. Cover the pan, set over slow fire, where they will keep hot, but not boil, about 5 minutes, or until the whites are set and a film has formed over the yolks. Remove from pan with a skimmer, drain and serve on hot buttered toast; or use buttered egg poacher and proceed as above.

### STEAMED EGGS

Break an egg into a buttered cup or in inset cup of patent egg steamer. Sprinkle it with salt and pepper. Put cup or cups over boiling water or in steamer and cook until the white is set (3 to 5 minutes). Remove carefully from cup. Serve on toast garnished with toast points.

### SCRAMBLED EGGS

3 eggs	$\frac{1}{3}$ cup milk or water
$\frac{1}{2}$ teaspoon salt	Speck pepper
	1 teaspoon butter

#### Method:

**No. 1.** Beat the eggs slightly, add the milk and seasoning. Cook in a hot, buttered frying pan, over slow fire, stirring constantly until thick, or, let cook until white is partially set, then stir.

**No. 2.** Beat eggs slightly. Place in hot buttered frying pan. Let cook until bottom layer becomes set: then with fork or spatula lift up the layer around the edge of the pan, allowing the uncooked egg on top to run underneath. Continue this cooking and lifting process until the whole mixture is set and jellylike.

**No. 3.** Mix ingredients and pour into cold frying pan, stirring constantly with fork until fluffy, or may be prepared in **double boiler**.

### FRIED EGGS

Break eggs, carefully, one at a time, slide gently into 2 tablespoons of hot fat in frying pan. Let fry slowly, take up fat with spoon and pour over egg until yolk has a thin white covering. If fat is too hot, a hard, indigestible crust is formed.

### SHIRRED EGG

Butter an egg shirrer or small vegetable dish, cover bottom and side with fine bread crumbs. Add an egg very carefully, cover with seasoned bread crumbs, and bake in a slow oven until white is firm and crumbs are brown.



**EGGS IN A NEST**

Separate whites from yolks; beat whites until almost dry. Butter a small baking dish in which eggs are to be served; sprinkle fine bread crumbs in bottom. Place beaten whites in dish, make hollows and slip in the yolks. Season with salt and pepper. Set dish over boiling water, cover and cook until whites are firm.

**HAM AND EGGS**

Have raw ham cut in  $\frac{1}{4}$  inch slices. Remove half of the outside layer of fat and place in frying pan. If salty, cover with warm water, let stand 15 minutes, or soak in milk, to which a little molasses has been added. Drain and dry. Heat pan with fat, put in ham, brown quickly on one side, turn and brown on the other. If cooked too long, it will become hard and dry. Very thin slices of ham, that are not too salty, do not need soaking. Slip eggs one by one, in tried out ham fat, pouring it by spoonfuls over the eggs, until yolk has a thin white covering.

**BACON AND EGGS**

Lay thin strips of bacon, with rind removed, close together in cold frying pan. Place over low fire, let fry slowly until bacon is crisp and brown. To keep edges from curling press occasionally with a broad bladed knife. Remove bacon to hot platter. Slip eggs, one at a time, into the bacon fat (not too hot) pouring it by spoonfuls over the eggs. Cook until set and serve with the bacon.

**For Broiled Bacon,** see page 172.

**SCRAMBLED EGGS AND CORN**

1 can corn, drained or	$\frac{1}{8}$ teaspoon pepper
4 to 6 ears cooked corn	4 whole eggs
1 teaspoon salt	1 tablespoon butter

Cut corn from cob. Melt butter in skillet, add corn, season to taste and when well heated, add the beaten eggs, stir and scrape carefully from bottom of pan and cook gently until eggs are set. Serve at once.

**EGGS WITH DRIED BEEF**

$\frac{1}{2}$ lb. dried beef, shredded	3 eggs
1 tablespoon fat or butter	$\frac{1}{4}$ cup milk

If beef is too salty, pour over boiling water and press dry. Heat the fat in a spider, add the meat, let cook a few minutes, add eggs beaten with milk; mix or scramble with the meat and let cook until the eggs are set, and serve immediately.

**EGGS AND SAUSAGE**

1 lb. sausage	2 tablespoons fat
	3 eggs

Take cold, boiled sausage, skin and slice in half-inch pieces. Place in frying pan with hot fat; brown on both sides a few minutes and just before serving add the eggs, beaten slightly; mix and cook until the eggs are set and serve immediately.

**SCRAMBLED EGG WITH HAM**

$\frac{1}{4}$  cup ham, chopped  
 1 egg, beaten light  
 1 teaspoon green pepper  
 chopped  
 1 tablespoon fat (bacon good)

Fold ham and pepper lightly in egg. Heat a skillet, add the fat, turn in the mixture, brown on one side, turn and brown on the other. Serve hot on bread or toast.

**SCRAMBLED EGG WITH SMOKED BEEF OR TONGUE**

$\frac{1}{4}$  lb. smoked beef or tongue  
 1 egg, beaten light  
 1 teaspoon green pepper  
 1 tablespoon fat  
 Chop a slice of boiled tongue or smoked, pickled meat. Heat the fat in a spider, fold meat and pepper, chopped fine, lightly into the egg. Turn into hot fat, brown on one side, turn and brown on the other. Serve at once on bread or toast.

**SCRAMBLED EGGS WITH TOMATO SAUCE**

5 eggs  
 $\frac{1}{2}$  teaspoon salt  
 2 tablespoons butter  
 $\frac{1}{2}$  cup milk or water  
 $\frac{1}{8}$  teaspoon pepper  
 Tomato Sauce  
 Beat eggs slightly with fork; add salt, pepper and milk. Heat skillet, put in butter, and when melted, turn in mixture. Cook until of creamy consistency, stirring and scraping carefully from bottom of pan. Stir in Tomato Sauce No. 1, page 119, to which 1 tablespoon sliced mushrooms and 1 tablespoon capers may be added. Serve hot on toast or crackers.

**SCRAMBLED EGGS WITH MATZOS**

3 whole eggs  
 6 matzos  
 4 tablespoons goose fat or oil  
 4 tablespoons sugar  
 Break matzos in small pieces in a colander. Pour boiling water through them, drain quickly. They should be moist but not soggy. Beat eggs well, fold the matzos in lightly. Heat the fat in a spider, add the egg mixture; scrape and scramble carefully with spoon from the bottom of the pan and while scrambling, add sugar and cook gently until eggs are set. Serve at once.

**CREOLE EGGS**

1 tablespoon chopped onion  
 1 tablespoon green peppers  
 1 tablespoon butter  
 1 small can mushrooms  
 1 cup tomato, strained  
 1 tablespoon capers  
 6 eggs  
 Toast  
 Let onions and peppers simmer a few minutes in the butter, add the mushrooms, capers and tomato liquid, heat through. Beat the whole eggs well and cook with the other ingredients, stirring constantly until the eggs are well scrambled. Serve on toast.

**EGGS A LA BUCKINGHAM**

Make 5 slices Cream Toast, page 62, and arrange on a platter. Use recipe for scrambled eggs—having eggs slightly underdone. Pour eggs over toast and sprinkle with 4 tablespoons grated mild cheese. Place in oven to melt cheese and finish cooking eggs.

**VENETIAN EGGS**

1 tablespoon butter	$\frac{1}{2}$ can tomatoes
1 tablespoon chopped onion	1 teaspoon salt
Small bay leaf	1 teaspoon sugar
2 or 3 whole eggs	Speck paprika

Melt butter, add chopped onions and cook together for a few minutes; add tomatoes, bay leaf, salt, sugar, paprika. When hot, pour in the whole eggs. When cooked a bit, break them up with fork. Serve on toast.

**POACHED EGGS AND CHEESE**

6 eggs	6 teaspoons butter
6 tablespoons grated cheese (American)	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ teaspoon paprika

Butter 6 ramekins and drop a whole egg in each, add salt and paprika, a teaspoon butter and cover with a tablespoon of the cheese. Place ramekins in a pan of hot water ( $\frac{1}{2}$  inch deep) and bake until the eggs are set. Place under flame and brown quickly. Or, cut toast round and put a Poached Egg, page 86, upon it. Sprinkle with cheese. Cook White Sauce, page 117, and pour over the egg. Garnish with parsley.

**EGGS A LA BENEDICT**

2 English Muffins	4 poached eggs
4 slices boiled ham	Hollandaise Sauce

Prepare English Muffins, page 59. Split and toast. Fry ham. Cut round and place on muffins. Slip poached egg on ham. Cover with Hollandaise Sauce, page 122. Garnish with olive and pickles.

**EGGS A LA MARTIN**

1 cup White Sauce No. 2	6 eggs
	$\frac{1}{4}$ lb. grated American cheese

Break eggs carefully into a well buttered pudding dish, cover with White Sauce, page 117, and sprinkle cheese over all. Bake 15 minutes in a moderate oven.

**EGGS IN BAKED POTATOES**

6 potatoes	6 teaspoons butter
6 eggs	Salt
6 tablespoons grated cheese	Cayenne pepper

Bake the potatoes, cut off the top and remove half of the inside of potato; in its place drop a raw egg, salt, cayenne pepper, 1 tablespoon cheese and 1 teaspoon butter. Put back into a hot oven for 4 minutes.

**EGGS IN TOMATO SAUCE**

1 cup Tomato Sauce  
6 eggs  
Make Tomato Sauce No. 1, page 119. Put in the bottom of a pudding dish—or take 2 tablespoons of the sauce and place in individual cups or ramekins, drop in the eggs or egg and cover with the Tomato Sauce. Bake in a moderate oven 8 to 10 minutes. Serve in the dishes in which they are cooked.

**EGGS A LA COLUMBUS**

Select green peppers of uniform size. Plunge into boiling water, cut around the stem, and remove the seeds and veins. Set the peppers in small muffin pans, break a fresh egg into each, add salt and pepper and poach in a moderate oven about twelve minutes, or until the egg is set. Have ready a square of hot buttered toast for each egg. Serve with Tomato Sauce, page 119, poured over or in a separate dish.

**GOLDEN ROD TOAST**

4 hard cooked eggs  
6 to 8 slices toast  
2 cups White Sauce No. 2

Separate the yolk and white of egg and chop the white. Put the yolk in a warm place. Make a White Sauce, page 117. Add the whites to the sauce. Heat thoroughly, and pour the mixture upon the toast. Press the yolk over the whole, through a fine strainer, and garnish with toast points and parsley.

**CURRIED EGGS**

6 hard cooked eggs  
2 tablespoons butter  
2 tablespoons flour  
 $\frac{1}{2}$  teaspoon curry powder  
 $\frac{1}{8}$  teaspoon pepper  
1 cup hot milk  
 $\frac{1}{4}$  teaspoon salt

Melt butter, add flour and seasonings and gradually the hot milk. Slice the eggs, crosswise, or in eighths, lengthwise, and reheat in the sauce. Garnish with Bread Croutons, page 110. One teaspoon chopped onion may be browned in the butter.

**EGGS A LA TARCAT**

6 hard cooked eggs  
 $\frac{1}{4}$  lb. chopped ham  
 $\frac{1}{4}$  onion, chopped  
 $\frac{1}{4}$  teaspoon prepared mustard  
1 teaspoon salt  
A little red pepper

Cut the eggs in half, lengthwise. Remove the yolk. Rub the yolks smooth with the rest of the ingredients, and refill the whites of eggs with this ham mixture. Serve cold on lettuce leaves with a little Mayonnaise, page 275, on each egg.

**DEVEILED EGGS**

4 hard cooked eggs	$\frac{1}{4}$ teaspoon cayenne pepper
$\frac{1}{4}$ teaspoon salt	1 teaspoon vinegar
$\frac{1}{2}$ teaspoon dry mustard	1 tablespoon melted butter

Take eggs when cold, remove shell and cut each in two, lengthwise. Remove yolks and set whites aside. Rub yolks smooth and mix thoroughly with the rest of the ingredients and roll into balls size of original yolk. Place a ball in each half white of egg, and send to the table on a bed of crisp lettuce leaves.

Or, add four boned anchovies, pounded smooth and strained. Or, add  $\frac{1}{4}$  cup of chopped chicken, veal, ham or tongue.

**MOLDED EGGS**

6 hard cooked eggs	$\frac{1}{4}$ cup Thousand Island Dressing
2 tablespoons Pepper Relish (drained)	$\frac{1}{2}$ teaspoon salt
1 tablespoon Mayonnaise	$\frac{1}{4}$ teaspoon dry mustard

Grind or chop eggs, add seasoning, drained Pepper Relish, page 582, and only enough Mayonnaise to moisten. Pack in small cups and chill for several hours. Serve on lettuce and top with Thousand Island Dressing, page 276.

**SCOTCH EGGS**

1 cup lean ham, chopped very fine	$\frac{1}{3}$ cup milk
6 hard cooked eggs	$\frac{1}{2}$ teaspoon dry mustard
$\frac{2}{3}$ cup dry bread crumbs	1 raw egg
	Salt and pepper

Cook bread crumbs in the milk and rub to a smooth paste. Mix it with the ham, add mustard, cayenne and the raw egg. Mix well. Remove shells from eggs and cover with the mixture; fry in hot fat 2 minutes, drain and serve hot or cold for lunch or picnics. Cut them in halves, lengthwise, and arrange each half on a bed of fine parsley. The contrast between green, red, white and yellow gives a pretty effect.

**EGGS AU GRATIN**

6 hard cooked eggs	$\frac{3}{4}$ cup grated American cheese
1 pint White Sauce No. 2	$\frac{1}{4}$ cup dry bread crumbs

Prepare as Deviled Eggs. Place in greased casserole. Sprinkle eggs with grated cheese; pour over White Sauce, page 117, Cream Sauce, page 117, or Tomato Sauce, page 119, cover with bread crumbs, and sprinkle with grated cheese. Brown in the oven. Garnish with parsley. Serve hot.

Or, use whole eggs, eggs cut in halves, quarters, or slices, and cover with cream or tomato sauce, and then with buttered cracker crumbs. Set into the oven to reheat the mixture and brown.

**HOT EGG DISH**

8 hard cooked eggs, sliced                      ½ lb. sautéed mushrooms,  
 White Sauce No. 2, page 117                      page 207  
 ½ lb. American cheese                      1 can tomato soup

Make double recipe of White Sauce, add cheese, grated. When melted, add the rest and serve on toast or in patty shells. Shrimp, crab meat, or lobster may be added if desired.

**OMELETS****CREAMY OMELET**

4 eggs    ½ teaspoon salt  
 4 tablespoons milk                              ⅛ teaspoon pepper  
     or water    1 teaspoon butter

Beat eggs slightly, enough to blend the yolks and whites. Add milk and seasoning. Put butter in hot skillet; when melted, turn in the mixture. As it cooks, draw the edges toward the center with a knife until the whole is set. If desired brown underneath, increase heat. Fold and turn on hot platter.

**FRENCH OMELET**

3 eggs    Speck of pepper  
 ½ teaspoon salt                                      3 tablespoons hot water  
     1 teaspoon butter

Beat the yolks of the eggs until thick; add salt, pepper and water. Fold in the whites of the eggs beaten stiff. Cook in a hot buttered omelet pan until it sets and is brown underneath. Finish cooking on the top grate of the oven. Chopped parsley, cheese, fruit jelly or creamed meat may be placed in the center. Fold and turn upon a heated platter.

**OMELET WITH FLOUR**

3 eggs, beaten separately                      2 tablespoons flour  
 1 cup milk    ½ teaspoon salt

Stir one-quarter of the milk with the flour and salt mixed, until smooth, add the rest of the milk and pour and stir over the beaten yolks, then fold in whites, beaten dry. Pour in a hot buttered spider and cook slowly on top of stove five minutes, set in a moderately slow oven and bake twenty minutes more or until set and a golden brown. Fold and serve on hot platter.

**BREAD OMELET**

2 tablespoons bread crumbs                      2 tablespoons of milk  
 Speck of salt    1 egg  
 Speck of pepper                                      ½ teaspoon butter

Soak the bread crumbs in the milk for fifteen minutes, then add the salt and pepper. Separate the yolk and the white of the egg and beat

until light. Add the yolk to the bread and milk and cut in the white. Turn in the heated buttered pan and cook until set. Fold and serve.

### ASPARAGUS OMELET

Omelet 1 can asparagus  
1 cup White Sauce No. 2

Follow any Omelet recipes, page 92, make White Sauce, page 117. Add asparagus, drained and rinsed, to the White Sauce, spread some of the mixture over half of the baked omelet, fold over the other half, turn on platter and pour over the rest of the sauce. Use the cut asparagus.

### CHICKEN OR SWEETBREAD OMELET

Make Creamy or French Omelet, page 92. When baked, have Cream Sauce, page 117, ready. Add to it  $1\frac{1}{2}$  cups cooked Chicken, diced, or Sweetbreads, page 172, broken into small pieces.

Spread some of the mixture over half of the omelet, fold over the other half. Turn on hot platter and pour the rest of the sauce around.

### ORANGE OMELET

1 egg, separated 2 tablespoons powdered sugar  
Rind of  $\frac{1}{3}$  orange 1 tablespoon orange juice

Beat the yolk of the egg and add the orange rind and juice. Add the sugar. Fold in the beaten white and turn on heated buttered pan and cook until set. Serve with powdered sugar.

### SPANISH OMELET

French Omelet  $1\frac{3}{4}$  cups tomatoes  
2 tablespoons butter 1 tablespoon sliced mushrooms  
1 tablespoon onion, chopped 1 tablespoon capers  
6 olives, chopped  $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  green pepper, chopped fine Few grains cayenne

Make a French Omelet, page 92, with 4 eggs. First have ready the following sauce. Heat the butter in a skillet, add the onions, olives and green pepper and cook a few minutes, then add the tomatoes and cook until moisture has nearly evaporated. Add the rest of the ingredients. Before folding the omelet, place spoonful on center, then fold and pour the rest of the sauce over and around.

### CHEESE OMELET

Follow direction for Creamy Omelet, page 92, adding a little grated American cheese to the yolks; when nearly set, cover with grated cheese, fold over, and sprinkle cheese over and around it.

**CORN OMELET**

½ cup canned corn, or  
corn from cob  
1 egg, separated

¼ teaspoon salt  
2 tablespoons cream  
2 tablespoons fat

Chop corn very fine, add yolk, well beaten, the salt and a little pepper, the cream, and fold in the siffly beaten white of egg. Heat skillet, add butter or any other fat, pour in the mixture, and cook until set and well browned underneath. Fold and serve.

**ALMOND OMELET**

½ cup sweet almonds  
4 eggs

1 tablespoon butter  
Pinch salt

4 tablespoons cream

Blanch, chop and pound almonds until smooth. Beat eggs slightly, add cream. Heat skillet, add butter, when melted, pour in the egg mixture. Let cook gently, tilting pan back and forth until nearly set. Sprinkle almonds over top, turn edge on one side and roll. Serve at once on hot platter, sprinkle with powdered sugar and chopped nuts.

**For additional Egg Dishes, see Entrées, pages 245 to 262.**



## Chapter 9

### Soups



**P**UT soup meat and bones in cold water, let come slowly to the boiling point. Cover tightly, let simmer steadily from 3 to 4 hours, according to the cut and size of meat. Add vegetables and cook slowly until well flavored. Onions, celery, celery root, parsley root, and carrots are used to flavor soups. Celery seed may also be used. Take outside leaves of onion, if dark color is desired.

Celery leaves, stalks and roots can be dried in a slow oven, powdered and bottled ready for use as a flavor.

There should be about 3 parts of lean meat to one part of bone, and 1 quart water to 1 pound meat. Save all remnants of meat, bones, trimmings, gristle, marrow bone, fat and gravies, and add to left-over Soup Stock, cooking slowly.

**Soup Stock will keep** for several days if boiled up every day or kept cold in refrigerator. Put into a freshly scalded jar or pitcher and keep in a cool place. Boil up every other day in moderate weather. The cake of fat which forms on top will exclude the air, and should not be removed until stock is used.

**To Remove Fat from Soup:** Chill until the fat rises to the top and forms a firm layer. Remove this hardened fat. When there is no time for chilling, skim fat with a spoon or paper napkin.

**To Clear Soup:** To 1 quart of Soup Stock, add the white of 1 egg mixed with 1 teaspoon water. Add the crushed egg shell. Boil for 2 minutes, stirring constantly. Add 1 tablespoon of ice water, then let stand to settle. Strain through cheese cloth placed in strainer.

**Dehydrated Soups** may be reconstituted as directed on package or with any liquid drained from cooked vegetables or meat.

**Canned Soups** may be used alone or in combinations, and may be improved if combined with home-made soup stock.

#### SOUP STOCK

2½ lbs. beef plate or brisket  
3 quarts cold water  
1 tablespoon salt  
¼ teaspoon pepper  
A few dried onion peels

¼ cup each onion, carrot and  
celery diced

½ cup tomato, raw or stewed  
1 teaspoon chopped parsley  
Chopped green or red pepper

Wipe and salt meat; place in soup kettle with the cold water. Place on stove, let come slowly to the boiling point. If clear soup is pre-

ferred, skim now, but the chief nutritive value of the soup will be lost. Cover closely. Let soup simmer 3 hours or longer, then add the vegetables, cook one hour longer, adding more hot water, if too much has evaporated. Strain, cool, skim off the fat, add seasonings, reheat and just before serving, add the parsley. If the meat is to be served at table remove from soup as soon as tender and serve with any well seasoned sauce. See Horseradish or Mustard Sauce, page 125.

### CONSOMMÉ

2 lbs. lean beef, (round)	6 quarts cold water
2 lbs. veal bone	$\frac{1}{3}$ cup each onion, celery, and carrots
2 lbs. marrow bone	1 tablespoon salt
2 beef knuckles	$\frac{1}{4}$ teaspoon pepper
3 lbs. chicken or fowl	$\frac{1}{4}$ teaspoon nutmeg, grated

Clean chicken, separate it at the joints, and place in soup kettle, with the soup bones. Cut beef into small pieces and brown in hot skillet with the marrow from the marrow bones, and remove to soup kettle. Add the cold water. Heat quickly to the boiling point, skim if a clear soup is desired. Cover, let simmer slowly for 5 hours. Fry the vegetables in 1 tablespoon fat 5 minutes; add, and let boil 1 hour longer. Strain, season to taste. When cool, remove fat. Serve hot in cups with any Soup Garnish, page 110.

The chicken should be removed as soon as tender. It can be served with any well flavored sauce or used for salads or croquettes.

### BOUILLON

5 lbs. shin bone	1 small onion, sliced
4 lbs. lean beef	1 bay leaf
1 carrot, cut	Chicken leftovers
1 potato, cut	1 tablespoon salt
$\frac{1}{16}$ teaspoon red pepper	4 quarts water
$\frac{1}{4}$ cup celery, cut	A few dried onion peels

Place meat and bone in soup kettle, add the cold water, let stand 1 hour. Season. Let slowly come to the boiling point. Cover closely and simmer slowly 4 or more hours. Add vegetables, boil 1 hour longer. Strain all through a sieve and season to taste; skim off fat. Serve hot.

### CHICKEN SOUP OR BROTH

3 to 4 lbs. chicken	2 stalks celery or
10 chicken feet, scalded and skinned, nails removed	$\frac{1}{4}$ cup celery root, diced
3 to 4 quarts water	$\frac{1}{4}$ teaspoon pepper
1 tablespoon salt	$\frac{1}{8}$ teaspoon nutmeg
	1 onion

Select an old hen. Ask butcher for extra chicken feet. Singe, clean and joint the chicken; then salt and let stand several hours or over night. Cover with boiling water and let come to a boil. Cover tightly,

simmer slowly 3 or more hours, add the vegetables, boil 1 hour longer, strain, remove fat and add seasoning to taste. Take out the chicken before it falls to pieces and use for salads, croquettes or with Brown Sauce, page 118. Serve soup hot with noodles.

### No. 1 BORSHT (BEET SOUP)

½ of a 5 lb. chicken	2 potatoes, cut in cubes
3 quarts boiling water	1 small celery root, diced
½ cup lima beans	1 teaspoon salt
1 pint strained tomatoes	⅛ teaspoon pepper
5 to 6 large beets, cut in strips	2 tablespoons sugar
2 onions	Citric acid size of a hazel nut
2 apples	3 yolks, well beaten

Place chicken, cut at joints, in water. Add vegetables, salt and pepper and cook slowly, covered tightly, 2 to 3 hours. Then add sugar and citric acid (sour salt) and boil 3 minutes. Remove from flame and stir about 1 pint of this soup into the yolks gradually, so it will not curdle. Mix all together. Boiling water may be added if mixture is too thick.

### No. 2

6 medium beets	3 pints water
1½ lbs. fat beef	Citric acid
3 large onions	Sugar and vinegar to taste

Wash, scrape and grate red beets or run through a meat grinder. Put in a kettle. Add fat brisket of beef, or flank, three large onions, and a little salt to taste. Cover kettle and let cook until beets and meat are tender. Then add citric acid (sour salt) size of pea and vinegar and sugar to taste, and a few cooked prunes, if desired. Boil about 15 minutes.

**No. 3. Beet Soup (Russian Style) Milchik, see page 106.**

### TURKEY OR GOOSE SOUP

Bones of turkey, goose or duck	1 teaspoon salt
Scraps of the meat	⅛ teaspoon pepper
Cold water to cover	1 onion, sliced
Stuffing	¼ cup celery, diced
Leftover gravy	¼ cup carrot, sliced

Take any leftover poultry, break the carcass in pieces, add stuffing and gravy. Put into kettle with remnants of the meat; cover with cold water, bring slowly to the boiling point. Cover kettle and let simmer 4 or more hours; add onions and celery and let boil ½ hour longer. If a stronger soup is desired, add 1 or 2 chicken bouillon cubes. Strain, remove fat. Serve hot with dumplings, "Pfarvel," Barley or Green Kern, pages 116, 100.

**No. 1—With Meat VEGETABLE SOUP**

2 lbs. shin of beef, with meat	½ cup cabbage
2 quarts cold water	1 small onion
2 teaspoons salt	½ small carrot
½ green pepper, chopped	1 sprig parsley
1 teaspoon sugar	1 piece of celery root
1 cup tomato	½ cup peas

Wipe the meat, cut it into small pieces. Put it with the salt into the cold water. Cover and simmer 4 hours; then add the vegetables, cut fine, and the seasoning. Cook 1 hour longer, cool. When ready to use, remove fat. Heat and serve.

**No. 2—With Meat—Southern Style**

4-5 lbs. shoulder of beef	3 cups canned tomatoes
6 cups diced potatoes	2½ cups or 1 lb. dried lima beans
4 cups diced sweet potatoes (not yams)	2 tablespoons celery seed
4 cups sliced carrots	2 tablespoons salt
2 cups cabbage, medium cut	½ teaspoon pepper
9 quarts cold water	

The soup bone must be sawed to avoid splinters, as the soup is not strained. Put all ingredients into a large kettle. Cook covered, boiling rapidly, for 2 hours, then reduce heat and simmer uncovered 2 to 3 hours longer. About 15 minutes before serving, remove meat and bone. Cut meat into pieces and add to soup. Serves about 10.

**No. 3—Without Meat**

1½ quarts boiling water	¼ cup celery
⅓ cup carrots, diced	4 tablespoons butter
⅓ cup cabbage, cut	1 teaspoon sugar
1½ cups potato, diced	¼ cup string beans
¼ cup onion, sliced	2 teaspoons salt
1 cup strained tomatoes	1 teaspoon chopped parsley or green pepper
½ cup peas	

Wash, pare and cut vegetables. Heat butter in a skillet, add onions and let simmer until glassy, then add all vegetables but potatoes and tomatoes. Cook covered for 10 minutes. Add potatoes, cook 2 minutes longer, then add boiling water, seasoning and tomatoes and boil until all vegetables are tender. Before serving add parsley.

**MUTTON SOUP**

1½ lbs. mutton	2 tablespoons rice or barley
1 quart cold water	2 potatoes, diced
1 teaspoon salt	½ cup each carrots and celery
2 onions, diced	

Cut mutton into small pieces, place in soup kettle with water and salt. Cover. Cook slowly 4 or 5 hours. Strain, cool and remove fat. One hour before serving, add barley or rice and vegetables. Season.

**RICE OR BARLEY SOUP**

2 quarts soup stock, page 95

 $\frac{1}{2}$  cup pearl barley or rice

1 quart boiling water

1 teaspoon salt

 $\frac{1}{8}$  teaspoon pepper

1 cup diced celery and carrot

Wash barley or rice in cold water. Cook in boiling salted water until tender, 2 hours or more. When water has evaporated add Soup Stock. Boil, stirring to separate grains; add celery, carrot. Cook until tender.

**OX TAIL SOUP**

3 lbs. lean beef

2 ox tails, split

5 quarts cold water

1 tablespoon salt

1 large onion, diced

 $\frac{1}{4}$  cup celery root, diced

1 tablespoon chopped parsley

2 tablespoons fat

2 tablespoons flour

3 carrots, diced

Cut ox tail into small pieces and fry lightly in fat. Put meat and ox tails in kettle, add water and salt. Cover. Let cook slowly about 4 hours. Add vegetables, cook 1 hour longer, reducing stock one-half. Strain. Heat fat in skillet, add flour, brown slowly, add 1 cup of soup and stir into the remaining stock. To darken, add Kitchen Bouquet.

**MULLIGATAWNY SOUP**

3 lbs. raw chicken

4 quarts cold water

2 sour apples, sliced

 $\frac{1}{4}$  cup onion, sliced $\frac{1}{4}$  cup celery, cut in cubes $\frac{1}{4}$  cup carrot, cut in cubes

1 teaspoon curry powder

1 tablespoon flour

2 cloves

1 cup tomato, strained

 $\frac{1}{2}$  green pepper, chopped fine $\frac{1}{8}$  teaspoon mace

1 teaspoon chopped parsley

1 teaspoon sugar

Salt and pepper

 $\frac{1}{4}$  cup butter or drippings

Cook vegetables and chicken in the fat until browned; add flour, curry powder, cloves and the rest of the ingredients and cook slowly until chicken is tender. Remove chicken and cut the meat in small pieces. Strain soup and rub vegetables through a sieve. Add chicken to strained soup. Season and serve hot, with Boiled Rice, page 226.

**DRIED BEAN SOUP**

To 1 pint Boiled Beans, page 230, add Brown Sauce, page 118, using 2 cups Soup Stock in place of water. Serve as above.

**DRIED PEA SOUP**

2 cups dried or quick cooking split peas

3 quarts cold water

Smoked brisket of beef, dried

beef, sausage, a ham bone

or bacon or tongue

 $\frac{1}{4}$  cup celery, diced

1 small onion, cut fine

2 tablespoons butter

1 teaspoon sugar

2 teaspoons salt

 $\frac{1}{4}$  teaspoon white pepper

2 tablespoons flour

Pick over and wash the peas. Soak them in cold water over night, or for several hours; drain, place in soup kettle with the smoked beef,

ham bone or tongue, add the cold water. Cover. Boil slowly but steadily 4 hours or more; add the celery and cook until the peas and meat are tender. Remove meat when tender and serve on platter. Skim fat off the top of soup. Heat 2 tablespoons of the fat in a skillet, add the onions and brown, add flour and gradually a cup of the soup. Add to the rest of soup. Season to taste and serve with Croutons, page 110. Or cook peas until tender, add sliced smoked sausage or dried beef, boil, and serve hot in the soup. A slice of toasted rye bread may be boiled with the soup.

### LENTIL OR LINSEN SOUP

2 cups lentils	$\frac{1}{4}$ cup celery, diced
3 quarts cold water	1 small onion
3 lbs. brisket of beef	Salt and pepper
Or a lb. smoked sausage	2 tablespoons flour
Or a ham bone	Croutons

Wash lentils and prepare same as Dried Pea Soup, page 99. 1 cup of strained tomato improves the flavor.

### GREEN KERN SOUP

2 quarts soup stock	$\frac{1}{8}$ teaspoon pepper
or poultry soup	$\frac{1}{4}$ teaspoon celery, diced
2 cups green kern	1 cup Rye Croutons
2 cups boiling water	1 teaspoon salt

Wash green kern in cold water, then cook in boiling salted water 2 hours or until tender, add the celery. As water evaporates, add Soup Stock, page 95. While cooking fresh soup take the "top soup" and keep adding it strained to the green kern, until the desired consistency. A slice of toasted rye bread boiled with the soup improves the flavor. Season to taste. Serve hot with Croutons, page 110. If you prefer, dry and grind the green kern fine and cook until tender in the soup.

### POTATO SOUP

3 potatoes (cut small)	2 teaspoons chopped celery
2 teaspoons chopped onions	2 teaspoons parsley, chopped
$\frac{1}{2}$ teaspoon salt	1 teaspoon caraway seed
1 quart boiling water	2 tablespoons butter
$\frac{1}{8}$ teaspoon white pepper	1 tablespoon flour

Heat 1 tablespoon butter, add the onions and celery, and let simmer 10 minutes. Add potato, cover, and cook 2 minutes. Add the water and boil 1 hour. Add more boiling water as it evaporates. Brown the flour, and mix with butter, add some potato liquid and cook. Combine the mixture and serve hot with Croutons, page 110. Any cold cooked leftover vegetable may be added.

**ONION SOUP**

- |                             |   |
|-----------------------------|---|
| 6 (1 lb.) onions            | 6 slices toast                                |
| 3 tablespoons butter        | Grated cheese, Swiss, American<br>or Parmesan |
| 1 quart Soup Stock, page 95 |   |

Cut onions into  $\frac{1}{8}$ -inch slices. Cook slowly in butter until tender and slightly browned, stirring constantly. Add soup stock, heat to boiling point, boil 2 or 3 minutes. Pour the hot soup into cups or soup plates, float toast on top, covered with 1 tablespoon cheese. Serve with additional cheese if desired.

**TOMATO SOUP**

- |                            |                      |
|----------------------------|----------------------|
| 1 can or quart of tomatoes | 2 teaspoons sugar    |
| 1 pint of water            | 1 teaspoon salt      |
| 4 cloves                   | 2 tablespoons butter |
| 1 slice of onion           | 2 tablespoons flour  |

Cook the first six ingredients twenty minutes; strain, reheat. Melt butter, add flour, and the hot strained tomatoes.

**BAKED BEAN SOUP**

- |                         |                      |
|-------------------------|----------------------|
| 1 quart baked beans, or | 2 quarts water       |
| 2 cans baked beans      | 3 tablespoons butter |
| 1 medium onion          | 3 tablespoons flour  |

Salt and pepper to taste

Cook beans, water and onions until beans are soft. Put through a strainer. Melt butter, add flour, and when bubbling add  $\frac{2}{3}$  cup and then the rest of the soup. Season with salt and pepper, and reheat to boiling point and serve. One cup strained tomatoes may be added.

**BLACK BEAN SOUP**

- |                                |                               |
|--------------------------------|-------------------------------|
| 1 pint black beans             | $\frac{1}{8}$ teaspoon pepper |
| 2 quarts cold water            | 3 tablespoons butter          |
| 2 tablespoons chopped onion    | 2 tablespoons flour           |
| 2 stalks celery or celery root | 2 hard boiled eggs            |
| 2 teaspoons salt               | 1 lemon                       |

Soak beans over night; drain and add cold water and rinse thoroughly. Fry the onion in 2 tablespoons butter, put it with the beans, add the celery and the 2 quarts water. Cook slowly until the beans are soft, 3 or 4 hours, add more water as it boils away; rub through a strainer, add the seasonings and heat; heat the remaining butter in a saucepan, add the flour, then  $\frac{2}{3}$  cup and then the rest of the hot soup gradually; cut lemon and eggs in thin slices and serve in the soup.

**CHICKEN GUMBO SOUP**

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| $\frac{1}{2}$ of a 4-lb. chicken | 1 small onion, chopped            |
| $\frac{1}{4}$ cup rice           | 2 stalks celery, cut              |
| 1 cup canned or cooked okra      | $\frac{1}{4}$ cup strained tomato |

Make Chicken Soup, page 96. When meat is nearly tender, cut small, return to soup. Add rest, boil gently 1 hour, season.

**WINE SOUP WITH FRUIT (CHERRY)**

1 quart cherries	3 or 4 inches, stick cinnamon
1 quart water	½ lemon, sliced fine
¼ cup sugar	2 tablespoons sago
1 cup of Claret wine	2 egg yolks, well beaten

Cook sago in one cup of boiling water until tender, page 229. Put the first six ingredients on to boil and let boil 15 minutes; add the cooked sago, let boil up and pour very gradually over the two well beaten yolks. Serve cold.

Strawberry, raspberry, currant, plum, rhubarb or any dried fruit alone or in combination, may be prepared the same way.

For **Claret Soup** use 4 cups Claret wine but no fruit.

**WHITE WINE SOUP**

1 pint white wine	2 yolks of eggs
2 tablespoons sugar	Croutons

Boil wine and sugar and pour very gradually over yolks, beaten very light. Add Croutons, page 110, and serve at once.

**JELLIED BOUILLON**

2 cans beef bouillon	1 onion
1 can chicken bouillon	1 small bunch parsley
1 can tomato puree	Salt and pepper to taste
2 egg whites, beaten	2 tablespoons gelatin
2 crushed egg shells	½ cup cold water

Boil first eight ingredients for 10 minutes, then add gelatin soaked in cold water. Let stand 5 minutes, strain until clear. Pour into cups with a slice of hard cooked egg in the bottom of cup. Chill until firm. Serve with slice of lemon on edge of cup, or with catsup or horseradish.

**JELLIED CHICKEN BOUILLON**

1 tablespoon gelatin	1 pint hot chicken soup
¼ cup cold water	Salt
¼ cup boiling water	Chopped parsley

Make Chicken Soup, page 96, season well. Soak gelatin in cold water 5 minutes. Add boiling water and chicken soup and stir until dissolved. When slightly cool, add parsley. Chill. Beat slightly with a fork, and serve in bouillon cups with wafers.

**JELLIED BEEF BOUILLON**

Use beef soup in place of chicken soup. Garnish with horseradish and catsup, or whipped cream sprinkled with paprika.



## CREAM SOUPS

### GARNISHES FOR CREAM SOUPS

A spoonful of whipped cream, or a teaspoon of puffed rice or wheat or popped corn may be added to a bowl of any cream soup just before serving.

Make roses of whipped cream, with pastry tube, on round crackers,  $1\frac{1}{4}$  inches wide. Sprinkle with paprika and parsley, chopped fine. Just before serving place on top of each bowl of soup.

### MILK SOUP

4 tablespoons butter	1 quart hot milk, or milk and
4 tablespoons flour	vegetable water mixed
	1 teaspoon salt

Brown the butter, add the flour and salt and pour some of the hot milk over the thickening, stirring all the time. Add the rest of the liquid. Season to taste. Serve with dumplings or other soup garnishes. Rye flour may be used in place of the wheat flour and one or two yolks of eggs may be added very gradually.

For **Cream of Vegetable Soup** add 1 cup of any cooked, sieved vegetable. See also, White Sauce No. 1, page 117.

### SWEET MILK SOUP

2 cups dry bread (pieces)	$\frac{1}{4}$ cup seeded raisins
2 cups boiling water	1 tablespoon sugar
2 cups milk	1 teaspoon salt

Boil bread in water 15 minutes. Strain through colander. Stir well, add milk, raisins, sugar and salt. Season with cinnamon or nutmeg. If desired, add 3 eggs, beaten in 1 cup of cream.

### CREAM OF TOMATO SOUP

2 cups tomatoes	$\frac{1}{4}$ teaspoon white pepper
1 slice onion	2 tablespoons flour
1 teaspoon salt	2 tablespoons butter
2 teaspoons sugar	1 quart milk
	or milk and cream mixed

Cook the onion with the milk. Heat butter in double boiler. Add flour, seasoning,  $\frac{2}{3}$  cup hot milk, then the rest gradually. Cook the tomatoes and sugar, strain. Add very gradually to the white sauce, stirring constantly.

### CREAM OF POTATO SOUP

3 potatoes	1 $\frac{1}{2}$ tablespoons salt
1 quart milk	$\frac{1}{4}$ teaspoon celery salt
2 slices onion	$\frac{1}{8}$ tablespoon pepper
3 tablespoons butter	Few grains cayenne
2 tablespoons flour	1 tablespoon chopped parsley

Cook the potatoes till very soft. Scald the milk and onion in a double

boiler. Drain the potatoes; add the milk, having removed the onion. Rub through a strainer and put back into double boiler over the fire. Melt the butter, add the flour, stirring all the time. Pour some of the hot milk mixture over the thickening, then return to the boiler and cook 5 minutes. Add chopped parsley and serve hot.

### No. 1 CREAM OF ASPARAGUS SOUP

Cook one pound of Asparagus, page 195. Reserve liquid in which asparagus was cooked. Prepare White Sauce No. 1, page 117, double quantity, adding 1 cup asparagus liquid to milk. Combine with the cut asparagus and serve. Season with paprika.

### No. 2

1 lb. green asparagus	3 tablespoons flour
3 pints soup stock	$\frac{1}{2}$ cup cream or milk
3 tablespoons butter	$\frac{1}{2}$ cup whipping cream
	$\frac{1}{2}$ teaspoon salt

Wash and drain asparagus, cut off tips  $1\frac{1}{2}$  inches from the top. Boil in soup stock 5 minutes. Remove tips and set aside. Dice remaining stalks and boil 20 minutes; rub stalks together with the stock through a coarse sieve. Make a sauce with melted butter, flour and 1 cup of hot stock. Cook until smooth. Add to soup, then add hot cream and seasoning. Serve in bouillon cups garnished with whipped cream and asparagus tips.

### CREAM OF CORN SOUP

1 can corn	2 tablespoons butter
1 pint water	2 tablespoons flour
1 quart hot milk	1 teaspoon salt
1 slice onion	$\frac{1}{8}$ teaspoon white pepper

Heat the milk and onion, then remove onion. Chop the corn or rub through a sieve, and cook it with the water 20 minutes. Melt the butter, add the flour, and when bubbling, add first  $\frac{2}{3}$  cup, then the rest of the milk gradually; cook till slightly thickened. Add the corn, salt and pepper. Top with whipped cream sprinkled with popcorn.

### GREEN CORN SOUP

6 ears sweet corn or	$\frac{1}{8}$ teaspoon white pepper
1 pint raw pulp	1 teaspoon sugar
1 pint milk or cream	1 teaspoon flour
1 teaspoon salt	1 tablespoon butter

Grate the corn. Cover the cobs with cold water, and boil 30 minutes, then strain. To 1 pint of this corn liquid add the raw corn pulp, cook 15 minutes, add the seasoning and milk, hot. Heat the butter, add the flour, and gradually the corn mixture; cook 5 minutes longer.

**CREAM OF SPINACH, LETTUCE OR WATER CRESS SOUP**

1 lb. spinach, cooked	1 quart chicken soup
or 2 heads lettuce, finely cut	2 cups White Sauce,
or 1 bunch water cress, finely cut	page 117

Cook Spinach, page 212; drain, chop and rub through sieve. Add soup, boil 10 minutes. Add White Sauce, salt and pepper to taste. Serve in bouillon cups topped with whipped cream sprinkled with paprika. Raw lettuce or water cress may be substituted for cooked spinach.

**No. 1 CREAM OF CELERY SOUP**

3 stalks celery	2 tablespoons butter
3 cups milk	2 tablespoons flour
1 slice onion	$\frac{1}{4}$ teaspoon pepper
1 teaspoon salt	1 cup cream

Break celery in 1-inch pieces. Cook in double boiler with onion and milk, 20 minutes. Remove onion and celery; heat the butter, add flour and seasonings, first  $\frac{2}{3}$  cup and gradually rest of celery broth, add cream, and celery, cook until smooth and slightly thickened.

**No. 2**

Double recipe for White Sauce	2 cups celery, diced
No. 1, page 117	Salt, celery salt

Cook celery in small amount of water until tender. Drain. Reserve liquid and add to White Sauce. Then add cooked celery. Season to taste and reheat.

**CREAM OF MUSHROOM SOUP**

$\frac{1}{2}$ lb. mushrooms	2 tablespoons flour
1 quart chicken or veal broth	1 cup cream
4 tablespoons butter	Salt and pepper

Melt one-half the butter in skillet, add mushrooms, peeled, chopped or ground, cover; let simmer 5 minutes. Add to soup. Cook 5 minutes. Put rest of the butter in saucepan, add flour. When it bubbles, stir in  $\frac{2}{3}$  cup mushroom soup, then add rest of the soup; add cream and seasoning. Top with whipped cream sprinkled with paprika.

**CHEESE SOUP**

$\frac{1}{2}$ cup finely chopped onions	1 cup cooked chopped carrots
4 tablespoons butter	1 cup cooked chopped celery
4 tablespoons flour	Chopped parsley
$1\frac{1}{2}$ tablespoons cornstarch	$\frac{1}{8}$ teaspoon paprika
4 cups chicken stock	$\frac{1}{2}$ lb. package American
4 cups milk	Cheddar Cheese, finely cut

Sauté onions in butter until tender and glassy. Add flour and cornstarch, blending well. Add stock and milk gradually, stirring constantly. When boiling, add carrots, celery, paprika and cheese. Cook over low heat until cheese is melted. Add salt, if necessary. Serve hot with finely chopped parsley.

**ALMOND SOUP**

½ lb. almonds	Salt and paprika
6 bitter almonds	1 cup cream
1 small onion	3 tablespoons cornstarch
3 tablespoons butter	3 pints chicken or veal soup

Blanch almonds, put through meat chopper and grind until like coarse meal. Melt butter, add cornstarch, add 1 cup chicken broth, and make a very smooth sauce. Then add the almonds to the remaining soup, cook for a few minutes, add seasoning of salt and paprika, and 1 cup cream. Serve in bouillon cups with a whipped cream rose on top of a small round cracker, in each cup.

**CREAM OF BARLEY OR RICE SOUP**

½ cup pearl barley	⅛ teaspoon pepper
1 quart soup stock	1 cup hot cream
1 slice onion	2 yolks of eggs
	1 teaspoon salt

Cook barley and onion in 1 quart of boiling water 45 minutes, add the soup stock and cook until tender. Strain, season and serve with thickening made of one cup hot cream stirred gradually into the two beaten yolks; add Croutons, page 110, and serve at once or it will curdle.

**BEER SOUP**

1 pint beer	2 eggs, separated
1 cup water	1 cup milk
Salt and sugar	1 tablespoon flour

Add water to beer, let come to a boil, season with salt and nutmeg if desired. Beat yolks well with a little sugar and flour mixed, add milk, stir until smooth, stir all together in the hot beer mixture, let come nearly to a boil, fold in beaten whites and serve at once with toasted bread cubes.

**BEET SOUP (Russian Style) MILCHIK**

Cut two small beets in strips; cover with water and let cook until tender; add citric acid and a little sugar to make sweet and sour. Also a little salt; add ¾ cup sour cream. Serve cold.

Or, sweet milk may be used and while hot gradually poured over 2 or more well beaten yolks of eggs, stirred constantly and kept over the fire until thick and smooth. Serve cold.

**CREAM OF HERRING SOUP (Russian Style)**

2 cups milk	1 small onion
2 cups water	Salt and pepper to taste
	2 herring (previously soaked)

Place milk, water, onion and seasoning in a saucepan. Boil for 10 minutes, add herring which has been previously soaked and cut in small pieces; cook until herring is tender.

**CREAM OF SALMON SOUP**

1 cup canned salmon	2 tablespoons butter
1 quart scalded milk	2 tablespoons flour
1 teaspoon salt	$\frac{1}{8}$ teaspoon pepper

Drain oil from the salmon, remove skin and bones and rub through a sieve. Heat the butter, add flour and seasoning, add  $\frac{2}{3}$  cup and then gradually the rest of the milk, scalded, and the strained salmon. Cook until smooth and slightly thickened.

**OYSTER STEW**

1 pint oysters	2 tablespoons butter
2 cups scalded milk, cream, or cream and boiling water mixed	$\frac{1}{2}$ teaspoon salt Paprika

Put oysters in strainer over saucepan; keep the oyster liquor, remove any bit of shell, then add oysters to strained liquor. Add butter, cook slowly until edges of oysters curl (3 to 5 minutes). Add milk or cream. Sprinkle with paprika. Serve at once with crisped crackers.

**No. 1 CREAM OF OYSTER SOUP**

1 pint oysters	1 cup White Sauce No. 1 or 2
$\frac{1}{2}$ cup cold water	Salt and pepper to taste

Put oysters in strainer over saucepan; pour cold water over oysters. Keep water and oyster liquor. Remove any bit of shell. Add oysters to liquid; heat slowly to the boiling point and cook until oysters are plump and edges curl (3 to 5 minutes). Add to White Sauce, page 117, season, stir until smooth (1 minute). Serve with crackers.

**No. 2**

1 quart oysters	2 bay leaves
1 cup water	1 cup White Sauce No. 1
1 medium onion	1 pint milk
1 stalk celery	1 pint cream

Wash and clean oysters, add water, and bring slowly to boiling point. Let simmer until the edges curl. Remove from liquid, and when cool, put through meat grinder. To the liquid add onion sliced, celery and bay leaves, and simmer until well flavored, about 15 minutes; strain. Add White Sauce No. 1, page 117, milk, cream, salt, pepper and lastly the ground oysters. Garnish with chopped parsley.

**OYSTER BISQUE**

2 tablespoons butter	1 pint stewing oysters
1 cup finely minced celery	Salt, paprika
2 tablespoons flour	Chopped parsley
1 pint cream	Sherry wine

Clean oysters, chop very fine. Reserve liquor. Simmer celery and butter in double boiler until tender. Blend in flour. Add cream and seasonings, stirring well. When ready to serve, add oysters, oyster liquor, parsley and Sherry wine to taste. Heat thoroughly, do not cook.

**CRAB MEAT BISQUE**

10½-oz. can each of concentrated tomato soup and pea soup  
 6½-oz. can crab meat  
 1 cup cream  
 ¾ cup Sherry

Pick over crab meat. Place soups and cream in a saucepan and heat, stirring constantly. Add crab meat, heat thoroughly. Just before serving add Sherry gradually. Serve hot with crackers.

**SEA FOOD BISQUE**

Follow recipe above, omitting pea soup and using 1 pint oysters and 1 pound cooked shrimp in place of crab meat.

**LOBSTER BISQUE**

2 lbs. boiled lobster  
 2 cups cold water or chicken broth  
 2 cups milk  
 3 tablespoons butter  
 3 tablespoons flour  
 1½ teaspoons salt  
 A few grains cayenne  
 1 cup cream, scalded

Remove the meat from lobster shell. Dice body meat. Chop claw meat and tail fine. Add water or broth to body bones and tough end of claws, cut in pieces; bring slowly to boiling point and cook twenty minutes. Drain, reserve liquid. Heat butter, add flour and seasoning, and gradually the liquid. Stir until smooth. Scald milk and stir in gradually. Add lobster meat and cook slowly for five minutes, add cream and serve at once.

**PEPPER POT SOUP**

1 can concentrated pea soup  
 1 can concentrated tomato soup  
 1 can concentrated pepper pot soup  
 2 cups milk

Combine and heat thoroughly, stirring constantly.

**No. 1****CLAM CHOWDER**

1 quart clams  
 4 cups potatoes cut in dice  
 ¾ inch square  
 2-inch square fat salt pork  
 1 sliced onion  
 1 teaspoon salt  
 ⅛ teaspoon pepper  
 4 teaspoons butter  
 4 cups milk  
 8 soda crackers

Pick over and drain the clams to remove the pieces of shells. Cut the pork into fine pieces and try out; add the onions, fry 5 minutes, add the cubed potatoes, clam liquor and water enough to cover. Cook until nearly tender, pour into a saucepan, and add the milk, butter, pepper and salt. When the potatoes are done and the milk is boiling hot, add clams, whole or cut up, and the crackers. Cook three minutes longer.

**No. 2**

1 can concentrated clam chowder soup  
 1 can concentrated chicken gumbo soup  
 2 cups milk

Combine and heat thoroughly, stirring constantly.

**No. 1                      MOCK TURTLE SOUP**

1 can tomato soup	4 cloves
1 can mock turtle soup	1 teaspoon salt
1 quart soup stock	6 tablespoons Madeira wine
½ teaspoon paprika	6 thin slices lemon
	4 hard cooked eggs

Boil soups and seasoning together. Remove from stove and add wine. Place lemon slices, white of eggs chopped fine and egg yolks left whole in a tureen. Pour hot soup over them. Serves 12.

**No. 2**

1 calf's head	1 large carrot
2 teaspoons salt	2 tablespoons flour, browned
¼ teaspoon pepper	2 tablespoons butter
1 medium onion	Juice and rind of ½ lemon
1 cup strained tomatoes	¼ cup Sherry

Cover head with cold water. Bring to boiling point. Add salt, pepper and vegetables. Simmer for three hours. Strain. Melt butter, add flour, and ¼ cup soup or milk. Add this to soup. Add lemon and Sherry. Serve with face-meat and sliced eggs.

**No. 1                      FISH CHOWDER**

4 lbs. cod or haddock	¼ teaspoon pepper
6 cups potato, cut in ¼-inch slices, or ¼-inch cubes	1½ tablespoons salt
1 sliced onion	3 tablespoons butter
1½-inch cube fat salt pork	4 cups scalded milk
	8 soda crackers

Skin and bone fish. Cook head and backbone in 2 cups cold water 20 minutes; strain. Fry onion in strained, tried-out pork, add potatoes; cook with 2 cups boiling water 5 minutes; add fish liquid, the raw fish cut in pieces. Cover and let simmer 10 minutes. Add the rest, soaking crackers in cold milk.

**No. 2**

1½ lbs. raw halibut, flaked	2 large onions, diced
6 large potatoes, diced	⅔ cup butter
6 large tomatoes, cut	½ pint double cream

Mix first four ingredients. Add salt, pepper, and 3 pints water. Cook 1 hour. Add the rest and cook 5 minutes.

**CORN CHOWDER**

1 can or 2 cups fresh corn, cooked	2 tablespoons flour
4 potatoes, cut in slices	3 cups scalded milk
2 onions, sliced	3 tablespoons butter
2 cups water	Salt and pepper

Fry onion in fat, add flour, stirring often so that onion may not burn; add 2 cups water and potatoes. Cook until the potatoes are soft, add corn and milk, and cook 5 minutes. Season and serve.

## Chapter 10

# Dumplings and Garnishes for Soups

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### EGG FLUFF

Pour 2 quarts clear boiling soup in soup tureen over stiffly beaten whites of 3 eggs. Sprinkle with paprika and serve a portion on top of each plate. Serves 12 people.

### CROUTONS

**In Oven:** Cut dry bread into cubes, place in pan and brown in the oven; or butter the bread, cut into cubes and then brown the same way.

**To Fry:** Cook small cubes of dry bread in deep hot fat until brown, or brown them in a hot skillet with a little butter or fat.

### CRISPED CRUSTS

Cut the crusts of bread into strips one inch wide, five inches long, one-half inch thick; toast in oven to a golden brown.

### SOUP STICKS

Cut dry bread in one-third inch slices, remove crusts, spread with butter, cut in one-third inch strips, brown in the oven.

### CRISPED CRACKERS

Place crackers in pan in hot oven a few moments to heat through or spread with creamed butter and place in pan, in a hot oven, a few moments with butter side up, until delicately browned.

### PUFFED CRACKERS

Cover soda crackers with ice cold water. Let stand 5 minutes. Remove with perforated skimmer. Dot with butter, place in hot oven until browned and puffed up.

### RICE OR BARLEY

Boiled rice or barley may be added to clear broth or tomato soup.

### ROLLED TOAST STICKS

Remove end slice from a very fresh loaf of bread. Spread cut end generously with creamed or washed butter. Cut off a very thin slice. Remove crusts, and lay slice on a damp cloth and, beginning at one corner, roll well to opposite corner, putting on an extra bit of butter at end to fasten well. Repeat. Place sticks in shallow pan, put under hot flame, turning them until evenly toasted and brown.



**GLUTEN WAFERS** $\frac{3}{8}$  cup cream $\frac{3}{8}$  teaspoon salt

1 cup gluten flour

Add the salt to cream, then add the flour, enough to make a very stiff dough. Knead until smooth. Roll very thin. Mark with a grater or prick with a fork. Cut into strips and place in greased and floured pans. Bake in a hot oven until light brown.

**PLAIN WAFERS**

1 cup flour

1 tablespoon butter

1 teaspoon salt

Milk

Sift flour and salt together, chop in the butter, and add milk, to make a very stiff dough; chop thoroughly and knead until smooth, make into small balls and roll each one into a thin wafer. Place in shallow greased and floured pans. Bake in hot oven until puffed.

**CARAWAY POTATO WAFERS** $\frac{1}{4}$  lb. or 1 cup boiled potatoes, $1\frac{1}{8}$  cups flour

riced while warm

1 tablespoon caraway seed

 $\frac{1}{2}$  cup ( $\frac{1}{4}$  lb.) creamed butter

1 egg, slightly beaten

Work first 4 ingredients lightly with fork to a smooth dough. Set aside  $\frac{1}{2}$  hour to chill. Roll  $\frac{1}{8}$  inch thick, place in pan, brush top with egg mixed with milk, sprinkle plentifully with salt and caraway seed. Cut with hot knife into narrow strips 1 to 3 inches. Place in oven at  $350^{\circ}$  F., gradually increase to  $400^{\circ}$  F. Bake 15 minutes or until crisp and a delicate brown. Serve with soup or salad.

**EGG CUSTARD**

2 eggs (yolks)

2 tablespoons milk

Chopped parsley and paprika

Few grains salt

Beat eggs slightly, add milk and salt, pour into a small buttered cup, sprinkle with parsley and paprika, place in pan of hot water and let cook until firm. Cool, remove from cup and cut into fancy shapes.

**No. 1****EIN LAUF**

1 egg

 $\frac{1}{8}$  teaspoon salt $\frac{1}{4}$  cup water

3 tablespoons flour

Beat egg, add the salt, flour and water, stir until smooth. Pour slowly from end of spoon into boiling soup. Cook 2 to 3 minutes and serve hot; add 1 teaspoon chopped parsley to the soup.

**No. 2.** Beat 1 egg well and pour gradually into boiling soup just before serving.

**FRITTER BEANS**

1 egg

 $\frac{3}{4}$  teaspoon salt

2 tablespoons milk or water

 $\frac{1}{2}$  cup flour

Beat egg until light, add salt, flour and milk. Put through colander into hot, deep fat and fry until brown. Drain and pour the hot broth over them and serve.

**SPATZEN**

1 egg	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup water	$\frac{3}{4}$ cup flour

Beat egg well, add salt, flour and water, stirring to a stiff, smooth batter. Drop by teaspoons into boiling soup 10 minutes before serving.

**BAKING POWDER DUMPLINGS**

1 cup flour	$\frac{1}{4}$ teaspoon salt
2 teaspoons baking powder	$\frac{1}{2}$ cup milk or water, scant

Sift dry ingredients, stir in the milk or water and mix to smooth batter. Drop a teaspoonful at a time in the boiling soup; cover kettle, let boil 5 minutes and serve at once.

**No. 1 SPONGE DUMPLINGS**

2 eggs	1 cup flour
1 cup water	$\frac{1}{2}$ teaspoon salt

Nutmeg grating

Add salt and nutmeg to water and bring to boiling point. Sift in flour all at once. Beat well until mixture forms a ball and leaves sides of saucepan. Cool slightly, add whole eggs, one at a time, beating hard each time until mixture is smooth. Drop with teaspoon into boiling soup. Boil 5 minutes and serve.

**No. 2**

$\frac{1}{2}$ cup ( $\frac{1}{4}$ lb.) butter	2 egg yolks
1 cup milk	1 tablespoon cornstarch
3 whole eggs	$\frac{1}{2}$ teaspoon salt
	1 cup flour

Melt butter, add milk and salt. When boiling, add flour all at once, and stir over fire until it forms a ball. When cool, add 3 whole eggs, one at a time, and 2 yolks, beating well after each, add cornstarch, beat 5 minutes. Drop by spoonfuls into boiling soup. Cook about 10 minutes covered.

**No. 3**

3 eggs, separated	$\frac{1}{2}$ teaspoon chopped parsley
$\frac{1}{4}$ teaspoon salt	1 cup soup stock

Beat the yolks and add the soup stock; then add the beaten whites. Pour into a buttered cup and place in pan of hot water and steam until firm; cool, remove from cup and cut into small dumplings with a teaspoon, or bake in small frying pan in a hot oven until browned and when cool cut into small triangles. Pour the boiling soup over and just before serving add the parsley.

**CRACKER BALLS**

6 tablespoons cracker crumbs      1 teaspoon chopped  
 1 egg      parsley  
 2 tablespoons butter or fat      ½ teaspoon salt  
 Nutmeg, ginger and pepper to taste

Stir butter with the egg, add the seasoning, and enough crumbs to shape into small balls. Let stand ½ hour to swell. Drop into boiling soup 10 minutes before serving.

**CRACKER DUMPLINGS**

½ cup cracker crumbs      ½ teaspoon salt  
 1 egg, slightly beaten      ⅛ teaspoon pepper  
 ½ cup hot water or soup      1 teaspoon chopped parsley

Scald cracker crumbs with hot soup or water, add the rest. Cool. Drop with teaspoon into boiling soup 10 minutes before serving.

**DROP DUMPLINGS**

3 eggs, separated      1 cup flour  
 ½ cup milk      ½ teaspoon salt  
 2 tablespoons butter      Pepper and nutmeg

Break whites of eggs into a cup and add enough milk to fill cup. Put in skillet with butter and flour and stir as it boils until it leaves the skillet clean. When cool, stir in yolks and season. Drop from teaspoon into boiling soup 10 minutes before serving.

**BREAD AND MEAT DUMPLINGS**

¼ cup raw chopped calf's liver,      Pepper and ginger to taste  
 beef, or chicken meat      1 teaspoon chopped parsley  
 1½ cups diced bread, soaked      1 teaspoon chopped onion  
 and squeezed dry      1 tablespoon soup fat  
 1 teaspoon salt      1 egg

Soak the bread. Add egg, well beaten, and the rest. Shape into balls size of a walnut with bread or cracker crumbs. Drop into boiling soup, let cook 10 minutes and serve. Makes 20 dumplings.

**Bread Dumplings**, *see* page 234.

**FARINA BALLS**

1 cup hot milk      2 eggs, separated  
 1 tablespoon butter      ½ teaspoon salt  
 ½ cup farina      Pepper

Put butter and milk in double boiler, when hot add farina and stir until thick and smooth; take from stove and when cool add the yolks of the eggs and the whites; beaten stiff. Season to taste and add ½ cup grated almonds, if desired. Roll into marbles. Drop them in boiling soup 10 minutes before serving and let them boil up once or twice.

**MACAROONS FOR SOUP**

1 egg, separated	$\frac{1}{4}$ cup grated almonds
2 teaspoons flour or cracker crumbs	$\frac{1}{2}$ teaspoon salt

Blanch almonds, and grind. Beat yolk well, add the flour or crumbs, the almonds and lastly the beaten whites. Drop tiny bits from end of spoon in deep hot fat. Remove with skimmer. Drain and add to soup a few minutes before serving.

**MANDEL KLOESE**

2 eggs, separated	6 almonds, grated
Salt and pepper	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ teaspoon chopped parsley	Flour

Beat yolks very light; add salt and seasoning, the blanched and grated almonds and enough flour and the baking powder to make a stiff batter. Add beaten whites. Drop from teaspoon into boiling soup 10 minutes before serving. Test in boiling water and if it boils apart, add more flour.

**MATZOS—MALLOW BALLS**

2 tablespoons marrow or chicken fat, chilled	$\frac{1}{4}$ cup matzos meal, sifted
2 eggs	$\frac{1}{2}$ teaspoon salt
	A grating of nutmeg
	$\frac{1}{2}$ teaspoonful chopped parsley

Split the bones and remove the marrow. Cream the marrow or other fat, add the eggs well beaten, season, and add only enough matzos meal to make a soft dough. Add parsley. Let stand several hours in refrigerator, shape into balls, size of a marble. Try one in boiling water; if it does not hold together, add more meal. Drop into boiling soup 15 minutes before serving.

Cracker crumbs or bread crumbs may be used in place of the meal.

**No. 1 MATZOS KLOESE (DUMPLINGS)**

2 matzos	About $\frac{1}{4}$ cup matzos meal
2 tablespoons fat (goose)	1 teaspoon salt
2 eggs	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ onion, cut fine	$\frac{1}{4}$ teaspoon ginger
1 teaspoon chopped parsley	$\frac{1}{8}$ teaspoon nutmeg

Soak the matzos a few minutes in cold water and then drain and squeeze dry. Heat the fat in a skillet, add the onions, fry to a golden brown, then add the soaked matzos, stir until it leaves the skillet clean, then add seasoning, the egg, slightly beaten, and the matzos meal, just enough to make a soft dough. Let stand several hours to swell. Shape into balls the size of a marble. Drop into boiling soup 15 minutes before serving. Test one, if it boils apart add more meal.

**No. 2 MATZOS KLOESE (DUMPLINGS)**

2 tablespoons chicken fat	1 cup matzos meal
1 egg, slightly beaten	1 cup boiling water
1 teaspoon salt	Pepper and nutmeg to taste
½ teaspoon chopped parsley	

Pour boiling water over matzos meal, stir until water is absorbed, add fat, then egg and seasoning. Mix well. When cool, place in refrigerator for one hour or longer. Roll dough into balls the size of a walnut. If sticky, grease palms of hands or moisten with cold water occasionally. Drop into boiling soup 15 minutes before serving. Boil gently uncovered.

**MATZOS ALMOND DUMPLINGS**

1 tablespoon poultry fat or butter	⅛ teaspoon nutmeg
3 eggs, separated	⅛ teaspoon salt
½ cup grated almonds	Matzos or cracker meal
	½ teaspoon sugar

Beat the yolks very light, add seasoning, and the almonds and enough matzos or cracker meal to make a stiff batter, then add the beaten whites. Drop by teaspoon in deep hot fat, fry light brown; try one, and if they do not hold together, add more meal; place in oven to keep warm and put in soup before serving.

**MATZOS MEAL NOODLES**

2 eggs	2 tablespoons matzos meal
⅛ teaspoon salt	¼ cup potato flour

Add salt to eggs, beat slightly, stir in matzos meal or potato flour. Heat a little fat in skillet, pour in egg mixture; when cooked on one side turn on the other. Roll pancake and cut into noodles ⅛ inch wide. Drop into boiling soup before serving.

**NOODLES**

1 egg	⅔ cup flour (about)	¼ teaspoon salt
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Beat egg slightly, add salt and enough flour to make a stiff dough. Knead well, let stand, covered, ½ hour. Roll out very thin, spread on cloth to dry. It must not be the least bit sticky and not so dry that it will break or be brittle.

Fold into a tight roll, or cut into 3-inch strips, placing the strips all together, one on top of another. Now cut these long strips crosswise into very fine strips or threads. Toss them up lightly with fingers to separate well, and spread them out on the board to dry. When thoroughly dry, put in covered jars for future use. Drop by handfuls into boiling soup 5 minutes before serving.

**“PLAETZCHEN” (NOODLE SQUARES)**

Prepare and roll dough as Noodles, above. When dough is no longer sticky, cut into 3-inch strips and place strips one on top of the other.

Then cut crosswise into  $\frac{1}{3}$ -inch strips, cut again in opposite direction to form  $\frac{1}{3}$ -inch squares. Spread out to dry. Drop by handfuls into boiling soup, let boil 5 minutes and serve.

### FINGERHUETCHEN (NOODLE PUFFS)

**No. 1.** Prepare and roll dough as Noodles, page 115. Let stand until almost dry, fold dough over, through center and cut through this double thickness with a small floured cutter or thimble, pressing well, so edges stick together. Fry in deep hot fat until brown. They should be puffed like little balls. Place in tureen or a few in each bouillon cup and pour the hot broth over them.

**No. 2.** Beat 1 egg slightly, add  $\frac{1}{4}$  teaspoon salt and gradually  $\frac{1}{2}$  cup flour; form into a soft smooth dough. Place on well-floured board, pat  $\frac{1}{4}$  inch thick, cut with floured thimble or small cutter, into tiny balls, about 100. Heat  $\frac{1}{4}$  cup butter or chicken fat in pan, drop balls in carefully, not too close, as they swell. Place pan in medium oven, 325° F. When lightly browned on one side, turn with pancake turner and brown on the other side. Drain. Drop 5 or 6 balls in each plate, pour over the boiling soup.

### EGG BARLEY OR PFARVEL

**No. 1.** Prepare Noodle Dough, page 115, adding more flour and knead into a hard ball. Chop dough into small bits with large knife, or grate or rub well in hollow of hand. For even grains rub through a colander. Dry a few moments in pan in the oven or on board. Drop gradually into boiling soup, let boil 5 or 10 minutes, or until tender.

**No. 2.** Take scraps of rolled noodle dough that are too brittle, or use leftover broken noodles. Crush on bread board with rolling pin, into small bits (not to powder). Shake a little at a time through colander into mixing bowl, forming even grains. To 2 cupfuls or 1 pound, add 1 egg slightly beaten. Mix thoroughly, rub through colander again. Let stand until thoroughly dry. Store.

**No. 3. (Matzos):** With a rolling pin crush broken pieces of matzos into crumbs. Heat 1 tablespoon fat in spider, add 2 eggs slightly beaten and the matzos crumbs. Stir well until the crumbs are well separated. Let stand for several hours until thoroughly dry. Serve in boiling soup.

**For Meat Creplech, for Soup, see page 241.**

## Chapter 11

# Sauces for Fish, Meat and Vegetables

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### STANDARD RECIPES FOR WHITE SAUCE

#### No. 1. For Cream Soups

1 tablespoon butter	$\frac{1}{4}$ teaspoon salt
1 tablespoon flour	$\frac{1}{8}$ teaspoon pepper
1 cup hot milk	$\frac{1}{4}$ cup sieved, cooked vegetable

#### No. 2. For Vegetables, Meats and Fish

2 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt
1 cup hot milk or cream	

#### No. 3. For Cutlets and Croquettes

4 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{3}$ cup flour	$\frac{1}{8}$ teaspoon pepper
1 cup hot milk or white soup stock	

#### No. 4. For Soufflés

3 tablespoons butter	$\frac{1}{4}$ teaspoon salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
1 cup hot milk	

**Method:** Scald the milk. Melt the butter in a saucepan. Remove from fire and mix with flour. Cook until it bubbles, then add  $\frac{2}{3}$  of the hot milk at once and the rest gradually and boil, stirring constantly, until the mixture thickens. Season and serve hot.

### CREAM OR YELLOW SAUCE

1 cup hot White Sauce	2 yolks of eggs
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Pour a few spoonfuls of the White Sauce No. 2, above, gradually over the beaten yolks, then stir this into the remaining sauce and cook slowly, stirring constantly until thick, or add a little cold water to the beaten yolks and stir slowly into the gravy. Serve at once, hot, over cooked green peas, asparagus, fish, meat or poultry.

**BROWN SAUCE (GRAVY)**

2 tablespoons butter or fat	$\frac{1}{8}$ teaspoon pepper
2 tablespoons flour	1 cup water, meat, fish or
$\frac{1}{2}$ teaspoon salt	vegetable stock

Brown the butter or fat and, if desired, add a small onion, chopped, and when brown add the flour, let brown, and add  $\frac{2}{3}$  cup of the liquid at once, stirring constantly, and the rest gradually. Season. Cook five minutes or until thickened. Serve over hot meat, vegetables, dumplings, etc.

**MUSHROOM SAUCE**

1 can mushrooms	1 cup Brown Sauce
1 teaspoon chopped parsley	

Make Brown Sauce, above (using mushroom liquid mixed with beef stock) and add to it the mushrooms, drained, rinsed and cut in quarters or slices. Serve hot over meat.

**With Fresh Mushrooms:** Cut off thin slice from stem end, wash. Use whole or sliced. Or, separate caps and stems. Use caps as a garnish for meat; grind stems for sauce. Sauté, page 207. Make White Sauce No. 2, page 117, using mushroom liquid with the milk. Add mushrooms, cook a few minutes and serve.

**CREOLE SAUCE**

$1\frac{1}{2}$ cups Brown Sauce	$\frac{1}{4}$ cup mushrooms
2 tablespoons butter	3 tablespoons canned tomatoes
2 tablespoons onion, chopped	$\frac{1}{2}$ teaspoon salt
2 tablespoons chopped green peppers	$\frac{1}{2}$ teaspoon paprika
	1 teaspoon catsup

Kitchen Bouquet, page 126

Follow directions for Brown Sauce, above, increasing the proportions one-half. Heat butter, add the onion, let fry lightly, then the peppers, tomato and mushrooms; add to Brown Sauce, season with the rest of the ingredients, cook together 20 minutes. If desired, add  $\frac{1}{2}$  cup blanched, Roasted Almonds, sliced, page 517. Serve hot over thick broiled steak, or sweetbreads.

**CAPER SAUCE**

Drain  $\frac{1}{4}$  cup of capers from their liquor and add to Brown Sauce above. Serve hot with boiled mutton or fish.

**PIQUANT SAUCE**

1 cup Brown Sauce	2 tablespoons lemon juice,
$\frac{1}{2}$ small onion, chopped fine	vinegar, Sherry or Claret
1 tablespoon each of capers and pickles, chopped	

Make Brown Sauce, above, and while hot add the rest of the ingredients. Serve hot with beef or fish.



**PORT WINE SAUCE**

1 cup Brown Sauce, page 118, omitting onion, and when hot, add  $\frac{1}{4}$  cup currant jelly and 2 tablespoons Port wine. Cook until dissolved and serve hot with venison.

**JELLY SAUCE FOR GAME**

$\frac{1}{2}$ lemon cut in dice	$\frac{1}{2}$ wine glass Sherry
1 tablespoon chopped citron	$\frac{1}{2}$ glass currant jelly
1 teaspoon butter	Salt and pepper

Boil all together and serve hot with game.

**EGG SAUCE FOR BOILED FISH**

2 yolks of eggs	1 tablespoon vinegar
1 cup Brown Sauce	or lemon juice

Follow recipe for Brown Sauce, page 118, using fish liquid. Stir the hot sauce gradually on the beaten yolks; let cook a moment, stirring constantly until thick. Remove from fire and add lemon juice.

**LEMON SAUCE FOR BOILED FISH**

3 yolks of eggs	2 cups fish liquid
1 whole egg	$\frac{1}{4}$ cup almonds, blanched
2 lemons, juice	Sugar to taste

Cut almonds lengthwise. Beat all together well, cook until thick, over boiling water, stirring constantly. Serve at once.

**ANCHOVY SAUCE**

Season Brown Sauce, page 118, Drawn Butter Sauce, page 121, or Hollandaise Sauce, page 122, with anchovy essence.

Or, skin, bone and mash 3 or 4 anchovies until smooth and add to the sauce, adding lemon juice to taste.

**CATSUP SAUCE**

1 cup White Sauce	3 tablespoons catsup
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Make White Sauce No. 2, page 117. Mix with the catsup and serve hot or cold over fish or meat.

**No. 1****TOMATO SAUCE**

2 tablespoons butter	$\frac{1}{2}$ cup water
$\frac{1}{4}$ teaspoon onion juice	1 cup strained tomato
2 tablespoons flour	1 teaspoon salt

Heat the butter, remove from the fire, stir in the flour. Add the water, stir well, add the tomato, the onion juice, salt and pepper, boil 5 minutes. Serve hot with boiled macaroni, or with boiled or baked meat, or with baked eggs or fish.

**No. 2****TOMATO SAUCE**

$\frac{1}{2}$ can tomatoes or	3 cloves
$1\frac{3}{4}$ cups fresh stewed tomatoes	2 tablespoons butter or other fat
2 slices onion	2 tablespoons flour
8 peppercorns	1 tablespoon sugar
1 bay leaf	$\frac{1}{4}$ teaspoon salt

Cook tomatoes 15 minutes with the onion, and spices. Strain. Heat the butter in a frying pan, add flour and  $\frac{2}{3}$  cup of the hot strained tomatoes, then the rest. Cook until thick. Season to taste. Serve over hot chops, fish, macaroni, etc. May be thickened with grated gingerbread.

**TOMATO SAUCE—(Italian)**

1 quart tomatoes, strained or 1 small can tomato paste	1 clove garlic, chopped fine
1 onion, chopped fine	Salt and pepper to taste
	1 tablespoon oil

Fry onion and garlic in oil until light brown, add tomato, let cook 30 minutes or until slightly thickened.

**SPANISH CHILI SAUCE**

10 red peppers, seed and veins removed	1 onion
1 teaspoon salt	A clove of garlic, minced
	$\frac{1}{2}$ teaspoon marjoram

Scald peppers until soft, in enough boiling water to cover. Mash or press through colander, add the rest; if desired hotter, leave veins in the peppers. Enough sauce for 2 pounds meat.

**No. 1****SWEET AND SOUR SAUCE**

2 tablespoons butter	$\frac{1}{4}$ teaspoon pepper
2 tablespoons flour	2 tablespoons vinegar
$\frac{1}{2}$ teaspoon salt	1 cup hot vegetable liquid or soup stock
2 tablespoons sugar	

Brown butter well, add flour and brown, then the seasoning, add  $\frac{2}{3}$  cup of the hot liquid, then the rest and vinegar and sugar to taste. Cook until smooth. Serve hot with cooked string beans, carrots, soup meat, etc.

**No. 2**

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup vinegar
1 tablespoon flour	$\frac{1}{2}$ teaspoon salt
1 cup hot water	$\frac{1}{8}$ teaspoon pepper
	Vegetable or soup stock

Melt sugar in a hot skillet, add the flour and stir, and very gradually add the boiling liquid, then the vinegar and the seasoning. Serve hot with boiled carrots, string beans, etc.

**GINGER SNAP SAUCE**

- |                           |                     |
|---------------------------|---------------------|
| 4 to 6 large ginger snaps | 1 cup hot water, or |
| ½ cup brown sugar         | fish or soup stock  |
| ¼ cup vinegar             | 1 lemon, sliced     |
| ½ teaspoon onion juice    | ¼ cup raisins       |

Mix all together and cook until smooth. It must taste strong of vinegar and sugar and more of either may be added to suit taste. Or, grated ½ cup of Gingerbread for Filling, page 391, or Lebkuchen, page 488, may be used. Pour while hot over fish, meat, tongue or leftover meats, and serve cold.

**No. 1**

**BARBECUE SAUCE**

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 cup diced onion or      | 2 tablespoons brown sugar        |
| 1 clove of garlic         | ½ tablespoon dry mustard         |
| 2 tablespoons fat         | 2 cups stock from roast or soup, |
| 1 cup chopped tomato      | or water with meat cube          |
| 1 cup green pepper, diced | Salt and pepper to taste         |
| 1 cup diced celery        | 1 cup catsup                     |

Fry the onion or garlic slightly in fat, add the rest, cook slowly one hour. Liquid should be reduced about ½ and sauce should be well blended. Dip any meat except fowl in sauce before roasting or broiling, or baste with sauce during roasting.

**No. 2**

Make thin White Sauce No. 1, page 117, using 1 cup soup in place of milk, add ½ cup Chili Sauce, page 581, cook slowly ½ hour.

**FRICASSEE SAUCE**

- |                            |                           |
|----------------------------|---------------------------|
| ¼ cup poultry or other fat | ¼ teaspoon pepper         |
| ¼ cup flour                | 1½ cups hot chicken stock |
| 1 teaspoon salt            | ½ cup hot cream           |

Heat fat, add flour when it bubbles, add the soup stock at once, stir until thick, then add the cream, if desired, and stir until smooth.

**EGG SAUCE**

- |                           |                              |
|---------------------------|------------------------------|
| 6 hard cooked eggs, diced | Salt and paprika             |
| 1 cup cream               | 4 tablespoons finely chopped |
| 1 tablespoon butter       | parsley                      |

Place the first 4 ingredients in top of double boiler. When thoroughly heated, add parsley and pour hot over cauliflower, asparagus or fish.

**DRAWN BUTTER SAUCE**

- |                               |                     |
|-------------------------------|---------------------|
| 2 cups boiling water, milk or | ⅛ teaspoon pepper   |
| fish stock                    | 4 tablespoons flour |
| 8 tablespoons butter          | ½ teaspoon salt     |

Melt 4 tablespoons butter in a saucepan. Remove from the fire and mix with flour. Add ⅔ cup of the boiling liquid, then the rest; the remainder of the butter in small pieces and the salt and pepper. Boil 5 minutes and serve hot.

**PARSLEY BUTTER**

1 tablespoon butter  
1 teaspoon minced parsley

1 teaspoon lemon juice  
 $\frac{1}{4}$  teaspoon salt

Rub butter to a cream, add salt, a few grains pepper, parsley and lemon juice. Spread over hot broiled fish or steak.

**No. 1****HOLLANDAISE SAUCE**

$\frac{1}{2}$  cup butter  
2 or 3 egg yolks  
1 tablespoon lemon juice

A few grains cayenne pepper  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup boiling water

With a wooden spoon, rub the butter to a cream, add the yolks, one at a time. Beat well, add the lemon juice, salt and pepper. About 5 minutes before serving add the boiling water, and stir rapidly. Cook over water or in double boiler stirring constantly until it thickens.

**No. 2**

$\frac{1}{4}$  teaspoon crushed white  
pepper  
 $\frac{1}{4}$  cup water  
Salt

2 tablespoons vinegar  
4 yolks of eggs  
1 cup sweet butter  
Juice of half a lemon

Boil vinegar, pepper and water until reduced to half its volume. To sweeten butter, place in bowl, cover with cold water, and wash, using a spoon. Divide butter into 3 parts; put 1 part in saucepan with yolks of eggs and lemon juice, place over boiling water, stir constantly with a wire whisk until butter is melted. Add second piece of butter and as it thickens, the third piece. Add the vinegar, pepper and water, cook 1 minute and add salt.

**MOCK HOLLANDAISE SAUCE**

3 tablespoons butter  
2 tablespoons flour  
1 cup hot water

2 tablespoons lemon juice  
 $\frac{1}{2}$  teaspoon salt  
Few grains cayenne pepper

Yolks of 2 eggs

Melt butter in top of double boiler. Add flour and blend well. Add hot water gradually, and stir continuously until thickened and smooth. Add salt, cayenne and lemon juice, and place over hot but not boiling water, until ready to serve. Then pour mixture over well beaten egg yolks, stir thoroughly, re-heat quickly and serve at once.

**RAVIGOTE SAUCE**

2 green onions  
2 tablespoons butter  
2 tablespoons tarragon vinegar  
1 cup White Sauce No. 1

1 tablespoon lemon juice  
 $\frac{1}{2}$  tablespoon parsley, chopped  
 $\frac{1}{2}$  tablespoon chives, chopped  
Salt and pepper

Slice onions, add butter and vinegar. Cook until reduced to half. Add remaining ingredients. Serve hot or cold. Color green if desired.

**RAISIN SAUCE FOR BAKED HAM**

Pour drippings from pan in which ham was baked into a saucepan. To 2 tablespoons fat add 2 tablespoons flour. Cook, stirring until smooth. Add gradually 1 cup unsweetened pineapple juice, or 1 cup of cider or 1 cup of apricot juice. Bring to a boil. Add  $\frac{1}{2}$  cup seeded raisins. Simmer for 10 minutes. Sherry or Madeira may be added to taste.

**BERNAISE SAUCE**

2 green onions	4 tablespoons butter
2 tablespoons tarragon vinegar	1 tablespoon soup stock
4 yolks, raw	$\frac{1}{2}$ teaspoon salt
1 teaspoon parsley chopped fine	$\frac{1}{8}$ teaspoon paprika

Chop onion, add vinegar, bring to boiling point, let simmer until reduced one-half and strain and cool. Add yolks one at a time and stir. Cook slowly until smooth, stirring constantly; add butter gradually, stir, add soup stock and seasoning. Serve hot with broiled meat or fish.

**SARDELLEN SAUCE**

4 to 6 sardellen	Juice of $\frac{1}{2}$ lemon
2 tablespoons butter	$\frac{1}{2}$ cup white wine
2 tablespoons flour	Salt and pepper
1 cup of fish or meat stock	Yolks of 2 eggs

Soak the sardellen in cold water  $\frac{1}{2}$  hour, chop fine and rub through a sieve. Melt butter, add flour, then the fish or meat stock, hot, stir until smooth, add lemon, wine, and strained sardellen; cook slowly for 10 minutes; season with salt and pepper to taste and stir in very gradually the yolks beaten with a little cold water; remove from the stove. Serve with fish or meat.

**SAUCE FOR BOILED TONGUE OR FISH**

2 whole eggs, and	$\frac{1}{4}$ cup olive oil
1 egg yolk	$\frac{1}{4}$ teaspoon salt, pepper,
1 tablespoon dry mustard	paprika to taste
2 tablespoons vinegar	Cream to thin

Mix dry ingredients, add and mix thoroughly with the eggs, very well beaten and the rest of the ingredients and cook until thick over boiling water, stirring constantly. Add cream to thin.

**MINT SAUCE**

$\frac{1}{4}$ cup chopped mint leaves	1 tablespoon powdered sugar
$\frac{1}{2}$ cup cider vinegar	or $\frac{1}{2}$ cup strained honey

Add sugar to vinegar; when dissolved pour over mint and let stand thirty minutes over slow fire to infuse. If vinegar is strong, dilute with water. Serve hot over hot lamb.

Or boil sugar and vinegar, throw in the mint leaves and let boil up once. Set aside and serve cold with lamb.

Or a few drops of mint extract may be added to vinegar and sugar without boiling.

**MAITRE D'HOTEL SAUCE**

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon finely chopped
$\frac{1}{2}$ teaspoon salt	parsley
$\frac{1}{8}$ teaspoon pepper	$\frac{3}{4}$ tablespoon lemon juice

Put butter in bowl, and with small wooden spoon or spatula work until creamy. Add salt, pepper and parsley, then lemon juice, very slowly. Spread over hot broiled fish, steak, or sweetbreads.

**TARTAR SAUCE**

1 cup Mayonnaise Dressing	1 tablespoon chopped olives
1 tablespoon chopped capers	1 tablespoon cucumber
1 tablespoon tarragon vinegar	pickles

Make any desired Mayonnaise, page 275, and add to it the rest of the ingredients. Serve cold with fish or cold meat dishes. Add minced chives or onions if desired.

**SAUCE FOR SEA FOOD**

White Sauce with cream	$\frac{1}{2}$ cup catsup
$\frac{1}{2}$ clove garlic	3 tablespoons Worcestershire Sauce

Rub inside of saucepan well with garlic. In same pan make White Sauce No. 2, page 117, using cream in place of milk. When smooth, add rest of the ingredients. Serve hot over Lobster, Shrimp, Crab or Oysters.

**LOBSTER OR SHRIMP SAUCE**

Add  $\frac{1}{3}$  cup lobster or shrimp meat cut in small dice to Hollandaise Sauce, page 122.

**LOBSTER BUTTER**

Put Lobster Coral in heavy bowl, pound with  $\frac{1}{4}$  lb. of butter, then strain through a very fine sieve. Season with salt and pepper. Add 1 tablespoon to Lobster or Shrimp Sauce for color.

**No. 1****NEWBURG SAUCE**

2 tablespoons butter	3 egg yolks
1 teaspoon salt	1 cup cream
$\frac{1}{2}$ teaspoon paprika	$\frac{1}{4}$ cup Sherry or Madeira wine

Melt the butter, add the wine, or use wine substitutes, and cook for two minutes. Add the cream, pour a few spoonfuls over the well beaten yolks. Mix thoroughly. Then stir eggs into the rest of the sauce. Let cook until thickened, stirring constantly. Serve at once.

**No. 2**

4 or 5 egg yolks	1 cup milk
3 tablespoons Sherry or Sherry substitute	1 cup cream
	Salt and pepper to taste

Beat the yolks until very light, add the rest of the ingredients and cook over boiling water, until thick and smooth, stirring constantly. Serve with Fish or Lobster.

**CUCUMBER SAUCE**

$\frac{1}{2}$ cup double cream	3 tablespoons vinegar or
$\frac{1}{4}$ teaspoon salt	lemon juice
A few grains pepper	1 fresh cucumber

Beat the cream until stiff, add the salt and pepper and gradually the vinegar or lemon juice. When ready to serve, fold in the cucumber, pared, chilled, chopped coarse and drained.

**CHEESE SAUCE**

**No. 1.** Add 3 tablespoons of grated cheese, to 1 cup hot White Sauce No. 2, page 117, or Cream Sauce, page 117.

**No. 2 (Mornay).** Add  $\frac{1}{4}$  cup each of grated Parmesan and Swiss cheese to 1 cup of hot White Sauce No. 2, page 117, using cream if desired. Stir until melted.

**MUSTARD SAUCE**

Melt 3 tablespoons butter, stir in 1 tablespoon prepared mustard and 1 teaspoon of boiling water. Serve hot over fish.

**Prepared Mustard:** Mix  $\frac{1}{4}$  cup vinegar with  $\frac{1}{4}$  cup dry mustard, add 1 tablespoon sugar,  $\frac{1}{4}$  teaspoon salt and 2 tablespoons salad oil.

**MEXICAN SAUCE**

Force two large canned pimientos through a wire strainer and add to 1 cup White Sauce No. 2, page 117, or Cream Sauce, page 117. Add 2 tablespoons diced blanched green pepper. Reheat. Serve on fish and around omelets and sea food.

**SOUR CREAM GRAVY**

2 tablespoons butter	$\frac{1}{2}$ cup soup stock
3 tablespoons flour	1 cup sour cream

Salt and pepper to taste

Melt butter, add flour, stir in soup stock until smooth, place in top of double boiler. Let stand over hot water  $\frac{1}{2}$  hour. Then slowly add the sour cream. Season and serve hot.

**HORSERADISH SAUCES—COLD**

**For Tongue, Ham, Vegetable or Meat Salads**

**No. 1. Prepared Horseradish.** Wash 1 pound horseradish root, cut or scrape off thick peel; grate. Mix well with white vinegar to cover. Add 3 tablespoons of sugar and bottle.

**No. 2.** Add three grated sour apples, and, if desired, a few chopped almonds to Horseradish No. 1, above.

**No. 3.** Mix  $\frac{1}{4}$  cup horseradish with 1 cup of Mayonnaise, page 275.

**No. 4**

1 cup heavy cream	1 tablespoon sugar
Salt and white pepper	1 tablespoon vinegar or
$\frac{3}{4}$ cup grated horseradish root	lemon juice

Whip cream stiff, gradually beat in rest of ingredients. If prepared horseradish is used, drain, season to taste.

**HORSERADISH SAUCES—(Continued)****Frozen**

Prepare recipe No. 4, page 125; add, if desired, a tablespoon chopped and blanched pistachio nuts, 2 tablespoons of chili sauce. Pack in four parts ice to one of salt for  $1\frac{1}{2}$  hours, or in freezing compartment of iceless refrigerator until firm.

**Hot**

**No. 1.** Make Brown Sauce, page 118, add 3 tablespoons of Prepared Horseradish, page 125. Add, if desired,  $\frac{1}{4}$  onion, chopped in the fat, and remove onion when brown.

**No. 2.** Make White Sauce No. 2, page 117, or Hollandaise Sauce, page 122. Remove from fire, add 3 to 4 tablespoons Prepared Horseradish and  $\frac{1}{2}$  cup catsup.

**No. 3**

$2\frac{1}{2}$  cups soup stock

$\frac{1}{4}$  cup fine dried bread crumbs

$\frac{1}{4}$  cup sugar

Yolks of 2 eggs

Salt to taste

$\frac{1}{3}$  cup almonds

1 cup fresh grated horseradish

Juice of 1 lemon

Add crumbs to soup stock, let boil a few minutes, add sugar, salt, lemon and almonds, blanched and chopped rather coarse. Just before serving, add horseradish; mix well, add the egg yolks mixed with a tablespoon of cold water. Stir constantly until smooth. Serve hot over pot roast, roast beef or fresh boiled tongue. Use tongue liquid in place of soup stock for tongue.

**SAVORY SALT**

$\frac{1}{4}$  lb. garlic

5 lbs. salt

$\frac{1}{4}$  lb. ginger

$\frac{1}{2}$  lb. celery salt

1 lb. fresh parsley, dried

2 oz. (4 tablespoons) cayenne

Tie fresh parsley in bunches, let hang or stand until perfectly dry. Remove stems and crush to a fine powder. Have ready before preparing the mixture. Peel cloves of garlic, add salt, then put through the meat grinder, using the finest knife. Mix with the parsley and rest of the ingredients and let stand over night, uncovered. Pour into jars and seal; then into salt shakers and use to flavor soups, meat, vegetables and salads. Makes 4 or 5 quarts.

**MIXED GROUND SPICES**

$1\frac{1}{2}$  teaspoons  
cinnamon

$\frac{1}{2}$  teaspoon each of cloves,  
mace, allspice and nutmeg

Mix ground spices in quantity desired and in above proportion. Store in covered jar for future use.

**KITCHEN BOUQUET**

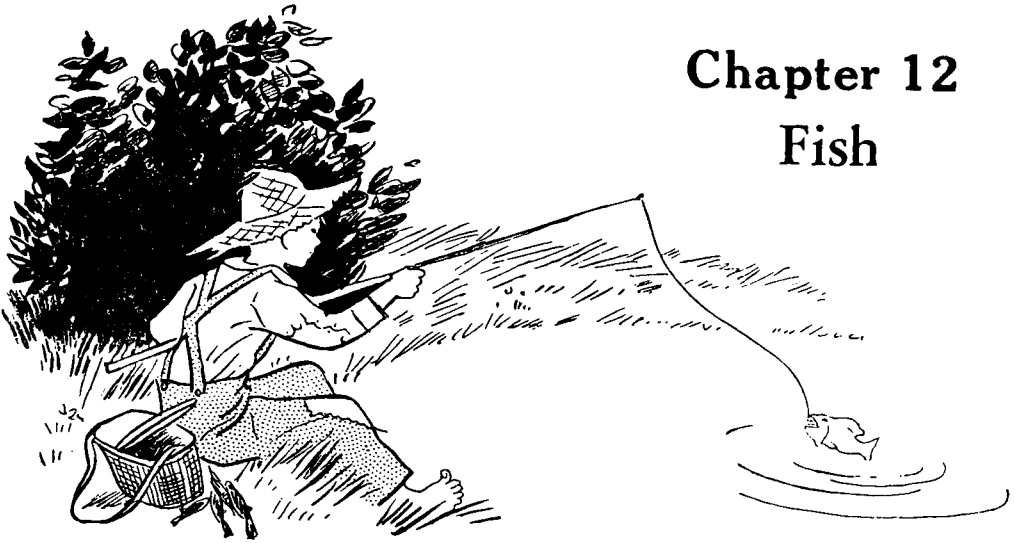
Crush and mix a sprig each of parsley, savory, and thyme, one small leaf of sage, and a bay leaf. May be bought in liquid form.

For **Fruit, Vegetable and Fish Cocktail Sauces**, see pages 308-311.



## Chapter 12

### Fish



#### GENERAL RULES

**Fish** must be perfectly fresh. The flesh should be firm and the eyes bright, the gills, bright red. Fish should be cleaned and kept in a cold place until cooked. Cover with damp cloth, then wrap in paper, place on platter and put on ice or directly under the freezing unit of a refrigerator. If fish is slimy, pour boiling water over it and drain immediately; then scale.

**Fillet of Fish** is a piece of fish freed from skin and bone.

**Frozen Fish:** Thaw out by placing on ice over night, or by laying in cold water for several hours. After thawing, dry thoroughly with a cloth and cook immediately.

**Fast Frozen Fish:** Thaw at room temperature immediately before cooking, or follow directions on package.

**To Scale and Clean Fish:** Lay fish on heavy paper, use fish scaler, ordinary grater or knife. Begin at the tail end and go toward head, slanting knife, if used, toward you to prevent scales from flying. Remove gills, cut through the skin of the abdomen; take out entrails. Rinse and cleanse thoroughly in cold water. Sprinkle fish with salt and pepper to preserve it and improve the flavor.

Wrap waste in the paper and burn or remove to garbage can.

**To Skin a Fish:** To skin a fish, lay flat on board and with a small, sharp knife, close to the fins on both sides of the back, cut the skin the entire length. Pull out the fins, and, if desired, cut off head. Loosen flesh close to skin on one side and strip off toward the tail. Turn and skin the other side. Cut open and remove entrails.

**To Remove Fish Skin, Whole:** Bend head backward and, beginning at the base of the head, separate flesh from skin with small sharp knife, close to the skin, working toward the tail. With care, the head and skin may be removed in one piece, and when used in Filled Fish, page 131, will retain its original shape.

**No. 1 TO BONE A FISH**

Clean the fish thoroughly. Cut open and remove entrails. Beginning at the neck, on the inner side of fish, cut with a sharp knife, the bones on one side, close to the backbone, down to the tail so the fish will lie flat on the board.

Scrape flesh from bone, with back of knife, removing in one piece the backbone and bones attached to one side. Remove bones from other side with knife and pick out remaining small bones. Take care not to break the outer skin.

**No. 2.** Scale and clean fish thoroughly. With sharp knife cut skin through abdomen, remove entrails; cut close to fins on both sides of back, pull out fins. Beginning at the back, separate flesh from bone with back of knife. Remove in one piece, the backbone and bones attached to both sides. Pick out remaining bones carefully. Do not break the skin.

**TO CURE AND SMOKE FISH**

Scale, slit fish up the back, clean. Wipe with damp cloth (do not wash). To 20 lbs. of fish, take 2 cups salt, 2 cups sugar, 1 oz. saltpetre. Mix and rub well all over fish. Lay in stone crock one over other with board on top pressed down with heavy weight. Let stand 5 days, then drain, wipe dry, stretch open and fasten with small sticks. Let stand in smokehouse 5 days or in a barrel over a smothered wood fire.

**FISH IN SEASON  
All Year 'Round**

Bluefish	Haddock	Redsnapper	Whitefish
Butterfish	Halibut	Salmon	Lobster
Cod	Mackerel, fresh	Trout	Scallops

**June 1 to December 1**

Black Bass	Bullheads	Perch	Walleyed
Brook Trout	Catfish	Pickereel	Pike

Shad—May 1 to June 10.

Smelts—November 10 to April 1.

Fresh Water Smelts—March 15 to April 15.

Oysters and Scallops—September 1 to May 1.

Soft Shell Crabs—May 1 to September 1.

Crawfish—July to September.

**FISH SUITABLE FOR BOILING**

Cod	Mackerel, fresh	Redsnapper	Sea Bass
Carp	Mackerel, salt	Salmon	Tile
Halibut	Muskellunge	Sheephead	Trout
Haddock	Pickereel	Shad	Weakfish
Herring, fresh	Pike	Sturgeon	Whitefish

**See recipe for Boiled Fish, page 131.**

**SAUCES FOR BOILED FISH**

- |                              |                                 |
|------------------------------|---------------------------------|
| Brown Sauce, page 118.       | Lemon Sauce, page 119.          |
| Cream Sauce, page 117.       | Parsley Sauce, page 122.        |
| Egg Sauce, page 119.         | Sharfe Sauce, page 132.         |
| Gingersnap Sauce, page 121.  | Sweet and Sour Sauce, page 120. |
| Hollandaise Sauce, page 122. | Tomato Sauce No. 2, page 120.   |

**FISH SUITABLE FOR BROILING**

- |                    |                       |                             |
|--------------------|-----------------------|-----------------------------|
| Bluefish, fillet   | Flounders, fillet     | Shad Roe                    |
| Black Bass, fillet | Fresh Mackerel        | Sturgeon steaks             |
| Bloater            | Halibut steaks        | Smelts                      |
| Carp               | Pompano, fillet       | Sea Bass steaks             |
| Cisco              | Salmon steaks         | Trout, steaks or fillet     |
| Cod steak          | Shad, whole or fillet | Whitefish, fillet or steaks |

**See recipe for Broiled Fish, page 130.**

**FISH SUITABLE FOR FRYING**

- |                                 |                              |                                |
|---------------------------------|------------------------------|--------------------------------|
| Black Bass, sliced<br>or fillet | Cod steaks                   | Pompano, fillet                |
| Brook Trout                     | Flounders, fillet            | Salmon steaks                  |
| Bullhead                        | Halibut                      | Shad Roe                       |
| Butterfish                      | Herring                      | Smelts                         |
| Carp                            | Pike steak or fillet         | Trout steaks                   |
| Catfish                         | Perch                        | Whitefish, steaks or<br>fillet |
| Cisco                           | Pickrel, steaks or<br>fillet | Haddock, fillet                |

**See recipe for Fried Fish, page 130.**

**SAUCES FOR FRIED FISH**

- Tartar Sauce, page 124.  
Hollandaise Sauce No. 2, page 122.

**FISH SUITABLE FOR BAKING**

- |            |                 |               |           |
|------------|-----------------|---------------|-----------|
| Black Bass | Haddock         | Pickrel       | Sheephead |
| Bluefish   | Halibut         | Pike          | Sturgeon  |
| Carp       | Mackerel, fresh | Redsnapper    | Sea Bass  |
| Cod        | Mullet          | Salmon, fresh | Trout     |
| Flounder   | Muskellunge     | Shad          | Whitefish |
|            |                 |               | Weakfish  |

**See recipe for Baked Fish, page 130.**

**See recipe for Stuffing, page 131.**

**FISH SUITABLE FOR PLANKING**

- |      |       |           |          |
|------|-------|-----------|----------|
| Shad | Trout | Whitefish | Bluefish |
|------|-------|-----------|----------|

**See recipe for Planked Fish, page 131.**

**PICKLED FISH**

1 pint vinegar	18 allspice
1 pint water	5 bay leaves, broken up
Salt to taste	4 slices lemon
20 pepper corns	5 sliced onions

Boil vinegar and water  $\frac{1}{2}$  hour with salt, pepper, allspice, bay leaves and 4 slices of onion. Add lemon slices, cook 5 minutes, then remove them. Simmer the fish in this liquid until you can pull out a fin. Cook only a few small fish or slices of fish at one time. Pack fish as cooked into a stone crock with one or more raw sliced onions between layers. Pour over the hot liquid with seasonings. Cover and keep in a cool place. In a few days the liquid will form a jelly around the fish. This liquid is enough for  $\frac{1}{2}$  gallon of fish. Will keep several weeks.

**FRIED FISH**

**Pan Fried:** Clean fish, sprinkle with salt and pepper, dip in flour or corn meal, and cook in spider with enough hot fat to prevent its sticking to the pan. Shake the pan occasionally. Brown well on under side, then turn and brown on the other side.

**Deep Fat Fried:** Clean fish, wipe dry as possible, salt and pepper, dip in flour, crumbs, or corn meal, then in egg and again in crumbs. Let stand a few moments. Fry golden brown in deep, hot fat. When a cube of white bread browns in 40 seconds, the fat is ready for frying small fish; in 60 seconds for larger fish. See Rules, page 245.

**BROILED FISH**

Clean and bone fish, sprinkle with salt and pepper, if fish is dry spread with a little butter. Place on rack flesh side up in well greased, wire broiler as near the flame as possible. Broil flesh side up, lower flame as soon as delicately browned and cook until flesh is white and firm. Loosen fish from broiler, remove to hot platter, flesh side up, spread with Parsley Butter, page 122, and garnish with parsley and lemon slices. Place **Fish Steaks** on greased, heated broiler and turn once.

**BAKED FISH**

Scale and clean fish, page 127. Sprinkle with salt and pepper. Fill with stuffing below, and sew opening together. Brush with melted butter. Dredge with flour. Place in greased pan, put in hot oven and bake at 400° F. until flesh separates easily from bone, allowing 12 to 15 minutes for each pound of fish. Baste every 10 minutes. Serve with parsley and lemon slices.

**STUFFING FOR BAKED FISH**

1 $\frac{1}{2}$ cups bread crumbs	1 teaspoon chopped onion
1 egg	1 teaspoon chopped parsley
$\frac{1}{4}$ cup melted butter	1 teaspoon salt

For moist stuffing use stale bread crumbs (not dried), moisten with one beaten egg, butter, parsley and onion, season and mix well.

**PLANKED FISH**

Bone fish, page 128. Broil 5 minutes, page 130. Remove to a heated, buttered plank (hickory, oak or ash). Place skin side down. Sprinkle with salt and paprika, brush over with melted butter and put in hot oven. Cook until fish is well browned, then reduce the heat. Bake about 20 minutes, then arrange mashed potatoes, forced through pastry bag, around the edges; bake until potatoes are well browned and fish thoroughly cooked. Pour over melted butter and sprinkle with minced parsley. Place plank on platter and serve.

**BOILED FISH**

3 lbs. fish, cut in slices and sprinkled with salt	$\frac{1}{4}$ teaspoon whole pepper
1 quart water	1 tablespoon onion, cut fine
2 tablespoons vinegar	1 tablespoon celery, cut fine
	1 tablespoon carrot, cut fine

Clean fish and let stand in salt several hours. Let water, vinegar, pepper and vegetables boil until the water is well flavored. Add the fish, a few slices at a time, and let simmer until the flesh is firm and leaves the bones. Remove bones. Place on platter. Strain and reserve the fish stock, if wanted.

**No. 1 FILLED FISH (GEFÜLLTE FISH)**

3 lbs. fish	Salt and pepper
2 onions	Slice of bread
$\frac{1}{4}$ celery root	Or $\frac{1}{4}$ cup matzos meal or crackers
1 egg	

Clean fish thoroughly. Remove skin whole and bone fish, pages 127, 128. Grind 1 onion with flesh of fish. Add bread soaked in cold water and squeezed dry, or cracker crumbs or matzos meal, salt, pepper, egg and 1 cup of cold water, and mix thoroughly until smooth. Wash skin and fill with the mixture. Salt and pepper the outside of fish and place in fish kettle with fish bones, the remaining onion and celery cut up, cover with boiling water and let cook 1 hour or longer until well done, rapidly at first, then slowly. Lift fish carefully with pancake turner, adding more cold water if necessary, so it will not stick to pan or burn. Cook until water has almost evaporated.

**No. 2. Baked Filled Fish**

3 lbs. trout, boned	A little parsley
1 onion	$\frac{1}{2}$ cup bread crumbs
1 stalk celery	2 eggs
$\frac{1}{2}$ green pepper	Salt and pepper to taste
	1 cup water

Clean and bone fish as above. Put first five ingredients through fine meat grinder. Add the rest and mix thoroughly. Put in well buttered baking pan, dot top with butter, sprinkle with bread crumbs. Bake in hot oven (400° F.) about one hour. Serve in squares.

**SCHARFE FISH**

3 lbs. pike, or other fish	1 cup hot fish stock
1 tablespoon butter	1 tablespoon flour
	1 egg yolk

Clean and salt the fish and cook, following recipe for Boiled Fish, page 131. Reserve 1 cup of the fish stock. Melt the butter, add the flour and the hot fish stock. Take from fire and pour very gradually on the beaten yolk. Pour while hot over the boiled fish. Garnish with parsley.

**LINCOLN HOUSE FISH BALLS**

2 lbs. trout	$\frac{1}{2}$ lb. onions (2 medium)
1 lb. each pike and pickerel	1 bunch celery
2 eggs, beaten	1 cup water
$\frac{1}{2}$ -inch slice bread	1 teaspoon salt
$\frac{1}{2}$ lb. carrots (bunch)	Pepper to taste

Scale fish, wash, and salt for several hours. Remove head and skin, page 127. Scrape off meat and set it aside. Wrap head and bones in skin, place in kettle. Cover with water, add salt and pepper, and all but 1 carrot,  $\frac{1}{2}$  onion, and heart of celery; let boil slowly. Soak bread, press dry. Put fish, rest of vegetables and bread, through grinder, then into chopping bowl and gradually, while chopping, add the water. Dip hands in cold water, shape mixture into balls, drop into the boiling fish broth. Cover, cook 2 hours very slowly; uncover, cook  $\frac{1}{2}$  hour longer. When cool, remove balls carefully. Strain liquid and pour over fish.

**SWEET AND SOUR FISH**

$3\frac{1}{2}$ lbs. pike, trout or other fish	1 cup hot fish liquid
$\frac{1}{4}$ lb. gingersnaps	$\frac{1}{4}$ cup seeded raisins
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon onion juice
$\frac{1}{4}$ cup vinegar	1 lemon, sliced and seeded

Clean, slice and salt fish and let stand over night or several hours. Cook, following recipe for Boiled Fish, page 131. Drain and bone, reserving 1 cup of the fish liquid. Mix the rest of the ingredients and cook until smooth and thick. Pour while hot over fish. It must taste strong of vinegar and sugar, and more of either may be added to taste. Serve cold. Double sauce recipe if desired.

**BOILED FISH WITH LEMON SAUCE**

3 lbs. pike or salmon trout	2 to 4 tablespoons sugar
1 lemon, juice and rind	Salt to taste
2 egg yolks	1 cup hot fish stock
	1 teaspoon chopped parsley

Follow recipe for Boiled Fish, page 131. Skin, bone and arrange on platter. Mix sugar, grated rind and lemon juice with well beaten yolks and gradually pour on the strained fish stock. Cook until thick, stirring constantly. Add salt and parsley and pour over the fish. Serve cold.

Or if a thicker sauce is desired, mix one tablespoon cornstarch with two tablespoons cold water; cook with strained fish stock, add sugar, the lemon, and pour gradually over the beaten yolks. Cook one minute longer.

### TROUT WITH MAYONNAISE

3 lbs. salmon trout or pike	4 yolks of eggs
2 cups water	2 tablespoons sugar
2 tablespoons chopped almonds (blanched)	1 tablespoon cornstarch or 2 tablespoons flour
2 lemons (juice)	1 teaspoon salt
2 tablespoons seeded raisins	$\frac{1}{4}$ cup Mayonnaise

Clean, salt and slice fish and cook, following recipe for Boiled Fish, page 131, skin and bone.

Boil water, lemon juice, chopped almonds and raisins until almonds are soft; add gradually the sugar and cornstarch, wet in a little cold water and boil; add very gradually to the well beaten yolks of four eggs, stirred with 1 tablespoon cold water. Take from stove and when cold, add Boiled Mayonnaise Dressing, page 275, to taste. Serve cold garnished with capers, olives or chopped pickles and hard cooked eggs.

### SALMON TROUT BOILED

$3\frac{1}{2}$ lbs. salmon trout	2 or 3 yolks of eggs
1 tablespoon Sherry	$\frac{1}{2}$ cup cream

Boil fish, page 131, until the flesh separates from the bones. Place fish on platter. Strain the fish liquid. Beat yolks well, add cream. Pour the egg mixture, gradually, into the hot fish liquid, stirring constantly, then add the Sherry. Then pour over the fish; set in the oven with oven door open, to keep hot and serve garnished with parsley. It will curdle if left too long in stove or if stove is too hot.

### BAKED TROUT

$3\frac{1}{2}$ lbs. trout	1 yolk of egg
1 can tomatoes	$\frac{1}{2}$ cup cream or evaporated milk
1 onion, cut fine	$\frac{1}{2}$ teaspoon Worcestershire sauce
1 piece celery root	
1 tablespoon flour	1 tablespoon butter

Salt fish and let stand several hours. Wet the flour with a little of the cold tomato. Place fish in dripping pan with tomatoes, onion, celery and butter and bake  $\frac{1}{2}$  hour. Strain the sauce and just before sending to the table, thicken with egg yolk mixed with the cream, and add Worcestershire sauce.

**BAKED TROUT WITH SARDELLEN**

Take a trout, split it as for broiling and remove center bone. Place on a buttered platter, skin side down, cover with  $\frac{1}{2}$  cup butter, 1 cup thick sour cream,  $\frac{1}{4}$  lb. sardellen which have been soaked in water, boned, and chopped fine, cayenne pepper, a little cracker dust; and add 1 cup grated American cheese. Bake in a hot oven one-half hour. Serve on same platter.

**CREOLE TROUT MARGUERY**

2 lbs. trout or redsnapper	1 can mushrooms
3 hard boiled eggs, chopped	1 tablespoon chopped truffles
2 lbs. boiled shrimp, chopped	or oysters
$\frac{1}{2}$ lb. American cheese, grated	White Sauce

Boil fish, page 131. When cool enough to handle, remove skin and bones. Separate fish into large pieces. Into a buttered casserole put  $\frac{1}{2}$  the fish, cover with  $\frac{1}{2}$  the cheese, eggs, shrimp, mushrooms and truffles or oysters. Repeat. Then pour White Sauce No. 2, page 117, over this and bake about 30 minutes in moderate oven, about 350° F.

**FISH A LA TARTARE**

3 $\frac{1}{2}$ lbs. pike or trout	$\frac{1}{4}$ cup Mayonnaise Dressing
4 hard cooked eggs, yolks removed, whites chopped	1 tablespoon catsup
1 teaspoon dry mustard	1 tablespoon powdered sugar
1 tablespoon salad oil	1 tablespoon vinegar
1 tablespoon each, capers, pickles and onion, chopped	1 cup strained fish liquid
	1 teaspoon chopped parsley

Boil, page 131, and bone the fish, leaving it whole or cut in portions for serving. Rub the yolks smooth with the mustard and the oil, add the rest of the ingredients, the chopped ingredients last. Season with salt and pepper to taste.

**SALMON WITH HORSERADISH SAUCE**

3 lbs. fresh salmon	1 pint cream, beaten stiff
Salt	$\frac{1}{2}$ lb. horseradish root
1 tablespoon parsley	$\frac{1}{4}$ cup melted butter

Clean fish, bone, salt and let stand several hours. Place in fish kettle with boiling salt water (1 teaspoon salt to 1 quart water), and let boil  $\frac{1}{2}$  hour or until well cooked. Lift out carefully, place on hot platter and pour over the melted butter and sprinkle well with the parsley. Serve in a separate bowl the following sauce, a large spoonful with each portion of fish: Peel horseradish root, grate and mix well with the pint of cream beaten stiff. The fish must be hot and the sauce cold.



**REDSNAPPER WITH TOMATO SAUCE**

3 lbs. redbsnapper	1 carrot, diced
Salt and pepper to taste	Celery and parsley root, diced
2 tablespoons butter	1 cup sweet cream
1 cup strained tomato	1 tablespoon flour
2 onions, sliced	

Clean and bone fish; salt and pepper, and let stand several hours. Place onions, carrot, celery and parsley in kettle with 1 quart cold water. Let boil, then add fish, whole or in slices, and the butter and tomatoes. Let cook slowly until flesh is firm or separates easily from bone. Lay carefully on platter. Strain liquid, let heat, add flour dissolved in the cream, let cook until smooth.

Or omit cream and thicken sauce by stirring liquid gradually onto the yolks of 2 or 3 eggs well beaten. Pour over fish and serve hot. Garnish with chopped parsley.

**BROILED SHAD**

Split a 3-lb. shad. Place on a platter with 1 tablespoon olive oil and a little salt and pepper. Let stand 1 hour, turning occasionally. Put on well greased broiler, flesh side up, let brown well on one side, then turn over, cook slowly 10 to 15 minutes. Take off bone, spread with butter, add salt and pepper, reheat and remove to platter to serve.

**BAKED SHAD**

Clean and split a 3-lb. shad. Place in a buttered dripping pan. Sprinkle with salt and pepper, brush over with melted butter and bake in a hot oven 30 minutes.

**SHAD ROE**

Cook shad roe 15 minutes in boiling salted water to cover, with  $\frac{1}{2}$  tablespoon vinegar. Drain and cover with cold water and let stand 5 minutes. Remove from cold water, place on buttered pan with  $\frac{3}{4}$  cup Tomato Sauce, page 119. Bake 20 minutes in hot oven, basting every 5 minutes. Place on platter, add more sauce.

**Broiled:** Parboil shad roe as above. Dry with towel. Brush with melted butter, a few drops lemon juice. Place in greased pan under broiler, broil slowly for about 15 minutes, then turn. Baste with butter. Serve with lemon quarters and Brown Butter.

**Fried:** Clean roe, season with salt and pepper, dip in egg, then in crumbs, fry golden brown in deep, hot fat.

**HALIBUT STEAK, BROILED**

Lay 1-inch steaks in salt and water  $\frac{1}{2}$  hour, then marinate them in a bath of salad oil and lemon juice for another half hour. Wipe dry and broil about 15 minutes, or until flesh is white and firm, turning twice carefully. Lay upon a hot dish, spread with Parsley Butter, page 122. Set in the oven for a minute and serve.

**BAKED HALIBUT STEAK**

Place in bread pan, strips of salt pork, 2 bay leaves;  $\frac{1}{2}$  teaspoon whole pepper and allspice and 2 or 3 cloves. Pour the juice of 2 lemons over the fish and let stand 2 hours. Add salt, pepper, place in pan, add 2 tablespoons melted butter, bake 20 minutes in hot oven. Serve with Tomato Sauce, page 119.

- **HALIBUT IN TOMATO SAUCE (Baked)**

1 $\frac{1}{2}$ lbs. halibut	$\frac{1}{2}$ cup cracker crumbs
1 cup White Sauce	2 tablespoons butter, melted
1 can tomatoes, strained	$\frac{1}{2}$ cup grated cheese

Boil the fish as on page 131, and break in small pieces. Follow recipe for White Sauce No. 2, page 117, add the strained tomato and cook until smooth. Place fish in buttered ramekins in a pan of hot water or in a pudding dish, cover with the sauce, add salt, pepper and cracker crumbs mixed with the butter and sprinkle cheese over the top. Bake 20 minutes until brown.

**BAKED HALIBUT WITH CHEESE**

2 lbs. halibut	4 tablespoons butter
$\frac{3}{4}$ cup grated American cheese	4 tablespoons flour
3 tablespoons Parmesan cheese	2 cups hot milk
2 tablespoons lemon juice	Salt and pepper

Broil halibut steaks, about 15 minutes, break into rather large pieces and place in a buttered baking dish. Sprinkle with lemon juice; make a white sauce of the last four ingredients, and pour over fish. Add grated American and Parmesan cheese, and bake uncovered in moderate oven, 20 minutes. Serve in the baking dish.

**HALIBUT RING**

2 lbs. halibut	4 eggs, separated
3 tablespoons butter	1 pint cream, whipped
2 tablespoons flour	1 lb. fresh shrimp
$\frac{1}{2}$ cup cream or milk	Hollandaise Sauce
1 teaspoon salt	1 tablespoon chopped pimiento

Boil halibut, following recipe for Boiled Fish, page 131. Remove skin and bone. Grind flesh very fine. Heat butter, add flour when it bubbles, add  $\frac{1}{2}$  cup cream, stir until smooth, add salt and stir gradually into the well beaten yolks. Stir in the minced fish and when cool, add stiffly beaten whites of eggs, and lastly fold in the whipped cream. Put in a well greased ring mold, dotted with bits of pimiento, and place in a moderate oven in a pan of boiling water and bake about  $\frac{1}{2}$  hour or until well set. Remove to serving platter and in center, place hot Boiled Shrimp, page 149.

**HALIBUT WITH LOBSTER A LA NEWBURG**

Take 1  $\frac{1}{2}$  lbs. raw halibut, bone, chop fine, add salt, cayenne, the beaten whites of five eggs, one cup of cream, whipped. Pack into a

mold and boil thirty minutes, unmold. Serve in the center of a platter. Surround with Lobster a la Newburg, page 147.

## HALIBUT AND SHRIMP A LA NEWBURG

### Part 1

- 1½ lbs. halibut
- 2 slices onion
- 3 eggs, separated
- ½ teaspoon paprika

### Part 2

- 1½ lbs. boiled shrimp
- 2 cups White sauce
- ¼ cup Sherry wine  
or substitute

Cook fish in salted, boiling water with onion until tender (1 teaspoon salt to 1 quart boiling water). Drain and shred. To 1 cup of the hot White Sauce No. 2, page 117, add the stiffly beaten whites and then the shredded fish. Place in center of hot platter and set in oven with oven door open. Take the boiled shrimp, remove the shell and break in small pieces. Add the wine or substitute to remaining cup of White Sauce and pour it while hot, gradually on the beaten yolks, mixed with a little cold water. Add the shrimp, heat well, place as border around the halibut and serve at once.

**Halibut Glacé**, *see* page 306.

**Molded Halibut with Cucumber Sauce**, *see* page 306.

**Halibut Timbales**, *see* page 257.

## BAKED BLACK BASS

- |                 |                           |
|-----------------|---------------------------|
| 2 lbs. bass     | 2 tablespoons flour       |
| Salt and pepper | ½ cup strained tomato, or |
| ¼ cup butter    | 1 fresh tomato, sliced    |

Clean and wash fish. Sprinkle with salt inside and out and let stand several hours. Stuff and sew. Tie or skewer into the shape of the letter "S." Put in a pan across which you have placed strips of cloth with which to lift out when cooked. Rub it over with soft butter, and a little pepper. Dredge with flour. Put in a hot oven without water in the pan. Baste with hot water when brown; add a tomato. When done, remove carefully and place on a hot platter. Draw out the strings and skewers, wipe off the water or fat that runs from the fish, serve with drawn butter flavored with lemon. Garnish with parsley or cress.

## SMELTS

**Sautéed:** Clean smelts. If desired leave on heads and tails. Sprinkle with salt and pepper, roll in flour. Fry in hot butter until brown.

**Fried:** Season with salt and pepper, roll in flour, dip in beaten egg, then in bread or cracker crumbs and fry in deep hot fat. When browned reduce heat to finish cooking. Garnish with Parsley Butter, page 122.

**Broiled:** Brush cleaned smelts with melted butter and a few drops of lemon juice. Place in greased pan under broiler, and broil slowly for about 15 minutes, turning after one side is browned. Serve with Tartar Sauce, page 124.

### TILE FISH

Tile fish is bought either in steaks for broiling or one large piece for boiling. For boiling, cover fish with water, add one tablespoon vinegar, one small onion sliced, two tablespoons chopped parsley, two bay leaves, pepper and salt. Cook until tender, drain and pour over a little lemon juice, hot butter and chopped parsley.

**Broiled Tile Fish** is served with hot butter and parsley.

### FILLET DE SOLE (Baked)

Two pounds sole or flounder, boned and skinned and boiled in water, with salt, cayenne, onion, celery and carrot. Boil only a few minutes, drain, place two long pieces on a well buttered heat resisting platter with a space between. In this space put oysters or clams, some mushrooms, tomatoes, strained, and plenty of butter and a little cracker dust. Bake twenty minutes in moderate oven.

### FILLET OF HADDOCK

Haddock fillets are shipped in air-tight waxed paper. Cut the fish in portions ready for serving. Soak in water if frozen, or thaw out at room temperature, and do not overcook. Pour 1 pint of hot milk or water over fish, let simmer six minutes. Serve with melted butter and lemon juice or with any well flavored Fish Sauce, page 118.

Or broil or fry as other fish, 6 minutes on each side is sufficient. Or dip in French Dressing, page 272, before cooking.

### HADDOCK

Prepare Haddock as Boiled Fish, page 131, and serve with Mustard Sauce, page 125, Scharfe Fish, page 132, Broiled Fish, page 130, or Baked Fish, page 130.

### SWEET AND SOUR SALMON (Canned)

1-lb. can salmon	½ cup vinegar
3 medium onions, sliced	3 tablespoons sugar
1 cup onion liquid	1 teaspoon salt
2 tablespoons flour	2 egg yolks, beaten

Remove skin and bone. Place salmon on serving platter. Set aside liquid. Cook onion slices in boiling water to cover, until tender. Drain. Set aside 1 cup of this liquid. Mix salt, sugar and flour, add vinegar, onions and salmon liquid. Cook a few minutes. Pour very gradually onto egg yolks, stirring constantly. Reheat without boiling until smooth. Pour while hot over salmon and onion slices and serve hot or cold. Enough for eight people.

**Canned Salmon Mousse**, *see* page 305.

### BROILED SARDINES

Place sardines on toast spread with butter or oil of the sardines. Broil for a few minutes. Decorate with parsley and a slice of lemon.



slowly, stirring constantly until thick and smooth. Add tuna fish and lemon juice, put in baking dish and cover with Cheese Rolls, below.

### Cheese Rolls

1½ cups flour	3 tablespoons shortening
3 teaspoons baking powder	½ cup milk
½ teaspoon salt	¾ cup grated cheese
Paprika	2 pimientos, chopped

Mix first 6 ingredients as for Baking Powder Biscuit, page 67. Roll out in sheet 8 x 12 inches, sprinkle with grated cheese and chopped pimiento. Roll like jelly roll, cut into 8 slices, flatten slightly and place on top of tuna fish in baking dish. Bake in hot oven (450° F.) about 30 minutes or until browned. Serves eight people.

### FISH CAKES (Fried)

1 cup cold boiled fish, shredded	Celery salt
1 cup cold mashed potatoes	1 egg, beaten

Mix fish and potatoes, season with salt and pepper, add beaten egg, shape into small cakes, cook in skillet with 2 tablespoons hot butter until nicely browned on both sides.

### CODFISH BALLS

2½ cups potatoes	1 egg
1 cup salt codfish	⅛ teaspoon pepper
½ tablespoon butter	

Wash in cold water and shred the fish. Remove bones; wash, pare and cut the potatoes in pieces, cook the fish and potatoes together in boiling water until the potatoes are soft. Drain very dry over fire, mash fine, add butter, seasoning and beaten egg. Beat well, shape with a spoon, and drop into deep hot fat. Fry until brown and drain on brown paper. If they break apart add a little more egg.

### CREAMED CODFISH

Cut salt codfish in ¼-inch slices across the grain, and soak in lukewarm water over night, to draw out the salt and soften the fish. Drain. Let simmer in fresh water for 10 minutes. Pour over 1 cup hot White Sauce No. 2, page 117, stirred onto 1 beaten egg just before sending to the table. Garnish with hard cooked eggs.

### CREOLE CODFISH

Wash salt codfish in cold water, shred. Cover with lukewarm water and let stand until soft, drain. Into a buttered baking dish, place a layer of cold boiled potatoes, a layer of the shredded fish, ½ canned pimiento, cut in strips, season with salt and pepper. Repeat, using 4 potatoes, 1 cup fish, 2 pimientos. Pour over 1 cup Tomato Sauce, page 119, cover with buttered bread or cracker crumbs and bake until brown.

**FINNAN HADDIE**

**No. 1.** Soak fish in cold water several hours. Drain, place in dripping pan, cover with hot water and bake three-quarters of an hour. Drain, pour over 2 tablespoons hot butter and serve.

**No. 2.** Or, cover fish with cold water, bring slowly to the boiling point; boil 5 minutes, drain. Cover with milk or White Sauce No. 2, page 117. Bake 20 minutes.

**No. 3.** Or, cover fish with cold water, bring slowly to the boiling point, let stand where it will keep hot 25 minutes, drain and separate the flakes. To one cup of fish, take one tablespoon butter, two or three hard cooked eggs, sliced thin, one-half cup rich cream and chopped parsley over all.

**No. 4.** Soak fish over night, drain, place in hot broiler, and broil about 20 to 30 minutes, depending on the thickness of fish. Serve with melted butter and chopped parsley.

**BOILED SALT MACKEREL**

Soak mackerel over night in cold water, with the skin side up, that the salt may be drawn out, or change the water often, to save time. Drain. Place mackerel in shallow kettle, cover with water and boil 10 to 15 minutes or until flesh separates from bone. Remove to platter, pour hot, melted butter or White Sauce No. 2 over; serve with hot potatoes.

**BROILED SALT MACKEREL**

Freshen the fish by soaking it over night in cold water, with the skin uppermost. Drain and wipe dry, remove the head and tail, place upon a buttered broiler, and slowly broil, page 130, to a light brown. Place upon a hot dish, add pepper, bits of butter and sprinkle with chopped parsley and a little lemon juice.

**BROILED SMOKED HERRING**

Soak fish in cold water over night. Drain, add fresh water, boil 2 minutes, drain carefully and broil over hot fire until tender. Pour over 1 tablespoon melted butter and serve.

**SALT HERRING**

Soak herring overnight in cold water to draw out salt. Drain, rinse and serve with boiled potatoes.

Or, place in kettle, cover with cold water, let boil up and drain. Boil again in cold water, drain, and serve with boiled potatoes in jackets.

**PICKLED HERRING (Marinated)**

1 doz. milt herring	2 tablespoons mustard seed
4 large onions, sliced	12 bay leaves
2 lemons, sliced	3 tablespoons sugar
2 tablespoons black peppers	2 cups vinegar
1 cup water	

Soak herring in cold water over night, drain and remove entrails, reserving the milt. If desired, skin and bone them; cut off heads, run

knife down center of back and remove skin, working towards the tail. Separate meat in two parts, or fillets, scraping off backbone in one piece through opening at back, picking out side bones.

Place herring in crock in layers, with sliced onion, lemon, a few pieces of bay leaf, a sprinkling of mustard seed and peppers.

Boil water, vinegar and sugar and set aside to cool. Mash and mix the milt, add enough vinegar mixture to thin, strain through sieve, add the rest of the vinegar, and pour over herring to cover. 1 large grated apple may be added. Cover jar, keep in a cool place, and let stand 4 to 6 days. Will keep a long while. Serve with boiled potatoes.

### No. 1 PICKLED HERRING WITH CREAM (Marinated)

6 milter herring	1 teaspoon white pepper
1 cup sour cream	corns
2 lemons, juice	2 teaspoons sugar
1 lemon, sliced	2 onions, sliced

Soak herring in water over night. Clean, skin and bone. Put milt in strainer and mash with some of the lemon juice and sugar. Cut herring into 1½-inch pieces. Place in glass jar or earthen dish, add onions, pepper corns, lemon slices, and strained milt with the remaining lemon juice, then add 1 cup sour cream. Let stand 48 hours.

### No. 2. Fillet

12 milter herring	8 whole bay leaves
¼ to ½ cup vinegar	1 tablespoon pepper corns
1 tablespoon sugar	½ pint sweet or sour cream
1 large onion, sliced	1 lemon, sliced

Soak herring over night. Clean, skin and bone. Separate into two fillets. Put milt in strainer, mash with sugar, and a few tablespoons vinegar into jar. Add herring, onion, bay leaves and vinegar. Let stand 3 to 4 days. Remove herring from jar. Mix carefully with sweet or sour cream and only enough more of the vinegar or lemon juice to make a heavy sauce to cover. Put in air-tight jars. Will keep for a week or more in refrigerator.

### HERRING ROLLS (ROLLMOPS)

**No. 1.** Soak, wash and bone herring as in Pickled Herring. Separate in two parts, spread with chopped onion and pickles, or with onions and bread crumbs and sprinkle with pepper. Roll and fasten with string or tooth picks. Place in jar and cover with vinegar and spices as in Pickled Herring, page 141.

**No. 2.** Prepare as Herring Rolls No. 1, above. Place in small baking pan, pour over vinegar and the rest and bake in a slow oven about 20 minutes or until tender.



**No. 3 HERRING ROLLS (ROLLMOPS)**

6 herring	1 tablespoon chopped parsley
2 tablespoons bread crumbs	½ lemon, juice
2 tablespoons butter	Salt and pepper to taste

Soak, wash and bone herring and separate in two parts following directions in Pickled Herring, page 141. Mix the remaining ingredients to a smooth paste, adding hot water to soften. Spread on herring, roll up and fasten with string or toothpicks. Place in baking dish, cover with greased paper and bake in a moderate oven 10 to 15 minutes.

**SHELLFISH****OYSTERS**

**To Clean:** Take up oysters one by one, and remove all bits of shell and seaweed. Pour cold water over them to cleanse, and drain them in a strainer.

**To Open Oysters:** Pry shells open with oyster knife or narrow, strong blade. To serve hot, see Steamed Oysters, page 144.

**Oyster liquid**, when used in cooking, should be strained.

**TO SERVE RAW OYSTERS OR CLAMS**

Arrange oysters or small clams on the shell on finely chopped ice, on a plate. Serve with a thick slice of lemon, and a teaspoon of horseradish.

**Oyster Cocktail**, see page 309.

**BROILED OYSTERS**

1 pint selected oysters	¼ cup melted butter
	⅔ cup seasoned cracker crumbs

Clean oysters and dry between towels. Lift with fork by the tough muscles and dip in butter, then in cracker crumbs which have been seasoned with salt and pepper. Place in a buttered dripping pan and cook under broiler until juices flow, turning while broiling. Serve with Maitre d'Hotel butter, page 124.

**PAN BROILED OYSTERS**

2 tablespoons butter	Cayenne
⅛ teaspoon white pepper	1 cup hot cream
1 teaspoon salt	1 pint oysters

Place butter and seasoning in frying pan. When hot, add the oysters, cover and shake pan. When oysters are nearly plump, add 1 cup liquid and cream, mixed. When hot, serve.

**OYSTERS ON TOAST**

Clean oysters and drain from their liquid. Put in a sauce pan and cook until oysters are plump and edges begin to curl. Shake the pan or stir

oysters with a fork as they cook, to prevent sticking. Season with salt, pepper and a few tablespoons butter, and pour on buttered toast. Garnish with parsley and toast points.

### FRIED OYSTERS

24 large oysters	$\frac{1}{2}$ cup bread crumbs
1 teaspoon salt	1 egg
	$\frac{1}{8}$ teaspoon pepper

Clean and drain select oysters. Roll in bread crumbs, seasoned with salt and pepper. Let stand 15 minutes or more, then dip in beaten egg, roll in crumbs again, let stand again 15 minutes or more in a cool place, and fry one minute or until golden brown in deep, hot fat, page 245. Drain on paper, serve on hot platter with parsley, pickle or lemon. Serve with French Fried Potatoes, page 220.

### OYSTERS IN BLANKETS

12 firm oysters	12 slices bacon (thin)
Red pepper	Chopped parsley

Drain well and wipe oysters dry and lay each oyster on a thin slice of bacon. Add a little red pepper, sprinkle with chopped parsley, fold bacon around oysters, fasten with a wooden tooth pick. Brown slowly in a frying pan and serve hot with cocktails.

### SCALLOPED OYSTERS

1 pint oysters	1 cup cracker crumbs
2 tablespoons oyster liquid	$\frac{1}{2}$ cup melted butter
2 tablespoons milk or cream	Salt
$\frac{1}{2}$ cup dry bread crumbs	Pepper

Mix bread and cracker crumbs and stir in butter and put one-third in bottom of buttered, shallow baking dish, cover with half of the oysters, sprinkle with salt and pepper; add  $\frac{1}{2}$  each of oyster liquor and cream. Repeat, cover top with remaining crumbs. Bake 30 minutes in hot oven.

### OYSTERS AND MUSHROOMS

12 large mushrooms	$\frac{1}{4}$ cup cream
12 large oysters	1 cup Brown Sauce, page 118

Wash and remove stems of mushrooms. Chop stems for sauce. Sauté caps and stems separately, page 207.

Place mushrooms in dripping pan, hollow side up, place on oyster on each cap, season with salt, pepper and butter and cook until oysters are plump and serve with the stems in Brown Sauce.

### STEAMED OYSTERS OR CLAMS

Take 2 dozen oysters or clams. Scrub shells to remove all sand, lay flat in kettle, add  $\frac{1}{2}$  cup boiling water to 2 dozen medium shells. Cover and steam until shells partially open (5 to 10 min.). Serve with melted butter.

**OYSTERS A LA POULETTE**

30 oysters	4 yolks
1 tablespoon butter	$\frac{1}{2}$ pint cream
1 tablespoon flour	Salt, cayenne
1 cup bouillon	Juice of $\frac{1}{2}$ lemon

Heat butter, add flour, then bouillon, or oyster liquid and when well cooked and smooth, add seasoning and four yolks beaten with the cream. Steam thirty large oysters, pour sauce over them and cook two minutes; add chopped parsley.

**OYSTERS, MANHATTAN STYLE**

24 oysters	$\frac{1}{2}$ teaspoon paprika
$1\frac{1}{2}$ tablespoons butter	$\frac{1}{2}$ tablespoon salt
1 tablespoon parsley, finely chopped	

Allow 3 to 6 oysters for each person. Remove upper half of shell. Cream the butter, add the rest of the ingredients. Divide this mixture and put a bit on each oyster. Then cover each oyster with bits of bacon. Set shells on baking tin, in a hot oven; cook about 12 minutes, or until bacon is crisp. Serve at once.

**OYSTERS ROCKEFELLER**

2 doz. large oysters in the shell	1 tablespoon each parsley and green onion tops, chopped
$\frac{1}{2}$ cup butter	Juice of a lemon
1 strip bacon	Salt, pepper, cayenne
$\frac{1}{4}$ cup cooked spinach, chopped	

Wash oysters and clean them thoroughly. Open and leave oyster on bottom of shell. Mix the parsley, onion tops and seasoning well with the butter. Put some of this mixture on top of each oyster. Then add bits of bacon, then a little cooked spinach. Place in oven for about 5 minutes until oysters swell. Set shells in heavy pie plate or soup plate filled with heated rock salt to preserve heat, and serve at once.

**OYSTER RAREBIT**

1 cup oysters	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter	Few grains cayenne pepper
$\frac{1}{2}$ lb. soft, mild cheese, cut	2 eggs

Clean, parboil and drain oysters, reserving liquid; then remove and discard tough muscle. Melt butter, add cheese and seasonings; as cheese melts add gradually oyster liquid and eggs, slightly beaten; when smooth add oysters. Serve at once.

**OYSTERS IN CRUST CASE**

Cut  $\frac{1}{2}$ -inch slice from top of a loaf of bread, remove soft bread, leaving a crust  $\frac{1}{2}$ -inch thick, brush inside with  $\frac{1}{2}$  cup melted butter, place in slow oven until crisp. Make White Sauce No. 2, page 117, add 1 quart oysters, chopped; cook until oysters are plump, and begin to curl. Turn into bread case, garnish with parsley and serve.

**CLAMS A LA ST. LOUIS**

30 clams	1 onion
12 fresh mushrooms, sautéed	2 tablespoons butter
4 egg yolks	1 tablespoon flour
½ teaspoon red pepper	Parsley and truffles
½ teaspoon mustard	Salt and pepper

Fry the finely chopped onion in the butter, adding flour, stirring well, then add clams, chopped. Season with salt, red and white pepper and mustard. Cook for 30 minutes, remove from fire, add egg yolks, slightly beaten with 2 tablespoons cold water. Reheat, garnish with mushrooms, truffles and parsley.

**SCALLOPS**

Scallops are shellfish of which the muscle is the only edible part. They are used like oysters. For parboiling, clean, wash and drain, then drop into boiling salted water and simmer a few minutes until tender.

**Fried:** Pick over and wash quickly 1 quart scallops. Parboil 3 minutes. Drain and dry between towels. Prepare like Fried Oysters, page 144. Serve with Tartar Sauce, page 124.

**Scalloped:** Pick over and wash 1 pint of scallops. Parboil. Follow recipe for Scalloped Oysters, page 144, using scallops in place of oysters. Bake about ½ hour or until crumbs are brown.

**Sautéed:** Prepare Scallops as above. Dip in seasoned flour. Melt butter in skillet. Add scallops and fry slowly until thoroughly cooked and golden brown. Serve with Tartar Sauce, page 124.

**TO BOIL LOBSTER**

Put live lobsters, head first, one at a time, in a large kettle of boiling salted water to cover, 2 tablespoons salt to 1 quart water and let boil steadily 20 to 30 minutes according to size. Drain, cool quickly. Should not be eaten until cold.

**TO OPEN BOILED LOBSTER**

Take off claws. Separate large claws at joints, crack or cut shell, remove meat. Separate tail from body, draw out tail meat, open through center of meat, take out intestinal vein. Hold body shell firmly, draw out the body, remove stomach and liver (green). Pick out meat from body bones. The stomach, liver, and intestinal vein are not eaten.

To split lobster in half, cross large claws and hold with left hand. With the right hand draw a sharp pointed knife quickly through the body lengthwise from head to tail. Crack claws slightly.

**STEWED LOBSTER**

Cut boiled lobster fine; put in a stewpan, with a little milk or cream. Heat; add 1 tablespoon of butter, a little pepper, and serve plain or on toasted crackers. Cook lobster just long enough to heat it, as longer cooking renders it tough.

The meat of **Lobster Tails** already cooked may be used in Salads, Sauces or other Lobster recipes.

**BROILED LIVE LOBSTER**

Split the lobster and glaze with olive oil, broil on hot fire, with the meat side to the fire. When well broiled, season with salt, cayenne and plenty of melted butter.

**BAKED LOBSTER**

2-lb. live lobster, split and cleaned (take out vein) Butter  
Heat oven to 450° F. Place lobster in pan, flesh side up. Bake for 15 minutes. Then add melted butter. Turn down heat to 350° F. and bake for 15 minutes more. The entire baking time should be 30 minutes. Serve with melted butter.

**LOBSTER A LA THACKERAY**

2 boiled lobsters, cut in pieces	3 dashes cayenne pepper
½ cup butter	1 tablespoon walnut catsup
¼ teaspoon salt	1 teaspoon paprika

Put into the saucepan (or chafing dish) the green part of the lobster, and add butter, salt, cayenne, walnut catsup, and paprika. Cook five minutes, then add lobster.

**LOBSTER A LA MORNAY**

1 lb. cooked lobster meat or	1 lb. fresh mushrooms
½ lb. lobster and ½ lb.	1 can spaghetti
halibut or canned crab meat	1 pint Cheese Sauce No. 2,
Salt, pepper, paprika	page 125

Cut fish in large pieces. Mix all together, put in baking dish, dot with butter. Bake in hot oven about 20 minutes. Serve in baking dish.

**No. 1 LOBSTER A LA NEWBURG**

2 boiled lobsters	¼ cup Sherry or Madeira
2 tablespoons butter	3 yolks of eggs
2 small truffles	1 cup cream

¼ teaspoon each onion, red pepper and salt

Cut lobster in 1-inch pieces. Place in a saucepan the butter, salt, pepper, grated onion and the truffles cut in small pieces, and cook for five minutes—add the wine and cook three minutes. Have the yolks of eggs in a bowl, add cream, beat well together and add lobster. Gently shuffle all together over the fire for two minutes or until well thickened. Serve hot.

**No. 2:** Cooked meat of two lobsters or 1 pound of canned lobster and 2 cups of Newburg Sauce, page 124. Pour the Newburg Sauce over the lobsters and heat all together thoroughly.

**LOBSTER A LA BORDELAISE**

1½ lbs. boiled lobster, cut	1 small onion, chopped fine
1 cup White Sauce	1 small piece carrot
¼ cup Sherry	Salt, cayenne pepper

Cook the onion and carrot, chopped fine in the cup of milk used in making White Sauce No. 2, page 117, add the rest, the Sherry last.

**LOBSTER THERMIDOR**

3 or 4 lobsters	½ lb. mushrooms, chopped fine
2 tablespoons butter	1 tablespoon tomato purée
1 teaspoon minced onion	2 cups Cream Sauce, page 117
¼ cup white wine	Grated Parmesan cheese

Boil lobster, split in half, page 146, pick out all meat, leaving main body shell intact. Dice tail parts, coral and claws into good-sized pieces. Heat butter in skillet. Add onion, lobster and wine. Cook 5 minutes, stirring constantly. Add mushrooms, tomato. Cook 5 minutes more. Place mixture in shells, pour over enough sauce to fill shells, sprinkle with cheese. Bake in oven until thoroughly heated, brown a few minutes under broiler and serve.

**CREAMED LOBSTER**

Cut 2 cups boiled lobster meat fine. Add 1½ cups White Sauce No. 2, page 117. Heat through about 5 minutes. Season and serve on toast.

**For additional recipes for Lobster, see Entrées, pages 247, 257.**

**TO BOIL CRAWFISH**

Put live crawfish in boiling salted water with caraway seed. (2 quarts water, 1 tablespoon salt and 1 tablespoon caraway.) Boil 5 minutes, let stand until cool. Drain, chill and serve.

**TO BOIL HARD SHELL CRABS**

Drop crabs, one at a time, in boiling salted water (2 tablespoons salt to 1 quart water). Boil 20 to 25 minutes. Drain, wash carefully, remove claws, pull off hard shells and remove spongy part. Serve remaining soft shell with the claws. Crack claws with nut cracker and remove meat.

**FRIED SOFT SHELL CRABS**

Prepare crabs by removing sand bags. Raise apron; cut from crab, remove spongy substance surrounding apron. Wash and wipe crab, season with salt and pepper; dip in crumbs, egg, and crumbs; fry in deep, hot fat about 3 to 5 minutes. Serve immediately, with Tartar Sauce, page 124.

**CREAMED CRAB MEAT**

2 tablespoons butter	1 pint crab meat
½ cup bread crumbs	2 yolks, beaten
1 cup cream	Salt and cayenne pepper
½ teaspoon dry mustard	Tabasco sauce

Mix and heat the first four ingredients; then add the rest. Serve on toast or in Rice or Noodle Ring, page 238.

**DEVILED CRABS**

Follow recipe above. Put in shells or ramekins. Sprinkle with bread crumbs. Dot with butter, brown in oven.



**FROG LEGS, FRIED**

Scald the frog legs for just a moment; drain and dry; dust with salt and pepper, dip in beaten egg, then in rolled cracker, let stand 10 minutes, and fry quickly in deep, hot fat.

**SEA FOOD IN RICE RING**

Rice Ring, page 228	1 pint oysters
1 lb. crab or lobster meat	Sauce for Sea Food, page 124
1 quart shrimps, page 149	3 hard cooked eggs
1 lb. mushrooms, page 207	Salt and pepper to taste
	$\frac{1}{4}$ cup Sherry

Prepare Rice Ring. Keep hot, and when ready to serve turn onto large hot platter and fill center with following Sea Food and Sauce. Boil Shrimp; Sauté Mushrooms, halved; Boil Lobster, page 146, or use Crab Meat. Make Sauce for Sea Food, add above sea food and mushrooms and cook all together for a few minutes. Add eggs, cut up, flavor with Sherry and season well. Oysters and mushrooms may be omitted. Halibut Boiled, page 131, shredded, may be substituted.

**SEA FOOD IN FISH MOLD (HOT)**

1 can crab or lobster meat	$\frac{1}{2}$ cup small ripe olives
1 quart shrimp	1 small can pimientos
1 pint oysters	Soufflé mixture, page 214
1 lb. mushrooms	Sauce for Sea Food, page 124

Cut olives in half, lengthwise, to the stone, then in thin slices, crosswise, to form half circles, loosening them carefully from the stone (or use deviled olives). Place these slices in a well greased fish mold, in spaces representing scales. Cut pimientos in fine, long strips, with scissors, to fit into space for fins. To represent eye, cut slice from stem end of olive, put piece of pimiento in center and place skin side down in cavity for eye.

Shred and bone crab meat; arrange bright red pieces about the head. Sprinkle the rest evenly and carefully over the decorations. If lobster is used, cut fine. Boil Shrimp, page 149, cut in small dice; drain oysters. Sauté Mushrooms, page 207, and slice. Fold each ingredient separately with a portion of the soufflé mixture. Arrange in layers lightly and evenly without stirring or disturbing decorations below. Place mold in pan of hot water and bake in a moderate oven (350° F.)  $\frac{1}{2}$  hour or until firm. Loosen edges and turn carefully onto hot platter and serve with Sauce for Sea Food, page 124. Surround fish alternately with hot Asparagus Tips, page 195, in pepper rings and Shoestring Potatoes, page 220.

**Sea Food Salad in Fish Mold (Cold)**, *see* page 307.

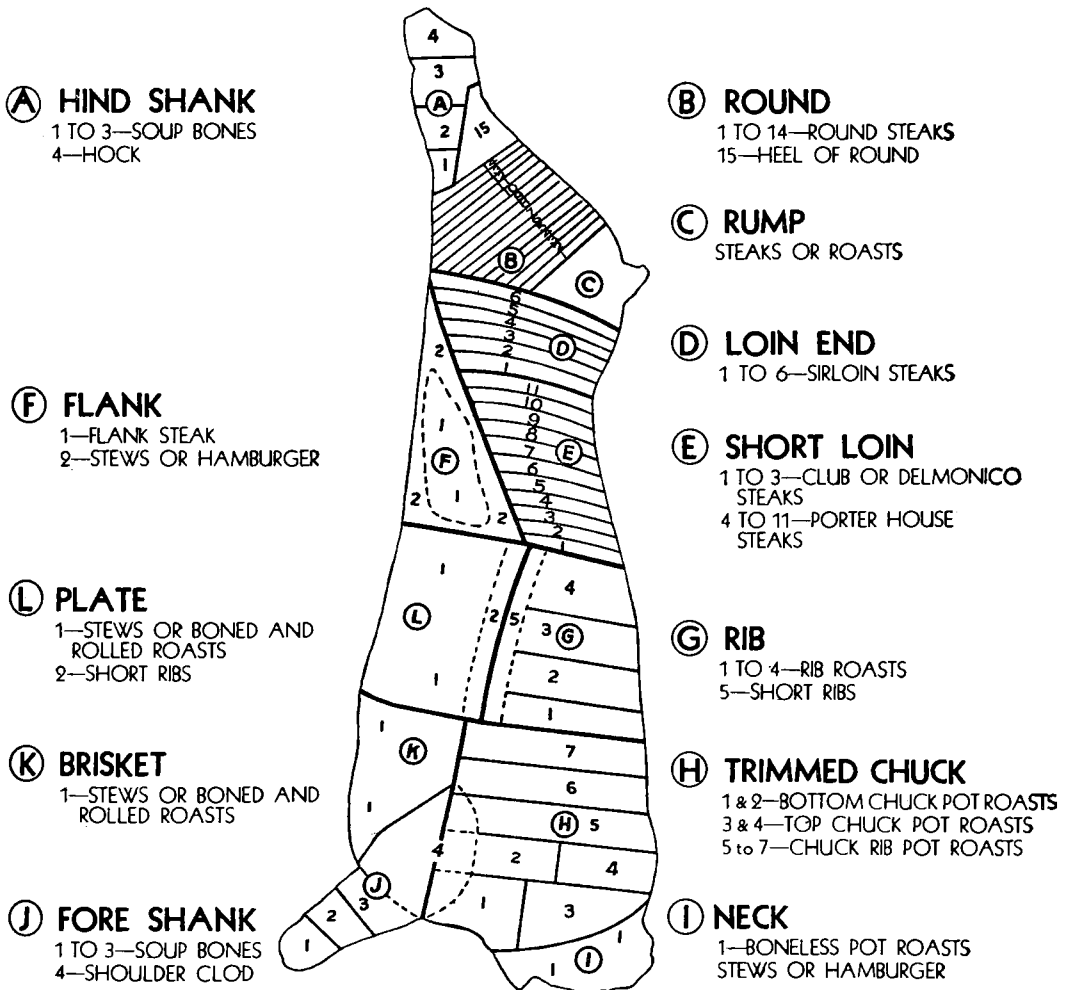
**For additional recipes for Shellfish**, *see* Entrées, page 257.



# Chapter 13

## Meat

### BEEF CHART



### WHOLESALE AND RETAIL CUTS

Letters refer to wholesale cuts and major subdivision of such cuts.  
Figures refer to retail cuts.

Courtesy, U. S. Dept. of Agriculture

## TIME TABLE FOR COOKING MEATS

### Roasting

Allow 10 minutes to warm the meat through, and then figure the time. Sear poultry at 450 to 475° F.; when brown, reduce to 300 to 325° F. or use 325 to 350° F. for entire period.

Beef.....	(rare) 15 min., (medium) 20 min., (well done) 30 min., per pound
Lamb.....	30 to 35 minutes per pound
Mutton.....	35 minutes per pound
Veal.....	25 minutes per pound
Pork.....	30 minutes per pound
Chicken, 4-pound.....	20 to 30 minutes per pound
Chicken (broilers).....	$\frac{1}{2}$ to $\frac{3}{4}$ hour
Squabs.....	$\frac{1}{2}$ to $\frac{3}{4}$ hour
Turkey.....	15 to 30 minutes per pound
Goose, 8-pound.....	18 to 30 minutes per pound
Duck.....	15 to 25 minutes per pound
Game.....	20 to 60 minutes per pound
Ham.....	25 to 30 minutes per pound
$\frac{1}{2}$ Ham.....	30 minutes per pound

*(Use the shorter time per pound for larger fowl, the longer time for smaller fowl.)*

### Broiling

Steaks, 1 inch thick.....	(rare) 8 to 10 minutes; (medium) 10 to 12 minutes
Steaks, $1\frac{1}{2}$ inches thick.....	(rare) 12 to 15 minutes; (medium) 15 to 20 minutes
Steaks, 2 inches thick.....	(rare) 15 to 20 minutes; (medium) 20 to 30 minutes
Lamb, Chops (well done) {	$1\frac{1}{2}$ to 2 inches..... 25 to 30 minutes
	$\frac{3}{4}$ inch..... 10 to 15 minutes
Spring Chicken.....	15 to 20 minutes
Squab.....	15 to 25 minutes

### Cooking in Water, Simmering or Stewing

Beef.....	Slowly, 40 to 60 minutes per pound
Lamb.....	15 to 20 minutes per pound
Mutton.....	Slowly, 20 minutes per pound
Corned Beef.....	Slowly, 45 to 60 minutes per pound
Ham.....	Slowly, 25 minutes per pound
Chicken.....	Slowly, 30 to 40 minutes per pound
Fowl.....	Slowly, 30 minutes per pound

### GENERAL RULES

Remove meat from wrapping paper and place in refrigerator. Before using, wipe with damp cloth. Fast frozen meat should be thawed at room temperature immediately before using.

Meat has a high food value and is an important source of protein used for building and repairing body tissues; it stimulates the flow of digestive juices and lends flavor when properly cooked. Liver, heart, and kidney are rich sources of iron and vitamins.

Meat is said to be "kosher" when the animal from which it is taken has been cut in the throat (not knocked on the head), the blood allowed to flow out that it may not coagulate. Before using, to further draw out the blood, it is soaked one-half hour in cold water. Place on grooved wooden board, in slanting position. Sprinkle well on all sides with salt, let stand 1 hour. Rinse 3 times in cold water.

**The Flesh of Beef** should be bright cherry red, fine grained, have a heavy covering of flaky, creamy, white fat on the outside, and have fat distributed between the fibres of the meat (marbled). The bones should be porous and pinkish in color.

**Roasts:** The **standard** way of preparing a roast after the oven has been preheated (about 20 minutes) is to sear or brown it all over at 500° F., in a very hot oven uncovered, without water, for about 20 to 30 minutes; then reduce the heat to 300° F., or a slow oven, and keep it there until done. See Table, page 152, for time per pound.

An **even temperature** of 300° F. (350° F. for Pork) is recommended for roasting but it requires longer time. Meat will not be as brown, but there will be less shrinkage. If not brown enough when done, brown under broiler a few minutes.

**Cooking in Water:** To retain flavor and juice in meat, cover with *boiling* water and cook at a simmering temperature. To draw out the juice as for soup, cover with *cold* water.

**Steaming** meat in small amount of water in closely covered kettle on stove, or in oven for a long time, slowly or under the boiling point is recommended for less tender cuts.

Save and try out all fat scraps of meat, or poultry and use, if desired, in place of butter in preparing meats.

### TO CORN OR PICKLE BEEF

10 lbs. brisket or rump

Water

Salt, White pepper

Ginger, Paprika, Nutmeg

Bay leaves, Garlic

1 teaspoon saltpeter

Wash meat. Place in wooden chopping bowl or large platter and rub all over with salt, pepper and other spices. It should be well seasoned. Place meat in a large stone jar. Rinse chopping bowl or platter with water and pour over meat, adding water to cover. Dissolve saltpeter in water and add. Cover with a plate and weight down with a stone or fruit jar filled with water. Keep in a cool place, turning at least once a week. Leave in brine for 4 weeks. Add more salt during the process, if brine is not salty enough. Cook as Smoked Tongue, page 173.

**Tongue or Goose Meat** are prepared the same way.

No. 1

### TO RENDER BEEF FAT

5 lbs. beef fat (cod) ground      Cold water to cover

Place fat in a large, heavy pan or in the bottom of a roasting pan. Pour water over to cover. Set in a moderate oven (350° F.). Let try out about 2 hours or until fat is clear and the sediment at the bottom is just browning. Strain through a cloth over colander into a stone crock. When cool, cover with a plate and keep in a cool place.

**Or render fat on top of stove.** Place fat and water in deep, uncovered heavy kettle. Cook slowly until water has evaporated and fat is clear.

**No. 2—With Milk**

5 lbs. ground beef fat (cod)      1 pint milk      ½ lb. butter

Place fat in large dripping pan or in bottom of roaster. Cover with water. Let stand over night; drain. Pour over the milk and let try out about 2 hours or until clear in moderate oven (350° F.) or on top of stove. Strain through cloth over colander into stone crock. Let butter dissolve into the hot fat. Cool, cover and set aside in a cool place.

**To Render Goose Fat**, *see* page 189.

**To Use Rendered Fats:** Strongly flavored fats, such as bacon, pickled meat fats, ham, goose or duck fat may be used for warming up potatoes, seasoning vegetables, browning fish or leftover meats. Chicken fat is good for making pastry.

**To Clarify Fat** which has been used for frying, drop a few thick slices of raw potato in the hot fat, for a few minutes, until brown and well done; strain through muslin, cover when cold. Store in cool place.

**Soap** may be made from used fat and fat scraps, page 13.

**HOW TO CARVE MEATS**

Use a large platter, a carving fork and a *very sharp* knife. Place rib end of roast at left of platter. Insert fork securely under first rib. Cut across the grain in thin slices toward the ribs. For leg of lamb or ham, with small end to the right, slice at right angles to the bone. For steak, cut close around bone, then cut thick slices across the width of the steak. Pork loin should be placed ribs toward the carver.

**BEEF****BROILED BEEFSTEAK**

Wipe a steak 1½ to 2 inches thick with damp cloth, trim off extra fat. Grease rack with fat scraps. Preheat oven 10 to 20 minutes at 500° F., or follow stove manufacturer's directions for broiling. Lay steak on rack in center of broiling oven 3½ inches below the flame or electric unit. When steak is nicely browned on one side season with salt and pepper, then turn and brown on the other side. The steak is done when the second side is browned. Only one turning is necessary. It will take about 20 to 30 minutes to cook a steak 1½ to 2 inches medium rare. When done, place on hot platter, salt and pepper, pour over melted butter, serve at once.

For **even temperature** method: Place steak farther away from the flame or heating unit and broil for a longer period. The distance depends on thickness of cut.

**PAN-BROILED STEAK**

Have heavy frying pan sizzling hot. Steak should be ¾ to 1 inch thick; grease pan lightly with the fat scraps. Sear or brown quickly on both sides. Reduce heat and turn often until done, pouring off fat so meat will broil, not fry. Steak is best if not cooked beyond the medium rare stage. Put on hot platter, and serve as above.

**MINUTE STEAK**

Minute steaks are never more than  $\frac{1}{2}$  inch thick. They may be taken from any cuts of beef suitable for broiling. Spread with softened butter. Add few drops lemon juice. Pan-broil in hot skillet one minute on each side.

**BEEF STEAK AND ONIONS**

Follow directions for Broiled or Pan-Broiled Steak, page 154. In another skillet, place 4 or 5 slices onions in 2 tablespoons fat, cover and cook until glossy and slightly browned. Season with salt and pepper. Place meat on hot platter, cover with onions, serve at once. Or serve Broiled or Pan-Broiled Steak with French Fried Onions, page 210.

**No. 1****BAKED STEAK**

Sirloin steak about two inches thick. Put in pan, salt it, add two tablespoons Worcestershire Sauce, one tablespoon Walnut Catsup, three tablespoons catsup and little lumps of butter over the top. Put in hot oven (500° F.) for 30 minutes.

**No. 2**

4 to 5 lbs. sirloin steak	1 large onion	1 lb. mushrooms,
1 large green pepper	1 cup catsup	sautéed

Cut fat from steak. Grind. Peel onion. Prepare pepper. Grind. Cover steak with layers of fat, onion, and pepper. Pour catsup over all and top with chopped, sautéed mushrooms. Bake in hot oven, from 30 to 45 minutes or longer if desired well done.

**PLANKED STEAK**

Broil a  $\frac{1}{4}$ -inch thick porterhouse or sirloin for 3 minutes on each side, following directions, page 154. Butter a plank, place steak on it, trim off edges of steak 1 inch from edge of plank. With a pastry bag and tube filled with mashed potatoes, arrange an artistic border around the steak. Place in hot oven and bake until potatoes are browned and steak is cooked, then spread steak with butter, season with salt and minced parsley, and place plank on platter to serve, garnished with parsley.

**FILLET STEAKS BROILED**

Cut a 3-pound beef tenderloin into fillets 2 inches thick. Flatten a little, season with salt, pepper, a little fat, and broil. Serve with Sauce Bearnaise, page 123, or if preferred, melted butter. Follow directions for broiling, page 154. May also be pan-broiled.

**FILLET STEAKS WITH BACON**

Wipe tenderloin of beef, cut into 2-inch slices. Coil around each a thinly cut strip of bacon, and fasten with wooden skewer. Place on greased broiler and broil under hot flame 5 to 6 minutes on one side, turn and broil 5 to 6 minutes on other side, until well browned. Serve on hot platter, season with salt and pepper, brush with butter and garnish with lemon slices and chopped parsley.

**Mock Fillet Steak**, see page 163.

**FILLET OF BEEF WITH ARTICHOKE**

Broil 6 slices tenderloin of Beef, page 154, place on each slice a heated artichoke heart, on top of this a Sautéed Mushroom, page 207. Serve hot with Bearnaise Sauce, page 123.

**No. 1****FILLET OF BEEF**

4-lb. fillet

Strips of cod fat

Salt and pepper

 $\frac{1}{4}$  cup butter

1 lemon, juice

1 tablespoon Worcestershire sauce

Lard fillet with cod fat. Season with salt and pepper. Cover with melted butter and lemon juice. Let stand several hours. Broil a few minutes, then put into hot oven, adding Worcestershire sauce and basting often. Roast from 30 to 45 minutes. Thicken gravy in pan as in Roast Beef Gravy, page 157.

**No. 2**

4 lbs. fillet of beef

Salt and pepper

 $\frac{1}{4}$  cup butter

Kitchen Bouquet

1 cup cooked peas, carrots  
and potatoes $\frac{1}{2}$  cup prepared mustard,  
if desired

Wipe fillet, remove fat and skin, season with salt and pepper, and rub all over with mustard. Fold thin end over and fasten with skewer or string. Put chunks of butter on upper side, or have butcher lard top with strips of cod fat. Place in roasting pan in hot oven 30 to 40 minutes, basting often, adding hot water if necessary. Remove skewers or string, set fillet aside. Thicken gravy in pan as in Roast Beef, page 157, add Kitchen Bouquet, page 126, strain. Serve with vegetables.

Or, baste when nearly done, with 1 cup of thick, sour cream. Place fillet in gravy, let simmer a few minutes. Serve on hot platter with the gravy and garnish with sautéed mushrooms.

**BEEF A LA MODE**

3 lbs. top round

1 large or 2 medium carrots

1 large onion, sliced

1 thick slice rye bread

 $\frac{3}{4}$  cup tomato purée

Clove of garlic—Celery

2 teaspoons salt and pepper

Paprika

Cut clove of garlic and rub well over meat. Heat 2 generous tablespoons beef fat in "Dutch Oven" or any kettle with a close-fitting cover until smoking hot. Add sliced onion and when slightly cooked, add meat and brown thoroughly on all sides. Add chopped carrots and celery. Cover tightly and cook slowly for  $2\frac{1}{2}$  hours. Then add tomato purée and the bread, crumbled, and cook until done.

**RIB ROAST OF BEEF**

For a two or three **Rib Standing Roast**: Season with salt and paprika, dredge with flour. Place in a dripping pan, without water, fat side up, uncovered, following even temperature method of 300° F. for entire cooking period or roast in a hot oven (500° F.) from 20 to 30 minutes or until lightly browned. Reduce heat to 300° F. or 250° F.

Continue cooking; for rare meat allow 15 minutes to the pound, for medium 20 minutes, and about  $\frac{1}{2}$  hour for well done. If the oven is hotter, the roast will cook quicker, but will shrink more and not be so evenly browned. If necessary baste occasionally while cooking with the fat in the pan to keep it from drying out.

For **Rolled Roast** increase cooking period 10 minutes per pound.

**Gravy:** Remove some of the fat from pan, placing 2 tablespoons in skillet, add 2 tablespoons of flour and stir until brown. Add gradually 1 cup meat liquid. Mix with liquid in roaster, cook 5 minutes, season and strain.

Or remove fat, place 2 tablespoons flour in cup, mix with a little cold water, add a few spoons of the liquid from the pan, then stir into the rest of the liquid and cook until smooth.

### Yorkshire Pudding

1½ cups flour	1½ cups milk
¼ teaspoon baking powder	2 eggs
½ teaspoon salt	⅓ cup beef drippings

Mix dry ingredients. Add milk gradually, then the eggs. Beat very well with rotary beater. Place hot drippings from Roast Beef in oblong pan; pour in batter  $\frac{1}{2}$  inch deep. Bake in moderate oven 350° F., 20 to 30 minutes, gradually decreasing heat. Cut in squares, serve at once around Roast Beef.

Or, 20 to 30 minutes before Roast Beef is done, remove from pan, and place directly on rack of oven, under which a pan has been placed containing the pudding batter, to permit the beef juices to drip on the pudding while baking.

### No. 1

### POT ROAST

2½ lbs. of beef (chuck, rump, or flank steak)	1 sliced celery root
2 tablespoons drippings	1 cup boiling water
1 or 2 bay leaves	1 tablespoon flour
1 medium carrot	1 onion, chopped fine
	Salt and pepper

Season and prepare meat as desired, and sprinkle with flour. Heat the fat and fry the onion in it until light brown; add the meat, brown on all sides to keep in the juices. Pour on the boiling water, add bay leaves, cover tightly, then let simmer slowly about 2½ hours, or until tender. Add a little boiling water to prevent burning. One-half hour before serving add 1 cup canned tomatoes. Thicken gravy with 1 tablespoon flour. Serve with Franconia Potatoes, page 219. If closely covered kettle is used, lower flame and use less water.

### No. 2

3½ lbs. beef, rump, cut thick	2 tablespoons fat
Salt and pepper	1 quart canned tomatoes
6 medium onions	½ cup sugar

Fry the onions, cut small, until golden brown, in fat, set aside. Salt and

pepper meat, brown on all sides in the fat, add bay leaf. Cover kettle tightly and let simmer for  $1\frac{1}{2}$  hours or until nearly tender, adding hot water only, if necessary. Add fried onions, tomatoes, sugar and lemon juice, if desired. Finish cooking in oven until gravy is thick and meat well browned

### RUMP ROAST

Take 3 lbs. or more of rump of beef (a thick chunk),  $\frac{1}{4}$  lb. raw beef fat, in small cubes, 1 clove of garlic, chopped fine, and mix with a liberal amount of salt, some pepper and ginger.

Make deep gashes in the meat, about 2 inches apart, filling pockets with the fat cubes and garlic mixture; cutting the pockets, one at a time, filling and pressing the mixture in well. Put meat in kettle, pour over boiling water to cover, cover and let cook gently  $1\frac{1}{2}$  hours, adding more water as it evaporates. Add  $\frac{1}{4}$  cup each of diced onion, celery and carrot to soup and let cook 1 hour longer. Remove meat when tender. Season all over with salt, pepper and ginger. Place in roasting pan, add fat from top of soup, place in hot oven and roast until well browned, basting often with fat in pan. Place roast on hot platter, add a little flour to gravy in kettle, and 1 cup hot soup, stir and cook until smooth, pour over meat and serve. Season soup, and serve with noodles or any desired Soup Garnish, pages 110 to 116.

### SWISS STEAK

3 lbs. round steak,  
cut  $1\frac{1}{2}$  inches thick  
 $\frac{1}{4}$  cup flour  
2 teaspoons salt

3 tablespoons fat  
A clove of garlic  
1 onion, sliced  
 $\frac{1}{8}$  teaspoon pepper

Put steak on board; cut garlic in half and rub over the meat. Pound the flour, salt and pepper into the steak with the edge of a heavy earthen saucer or meat tenderer, first on one side and then on the other. Cut into individual portions if desired. Melt fat in frying pan, add onion, let brown slightly, set to one side, put in meat, season and let brown on both sides. Add 2 cups of hot tomato juice or boiling water, cover closely and let simmer 2 or 3 hours, or until tender.

### SWEET AND SOUR BEEF

3 lbs. brisket of beef  
1 onion, sliced  
1 lemon (juice)  
Small piece bay leaf

3 tabespoons sugar  
1 cup boiling water  
Salt and pepper  
A little dill

Place the meat in a stewpan adding salt, pepper, dill and a bit of bay leaf for seasoning. Add the onion, sliced thin, and also the boiling water. Stew meat until tender, about  $2\frac{1}{2}$  hours. Add lemon juice or vinegar, and sugar to taste until sweet and sour.



**No. 1 SAUERBRATEN (SOUR BEEF POT ROAST)**

4 lbs. beef, chuck, rump or round	1 teaspoon whole pepper
1 onion, sliced	Vinegar and water
3 bay leaves	$\frac{1}{4}$ cup brown sugar
Salt and sugar	$\frac{1}{4}$ cup raisins
	4 to 6 ginger snaps

Sprinkle meat well with salt and pepper and rub in thoroughly. Place with onions, bay leaves and peppercorns in a deep earthen dish. Heat water and vinegar (equal parts if vinegar is very strong), and add salt and sugar to taste. Pour hot over the meat to cover. Cover dish well, put in cool place, let stand 3 to 4 days, turning occasionally.

Put meat in kettle, add onion and a little of the spiced vinegar, place in hot oven to brown all over. Then put on tight fitting cover and let cook slowly about 3 hours or until tender. Add more of the vinegar if necessary. Take out the meat, slice for serving and keep hot. Strain liquid in kettle, skim off fat. Let  $\frac{1}{4}$  cup sugar melt in an iron skillet, add very gradually the strained liquid, then the raisins and ginger snaps, cook until thickened and smooth and pour while hot over meat.

**No. 2**

Follow method for soaking meat, and brown meat in 2 tablespoons fat in a Dutch oven. Add small amount of the spiced vinegar, cover tightly, simmer slowly until tender, adding from time to time the spiced vinegar until all has been used. When ready to serve, strain the liquid in the pot and thicken with flour to make a brown gravy, adding sour cream, if desired.

**BEEF EN CASSEROLE**

2½ lbs. beef, chuck or round	1 small onion, sliced
2 tablespoons beef drippings	Salt and pepper to taste
1 small carrot, cut in dice	1 cup strained tomatoes
1 tablespoon flour	1 bay leaf

Salt and pepper meat, cut in pieces, dust with flour. Heat fat in a frying pan and brown the meat in it on all sides. Place meat in casserole, add other ingredients, cover and let simmer at a low temperature in oven until tender, keeping the casserole well covered so as not to allow the steam and juices to escape. Let cook 2½ hours. Serve hot with mashed or baked potatoes.

**SHORT RIBS OF BEEF (SPANISH)**

Take short ribs of beef, season with salt and pepper, rub over with a tiny clove of garlic. Cover with boiling water, add an onion, sliced. Let cook slowly about 2 hours. Add 2 cups tomatoes, add 1 teaspoon paprika and cook gently 1 hour.

**ROLLED MEAT (Italian)**

1 ½ lbs. round steak, ½ inch thick	6 hard cooked eggs
½ lb. sliced boiled ham	Tomato Sauce—Italian
¼ lb. chopped meat	Salt and pepper
	Oil or fat for frying

Spread steak (veal or beef) with fat. Lay ham evenly over steak. Spread chopped meat (pork and beef mixed), well seasoned with salt and pepper over ham. Place eggs in a row down the center.

Form into one large roll and tie with string. Brown all over in hot fat in spider. Place in saucepan with Tomato Sauce Italian, page 120, and let cook slowly until tender. Remove string. Serve hot or cold, sliced.

**No. 1                      MOCK ROAST DUCK**

2 small slices rump steak, or a flank steak	3 tablespoons fat drippings
1 teaspoon salt	1 cup bread crumbs
⅛ teaspoon pepper	1 tablespoon grated onion
⅛ teaspoon ginger	1 teaspoon chopped parsley
	1 slice chopped boiled ham

Have meat about 1 inch thick and see that it has no seams, openings or muscle tissues running through it. Season with salt, pepper and ginger.

Heat fat in skillet, add bread crumbs and the rest of the ingredients and spread evenly over one of the steaks. Cover with the other steak and sew the edges together with coarse thread. Place the "duck" in spider or heavy kettle with a little fat. Sprinkle well with flour, let brown, add 1 cup boiling water, cover closely and let simmer several hours or until tender. Remove strings, place in hot oven, basting often, let brown nicely and serve hot in its own sauce.

**No. 2.** Or, in place of the bread filling, fill with 1 lb. of chopped beef; season well with salt, pepper and paprika.

**MOCK BIRDS**

1 lb. round steak, or veal steak, ¼ inch thick	1 teaspoon onion, chopped
1 teaspoon salt	1 tablespoon pickle, chopped
¼ teaspoon prepared mustard	2 tablespoons fat drippings
1 tablespoon chopped fat bacon	1 pint boiling water
	1 bay leaf

Cut 1 lb. of round steak ¼ of an inch thick in four pieces. Flatten each piece, sprinkle with salt and pepper, and spread with bacon, mustard, onion and a speck of paprika. Roll each slice and fasten with either string or toothpicks. Sprinkle each roll with flour and brown in fat, cover kettle closely and add boiling water only when necessary. Simmer 2½ to 3 hours or until nearly tender, and remove strings. Veal may be used. It does not require as long cooking. Poultry Dressing No. 1, page 180, may be used to spread on the slices. One cup sour cream may be added shortly before serving.

**MOCK CHICKEN LEGS**

1 lb. beef steak	$\frac{1}{4}$ cup fat, melted
1 lb. veal or pork	$\frac{1}{4}$ cup flour
2 teaspoons salt	or $\frac{3}{4}$ cup cracker crumbs
$\frac{1}{2}$ teaspoon white pepper	6-8 wooden skewers

Have steaks cut about  $\frac{3}{8}$  inch thick. Pound well and cut in 1 or  $1\frac{1}{2}$  inch squares. Arrange 6 pieces alternately through one corner on each skewer, having top and bottom pieces somewhat smaller to represent drumsticks. Brush over or roll in fat, then in flour or crumbs, season with salt and pepper. Fry in remaining fat and brown on all sides. Cover pan closely, cook slowly about  $1\frac{1}{2}$  hours, or until tender, adding water if necessary.

**BEEF STEW**

$3\frac{1}{2}$ lbs. beef	2 tablespoons beef drippings
$\frac{1}{2}$ onion	2 potatoes
$\frac{1}{4}$ cup turnip, cut up	Salt and pepper
$\frac{1}{4}$ cup carrots, cut up	$\frac{1}{4}$ cup flour
Dumplings	Water to cover dumplings

Wipe the meat, remove all the small pieces of bone, and cut into small pieces. Put the larger bones and tough meat into the kettle and cover with cold water. Dredge the rest of the meat with flour, pepper and salt, and brown it in the melted fat in the frying pan. Brown the onions also. Then put the meat and onions into the kettle and let simmer 2 or 3 hours or until the meat is tender. Half an hour before serving add the other vegetables; 15 minutes before serving add Plain Dumplings, page 233. Cook 15 minutes. When done take out the dumplings, remove the pieces of bone and fat. If necessary, thicken the gravy with flour and add some pepper and salt.  $\frac{1}{2}$  cup strained tomatoes can be added, if desired.

**BRISKET OF BEEF WITH SAUERKRAUT**

3 lbs. brisket of beef or short ribs	2 lbs. sauerkraut
1 onion	1 raw potato
Salt to taste	or 2 tablespoons flour
Water	1 apple
	1 tablespoon caraway seed

Wipe the meat. Place in large kettle of cold water. As soon as it boils, skim. Add onion and seasoning. Boil until tender, about 2 hours. Boil sauerkraut in 2 cups of water over a very low flame for 2 hours, with the grated potato and an apple sliced. Remove meat with  $\frac{1}{4}$  of the liquid, add to sauerkraut, sprinkle with caraway seed and simmer 10-15 minutes longer. The remaining liquid will be a strong broth to be served as soup.

If canned Kraut is used, the cooking period is shortened.

**BRISKET OF BEEF WITH BEANS**

2 lbs. brisket of beef	2 tablespoons fat
1 pint navy beans	2 tablespoons flour
Salt and pepper to taste	1 cup bean liquid

Salt and pepper the meat and let stand 1 hour or longer. Soak beans over night, in cold water. Drain, cover with fresh water, heat slowly, keeping water below the boiling point, add meat and cook about 2½ hours or until meat and beans are tender. If desired, add ¼ cup each of brown sugar and molasses and ½ teaspoon mustard. Heat the fat in a spider, add flour and gradually a cup of hot bean liquid. Pour this sauce over the meat and beans and cook until the beans are browned.

**BRISKET OF BEEF WITH CABBAGE**

2 or 3 lbs. brisket of beef	2 tablespoons fat
1 head cabbage	2 tablespoons vinegar
1 small onion	2 tablespoons sugar

Shred the cabbage and brown in a well-greased pan, with the onion, chopped fine. Season with salt and pepper. Cover meat with water and let cook, then add the browned cabbage, and simmer until both are tender. Add vinegar and sugar to make it sweet and sour, and if too watery, thicken with a sprinkling of flour and let cook until smooth.

**CORNED BEEF**

Wash the corned beef well to remove brine, place in large kettle, cover with boiling water, and simmer three hours, or until tender. Remove from water and serve with Horseradish Sauce, page 125, or Boiled Cabbage, page 199.

**NEW ENGLAND BOILED DINNER**

4 lbs. corned beef	6 medium onions
1 small cabbage	6 small parsnips
3 large carrots	6 medium potatoes
	2 small turnips

Wash meat in cold water. If very salty, soak ½ hour in cold water; or let come to a boil, then drain. Place meat in kettle with boiling water to cover. Let cook slowly 3 to 5 hours or until tender; 2 hours before serving, add carrots, and turnips cut in quarters, and ½ hour before serving add parsnips, cabbage, onions and potatoes. Serve attractively arranged on a large platter.

**BEEF LOAF**

1 lb. raw beef, chopped	Salt and pepper
1 teaspoon chopped onion	½ cup bread crumbs
	½ cup cold water or tomato juice

Mix all the ingredients together, then form into a roll. Place in a baking pan and bake in oven about 1 hour; baste every 5 minutes with ¼ cup of fat drippings, melted in one cup of boiling water; or lay strips of bacon over top. Serve with Brown Sauce, page 118.

**MEAT LOAF**

1 lb. beef	1 teaspoon salt
½ lb. veal	1 or 2 eggs
Small piece suet	Onion and celery salt
¼ lb. bread	½ cup canned tomato
¼ cup walnuts, cut	Bacon

Run meat and fat through chopper. Beat an egg well, add meat, nuts, seasoning, tomato, and bread soaked in water and squeezed dry. Mix thoroughly, form into loaf, lay strips of bacon on top, place in roasting pan with 1 tablespoon fat. Place in hot oven (350° F.) for 1 hour, baste often, adding water only if necessary. The nut meats may be omitted.

**CHOPPED MEAT RING**

2 lbs. ground beef	2 small onions, grated
1 lb. ground shoulder pork	¼ cup minced green pepper
1 cup cracker crumbs	2 eggs, separated
½ cup horseradish	¼ cup catsup
3 tablespoons cream	2 teaspoons salt

Mix beef, pork, crumbs, horseradish, onions, pepper, catsup, egg yolks, cream and salt. Fold in stiffly beaten egg whites, place in buttered ring mold and bake one hour at 350° F.

**CHOPPED STEAK (HAMBURGER)**

1 lb. round steak, chopped	1 teaspoon salt
3 tablespoons ice water	¼ teaspoon pepper

Mix lightly and shape in small cakes, about ¾ inch thick. Grease pan or broiler with fat scraps. Brown meat and cook from 2 to 5 minutes on one side and then on the other side. Serve with melted butter.

**MOCK FILLET STEAK**

1 lb. round steak, chopped	Bacon
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Form chopped beef into flat rounds 1 inch thick; twist around each piece a long, thin strip of bacon, to overlap at ends, fasten with tooth-picks. Place in hot skillet, brown on both sides, then place in hot oven (500° F.) until bacon is crisp and serve slightly underdone. Sprinkle with salt and pepper.

**No. 1****BEEF BALLS**

1 lb. chopped beef	1 teaspoon chopped onion
¼ lb. soaked bread crumbs	1½ teaspoons salt
2 tablespoons fat	Dash of pepper

Mix all the ingredients except the fat and shape into small, round cakes. Melt fat in baking pan. Place cakes in pan and brown in oven, first one side and then the other. Cover pan and bake until meat is cooked through.

**No. 2****BEEF BALLS**

1 lb. chopped round steak	1 teaspoon salt
1 tablespoon grated onion	$\frac{1}{4}$ cup cold water
$\frac{1}{4}$ green pepper, cut fine	2 tablespoons fat

Mix first five ingredients. Shape lightly into patties. Heat fat, add meat balls. Fry on both sides. Cover pan. Reduce heat until done.

**MOCK STEAK (PAN-BROILED)**

Pat and mold well seasoned ground steak into oblong or round form, to fit serving platter, 1 to  $1\frac{1}{2}$  inches thick. Place in greased skillet. Fry on both sides. Serve with Fried Onions, page 210.

**CHOPPED BEEF ON TOAST**

Cut bread in  $\frac{1}{2}$ -inch slices and toast on one side. On untoasted side spread well seasoned chopped round steak and over this place two slices of bacon crosswise. Broil under hot flame until bacon is cooked and meat is done through.

**CHOPPED BEEF, SWEET SOUR**

1 lb. chopped beef	2 cups hot water
1 onion, grated	$\frac{1}{4}$ cup raisins
1 egg, beaten	$\frac{1}{4}$ cup sugar
Salt and pepper	1 lemon, sliced
1 tablespoon matzos meal, or cracker crumbs	1 tablespoon fat
	1 tablespoon potato flour

Pour  $\frac{1}{2}$  cup hot water over meal. Add first 4 ingredients and form into small balls. Place in kettle with  $1\frac{1}{2}$  cups water, raisins, sugar and lemon. Cover. Let cook slowly  $\frac{1}{2}$  hour, then add fat mixed with tablespoon potato flour to thicken gravy, let simmer a few minutes.

**KOENIGSBERGER KLOPS (MEAT BALLS)**

1 lb. beef, ground	$\frac{1}{3}$ cup bread crumbs
1 lb. pork, ground	Salt, pepper, nutmeg
1 onion, grated	5 egg whites, beaten

Form into balls, adding beaten egg whites last.

**Sauce**

3 cups water	$\frac{1}{2}$ teaspoon allspice
1 onion, cut fine	and peppercorns
4 bay leaves	$\frac{1}{4}$ cup tarragon vinegar
1 tablespoon sugar	1 tablespoon flour
1 teaspoon salt	5 egg yolks, beaten

1 lemon sliced, and capers

Boil first 6 ingredients 30 minutes. Strain; bring to boiling point, add meat balls and simmer 15 minutes. Remove balls to hot platter, keeping them hot. Add vinegar to liquid. Dissolve flour in small amount of seasoned water, and to this, add beaten yolks. Add gradually to seasoned liquid, stirring constantly until smooth and thick; pour over meat balls, and garnish with lemon slices and capers.

**No. 1 CHOPPED BEEF IN CABBAGE LEAVES**

1 lb. lean raw beef, chopped	2 cups tomatoes
Salt and pepper to taste	1 onion, chopped
1 small onion (juice)	2 tablespoons vinegar
½ cup cooked rice	2 tablespoons sugar
8 large leaves of cabbage	

Soak the cabbage leaves in hot water a few minutes to make them less brittle. Season the meat highly with salt and pepper, add onion juice and rice. Roll a portion of the meat mixture in each leaf. Place them in a kettle with the rest of the ingredients, add a little water and let simmer until cabbage is tender and well browned.

**No. 2**

1 lb. chopped beef	Onion juice
1 cup cooked rice	1½ teaspoons salt
½ cup bread crumbs	Cabbage leaves
2 eggs	Tomato Sauce, page 119

Mix first six ingredients. Soak cabbage leaves in hot water until soft enough to handle. Fill with prepared mixture and fasten with tooth-picks. Sprinkle with salt and dredge with flour, then fry in fat. Pour over Tomato Sauce, cover and bake in a slow oven about 2 hours.

**CHOPPED MEAT IN ACORN SQUASH**

Parboil Acorn Squash, page 213. Place in pan, fill with Beef Ball mixture, page 164. Sprinkle with brown sugar and dot with butter, and bake 15 minutes longer or until squash is soft and meat is done.

**For additional Meat Dishes, see Entrées, pages 245 to 263.**

**VEAL**

**Veal** is calf's meat. The muscle is pink, the fat white and clear. Veal should be thoroughly cooked.

**ROAST VEAL**

Take a thick piece of veal from the upper part of the leg, dredge with salt and pepper, ginger and flour. Put in dripping pan in a very hot oven (500° F.) with 3 tablespoons of beef or poultry drippings. When browned all over, baste with the fat, cover and reduce the heat to 300° F.; add a little water and baste often until tender, or follow even temperature method, page 153.

**VEAL CUTLETS OR STEAKS**

Use slices of veal from ribs or leg, cut ½ inch thick; salt and pepper, dip in crumbs, let stand 15 minutes, then dip in beaten egg, then again in cracker or bread crumbs. Let stand 15 minutes. Fry on both sides until well browned; cover and finish cooking slowly about 30 minutes on top of stove or in oven. Or simmer for 1 hour in tightly covered heavy kettle on top of stove, adding a little hot water.

**ROAST VEAL BREAST, STUFFED**

Select a piece of veal breast and have the butcher make an opening on the underside or have him bone it. Stuff with Bread Dressing No. 1, page 180, or Potato Stuffing, page 181, and sew up ends, or if boned veal is used, spread stuffing on flat side, roll and tie into shape. Dredge with salt, pepper, ginger and flour; place in hot oven (500° F.) in roasting pan, with 2 tablespoons beef or poultry fat, an onion cut fine, and a little boiling water. Turn and baste until brown, reduce heat to 300° F., cover tightly, and cook slowly until tender or follow Even Temperature Method, page 153.

**Lamb breast** may be prepared the same way.

**VEAL CHOPS—Baked**

4 veal chops (bone cut short)	½ pint cream
larded on one side	Juice of ½ lemon
2 tablespoons butter	1 egg yolk
Salt, pepper and flour	

Season chops lightly with salt and pepper. Dip unlarded side in flour. Heat skillet, add butter; when hot, add chops. Fry slowly for 20 minutes, turning to brown evenly. Remove to oven. Bake 20 minutes. Mix cream and lemon juice, pour over chops and bake 20 minutes more. Just before serving, pour sauce from pan onto well beaten yolk, mixed with a little cream. Or use sour cream in place of sweet cream and lemon juice.

**WIENER SCHNITZEL**

Cut veal steak ½ inch thick, in pieces for serving, fry as Veal Cutlets, page 165. Sprinkle with lemon juice, garnish with lemon slices, capers, sardellen, and a fried egg.

**PAPRIKA SCHNITZEL**

Cut 1½ lbs. veal steak in pieces for serving. Salt and pepper, roll in flour. Heat two tablespoons fat in skillet, add paprika until red, then 3 onions, sliced, fried until glassy. Add meat, brown all over, add gradually ½ cup thick sour cream, cover pan, let cook slowly, ½ hour or until tender. Add a little water and serve.

**No. 1****POTTED VEAL STEAK**

Have veal steak 1½ inches thick. Score with large knife; pound in flour, ginger, mustard, salt, pepper and paprika. Heat 3 tablespoons fat in kettle, add meat, brown all over, add milk to cover, then cover closely. Cook slowly 1 hour or until tender and serve hot.

**No. 2. With Vegetables**

Follow recipe, above, placing at bottom of baking dish onions, carrots, celery or other vegetables cut and prepared for serving. Bake in moderate oven until tender.

**Veal Birds**, see Mock Birds, page 160.



**HUNGARIAN GOULASH**

1 lb. lean beef	1 large onion, diced
1 lb. lean veal	1 teaspoon paprika
1 tablespoon fat	1 cup strained tomatoes

Veal and beef mixed. Cut into 1-inch cubes, roll in flour and brown in hot fat with the onions, salt and paprika. Add tomatoes. Cook one hour; and then one-half hour before serving, add some small potatoes. Let cook slowly, closely covered, until potatoes are done.

**VEAL POT PIE**

Ends of ribs, neck or knuckle may be used. Add  $\frac{1}{4}$  lb. of salt pork. Cut meat in small pieces. Cover with boiling water; add 1 onion, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper for each pound of meat. Simmer until thoroughly tender, make and pour over Brown Sauce, page 118. Cover with Biscuit Dough, page 67, cut in rounds, place in hot oven (450° F.) 20 minutes. Serve hot.

**VEAL FRICASSEE**

Cut in pieces, 2 lbs. of veal from loin. Cook slowly until tender in boiling water to cover, to which has been added 1 small onion, 2 stalks celery and 6 slices carrot. Remove meat. Season with salt and pepper, dredge with flour, brown in butter. Serve with Fricassee Sauce, page 121, and Baking Powder Dumplings, page 233, or brown meat in 3 tablespoons butter or fat before cooking in the liquid.

**LAMB AND MUTTON**

**The flesh of lamb** is light pink; **mutton** is dark pink. Lamb fat is firm and white, not as hard as mutton fat.

**BROILED LAMB CHOPS**

Use chops of uniform thickness. Remove skin. They may be boned, rolled and wrapped in a strip of bacon. Remove extra fat, grease broiler with fat scraps—follow directions for broiling, page 152. Season to taste. Serve lamb piping hot. May be served slightly underdone.

**PAN-BROILED CHOPS**

Use rib or loin chops cut 2 inches thick. Have frying pan sizzling hot. Grease lightly. Put in chops and cook one minute, turn and sear the other side, to keep in the juices; then cook more slowly until done. Pour off extra fat so that chops will broil, not fry. Salt and pepper. Serve hot, either plain, with peas, or with Tomato Sauce, page 119.

**Lamb Steaks:** For lamb steaks, follow recipe for lamb chops.

**LAMB CUTLETS**

Trim meat, salt and pepper, dredge with flour, dip in egg, then in bread or cracker crumbs, let stand 5 minutes, fry in skillet with hot fat from 15 to 20 minutes, until browned on both sides, or brown on stove, then place in hot oven (400° F.) 4 or 5 minutes longer, if desired.

**No. 1 STUFFED LAMB CHOPS**

Lamb chops

Chicken livers, liver sausage

Salt and pepper

Or large, fresh mushrooms

Have rib or loin chops cut 2 inches thick. Remove bone and outer skin. In rib chop, make slit and insert a mushroom in each chop or place a chicken liver or thick slice of sausage near long end, drawing end of chop around into round, flat piece with string. Place in greased broiler, under hot flame, brown on both sides. Lower rack, let broil, turning often, 15 to 20 minutes longer. Remove string, sprinkle with salt and pepper. Dot with bits of butter, remove to hot platter and serve.

**No. 2**

Prepare and stuff chops, as above. Place them in pan in rack under flame, turning them until well browned about 10 minutes. Place pan in oven, add a little water, and bake about 20 minutes longer, or until tender, basting often. Brush with butter, remove to hot platter. Add Tomáto or Chili Sauce to thickened gravy.

**No. 1 CROWN OF LAMB**

Select parts from two loins containing ribs, have butcher scrape flesh from ribs, and trim off backbone. Shape each piece in a semi-circle, having ribs outside, and sew pieces together to form a crown. Sprinkle with salt and pepper, and place upside down in an open roasting pan, so that the ends of the rib bones form the rack. Place in a hot oven (500° F.) and sear until nicely browned, from 20 to 30 minutes. Reduce heat to 300° F., a slow oven, and finish roasting slowly until done. Allow from 30 to 35 minutes per pound. Place on center of a large platter. Garnish rib ends with paper frills, large grapes, or small round red radishes. Fill center of crown with mashed potatoes, potato balls, or peas.

**No. 2**

When roasted upright, the center of the crown is often filled with dressing made from the trimmings ground and mixed with bread, as in Bread Stuffing, page 180. The rib ends are protected with cubes of bread to prevent burning.

**ROAST LEG OF LAMB**

Make several incisions on each side through the skin and insert thin slice of garlic in each pocket. Salt, pepper and dredge meat with flour, place in roasting pan without water, skin side down, following Even Temperature Method, page 153, or roast in hot oven (480° F.) for about 30 minutes. If roast is lean, brush with butter or poultry fat. When lightly browned, reduce heat to 300° F., continue cooking uncovered without water, about 2 to 3 hours or 30–35 minutes a pound, depending upon age of lamb. Serve with Mint Sauce, page 123. May be boned and stuffed before roasting if desired.

**MOCK VENISON (LAMB)**

Place meat in an earthen dish, add small onion, sliced, and cover with hot water and vinegar that has been boiled. Let stand 24 hours. Drain and dry meat, season with salt, pepper, a bit of thyme pulverized, a teaspoon caraway seed. Roast in oven until tender.

**LAMB STEW**

Use neck or shoulder cut in pieces. Season. Brown in fat with chopped onion. Cover with boiling water; let simmer 2 hours or until tender. One-half hour before done add small potatoes, carrots, celery and 1 green pepper, diced. Serve hot on platter, garnish with parsley and Baking Powder Dumplings, page 233.

For **Braised Lamb Breast**, dip in flour, prepare as above in tightly covered kettle with small amount of water.

**STEWED MUTTON**

Remove the pink skin and extra fat. Cut in pieces, season to taste, and put into boiling water, and allow the meat to cook slowly until tender, adding a diced carrot. Serve meat with a border of Baking Powder Biscuits, page 67, split in halves, and pour over all Brown Sauce, page 118, using the mutton stock. Add chopped parsley.

**PORK****PORK CHOPS—Fried**

Wipe chops, sprinkle with salt and pepper, place in hot skillet, cover and cook slowly until well done and browned on each side.

Or, fry pork chops, sprinkled with salt and pepper, in hot frying pan, brown on both sides until well done, arrange on hot platter, and serve with slices of apples fried in the fat remaining in the pan.

**PORK CHOPS WITH APPLES**

Pork chops, thick

Apples, sliced  $\frac{1}{2}$  inch thick

Salt and pepper

Sugar

Take pork chops  $1\frac{1}{2}$  inches thick, sprinkle with salt and pepper. Cover each chop with half of an unpeeled apple, cut crosswise and cored, placing cut side on chop. Sprinkle apple with sugar, place in pan, in medium oven, and bake 30 to 40 minutes, basting often, until well browned and done. Serve hot with gravy slightly thickened with cornstarch, or a little sour cream.

**ROAST PORK**

Rub the roast with salt and pepper and place in roaster, fat side up, uncovered and without water. Place in oven at 500° F. for 15 to 20 minutes, or until fat is nicely browned. Reduce heat to 350° F. and allow to roast 30 to 35 minutes per pound or at 350° F. the entire time. Pork must be thoroughly cooked. Baste occasionally with the fat in the pan. An onion may be placed on the roast. **Gravy:** Remove most of fat from pan and follow recipe for Gravy for Rib Roast of Beef, page 157.

### PORK TENDERLOINS

Slice meat crosswise, flatten, roll in flour. Place in frying pan with butter and chopped onion; add salt, pepper. Brown, cover tightly. Baste with  $\frac{1}{2}$  cup sour cream and cook 30 minutes or until tender.

### SPARERIBS AND SAUERKRAUT

2 $\frac{1}{2}$ –3 lbs. spareribs                      1 $\frac{1}{2}$  lbs. sauerkraut

Brown spareribs in skillet. Place in large kettle or Dutch Oven, cover with sauerkraut and simmer slowly for 2 hours.

Or place in casserole in moderate oven (375° F.) for 1 $\frac{1}{2}$  to 2 hours.

### No. 1. Old Style                      BAKED HAM

1 ham, 10–12 lbs.                      Brown sugar                      Whole cloves

Scrub ham. Place in boiling water and simmer for 1 hour. Let cool slightly. Lift from kettle and remove rind. Spread well with brown sugar and dot with cloves. Place in roasting pan and bake uncovered for 2 $\frac{1}{2}$  hours at 375° F., basting with any desired liquid as below.

### No. 2. Tenderized

Directions appear on the wrapper of tenderized commercial hams. Increase baking time 5 minutes per pound if ham is chilled.

Place ham with fat side up on a rack in an uncovered pan. Bake in slow oven (300° F.) 25 minutes per pound. 45 minutes before ham is done, remove from oven. Take off rind all except a collar around the shank bone. Cut diagonals across the fat to form diamonds. Moisten brown sugar with fat drippings and 2 tablespoons flour, if desired, and rub over ham. Stud with cloves. Return to oven. Baste with 1 cup cider, ginger ale, pineapple juice or wine, increasing the heat to 400° F. the last 20 minutes to brown the ham.

### BAKED HAM IN CRUST

Soak and scrub the ham. Make a thick paste of rye flour and water. Spread all over the ham. Set on rack in pan in hot oven to bake paste, then lower temperature, let bake about 4 hours at 300° F. Make hole in paste and pour in a cup of hot cider or liquid in pan, repeat twice if needed. Bake one hour longer, remove crust intact, and skin. Brush with beaten yolk of egg, sprinkle with brown sugar and rye bread crumbs and brown. Save crust and use to keep leftover ham moist.

### HAM BUTT—BOILED

Cook ham butt in boiling water to cover, allowing 30 minutes to the pound or until tender.

### HAM BUTT—BAKED

Follow recipe above, allowing 20 minutes to the pound, drain, remove rind, and proceed as for Baked Ham, above, allowing 10 minutes to the pound for baking.

**BAKED HAM WITH APPLES OR PINEAPPLE**

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 slice raw ham (2 lbs.)      | 4 medium sized tart apples,   |
| $\frac{1}{3}$ cup brown sugar | or 1 cup of grated pineapple, |
| 1 teaspoon cloves             | or 1 can of sour cherries     |

Have ham sliced 1 inch thick. Wash and trim. Rub in 1 tablespoon of sugar. Place in pan and sprinkle with cloves. Pare and cut apples in eighths, lay them around and over ham, sprinkle the remaining sugar over apples, or pour over 1 cup of grated pineapple or omit cloves and pour over drained and pitted cherries. Pour  $\frac{1}{2}$  cup water around meat. Cover and bake  $1\frac{1}{2}$  hours or until ham is tender. Uncover last 15 minutes.

**No. 1****HAM LOAF**

- |   |                                |
|---|--------------------------------|
| 1 lb. raw smoked ham, fat removed       | $\frac{1}{2}$ cup milk         |
| 2 lbs. fresh pork shoulder, fat removed | 1 cup bread crumbs             |
|   | 2 eggs, slightly beaten        |
|   | 1 can concentrated tomato soup |
|   | 1 small onion grated           |

Grind the meat three times. Add remaining ingredients, stirring well. Fill a well greased loaf pan or ring mold with the mixture. Bake for 2 hours at  $375^{\circ}$  F. Serve with the following sauce:

- |                         |                                  |
|-------------------------|----------------------------------|
| 1 tablespoon butter     | 1 teaspoon dry mustard           |
| 1 tablespoon flour      | $\frac{1}{4}$ cup vinegar        |
| $\frac{1}{4}$ cup sugar | $1\frac{1}{2}$ cups tomato juice |
|                         | 1 egg, slightly beaten           |

Melt butter, add flour and stir well, add remaining ingredients, the egg last, and cook until thick. Serves 10.

**No. 2**

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 lb. ground ham              | 1 tablespoon grated onion         |
| $\frac{1}{2}$ lb. ground veal | $\frac{1}{2}$ cup chopped parsley |
| 1 cup bread crumbs            | $\frac{1}{2}$ teaspoon salt       |
|                               | 4 tablespoons water               |

Mix dry ingredients well. Add water and shape into loaf and bake in loaf pan. Place in hot oven,  $450^{\circ}$  F. for 10 minutes, then reduce heat to  $350^{\circ}$  F. for 30 minutes. Or bake in ring mold and fill center with any desired cooked vegetables.

**SCALLOPED HAM AND POTATOES**

Brown on both sides 1 slice raw ham  $\frac{1}{2}$  inch thick in skillet. Place in baking dish, add 2 cups raw sliced potatoes and  $1\frac{1}{2}$  cups milk. Cover and bake 1 hour in a slow oven, uncover and bake  $\frac{1}{2}$  hour longer.

**HAM AND SWEET POTATOES**

- |                              |                               |
|------------------------------|-------------------------------|
| 1 slice raw ham 1 inch thick | $\frac{1}{4}$ cup brown sugar |
| 6 medium sweet potatoes      | Nutmeg gratings               |

Place ham in hot frying pan, brown on both sides turning often. Remove from pan and place in covered dish. Bake in slow oven  $1\frac{1}{2}$  hours or until tender. Boil potatoes. Peel, quarter and place in the

frying pan with ham drippings. Sprinkle with sugar and nutmeg. Cook slowly, turning often until well browned. Serve meat on hot platter surrounded with the potatoes.

### BROILED HAM

Cover a 2-inch slice of ham with cold water; let cook slowly 20 minutes to the pound until nearly tender. Drain, cover with brown sugar, insert cloves and broil in broiling pan until done.

### BACON

Place bacon, from which the rind has been removed, in a cold frying pan, heat slowly until crisp. Press fat from slices with broad knife to prevent curling. Turn occasionally. Pour off drippings while cooking.

Or place bacon in a hot frying pan, reduce heat. When bacon begins to curl, turn often until crisp and light brown.

Or place thin slices of bacon close together in broiler over dripping pan. Broil or bake in hot oven until crisp and brown, turning once.

**Canadian Bacon** is the loin, cured and smoked.

## VARIETY MEATS

### BOILED SWEETBREADS

1 lb. sweetbreads	$\frac{1}{2}$ teaspoon salt
1 pint boiling water	1 tablespoon vinegar or lemon juice

Soak the sweetbreads in cold water 20 minutes. Cook in boiling salt water 20 minutes or until tender with lemon juice or vinegar, plunge into cold water to harden, remove pipes and membranes, cut or break into small pieces and serve in White Sauce No. 2, page 117, or Creole Sauce, page 118, on toast, or with chicken, mushrooms or peas, in patty shells. Or Braise, as Beef in Casserole, page 159.

### BAKED SWEETBREADS

Pour boiling water over sweetbreads. Let stand 10 minutes, or parboil. Remove all possible skin, dip in melted butter, cover with crumbs, and bake in moderate oven (350° F.) 30 to 40 minutes, basting occasionally.

### BROILED SWEETBREADS

1 lb. sweetbreads	Salt and pepper
-------------------	-----------------

Parboil sweetbreads as above, split crosswise; sprinkle with salt and pepper and broil five minutes. Serve with Maitre d'Hotel Butter, page 124.

### SWEETBREADS BROILED IN CHILI SAUCE

1 lb. sweetbreads	6 or 7 tablespoons butter
$\frac{1}{2}$ cup Chili Sauce	Celery, parsley, onion, lemon Sautéed Mushrooms, page 207

Prepare sweetbreads as in Boiled Sweetbreads, adding parsley, celery, onion and juice of  $\frac{1}{2}$  lemon. Let cool in liquid. Drain. Place in shallow

pan, pour over Chili Sauce and melted butter. Broil about 20 minutes, turning occasionally. Serve with Sautéed Mushrooms in center of platter surrounded with the Sweetbreads or place Mushrooms in center of Rice Ring, page 228, and surround with Sweetbreads.

### FRIED SWEETBREADS

1 lb. sweetbreads	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup bread crumbs	$\frac{1}{8}$ teaspoon pepper
1 egg	$\frac{1}{8}$ teaspoon ginger

Parboil sweetbreads; roll in fine bread crumbs, then egg and again in crumbs. Fry a nice brown in deep, hot fat or in the frying pan with a little fat.

### SWEETBREADS WITH MUSHROOMS

$1\frac{1}{2}$ cups boiled sweetbreads (cut in cubes)	1 cup cream
1 cup sautéed mushrooms (cut in quarters)	1 tablespoon butter
	2 egg yolks
	Salt and pepper to taste

Heat cream in a saucepan, add butter, pepper, salt and beaten yolks stirred with a little of the cream. Cook until thick, stirring constantly, add sweetbreads and mushrooms, and serve at once on buttered toast.

### SWEETBREADS IN BLANKETS

1 lb. sweetbreads	4 slices bacon
-------------------	----------------

Parboil sweetbreads, remove pipes and membranes, and break into large pieces. Fold a thin slice of bacon around each piece, fasten with wooden toothpicks, brown slowly in a frying pan until crisp. Remove toothpicks and serve hot.

### TO BOIL SMOKED TONGUE

1 smoked tongue	1 teaspoon whole pepper
Cold water to cover	1 teaspoon cloves
6 bay leaves	1 onion, sliced

Wash the tongue and if salty, soak in cold water over night. Place in kettle with seasonings and let simmer slowly until tender from 3 to 5 hours or until the skin curls back.

Then remove from the brine, pull off the outer skin, cut off root and let cool in the brine. May be sliced cold or served hot with Sweet and Sour Sauce No. 2, page 120.

### BEEF TONGUE, A LA JARDINIÈRE

Boil fresh beef tongue 2 hours, skin and lay in roaster upon a layer of vegetables cut into dice — carrots, turnips, celery, potatoes, peas, beans, button onions and small round tomatoes. Pour over the tongue some of the water in which it was boiled; cover and bake slowly at 300° F. for two hours longer or until tender.

Remove tongue, keep it closely covered and hot, while taking out the vegetables with a skimmer. Thicken the gravy with browned flour. Place tongue on hot platter; surround with vegetables and pour over some of the gravy, sending rest to table in a gravy boat. Use liquid from boiled tongue for soup, if desired.

**Pickled Tongue**, *see* page 153. /

### CALVES' TONGUES

3 fresh calves' tongues	1 tablespoon salt
3 bay leaves	2 tablespoons prepared horse-radish
1 onion, sliced	1 tablespoon flour
1 teaspoon whole pepper	

Place tongues, bay leaves, onion, pepper and salt in kettle, cover with water. Cook slowly 20 minutes to the pound or until tongues are tender. Remove skin, cut in two, lengthwise. Strain liquid, add flour dissolved in a little cold water and horseradish. Cook until smooth. Or, serve with Sweet and Sour Sauce, page 120, Tomato Sauce, page 119, or Ginger Snap Sauce, page 121.

### FRIED LIVER WITH ONIONS OR BACON

1 lb. calf's liver, sliced	2 tablespoons flour
Salt and pepper	1 large onion, sliced
	2 tablespoons goose or bacon fat or butter

Clean liver. Salt and pepper to taste, then dredge with the flour. Heat the skillet, add the fat. Fry slices a few minutes on each side until brown. Reduce heat, let cook slowly about 5 minutes more for rare, 10 minutes for well done. Too long cooking makes liver tough and dry. If desired, serve with Fried Onions, page 210, or Bacon, page 172.

### BROILED LIVER

Cut liver in  $\frac{1}{3}$  to  $\frac{1}{2}$ -inch slices. Brush with melted fat. Place in skillet, in broiling oven and broil only 2 or 3 minutes on each side.

Or place in a greased frying pan and pan broil until cooked through, allowing 2 or 3 minutes for each side.

### CALF'S LIVER, POTTED

1 calf's liver	2 tablespoons celery, chopped
1 onion, sliced	2 tablespoons parsley, chopped
1 clove of garlic	3 tablespoons poultry or
2 tablespoons flour	bacon fat

Wash the liver. Remove the skin. Cut 6 pockets from the top, 1 inch wide and nearly to the depth of the liver and fill these pockets with the parsley and celery and, if desired, bits of garlic—all seasoned with salt and paprika. Tie string all around the liver, to keep in the filling, making small grooves at side to hold the string in place. Dredge with flour.

Place fat, goose fat preferred, in heavy kettle that has close fitting cover, add onion, when slightly browned add the prepared liver,



brown all over, then cover and let simmer very closely from  $\frac{3}{4}$  to 1 hour only until tender, as too long cooking will make it tough and dry. Add a little water at a time, only if necessary. If gravy is not thick add more flour.

### BAKED CALF'S LIVER

Calf's liver	2 onions, sliced
2 tablespoons beef, poultry or bacon fat	2 tablespoons flour Salt and pepper

Wash, trim and skin calf's liver, sprinkle all over with salt, pepper and flour and place in a skillet with beef or poultry fat and the onions. Melt fat and spread some over top of liver. Cover spider closely and place in a hot oven 15 minutes. Uncover, reduce the heat and bake slowly only until tender and well browned. Serve plain or with slices of fried bacon.

### LIVER LOAF

1½ lbs. beef liver	Strips of bacon
1 medium onion	1 cup cracker crumbs
1 teaspoon salt	1 egg

Wash liver, remove skin and veins, then pot as on page 174. Cool, put liver and onion through meat grinder. Brown the crumbs in a little hot fat and mix; form into loaf, bake in pan until browned. Cover with strips of Broiled Bacon, page 172.

### LIVER AND DUMPLINGS

1½ lbs. calf's liver	2 tablespoons fat
Salt and pepper	2 tablespoons flour
1 small onion, chopped	Plain Dumplings

Prepare Dumplings, page 233. Cut liver in pieces 1 inch thick, salt and pepper and roll in flour. Heat fat in skillet, add onions, when light brown add liver, let fry a few minutes only until brown on all sides. Remove to hot platter. Surround with dumplings. Stir flour into gravy in skillet, add 2 cups hot water, add salt and paprika. Let cook until thick and smooth and pour over all.

### BRAISED PORK LIVER

1 lb. pork livers, ½-inch slices	2 carrots, diced
2 tablespoons flour	4 potatoes, sliced
¾ teaspoon salt	1 onion, diced
⅛ teaspoon pepper	1 cup boiling water
4 tablespoons fat	1 cup tomato juice

Dip liver in seasoned flour. Brown in fat. Add vegetables, and liquid. Cover and simmer for 1½ hours or until tender.

### CALF'S BRAINS

Soak calf's brains in cold water to cover for 1 hour. Remove membrane, cook slowly 20 minutes in boiling salted water with 1 tablespoon of vinegar. Drain, put in cold water. As soon as cold, drain and

separate in small pieces. Use same as Sweetbreads. Can be prepared with Scrambled Eggs, page 86, or as a Soufflé, page 214.

### **CALF'S BRAINS (Sweet and Sour)**

Boil brains as above. Cook 20 minutes in the vinegar liquid to which a few whole peppers and slices of celery root have been added. Remove to platter with skimmer. Prepare Ginger Snap Sauce, page 121, or Lemon Sauce, page 132, using stock in which brains were cooked. Pour over brains and serve cold.

### **CALF'S HEART**

Wash, remove the veins and blood clots and stuff with  $\frac{1}{4}$  recipe Bread Stuffing, page 180. Sprinkle heart with salt and pepper, dredge with flour and brown all over in 2 tablespoons fat. Place in deep pan, half cover with boiling water, cover closely and bake slowly 2 hours. Thicken liquid with flour, pour over heart.

### **HONEYCOMB TRIPE**

**No. 1.** Wash carefully 1 lb. of tripe that has not been pickled, and cut into inch squares. Put it into a stew pan with  $\frac{1}{4}$  teaspoon each of salt, sugar and prepared mustard, with water enough to cover, about 1 pint. Boil up and skim carefully, simmer for 3 hours, watch closely to prevent sticking, skim if necessary. Stir in a tablespoon flour mixed with a little cold water, simmer  $\frac{1}{2}$  hour longer, season well and serve.

**No. 2.** Wash tripe and cut in small strips. Heat 3 tablespoons fat, add a little chopped onion or garlic. When brown add 2 tablespoons flour. Brown and stir in enough boiling water to cover. Let simmer slowly about 2 hours or until tender. Serve in sauce.

### **KIDNEYS**

Plunge 6 lamb or 4 veal kidneys in boiling water, remove skins, soak in cold salted water 30 minutes. Slice kidneys, remove tubes and tissue, season with salt and pepper. Heat 2 tablespoons poultry fat, add 1 tablespoon chopped onion, fry 2 minutes, add kidneys, let cook for 5 minutes. Cover with Brown or Mushroom Sauce, page 118.

### **BRAISED OX TAILS**

Follow recipe for Beef en Casserole, page 159, using Ox Tails. May also be prepared in a tightly covered kettle on top of stove.

### **FRIED LIVER SAUSAGE**

Fry  $2\frac{1}{2}$  lbs. fresh liver sausage in 2 tablespoons fat 10 minutes or until browned all over. Remove to hot platter, pour fat over and serve with sauerkraut and hot potatoes, or with fried onions.

### **BOILED SAUSAGE**

Place smoked sausage in kettle, pour boiling water over to cover and simmer 5 to 10 minutes. Serve hot with Potato Salad, page 282.

### **FRIED PORK SAUSAGE**

Prick sausage with a fork. Place in frying pan with a little boiling water, cook until water evaporates, and fry until brown.

**BAKED SAUSAGE**

1½ lbs. sausage meat	3 tablespoons shortening
1 cup flour	½ cup milk
3 teaspoons baking powder	½ teaspoon salt

Pat the meat into a shallow baking pan. Make a biscuit dough of remaining ingredients, page 67, roll and cover the sausage. Score in squares convenient for serving.

**Sausage with Cabbage**, *see* page 200.

**WARMED-OVER MEATS****ROAST BEEF WITH GRAVY**

Cut cold roast beef in thin slices, place on a warm platter, and pour over some of the gravy reheated to the boiling point. If the meat is allowed to stand in gravy on the stove, it becomes hard and tough.

**BEEFSTEAK WITH ONIONS**

Slice onions thin. Place in skillet with a little fat and season with salt and pepper. Cover and brown slightly and put onions to one side. Place leftover steak in skillet, smother with onions, cover tightly, and cook over low flame only until steak is heated through. When ready to serve, spread onions on top.

**HASH**

Remove bones and gristle and chop the cooked meat. To each cup of meat, add 2 cups potatoes (mashed or chopped), ½ teaspoon salt and a speck of pepper. Mix. Put 2 tablespoons butter or dripping into a fry pan, add the hash and let it cook slowly, until browned on the bottom. Tomato or onion juice may be added.

**CORNERD BEEF HASH**

See Corned Beef, page 162, and proceed as in Hash above. May be moistened with stock or cream.

**ROAST BEEF HASH**

Use meat between the ribs and roast end, with a very little of the fat. Grind and season well with salt, pepper and minced onion. To 2 cups of ground beef add 1 cup Boiled Rice, page 226, and ⅔ cup concentrated tomato soup. Put in oven glass pie dish and bake until slightly crusty. Roast beef gravy can be used with the tomato soup.

**MINCED MEAT ON TOAST**

Chop cold meat (not very fine), season, add gravy or broth, or water to moisten. Heat in a frying pan. Serve hot on toast.

### CASSEROLE OF RICE AND CHICKEN

1 cup rice, steamed	$\frac{1}{8}$ teaspoon pepper
2 cups cooked chicken	1 teaspoon chopped onions
$\frac{1}{2}$ teaspoon salt	2 tablespoons cracker crumbs
$\frac{1}{4}$ teaspoon celery salt	1 egg
1 cup hot water or stock	

Steam rice, page 226. Chop chicken very fine, add seasonings, then the beaten egg, cracker crumbs, and stock, or hot water enough to moisten. Line the bottom and sides of a greased mold or small bread tin one-half inch thick with cooked rice, pack in the meat, cover closely with rice, then cover with greased paper and steam 45 minutes. Loosen around the edge of mold, turn out upon a hot platter and pour Tomato Sauce, page 119, around it. Garnish with parsley.

### POTATO AND MEAT PIE

Chop cold meat, removing the bones, fat and gristle. Put the meat in a pudding dish. To each cup of meat, pour in one-third cup of gravy or one-fourth cup water. Taste, and stir in, if needed, one-fourth teaspoon salt, one speck pepper, and a few drops of onion juice or a little chopped parsley. Spread mashed potatoes as a crust over the meat, bake in the oven until golden brown.

Or, cover closely with potato crust in which there is an opening; bake until the crust is done (about 15 minutes).

#### Potato Crust

2 cups flour	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ teaspoon salt	1 cup cold mashed potato
2 teaspoons baking powder	Milk or water

Sift together the flour, salt and baking powder, cut in the shortening, add the cold mashed potato and lastly the milk. Put on a floured board and roll gently.

### SCALLOPED MEAT

2 cups cold meat (cooked)	3 tablespoons fat
$1\frac{1}{2}$ teaspoons salt	3 tablespoons flour
$\frac{1}{4}$ teaspoon pepper	$1\frac{1}{2}$ cups hot meat stock
$\frac{1}{4}$ teaspoon onion juice, or parsley	2 cups bread or cracker crumbs

Make sauce with the fat, flour and seasoning, and add  $\frac{1}{3}$  cup of the hot stock and the rest gradually. Put one-half of the crumbs in a baking dish. Pour sauce mixed with meat, cut in small pieces, in dish, cover with crumbs and brown in oven 20 minutes.

**RISSOULES**

- 2 cups cooked meat
- 2 tablespoons cracker crumbs
- ¼ cup hot water or meat stock
- 1 teaspoon onion (chopped)
- 1 teaspoon salt
- 1 egg

Use any cold cooked meats. Cut the meat off the bones, remove fat, gristle, and skin; chop very fine; season with salt, pepper, onion or celery salt. Add half as much bread crumbs as meat, moisten with a well beaten egg or eggs, or use a little thickened gravy, form into small cakes or a loaf. Put into shallow pans with a little beef drippings over the top; bake in a moderate oven about 30 minutes, a delicate brown. Serve with Tomato Sauce, page 119, or a thickened gravy.

**CROQUETTES**

Chop cold cooked meat into small pieces, add seasoning to taste—salt, cayenne pepper, chopped parsley; add White Sauce No. 3, page 117, and cool. Shape into small rolls and cover with crumbs, egg and again with crumbs. Cook in deep, hot fat until brown. *See* page 245.

**DRIED BEEF IN WHITE OR BROWN SAUCE**

Chip dried beef very fine. If it is very dry or salty, pour boiling water over it, let it stand 5 minutes and press it dry in a strainer. Prepare a White Sauce No. 2, page 117, or Brown Sauce, page 118, and pour over the beef. Stir well and serve. Omit the salt from the sauce in this recipe. ½ lb. dried beef is sufficient for 1 cup Brown or White Sauce.

**To Reheat Meat:** Heat gravy thoroughly first, then add meat, place in hot oven until ready to serve.

**For additional ways of utilizing Meats,** *see* pages 26, 245-263.

**Suggestions for Using Leftover Meats**

USE IN	Beef	Lamb	Ham	Veal	Pork	Poultry	Fish
Hash	★	★	★	★		★	
Meat Pie	★	★		★	★	★	
Sliced	★	★	★	★	★	★	
Soup	★	★	★	★		★	
Stuffed Pepper	★		★	★	★	★	
Stew	★	★		★		★	
Chili	★						
Croquettes	★	★	★	★		★	★
Creamed		★	★	★		★	★
Meat Loaf	★		★	★	★	★	
Scalloped	★	★	★	★		★	★
Sandwich Filling	★	★	★	★		★	★
Salads			★	★		★	★

# Chapter 14

## Stuffing for Meat and Poultry

### BREAD STUFFING

1 quart stale bread in pieces	$\frac{1}{8}$ teaspoon ginger
1 teaspoon salt	$\frac{1}{4}$ teaspoon poultry seasoning
$\frac{1}{8}$ teaspoon pepper	1 teaspoon chopped parsley
2 tablespoons fat drippings, melted	1 egg
	$\frac{1}{2}$ teaspoon onion, chopped fine

Heart, liver and gizzard or pork or liver sausage

**No. 1.** Soak bread in cold water and squeeze dry. Season to taste and add the melted fat. Mix thoroughly, add the egg, slightly beaten and the onion if you wish. Add heart, liver and tender parts of gizzard, chopped fine, and partially boiled, or the pork or liver sausage.

**No. 2.** Or, soak bread in cold water and squeeze dry. Heat fat in a skillet, add the soaked bread, stir until fat is absorbed. Season to taste, add the egg, slightly beaten, and the onion cut fine.

### OYSTER DRESSING FOR TURKEY

Follow recipe for Bread Dressing, above, substituting a little of the oyster liquid and 12 or more large oysters coarsely chopped, in place of the liver, heart and gizzard.

### CHESTNUT STUFFING FOR TURKEY

1 quart large chestnuts	1 pint bread crumbs or hot mashed sweet potatoes
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon parsley, chopped
1 teaspoon salt	Turkey liver, chopped fine
1 egg	

Blanch and shell chestnuts, page 203. Cook until tender in boiling, salted water. Drain and pass through a ricer. Add the rest of the ingredients and mix well, and additional seasonings, as onion or lemon juice and chopped parsley, according to taste. If a moist dressing is preferred, add cream or stock.

### STUFFING FOR SQUABS

#### No. 1. With Almonds

2 tablespoons butter	$\frac{1}{2}$ cup milk, or cream
$\frac{1}{4}$ cup white bread crumbs	Pepper and salt
1 egg, well beaten	$\frac{1}{4}$ cup almonds, blanched

Soak crumbs in milk, or milk and cream, mixed, add butter stirred to a cream, season to taste, add almonds, chopped. Enough for 3 squabs.

**STUFFING FOR SQUABS****No. 2. With Livers**

2 tablespoons butter	6 squab livers
2 eggs, well beaten	Salt and pepper
Fresh bread crumbs	

Cream butter; add eggs, well beaten; add the livers, finely chopped and the hearts, if desired; season with salt and pepper and add enough bread crumbs to form a soft dressing that will drop from the spoon.

**No. 3. With Orange**

To Bread Stuffing, page 180, add 2 tablespoons orange juice, grated orange rind, 1 tablespoon chopped parsley and seasonings to taste.

**No. 1 STUFFING FOR GOOSE OR DUCK**

1 quart dry bread, diced	2 tablespoons fat
Liver, gizzard and heart, chopped fine	1 teaspoon salt
$\frac{1}{4}$ onion, chopped fine	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup celery root, diced	$\frac{1}{8}$ teaspoon ginger
$\frac{1}{2}$ cup strained tomatoes	$\frac{1}{8}$ teaspoon nutmeg
	1 egg

Soak the bread in water and squeeze dry. Heat the fat in a skillet, add bread, let fry, add other ingredients and mix well.

**No. 2. Apple Stuffing**

To 10 sweet-sour apples, peeled and quartered, add 1 cup currants.

**PRUNE OR APPLE STUFFING**

5 sour apples, or	$\frac{1}{2}$ teaspoon poultry seasoning
$\frac{1}{4}$ lb. prunes	$\frac{1}{2}$ teaspoon salt
1 cup bread crumbs	$\frac{1}{16}$ teaspoon pepper

Follow directions for Stewing Prunes, page 334, remove stones and cut in quarters, and use in place of apples.

Or peel, quarter and core the apples, and stew until half done. Add the rest of the ingredients, mix, and use for stuffing.

**POTATO STUFFING**

Add 2 cups of hot, mashed Irish or sweet potatoes to Bread Stuffing No. 1, page 180. Mix well and stuff in goose, veal or lamb breast.

**STUFFING FOR GAME**

1 slice wheat bread soaked in milk	1 tablespoon butter, melted
2 bread rolls, grated	3 eggs, beaten
1 onion, chopped fine, with 3 or 4 slices of bacon	1 piece of lemon and orange rind
	3 apples, cut in cubes

Mix all together, season and stuff bird the night before using.



## Chapter 15

# Poultry

### GENERAL RULES

#### **To Dress and Clean Poultry:**

Singe by holding the chicken or other poultry over a flame from gas, alcohol or burning paper. Cut off the head, turn back the skin, and cut the neck off quite close; take out wind pipe and crop, cutting off close to the body.

Remove pin feathers with the point of a knife. Remove oil bag from the tail.

If internal organs have not been removed, make an opening under one of the legs, or at the vent, and remove them carefully, leaving a strip of skin above the vent. The intestines, gizzard, heart and liver should all be removed together; care must be taken that the gall bladder, which lies under the liver, be not broken; it must be carefully cut away from the liver. The lungs and the kidneys lying in the hollows of the backbone must be carefully removed. Cut off tip of heart and cut open to extract any blood. Cut gizzard through to the inner coat, half way around, take off the outer coat and throw the inner bag away. The gizzard, heart and liver, constitute the **giblets**, and may be used in making gravies and dressings, page 180, for roasted poultry. Wash the giblets, put into cold water, heat quickly and cook until tender. The liver requires only a short time for cooking.

Scald feet with boiling water and pull off the skin and nails. Place in soup kettle with giblets and other meats for soup.

Clean the chicken or other poultry thoroughly inside and out. Stuff and truss for roasting, or cut into pieces for stew or fricassee.

**To Render Goose, Duck or Chicken Fat,** *see* page 189.

**To Cut a Chicken Into Pieces:** Cut off the leg and separate at the joint into drumstick and second joint. Cut off the wing and remove the tip; separate wing at middle joint. Remove leg and wing from other side. Separate the wishbone, with the meat which is on it, from the breast; cut through the ribs on either side and separate the breast from the back; cut the breast in half lengthwise, and the back through the middle crosswise. The side bones may be cut apart lengthwise with a cleaver. There should be twelve pieces. The neck and the tips of the wings may be cooked with the giblets, and used for making gravy.



**To Stuff Fowl:** Rub body cavity with salt and fill lightly with any desired Dressing, page 180. Place tooth-picks or skewers across opening catching the skin, then lace the edges together with string wound around and under the skewers, or sew with heavy thread, and truss. Fill small cavity at neck where crop was removed, if desired.

**To Truss Fowl:** Tie end of skin of neck with string, leaving two long ends and pull it over the back. Turn wings back and legs to front, close to body. Draw string up, on each side over legs, cross it and tie legs down under and around the tail.

**To Carve Fowl:** Place chicken, turkey or other fowl on back with head or neck at left of platter. Insert carving fork firmly across the breast bone. Cut through the skin between leg and body, bend leg over, cut off at joint. Cut off wing. Remove leg and wing from other side. Cut the breast meat in thin crosswise slices and place the pieces neatly on one side of the platter. In serving turkey, if family is small, carve but one side, leaving remainder for next serving. Divide legs at the joints. Serve dressing with a spoon. Separate the collar bone from the breast, slip the knife under the shoulder blade and turn it over. Cut and separate the breast from the back. Cut the back in two crosswise equal parts, with poultry shears, if at hand.

**For Chicken Liver recipes,** *see* Entrées, pages 252-253.

**For additional Chicken recipes,** *see* Entrées, pages 250-251.

**For Giblets,** *see* page 182.

## CHICKEN

### BOILED CHICKEN

Dress, clean and cut an old hen in pieces, or leave it whole. Rub with salt, pepper, ginger. Let stand several hours or over night. Place in kettle, cover with boiling water; simmer 3 to 4 hours, or until tender.

**Chicken a la King,** *see* page 250.

### BOILED CHICKEN (Roasted)

Prepare chicken as Boiled Chicken, above, remove from the soup just as soon as tender, add salt, paprika and ginger to taste and dredge well with flour. Heat 3 tablespoons chicken or other fat in a roasting pan, roll chicken all over in the melted fat, place in hot oven, 10 or 20 minutes, basting often, until well browned. If browned before ready to serve, reduce heat and cover closely, to keep meat juicy. Add water to gravy and pour over the chicken.

### ROAST CHICKEN OR CAPON

#### No. 1. In Uncovered Roasting Pan

Dress, clean and season chicken. Rub cavity with salt, stuff, if desired (see page 180), and truss. Brush breast, legs and wings with unsalted butter or poultry fat. Place chicken on its side in a roasting pan with 4 tablespoons butter or fat. Put in hot oven (475° F.) uncovered. When it begins to brown, turn it. When brown on both sides,

reduce heat to 300° F. Brush or baste with fat in pan. Cover top with 2 thicknesses of cheese cloth wrung out of warm water. Repeat every 20 minutes. Roast 20 to 30 minutes to the pound, according to age of fowl. When breast meat is tender, chicken is done.

### No. 2. In Covered Roaster

Dress, clean and season chicken, rubbing it with salt, pepper and ginger. Brush all over with butter or chicken fat. Place chicken on its back on rack of roaster. Pour 1 cup of boiling water in pan below rack. Put on cover with vent open and roast in hot oven at 450° F. until brown. Close vent and reduce heat to 325° F., or with vent closed during entire cooking period, roast at 375° F. until tender.

### No. 3. In Electric Roaster

Prepare chicken as above. Preheat roaster to 450° F. Put in chicken. Cover, when browned all over reduce to 350° F. Let cook until tender.

## STEWED CHICKEN

4-lb. chicken	Veal bone, optional
6 chicken feet, cleaned	Salt, pepper
½ cup each of onion and celery	

In a kettle large enough to hold the chicken, put the veal bone, chicken feet, seasoning and vegetables. Cover with 3 quarts cold water. Let cook about 1 hour, then plunge the whole chicken, previously well seasoned, into the boiling broth. Cover and simmer slowly until chicken is tender. Remove cover and let chicken cool in the broth. Joint when cold and use for Fricassee or any desired Chicken Recipe.

### No. 1 CHICKEN AND RICE

3½ lbs. chicken	1 cup rice
3 quarts boiling water	Salt and pepper

Select a fat, yellow skinned chicken. Boil as directed, page 183, add the rice and boil all together ½ hour longer or until tender.

### No. 2. Hungarian

3½ lbs. fat yellow chicken	1 medium onion, chopped
¼ cup chicken fat	1 cup rice

Cut chicken in pieces to serve. Salt and let stand several hours. Heat fat in heavy kettle, add onion, fry golden brown and set aside. Then fry chicken in the fat and when nicely browned, add paprika to taste and boiling water to cover, simmer 1 hour. Soak rice in cold water, drain, add the fried onion and 1 teaspoon salt and gradually 3 cups of the chicken broth, more if necessary. When nearly done add the chicken and finish cooking in a slow oven ½ hour.

## CHICKEN FRICASSEE

3½ lbs. boiled chicken	3 tablespoons chicken fat or
½ cup each onion, celery, cut	butter
Salt, pepper and ginger	4 tablespoons flour

To Boiled Chicken, page 183, add vegetables, cook until tender. Melt fat or butter in frying pan, add flour, stir well, and gradually pour

on 2 cups chicken broth.

Or, season chicken with salt and pepper, add a red pepper (seed removed) a sliced onion,  $\frac{1}{2}$  clove garlic minced,  $\frac{1}{4}$  cup diced celery, 2 bay leaves. Cover with boiling water and simmer until tender. Drain, serve with Cream Sauce, page 117, and boiled rice.

### CHICKEN PAPRIKA

3 $\frac{1}{2}$ lbs. chicken	1 teaspoon salt
$\frac{1}{4}$ cup butter or fat	1 teaspoon paprika
$\frac{1}{4}$ cup flour	1 $\frac{1}{2}$ cups milk or hot water

Heat fat in heavy kettle, add chicken, cut at joints, seasoned, and rolled in flour mixed with paprika. Brown, add hot water or milk and let cook slowly on top of stove or in oven, well covered, 2 $\frac{1}{2}$  hours or until tender.

### CHICKEN SPANISH

4-lb. fat chicken	1 celery root or stalk in small cubes
1 Spanish onion, sliced	
$\frac{1}{4}$ cup chicken fat or butter	1 green pepper, seeds removed
1 can tomatoes	1 can mushrooms
3 carrots, chopped fine	1 can peas, drained

Dress, clean and cut the chicken in pieces to serve. Season with salt, pepper and paprika. Heat fat, add onion and brown, add chicken, brown lightly, and let cook very slowly in covered casserole about 1 hour. Add tomato, carrots, celery and pepper, cover again and let cook until tender. 10 minutes before serving add the mushrooms and peas. Season to taste.

Or, add 1 cup potato balls to vegetables, allowing time for cooking.

### CHICKEN WITH MUSHROOMS

3 lbs. young chicken	2 teaspoons salt
$\frac{1}{4}$ cup butter	Paprika
1 small onion	1 lb. fresh mushrooms

Dress, clean and cut chicken at the joints and season. Heat butter in deep frying pan, add onion, and chicken, and cook to a golden brown. Cover tightly and let cook very slowly 1 $\frac{1}{4}$  hours, or until tender. Wash mushrooms well, cook in boiling salted water 5 minutes, then add to chicken and cook all together, slowly, 15 minutes longer. Serve hot.

### CHICKEN EN CASSEROLE

3 $\frac{1}{2}$ lbs. young chicken	$\frac{1}{4}$ cup strained tomatoes
Salt, pepper and ginger	2 tablespoons fat or butter
2 tablespoons flour	

Dress, clean and cut chicken at the joints in pieces for serving. Season with salt, pepper and ginger to taste. Dredge with flour and fry in hot fat until brown. Add, if desired, a little sliced onion and a piece of celery and carrot and the strained tomato. Place in casserole, covered, and put in slow oven, or in Dutch oven over very small flame. Simmer 1 hour or until tender and slightly browned.

### CHICKEN, CREOLE STYLE

3½ lbs. fat chicken	1 cup rice
Salt, pepper and paprika	1 can tomatoes
¼ cup chicken fat	1 green pepper,
1 onion, sliced	seeds removed

Dress, clean and cut chicken in pieces to serve. Season with salt, pepper and paprika, brown onion in the chicken fat, add chicken, brown lightly, cover and let simmer 1 hour. Add the rest of the ingredients, place in casserole, cover and bake 1 hour in a moderate oven or until tender.

### CHICKEN POT PIE

Dress, clean and cut a 4-pound chicken in pieces and stew or boil, page 184. Make Brown Sauce, page 118, using the chicken stock and doubling the recipe. Put chicken in baking dish, pour over the sauce, cover with a crust made of Baking Powder Biscuit Dough, page 67. Roll dough ½ inch thick, cut small slits in it for steam to escape and bake in a hot oven (450° F.) for 20 minutes or until crust is brown and well done. Leftover pieces of beef, veal, lamb may be utilized this way.

### SPRING CHICKEN, BROILED

Take a very young spring chicken of about 1 to 1½ pounds. Clean and split down the back. Remove internal organs and clean thoroughly. Sprinkle with salt and pepper and rub well with soft butter. Broil 30 minutes, being careful to turn chicken that all parts may be equally browned. Remove to hot platter and spread with hot butter.

Or, chicken may be placed in dripping pan, skin side down, seasoned with salt and pepper and spread with soft butter and baked 15 minutes in a hot oven and then broiled to finish.

#### No. 1                      SPRING CHICKEN, FRIED

1½-lb. spring chicken	Salt and pepper
¼ cup butter, or poultry fat	Flour and ginger

Season chicken with salt, pepper and ginger. Dredge with flour and fry it in plenty of hot fat in a frying pan until brown. Cover, place over low flame or in slow oven, 1 hour until tender.

#### No. 2

1½-lb. spring chicken	1 egg
Salt, pepper	Cracker crumbs

Dress, clean and cut at the joints, or in half through back and breast bone, and season with salt and pepper. Dip each piece in cracker crumbs. Let stand 10 minutes, then in egg (slightly beaten), again in crumbs and fry in deep, hot fat, or in a frying pan with butter, until a golden brown.

**No. 3                    SPRING CHICKEN, FRIED**

1½-lb. chicken

Salt, pepper

¼ cup butter or poultry fat

Bread crumbs

Season chicken and rub well with softened fat, cover with fine bread crumbs, place in a pan and bake in hot oven ½ hour.

**CHICKEN A LA MARYLAND**

Dress, clean and joint young chicken for serving. Season with salt and pepper, dip in flour, egg, slightly beaten, and crumbs, place in well greased dripping pan, and bake 20 minutes in hot oven, 480° F. Reduce to 275° F. and bake until tender, basting every 5 minutes with ⅓ cup melted butter. Arrange on platter. Add 2 cups White Sauce No. 2, page 117.

**SUPREME OF CHICKEN**3 spring chickens, breast  
and wings

½ cup poultry fat or butter

¼ lb. mushrooms, sautéed

Cream Sauce

Force Meat

¼ cup Madeira wine

Remove skin from the breast of the chickens. With a sharp knife cut through the flesh, close to the wishbone, along the breast bone and around the wing joint and remove the solid white breast meat. Reserve the smaller pieces, next to the bone, and the white meat of wings for the force meat, directions below. From and through the thin side of the larger pieces of breast meat (raw), cut an opening 3 inches long and 1 inch deep and fill this pocket with the following Force Meat. Close the opening, roll and tie.

Wet the top slightly, brown lightly in the hot fat and add the wine. Cover the pan, place in the oven and bake 15 minutes or until tender. Remove strings and serve with Sautéed Mushrooms, page 207, and Cream Sauce, page 117.

**Force Meat:** Grind the raw white meat leftover, add half the quantity of bread, soaked and pressed dry, ½ teaspoon salt, a few drops of onion juice, little pepper, 1 tablespoon soup stock, egg and 4 mushrooms and 2 truffles, all sliced fine and mixed.

Liver or pork sausage meat may be used in place of the chicken meat and seasoned to taste.

**FILLETS OF CHICKEN**3 young chickens, breasts  
and wings

½ cup butter or poultry fat

Thin slices raw ham

¼ lb. mushrooms, sautéed

Hollandaise Sauce

½ cup Madeira wine

Remove skin from breasts of 2 or 3 young uncooked chickens. With a sharp knife, cut through the flesh, close to the bones and remove the breasts or fillets, leaving the lower wing joints with the meat attached

to the larger fillets. Sprinkle with salt and paprika, dip in cream, roll in flour, and fry lightly in 2 tablespoons butter. Place the small fillets on the large fillets in a small greased pan, dot with butter, add wine, cover with buttered paper and bake until tender in a hot oven, basting with the hot fat. When ready to serve, place each fillet on a hot thin slice of fried ham shaped like fillet, garnish with Sautéed Mushrooms, page 207, and pour around Cream Sauce, page 117, or Hollandaise, page 122.

## TURKEY, GOOSE, DUCK AND SQUAB

### ROAST TURKEY

**No. 1. Uncovered:** Dress, clean, and season as for Roast Chicken, page 183. Stuff, page 180. Tie down legs, wings and neck; then wrap heavy twine around breast and back to help turn bird when hot. Take  $\frac{1}{2}$  cup of melted butter, brush surface of turkey. Place on its side in roasting pan, uncovered, in a hot oven (500° F.), brown on one side, turn and brown on the other about 5 minutes. Reduce heat to 300° F. Cover top of turkey with a double thickness of cheese cloth wrung out in warm water; repeat whenever dry and baste with fat in pan. Roast 15 to 30 minutes to the pound, according to age and size of bird, see page 152. When breast meat is tender, turkey is done. Remove strings and skewers and serve with Cranberry Jelly, page 333.

**No. 2. In Covered Roaster, with Vent:** Dress, clean, season and stuff, then brush with butter, as above. Place turkey on its side on rack of roaster with 1 cup of boiling water in pan below rack. Put on cover, with vent open, and roast at 500° F. until browned, turning bird if necessary. Close vent, reduce heat to 300° F. and cook until tender. Or close vent during entire cooking and roast at 375° F.

**No. 3. In Electric Roaster:** Preheat roaster to 450° F. Place turkey on its side in roaster. When beginning to brown all over, reduce heat to 350° F. and cook until tender.

### TO PLUCK YOUNG DUCK

Place duck on a rack or false bottom in a large pan. Cover with hot water and keep at the same temperature for a half hour. Turn duck occasionally. Put on board and pluck at once.

### ROAST GOOSE OR DUCK

Clean, singe, draw goose or duck, page 182. Cut open the gizzard, clean well and pull off the inner skin. Reserve liver for Sautéing, page 252. Season all with salt, pepper, ginger, and rub over with a little garlic, if desired. Stuff goose with Dressing, page 181. Place in a roasting pan on a rack and set in hot oven (500° F.) for  $\frac{1}{2}$  hour, reduce heat to 300° F.

If fowl is young and fat, have no water in the pan; if old, add a little water while basting. Cover pan and brown fowl on one side, turn and

brown on the other. Prick the fat skin with a fork from time to time to let the fat try out. Roast from  $2\frac{1}{4}$  to 4 hours or until the meat on breast and legs is tender. Skim most of the fat from pan, add 2 tablespoons flour and 1 cup of hot water to make gravy. Cover and keep hot. Serve hot with Apple Sauce. If goose is fat, stuff with Apple Stuffing, page 181.

### GAENSEKLEIN OR FRICASSEED GOOSE

Back, wings, neck, gizzard and heart of goose	2 tablespoons fat 2 tablespoons flour
Salt, pepper, ginger	1 cup goose broth
$\frac{1}{2}$ onion, sliced	1 teaspoon chopped parsley
A clove of garlic, minced	A piece of celery root

Season meat well with salt, pepper, ginger and, if desired, rub over with a little garlic. Let stand over night. Then place in a kettle with boiling water to cover, let simmer slowly several hours, add onion and celery, let boil 2 hours and when meat is tender remove from kettle, reheat and pour over the following sauce. Heat the fat, add flour and then 1 cup of the hot goose broth, let boil until smooth, season to taste, add the chopped parsley and serve hot, with Dumplings or Spatzen, page 233.

### BRAISED BREAST AND LEGS OF GOOSE

Sew the skin of the neck of a goose over the breast, having removed original skin to use for Grieben, page 190, and for rendered fat. Place breast and legs of goose in skillet with hot fat; when nicely browned add a little boiling water, cover closely and let simmer until tender, adding water when evaporated. The skin of neck may be omitted if desired for any other purpose. Serve hot with Apple Sauce.

### TO RENDER GOOSE FAT

Take a goose that is too fat to roast; dress and clean, page 182. Remove wings and legs at joint and separate skin from the rest of the fowl, close to the meat. Cut the skin into 2-inch or larger squares together with the fat that lies loosely over the entrails. Scrape the fat carefully from the intestines and render separately. Sprinkle salt over all and let stand over night. Next morning wash and drain; place in deep kettle with several cups of cold water and let cook gently for 1 to 2 hours, keeping it well covered. Strain through a cloth over a colander, into a crock. Cool, cover and keep in a cool place.

**Duck or Chicken Fat** may be obtained from very fat fowl and rendered as above, without water, and cooking in heavy kettle over a very low flame.

### GOOSE MEAT, PRESERVED IN FAT

If too fat to roast, render the fat of goose, remove and cut the skin into small pieces. The scraps, when brown, shriveled and crisp are then "Grieben," and are served hot or cold. When fat is nearly done

or clear, add the breast and legs of goose, previously salted, and boil in the fat until tender and browned. Place meat in crock and pour the clear, hot fat over it to cover. Cool. Cover crock with plate and stone and keep in a cool, dry place. Will keep for months. When ready to serve, take out meat, heat, and drain off fat.

### GOOSE GRIEBEN (CRACKLINGS)

The fat skin of a goose cut into 1 to 1½-inch squares and fried with the rest of the fat when rendering is called Grieben. If chewy grieben are desired, remove them as soon as the fat is clear. If wanted crisp, leave them in the hot fat until well browned and place in oven a few minutes.

### SMOKED GOOSE

Breast and legs of goose	⅓ lb. salt
Filled neck	1 teaspoon saltpeter
Clove of garlic, if desired	1 tablespoon sugar

Remove wings, legs, skin and fat of a goose. Separate breast and back, remove internal organs and clean thoroughly. Place breast, legs and skin of neck to one side.

Scrape the meat carefully from the bones of neck, back, etc., of the goose, remove all tendons and tissues and chop very fine.

Fill this in the skin of the neck and sew up with coarse thread on both ends. Season legs, breast and filled neck with salt. Rub well with garlic, sugar, salt and saltpeter. Place in a stone jar. Cover with a cloth and put weights on top—keep under brine which will form and must cover meat. Put aside for 7 days, turning occasionally. Take out of the brine and cover with gauze and send to the butcher to smoke. When done, serve cold, sliced thin.

### FRIED GOOSE LIVER

Remove gall bladder carefully from liver, salt and place a small amount of sugar where gall has been. Place in saucepan with hot goose grease to half cover. When browned on one side, turn and brown on the other. If cooked too long it becomes dry.

### STUFFED GOOSE NECKS

Goose necks	1 onion, sliced
Bread Dressing, page 180	Scraps of raw goose meat

Remove skin from neck of goose. Tie up the small end and stuff with Bread Dressing.

Or, add scraps of raw goose meat ground fine. Sew up securely with coarse thread; place in an iron kettle, cover with a little water, add onion slices. Set in the oven, baste occasionally and bake until crisp and brown. Serve hot.



**KISCHTKE, Russian Style**

Buy beef casings of butcher. Make a filling of fat, flour (using  $\frac{1}{3}$  cup fat to 1 cup flour) and chopped onions, or stuff with Bread Stuffing, page 180, or with a mixture of  $\frac{1}{2}$  cup yellow corn meal and 1 tablespoon flour. Season well with salt, pepper and paprika, and fill casings. Slice 2 large onions in a roasting pan, add 1 cup of boiling water. Place stuffed casings in pan and bake slowly until well done and well browned. Baste frequently with liquid in pan.

**SQUABS****ROASTED SQUABS**

Prepare Stuffing for Squabs No. 2, page 180. Cut off head close to neck. Clean and draw. Remove crop carefully. Loosen skin from breast, with fingers, from wishbone almost down to bottom of breast bone to form a pocket for the stuffing. Drop dressing from teaspoon down through opening at top of neck and fill pocket and neck. Tie at the top. Fasten legs to the back. Place squabs close together in a pan with butter over the top. Place in hot oven the first 5 minutes, reduce heat and bake  $\frac{3}{4}$  hour or until tender, basting frequently.

**BROILED SQUABS**

Remove feathers and pin feathers, cut along the backbone with a small, sharp knife, being careful not to cut the entrails. Remove contents of body without breaking lungs, kidneys, crop and windpipe. Wet cloth in warm water to which a little baking soda has been added ( $\frac{1}{2}$  teaspoon to 1 quart), wipe inside and outside, and then wipe dry. Season with salt and pepper. Flatten breast bone and place bird on broiler with skin side near flame. Turn and broil 12 to 15 minutes until well done. Serve on buttered toast.

**SQUABS EN CASSEROLE**

6 squabs	2 cups soup stock
1 sprig parsley	12 mushrooms
$\frac{1}{2}$ carrot	1 tablespoon catsup
1 onion, 1 bay leaf	2 tablespoons Sherry wine

Dress and clean birds, leaving them whole. Season with salt, pepper and paprika. Stuff, if desired, page 180. Place in casserole, with vegetables, add the soup stock, cover and cook slowly 1 hour or longer on stove or in oven until tender and browned. Heat 1 tablespoon butter, add 1 tablespoon flour, when light brown, add the sauce from the birds; cook until smooth, remove from the fire and add Mushrooms, Sautéed, page 207, Sherry and catsup. Pour over the birds, return to the fire, and when hot, serve in the casserole.

**POTTED PIGEONS**

Take ingredients for Squabs En Casserole, above, using pigeons in place of squabs. Place in Dutch oven and pot on top of stove for 2 to

3 hours or until tender, adding boiling water if necessary. Place uncovered in the oven, last 15 minutes.

## GAME

### MUD HENS

Tie the necks of the hens, then make a slit over the breast, piercing only the skin. Pull the skin, plumage and all from the body of the fowl. Draw, wash thoroughly and let soak about 3 hours in water to which has been added a handful of salt and  $\frac{1}{2}$  cup vinegar. Wash again and in each hen, place a piece of onion and apple. Tie with cord, so fowl retains its shape. Cover with cold water and let boil about 10 minutes. Drain, add salt, pepper and paprika to taste and tie a piece of bacon on breast of each fowl. Heat 1 tablespoon butter in deep kettle, place hens in this, breasts downward. Cover well and cook gently from  $1\frac{1}{2}$  to 2 hours or until tender. Add water to giblets and let boil until reduced to  $\frac{3}{4}$  cup of stock, gradually add this to the hens the last 15 minutes. Add 2 tablespoons thick sour cream to gravy. Let boil up and serve.

### TO PLUCK WILD DUCK

7 quarts boiling water  $\frac{3}{8}$  lb. or  $1\frac{1}{2}$  slabs paraffine  
Dissolve paraffine in water. Dip duck in and out of boiling mixture four or five times. Take out and cool from 3 to 5 minutes or until paraffine has coated feathers. Then pluck.

### ROAST WILD DUCK

Clean duck well and draw. Season with salt, pepper, add 1 tablespoon vinegar and place an onion inside. Let stand over night. Remove onion. If duck is old or tough, cook slowly in boiling water until tender. Fill with Stuffing for Game, page 181. Season with salt and pepper, dredge with flour and place in roasting pan with 2 tablespoons fat. Roast in hot oven until browned, basting often. Serve with Venison Jelly, page 558, Jelly Sauce, page 119, or Wild Rice, page 229.

### SPORTSMAN'S DUCK

Just before using, cut off wings, head and feet. Remove feathers dry. Singe down over flame. Draw, wash well and dry thoroughly. Season. Roast in a very hot oven,  $500^{\circ}$  F. for from 18–20 minutes. The meat should be bright red. Serve with Currant Jelly, page 553, or Wild Rice, page 229, and Stewed Celery, page 203.

### QUAIL

Follow recipe for Broiled Squab or Chicken, pages 191, 186, allow 10 to 20 minutes for cooking. Place on toast. Serve with currant jelly. If tough, prepare as Squabs en Casserole, page 191.

### ROAST PARTRIDGE

Pick, draw and wash the birds, bind them with thin slices of bacon. Roast in small pan 15 minutes in a hot oven. Remove bacon, salt

lightly, place in oven to brown on both sides. Serve with gravy, page 183, or when done pour over 1 cup of cream and sprinkle bread crumbs, browned in butter over the top.

### PHEASANTS

Pick feathers, clean and singe, or skin. Wash, cut off wings and legs. Cut up back. Leave breast whole. Salt lightly. Put butter in pan and brown all parts well. Add 2 cups water or cream and cover. Cook on stove or roast in oven, adding more water or butter if necessary. Baste and turn often. For gravy, add 1 cup sour cream to liquid in pan.

### GUINEA HENS

Stuff and roast as Chicken, page 183. Serve with Currant Jelly. Prepare Guinea Hen Breasts same as Fillets of Chicken, page 187.

### RABBITS

Rabbits are cooked like Chicken—stewed, fricasseed or baked.

**Belgian Hare Fricassee:** Skin and remove the fine skin from the meat. Cut in joints for serving and roll in flour. Fry, seasoned with salt and pepper, several slices of fat salt pork, removing them as soon as dry.

Brown the joints of hare in the fat tried out from the pork, having it very hot, to brown quickly. Cover closely and steam until tender.

Pour off all the fat from the pan, and dissolve the glaze in a very little water; this to be served in the platter with the hare. Serve with gooseberry or any other tart jelly and Horseradish Sauce No. 2, page 125.

**Hasen Pfeffer:** Lay the rabbit meat in a jar and cover with vinegar and water, equal parts; add one sliced onion, salt, pepper, cloves and bay leaves. Allow this to soak two days. Remove the meat and brown it thoroughly in hot butter, turning it often, and gradually add the sauce in which it was pickled, as much as is required. Simmer a half hour or until tender. Before serving, add one cup thick, sour cream.

### VENISON

Venison should be cooked rare always. It may be stewed or braised. Prepare **Venison Roast** as Roast Lamb, page 168, allowing less time; **Venison Cutlets** as Veal Cutlets, page 165, or fried in skillet. Serve with Jelly Sauce, page 119, or Venison Jelly, page 558. **Saddle of Venison** as Hasen Pfeffer, above, or as Beef a la Mode, or Sauerbraten, page 159, **Broiled Venison Steak** as Broiled Beef Steak, page 154. Serve with Maitre d'Hotel Sauce, page 124, using currant jelly.

### REINDEER STEAK

Reindeer meat is shipped frozen and must be thawed out slowly at a low temperature. It differs little from beef or veal; it contains less fat, has a gamey flavor, not strong. The most desirable cut is the round. Steaks, pot roasts, chops and cutlets are prepared same as other meats. Some cuts must be larded to supply the deficiency in fat.



## Chapter 16

# Vegetables

### GENERAL RULES FOR VEGETABLES

Vegetables of all kinds and especially the green, leafy varieties are rich in "vitamins." They are valuable for their nutrients, their bulk, and their roughage. Vegetables are roots or tubers, fruits or buds, leaves or flowers. Some are eaten raw, others baked, steamed or boiled.

Wash vegetables thoroughly before cooking but do not soak. Scrape thin skinned vegetables, and peel the thick skinned ones very thin. To preserve the mineral salts which lie directly under the skin, cook unpeeled.

Vegetables may be cooked by baking, steaming or boiling in water. They should be cooked *only* until tender. Long and slow cooking without water or in a small quantity of water preserves most of the nutrients, but destroys the color in green and some of the white vegetables.

**To Steam Cook:** Vegetables should be cut up or shredded and cooked as short a time as possible in a small amount of water, in a heavy utensil with a tight fitting cover. Bring to a boil quickly, then reduce heat and cook until done.

**To Preserve Green Color** in vegetables, such as spinach, Brussels sprouts, asparagus, green beans, and peas, as well as onions, cauliflower and cabbage, drop prepared vegetables gradually in large amount of rapidly boiling salted water, in an open kettle and boil, *only until tender*; **never use soda**; long cooking destroys the green coloring of the vegetables. Drain and add butter and seasoning. **Do not discard liquid**, reserve and use for soup or sauces or to boil up any of the leftover vegetable.

Vegetables such as corn, peas and lima beans are sweeter if husked or shelled just before cooking.

Salting vegetables before or while cooking may harden the fibers, but it improves the flavor. Add 1 teaspoon salt to 1 quart water when boiling; sprinkle  $\frac{1}{2}$  teaspoon over 1 pound vegetable when steaming.

**Winter Vegetables** must be kept in a dark, cold place and watched carefully, breaking off sprouts.

When using canned vegetables, empty contents of can at once. With modern commercial canning methods, the liquids in the can may safely be used.

**To Store Vegetables,** *see* page 603.

**Frozen Vegetables** may now be purchased. They are practical to use when fresh varieties are out of season. They are fully prepared and need only to be cooked in a small amount of boiling water. Directions are on the package.

### ARTICHOKES, BOILED

3 large or 6 small artichokes	3 tablespoons salt
4 quarts boiling water	2 tablespoons vinegar

With a sharp knife cut off the points of the artichoke about  $1\frac{1}{2}$  inches. Add salt and vinegar to water. Cook artichokes 20–30 minutes, or until leaves pull out easily. Drain from liquid, cut each artichoke in half, lengthwise, or serve whole removing the white fuzzy fiber or “choke.” Serve cold with French Salad Dressing or Vinaigrette Sauce, page 273, or Tartar Sauce, page 124, or filled with Salad. Serve hot with melted butter or Hollandaise Sauce, page 122.

### JERUSALEM ARTICHOKES

Jerusalem Artichokes look like small potatoes but are not mealy. Wash and scrape them and soak two hours in cold water and a little vinegar. Drain. Cover with boiling salted water and boil until tender. Drain immediately or they will harden again. Or, boil with the skins on and when tender, peel. Serve with White Sauce No. 2, page 117. Or, prepare as Potato Salad, page 282.

### ASPARAGUS

**Green Asparagus:** Select asparagus with tightly closed buds. Wash carefully 2 bunches of green asparagus. Snap off lower tough ends of stalks. Remove scales. Re-tie, cook 10 minutes in a large amount of rapidly boiling salted water in lower half of double boiler leaving tips out of water. Cover with inverted upper half of double boiler and let cook 15 minutes to steam tips. Serve with melted butter, White Sauce No. 2, page 117, using asparagus liquid; Cream Sauce, page 117, or Hollandaise Sauce, page 122; or pour over them bread crumbs browned in hot butter or sliced blanched and roasted almonds.

**White Asparagus:** Stalks must be white at tips. If pink they are apt to be bitter. Snap off tough ends. Cut away thick skin at lower end. Parboil, drain, add fresh boiling water and cook rapidly until tender. Add salt, butter, or any other desired sauce, as for preceding recipe.

**Canned Asparagus:** Open can and pour contents at once from tin. Place on stove over slow fire in the liquid from the can and heat thoroughly. When ready to serve, drain and arrange carefully on hot platter and serve same as fresh asparagus, hot on toast or cold with salad dressing, or with Hollandaise Sauce, page 122.

**To Serve Asparagus:** Serve asparagus tips in pepper rings or rings of lemon or orange rind; or in rings made of stale, toasted, French rolls, with the ends and centers removed. Serve very hot.

### ASPARAGUS WITH HOT MAYONNAISE

½ cup hot White Sauce No. 2, 1 cup hot Mayonnaise, Boiled  
page 117 page 275

1 tablespoon lemon juice

Combine ingredients in the order given, add 1 tablespoon lemon juice and serve hot over fresh or canned asparagus.

### GREEN LIMA BEANS

Cover 1 quart of the shelled beans with boiling water. Place on the fire where they will boil up quickly, then simmer until done. When tender, pour off a part of the water. Season with a teaspoon of salt and 2 heaping tablespoons butter. Cook 20-40 minutes depending on age.

### GREEN BEANS

Wash beans, remove strings, leave whole, or cut on slant in pieces, or use bean cutter. Cook in an open kettle in a large amount of rapidly boiling salted water *only* until tender (20 to 30 minutes), or Steam Cook, page 194. Drain and add salt, pepper and 2 tablespoons of hot butter. Or serve with Brown Sauce, page 118, or with hot butter and parsley, or with blanched almonds, cut lengthwise and browned in butter, or mixed with Sautéed Mushrooms, page 207.

### GREEN BEANS AND TOMATOES

1 quart green beans 1 teaspoon salt  
1 cup strained tomatoes 1 teaspoon sugar  
2 tablespoons butter or fat ¼ teaspoon pepper  
2 tablespoons flour

Cut off both ends of the beans, string them carefully and break into pieces about 1 inch in length and cook in boiling, salted water, until tender. Reduce the liquid to about ½ cup. Heat the butter, add the flour and seasoning and add the strained tomatoes; cook until smooth and pour this sauce over the beans; let cook slowly for about 15 minutes and serve hot.

**No. 1 SWEET AND SOUR BEANS**

1 quart green or wax beans	2 tablespoons sugar
1 teaspoon salt	2 tablespoons vinegar
1 tablespoon flour	or lemon juice
2 tablespoons butter	Salt and pepper to taste

Wash, string and cut beans in pieces. Cook in boiling water  $\frac{1}{2}$  hour or until tender. Add salt when nearly done. Drain and reserve 1 cup of the bean water for the following sauce: Melt butter, add flour, then the bean liquid or soup stock and bean water mixed; then the rest of the ingredients to taste. Add the boiled beans and serve hot.

**No. 2**

Wash, string and cut 1 quart wax beans in pieces. Cook in rapidly boiling salted water until tender.

Drain. Mix with Sweet and Sour Sauce No. 2, page 120.

**CHOP SUEY BEAN SPROUTS**

Soak little dried Chinese beans over night in lukewarm water. Drain. Place in a crock, cover with plate and let stand in a warm place for 3 or 4 days or until sprouted. Use for Chop Suey, page 254.

**BOILED BEETS**

Wash beets, cut off leaves, leaving one-inch stem and root to preserve color. Cook in boiling water until tender, or Steam Cook, page 194. Young beets will cook in 1 hour, old beets from 3 to 4 hours. When cooked, put them in a pan of cold water and rub off the skin. Beets are cut in quarters, diced or cut in thin strips and served hot with butter, salt, pepper and hot vinegar.

Beet tops, if fresh, may be prepared as Spinach, page 212. Old beets are sliced and pickled in vinegar.

Can young beets for the winter, pages 598, 601.

**HARVARD BEETS**

2 cups boiled or drained canned beets	1 tablespoon flour
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	$\frac{1}{4}$ cup vinegar, mixed with
	$\frac{1}{4}$ cup water or beet juice

Melt butter in saucepan or double boiler. Add flour. Stir. Add sugar, salt and the liquid gradually. Cook until clear, stirring constantly. Add beets and heat thoroughly.

**PICKLED BEETS**

1 quart cold, boiled beets	$\frac{1}{8}$ teaspoon pepper
1 teaspoon salt	1 pint mild vinegar

Slice the beets, place in a stone jar and cover with the seasoning and vinegar; add a little caraway seed, if desired, or they may be preserved whole in air-tight cans, see page 579.

**No. 1—Pan Fried RAW BEETS**

Peel raw beets and slice thin. Put 2 tablespoons butter in a saucepan, add beets, salt and pepper and fry for about 20 minutes, tightly covered.

**No. 2—Boiled**

Peel and dice raw beets. Cook in rapidly boiling water 10 minutes until tender. Serve with melted butter.

**BROCCOLI**

Broccoli is a vegetable of the cabbage family. It has leafy stalks topped with flowerets which are best when dark green and buds are tightly closed. Wash well, cut off tough ends of stalks. If thick, split lengthwise. Tie. Place upright in an open kettle in rapidly boiling salted water, leaving flowerets out of water the first 10 minutes. Follow directions for boiling Green Asparagus, page 195, or Steam Cook, page 194. Cook only until tender. Drain and serve with hot butter or Hollandaise Sauce, page 122.

**Broccoli Ring**, *see* page 215.

**BRUSSELS SPROUTS**

1 quart Brussels sprouts                      1 cup White Sauce

Pick the wilted leaves from the sprouts, cut the stalk close to the head and soak in cold salted water 10 minutes. Drain well and cook in a large amount of rapidly boiling salted water in an open kettle *only* until tender. Drain and pour over three tablespoons butter. Or serve in White Sauce No. 2, page 117, or Hollandaise Sauce, page 122.

**No. 1 BRUSSELS SPROUTS AND CHESTNUTS**

1 quart Brussels sprouts                       $\frac{1}{3}$  cup butter or other fat  
1 lb. Italian chestnuts                          Boiling water

Boil the sprouts as above, put the chestnuts on in cold water, bring to the boiling point and boil until the skins may be easily removed. Butter a baking dish, put in a layer of sprouts, then one of chestnuts, dot with butter, sprinkle sparingly with pepper, and add a little salt if necessary. Continue in this way till all are used. Add enough water to moisten, and bake thirty minutes in a moderate oven.

**No. 2**

1 quart Brussels sprouts                      1 tablespoon flour  
 $\frac{1}{2}$  lb. chestnuts                                      2 teaspoons sugar  
 $\frac{1}{2}$  cup butter                                        1 teaspoon salt

Cook sprouts. Remove shells from chestnuts, blanch, page 203. Cover with salted boiling water and let cook gently until water has evaporated and the chestnuts are tender. Brown 2 tablespoons butter, add sugar. Stir constantly, add chestnuts. Cook until well browned.

Heat 2 tablespoons butter, add 1 tablespoon flour, let brown slightly, add 1 cup of the sprouts liquid and let cook until smooth. Add the chestnuts and sprouts, heat through and serve.



**CELERY CABBAGE**

Loosen inner leaves of a firm head of celery cabbage. Soak 15 minutes in cold salted water. Drain. Cook in rapidly boiling salted water in an open kettle *only* until tender. Drain. Serve with White or Cream Sauce, page 117.

**Celery Cabbage Salad**, *see* page 282.

**No. 1****BOILED CABBAGE**

1 small cabbage  
1 quart boiling water

1 teaspoon salt  
1 cup White Sauce

Cut a young cabbage in eight pieces, trimming off the limp outside leaves. Cook in a large amount rapidly boiling salted water *only* until tender, leaving the kettle uncovered. Drain off the water and serve with White Sauce No. 2, page 117.

**No. 2**

1 quart cabbage, chopped  
1 onion, cut fine  
2 tablespoons fat or butter

1 teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
2 tablespoons flour

Heat fat, add onion, brown nicely, then add cabbage; cover and let steam for 10 minutes, cover with boiling water; salt and pepper, and boil until tender. Sprinkle with flour, let boil a little longer and serve hot.

**Red Cabbage:** Boil same as other cabbage, above, adding vinegar or lemon juice to water, or one or two tart apples.

**CABBAGE AU GRATIN**

$\frac{1}{2}$  large cooked cabbage  
1 pint White Sauce  
 $\frac{3}{4}$  cup grated cheese

Salt and paprika  
 $\frac{1}{2}$  cup cracker crumbs  
3 tablespoons melted butter

Put a layer of the cabbage, coarse-chopped, into a buttered baking dish, sprinkle with grated cheese, paprika, and salt, as needed, and cover with a layer of White Sauce No. 2, page 117. Repeat the layers until all the ingredients have been used. Cover with cracker crumbs mixed with the butter. Place in oven until hot and the crumbs are well browned.

**SWEET AND SOUR CABBAGE**

1 quart cabbage  
(red or white)  
2 sour apples  
2 tablespoons fat

4 tablespoons brown sugar  
2 tablespoons vinegar  
Salt and pepper  
2 tablespoons flour

Shred the cabbage fine, salt and pepper to taste, add the apples cut in slices. Heat fat in spider, add cabbage and apples. Pour boiling water over them and let cook until tender; sprinkle with flour, add sugar and vinegar. Cook a little longer and serve hot with Potato Dumpings, page 235. If red cabbage is used, pour boiling water over it 2 or 3 times, before cooking.

**RED CABBAGE WITH CHESTNUTS**

- |                           |                           |
|---------------------------|---------------------------|
| 1 small red cabbage       | 1 tablespoon sugar        |
| 1 cup chestnuts           | 2 tablespoons fat         |
| $\frac{1}{4}$ cup raisins | 1 tablespoon flour        |
| 1 cup water               | $\frac{1}{4}$ cup vinegar |

Cut cabbage in fine shreds, place in colander, place colander in pan, pour boiling water with vinegar over cabbage, let stand over pan 10 minutes. Shell and blanch chestnuts, page 203.

Heat 2 tablespoons fat in kettle, add cabbage seasoned with salt and pepper, let brown well, then cover and let simmer 10 minutes. To water and sugar, add rasins and chestnuts and let cook until chestnuts are tender. Sprinkle flour over cabbage, add to chestnuts, cook a few minutes, and serve hot.

**RED CABBAGE WITH WINE**

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1 head red cabbage                | $\frac{1}{2}$ cup red cooking wine |
| 4 tablespoons butter or drippings | $\frac{1}{2}$ glass currant jelly  |
| 1 onion chopped fine              | 1 tablespoon honey                 |
| 1 grated sour apple               | 1 teaspoon salt                    |
| $\frac{1}{4}$ cup vinegar         | Pepper                             |
|                                   | 1 tablespoon cornstarch            |
|                                   | 2 tablespoons stock                |

Clean cabbage, shred very fine, and pour cold water through. Cook onion in fat until golden brown, and add all the ingredients, excepting the cornstarch dissolved in the stock. Simmer the cabbage mixture in a heavy kettle until tender, stirring occasionally to prevent sticking to pan. 15 minutes before serving add dissolved cornstarch. Turn out on platter and surround with a border of chestnuts sautéed in butter.

**CABBAGE AND APPLES**

- |                       |                           |
|-----------------------|---------------------------|
| 1 medium head cabbage | 1 tablespoon caraway seed |
| 2 sour apples, peeled | 3 tablespoons fat         |
| $\frac{1}{2}$ onion   | 2 teaspoons salt          |

Cut cabbage fine, soak 10 minutes in salt water. Drain, heat the fat (from top of soup stock preferred) add cabbage, the apples (cut up), caraway seed to taste, salt, paprika and onion. Cover very closely and cook slowly about one hour.

**CABBAGE AND SAUSAGE**

- |                        |                               |
|------------------------|-------------------------------|
| 6 sausages             | $\frac{1}{2}$ teaspoon pepper |
| 1 quart minced cabbage | Salt if necessary             |

Fry the sausages crisp and brown. Take from the frying pan and pour off all but 3 tablespoons of the fat. Put cabbage in frying pan, cook until tender. Arrange in a hot dish and garnish with the sausages. Serve with mashed potatoes.

### RED AND GREEN CABBAGE, GREEN PEPPER AND APPLES (IN CASSEROLE)

1 head young green cabbage	½ cup brown sugar
1 head young red cabbage	Salt, pepper, nutmeg
1 cup green pepper, minced	1 lemon, juice
3 cups apples, diced	½ cup butter

Grind red and green cabbage *separately*. Season red cabbage with salt and pepper, place in greased casserole, and dot with butter. Add sugar, lemon juice and nutmeg to apples, and place on top of cabbage. Mix green cabbage with green pepper, season, place over apples, and dot with butter. Cover with buttered bread crumbs, and bake in moderate oven (350° F.) 25 minutes.

### WILTED LETTUCE

¾ lb. leaf lettuce	Bacon Salad Dressing, page 273
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Wash, drain and shred lettuce. Pour boiling water over it. Let stand 5 minutes until slightly wilted. Then drain well. Add Dressing.

### WILTED CUCUMBERS

1 cucumber	French Dressing, page 272
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Pare and slice cucumbers thin. Cover with cold, salted water, 1 tablespoon salt to 1 cup of water. Let stand 10 minutes. Drain and rinse in cold water. Mix with French Dressing and let stand 10 minutes.

### SAUERKRAUT

1 quart sauerkraut	1 raw potato, grated
2 tablespoons fat	1 teaspoon caraway seed
1 onion, diced	Boiling water or soup stock

Heat the fat in spider, add onion, let fry until glassy, add kraut, fry 5 minutes, add potato and caraway, cover with boiling soup or water, cook slowly ½ hour, cover well, cook ½ hour longer on top of stove or in oven. Brown sugar and a grated apple may be added if desired.

**Brisket of Beef with Sauerkraut**, *see* page 161.

### BOILED CARROTS

1 quart carrots	2 tablespoons butter or fat
1 quart boiling water	2 tablespoons flour
1 teaspoon salt	1 cup carrot liquid

Wash, scrape carrots, cut lengthwise or crosswise, cover with boiling salted water and cook only until tender, or Steam Cook, page 194. Make Brown Sauce, page 118, of remaining ingredients using 1 cup of hot carrot liquid, or serve with melted butter.

**Carrot Ring**, *see* page 215.

**SIMMERED CARROTS**

1 quart raw carrots                      1 tablespoon fresh butter  
2 to 3 tablespoons sugar                1 teaspoon salt

Wash, scrape and slice young carrots lengthwise. Put into heavy saucepan with butter. Cover closely and simmer until tender.

**CARROTS—SWEET AND SOUR**

Cook 1 quart of carrots, diced, in one quart of boiling water, until tender. Add  $\frac{1}{4}$  teaspoon salt, drain and reserve the liquid. Make a Sweet and Sour Sauce No. 1, or No. 2, page 120, using one cup of the carrot liquid.

**CARROTS AND PEAS**

1 pint fresh or canned peas            1 cup carrot liquid  
1 pint boiled carrots                    Salt, pepper and sugar to taste

Cook peas in carrot liquid only until tender. Drain and reserve the vegetable liquid. Make Brown Sauce, page 118, add carrots and peas, cook a little longer. Season to taste.

**CARROTS AND CELERY**

Boil carrots, page 201. Stew celery, page 203. Drain. Reserve liquid. Make Brown Sauce, page 118, using vegetable liquid. Add vegetables. Reheat, season to taste and cook a few minutes longer.

**BOILED CAULIFLOWER**

1 head cauliflower    2 quarts boiling water     $\frac{1}{4}$  teaspoon salt

Select cauliflower with white head and fresh, green leaves. Remove leaves, cut off stalk and soak (head down) in cold salted water. Drain. Separate flowerets, if desired, and cook in open kettle in a large amount of rapidly boiling salted water *only* until tender (20 minutes). Drain, place in hot serving dish, season and pour over 1 cup White Sauce No. 2, page 117, or Cream Sauce, page 117, Hollandaise Sauce, page 122.

**Blue Cauliflower** is especially delicate and may be prepared as above.

**With Butter Sauce:** Drain and place the hot boiled cauliflower in serving dish and pour over it  $\frac{1}{4}$  cup of hot browned butter. Serve hot.

**With Browned Crumbs:** Drain and place the hot boiled cauliflower in serving dish and pour over it 2 tablespoons fine bread crumbs, browned in hot butter. Serve hot.

**FRIED CAULIFLOWER**

Separate cauliflower into flowerets. Cook in boiling salted water 10 minutes. Let cool. Drain. Dip in crumbs, well-beaten eggs and again in crumbs. Drop in deep hot fat and fry a delicate brown. Drain on brown paper, season. Serve with Cream Sauce, page 117, or Cheese Sauce, page 125.

**BAKED CAULIFLOWER**

Place a whole cooked cauliflower on dish for serving, cover with buttered crumbs and place in oven to brown. Remove from oven, pour over 1 cup Thin White Sauce, page 117.

**CAULIFLOWER AU GRATIN**

Put boiled cauliflower with White or Cream Sauce, page 117, in buttered baking dish, cover with buttered crumbs,  $\frac{1}{2}$  cup grated cheese, and bake on center grate of oven until crumbs are brown.

**STEWED CELERY**

1 bunch celery  
1 quart boiling water

1 cup White Sauce  
1 teaspoon salt

Wash, scrape and cut the outer stalks of the celery into pieces  $1\frac{1}{2}$  inches long. Cook in rapidly boiling salted water only until tender. Drain and serve with White Sauce No. 2, page 117.

Reserve the center stalks for table use.

**BRAISED CELERY**

Wash, scrape and cut outer stalks of celery into 3-inch pieces. Dry thoroughly. Sauté slowly in 2 tablespoons butter in heavy skillet until browned. Add bouillon cube dissolved in hot water, or soup stock, to liquid in pan and baste until almost absorbed.

**CURLY ENDIVE, KALE OR ESCAROLE**

These are strong flavored vegetables. Cut off the roots. Use only perfect leaves. Wash in several waters to remove dirt and insects. Cook uncovered in a large amount of rapidly boiling salted water only until tender, from 15–25 minutes, or Steam Cook, page 194. Drain, chop, add seasonings desired and melted butter or cream.

**CELERIAC OR CELERY ROOT**

In this vegetable the root and not the stalks are eaten. Scrub and peel well and cook in salted, boiling water several hours or until tender. Drain and slice. Serve with a White or Brown Sauce, pages 117, 118, or as a Salad, pages 285, 286.

**Celery Root Ring**, *see* page 215.

**No. 1 TO SHELL AND BLANCH CHESTNUTS**

Cover chestnuts with boiling water and boil until shell and skin can be easily removed (about 20 minutes).

**No. 2**

Take French or Italian chestnuts. Make  $\frac{1}{2}$ -inch slit on flat side of chestnuts with sharp knife. To 1 pint chestnuts add 1 teaspoon butter, heat over fire, shaking all the time, until butter is melted. Let stand in oven 5 minutes. Remove outside shell and inner skin at the same time.

**CHESTNUTS AND PRUNES**

1 pint chestnuts  
1 pint prunes

$\frac{1}{4}$  cup sugar  
 $\frac{1}{2}$  lemon, juice

Shell and blanch chestnuts, as above, add boiling water and cook until tender, but not broken, and let water evaporate. Stew prunes, page 334, add sugar and lemon juice, cinnamon if desired, then add chestnuts, cook all together a few minutes and serve.

**CHESTNUT VEGETABLE**

Remove shells and skins from 1 lb. chestnuts, page 203. Then boil very slowly in water until about half done, drain off any remaining water, add 1 cup of soup stock and 1 tablespoon of brown sugar. Let this simmer until soft, adding 2 tablespoons butter.

Or cook in boiling, salted water; drain, mash, or rice; moisten with scalded milk. Season with salt and pepper and beat until light. Pile lightly in center of dish and surround with meat.

**BOILED GREEN CORN**

Corn may be kept several days before using by dropping in rapidly boiling water for two minutes to set the milk. Cool, set aside and finish cooking when ready to use.

**No. 1.** Remove husks and silk threads, drop in a large amount of rapidly boiling water with a little sugar and boil 2 to 5 minutes. Remove from water and serve with fresh butter, salt and pepper.

**No. 2.** Grate corn from cobs, cook slowly 2 to 5 minutes in its own juice and with butter, salt and pepper. Add a little milk if necessary.

**No. 3.** Score the cooked corn from the cobs and serve heated with butter, salt and pepper.

**To Score Corn:** With ear on end, run point of sharp knife through center of each row of kernels. Remove pulp with back of knife.

**CORN WITH GREEN PEPPERS**

3 cups cooked corn	3 tablespoons butter
1 tablespoon of green peppers chopped fine	4 tablespoons cream

Remove corn from cob with sharp knife, put in pan with butter, cream, and the green pepper. Let simmer slowly until liquid is almost absorbed.

**CANNED CORN**

1 can corn	$\frac{1}{2}$ cup milk	1 tablespoon
1 tablespoon flour	Salt and pepper	butter

Sprinkle the flour over the corn, add the butter and milk; stir and cook only until thoroughly hot. Season to taste and serve hot.

**ESCALLOPED CORN**

6 ears of cooked corn or 1 can of corn	1 teaspoon salt
$\frac{1}{2}$ cup corn liquid	$\frac{1}{8}$ teaspoon pepper
3 tablespoons cream	2 tablespoons flour
1 teaspoon sugar	1 cup bread crumbs
	1 tablespoon butter

Cut fresh boiled corn, too old to serve on cobs, from the cob; or use the pulp of 1 can of corn.

Mix corn with the salt, pepper, flour and sugar and add the liquids. Melt the butter, mix with the bread crumbs and cover bottom of a

pudding dish with  $\frac{1}{2}$  of the crumbs, add the corn mixture and cover with the rest of the crumbs. Bake in a moderate oven about 20 minutes, and serve hot in pudding dish.

### CORN—SOUTHERN STYLE

1 can corn, chopped	$\frac{1}{8}$ teaspoon pepper
2 eggs	$1\frac{1}{2}$ teaspoon melted butter
1 teaspoon salt	1 pint hot milk

Beat eggs slightly, add rest of the ingredients and turn into a well buttered pudding dish. Bake until firm in a slow oven and serve hot.

### No. 1 CORN FRITTERS

1 can corn, or 6 raw ears of corn	$\frac{1}{2}$ teaspoon salt
2 eggs, separated	3 tablespoons milk
	2 tablespoons flour

Grate the corn off the cobs, or strain the canned corn. To the pulp, add the yolks beaten, the rest of the ingredients and the beaten whites last.

Drop by teaspoonfuls in deep, hot fat and fry until nicely brown, or on a hot greased griddle or frying pan. Serve with hot syrup.

### No. 2

1 pint grated corn pulp	$\frac{1}{2}$ teaspoon salt
Cracker crumbs	$\frac{1}{2}$ teaspoon baking powder

A little pepper

Add enough cracker crumbs, sifted, to the corn pulp to hold the mixture together. Mix and drop by spoonfuls in deep, hot fat and fry until brown. Serve hot.

**Corn Ring**, *see* page 215.

### SUCCOTASH

1 cup boiled corn	Salt
1 cup boiled Lima beans	Pepper
Butter	$\frac{1}{4}$ cup milk

Cut one cup of corn from cob, add the cooked beans and heat all together a few minutes and then serve. Mix with Stewed Tomatoes, page 213, if desired.

### CUCUMBERS

Cucumbers are usually served pickled or raw in slices. When old, pare, cut in pieces, cook in boiling water, drain, wash and season with butter, salt and pepper.

Or, they may be cut lengthwise, in  $\frac{1}{3}$ -inch slices, dipped in crumbs, salt and pepper, egg and crumbs again and fried in deep, hot fat.

### FRIED EGGPLANT

Pare eggplant, cut in very thin slices. Sprinkle with salt, pile slices on a plate. Cover with a weight to draw out juice; let stand 1 hour. Dredge with flour and fry slowly in a little butter until crisp and brown.

Or dip in egg and cracker crumbs and fry in deep fat, page 245.

**BAKED EGGPLANT**

Eggplant	2 tablespoons bread crumbs
2 tablespoons butter or fat	1 yolk of egg or $\frac{1}{2}$ cup
$\frac{1}{4}$ onion, cut fine	concentrated tomato soup

Parboil eggplant until tender, but not soft, in boiling, salted water. Cut in half crosswise with a sharp knife. Scrape out the inside and do not break the skin. Heat 1 tablespoon butter or fat, add the onion, brown, then mashed eggplant, bread crumbs, salt and pepper to taste and the egg or tomato soup. Mix well together, refill shells, place in pan, in oven—baste with butter or sprinkle cracker crumbs on top with bits of butter—baste often and brown nicely.

**ITALIAN SQUASH (ZUCCHINI)**

A smooth-skinned, green and white striped vegetable of the cucumber family with a squash flavor. May be cooked in boiling water or steamed, peeled if desired. Serve whole or cut in halves or quarters with melted butter.

Or slice raw and prepare as Fried Eggplant, page 205.

**DANDELION GREENS**

Select dandelion greens early in the spring before they begin to blossom. Wash thoroughly, remove roots. Cook in a large amount of rapidly boiling water only until tender. Drain. Season with butter, salt and pepper. Serve with vinegar, or serve raw as a salad with salt, pepper and vinegar.

**KOHLRABI**

1 quart kohlrabi	1 quart boiling water
1 teaspoon salt	2 tablespoons fat or butter
2 tablespoons flour	Salt and pepper

Wash, peel and cut the kohlrabi root in slices, and cook in rapidly boiling salted water until tender. Cook the greens or tops in a large amount of rapidly boiling water only until tender, drain and chop until very fine. Heat the butter or fat, add the flour, then the chopped greens, and 1 cup water in which the kohlrabi is cooked. Add the kohlrabi, cook all together, and serve.

**Turnips and Rutabagas** may be cooked the same way, omitting the greens, or, when tender, drain, rice, season with salt and butter.

**MACEDOINE**

1 good sized carrot	1 can or 1 pint of peas
2 white turnips	1 can or 1 pint of string beans

Scrape the carrot, cut into cubes; pare the turnips and cut into cubes; put these in unsalted water and boil gently for three-quarters of an hour, or until tender, and drain. Drain, wash and cook the peas and beans and add them to the vegetables; reheat over water, and use with Brown Sauce, page 118, as a garnish for braised or stewed meats.



**STEAMED MUSHROOMS**

1 lb. fresh mushrooms    2 tablespoons butter     $\frac{1}{4}$  teaspoon salt  
 Wash and brush the mushrooms. Drain and dry. Cut a thin slice off stem end. Put in double boiler, dot with butter. Season. Steam 20 minutes. Use as desired.

**Mushroom Ring**, *see* page 216.

**MUSHROOMS SAUTÉED**

1 lb. mushrooms     $\frac{1}{4}$  teaspoon salt  
 2 tablespoons butter    Toast

Wash and brush, cut thin slices off stems. Drain dry between towels. Slice. Place in skillet with butter and seasoning. Cover, cook 20 minutes, tossing them, or dredge lightly with flour and add cream. Serve on hot slices of toast.

**BROILED MUSHROOMS**

12 large mushrooms     $\frac{1}{8}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon salt    2 tablespoons butter

Wash, brush fine, large mushrooms, remove stems and reserve for soup or sauce. Place caps in a buttered broiler and broil 5 minutes, under side down, during first half of broiling, then turn. Put a small piece of butter in each cap, sprinkle with salt and pepper and serve as soon as butter is melted. Keep mushrooms under side up, to keep in the juices and serve on rounds of well buttered toast.

**BAKED MUSHROOMS**

12 large mushrooms    2 tablespoons butter  
 Salt and pepper     $\frac{2}{3}$  cup cream

Wash, brush the mushrooms, remove stems. Place in buttered dripping pan, cap side up. Sprinkle with salt and pepper, dot over with the butter and add the cream. Bake 10 minutes in hot oven. Arrange mushrooms on toast and pour over cream in pan and serve hot.

**MUSHROOMS AND SOUR CREAM**

1 pound mushrooms    2 tablespoons water  
 3 tablespoons butter    1 cup sour cream  
 Salt, paprika to taste

Wash and peel mushrooms. Place butter and water in skillet, and sauté mushrooms, turning carefully. When tender (about 15 minutes) add sour cream. Cook slowly, stirring occasionally, until sauce is of desired consistency (about 10 minutes). Season with salt, and paprika.

**CANNED PEAS**

Turn contents of can of peas into a saucepan. Heat. Drain, add a little milk or cream, 1 teaspoon each of butter and sugar, and salt and pepper to taste. Let come to boiling point and serve hot.

Or use Brown Sauce, page 118, using vegetable liquid.

**Pea Timbales or Rings**, *see* page 216.

**GREEN PEAS**

3 lbs. green peas in pods	A little pepper
Boiling water	1 teaspoon sugar
1 teaspoon salt	2 tablespoons butter or fat

Shell peas, cover with cold water. Skim off undeveloped peas and then drain. Cook only until tender in an open kettle with a few pods in enough boiling salted water to cover. Season, add hot butter, a little milk or cream and chopped parsley. Or make White Sauce No. 2, page 117, using vegetable liquid.

Or place in pan with butter, add a small quantity of boiling water, cover and let simmer until tender. Season and serve.

**GREEN PEAS AND RICE**

3 lbs. fresh green peas or	2 tablespoons sugar
1 can peas	$\frac{1}{4}$ cup butter or other fat
$\frac{1}{2}$ teaspoon salt	1 cup rice, well washed
1 quart boiling water	

Shell the peas, and wash them well; if canned peas are used, add the liquid from the can to the water. Heat the butter in the skillet, add the rice and let simmer, stirring constantly until rice is yellow, add the boiling water, then the peas and seasoning. Place in pudding dish, set in the oven and bake until rice is tender and every kernel stands out separately. Serve hot.

**OKRA**

1 lb. okra	1 teaspoon salt
2 cups boiling water	2 tablespoons butter

Wash, cut off stem ends. If pods are large, cut in  $\frac{1}{2}$ -inch pieces; if small, leave whole. Cook uncovered in boiling salted water to cover, 25 minutes or until tender. Drain, season, add butter and serve with rice.

Or, have a medium onion, chopped, a few slices of green pepper and a minced clove of garlic, simmer 5 minutes in the butter, add 1 cup of strained tomato, and cook with the okra a little longer and serve hot.

**BAKED ONIONS**

Select medium sized mild onions, wipe, but do not peel and cut root end crosswise. Place in baking dish, roots down, and bake slowly until tender. Take from fire, remove roots, peel carefully, return to dish, add pepper, salt, and a little melted butter or other fat; let stand five minutes in oven, and then serve hot.

Or, slice onion  $\frac{1}{2}$ -inch thick, put in shallow baking pan, add 2 tablespoons melted butter, salt and pepper and a little water. Bake in a moderate oven, 350° F., until tender (30 minutes).

**BOILED ONIONS**

Make two short cuts, crosswise, at root end of medium-sized onions. Pour boiling water over them, let stand 2 minutes, drain, pour over cold water, peel. Cook in open kettle in a large amount of rapidly boiling water, boil only until tender. Drain, add a little milk, butter, salt to taste or cover with White Sauce, No. 2, page 117.

**Young onions** with the greens may be boiled a few minutes until tender, served on toast with melted butter or white sauce.

**ONIONS AU GRATIN**

Peel and boil the onions, as above, until nearly done. Drain well, and place in a baking dish; make 1 cup White Sauce No. 2, page 117, and pour over the onions, add a layer of buttered cracker crumbs, and  $\frac{1}{2}$  cup grated cheese, and bake 10 minutes to heat through and to brown the crumbs. Serve hot.

**ONIONS AND APPLES**

2 pints onions, sliced	2 teaspoons salt
3 pints apples	2 tablespoons sugar
	$\frac{1}{4}$ cup fat

Heat fat in a spider, add onions, peeled and sliced crosswise,  $\frac{1}{8}$ -inch thick and the apples cut in quarters, pared and cored. Cover and let steam 10 minutes, stirring occasionally until apples are soft and onions tender and slightly browned. Season with salt, and, if desired, a little sugar. Serve hot as a vegetable.

**STUFFED ONIONS**

1 quart medium onions, peeled	1 bunch parsley
2 boiled carrots	1 egg, hard cooked
1 cup cooked green peas	1 cup soft bread crumbs

Parboil onions and remove part of center, leaving the root end intact. Fill cavity with equal parts of onion, just removed, peas, and soft bread crumbs, all seasoned with salt and pepper and moistened with cream or melted butter. Place the stuffed onions close together in a buttered baking dish and cover with White Sauce No. 2, page 117, sprinkle with layer of the crumbs, carrot, egg and parsley all chopped fine. Bake in a moderate oven until browned.

**ONIONS AND GREEN PEPPERS**

6 sweet green peppers	2 tablespoons fat
2 medium onions	$\frac{1}{2}$ teaspoon salt

Remove stem end and seeds of peppers and cut in  $\frac{1}{4}$ -inch slices. Peel and slice onions. Heat fat in spider, add onions, let fry for a few minutes, cover, then add peppers and simmer gently, 10 to 15 minutes or until tender, but not shriveled and brown.

### FRIED ONIONS

Peel and slice 4 or 5 onions. Heat 2 tablespoons fat in spider, add onions, let fry until golden brown, stirring constantly.

### FRENCH FRIED ONION RINGS

Cut 1 lb. of Bermuda onions in  $\frac{1}{4}$ -inch slices, crosswise, separate into rings. Soak in ice cold milk for  $\frac{1}{2}$  hour, drain and dry on towel. Then dredge with flour, and fry, a few at a time, until brown and crisp, in deep, hot fat. Remove and drain on brown paper. Serve as a border with roasts or steaks.

### OYSTER PLANT (Salsify)

Wash, scrape and put at once in cold water with a little vinegar to keep from discoloring. Cut  $\frac{1}{2}$ -inch slices and cook in boiling water until soft. Add salt. Drain and serve in White Sauce No. 2, page 117.

Or cook in boiling water until tender and cut in four pieces lengthwise, dredge with flour and sprinkle with a little salt and fry in hot butter or fat until nicely browned.

### PARSNIPS

Wash, scrape, cut in pieces and cook young parsnips in salted, boiling water only until tender, about 45 minutes. Drain, and serve with hot butter, Drawn Butter, page 121, or White Sauce No. 2, page 117.

Or wash and cook in boiling salted water until tender about 45 minutes. Drain and plunge in cold water and slip off skins. Cut in slices lengthwise and fry in butter or mash and season with butter, salt and pepper. Shape into flat, round cakes, roll in flour, and fry in butter or other fat until crisp and brown.

### RADISHES

There are many varieties of radishes, round and long, black, white and red. The small red radish may be obtained all year. They are served, uncooked, merely as a relish. The large varieties are peeled, sliced and salted for the table.

To serve red radishes, remove tip end of root, remove the longer leaves and have only a small piece of stem on radish. To look like a tulip, cut into six equal parts from the root end, down  $\frac{3}{4}$  of the length of the radish, or like a rose, cut around radish in 3 rows, alternating the cuts. Place in cold water until ready to serve.

### DILL PICKLE VEGETABLE

6 large dill pickles

Sweet and Sour Sauce

Soak the pickles over night in cold water; drain, cut in  $\frac{1}{8}$ -inch slices and cook in boiling water until tender. Drain and pour over Sweet and Sour Sauce No. 2, page 120.

**STUFFED PEPPERS****No. 1. With Beef**

1 onion	1 egg
8 green peppers	Salt and pepper
1 lb. lean raw beef	$\frac{1}{2}$ teaspoon onion juice

Cut off stem end and remove seeds from green peppers, boil 2 minutes, drain. Mix meat with egg and seasonings. Fill peppers with meat mixture. Slice onions in a stew pan, cover slightly with water and stew the peppers in it until well done.

**No. 2. With Chicken or Other Meat**

6 green peppers	1 tablespoon grated onion
2 cups boiled chicken, ham, veal or lamb, chopped	$2\frac{1}{2}$ tablespoons butter
2 cups boiled rice	$\frac{3}{4}$ cup meat stock
1 cup strained tomatoes	2 tablespoons fresh bread crumbs

Remove stem end and seeds of peppers, boil 2 minutes, drain. Fill with next four ingredients, well mixed. Place in baking dish with the meat stock, add butter to crumbs, spread over peppers, bake 25 minutes and baste.

**No. 3. With Corn**

6 green peppers	$\frac{1}{8}$ teaspoon pepper
2 cups cooked corn from cob	$\frac{1}{2}$ cup grated cheese
1 teaspoon salt	2 tablespoons butter

Cut off stem end, remove seeds, boil 2 minutes, drain. Mix corn with rest of ingredients. Fill peppers with mixture. Bake in pan with warm water one inch deep, 10 to 15 minutes.

**No. 4. With Spaghetti**

Fill pepper cases with Spaghetti, Tomato Sauce and Cheese, page 244, and bake as above.

**No. 5. Italienne**

2 doz. sweet green peppers	$\frac{1}{2}$ cup pignon (Italian nuts)
1 lb. each chopped beef and pork	$\frac{1}{2}$ lb. crackers, rolled
$\frac{1}{2}$ cup olive oil	$\frac{1}{4}$ lb. Roman cheese, grated
$\frac{1}{2}$ cup seedless raisons	3 hard cooked eggs, chopped

Heat 2 tablespoons oil in frying pan, add meat, season with salt and pepper, when brown, remove and mix with rest of ingredients, except oil. Cut off tops of peppers, with stems attached, remove seeds and veins. Stuff with meat mixture, replace tops, fasten with tooth picks. Heat oil, add peppers and fry until slightly brown. Pour over Tomato Sauce Italian, page 120.

**PUMPKINS**

Pumpkins are baked, boiled or steamed same as squash, but require longer cooking. See pages 212-213.

**To Keep Pumpkin Fresh:** When a whole pumpkin is more than is needed, cut in desired pieces, and dip the cut ends in paraffine.

**SPINACH**

$\frac{1}{2}$ peck or 2 lbs. spinach	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter or fat	$\frac{1}{8}$ teaspoon pepper
1 teaspoon grated onion	$\frac{1}{16}$ teaspoon nutmeg
2 tablespoons bread crumbs or browned flour	1 cup soup stock or meat gravy and hot water

Pick off the roots and the decayed leaves, wash often enough to remove all sand. Put the spinach in an open kettle with a large amount of rapidly boiling salted water and cook 4 or 5 minutes, *only* until tender. Or put spinach in a large kettle without water, except that which clings to the leaves. Season. Cover and bring quickly to a boil. Reduce heat and cook until leaves are tender. Drain, put through food grinder or chop very fine. If spinach is old, cook longer or steam. Heat the butter in a skillet, add the onion, then the bread crumbs or flour and the seasoning, and gradually the soup stock, spinach water or meat gravy diluted with spinach water, then add the chopped spinach. Reheat and garnish with poached or hard cooked eggs, sliced. Or, add White Sauce, page 117, or cream, or serve without chopping, adding melted butter.

**Spinach Ring**, *see* page 216.

**SPINACH (Italian Style)**

1 lb. spinach	1 clove garlic, minced
3 tablespoons oil	1 small can tomato paste

Boil spinach until tender, drain, chop fine. Brown garlic in oil, add tomato and spinach. Cook 15 minutes. Season with salt and pepper.

**CYMLING OR PATTY-PAN SQUASH**

A small scalloped summer squash that varies from 1 inch to 3 inches in diameter. Wash and cook, uncovered, in boiling salted water until tender. Drain. Serve with melted butter or Cheese Sauce, page 125.

**SUMMER SQUASH**

Squash, diced	2 tablespoons cream,
Salt and pepper	or 2 tablespoons butter

Summer squash are good only when young, fresh and tender. Wash, peel and cut into quarters or small pieces. Cook in boiling water 20 minutes or until tender. Drain, mash and add rest of the ingredients.

**STUFFED SQUASH**

1 quart mashed squash	1 egg
2 tablespoons butter or fat	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ onion, chopped	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup soaked bread	$\frac{1}{2}$ cup cracker crumbs

Bake squash, page 213. Scrape out shells, being careful not to break shells. Heat butter or fat in a skillet, add the onion, chopped fine, let brown lightly, add the soaked bread, mashed, and the squash. Cook all together 15 minutes, stirring occasionally. Remove from fire, add the

salt, pepper, and stir in the egg. Place back into shells; sprinkle cracker crumbs and bits of butter on top, return to oven to brown nicely.

### BAKED HUBBARD SQUASH

Remove seeds and strings, cut squash in 2-inch squares, place in pan with  $\frac{1}{2}$  teaspoon butter and 1 teaspoon brown sugar for each square. Bake 1 hour at 350° F. or until soft. Season, serve with shell.

### No. 1 BAKED ACORN SQUASH

Cut small acorn squash in two lengthwise. Remove seeds and strings. Parboil, then place in pan with just enough water to cover bottom. Bake in slow oven until soft. Into each half place 1 teaspoon butter and 1 tablespoon brown sugar. Or remove baked pulp from shell, mash, season with butter, salt and pepper. Refill shells and serve.

### HUBBARD SQUASH, STEAMED

Squash	1 tablespoon butter
$\frac{1}{2}$ cup milk	Salt and pepper

Wash, cut in quarters or into 2-inch squares; peel and remove stringy portions and seeds and then steam until tender or cook in boiling water 20 minutes or until tender. Drain and mash, adding the milk, butter and seasoning.

### TURNIPS OR RUTABAGAS

Turnips are best in fall and winter. The rutabagas, a large yellow variety, or the large white are used. Wash, peel and cut lengthwise into  $\frac{1}{4}$ -inch cubes, or slice. Cook 3 cupfuls in boiling water 20 minutes or until soft. Drain, rice or mash, season with fat or butter, salt, a little sugar and pepper, or mix with equal quantity of hot, mashed potatoes.

Or, after the turnips or rutabagas are drained, add 1 cup of White Sauce No. 2, page 117, or Brown Sauce, page 118.

Tops of young turnips can be cooked as Spinach.

### SWISS CHARD

This vegetable is a variety of beet in which the leaf, stalk and mid-rib have been developed instead of the root. The green, tender leaves are prepared like Spinach. The mid-ribs may be cooked like Celery.

### TOMATOES

Wash and serve unpeeled or plunge into boiling water one minute; drain and remove skins and place on ice until wanted. Serve as Salad, pages 287 and 288.

### STEWED TOMATOES

Wash and scald tomatoes. Let stand one minute, then skin. Cut in pieces, put in stew pan, and cook slowly twenty minutes, stirring occasionally. Season with butter, salt, pepper and a little sugar, if desired; add some bread crumbs.

**Tomato Combinations.** Stewed tomatoes, cooked lima beans and celery. Stewed tomatoes, cooked corn, green and red peppers.

**Tomato Ring,** *see* page 216.

**FRIED TOMATOES**

Wash, but do not peel medium sized, sound tomatoes. Cut crosswise into halves. Dip outside into grated seasoned bread crumbs. Heat a tablespoon of butter in a skillet, add tomato halves, outside down, let fry slowly a few minutes. Then turn, and fry a few minutes more.

**BROILED TOMATOES**

Prepare tomatoes as above. Season well. Dip in crumbs. Dot each half with butter. Broil only a few minutes, at about 500° F.

**No. 1 STUFFED TOMATOES**

6 fine, firm tomatoes	2 yolks of eggs
1 cup grated rye bread	1 tablespoon chopped parsley
2 tablespoons butter	¼ teaspoon grated onion

Wash and dry tomatoes. Cut off tops. Remove pulp with small spoon, and rub through a fine sieve. Put butter in pan, add bread crumbs, cook a few minutes, then add onion juice, parsley, salt and pepper, to the tomato pulp. Stir in the yolks of eggs, and fill the tomatoes with the mixture. Top with bread or cracker crumbs, buttered, and place in oven on buttered tin and bake ½ hour. Serve hot.

**No. 2**

8 fine, firm tomatoes	1 medium onion, chopped
½ oz. butter	6 fresh mushrooms
½ lb. chicken livers	½ cup bread crumbs
Salt and pepper to season	Parsley, chopped

Wash and dry tomatoes. Cut through top without detaching to serve as a cover. Scoop out pulp. Cool. Season inside with a little salt and pepper. Melt butter in saucepan, add onion and cook for 3 minutes to brown. Add mushrooms and the chicken livers, chopped. Season. Cook for 3 minutes, stirring occasionally. Add pulp, bread crumbs, parsley. Cook 2 minutes longer. Cool. Stuff tomato shells with mixture, close down covers, place in oven and bake 18 minutes on buttered tin. Serve hot. Sausage meat or chicken may be used in place of livers.

**VEGETABLE RINGS OR SOUFFLÉS****GENERAL RULE FOR SOUFFLÉS**

3 tablespoons butter	1 cup hot milk or cream
3 tablespoons flour	3 eggs, separated
¼ teaspoon salt	1 cup cooked vegetable or meat

Melt butter, add flour. When it bubbles, add milk gradually, stirring constantly until smooth. Pour gradually onto well beaten yolks. Add vegetable or meat diced. Season to taste. Cool. Fold in stiffly beaten whites, place in a well buttered mold. Set in a pan with hot water 1 inch deep, cover with buttered paper, and bake at 350° F. or without water at 325° F., ½ to ¾ hour or until firm. Loosen edges and turn carefully onto hot platter.



**ASPARAGUS RING**

2 cans of asparagus tips	1 cup cream or milk
3 tablespoons butter	3 eggs, separated
3 tablespoons flour	$\frac{1}{2}$ teaspoon salt

Cut the asparagus into 1-inch pieces. Heat the butter, add the flour, salt and a little pepper, stir until well blended, add  $\frac{1}{3}$  of the milk or cream, another third and the rest, stirring until smooth. Pour this sauce onto the well beaten yolks. Cool, fold in the stiffly beaten whites of eggs and, lastly, the asparagus pieces. Place in a well greased ring mold, set in a pan of boiling water and bake in a moderate oven  $\frac{1}{2}$  hour or until set. Remove to hot platter, place cooked peas in center and serve with Cream Sauce, page 117.

**BROCCOLI RING**

Use cooked, chopped broccoli in place of spinach, in Spinach Ring, page 216.

**CARROT RING**

Wash, scrape and grind enough carrots to fill two cups. Cook in two tablespoons of butter in heavy saucepan, closely covered, over slow fire until tender. Drain and season with salt, pepper, paprika, onion juice and Worcestershire Sauce. Add Soufflé mixture, page 214, using the cooked carrots as the vegetable, and mixing carrot liquid with the milk.

**No. 1 CELERY ROOT RING**

3 large celery roots	$\frac{1}{2}$ to $\frac{3}{4}$ cup cream
4 eggs, separated	Salt, pepper, paprika

Wash and peel celery roots and cook in boiling salted water until tender. Mash, and add beaten yolks, and seasoning to taste. Fold in stiffly beaten whites. Bake in buttered mold placed in pan of water in moderate oven  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. May be served with shrimps or mixed sea food or vegetable with Hollandaise Sauce, page 122.

**No. 2**

3 large celery roots	Soufflé for ring, page 214
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Cook celery roots, page 203, until tender. Drain and grind through coarse grinder. Add to soufflé mixture; place in buttered ring mold in pan of water, bake in moderate (300° F.) oven 30 minutes or until set.

**CORN RING**

1 can corn	4 eggs, separated
1 cup cream	1 teaspoon salt

Put corn through colander, add well beaten egg yolks, salt, white pepper, cayenne and paprika to taste; add cream and then stiffly beaten whites. Place in a well-buttered ring mold, set in a pan of hot water and bake in a moderate oven  $\frac{1}{2}$  hour or until set. Remove to hot platter, fill center with Sautéed Mushrooms, page 207. Surround with Crab Meat in Creole Sauce, page 118.

**MUSHROOM RING OR SOUFFLÉ**

- |                      |                            |
|----------------------|----------------------------|
| 1 lb. mushrooms      | 1 cup cream                |
| 2 tablespoons butter | 4 egg yolks                |
| 4 tablespoons flour  | 4 egg whites, beaten stiff |

Chop mushrooms fine, sauté in butter until cooked. Blend cream and flour until smooth, cook until thick; pour gradually into yolks until the mixture coats the spoon; then fold in beaten whites. Pour into a well buttered ring mold and set into a pan of water; bake uncovered in moderate oven, 350° F., 20 to 30 minutes. Fill center with Brussels Sprouts, page 198, and surround with peas and carrots.

**Mushroom and Rice Ring**, *see* page 228.

**PEA TIMBALES OR RING**

- |                           |                             |
|---------------------------|-----------------------------|
| 1 can peas or cooked peas | Salt and pepper             |
| 2 eggs, separated         | 2 tablespoons melted butter |

Drain and mash peas through a sieve. There should be 1 cup of pea pulp. Season to taste with salt and pepper, and onion juice if desired. Stir in the yolks well beaten and the butter, then fold in the stiffly beaten whites. Fill greased timbale molds or ring mold  $\frac{2}{3}$  full. Set in pan of hot water, place in oven (325° F.) until firm, 20 minutes for timbales,  $\frac{1}{2}$  hour for ring mold. Serve with 1 cup Cream Sauce, page 117, to which  $\frac{1}{3}$  cup drained and rinsed peas is added.

**TOMATO RING**

- |                 |                      |
|-----------------|----------------------|
| 1 can tomatoes  | 1 slice onion        |
| 1 bay leaf      | 2 tablespoons butter |
| 1 teaspoon salt | 4 tablespoons flour  |
| 6 peppercorns   | 3 eggs, separated    |

Cook the first five ingredients 20 minutes. Strain and reserve 1 cup of the strained tomato mixture. Melt butter, add flour, and pour in slowly the tomatoes. When smooth, pour this over 3 well beaten egg yolks, and set aside to cool. Beat three whites very stiff and mix gently with tomato sauce, turn into a well greased ring mold, set in a pan of boiling water. Bake in a moderate oven about 20 minutes. Remove from pan carefully, fill center with diced, cooked Halibut a la Newburg, page 137, and surround the ring with Potato Balls, page 218.

**SPINACH RING**

- |                                      |                        |
|--------------------------------------|------------------------|
| $\frac{1}{2}$ peck or 2 lbs. spinach | $\frac{1}{2}$ cup milk |
| 2 tablespoons butter                 | 3 eggs, separated      |
| 2 tablespoons flour                  | Pepper and salt        |

Take  $1\frac{3}{4}$  cups of boiled, Chopped Spinach, page 212, or raw spinach. Heat butter in skillet, add flour, then the milk. When smooth and thick, stir gradually onto the well beaten yolks. Add spinach and seasoning, grated onion and nutmeg if desired. Cool, add the stiffly beaten whites of eggs, place in a well greased ring, set in a pan half filled with boiling water, place in moderate oven, let bake 30 minutes, or until set.

## Chapter 17

### Potatoes

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**T**HE POTATO is a tuber rich in starch and should be eaten with meat, fish and eggs to balance a meal. As much of the protein and mineral matter is directly under the skin, potatoes should be cooked in their jackets and peeled after cooking, or pared very thin.

In the winter and early spring, add  $\frac{1}{2}$  tablespoon vinegar to water for the last 5 minutes of cooking. This will make them white and flaky.

#### BOILED POTATOES IN JACKETS

Scrub 6 potatoes well. Place in stew pan, pour boiling water over them to cover. Let boil 20 to 30 minutes; when nearly done add 1 tablespoon salt and boil until fork will easily pierce them. Drain quickly, shake gently over the fire to dry, keep uncovered. Serve hot.

#### BOILED POTATOES

6 potatoes                      1 quart boiling water                      1 tablespoon salt  
Scrub, pare, drop in cold water, as they are pared, to keep white. If old or frozen, let stand in cold water  $\frac{1}{2}$  hour. Cook in boiling water 20 to 30 minutes. Cover. When nearly done, add salt. Drain and shake gently over the fire uncovered, till dry. Serve hot.

Or, if a tightly-covered heavy kettle is used, potatoes may be boiled in 1 cup to  $1\frac{1}{2}$  cups of water.

#### BOILED POTATOES WITH ONIONS

Cut potatoes in half. Place in pan with only enough water to half cover them. Add 2 sliced onions and let boil closely covered until done. Drain. Add 1 tablespoon salt, shake gently over fire to dry. Peel and serve hot.

#### BOILED NEW POTATOES

Scrape, then wash new potatoes. Cook until tender in boiling salted water to cover, drain and dry; add 2 tablespoons melted butter and 1 tablespoon chopped parsley, or, if desired, 1 teaspoon caraway seed, chopped chives, or Mexican Sauce, page 125; shake well over fire and serve hot.

Or steam in jackets, then peel. May also be served with White Sauce No. 2, page 117.

#### No. 1                      BAKED POTATOES

Take even sized perfect potatoes. Scrub well. Dry and rub lightly with any desired fat. Place on rack or floor of hot oven (400° F.) not too close together. Bake one hour or until soft. Pierce with a fork to let the steam escape.

**No. 2****BAKED POTATOES**

**To Serve Baked Potatoes (Fancy):** Bake Idaho or Colorado potatoes, page 217. When tender, remove from oven, holding them with a cloth. Make 2 or 3 slits, each about 2 inches long crossing each other at the center top. Press them toward the center with both hands and the skin will burst open and the potato will be mealy and attractive. Fill opening with a small cube of butter and a dash of paprika.

**POTATOES ON THE HALF SHELL**

6 baked potatoes

 $\frac{1}{4}$  cup hot milk

1 teaspoon salt

1 cup American cheese  
grated

2 tablespoons butter

Cut fresh or left-over potatoes in half lengthwise, scoop out the inside. Mash and mix with the butter, salt and milk, and beat well. Return to the shells, brush top with melted butter, and sprinkle with the cheese. Place in moderate oven and bake about 5 or 10 minutes and serve. The cheese may be omitted.

**POTATO BALLS**

1 pint potato balls

2 tablespoons butter

1 teaspoon salt

1 teaspoon chopped parsley

Pare potato and drop into pan of cold water. With French vegetable cutter, cut balls (or cut into cubes), and let stand in cold, salted water until wanted. Scraps may be used for soup or mashed potatoes. Heat butter in a saucepan, add the potato balls, cover closely and cook slowly, shaking pan over fire to cook them evenly. Test. When ready to serve, add salt and chopped parsley.

Or, they may be boiled, drained and Maitre d'Hotel Butter, page 124, added; or fried in deep fat, as French Fried Potatoes, page 220.

**MASHED POTATOES**

6 medium potatoes

3 tablespoons butter

 $\frac{1}{3}$  cup hot milk

1 teaspoon salt

Follow recipe for Boiled Potatoes, page 217. Rub through a ricer, or mash and add the rest of the ingredients in their order. Beat with a fork until creamy and pile lightly on a hot dish. Keep hot, over hot water until ready to serve. Dot with butter. Sprinkle with paprika.

**With Onions:** Any kind of fat may be used and the milk omitted. An onion may be chopped fine and browned in the fat and poured over the potatoes.

**POTATOES ANNA**

4 medium sized raw potatoes

 $\frac{1}{4}$  lb. butter

Salt, pepper

Paprika

Pare potatoes, cut in thin slices crosswise, about  $\frac{1}{8}$  inch. Drop into cold water. Drain and dry. Dip each slice into melted butter and line a buttered heavy skillet with the potatoes, the slices overlapping.

There should be no more than three layers. Season well and dot with butter. Place in hot oven 450° F. for 10 minutes, then reduce heat and let bake until tender and browned. Turn upside-down onto round platter, serving potatoes bottom side up.

**BOSTON BROWNE**D POTATOES

Wash and peel 6 medium sized potatoes. Cut in 4 equal parts. Place in a shallow tin, greased, and bake ½ to ¾ of an hour in a hot oven. Pour over some meat gravy, and serve.

**FRANCONIA** POTATOES

Wash, scrub and pare potatoes of uniform size. Let boil about 10 minutes and drain. Put in dripping pan with meat, while roasting, and baste when meat is basted. Or place in another pan, and baste with drippings.

**CREAMED** POTATOES

- |                        |                              |
|------------------------|------------------------------|
| 4 cold cooked potatoes | ½ teaspoon salt              |
| ½ cup milk             | 2 tablespoons butter         |
| Speck pepper           | 1 tablespoon chopped parsley |

Cut the potatoes into cubes or thin slices. Put, with milk, into a pan or double boiler, and cook until they have absorbed nearly all the milk. Add butter and seasoning, cook 5 minutes longer and serve hot. One tablespoon parsley, chopped fine, may be added with the seasoning.

Or heat the potatoes in a thin White Sauce No. 1, page 117. Serve hot.

**POTATOES AU GRATIN**

- |                               |                              |
|-------------------------------|------------------------------|
| 1 quart cold boiled potatoes  | ¼ lb. grated American cheese |
| 1 teaspoon salt               | 1 tablespoon chopped parsley |
| ¼ teaspoon pepper             | 1 cup White Sauce            |
| 1 cup buttered cracker crumbs |                              |

Cut the potatoes in slices and season with salt, pepper and parsley. Butter a baking dish, put in the potatoes, sprinkle cheese between layers, pour on White Sauce No. 2, page 117, cover with crumbs and grated cheese. Bake in a slow oven until brown.

**No. 1 SCALLOPED** POTATOES

- |                             |                    |
|-----------------------------|--------------------|
| 1 quart raw sliced potatoes | 2 cups White Sauce |
|-----------------------------|--------------------|

Wash, pare and soak potatoes, cut into ½-inch slices. Butter a baking dish, place a layer of potatoes at the bottom, sprinkle with salt. Cover with White Sauce No. 2, page 117, then repeat. Bake 1 hour or longer, until potatoes are soft and browned over the top.

**No. 2**

- |                             |                  |
|-----------------------------|------------------|
| 4 medium sized raw potatoes | Salt and paprika |
| 4 tablespoons butter        | Milk             |

Pare potatoes, cut in ⅛-inch slices, crosswise. Put a layer of potatoes in a buttered baking dish. Sprinkle each layer very lightly with flour, salt and paprika. Dot with bits of butter (1 tablespoon) to each layer.

Repeat. Add milk, and pour over all, barely to cover. Bake at 350° F. 45 minutes, covered. Uncover and bake until soft and tender and browned on top, about 15 minutes longer. 1 tablespoon grated cheese and a sprinkling of dry mustard may be added to each layer for variety.

### FRIED POTATOES

Cut cold, boiled potatoes into slices or chop. Have a frying pan hot and well greased with butter, bacon or other fat. Cook the potatoes in the fat until slightly brown and serve hot.

### PANFRIED RAW POTATOES

1 quart raw sliced potatoes                      1 teaspoon salt  
3 tablespoons fat                                      ¼ teaspoon pepper

Peel potatoes and slice very thin. Cover with cold water. Let stand 20 minutes, drain. Heat fat in spider, add potatoes, seasoning, cover tightly and let steam slowly 20 to 25 minutes. When browned at bottom, turn and brown on other side. Chopped onion may be added.

### LYONNAISE POTATOES

1 pint cold, boiled potatoes                      2 tablespoons beef drippings  
Salt and pepper                                      or butter  
1 teaspoon chopped onion                      2 tablespoons chopped parsley

Cut the potatoes into slices, season with the salt and pepper. Fry the onions in the drippings till light brown, put in the potato and cook till it has taken up the fat. Add parsley and serve.

### HASHED BROWN POTATOES

Chop 3 cups cold, boiled potatoes into small cubes. If raw potatoes are used, drain and dry. Salt and pepper to taste. Heat ¼ cup fat in skillet, add potatoes, mix and stir until fat and potatoes are hot and well blended. Press and smooth down with knife on half of skillet. Let cook until well browned underneath, then loosen. Cover skillet and invert so potatoes will rest on cover. Add more butter to skillet, slip potatoes from cover to skillet uncooked side down and let cook until brown. Turn out as you would an omelet.

### SARATOGA POTATOES (POTATO CHIPS)

Pare and slice potatoes very fine. Soak in cold, salted water, and drain dry between towels; fry only a handful at a time in deep, hot fat, until a delicate brown and crisp. Drain on unglazed paper. Sprinkle with salt and serve hot or cold. Crisp chips in hot oven a few moments.

### SHOE STRING POTATOES

Cut peeled potatoes into ¼-inch slices, then into ¼-inch strips. Let stand 1 hour in cold water. Drain and dry. Fry a few at a time in deep, hot fat until crisp and slightly brown. Drain and sprinkle with salt.

### FRENCH FRIED POTATOES

Take long thin potatoes. Pare, wash and cut lengthwise into eighths. Soak in cold, salted water. Drain and dry, and fry in deep, hot fat

until tender, crisp and golden brown. Serve hot. Sprinkle with salt.  
For **Cooking in Deep Fat**, see page 245.

### MOCK FRENCH FRIED POTATOES

Allow 1 large potato for each serving. Pare; cut lengthwise into three cornered wedges as for French Fried Potatoes. Soak in cold water 1 hour; drain and dry. Place side by side in a shallow pan. Cover with melted butter, 1 tablespoon for each potato. Bake in a hot oven (450° F.) 20 to 30 minutes until brown on bottom, turn and brown on other side and finish cooking until crisp and tender. Sprinkle with salt and serve.

Or, cook on top of stove in skillet until brown on both sides and if desired, finish browning in the oven.

### O'BRIEN POTATOES

1 quart raw potato balls	3 canned pimientos
2 tablespoons butter	1 large green pepper
2 slices onion	1 tablespoon chopped parsley

Pare potatoes and shape into balls with French vegetable cutter. Soak in cold water and drain well. Fry in deep, hot fat until brown and tender. Drain and sprinkle with salt. Fry onion in 2 tablespoons butter until golden brown, remove onion, add pimientos and green pepper in small pieces to the butter, then the fried potatoes. Serve hot with finely chopped parsley over all.

### DUCHESS POTATOES

Take freshly boiled and mashed potatoes or some that are left over, add beaten yolk of one egg, form in balls, hearts or flat cakes, place in a greased tin and brush with the beaten egg white, and brown in oven.

### POTATOES WITH CARAWAY SEED

Boil medium sized potatoes in their jackets until tender, peel while hot. Put 2 tablespoons butter or fat in spider, when hot, add potatoes, brown well all over. Drain, sprinkle with salt and 1 teaspoon caraway seed.

### MASHED POTATOES, BAKED

2 cups mashed potatoes (cold)	2 eggs
2 tablespoons melted butter	1 cup milk or cream
	Salt and pepper

Stir the butter well with the potatoes, add the eggs, beaten stiff and then the cream. Season to taste. Beat all together well, place in greased pudding dish and bake in a hot oven until brown, and serve hot.

### STEWED POTATOES

Melt 2 tablespoons butter in frying pan, add an onion chopped, and 2 tablespoons flour and when brown, 1½ cups water, salt and pepper to taste and stir and cook until smooth. Then add 8 or 10 medium whole, raw, pared potatoes. Let simmer gently until tender, and add 1 teaspoon chopped parsley.

### POTATO CAKES

Take cold, mashed potatoes, make into rounds  $\frac{1}{2}$ -inch thick. Put them in a hot, greased frying pan. Fry until well browned on one side, then turn and brown on the other and serve hot.

### SURPRISE BALLS

Mashed potatoes

Lean cooked meat, chopped

Butter or fat

Roll the potatoes into balls, hollow the top with a teaspoon. Season meat and fill into the hollow ball. Place in greased pan with a little fat on the top of each ball, brown in the oven and serve hot.

### POTATO PUFFS

2 cups grated, boiled potatoes

1 cup flour

$\frac{1}{2}$  teaspoon salt

Sour cream

Mix enough sour cream with potatoes to knead. Add salt. Roll out thin as possible and cut with biscuit cutter. Fry in hot lard. Serve hot.

### PUFFED POTATOES (SOUFFLÉS)

Use Idaho or round potatoes. Peel and slice on slant  $\frac{1}{8}$  inch thick with vegetable slicer. If potatoes are not round, use a round cooky cutter. Wipe slices on both sides with a towel. Have a spider with long handle, half filled with lukewarm fat; drop in only 5 or 6 slices at a time. Put over slow fire. Shake pan constantly while cooking and until they are slightly puffed and browned (about 10 minutes). Remove from fat, spread them on table and let cool. When all are done, remove fat to deep kettle. When fat is piping hot, drop in 5 or 6 slices, one at a time. Turn slices constantly while frying. They must puff very quickly, be hollow in the center and crisp and round. Remove, drain on brown paper, sprinkle with salt. Serve at once.

### POTATO CROQUETTES

1 pint boiled potatoes, riced

2 tablespoons butter

$\frac{1}{8}$  teaspoon white pepper

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon celery salt

1 egg yolk

Mix together all the ingredients, and beat until light. Add 1 teaspoon chopped parsley and a few drops of onion juice. Shape into smooth balls, then into cylinders. Dip in bread crumbs, then in beaten egg, then in crumbs again. Fry in deep, hot fat. Drain on paper and serve on a hot dish. *See* page 245.

**Potato Pancakes**, *see* page 80.

**Potato Charlotte**, *see* page 262.



## SWEET POTATOES

### BAKED SWEET POTATOES

Select 6 even sized sweet potatoes. Scrub. Place in a hot oven at 400° F.  $\frac{3}{4}$  hour or until done. Or, parboil in boiling, salted water and then bake in the oven until soft.

### BOILED SWEET POTATOES

Boil potatoes in jackets. When done, remove skins. Or, wash, pare, cut, and cook 20 minutes or until soft in boiling, salted water to cover.

### MASHED SWEET POTATOES

#### No. 1. Plain

Peel, boil and mash 6 medium sized sweet potatoes. To every 2 cups add 2 tablespoons butter,  $\frac{1}{2}$  teaspoon salt and a little hot milk or cream. Beat until light and pile on hot dish.

#### No. 2. Mock Coconut Cake

Wash, peel and boil 6 medium sized sweet potatoes. Press through a ricer or mash. To 1 pint of potatoes add 2 tablespoons butter,  $\frac{1}{2}$  teaspoon salt and a little milk or cream to moisten. Beat until light. Place in a spring form in a hot oven until brown. When done, remove side of form and sprinkle top and sides with riced Irish potatoes.

### SWEET POTATO RING

$\frac{1}{2}$ cup melted butter	1 cup brown sugar
12 medium sweet potatoes	$\frac{1}{4}$ cup nut meats

Make Mashed Sweet Potatoes, above. Spread butter, then sugar on bottom and sides of ring mold, add nuts and set in cold place. Fill mold with potatoes. Set in a pan of hot water and bake in a moderate oven 45 minutes. Turn onto a plate so caramel side is on top.

### GLAZED SWEET POTATOES

6 medium sized potatoes	2 tablespoons water
$\frac{1}{2}$ cup brown sugar	4 tablespoons butter

Wash and pare potatoes. Cook 10 minutes in boiling, salted water. Drain, cut in halves, lengthwise, and put in a buttered pan. Make a syrup by boiling 3 minutes, the sugar and water; add butter. Brush potatoes, baste with syrup, bake slowly until tender; or broil.

### SWEET POTATOES (Southern Style)

4 boiled sweet potatoes	1 tablespoon water
$\frac{1}{4}$ lb. butter	Lemon juice
	$\frac{1}{4}$ cup brown sugar

Skin boiled potatoes and quarter. Place in baking dish, with butter on top, sprinkle with the brown sugar, add the water and a little lemon juice. Brown in oven and serve hot.

**SWEET POTATOES ON HALF SHELL**

6 baked sweet potatoes	Grated rind and juice
$\frac{1}{4}$ cup hot milk	of 1 orange
2 tablespoons butter	Marshmallows

Take even sized potatoes and bake until soft. Cut in half lengthwise, scoop out the inside. Mash, mix with butter, a little salt, milk and orange juice. Return to the shells, reheat and cover with marshmallows. Place in moderate oven and bake until marshmallows are melted. Use as garnish for roasts.

**SWEET POTATOES AND MARSHMALLOWS**

12 sweet potatoes	$\frac{1}{4}$ cup fat
or 1 can of sweet potatoes	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sugar or syrup	Marshmallows or pineapple

Boil potatoes until tender, peel or use canned potatoes. Mash them, add sugar or syrup, fat and salt and mix well. Turn into greased baking dish, dot top with marshmallows or sliced pineapple, place in moderate oven until marshmallows brown. Serve hot.

**SWEET POTATOES IN APPLES, GLAZED**

2 cups mashed sweet potatoes	$\frac{1}{4}$ cup melted butter
8 baking apples	$\frac{1}{2}$ cup sugar

Peel apples and scoop out core, leaving rather large cavity. Roll apples in butter and then in sugar. Stuff with mashed sweet potatoes, page 223, roll again in butter and then in sugar. Bake slowly (300° F.)  $1\frac{1}{2}$  to 2 hours, basting until well glazed.

**SCALLOPED SWEET POTATOES (with Apples or Oranges)**

2 cups cold, boiled sweet potatoes, $\frac{1}{4}$ -inch slices	$1\frac{1}{2}$ cups sliced sour apples or 1 unpeeled orange, sliced
$\frac{1}{2}$ cup brown sugar	4 teaspoons butter
1 teaspoon salt	

Put  $\frac{1}{2}$  the potatoes in a buttered baking dish, cover with  $\frac{1}{2}$  the fruit. Sprinkle with  $\frac{1}{2}$  the sugar, dot over with  $\frac{1}{2}$  the butter and sprinkle with  $\frac{1}{2}$  the salt; repeat, and bake in a moderate oven 1 hour.

**SWEET POTATOES AND APPLES**

Wash and pare long sweet potatoes. Cook in boiling, salted water until almost soft; drain and cut slices crosswise, 2 inches high. Core, pare and cut apples in  $\frac{1}{2}$ -inch rounds. Into a spider, place the potatoes upright with a slice of apple on top of each. Pour over  $\frac{1}{2}$  cup maple syrup,  $\frac{1}{4}$  cup water and 2 tablespoons butter. Baste frequently until apple is soft.

**SCALLOPED SWEET POTATOES (CREOLE)**

2 lbs. sweet potatoes	2 cups White Sauce
1 can sweet corn, or	1 cup buttered crumbs
1 lb. parboiled chestnuts	

Wash, pare, and slice potatoes. Boil 5 minutes, drain and place in a well buttered baking dish, alternate layers of potatoes and the corn, seasoned with salt and pepper, or Chestnuts, page 203, cut in large pieces. If corn is used—pour over 2 cups White Sauce No. 1, page 117. If chestnuts are used—boil  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{4}$  cup hot water, 3 minutes, add  $\frac{1}{4}$  cup butter, pour over the potatoes; in either case, sprinkle bread crumbs over top and bake  $\frac{3}{4}$  hour or until potatoes are tender.

**SWEET POTATO CROQUETTES**

1 pint mashed sweet potatoes	2 tablespoons butter
$\frac{1}{8}$ teaspoon white pepper	$\frac{1}{2}$ teaspoon salt
Yolk of 1 egg	

Mix together all the ingredients, except the egg, and beat until light; then add the yolk of the egg and mix well. Rub through a strainer and add 1 teaspoon chopped parsley. Shape into smooth balls, then into cylinders, or shape to resemble pears or apples. Dip in bread crumbs, then in beaten egg, then in crumbs again. Fry in deep, hot fat. See page 245. Drain on paper and serve on a hot dish.

**FANCY SHAPED POTATO CROQUETTES**

Make Sweet Potato Croquette mixture, recipe above. Shape to resemble pears, apples, bananas, carrots, turnips, tomatoes, or potatoes. For pear or apple shaped Croquettes, before frying stick one clove at blossom end of pear or apple, showing head of clove, and another clove at opposite point, the stem end showing. Make day before using, if desired, and warm in shallow pan with syrup used for Glazed Sweet Potatoes, page 223. Roll in flour, egg, and crumbs, fry golden brown in deep, hot fat, page 245. Drain and serve hot.

**SWEET POTATO PUFFS**

3 large sweet potatoes	Nutmeg to taste
1 tablespoon butter	Crushed cornflakes
Cream to moisten	1 egg
$\frac{1}{2}$ teaspoon salt	Water

Boil potatoes; peel, rice, mash, mix with butter and cream. Season. Roll into balls. Dip in egg mixed with a little water. Coat with flakes. Bake in greased pan in moderate oven or fry in deep fat

## Chapter 18

# Rice, Barley, Dried Peas and Beans

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### RICE

Rice increases three times or more in cooking. To prevent rice from sticking to kettle while boiling, grease bottom before adding boiling water. To keep rice hot when done, set in a warm place, uncover and lay folded cloth on top.

**To Wash Rice:** Pick over rice, put in strainer, place strainer in dish of cold water and wash rice well, rubbing between hands, changing water three or more times, until clear. Drain.

### BOILED RICE

1 cup rice                      2 quarts boiling water                      2 teaspoons salt

Wash rice as above. Sprinkle slowly into rapidly boiling, salted water so as not to check the boiling. Stir with fork. Boil rapidly 20 minutes or until grains seem soft when pressed between fingers. Drain in coarse strainer, pour boiling water through rice. Keep hot, uncovered 5 to 10 minutes so grains will be whole, dry and fluffy. Place in double boiler to keep hot or over water in a moderate oven.

**Rice Croquettes,** *see* page 249.

### STEAMED RICE

1 cup rice                      3 cups boiling water                      1 teaspoon salt

Wash rice as above. Put boiling, salted water in top of double boiler. Set over direct heat and gradually add rice. Let boil 5 minutes. Place over lower part of double boiler and let steam, covered, 30 minutes or until water is absorbed and grains are tender. Uncover to dry. Good to shape into molds or rings.

### CHINESE RICE

1 cup rice    1¼ cups cold water

Wash rice thoroughly in cold water many times, until water is clear. Drain, place in kettle with cold water to reach about one-third inch above the level of the rice. Place over hot fire, let come quickly to boiling point, cover tightly, reduce heat, let cook slowly twenty to thirty minutes or until tender.

**BROWN OR NATURAL RICE (Unpolished)**

1 cup brown rice      4 cups boiling water      2 teaspoons salt

Brown rice is rice from which the outer coat of bran has not been entirely removed. Cook from 40 to 60 minutes as Steamed or Boiled Rice, page 226, until tender.

**CURRIED RICE**

1 cup rice      3 cups hot chicken or veal broth  
1 onion      2 tablespoons butter  
2 teaspoons curry powder      2 teaspoons salt

Cover rice with cold water, bring quickly to boiling point, drain and rinse in cold water. Then cook in the chicken or veal broth and when half done, add the onion finely chopped and sautéed in butter and the curry powder creamed with a little butter. Mix thoroughly, add more stock if needed, and finish cooking in a slow oven. Serve with hot chicken or veal.

**MEXICAN RICE**

1 cup rice      2 teaspoons salt  
2 tablespoons butter      1 cup strained tomato  
1 quart water      or ½ cup tomato pulp

Wash rice. Put in skillet with butter, let fry until light brown, stirring constantly. Add tomato and salt, let cook a few minutes. Then add boiling water or soup stock, stir well, let cook gently until tender without stirring. Decorate with sliced hard cooked eggs.

**TURKISH RICE**

½ cup washed rice      ¾ cup tomatoes, stewed and  
1 cup brown soup stock      strained  
highly seasoned      3 tablespoons butter

Add tomato to stock and heat to boiling point; add rice and steam until rice is soft; stir in butter with a fork and keep uncovered that steam may escape. Serve as vegetable or as border for curried or fricasseed meat.

**ITALIAN RICE (Risotto)**

1 cup rice      3 cups hot chicken soup  
2 tablespoons chicken fat      2 teaspoons salt  
2 tablespoons chopped onion      ⅛ teaspoon Spanish saffron  
1 teaspoon chopped parsley      3 tablespoons grated Roman  
¼ lb. chicken livers      cheese

Heat fat in top of double boiler, add onion, parsley and liver, diced. Let fry gently until well browned, stirring constantly. Add rice well cleaned, let fry until light yellow, then gradually add soup. Let boil well for 5 minutes, add saffron, dissolved in a little hot soup and strained, stir well, cover kettle and let cook over hot water 20-30 minutes or until tender. Add cheese, mix lightly and serve hot with grated cheese.

**SPANISH RICE**

1 cup rice	2 cloves of garlic
4 tablespoons fat	1 red or green pepper, chopped, or 1 canned pimiento
5 onions, chopped	1 teaspoon paprika
2 cups strained tomato	2 teaspoons salt
1 cup water	

Wash rice thoroughly, place in frying pan with bacon or poultry fat, add onion and the garlic minced fine. Let fry 10 minutes, add rest of the ingredients, cook slowly about 1 hour and as water evaporates, add more to keep it from burning, until rice is tender.

**RICE RING**

Follow directions for Steamed Rice, page 226. When tender, uncover, let dry 5 minutes, put in a well greased ring mold, pour over  $\frac{1}{4}$  cup melted butter, set in a pan of hot water and place in a moderate oven 30 minutes. When ready to serve, remove from oven, loosen edges, turn carefully onto large hot platter. Serve with Brussels Sprouts, page 198, in center, surround with Chicken Fricassee, page 184. Turkish Rice, page 227, or Spanish Rice above may be used.

**No. 1 RICE AND MUSHROOM RING**

1 cup rice	2 tablespoons butter
1 lb. mushrooms	2 teaspoons minced onion
	Clove of garlic

Steam rice, page 226. Clean mushrooms, and chop. Sauté in butter with onions and garlic. Remove garlic, and mix mushrooms with steamed rice. Place in buttered ring mold, and set in pan of hot water, and place in moderate oven, 30 minutes.

**No. 2**

1 cup rice	1 pound mushrooms
------------	-------------------

Steam rice, page 226. Clean mushrooms, and separate caps and stems. Chop and steam stems, page 207, and add to steamed rice, and proceed as in Rice Ring, above. Steam caps, page 207, add Mushroom Sauce, page 118, and use to fill ring.

**RICE RING (GREEN)**

1 cup rice	1 small onion, chopped fine
4 eggs, separated	1 cup cream, whipped
1 cup parsley, minced	4-5 tablespoons Parmesan cheese
1 green pepper, chopped fine	1 teaspoon salt, paprika

Boil rice, page 226. Add beaten yolks, and remaining ingredients, adding lastly, whites beaten to a froth. Cheese may be omitted. Place in buttered ring mold in water in moderate oven (350° F.) and bake 45 minutes, or until set.

**SPANISH RICE RING**

Follow directions for Spanish Rice, page 228. Put in well greased ring mold, following Rice Ring recipe, page 228.

**TURKISH RICE RING**

Follow directions for Turkish Rice, page 227. Put in well greased ring mold, following Rice Ring recipe, page 228.

**WILD RICE RING**

Wild Rice is the seed of a broad-leaved grass found only in certain marshes. It is boiled or steamed as Brown Rice, page 227, from 40 to 60 minutes or until tender and unbroken. Lift with fork but do not stir. For Wild Rice Ring, follow directions for Brown Rice Ring below.

**BROWN RICE RING**

1 cup brown rice  
2 teaspoons salt

1 quart boiling water  
4 tablespoons butter

Pick over and wash rice well. Cook as Brown or Natural Rice, page 227. Melt butter, add salt and mix carefully with the rice. Butter a ring mold well, turn in rice, place in moderate oven 30 minutes over a pan half filled with boiling water. When ready to serve, remove from oven, loosen edges and turn carefully onto large hot platter. Surround with creamed chicken, and place mushrooms in center.

**BARLEY, TAPIOCA, SAGO, ETC.**

½ cup barley  
or other hard grain

1 quart boiling water  
1 teaspoon salt

Add salt to the boiling water and pour gradually on the barley, or other hard grain and boil until tender from 1 to 2 or more hours, according to the grain, and have each kernel stand out distinct when done. Add more boiling water as it evaporates. Use as a vegetable, or in soups. Pearl barley, tapioca and sago cook quicker than ordinary large grains.

**BARLEY RING**

1 cup barley  
1 cup diced celery root

½ cup diced carrots  
2 quarts water

2 teaspoons salt

Put diced vegetables in rapidly boiling, salted water. Drain, reserving both vegetable and liquid. Bring liquid to a boil, add barley and cook, as above. Mix vegetables with barley, season to taste, and place in well greased ring mold in pan of hot water. Bake ½ hour in moderate oven.

**HAGGIS (Scotch)**

1 lb. steel cut oats	$\frac{1}{2}$ lb. minced suet
Salt to taste	$\frac{1}{4}$ lb. liver
$\frac{1}{2}$ teaspoon white pepper	1 onion

Parboil liver, grate when cold, mix all ingredients with water into a stiff paste, tie in pudding cloth  $\frac{3}{4}$  full or in a thoroughly cleaned sheep's paunch. Put in boiling water, boil three hours.

**BUCKWHEAT GRITS (Kashe)**

$2\frac{1}{2}$ cups fine buckwheat grits	1 egg
1 teaspoon salt	2 cups boiling water
A little paprika	2 tablespoons fat

Mix salt, paprika and grits with egg, place in dish in oven to brown. Pour and stir in as much water as it will take up; add fat; cover, and bake 20 minutes or until tender. Stir into Roast Chicken Gravy, page 183, or any other meat gravy. Fry an onion in the fat before roasting. Serve with chicken or other fowl.

**DRIED BEANS, BOILED**

1 quart dried beans	Brown Sauce
1 tablespoon salt	or Sweet and Sour Sauce

Pick over and wash beans. Soak over night in cold water. Drain, cover with fresh salted cold water. Heat slowly, let cook just below the boiling point until tender, adding hot water if necessary. Drain and reserve one cup of liquid. Make a Brown Sauce, page 118, or Sweet and Sour Sauce No. 1, page 120, using the bean liquid; pour over the drained beans and serve hot. For Brisket of Beef with Beans, *see* page 162.

**Precooked Beans** need not be soaked.

**BEANS AND BARLEY**

Soak  $\frac{1}{2}$  cup navy beans in cold water over night. Drain and cook in 1 quart boiling water until tender but not broken, add  $\frac{1}{2}$  cup barley, 2 teaspoons salt, and let cook slowly until barley is almost tender, about  $\frac{1}{2}$  hour. Add fat soup stock as water evaporates. Season to taste and bake in medium oven about  $\frac{1}{2}$  hour or until dry but not browned.

**BAKED BEANS**

1 quart navy beans	1 tablespoon salt
$\frac{1}{2}$ lb. fat salt pork or	2 tablespoons molasses
1 $\frac{1}{2}$ lbs. brisket of beef	3 tablespoons sugar
$\frac{1}{2}$ tablespoon mustard	1 cup boiling water

Wash, pick beans over, cover with cold water and let soak over night. In the morning, cover with fresh water, heat slowly and let cook just below the boiling point until the skins burst, which is best determined by taking a few on the tip of the spoon and blowing over them; if done, the skins will burst. When done, drain beans and put in pot with the brisket of beef. If pork is used, scald it, cut through rind in  $\frac{1}{2}$ -inch strips, bury in beans, leaving rind exposed. Mix mustard, salt, sugar, molasses and water and pour over beans and add enough more water



to cover them. Cover pot and bake slowly at 300° F. six or eight hours. Uncover pot, the last hour so that pork will brown and be crisp.

### No. 1 BEAN LOAF

- |                             |                            |
|-----------------------------|----------------------------|
| 1 pint cold cooked beans    | 1 cup bread crumbs         |
| 1 egg, well beaten          | 1 tablespoon chopped onion |
| 2 tablespoons tomato catsup | Salt and pepper to taste   |

Combine ingredients, shape into loaf, and bake 25 minutes. Serve with strips of broiled bacon on top.

### No. 2

- |                  |                              |
|------------------|------------------------------|
| Cold baked beans | 1 tablespoon butter          |
| Bread stuffing   | $\frac{3}{4}$ teaspoon water |

Strain the beans and spread in layer  $1\frac{1}{2}$  inches thick. Make bread Stuffing No. 1, page 180, using chopped nuts in place of meat in dressing, fold beans over the dressing, shape as desired and bake  $\frac{3}{4}$  hour. Baste twice with the butter and water.

### DRIED LIMA BEANS, BAKED

- |                  |                  |
|------------------|------------------|
| 1 lb. lima beans | Salt and paprika |
|------------------|------------------|

Salt pork, or back or neck of a fat chicken

Wash beans thoroughly, let soak in lukewarm water to cover for two hours, or until skins wrinkle. Drain, add fresh warm water, bring quickly to the boiling point, then let simmer 1 hour or until tender. Add salt and paprika. Heat 2 tablespoons poultry or beef fat in skillet, add 2 tablespoons flour, when brown add a cup of the bean liquid, and the beans. Bake in casserole  $\frac{1}{2}$  hour. Add more bean liquid if necessary.

### LIMA BEAN CASSEROLE

- |                             |                             |
|-----------------------------|-----------------------------|
| 2 cups dried lima beans     | 1 can condensed tomato soup |
| 6 cups boiling water        | or sauce                    |
| $\frac{1}{2}$ teaspoon salt | 6-8 small pork sausages     |

Soak lima beans several hours or over night. Drain. Boil gently in salted water, uncovered, for 1 hour until soft. Drain. Arrange in a well greased casserole. Pour tomato soup over beans. Place sausages on top. Bake at 350° F. until sausages are brown, about 1 hour.

### LIMA OR KIDNEY BEANS, MEXICAN STYLE

- |                                      |                             |
|--------------------------------------|-----------------------------|
| $\frac{2}{3}$ cup cooked dried beans | 1 tablespoon fat            |
| 1 slice green pepper, chopped        | $\frac{1}{2}$ teaspoon salt |
| 1 slice of onion, chopped            | 1 cup strained tomato       |

Melt fat, add chopped vegetables and cook a few minutes, add tomato and seasonings and a little garlic, if desired. When mixture boils, add beans. Let simmer for 15 to 30 minutes. Just before serving, add chopped parsley.

### LENTILS

Lentils are prepared and cooked same as Dried Peas or Beans, boiled,

baked or cooked in purées or soups. Follow recipe for Split Peas, below, or serve in Sweet and Sour Sauce No. 1, page 120.

### DRIED GREEN PEAS

2 cups dried peas	$\frac{1}{2}$ teaspoon sugar
Cold water	A little pepper
2 teaspoons salt	Brown Sauce

Pick over and wash the peas. Soak several hours in cold water; drain. Add fresh cold water, cover well. Let cook just below the boiling point several hours or until tender. Add salt. Add hot water if necessary. Drain, reserving the liquid. Make Brown Sauce, page 118, using one cup of the liquid from the peas; pour it over the drained peas and serve.

### VEGETARIAN LOAF

$\frac{3}{4}$ cup dried bread crumbs	1 teaspoon salt
1 cup dried peas, boiled	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup walnuts (chopped)	2 tablespoons butter, melted
1 egg	$\frac{3}{4}$ cup milk

Drain peas and rub through strainer. Add other ingredients, mix well and put in a small buttered bread pan. Cover with paper and bake 40 minutes in a slow oven.

### SPLIT PEAS

2 cups split peas	$1\frac{1}{2}$ teaspoons salt
1 quart cold water	Brown Sauce

Pick over and wash peas. Place in kettle with water. Let come slowly to the boiling point and simmer several hours until soft, adding boiling water if necessary. Add salt. Make Brown Sauce, page 118, using one cup of the liquid from the peas. Add to the peas, let cook slowly 5 or 10 minutes and serve hot. Cooking a piece of fat corned beef, some smoked sausage, or ham bone with the peas improves the flavor.

### PEA PURÉE

2 cups dried peas	$\frac{1}{2}$ teaspoon sugar
3 pints cold water	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{8}$ lb. of bacon or other smoked fat	Speck white pepper
	1 large onion

Pick over and wash the peas. Soak over night, or for several hours in cold water. Put them on to boil in three pints of fresh, cold water and let them simmer until soft. Keep well scraped from the sides of the kettle. When soft, rub through a strainer, add a little boiling water or soup stock, add seasoning and beat.

Put bacon or other smoked fat, cut in small cubes, in frying pan; fry until light yellow, add onion, cut in dice and continue cooking until golden brown. Serve purée like mashed potatoes. Pour the bacon and onion over it before serving. Serve hot.

## Chapter 19

# Dumplings, Noodles, Macaroni and Spaghetti

**General Rules:** Mix ingredients, following individual recipes, and test by dropping one into rapidly boiling, salted water; if it does not hold together, only enough more flour must be added so that dumplings will keep their shape. Cook by dropping into a large kettle of rapidly boiling, salted water, and boil until they rise to the top. Simmer gently a few minutes longer, or until inside is thoroughly cooked. Test one by pulling apart with 2 forks; when dry and spongy, it is done.

**Garnishes for Dumplings:** The following garnishes are used over dumplings, noodles or macaroni.

**Onions,** cut fine and fried in butter or other fat.

**Cracker or stale gingerbread crumbs.**

**Grated American or cottage cheese** with salt and pepper.

**Chopped walnuts** or sugar and cinnamon with cracker crumbs.

**Scrambled eggs** are mixed through the dumplings.

## DUMPLINGS

### PLAIN DUMPLINGS (SPATZEN)

1½ cups flour

½ cup water or milk

1 teaspoon salt

1 egg

Beat egg well, add salt and water and stir this into the flour until a smooth batter is formed. Drop by spoonfuls into large kettle of boiling, salted water, testing and cooking as above. Drain in colander. Pour hot fat or meat gravy over them and serve. Garnish with fried onions, cracker crumbs or any desired dressing above.

### BAKING POWDER DUMPLINGS

1 pint flour

½ teaspoon salt

4 teaspoons baking powder

1 scant cup milk or water

Mix the dry ingredients, stir in the milk or water gradually to make a soft dough. Drop quickly by the spoonful into the boiling water; or in making stews, let them rest on the meat and potatoes. Cover closely to keep in the steam, and cook just 10 minutes without lifting the cover. Serve at once with brown butter or any well seasoned meat sauce.

### YEAST DUMPLINGS

1 pint flour

1 teaspoon sugar

½ oz. compressed yeast

2 eggs, beaten

1 cup lukewarm water

1 teaspoon salt

Crumble yeast in warm water, place in a mixing bowl with the rest of the ingredients, knead well to a smooth dough and set aside in a warm

place to rise. When light, turn out on floured board and mold into large, round biscuits. Cover with a cloth and let rise in a warm place again. Then drop each biscuit or dumpling carefully into salted, boiling water (1 teaspoon salt to 1 quart water), and let boil 10 to 20 minutes, in a closely covered kettle. To test if done, lift the cover just long enough to draw out one dumpling; then with two forks pull it apart and if doughy inside, continue cooking, but if dry and spongy, serve at once. Remove each dumpling separately with a perforated skimmer; place on large, warm platter and serve covered with browned butter and sugar or any stewed fruit or sweet sauce.

### SPONGE DUMPLINGS

½ cup butter	4 eggs, separated
1 cup flour	1 teaspoon salt
1 cup milk	½ teaspoon nutmeg
1 tablespoon dry farina	

Melt half of butter, mix well with the flour. Heat milk in a saucepan and while hot, stir butter and flour mixture into it gradually to a smooth paste until it loosens itself from bottom of saucepan, then put paste aside to cool. Cream remaining butter, adding the 4 yolks one at a time, then the paste, seasoning it well. Blend well, add farina, and lastly the well beaten egg whites. Drop from teaspoon into boiling salt water; cook 8 minutes, garnish with bread crumbs and butter.

### BREAD DUMPLINGS

2 cups wheat bread, soaked and squeezed dry	2 tablespoons fat or butter
1 tablespoon chopped onion	1 teaspoon salt
	2 eggs
	½ cup cracker crumbs

Heat fat, add onion, when just beginning to brown add bread and salt, stirring occasionally until fat is absorbed. Cool. Add eggs and cracker crumbs, 1 teaspoon chopped parsley, a little paprika, nutmeg and ginger. Mix well and form into balls. Drop into boiling salted water or soup and simmer 10 to 15 minutes.

### CRACKER DUMPLINGS

1 cup fine cracker crumbs	1½ teaspoons salt
3 eggs, beaten	6 tablespoons fat or butter

Cream the fat or butter, add eggs, slightly beaten, salt, bits of parsley, nutmeg, onion juice or any other flavoring. Mix and shape into balls. Drop into salted boiling water, let simmer for 15 minutes. Drain, pour over any desired garnish.

### No. 1 POTATO DUMPLINGS

2 pounds potatoes	1 cup flour, or ½ cup flour and
2 eggs	½ cup cracker meal
1½ teaspoons salt	Grated nutmeg, optional

Wash, peel and boil potatoes, or boil in jackets, page 217. Grate, mash or press through ricer and cool. Add the eggs, salt, flour and seasoning.

Mix and knead lightly until smooth. Try boiling one dumpling and if it falls apart, add more flour. Shape into one long, thick roll; cut into pieces from  $\frac{1}{2}$  to  $1\frac{1}{2}$  inches, and roll into dumplings. Cook in rapidly boiling, salted water until they rise to the top, then simmer a few minutes longer until cooked through to center. Drain, pour hot fat over them so they will not stick. Serve with any desired Dumpling Garnish, page 110.

**No. 2. With Croutons:** Follow recipe for Potato Dumplings, No. 1, add  $\frac{1}{2}$  cup Croutons, page 110, mixing well through the dough. Roll into egg-shaped balls. Proceed as above.

**No. 3. With Farina:** Add  $\frac{1}{2}$  cup farina to 1 scant cup flour in Potato Dumplings No. 1, proceed as above.

**No. 4. With Matzos Meal:** Use  $\frac{3}{4}$  cup matzos meal in place of flour in Potato Dumplings No. 1.

### POTATO DUMPLINGS WITH RAW POTATOES

$\frac{1}{2}$ cup drained raw potatoes	$\frac{3}{4}$ cup flour
2 lbs. boiled potatoes, riced and cooled	or $\frac{1}{2}$ cup matzos meal
1 tablespoon onion, chopped	$\frac{1}{2}$ tablespoon salt
	2 eggs
	2 tablespoons fat or butter

Grate raw potato, place in strainer, let drain, stirring occasionally. Heat fat or butter in frying pan, add onion; when golden brown, add drained potato. Cook until it forms a paste; let cool, add riced potatoes, salt, eggs slightly beaten and flour. Stir until smooth. Roll into balls or drop from teaspoon into boiling, salted water. Proceed as in Potato Dumplings, above.

### PLUM OR APRICOT DUMPLINGS

Follow recipe for Potato Dumplings No. 1, above. When smooth, form in hollow of hand, into flat, round cakes, about  $2\frac{1}{2}$  inches wide. In each, place a sweet, blue, freestone plum, from which the pit has been removed and the space filled with sugar and cinnamon. Fold dough over and roll into a round dumpling. Cook in boiling, salted water for ten minutes. Drain. Spread bread crumbs browned in butter over the top.

### LIVER BALLS

$\frac{1}{2}$ lb. butter	Pepper, few grains
4 unbeaten eggs	Nutmeg, few grains
$\frac{3}{4}$ lb. liver, ground	2 tablespoons minced parsley
1 tablespoon salt	$2\frac{1}{4}$ cups hard, dry bread crumbs

Cream butter well, add eggs one at a time, then the liver, seasoning and bread crumbs. Mix thoroughly. Form into small balls for soup, larger balls for dumplings. Drop into boiling soup or salted water. Cook 10–20 minutes, depending on size. Serve in soup or drained with any desired sauce.

**LIVER DUMPLINGS**

½ lb. calf's liver or chicken livers	1 teaspoon salt
1 cup cracker or bread crumbs	½ teaspoon grated onion
1 cup milk or water	⅛ teaspoon pepper
1 egg	Grated lemon rind.

Skin the liver and remove every particle of tough fibre. Chop fine. Cook bread and water to a paste. Remove from stove, add egg, liver and seasonings and shape into balls size of a nutmeg and drop into boiling soup 10 minutes before serving time. The heart and tender parts of gizzard of chicken may also be used.

**MATZOS KLOESE**

6 matzos	About ½ cup matzos meal
2 tablespoons goose fat	½ teaspoon chopped parsley
½ onion	Salt, pepper
3 eggs	Nutmeg

Soak the matzos (unleavened bread) in water and squeeze dry. Heat the fat in the skillet, add the onions, cut very fine, and fry a golden brown; then add the soaked matzos, stirring occasionally until mixture will not stick to the pan. Let cool, season, add the eggs and the matzos meal. Let stand 1 hour, shape into balls.

Drop in boiling, salted water and cook 15 minutes; drain and fry brown in hot fat or butter with an onion, cut fine and browned.

**MATZOS KLOESE, FILLED**

Matzos Kloese dough	2 tablespoons goose fat
Cooked prunes, stoned	1 onion, cut fine

Make round, flat cakes of the Matzos Kloese dough (recipe above). Place a prune in the center of half of the cakes and cover with the other half; press the edges firmly together and roll until perfectly round. Drop in salted, boiling water (1 teaspoon salt to 1 quart water), cook 10 to 15 minutes. Heat goose or any poultry fat, add onion and brown nicely and pour over the boiled Kloese.

**EGG BARLEY OR PFARVEL (BAKED)**

2 cups raw Pfarvel	3 cups soup stock or boiling
2 tablespoons fat or butter	water with meat gravy
¼ cup onions, cut fine	Salt to taste

Make "Pfarvel," page 116. Heat the fat, add onions, fry until a golden brown, add the dried "Pfarvel" and brown nicely. Place in pudding dish, add hot soup stock or water to more than cover. Bake in a moderate oven about 1 hour or until water has nearly evaporated and the "Pfarvel" stand out like beads and are soft. The onion may be omitted. Serve hot in place of a vegetable.

## NOODLES

### TO BOIL NOODLES

Drop noodles in boiling, salted water and boil 15-20 minutes. Drain, and if used in rings or puddings, pour cold water over them and let drain.

### TO FRY NOODLES

Brown fine noodles in 1 tablespoon of butter in a frying pan, until crisp or fry them in deep hot fat and serve on platter, hot, as a garnish on top of broad noodles.

### BOILED BROAD NOODLES

4 eggs

$2\frac{2}{3}$  cups flour (about)

Follow recipe for making Noodles, page 115, using four times the quantities. Divide into four portions and fold and cut one part into fine noodles, as for soup. Fold the other three parts, each into a long roll and cut into "broad" noodles,  $\frac{1}{3}$  to  $\frac{1}{2}$  inch wide. When ready to serve drop broad and fine noodles in boiling, salted water, in separate kettles and boil broad noodles 15 minutes, fine noodles, 5 minutes. Drain in colander, return to kettle and pour 2 tablespoons hot butter or fat over broad noodles. Place on hot serving platter, cover with the fine noodles, fried.

### VEGETABLE NOODLES

$\frac{1}{4}$  cup strained vegetable

$\frac{1}{4}$  teaspoon salt

1 egg, slightly beaten

2 cups flour

Take fresh vegetables: spinach, asparagus, peas or tomatoes. Cook until soft; drain and press dry; strain through fine sieve. Add egg, salt and flour to this pulp and knead to a smooth dough. Let stand covered  $\frac{1}{2}$  hour or longer. Roll very thin. Let stand and when no longer sticky, cut into  $\frac{1}{3}$  inch wide noodles. Drop into boiling, salted water. Boil 10 to 20 minutes or until tender. Drain, pour over melted butter or fat.

### NOODLES A LA NEAPOLITAN

Broad noodles

1 cup milk or cream

2 cups chopped ham

2 eggs

or dried beef or chicken

1 cup buttered bread

cooked and seasoned

or cracker crumbs

Follow recipe for Noodles, page 115, using four times the recipe, cook in boiling, salted water until done, pouring cold water through colander and drain. Into a well greased baking dish, place a layer of about  $\frac{1}{4}$  of the noodles, spread  $\frac{1}{2}$  of the prepared meat over this, add another  $\frac{1}{4}$  of the noodles, the remainder of the meat and spread over this the rest of the noodles. Beat eggs well, add milk gradually and pour over the noodles and meat, cover top with the crumbs and bake in a moderately slow oven about 20 minutes or until well browned.

**No. 1****NOODLE RING**

Noodles,  $\frac{1}{3}$  to  $\frac{1}{2}$  lb.  
2 tablespoons butter

1 cup browned bread crumbs  
or fried fine noodles

Prepare Noodles, page 115, using 4 eggs. Cut noodles about  $\frac{1}{3}$  inch wide. Boil in salt water, drain in colander, pour cold water over them and let drain. Mix with 2 tablespoons butter and place in a well greased ring mold, sprinkled with bread crumbs. Set in a pan of boiling water and let bake slowly about  $\frac{3}{4}$  hour. Turn out on hot platter and fill center with Sautéed Mushrooms, page 207, or Chicken a la King, page 250, or commercially prepared noodles may be used.

**No. 2**

3 cups boiled noodles  
 $\frac{3}{4}$  cup milk or cream  
Salt and pepper

3 eggs  
1 tablespoon butter  
or chicken fat

Boil fine or broad noodles in salted, boiling water, until tender. Place in colander, pour cold water over them and let drain thoroughly. Beat eggs slightly, add salt and a little pepper, stir in the fat and lastly the milk or cream. Butter medium sized ring mold very well, add the boiled noodles. Pour over the custard. Set in pan of boiling water, place in moderate oven and bake without browning, 30 to 45 minutes. The ring is set if a knife put into it comes out clean. When ready to serve, loosen edges with knife. Turn out on hot platter. Have creamed mushrooms in center, or Chicken a la King, page 250.

**No. 3.** Follow recipe above (No. 2) adding  $1\frac{1}{4}$  cup grated cheese, 1 tablespoon Worcestershire sauce, 1 tablespoon catsup, and using  $1\frac{1}{2}$  cups milk and 4 eggs beaten separately, adding whites last.

**VIENNA NOODLES**

Noodles  
 $\frac{1}{2}$  lb. ham, boiled and  
chopped

$\frac{1}{4}$  cup cream  
 $\frac{1}{2}$  cup cracker crumbs  
2 tablespoons butter

Follow recipe for making Noodles, page 115, doubling the recipe and cutting the noodles about one-sixteenth inch wide. Cook in boiling, salted water until done, drain in colander and let cold water run through them. Butter a bread pan, dust with cracker crumbs, place in layer of the boiled noodles, then the ham, then the rest of the noodles. Pour the cream over this, sprinkle cracker crumbs over top and dot with bits of the butter. Bake one hour in moderate oven until brown.

**SCALLOPED NOODLES**

Noodles  
1 cup bread crumbs

3 tablespoons butter  
 $\frac{1}{4}$  cup cracker crumbs

Follow recipe for making Noodles, page 115, doubling the recipe and cutting the noodles about  $\frac{1}{8}$  inch wide. Cook in boiling, salted water,



drain in colander, and let cold water run through them. Melt 2 tablespoons butter, add the bread crumbs, let brown, then mix lightly through the boiled noodles. Butter a baking dish generously, dust with cracker crumbs. Place noodle mixture in dish, sprinkle cracker crumbs over top and dot with bits of butter. Bake 1 hour in moderate oven.

### SCALLOPED NOODLES AND PRUNES

Broad noodles (4 eggs)	2 tablespoons butter
1 lb. stewed prunes	1 cup buttered bread crumbs
Sugar and cinnamon	

Follow recipe for Noodles, page 115, using four times the recipe; boil until tender. Put in colander, pour over cold water and drain. Stew Prunes, page 334, stone and sprinkle with sugar and cinnamon. Into a well greased baking dish place  $\frac{1}{4}$  of the noodles, bits of butter or other fat, add  $\frac{1}{2}$  of the prunes, then another layer of the noodles, butter, the remaining prunes, the rest of the noodles. Pour over the prune juice, and spread crumbs over top and bake in moderate oven until crumbs are brown, or 6-oz. packaged noodles may be used.

### NOODLES AND APPLES

2 cups boiled noodles	Salt
4 apples	2 tablespoons fat
2 tablespoons sugar	2 tablespoons butter

Cook noodles. Wash, pare and cut apples in eighths. Melt butter and fat in a frying pan, put in  $\frac{1}{2}$  the noodles, then apples. Sprinkle with sugar, a speck of salt and cinnamon, cover with remaining noodles. Let bake until apples are soft and noodles are browned. Keep covered first ten minutes.

### CHINESE NOODLES (CHOW MEIN)

2 lbs. noodles	1 egg, beaten
1 cup water chestnuts	2 tablespoons Chinese Sauce
1 cup bamboo shoots	2 teaspoons salt
1 cup celery	1 cup soup stock, or water
1 lb. raw pork, or chicken	2 tablespoons cornstarch in 2
$\frac{1}{2}$ cup oil or drippings	teaspoons water
2 green onions, with tops	

Peel Chinese chestnuts, slice, then cut into threads; cut bamboo shoots and celery 3 inches long, then into slices lengthwise and then into long threads; cut pork, or chicken, into strips  $1\frac{1}{2}$  inches long; fry egg in oiled pan, cut in  $1\frac{1}{2}$  inch strips; cut onion into threads.

The noodles must be freshly made and well dried. Sprinkle about 2 tablespoons of oil over the noodles, place on rack of steamer, let steam 15 minutes, lifting carefully with fork to separate well. Spread on board, let cool, then fry until crisp and golden brown in deep, hot oil.

Drain well and place on hot platter. Have ready the following: Heat frying pan, add salt,  $\frac{1}{3}$  cup oil or pork drippings, then the pork, let fry gently without browning about 15 minutes, stirring occasionally. Then add chestnuts, bamboo shoots, celery and 1 tablespoon Chinese Sauce. Cover, let steam about 15 minutes, stirring occasionally. Add 1 tablespoon Chinese Sauce to soften cornstarch, mix with about  $\frac{1}{2}$  cup of soup stock or water. Pour over the vegetables. Mix well, add more water if necessary. Stir and let cook 2 minutes and spread over the hot fried noodles and decorate the top with onion strips and egg threads.

Chicken may be used in place of the pork.

### SCALLOPED NOODLES WITH CHICKEN A LA KING

Chicken a la King 3/8 inch noodles  
1 lb. fresh mushrooms, sautéed 1 cup buttered bread crumbs

Follow recipe for Boiled Noodles, page 237, using 3 eggs and 2 cups of flour. Drain by pouring cold water through colander. Prepare Chicken a la King, page 250, not using the eggs in the sauce. Sauté mushrooms, page 207.

Into a well-greased baking dish, place  $\frac{1}{3}$  of the noodles,  $\frac{1}{2}$  of the Chicken a la King and mushrooms with sauce, another  $\frac{1}{3}$  of the noodles, the rest of the chicken and mushrooms and sauce with the remaining noodles on top. Spread the crumbs over all and bake in moderate oven until thoroughly heated and the crumbs are browned.

### RAVIOLI

Noodle Dough	$\frac{3}{4}$ cup grated Roman cheese
$1\frac{1}{2}$ cups Beef Pot Roast, chopped	$\frac{3}{4}$ cup dry bread crumbs
$\frac{1}{2}$ cup chopped, cooked, Spinach, page 212	$\frac{1}{2}$ lb. pork sausage
	2 eggs
	Salt and pepper

**Meat Filling:** Prepare Pot Roast No. 2, page 157. Reserve gravy. Put meat through grinder. Mix  $1\frac{1}{2}$  cups with rest of ingredients to smooth paste.

Make Noodle Dough, page 115, using 3 times the quantities. Roll dough very thin and spread on cloth to dry. Cut into strips the length of dough and 3 inches wide. Along the length of dough, near the lower edge, drop filling by teaspoonfuls an inch apart. Fold upper half of dough over the filling, cut into squares, pressing edges well together. Place Ravioli on floured board or cloth and let stand several hours to dry. Drop a few at a time in two quarts boiling water with 1 teaspoon salt and let them cook for 20 minutes. Take up with skimmer, drain thoroughly. Remove to hot platter, pour pot roast gravy over all, sprinkle well with more grated Roman cheese and serve.

**Cottage Cheese** seasoned with salt and pepper and smoothed with a little cream, may be used in place of the meat filling.

**CREPLICH OR PIEROGI****No. 1. Meat**

Noodle Dough	½ teaspoon onion juice
1 lb. cooked meat, chopped	1 egg
	Salt and pepper

Make Noodle Dough, page 115, using 3 times the quantities. Roll out very thin and spread on cloth to dry. Add seasoning and egg to meat. With knife, mark dough in 2-inch squares, place a teaspoon of meat mixture on every square, and then fold each in three cornered shape, pressing edges well together. Drop into boiling soup, or salted water; let cook 15 minutes. Drain in colander, place on hot platter, and pour over 2 tablespoons of hot fat. Garnish with browned cracker crumbs, chopped walnuts, or gingerbread crumbs.

**No. 2. Cheese**

Noodle Dough	1 tablespoon sweet or sour cream, or melted butter
1 lb. cottage cheese	Salt and pepper
1 egg	

Make Noodle Dough, page 115. Mix ingredients, and proceed as above. Or, if desired sweet, omit salt and pepper and add slightly beaten egg, sugar, grated rind of lemon or cinnamon.

**MACARONI AND SPAGHETTI****BOILED MACARONI**

½ lb. macaroni	2 teaspoons salt
2 quarts boiling water	1 cup cold water

Drop macaroni cut in 3-inch pieces into the boiling water with salt. Boil 20 to 25 minutes or until tender. Drain in colander and pour cold water through it. Serve hot with browned butter or any well flavored sauce, and sprinkle grated cheese over top.

**MACARONI AND CHEESE**

Boil Macaroni, above, and prepare White Sauce No. 2, page 117. Have ready 1 cup of grated cheese. Butter a pudding dish, put in a layer of macaroni, one of sauce and one of cheese, then another layer of each, with cheese on top. Dust the top with sifted bread or cracker crumbs, dot with bits of butter and bake 15 minutes in a hot oven. Serve in dish.

**MACARONI, TOMATOES AND CHEESE**

Prepare Boiled Macaroni or Spaghetti, Tomato Sauce, page 119, and 1 cup grated cheese. Into a well greased pudding dish place a layer of spaghetti, sprinkle with cheese. Repeat. Pour sauce over all. Dot with bits of butter and bake 15 minutes in a hot oven. Serve in dish. Or pour sauce over hot Macaroni and serve.

### MACARONI WITH MUSHROOMS

Cover the bottom of a baking dish with about a tablespoon of melted butter, cover with a layer of boiled macaroni. Then a thick layer of washed, fresh mushrooms peeled and cut into slices, then another layer of macaroni and mushrooms, continue until the dish is full, having the last layer macaroni. Pour over one pint of cream. Cover and bake in a moderate oven  $\frac{1}{2}$  hour; then remove the cover and brown quickly.

Or, in place of the cream take  $\frac{1}{2}$  tablespoon butter, 1 small onion and a clove of garlic, chopped fine. Fry until all is browned, then add 3 tablespoons of strong beef soup stock and 4 dried mushrooms which have been soaked. Simmer all the ingredients for 5 minutes before pouring the sauce over the cooked macaroni.

### MACARONI WITH TOMATOES AND MUSHROOMS

$\frac{1}{2}$ lb. boiled macaroni	1 tablespoon finely chopped
1 tablespoon butter	dried mushrooms
1 small onion, cut fine	Salt and cayenne pepper
1 teaspoon flour	1 teaspoon parsley, chopped
1 cup beef or chicken soup	3 tablespoons grated Parmesan
1 pint of stewed tomatoes	or American cheese

Add salt and then the macaroni to the boiling water. Let boil 20 minutes, stirring to avoid sticking at the bottom of the kettle. Drain in colander; pour 1 cup of cold water through it; then return to kettle.

If dried mushrooms are used, soak in warm water 1 or 2 hours, changing the water several times. Heat the butter, add the onion; when slightly browned, add the flour, then the soup stock. Stir until smooth; add the tomatoes, strained, and let simmer 20 minutes. Then pour over the hot boiled macaroni. Add mushrooms, season with salt and paprika; let heat through, add the parsley. Place on platter, sprinkle cheese on top.

### MACARONI PUDDING

1 cup macaroni	1 chopped canned pimiento
1 cup cream	1 tablespoon parsley
1 cup soft bread crumbs	1 teaspoon onion juice
$\frac{1}{4}$ cup butter	1 teaspoon salt
3 eggs, separated	1 cup grated cheese

Grease a form lined with buttered paper. Boil Macaroni, page 241, and chop fine. Scald cream and pour over soft bread crumbs. Mix butter, pepper chopped fine, parsley chopped fine, seasonings, cheese, and well beaten yolks. Mix all together well, adding stiffly beaten whites last. Pour into form and bake in pan of water, in hot oven, 400° F., 1 hour. Turn out on hot platter, serve with Mushroom Sauce, page 118.

**BAKED MACARONI WITH CHIPPED BEEF**

2 cups cooked macaroni                      2 cups White Sauce  
 ¼ lb. dried beef, sliced                      ¾ cup buttered crumbs

Break macaroni in ½-inch pieces, boil until soft, page 241. Remove tough skin from thinly sliced smoked dried beef, separate in pieces. Cover with hot water, let stand 10 minutes, drain. Arrange in buttered baking dish, alternate layers of macaroni and beef, pour over White Sauce No. 2, page 117, cover with buttered crumbs, bake in hot oven until crumbs are brown.

**MACARONI AND OYSTERS**

1 pint oysters                                      1 cup White Sauce  
 1 pint boiled macaroni                      ½ cup crackers, rolled

Break and boil macaroni, page 241. Into a well greased pudding dish place drained oysters and add macaroni, cover with White Sauce No. 2, page 117, which has some of the oyster liquor in it. Sprinkle with cracker crumbs and bits of butter. Bake until browned.

**TO BOIL SPAGHETTI**

½ lb. spaghetti                                      2 teaspoons salt  
 2 quarts boiling water                      Cold water

Slide spaghetti gradually without breaking it into boiling, salted water. Boil 25 minutes or until tender. Drain in colander, pour 1 cup cold water through it and return to kettle.

Serve hot with browned butter, sprinkle with grated cheese or pour over any well seasoned sauce.

**SPAGHETTI WITH MEAT BALLS**

Spaghetti, above                                      Beef Balls No. 1, page 163

Roll beef mixture into balls the size of a walnut. Cook in soup stock (1 cup water to 1 bouillon cube). Simmer ¼ cup each, minced carrots, minced onion, minced celery, 1 clove garlic in 4 tablespoons olive oil. Add 1 can tomato paste, 1 can tomatoes, 3 cups soup stock. Cover and cook slowly for several hours. Strain, add ½ lb. sautéed mushrooms, and seasoning. Serve over Spaghetti on platter, surrounded by the meat balls.

**SPAGHETTI, SWEETBREADS AND MUSHROOMS**

½ lb. spaghetti                                      ¼ cup butter  
 1 lb. sweetbreads                                      1 tablespoon flour  
 ½ lb. fresh mushrooms                      ½ cup milk or cream

Boil Spaghetti, above. Season with salt and pepper to taste, mix well and pack into a well buttered mold and keep hot. Boil the sweetbreads, page 172, and sauté the mushrooms, page 207. To the butter in which the mushrooms were sautéed add the flour and when slightly browned add the milk or cream, cook, until smooth. Turn spaghetti out of mold in the center of a serving platter, around this arrange the sweetbreads and over this the mushrooms with the sauce.

**SPAGHETTI ITALIENNE**

½ lb. spaghetti	4 bay leaves
2 quarts boiling water	¼ teaspoon pepper corns
2 teaspoons salt	Salt to taste
1 can tomato (liquid)	¼ cup olive oil
2 cloves of garlic, cut fine	¼ cup grated Parmesan cheese

Boil Spaghetti, page 243, drain a can of tomatoes, set aside the pulp and place liquid tomato in saucepan with the garlic, bay leaves, pepper and the oil. Cook until well seasoned, strain and pour over the spaghetti. Heat thoroughly. Serve, sprinkled with grated cheese.

**SOUTHERN SPAGHETTI FOR 15**

½ lb. spaghetti	½ can kidney beans
½ lb. bacon, diced	½ can peas
3 onions, sliced	½ can tomatoes
1½ lbs. chopped raw beef	½ lb. cheese, chopped
2 green peppers, chopped	½ lb. mushrooms, or can
2 tablespoons chopped parsley	Salt and pepper to taste

Boil Spaghetti, page 243. Place bacon in skillet, try out fat; add onions, and fry to a golden brown. Add meat and vegetables and simmer a few minutes. In a large baking dish, alternate layers of spaghetti and meat mixture, the last layer of spaghetti sprinkled with cheese. Bake in a slow oven about 2 hours.

**SPAGHETTI, CHOP SUEY**

2 lbs. spaghetti	¼ lb. fresh pork
4 medium onions	1 can tomatoes
¼ lb. beef	1 clove garlic, cut

Boil Spaghetti, page 243. Put beef and pork through food chopper, using the coarse grinder. Fry onions until glazed, add chopped meat and let brown slightly. Rub inside of skillet with garlic, then add tomatoes, salt and cayenne to taste and let cook slowly until the sauce is well flavored, pour over the hot boiled spaghetti and serve.

**ITALIAN SAUCE FOR SPAGHETTI**

1 onion per person	2 small cloves garlic, minced
1 tablespoon bacon fat	1 cup water
½ cup water, warm	1 can tomato paste
1 sharp red pepper, diced	1 can strained tomatoes
1 pimiento, diced	3 tablespoons brown sugar
1 lb. ground meat	¼ teaspoon red pepper

Salt to taste

Fry onion in fat until golden brown. Add water and peppers. When water has evaporated add meat with garlic. When meat is well browned add remaining ingredients. Boil for 2 hours, stirring occasionally. Serve with strong Italian cheese, grated.

# Chapter 20

## Entrées, Luncheon Dishes, Chafing Dish Recipes

### COOKING IN DEEP FAT

**General Rules:** Vegetable fats or oils are best for deep fat frying. They get hot more quickly, are nearly odorless and do not burn so readily. Use vegetable oils alone or in combination with any meat fats except lamb. Butter and lard are not as satisfactory for deep fat frying as they burn very easily.

Place the articles to be cooked in a bath of hot fat, deep enough to float them. The kettle should be of iron or aluminum; a frying basket or a wire spoon may be used to remove the food from the fat.

If there is no deep fat frying thermometer, the correct temperature of the fat may be tested by the length of time it takes for a one-inch cube of soft white bread to turn a golden brown.

Temperature	Time to Brown Bread	Foods to be Fried
390° F.	40 Seconds	Cooked materials like croquettes Uncooked materials, like doughnuts Chops
360° to 370° F.	60 Seconds	
360° to 400° F.	30 to 60 Seconds	

All the articles cooked must be drained on unglazed, brown paper.

When food has been taken from the fat, the fat must be re-heated and tested before adding a second amount.

**To Clarify Fat** which has been used for frying, drop a few thick slices of raw potato in the hot fat, for a few minutes, until brown and well done; strain through muslin, and when cold, cover. Fat may be used many times for frying and then be made into soap.

**To Render Beef Fat,** *see* page 153. **To Use,** *see* page 154.

### FRITTERS

#### No. 1. Fritter Batter

1 1/3 cups flour	1/4 teaspoon salt
2 teaspoons baking powder	2/3 cup milk
	1 egg

Mix and sift the dry ingredients, add milk gradually and the eggs, well beaten. Use batter for the following fritter recipes.

## FRITTERS

**No. 2. Fritter Batter**

1 egg, separated	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup water or milk	$\frac{1}{2}$ cup flour
1 tablespoon melted butter	

To the beaten yolk add the butter and salt and one-half of the liquid, and stir in the flour to make a smooth dough. Add the remainder of liquid gradually to make a batter, and fold in the stiffly beaten white.

**To Fry Fritters:** Coat fruit well with the batter, using little batter as possible. Lift with a two-tined fork and drop into fat 360-375° F. Fry 2 minutes if cooked fruit is used, 7 minutes for uncooked fruit.

## APPLE FRITTERS

2 medium sized sour apples	Powdered sugar
Batter No. 1 or 2	Lemon slices

Core, pare and cut apples in  $\frac{1}{3}$ -inch slices. Dip pieces in Batter No. 1, page 245, or No. 2, above. Fry in deep, hot fat. Serve with powdered sugar and lemon slices.

## PINEAPPLE FRITTERS

Cover slices of pineapple with a little sugar and let stand one hour. Drain and dip slices in Batters Nos. 1, page 245, or 2, above, and fry in deep hot fat. Drain on brown paper and sprinkle with powdered sugar.

## CHERRY FRITTERS

1 cup flour	1 egg
$\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ cup milk
1 teaspoon baking powder	$\frac{3}{4}$ cup drained cherries
1 tablespoon melted butter	2 tablespoons sugar

Mix dry ingredients. Beat the egg, add melted butter. Combine with the milk and then add to the dry ingredients. Fold in the cherries. Drop by small teaspoonfuls into deep, hot fat, 360° F. Fry 2 or more minutes until browned. Drain and dust with powdered sugar. Then serve with sauce made of cherry juice, adding fresh or canned cherries in Fruit Juice Sauce, page 336.

## QUEEN FRITTERS

$\frac{1}{2}$ cup boiling milk or water	2 tablespoons powdered sugar
$\frac{1}{4}$ cup butter	2 eggs
$\frac{1}{2}$ cup flour	Pinch of salt

Fruit preserves

Put butter in small saucepan and pour on water. Heat to boiling point, add flour all at once and stir until mixture leaves sides of saucepan and cleaves to spoon. Remove from fire, add eggs, one at a time, beating constantly. Drop by spoonfuls in deep fat and fry until well puffed and browned. Drain, make an opening, fill with preserves and sprinkle with powdered sugar.



**FRUIT FRITTERS**

Fresh peaches, apricots, oranges or pears may be cut in slices or in larger pieces, dipped in batter and fried same as other fritters. Canned fruits may be used after being drained.

**CROQUETTES****How to Egg and Crumb**

Break an egg in a plate, beat slightly with a fork and add 1 tablespoon of water. Fill another plate with crumbs. Roll croquettes in crumbs and place on board, let stand 5 minutes. Dip in egg mixture, let drain, then roll in crumbs again. Place on board, let stand  $\frac{1}{2}$  hour or longer and then fry in hot, deep fat.

**To Prepare Crumbs**

Dry pieces of bread thoroughly, at room temperature or in a slow oven. Crush them fine and even with a rolling pin or run them through a food chopper. If two grades are desired; sift them, keeping the finer crumbs in one jar and the coarser in another.

**Rissoules**, *see* page 178.

**Cold Meat Croquettes**, *see* page 179.

**CHICKEN CROQUETTES**

$3\frac{1}{2}$ cups cooked chicken	1 tablespoon parsley
Onion juice	2 teaspoons lemon juice
1 pint White Sauce No. 3, page 117	

Chop the chicken very fine, and add sauce to make it as soft as can be handled. Cool and shape into rolls. Roll in fine bread crumbs, seasoned with salt and pepper, dip in beaten egg and roll in crumbs again. Cook in deep, hot fat until brown. A beaten egg may be added to sauce before mixing with the meat.

**LIVER CROQUETTES**

Grind 1 pound raw beef liver with 3 slices of bacon and  $\frac{1}{2}$  small onion. Season with salt and pepper, add  $\frac{1}{2}$  cup flour. Form into croquettes, and fry in butter.

**LOBSTER CHOPS**

2 large lobsters, boiled	1 teaspoon chopped parsley
$\frac{1}{2}$ teaspoon grated onion	1 cup thick White Sauce

Chop the lobster meat, make White Sauce No. 3, page 117. Add the boiled lobster meat, then the onion and parsley. Cook thoroughly, add salt and cayenne pepper to taste. Remove from stove. Divide in heaps, about ten, and cool thoroughly. Form into chop shape, and roll in egg and then in grated bread crumbs. Fry in deep, hot fat. Put a claw in each, to represent the bone. Serve very hot, with Tartar Sauce, page 124.

**LOBSTER RISSOULES**

Mince boiled lobster meat, pound the coral and add grated onion, salt, cayenne. Add grated yolks of 3 hard cooked eggs. Make a batter of 1 egg, 1 tablespoon flour and 2 tablespoons milk. Beat well together and mix with the above. Roll into balls and fry in deep, hot fat.

**CRAB MEAT CHOPS**

2 cups canned or fresh crab meat, boiled and flaked	1 teaspoon chopped parsley ½ teaspoon chopped onion ½ teaspoon salt
1 cup thick White Sauce	Cayenne pepper

Make White Sauce No. 3, page 117, mix with the rest of the ingredients, and cool. Make 8 separate heaps of this and let stand an hour. Take each heap and form into a chop shape, dip in beaten egg, dredge in cracker dust and fry in hot, deep fat. Serve with hot Tartar Sauce, page 124, or Hollandaise Sauce, page 122.

**TUNA FISH CROQUETTES**

1 large can tuna	Salt, pepper, paprika and celery salt
1¼ cups mashed potatoes	Few drops lemon juice
1 teaspoon chopped parsley	1 egg

Pick fish with silver fork into fine particles; add the mashed potatoes, eggs slightly beaten and seasoning. Take rounded tablespoon of the mixture. Roll in desired form, dip in crumbs, egg batter, crumbs, and fry in deep, hot fat.

**SALMON CROQUETTES**

1 lb. can calmon	¼ cup cracker crumbs
½ teaspoon salt	½ teaspoon grated onion
Cayenne pepper	1 well beaten egg
1 tablespoon chopped parsley	

Mince fish fine; add salt and pepper, and a tablespoon of chopped parsley or celery tops and cracker crumbs; moisten it with a raw egg and mix well, turn it out upon a dish; then roll it into cones, dip these in beaten egg seasoned with salt and pepper, roll them in bread crumbs, drop into deep, hot fat and fry a delicate brown, drain them a moment arrange neatly on a hot dish and serve with Tartar Sauce, page 124.

**EGG CUTLETS**

6 hard cooked eggs	½ teaspoon paprika
1 cup thick White Sauce	1 teaspoon onion juice
1 tablespoon chopped parsley	

Chop eggs rather coarsely, and add the parsley. Make White Sauce No. 3, page 117. Season to taste with onion juice, paprika and salt. Take from the fire and add the eggs and parsley.

Spread out on a buttered dish and set away until cold. Dust the hands lightly with flour and shape spoonfuls of mixture in small cutlets

being careful to pat them out until of an even thickness; use as little flour as possible, or the creamy consistency will be lost. When all are shaped, dip each cutlet into slightly beaten egg, then in fine, dried bread crumbs, and fry in hot, deep fat. Drain. Insert wooden skewer in each cutlet and serve with Tomato Sauce, page 119, or Cream Sauce, page 117.

### CHESTNUT CROQUETTES

1 cup mashed French chestnuts	2 yolks of eggs
2 tablespoons thick cream	1 teaspoon sugar
	$\frac{1}{4}$ teaspoon vanilla

Boil Chestnuts, page 204, mash. Mix ingredients in order given. Shape in balls, dip in crumbs, egg and crumbs again, fry in deep, hot fat and drain.

### RICE CROQUETTES

2 cups cold, cooked rice	$\frac{1}{2}$ teaspoon salt
2 or 3 tablespoons milk	Little white pepper
1 egg	Cayenne
2 tablespoons butter	2 tablespoons chopped parsley

Warm the rice in a double boiler, with enough of the milk to soften it. Add the butter, seasoning and beaten egg, and cook until the egg thickens. Spread the mixture on a shallow plate to cool, then shape into rolls. Roll in fine bread crumbs which have been seasoned with salt and pepper; dip in beaten egg, and roll in crumbs again. Cook in deep, hot fat until brown.

### PATTY SHELLS, VOL-AU-VENTS, INDIVIDUAL CASES, FRENCH PANCAKES

Use any of the above for individual service. They may be filled with chicken, oysters, lobster, crab meat, sweetbreads and mushrooms, alone or in combination, cooked and cut in small pieces, heated in a highly seasoned White, Cream or Creole Sauce, pages 117, 118. Heat shells in oven before filling.

**For Patty Shells:** Roll Puff Paste, page 376,  $\frac{1}{3}$ -inch thick. Cut into 3-inch rounds with cookie cutter. Remove center from  $\frac{2}{3}$  of them with smaller cutter, thus forming rings. Fit 2 rings of the pastry one on top of the other, over a large round, brush edges with cold water, pressing lightly. Chill until paste is stiff. Place in pan, on brown paper, in hot oven. They should puff up and begin to brown in 15 minutes, bake 10 minutes longer until crisp and brown. Save pieces cut from center and bake for patty covers.

Or place pastry on inverted muffin tins, prick center and bake.

**For Vol-au-vents:** Roll pastry  $\frac{1}{3}$ -inch thick. Take  $\frac{2}{3}$  of paste and place on inverted cake pan, covering bottom and sides. Prick center with fork. Roll the remaining  $\frac{1}{3}$  into a large round, as a cover. Place in hot oven, turning often, until crisp and brown.

**Bread Patties, Canapes or Croustades:** Cut day-old bread in 2-inch slices, remove crusts, shape into squares, oblong or rounds. Remove centers, leaving cases. Fry in deep, hot fat or brush over with melted butter and brown in oven, fill with any creamed, heated meat or vegetable.

**Bread Shells:** Remove crusts from thin slices of fresh white bread. Butter both sides. Press into well greased muffin tins, points up. Bake in hot oven 400° F. or toast in slow oven until brown and crisp.

**Cream Puffs,** *see* page 470. **Swedish Timbale Cases,** *see* page 405.

**Popovers,** *see* page 73. **French Pancakes,** *see* page 77.

**Avocados,** *see* page 251. **Green Peppers,** *see* page 211.

### CHICKEN A LA KING

3½-lb. young chicken	1 green pepper, sliced
2 cups White Sauce No. 2	1 pimiento, cut
1 cup chicken stock	3 tablespoons butter
1 cup sliced mushrooms	¼ cup Sherry Wine
	2 egg yolks

Stew the Chicken, page 184, take the large white and dark pieces, cut with scissors in thick strips 2 inches long, cut peppers in thin strips, pimiento in small pieces. Make White Sauce No. 2, page 117, using cream. Add 1 cup chicken stock, stirring all together constantly until thick and smooth. Place where it will keep hot. Sauté mushrooms and green pepper in the butter, 5 minutes, stirring often. Add to the sauce. Stir in wine gradually, season to taste with salt, pepper and paprika. Then add chicken and pimiento. Let simmer a few minutes until well heated. Just before serving, add the yolks beaten with a little water. Cook 1 minute longer. Serve on toast or in Patty Shells, or serve on platter surrounded with Asparagus Tips in Rings, page 196, alternately with Peppers Stuffed with Corn, page 211.

### CHICKEN PUDDING (Mousse Hot)

3 lbs. boiled chicken	¼ cup butter, creamed
½ cup celery, chopped fine	3 eggs, separated
½ cup mushrooms, chopped fine	½ cup cream
1 teaspoon chopped parsley	1 teaspoon lemon juice
Salt, pepper, paprika	1 tablespoon Worcestershire Sauce
1 slice bread soaked in chicken broth and squeezed dry	

Take only the white meat of the chicken, grind, not too fine. Add celery, mushrooms and seasoning; the bread, butter, yolks of eggs, well beaten and the cream; add lemon juice and Worcestershire Sauce, mix well and lastly fold in the stiffly beaten whites.

Place in a well-buttered mold, sprinkled with bread crumbs, and bake 1½ hours in pan of hot water. Remove to hot platter, sur-

round with pineapple slices that have been quickly fried in hot butter, and serve with Mushroom Sauce, page 118, and any hot biscuit.

### CHICKEN MOUSSE (COLD)

3 yolks	1 cup minced white meat of chicken
1½ cups milk	1 cup heavy cream
1½ tablespoons gelatin	½ cup hot chicken broth
¼ cup cold water	

Salt, pepper and paprika

Beat yolks, add milk and cook in double boiler until like custard. Soak gelatin in cold water; add the hot chicken broth, stir until dissolved, then add to the custard; then the minced chicken. Season to taste and when cool, add the cream, whipped. Put into a ring mold; let stand in ice box several hours or over night. Place on large platter and serve with Fruit Salad of contrasting colors, page 289, or any other desired salad, in center of ring. Or, when mixture begins to thicken, beat until frothy, using an egg beater; then add cream, beaten until stiff, and chicken diced, and proceed as above.

### PRESSED OR JELLIED CHICKEN

Dress, clean, cut in pieces and salt a 4-pound fowl. Put in a stewpan with 2 slices of onion, a little celery root, a small carrot and cover with boiling water; cook slowly until meat falls from bones. Remove chicken, reduce stock to one cupful. Strain and skim off fat. Butter a mold or take small individual molds, decorate bottom and sides with slices of hard cooked eggs and parsley and the carrot cut in fancy shapes. Pack in the meat freed from skin and bone and sprinkle with salt and pepper. Pour on stock and set away to cool with weight on top of meat. In summer add 1 teaspoon granulated gelatin softened in 1 tablespoon cold water and stirred in 1 cup of the boiling chicken broth until dissolved. When ready to serve, dip mold in warm water 1 minute, turn out and decorate with parsley.

### CREAMED CHICKEN IN POTATO BOATS

Scoop out Idaho Baked Potatoes, page 218, leaving ½-inch shell, mash and season. Fill shell with leftover chicken or turkey, heated in Cream Sauce, page 117. Press mashed potato through pastry tube to form border around potatoes. Bake until browned.

### CREAMED CHICKEN IN PANCAKES

Fill warm French Pancakes, page 77, with diced Boiled Chicken, page 183, heated in well-seasoned White Sauce No. 2, Page 117. Roll. Place in buttered casserole. Brush each roll with sour cream and sprinkle with grated cheese. Bake until cheese is melted.

### CREAMED CHICKEN IN AVOCADOS

Boiled Chicken, page 183      Avocado halves

White Sauce No. 2, page 117      Bread crumbs

Wash, cut in half and remove stone from unpeeled avocados. Mari-

nate with French Dressing No. 1, for  $\frac{1}{2}$  hour. Drain. Fill with chicken mixed with well-seasoned White Sauce. Top with crumbs. Place in oven or under broiler until crumbs are browned and avocado is thoroughly heated. If avocado is very small, add creamed chicken just before serving.

### CHICKEN TIMBALES

$\frac{1}{2}$  lb. raw white chicken meat      5 egg whites  
1 pint cream      Salt and white pepper

Chop fine, and then pound the raw, white meat of a chicken from which the skin and sinews have been removed, add to this, while pounding, a scant pint of very cold cream, 1 teaspoon salt, white pepper, press through a sieve, add the egg whites, stiffly beaten, and fill little molds which have been well buttered. Place them in saucepan of water about the depth of an inch. Cover the saucepan, put into oven 20 minutes. Turn out of molds onto platter, serve with Cream Sauce, page 117.

### CHICKEN OR SWEETBREADS WITH MUSHROOMS

(In Ramekins or Casserole)

$\frac{1}{2}$  cup mushrooms       $\frac{1}{2}$  cup milk, cream  
2 cups chicken or diced      or mushroom liquid  
sweetbreads       $\frac{1}{2}$  cup chicken liquid  
2 tablespoons butter      or sweetbread liquid  
2 tablespoons flour      Salt, pepper and ginger  
2 tablespoons blanched almonds      1 teaspoon chopped parsley

Chop the almonds, drain the mushrooms. Take equal parts of cold, boiled chicken or sweetbreads, diced, and mushrooms. Heat butter, add flour and gradually one cup of liquid. Cook until smooth, stirring constantly. Add all the other ingredients. Place in ramekins in a dish of hot water, or in large pudding dish with buttered crumbs on top and brown in the oven.

### CHICKEN LIVER, SAUTÉED

3 or 4 livers from chicken or       $\frac{1}{2}$  teaspoon salt  
other fowl       $\frac{1}{8}$  teaspoon paprika  
1 onion, cut up fine       $\frac{1}{2}$  cup strong soup stock  
1 tablespoon butter

Cut each liver in 4 pieces, salt, pepper, and dredge well with flour. Fry onion in butter until light brown. Put in liver and shake pan over fire to sear all sides. Add soup stock. Allow it to boil up once. Serve immediately, on toast if desired. Onion may be omitted.

### CHICKEN LIVERS AND MUSHROOMS

4 chicken livers, cut      1 teaspoon flour  
6 mushrooms, diced       $\frac{1}{4}$  cup cream  
2 slices bacon, cut small      Toast  
Fry bacon in skillet, add livers and mushrooms, season with salt and

pepper, let cook 4 minutes. Stir in flour mixed with cream, when smooth, serve on toast.

### CHICKEN LIVER TIMBALES

12 chicken livers	$\frac{1}{2}$ teaspoon salt
1 tablespoon butter	Speck red pepper
$\frac{1}{4}$ teaspoon chopped onion	1 teaspoon chopped parsley
5 eggs, separated	1 tablespoon bread crumbs

Chop the raw livers and rub through a sieve. Place them in a pan and add butter and onion, cook 5 minutes and remove from stove to cool, add the seasonings, yolks, bread crumbs and mix. Beat the whites to a stiff froth and add to the mixture. Grease the timbale forms and sprinkle with bread crumbs, bake in pan half filled with water, timbales 15 minutes, ring  $\frac{1}{2}$  hour. Serve hot with Mushroom Sauce, page 118.

### CHICKEN LIVERS AND ANCHOVY

4 chicken livers boiled	Dash of cayenne pepper
2 tablespoons anchovy paste	2 yolks
2 tablespoons butter	1 cup cream
1 yolk	$\frac{1}{2}$ teaspoon salt

Mix a paste of livers and anchovy, butter, 1 yolk, salt and pepper; spread this on toast and put in the oven, then make a sauce (in the double boiler), of 2 yolks, slightly stirred with 1 cup cream, cook together, and pour over the spread toast. Serve at once.

### SWEETBREAD TIMBALES

1 $\frac{1}{2}$ lb. sweetbreads	$\frac{1}{4}$ teaspoon grated onion
1 teaspoon salt	1 pinch white pepper
$\frac{1}{8}$ loaf stale wheat bread	3 eggs, separated
$\frac{1}{2}$ lb. mushrooms	6 truffles

Parboil sweetbreads, and chop, add grated onion, salt and pepper. Soak bread in cold water, squeeze dry and mash through colander. Mix sweetbreads, bread, beaten yolks of eggs, mushrooms, then the stiffly beaten whites. Butter small timbale forms, put in a few pieces of truffles, cover with the sweetbread mixture, place forms in pan of hot water. Cover and bake  $\frac{1}{2}$  hour. Serve with Cream or Mushroom Sauce, pages 117, 118. Truffles and mushrooms may be omitted.

### BRUNSWICK STEW

4-lb. stew chicken, cut	1 pint green corn (or canned)
1 lb. brisket of beef, cut	3 tomatoes, quartered
2 $\frac{1}{2}$ quarts boiling water	3 potatoes, diced
$\frac{1}{4}$ lb. bacon, diced	1 small onion, diced
1 pint lima beans	1 tablespoon salt

Salt meat, add paprika, let stand  $\frac{1}{2}$  hour. Fry bacon, add onion, cover, cook slightly. Add meat and chicken, brown all over, pour on boiling

water. Let come to the boiling point, reduce heat, cover and cook slowly 2 hours. Add rest of ingredients and 1 cup chopped okra if desired, and cook 1 hour longer or until tender. Season to taste.

### CHICKEN CHOP SUEY FOR 15 PEOPLE

3½ to 4 lbs. young chicken, raw	1 lb. Chinese chestnuts
1 lb. lean veal in cubes	½ can bamboo shoots
½ lb. lean pork in cubes	1 can broken mushrooms
1 large bunch celery	1 lb. bean sprouts
1 onion, chopped	2 tablespoons salt
½ cup chicken fat, olive or peanut oil	¼ teaspoon pepper
	Chinese Sauce
	¼ cup cornstarch

Take breast and any other large piece of meat from chicken, cut in thin strips, add salt to fat, when hot add chicken, pork and veal, let simmer slowly, cover well, add water, if necessary, cook until tender. Have chestnuts peeled and sliced fine, celery, bamboo shoots, cut in 2-inch pieces, crosswise, then sliced lengthwise and then into thin strips, onions sliced and cut into strips. Add all to hot meat, together with mushrooms, cover and let cook 10 minutes. Add Bean Sprouts, page 197, washed and picked over, cornstarch softened in 3 tablespoons cold water and seasoning. Cover and simmer 5 minutes and serve hot with Chinese Rice, page 226.

**For additional Chicken recipes, see Poultry, page 183.**

### CHOP SUEY

2½ lbs. lean meat	3 tablespoons butter
3 cups onion, diced	1 tablespoon salt
3 cups celery, diced	1 tablespoon Chinese Sauce
1 can bean sprouts	2 teaspoons Bead Molasses
2 tablespoons oil or fat	3 tablespoons cornstarch

Have meat ⅛-inch thick, cut in ¼ by 1-inch pieces. Put in hot fat and simmer slowly until nearly tender. Drain liquid from sprouts and mix with cornstarch, molasses and sauce. Add to meat and cook 15 minutes longer. Sauté onions in one-half the butter until glassy; sauté celery in remaining butter until nearly tender. Add this to meat. Cook 5 minutes. Add sprouts. Cook 3 minutes longer. If raw Chinese Chestnuts are available, peel, slice thin and add to the sauce. If canned Chinese Chestnuts are used, drain and add to the meat with the celery.

### PASTIES—MEAT AND VEGETABLE PIE

Plain pie dough	1 cup raw diced potatoes
½ pound raw beef, diced	Salt and pepper
1 cup chopped onion	2 teaspoons butter

Make Plain Pie Dough, page 376. For 1 pastie take ½ the dough. Roll thin, shape and size of a pie plate. Pile half of the potato, onion and meat, and if desired, 1 cup diced celery on only ½ the round, and to



within 1 inch from edge. Sprinkle with salt and pepper. Fold other half of dough over this filling. Press edges together well and trim. Place 2 pasties in pie plate. Cut slit in top of each, into which drop 1 teaspoon butter. Bake  $\frac{3}{4}$  hour in hot oven ( $400^{\circ}$  F.) or until well browned, then reduce to  $350^{\circ}$  F. for 15 minutes; pouring a teaspoon of hot water into openings occasionally to keep from drying out.

### TAMALE LOAF

1 cup corn meal	1 clove garlic
2 eggs	1 tablespoon butter
1 can tomato sauce	1 tablespoon salt
1 can corn	1 tablespoon Chili powder
$\frac{1}{2}$ pound chopped meat	

Brown garlic or a little onion in butter; add meat and salt. Mix with first four ingredients. Bake an hour in pan of water in oven. When serving, pour Chili powder over all.

### JELLIED VEAL LOAF (SULZ)

2 lbs. veal shank or knuckle	1 small carrot
2 quarts water	1 piece celery root
Salt and pepper	1 small onion
2 hard cooked eggs	1 tablespoon chopped parsley

Season meat with salt and pepper, place in water with vegetables, let boil slowly until meat falls from bones. Strain the liquid, remove bones. Chop meat and vegetables. Place in mold garnished with slices of egg. Boil liquid until reduced  $\frac{1}{2}$  if necessary, pour over meat. Set aside to cool and harden. Serve in slices.

### JELLIED MEAT LOAF

2 cups soup stock or diluted gravy	2 cups cooked chopped meat
2 tablespoons gelatin	1 teaspoon chopped onion
$\frac{1}{2}$ cup cold water	2 tablespoons chopped celery
	A little green or red pepper

Soak gelatin in cold water 2 minutes. Add boiling soup. Set aside to chill. When it begins to stiffen, add meat and vegetables. Turn into a mold, and chill several hours. Remove from mold and cut in slices.

### JELLIED VEGETARIAN LOAF

2 tablespoons gelatin	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{2}$ cup cold water	1 cup nutmeats, ground fine
1 $\frac{1}{2}$ cups hot milk	1 egg, well beaten
1 cup cooked rice	Salt to taste

Mix 1 cup hot milk with crumbs, nuts, egg and rice. Cook 15 minutes in double boiler. Soak gelatin in cold water, dissolve in  $\frac{1}{2}$  cup hot milk. Add to cooked mixture. Turn into mold several hours to harden. Garnish with parsley.

### CHILI CON CARNE

2 teaspoons fat	1 cup kidney beans
1 lb. fresh beef, cut in small pieces or ground	½ cup tomato
½ teaspoon paprika	1 onion, chopped
1 teaspoon Chili powder	1 cup water
	Salt to taste

Soak the beans over night in cold water. Cook until tender in fresh water to which ½ teaspoon soda has been added. Drain well. Brown the meat in the hot fat, add Chili powder and onion, fry brown. Add the tomato, paprika, salt, and water, and cook until the meat is tender, add beans. Bring to a boil and thicken with flour. Serve hot. Left-over meat may be used if desired.

**For additional Meat, Vegetable and Egg Dishes, see Meats, page 151; Vegetables, page 194; Eggs, page 85.**

### SCALLOPED FISH

2 lbs. cooked fish, diced	¼ cup almonds, cut fine
1 cup bread crumbs	Tomato Sauce, page 119
2 tablespoons butter	Parsley

Butter baking dish or ramekins. Alternate layers of fish and buttered crumbs. Sprinkle with almonds and crumbs. Cover with hot Tomato Sauce. Bake over hot water 15 to 20 minutes or until browned. Serve hot, decorated with parsley.

### FISH AND CHEESE IN RAMEKINS

1½ lbs. cold, cooked halibut	1 teaspoon Worcestershire Sauce
2 cups Cream Sauce	
¼ lb. Parmesan Cheese	½ cup soup stock

Follow recipe for Cream Sauce, page 117, add the Worcestershire Sauce and soup stock, mix with the shredded halibut, and heat. Fill in well buttered ramekins. Sprinkle with grated Parmesan Cheese and bake 15 minutes in a moderate oven, in a pan half filled with warm water. This serves 9 people.

### SALMON TIMBALES OR RING

1 lb. fresh salmon	1 teaspoon Worcestershire Sauce
¼ lb. blanched almonds, chopped	1 teaspoon onion juice
⅛ teaspoon salt	1 egg
1 pinch white pepper	1 cup whipped cream

Chop salmon very fine, add almonds, seasoning, the egg yolk and the white, beaten stiff; then whipped cream and fill into buttered timbale

forms, bake in pan half filled with hot water 15 minutes for timbales,  $\frac{1}{2}$  hour for ring. Turn them out and serve with Cream Sauce, page 117, colored with a pinch of pistachio coloring.

### HALIBUT TIMBALES OR RING

$\frac{1}{2}$ lb. halibut, cut fine	1 teaspoon salt
1 cup grated bread crumbs	A dash of white pepper
$\frac{1}{2}$ cup milk	5 egg whites

Take uncooked halibut, cut it into fine pieces, pound it, put it through a strainer; heat bread crumbs with milk, stir to a smooth paste. Remove from fire, add the fish pulp, salt and white pepper; fold it lightly into the stiffly beaten whites. Fill in well buttered molds, place in a pan of hot water in the oven (325° F.) for 20 minutes for timbales,  $\frac{1}{2}$  to  $\frac{3}{4}$  hour for ring. Serve with a Tartar Sauce, page 124, or Hollandaise Sauce, page 122.

**Halibut Ring**, *see* page 136.

**Halibut and Shrimp a la Newburg**, *see* page 137.

**Halibut with Lobster a la Newburg**, *see* page 137.

**Halibut Glace**, *see* page 306.

**Molded Halibut with Cucumber Sauce**, *see* page 306.

**For additional Fresh Fish recipes**, *see* Fish, pages 127 to 143.

**Sea Food and Rice Ring**, *see* page 150.

**Sea Food in Fish Mold (Hot)**, *see* page 150.

**Sea Food in Fish Mold (Cold)**, *see* page 307.

**Sea Food Pancake Pie**, *see* page 78.

**For additional Shell Fish recipes**, *see* Shell Fish, page 143.

### CREAMED LOBSTER PATTIES

2 cups diced boiled lobster	3 tablespoons butter
1 cup mushrooms, in pieces	2 tablespoons flour
$\frac{1}{2}$ small onion, sliced	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ tablespoon green pepper, minced	Dash of cayenne
1 tablespoon parsley, minced	2 egg yolks, beaten
	$2\frac{1}{2}$ cups milk
	1 tablespoon pimiento

Melt butter, add onion, pepper, parsley, pimiento and mushrooms, stir and cook 10 minutes. Add flour, mix, and pour in gradually 2 cups of milk. Add lobster and cook 10 minutes. Add remaining milk to beaten yolks, and just before serving pour into the lobster mixture. Let cook through without boiling and serve at once in heated patty shells.

**LOBSTER IN SHELLS OR RAMEKINS (Farci)**

Dice Boiled Lobster, page 146, and Steamed Mushrooms, page 207. Add grated onion, one-half chopped green pepper, two tablespoons of Sherry wine to 2 cups of well-seasoned White Sauce No. 2, page 117, and cook together 3 minutes. Fill ramekins or the shell of the lobster, cover lightly with cracker crumbs and a little melted butter, and bake 15 minutes.

**Lobster a la Newburg**, *see* page 147.

**CRAB MEAT IN RAMEKINS OR CASSEROLE**

1 cup crab meat	1 cup chicken soup or cream
½ cup mushrooms	Salt and paprika
2 tablespoons butter	2 yolks of eggs
2 tablespoons flour	2 tablespoons Sherry wine

Melt butter, add flour and when it bubbles add the soup stock and cook until thick and smooth. Beat yolks slightly, add a little of the hot sauce and then gradually the remaining sauce. Add the crab meat and the mushrooms cut in pieces, wine and seasoning. Heat thoroughly and serve in heated patty shells or on toast or baked in ramekins or a casserole, covering top with buttered bread crumbs garnished with chopped parsley or pimiento.

**BAKED CRAB WITH MASHED POTATOES**

Line a well buttered baking dish with 2 cups mashed potatoes, place in hot oven until slightly browned. Remove from oven and fill with 1 pint crab meat, mixed with 1 cup White Sauce No. 2, page 117. Sprinkle top with ½ cup cracker crumbs, mixed with 2 tablespoons melted butter, and bake until crab meat is well heated and crumbs are browned.

**SCALLOPED SALMON OR TUNA WITH POTATOES**

1 can salmon or tuna	1 cup crumbs
4 boiled potatoes, sliced	4 tablespoons melted butter
1 tablespoon Worcestershire Sauce	Salt and pepper

Drain liquid from salmon or tuna and remove skin and bones and flake. Make a White Sauce No. 2, page 117, adding Worcestershire Sauce. Into a buttered baking dish put a layer of fish and potato and cover with White Sauce, repeat; and cover with the buttered crumbs, and bake until brown. If tuna is used, add chopped pimiento and parsley.

**TUNA OR SALMON AND RICE**

1 can tuna or salmon	1 cup White Sauce
1 cup rice	Salt and pepper

Drain liquid from fish, remove skin and bones and flake into ½-inch pieces. Boil or steam Rice, page 226. Make White Sauce No. 1, page 117. Line a small buttered baking dish with a layer of the rice, spread

the fish over this, cover with rice, pour over the White Sauce. Bake 15 minutes in a moderate oven until browned.

### SHRIMP SPANISH IN RAMEKINS OR CASSEROLE

1 pint cooked shrimp, diced	2 yolks, beaten with salt,
1 tablespoon flour	cayenne and grated onion
1 tablespoon butter	1 tablespoon cream
1 cup hot soup stock	2 tablespoons lemon juice
1 tablespoon catsup	1 cup buttered crumbs

Beat yolks with cream. Heat butter, add flour, add liquid and seasoning, and yolk mixture last. Cook only until smooth, and add shrimps. Fill into ramekins or casserole, cover with crumbs and bake 6 minutes.

### SHRIMP CREOLE IN CASSEROLE

1 quart fresh shrimps	3 cloves
½ can mushrooms	1 bay leaf
½ can French peas	2 tablespoons catsup
¼ can tomatoes	1 onion

Boil Shrimp, page 149, and dice. Add remaining ingredients. Season to taste. Place in buttered casserole and bake ½ hour in moderate oven.

### SHRIMP WIGGLE

1 cup boiled shrimps, cut	2 tablespoons flour
1 cup canned peas, drained	½ teaspoon salt
4 tablespoons butter	1½ cups milk

Melt the butter and add flour, salt and a little paprika, pour the milk on gradually, stirring until thick. Add shrimps. Heat and fill into heated patties and serve.

### SEA FOOD PLATTER

2 tablespoons butter	¾ can concentrated tomato soup
1 tablespoon onion, cut fine	1½ pounds shrimp, cooked
1 tablespoon green pepper, cut fine	1 can crab meat
	1 tablespoon flour
	1 cup cream

Cook butter, onion and pepper in a double boiler 1 hour. Add tomato soup, shrimp and crab meat and heat thoroughly. Add the flour blended with the cream. Cook until smooth. Serve on large platter with Boiled Noodles, page 237, garnished with browned bread crumbs.

### POACHED EGGS WITH LOBSTER OR MUSHROOMS

12 hard poached eggs	2 cups boiled lobster
Cream Sauce	½ cup grated cheese

Place 2 eggs on toast in each of six individual casseroles. Pour over lobster or mushrooms, mixed with Cream Sauce, page 117, sprinkle cheese over top, place in oven. When cheese is melted, serve.

**For additional Egg Dishes, see page 85.**

**EGG TIMBALES**

5 eggs

1 cup milk

Speck white pepper

1 teaspoon chopped parsley

Beat the whole eggs till lemon colored, then add rest of the ingredients. Butter the timbale forms, fill with mixture and place forms in a pan half filled with water and bake 15 minutes in moderate oven. Serve with Cream Sauce, page 117. Serves 6 persons.

**CORN TIMBALES OR RING**

1 cup corn pulp

2 eggs, separated

1 teaspoon salt

 $\frac{1}{8}$  teaspoon white pepper

Cayenne

1 tablespoon melted butter

1 teaspoon sugar

 $\frac{1}{2}$  cup soft bread crumbs

Chop, mash and purée enough corn to make 1 cup of pulp. Add well beaten egg yolks, salt, white pepper and a few grains of cayenne, melted butter, sugar and fine, soft white bread crumbs. Mix, then add the stiffly beaten whites. Mixture should be stiff enough just to drop from the spoon. If too stiff, add cream; if too thin, add more crumbs. Pour into well buttered timbales or ring till  $\frac{2}{3}$  full. Bake in moderate oven in a pan of hot water, covered with buttered paper, about 20 minutes, longer for ring, or till puffed up. Turn out on dish, garnish with parsley.

Or, add 3 canned pimientos, mashed fine, to corn pulp and 1 tablespoon of tomato catsup for variety.

**SCALLOPED MUSHROOMS**

1 lb. fresh mushrooms

2 cups White Sauce

1 teaspoon onion juice

1 cup cream

1 cup buttered zwieback  
crumbs

Sauté Mushrooms, page 207, and prepare White Sauce No. 2, page 117, add the onion juice. Into a well greased baking dish, place a layer ( $\frac{1}{4}$ ) of the sautéed mushrooms,  $\frac{1}{4}$  of the sauce, and  $\frac{1}{4}$  of the crumbs, continue in this way until sauce is all used, pour cream over this and sprinkle remaining crumbs over top. Bake 15 minutes in moderate oven until crumbs are browned.

**CANNED MUSHROOMS (In Ramekins)**

1 cup canned mushrooms

2 tablespoons butter

2 tablespoons flour

1 cup milk

or mushroom liquor

10 drops onion juice

Salt and pepper

1 teaspoon chopped parsley

1 cup bread crumbs

1 tablespoon butter

Heat the butter, add the flour, then gradually the mushroom liquor or milk or equal parts of each; add mushrooms cut in pieces, boil up, add the parsley and serve; or place in individual or large pudding dish, with buttered crumbs on top, place in oven a few minutes to brown, placing ramekins in a pan of hot water. Serve hot with a sprig of parsley in center of each ramekin.

**No. 1 CARROT ZIMMES**

1 cup brown sugar	2 cups carrots, diced
1 cup water	2 tablespoons butter or fat

Make a syrup of the sugar and water by boiling 10 minutes. To this syrup add the diced carrots which have previously been browned in hot chicken or goose fat or butter. Cook all together until carrots are tender. Sprinkle with salt and flour, brown in oven or cook a little longer.

**No. 2**

2 lbs. fat brisket of beef	2 tablespoons fat
2 bunches of carrots	2 tablespoons flour
Salt and pepper to taste	1 cup carrot liquid

Salt and pepper the meat and let stand several hours. Cut carrots in small cubes. Place in kettle with meat, cover with boiling water and cook about 1 hour or until meat and carrots are tender. Heat the fat in a spider, let brown slightly, add the flour gradually, and 1 cup of liquid. Place in kettle with meat and carrots and let cook gently until carrots become browned.

**POTATO AND PRUNE ZIMMES**

1 lb. prunes	Salt and pepper
1 lb. brisket of beef	½ cup sugar
5 medium potatoes	Small piece citric acid

Wash and soak prunes over night in cold water to cover. Place in kettle with meat seasoned with salt and pepper. Let cook slowly 1½ hours or until meat is nearly tender. Set aside, add potatoes (Irish or sweet), pared and cut in small pieces. Place meat and prunes on top, add sugar and citric acid, cover and place in oven until potatoes are done and all is browned. Serve hot with gravy.

**POTATO AND CARROT MATZOS CHARLOTTE**

Prepare Vegetable Charlotte, below, using matzos meal in place of flour and adding ¼ cup of goose fat. Place in a hot, well-greased pudding dish. Bake in a hot oven until the top is well browned.

**VEGETABLE CHARLOTTE**

6 large raw potatoes	¼ cup flour
3 large carrots, diced	1 teaspoon sugar
3 eggs	1 cup carrot liquid
2 teaspoons salt	Pepper

Grate potatoes, add salt and pepper, the eggs slightly beaten. Parboil carrots, adding sugar to the water, drain and reserve 1 cup carrot liquid. Mix potato mixture with carrots, add liquid and flour. Place in a well greased pudding dish and let bake slowly about 1½ hours until all is tender and a golden brown. Serve with Stewed Prunes, as a vegetable.

**POTATO CHARLOTTE .**

3 cups raw, grated potatoes	2 eggs, beaten
3 tablespoons poultry fat	2 slices wheat bread
1 medium onion, chopped	1 tablespoon salt
1 teaspoon paprika	

To grated potatoes, add soaked bread, eggs and seasoning; then add onions which have been fried in the fat. Heat and grease iron skillet well, pour in the mixture, bake in hot oven until well browned on top (475° F.). Serve with Pot Roast, gravy, and apple sauce.

**POTATO KUGEL**

8 medium potatoes	$\frac{3}{4}$ teaspoon salt
2 slices white bread (1 in. thick)	3 tablespoons finely shredded
4 eggs	or chopped suet (beef)

Grate potatoes. Soak bread, squeeze dry and add to potatoes. Beat eggs (whole) until thick. Add to mixture and then put in salt and suet. Grease an iron frying pan thoroughly, put in moderate oven and bake about 1 hour until brown and crisp. Serve on round plate, inverting the kugel.

**POTATO OR CHICKEN KNESHAS**

5 hot boiled potatoes	3 tablespoons vegetable oil
$\frac{1}{3}$ cup chicken grieben	3 tablespoons water
$\frac{1}{2}$ cup flour	$\frac{1}{16}$ teaspoon salt

**Filling**—Mash potatoes, page 218, while still hot. Cool and mix with cool and crisp ground chicken grieben, following recipe for Goose Grieben, page 190, using instead neck skin of chicken. Put  $\frac{1}{2}$  of the flour in a mixing bowl, add oil, a little at a time with a fork. Then add the water with the salt. Knead to a dough, toss on large floured bread board, add rest of the flour, and knead to a smooth, elastic dough. Put back in bowl. Cover with plate and place in refrigerator for 1 hour or more. Place on board, roll out as thin as possible, pull and stretch without breaking. Spread potato and grieben evenly over  $\frac{1}{2}$  of the dough, and roll it gently over and over into a long roll like a jelly roll. Turn into a pie tin greased with chicken fat, and brush top well with the fat. Bake in a moderate oven (350° F.) 45 minutes. Or the Filling may be made of 1 cup of cooked chicken meat cut up, 2 matzos crumbled, and mixed with  $\frac{1}{4}$  cup chicken gravy.

**MUTTON WITH EGG PLANT**

$\frac{1}{2}$ lb. raw mutton	1 egg plant
1 onion, chopped	Salt and pepper
1 teaspoon parsley	Tomato Sauce

Peel a good sized eggplant and chop. Put mutton through the food chopper, season, using paprika. Add the chopped onion and parsley. Put mixture in baking dish, pour over Tomato Sauce, page 119, and bake slowly, about 1 hour.



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# Chapter 21

## Cheese Dishes

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### GENERAL RULES

**Cheese** is a concentrated food, rich in protein, fat, minerals, and vitamins. It is considered a meat substitute and valued for the flavor it lends to other foods.

Cheese should not be tightly covered. Keep in refrigerator, wrapped in cheese cloth wrung out of vinegar or cold water, or coat cut side with paraffine.

When it becomes dry and hard, grate and keep covered until ready to use.

A soft, crumbly cheese is best for cooking.

Cheese is properly cooked when melted; if cooked longer, it becomes tough, leathery and indigestible.

## COLD CHEESE DISHES

### COTTAGE CHEESE

Heat sour milk or buttermilk slowly until the whey rises to the top; pour it off, put curd in a bag, and let dry for six hours without squeezing it. Pour it into a bowl, and break it fine with a wooden spoon. Season with salt. Mold into balls. Keep in cool place. It is best when fresh.

#### No. 1 COTTAGE CHEESE FOR THE TABLE

1 lb. cottage cheese	2 tablespoons cream
$\frac{3}{4}$ teaspoon salt	sweet or sour
2 tablespoons melted butter	$\frac{1}{8}$ teaspoon paprika

If cheese is moist, press dry through cotton bag. Rice through colander into mixing bowl. Mix with the rest. If desired, add 1 teaspoon, each, grated onion, finely cut chives, or green onion tops, caraway seed, or serve with jelly or jam.

#### No. 2

Rub through strainer, season, and mix with  $\frac{1}{2}$  pint of sour or whipped cream and beat until very light.

#### No. 1 KOCH KAESE (Boiled Cheese)

1 quart cottage cheese	1 tablespoon butter
1 teaspoon caraway seed	$1\frac{1}{2}$ cups water
1 teaspoon salt	Yolk of 1 egg, beaten

Press cottage cheese until dry, add salt and caraway to taste. Put in earthen dish, cover well, set in a warm place. Stir with a fork every day

for a week or until ripe and clear. Place butter and water in a spider when warm, add cheese and boil slowly 20 minutes, stirring constantly. Remove from stove, add yolk of egg and beat until glossy. Pour into bowl or cups, rinsed with cold water, serve when cold.

**KOCH KAESE (Boiled Cheese)**

**No. 2. Quick Koch Kaese**

- |                      |                         |
|----------------------|-------------------------|
| 4 ripe Hand cheese   | 1 cup milk              |
| 2 tablespoons butter | ½ teaspoon caraway seed |

Place cheese in small saucepan. Cut into chunks, add rest of the ingredients, place over slow fire, let come to a thorough boil, pour into cups or bowl, rinsed with cold water. Serve when cold.

**No. 3. With Soda**

- |                               |                         |
|-------------------------------|-------------------------|
| ½ lb. cottage cheese          | 1 egg                   |
| 1 tablespoon butter, softened | ½ cup cream or milk     |
| ⅓ teaspoon salt               | ¼ teaspoon soda         |
| Pinch of cayenne pepper       | ½ teaspoon caraway seed |

Place cheese, butter and seasoning in saucepan. Add ½ teaspoon mustard, if desired. Stir in egg and then the milk or cream. Heat over slow fire, add soda, let come to boil, stirring constantly until smooth. Pour into cups. Serve when firm and cold.

**No. 1 POTTED CHEESE**

- |  |                           |
|--|---------------------------|
| 1 tablespoon butter                          | ⅛ teaspoon cayenne pepper |
| ¼ lb. American cheese,<br>cut fine or grated | Yolk of 1 egg, beaten     |
|  | ¼ cup cream               |

Melt the butter, add cheese and pepper. Stir until melted, then beat in gradually the yolk of egg, diluted with cream, and cook, stirring constantly until thick and smooth. Pour in small jars.

**No. 2**

- |                     |                     |
|---------------------|---------------------|
| 1 lb. snappy cheese | Speck of cayenne    |
| 2 teaspoons salt    | ½ cup white vinegar |
| 1 teaspoon mustard  | 1 tablespoon oil    |

Grate cheese. Add dry ingredients and vinegar; beat until blended, Add oil to make a smooth paste. Fill into jars.

**FROZEN CHEESE FOR SALADS**

- |                         |                         |
|-------------------------|-------------------------|
| 2 cakes of cream cheese | 1 tablespoon gelatin    |
| 1 cup whipped cream     | ¼ cup cold water        |
| ½ cup chopped olives    | Salt and cayenne pepper |
| ¼ cup chopped pimientos | Lemon juice             |

Rub the cheese to a paste, add the whipped cream, olives and pimientos, and season with salt, cayenne pepper and lemon juice. Soften gelatin in cold water and dissolve over hot water. Add cheese mixture, put into mold dipped in cold water, pack in ice and salt or in tray of electric refrigerator, let stand several hours. Serve with salad.

## COLD CHEESE MIXTURES ON CRACKERS

### No. 1. Pimiento

Mash a cream cheese, season with salt and a tablespoon finely chopped pimiento, and stir with a little cream until smooth and creamy; pile a small mound very lightly on top of an unsweetened wafer cracker and garnish with deviled olive.

### No. 2. American Cheese

Grind  $\frac{1}{4}$  lb. American cheese, season with  $\frac{1}{4}$  teaspoon salt, a little paprika,  $\frac{1}{2}$  teaspoon mustard and work until creamy with a tablespoon each of butter and cream. Pile lightly on crackers.

### No. 3. With Water Cress

Follow recipe No. 1, above, adding 1 tablespoon cream and one of finely chopped water cress.

### No. 4. Camembert

Beat thoroughly a well ripened Camembert cheese with 2 tablespoons butter,  $\frac{1}{2}$  teaspoon paprika, 3 or 4 dashes of Tabasco and 3 drops of Worcestershire Sauce; beat until smooth. Serve with hot toasted crackers, or in a dish surrounded with chopped ice, or shape into tiny balls, rolled into paprika.

### No. 5. Roquefort

$\frac{1}{8}$ lb. Roquefort cheese	1 tablespoon lemon juice
$\frac{1}{4}$ lb. cream cheese	1 teaspoon salt
1 tablespoon butter	$\frac{1}{2}$ teaspoon chives, cut fine

Mash the cheese, stir with other ingredients until smooth. Serve on hot buttered rye bread toast.

### No. 6. Sunday Night Cheese

1 Camembert cheese	$\frac{1}{4}$ lb. sweet butter
$\frac{1}{4}$ lb. Roquefort cheese	1 clove garlic

Place cheese and butter into a bowl which has been rubbed with garlic and blend well. Then press into a small bowl and place in refrigerator. Turn out on a plate, sprinkle with paprika and chopped parsley.

### No. 7. Sunday Night Cheese

Cream thoroughly equal parts of cream cheese and butter. Add salt, paprika to taste and 1 teaspoon each finely minced parsley, capers, pickles, olives, green pepper. If desired, flavor with sardellen butter.

**For additional Cheese Spreads, see page 319.**

## CHEESE BONBONS WITH SALADS

### No. 1. Walnut Creams

For each bonbon, take 1 tablespoon of cream cheese, season with salt, pepper and paprika, roll into ball; press half a walnut, large pecan, or filbert on top.

**CHEESE BONBONS WITH SALADS****No. 2. Stuffed Dates**

Mash a cream cheese, season with salt and paprika and moisten with a little cream. Cut lengthwise, slit and remove stones from dates and fill each cavity with cheese mixture, allowing it to show.

**No. 3. With Pecans**

1 cake cream cheese	6 dashes Tabasco Sauce
Piece of butter half the size of cheese	1 tablespoon cream
	$\frac{1}{4}$ teaspoon salt
	Chopped pecans

Mix all well together in a bowl and form one large ball or small ones for each person, and roll in chopped pecans.

**No. 4. Stuffed Figs or Prunes**

Make a lengthwise incision in steamed prunes, remove stones and proceed as for Stuffed Dates. Steam dried figs in double boiler, remove stems cut in two equal parts, make lengthwise incision and proceed as for Stuffed Dates.

**No. 5. Carrots**

Press through a ricer or coarse sieve  $\frac{1}{2}$  pound of fresh, yellow American cheese, season lightly with paprika. Take a heaping tablespoonful, place in palm of hand and roll and shape in form of carrot. Place a sprig of parsley in stem end and serve as a garnish with salad course. Makes 15 carrots.

**No. 6. Crab Apples**

Press through a coarse strainer  $\frac{1}{4}$  pound American cheese. For each crab apple, take a heaping tablespoon cheese and 2 whole cloves. Roll and shape cheese in palm of hands to form the crab apple. Stick a clove at each end of crab apple, having head of clove show at one end, the stem at the other end. Sprinkle with paprika.

**HOT CHEESE DISHES****CHEESE FONDUE**

2 cups soft bread crumbs	4 tablespoons butter
1 cup milk	1 teaspoon salt
$\frac{3}{4}$ cup grated cheese	4 eggs, separated

Heat first 5 ingredients in double boiler until cheese is melted. Remove from fire and cool slightly. Add beaten yolks. Fold in beaten whites. Pour into buttered baking dish. Bake in moderate oven 350° F. about 30 minutes until firm. Serve from dish in which it was baked.

**No. 1 CHEESE SOUFFLÉ**

2 tablespoons flour	½ teaspoon salt
2 tablespoons butter	½ cup grated cheese
2 cups milk	4 eggs, separated

Rub butter and flour together over the fire. When they bubble, add gradually hot milk. Season. Add cheese. When melted, remove from fire. Cool. When lukewarm, add beaten yolks, then fold in beaten whites. Pour into buttered baking dish. Bake at 350° F. for 45 minutes or over hot water from 45 minutes to 1 hour or until a knife comes out clean. Heat may be increased during last 15 minutes. Serve at once.

**No. 2 CHEESE SOUFFLÉ (High Temperature Method)**

4 tablespoons butter	Cayenne or Tabasco
4 tablespoons flour	1 cup milk
1 teaspoon salt	1 cup finely grated sharp American cheese
Paprika	4 eggs, separated

Melt butter in double boiler. Add flour, seasonings and blend well. Add milk and cook until thick. Add cheese and stir until melted. Remove from flame. Cool and add egg yolks, well beaten. Fold gently into stiffly beaten egg whites. Pour mixture into a very well-greased casserole. Bake in a hot oven 475° F. for 10 minutes, then reduce heat and bake about 25 minutes longer. Serve at once.

**No. 1 CHEESE BALLS (Hot)**

1 cup cream cheese, mild	5 drops Worcestershire Sauce
½ cup fine grated bread crumbs	1 egg, well beaten

Mix well and roll into small balls; place in wire basket, and just before serving, fry a delicate brown in deep, hot fat.

**No. 2**

1 cup grated cheese	1 white of egg
1 teaspoon flour	½ teaspoon salt and pepper

Mix seasoning and flour with grated cheese, then fold into the stiffly beaten white of egg. Fry in deep, hot fat.

**No. 1 WELSH RAREBIT**

1 tablespoon butter	1 egg
½ lb. cheese	⅛ teaspoon salt
¼ cup milk	⅛ teaspoon mustard

Melt the butter, break the cheese into small pieces, and add the seasoning and a speck of cayenne pepper to the butter. When the cheese melts, add the egg, beaten with the milk, and cook one minute. Serve at once on toast or wafers.

**No. 2**

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1 lb. fresh American cheese | $\frac{1}{4}$ teaspoon paprika     |
| 1 tablespoon melted butter  | $\frac{1}{2}$ teaspoon dry mustard |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup beer             |

Place cheese, cut in small pieces, in double boiler, with butter, seasoning and dash cayenne pepper. As cheese melts, add very gradually  $\frac{1}{2}$  cup beer or  $\frac{1}{2}$  cup cold water to which 1 teaspoon Worcestershire Sauce has been added. Stir constantly until smooth. Serve on toast or crackers.

**CHEESE AND TOMATO RAREBIT**

- |                                     |                               |
|-------------------------------------|-------------------------------|
| $\frac{1}{2}$ cup soft bread crumbs | $\frac{1}{4}$ teaspoon salt   |
| $\frac{1}{2}$ lb. grated cheese     | $\frac{1}{8}$ teaspoon pepper |
| 1 cup strained tomatoes             | Toast or crackers             |

Place all together in a saucepan, cook until smooth, stirring constantly, and serve at once on hot toasted bread.

**Oyster Rarebit**, see page 145.

**RINKTUM-DITY**

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 can tomatoes                   | 1 green pepper, chopped |
| 1 cup grated cheese              | 2 tablespoons butter    |
| $\frac{1}{2}$ small grated onion | 2 eggs                  |
| 1 teaspoon salt                  |                         |

Mix tomatoes, cheese, onion juice and the pepper, chopped. Melt the butter, in double boiler, add the mixture, and when heated, add the eggs, well beaten. Cook until eggs are of creamy consistency, stirring and scraping from bottom of pan. Serve on toast.

**ENGLISH MONKEY**

- |                                     |                             |
|-------------------------------------|-----------------------------|
| 1 cup dry bread crumbs              | 1 tablespoon butter         |
| 1 cup milk                          | 1 egg                       |
| $\frac{1}{2}$ cup soft, mild cheese | $\frac{1}{2}$ teaspoon salt |
| cut in small pieces                 | Few grains cayenne          |

Soak bread crumbs in milk 15 minutes. Melt the butter, add the cheese and when melted, add soaked bread, egg slightly beaten and seasonings. Cook 3 minutes and pour over toasted crackers.

**MOCK CRAB ON TOAST**

- |                            |  |
|----------------------------|--|
| 2 tablespoons butter       | $\frac{1}{2}$ teaspoon salt            |
| $\frac{1}{2}$ lb. cheese   | $\frac{1}{2}$ teaspoon dry mustard     |
| 1 tablespoon anchovy paste | $\frac{1}{16}$ teaspoon cayenne pepper |
| $\frac{1}{2}$ cup cream    | 2 yolks                                |

Melt butter in double boiler, add cheese, anchovy and seasoning. Then stir the yolks in the cream and add to the mixture, stirring constantly; when smooth, serve on toast.

**HOT CHEESE ON TOAST**

Prepare grated cheese, moisten with cream, season with salt and cayenne pepper. Spread buttered bread or crackers with the mixture and return to the oven. Serve when cheese is melted.

**No. 1****CHEESE PUFFS**

$\frac{1}{4}$ lb. American cheese	2 eggs, separated
$\frac{1}{4}$ lb. New York cheese	Rounds of wheat bread
$\frac{1}{2}$ teaspoon baking powder	Butter to spread

Cut bread into  $\frac{1}{3}$ -inch slices, then into 2-inch rounds and toast lightly on one side. When cool, spread the untoasted side well with creamed butter. Grate cheese, add baking powder, mix lightly with beaten yolk of eggs, then fold in the stiffly beaten whites. Spread a thick layer of this mixture on buttered side of toast, piling it higher in center. Put close together in pans, place under flame. When puffed and light brown, serve.

**No. 2. With Chutney**

Prepare toast and Cheese Puff mixture, as above. Fry 4 slices bacon; when crisp, chop and mix with 4 teaspoons prepared chutney. Place on toast, surround with Cheese Puff mixture, then proceed as above.

**No. 1****CHEESE STICKS**

1 cup grated American cheese	$\frac{1}{4}$ teaspoon salt
1 cup fresh bread crumbs	$\frac{1}{8}$ teaspoon white pepper
$\frac{2}{3}$ cup flour	Pinch of cayenne
2 tablespoons butter	2 tablespoons milk

Cream butter, add flour, crumbs, cheese and seasonings. Mix thoroughly, then add milk. Roll  $\frac{1}{4}$  inch thick,  $\frac{1}{4}$  inch wide and 6 inches long. Bake until brown in a moderately hot oven, 325° F.

**No. 2**

4 cups flour	2 yolks of eggs
2 teaspoons baking powder	2 cups milk
1 teaspoon salt	1 lb. grated cheese, Parmesan
1 $\frac{1}{2}$ cups butter	or Edam

Mix dry ingredients, rub in butter, add egg and milk. Roll; sprinkle one-half of the cheese over one-half of dough, fold, press edges together, fold again; pat and roll out  $\frac{1}{4}$ -inch thick. Sprinkle with rest of cheese and proceed as before. Cut in strips  $\frac{1}{4}$  inch x 5 inches, or with doughnut cutter. Bake 8 minutes in a hot oven. Pile the sticks log cabin fashion.

**No. 3**

$\frac{1}{4}$ lb. butter, creamed	$\frac{1}{4}$ lb. American cheese, grated
1 $\frac{3}{8}$ cups bread flour	Salt and paprika
	$\frac{1}{4}$ lb. New York cheese, grated

Mix well, add a few grains white pepper, put through pastry tube or cookie press on back of pan or on cookie sheet, then cut in 3-inch pieces, 1-inch wide. Bake 475° F. about 10 minutes, or until light brown.



## Chapter 22

# Salad Dressings

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### FLAVORED VINEGARS FOR SALAD DRESSINGS

**Garlic:** Place 1 pint good cider vinegar in a bottle, add a clove of garlic, skin removed. Let stand 8 days or until well flavored. Remove garlic and use in place of plain vinegar when making salad dressings.

**Garlic, Tarragon, Mint, Celery or Dill Vinegars,** *see* page 550.

### SALAD DRESSINGS WITHOUT OIL OR FAT

$\frac{1}{4}$ teaspoon salt	1 tablespoon onion, chopped
$\frac{1}{4}$ teaspoon mustard	fine
$\frac{1}{8}$ teaspoon pepper	2 tablespoons vinegar
2 tablespoons sugar	2 tablespoons lemon juice

Mix, set aside and keep very cold and pour over salad, just before serving. If vinegar is very strong, add water.

#### No. 1 NON-FATTENING SALAD DRESSING

1 teaspoon sugar (scant)	1 tablespoon vinegar or lemon juice
$\frac{1}{4}$ teaspoon salt	2 tablespoons Chili Sauce
$\frac{1}{4}$ teaspoon paprika	1 clove of garlic (minced)
3 tablespoons mineral or olive oil	

Beat until well blended. Bottle and place in icebox. Use over lettuce and fresh, leafy vegetables. Shake well before using.

#### No. 2

$\frac{1}{2}$ teaspoon salt	1 teaspoon tomato catsup
$\frac{1}{4}$ teaspoon paprika	1 teaspoon each chopped parsley and green pepper
$\frac{1}{4}$ teaspoon dry mustard	2 tablespoons vinegar
1 teaspoon chopped onion	$\frac{1}{4}$ cup mineral oil

Mix dry ingredients, add vinegar. Place on ice; when ready to serve, stir in the rest and pour over any desired salad.

#### No. 3

Prepare Oil Mayonnaise Dressing, page 277, using mineral oil in place of salad oil.

### RUSSIAN SALAD DRESSING

1 tablespoon prepared mustard	3 tablespoons Chili Sauce
3 tablespoons grated horseradish	Salad Dressing

Mix first 3 ingredients, stir into French or Mayonnaise Dressing, on

pages 272 and 275, and serve ice cold over head lettuce, cold vegetables or sea food. 1 tablespoon caviar may be added.

### ROQUEFORT CHEESE SALAD DRESSING

$\frac{1}{4}$ lb. Roquefort cheese	4 tablespoons cream, or olive oil
$\frac{1}{4}$ teaspoon paprika	3 tablespoons lemon juice
	Salt

Rub the cheese through a fine sieve, mix gradually with cream or olive oil, season, add lemon juice gradually, and mix until well blended.

### SALAD DRESSING WITH WATER CRESS

$\frac{2}{3}$ cup olive oil	Dash of black pepper
$\frac{1}{3}$ cup malt vinegar	$\frac{1}{2}$ cup Chili Sauce
1 teaspoon salt	1 cup chopped water cress

Mix all together in an ice cold bowl, stir until thoroughly mixed, add water cress and serve.

### No. 1 EVER READY SALAD DRESSING

1 can concentrated tomato soup	$\frac{1}{2}$ cup oil
$\frac{1}{2}$ cup tarragon vinegar	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup malt vinegar	$\frac{1}{2}$ teaspoon pepper
2 teaspoons salt	1 teaspoon mustard
$\frac{1}{2}$ teaspoon paprika	1 clove of garlic
1 tablespoon Worcestershire Sauce	1 teaspoon grated onion
	1 tablespoon Walnut Sauce

Mix all together in quart jar; shake well before using.

### No. 2

1 can concentrated tomato soup	2 tablespoons prepared mustard
1 cup malt vinegar	1 tablespoon salt
1 cup oil	4 tablespoons paprika
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ teaspoon pepper

Mix in order given. Beat well with rotary beater. Pour into quart jar.

### No. 1 FRENCH DRESSING

$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ tablespoons vinegar
$\frac{1}{8}$ teaspoon paprika	$1\frac{1}{2}$ tablespoons lemon juice
$\frac{1}{8}$ teaspoon white pepper	6 tablespoons salad oil

Mix the ingredients in a bowl and beat with wheel beater until well blended. Serve cold and use to marinate boiled meats, vegetables and salads. If desired, add a few drops of onion juice, or rub bowl with slice of garlic or onion. Put in bottle and shake well before using.

**No. 2 FRENCH DRESSING**

1 cup olive or vegetable oil	1 medium onion, grated
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ cup lemon juice
$\frac{1}{8}$ teaspoon cayenne pepper	$\frac{1}{4}$ cup tarragon vinegar
1 teaspoon paprika	1 clove garlic cut into 4 pieces
1 teaspoon salt	$\frac{2}{3}$ cup catsup

Mix dry ingredients with oil. Add lemon juice and vinegar gradually; then grated onion and catsup. Put into quart jar and fill up either with more vinegar or lemon juice, according to taste. Add garlic. Shake well before using. Remove garlic next day.

**No. 3**

1 pint olive or vegetable oil	Juice of $1\frac{1}{2}$ lemons (6 tbs.)
$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ cup cider vinegar
2 teaspoons salt	$\frac{1}{3}$ cup tarragon vinegar
2 teaspoons paprika	$\frac{1}{4}$ cup water
$\frac{1}{4}$ teaspoon white pepper	2 tablespoons catsup
2 tablespoons Worcestershire Sauce	1 medium onion, grated
	Garlic, if desired

Put in quart jar and shake well.

**BACON SALAD DRESSING**

3 slices bacon	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup vinegar	1 teaspoon sugar

Cut bacon into dice with scissors. Cook slowly until crisp. Stir in vinegar and seasoning. Reheat and pour at once over lettuce, spinach or any salad greens.

**VINAIGRETTE DRESSING**

3 to 6 tablespoons olive oil	1 teaspoon minced chives or
3 tablespoons tarragon vinegar	$\frac{1}{2}$ teaspoon onion juice
1 hard cooked egg, riced	1 teaspoon salt
Few grains paprika	2 tablespoons chopped parsley
$\frac{1}{2}$ red pepper, or canned pimiento, chopped	

Mix together and beat with wheel beater.

**CREAM SALAD DRESSINGS (UNCOOKED)****No. 1. With Sour Cream**

$\frac{1}{2}$ cup sour cream	$\frac{1}{2}$ teaspoon sugar
1 tablespoon lemon juice	$\frac{1}{8}$ teaspoon salt
1 tablespoon vinegar	A little pepper

Beat cream, add vinegar, lemon, then seasoning. Mix well.

**No. 2. With Sour Cream**

1 cup sweet or sour cream	1 teaspoon salt
2 tablespoons lemon juice	$\frac{1}{4}$ teaspoon pepper
2 tablespoons vinegar	1 teaspoon prepared
1 tablespoon sugar	mustard if desired

Beat cream with egg beater until smooth, thick and light. Mix other ingredients together and gradually add to cream, beating all the while.

**CREAM SALAD DRESSING (UNCOOKED)****No. 3. With Catsup**

1 cup sour cream	2 tablespoons vinegar
$\frac{1}{2}$ cup tomato catsup	2 tablespoons sugar
2 tablespoons olive oil	1 teaspoon salt

Mix the oil, salt, sugar and vinegar together, then beat in the catsup and finally add the cream, beating it in gradually.

This dressing is very good for vegetables, or for fish salads.

**No. 4. With Horseradish**

2 tablespoons grated horse- radish	Few grains pepper
$\frac{1}{4}$ teaspoon salt	3 tablespoons vinegar
	$\frac{1}{2}$ cup rich cream, sweet or sour

Beat cream until it begins to thicken, add vinegar gradually, when stiff add salt and pepper and fold in the horseradish.

**No. 5. With Evaporated Milk**

$\frac{1}{3}$ cup vinegar	1 teaspoon dry mustard
$\frac{1}{2}$ cup salad oil	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup evaporated milk	Few grains cayenne
	1 egg yolk (unbeaten)

Place ingredients in pint jar in the order named. Cover tightly and shake vigorously for two minutes. Chill before serving.

**No. 1 CREAM SALAD DRESSINGS (COOKED)**

5 yolks, beaten	$\frac{1}{8}$ teaspoon cayenne pepper
$\frac{1}{2}$ cup cream	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ cup vinegar	1 teaspoon mustard
$\frac{1}{2}$ cup water	1 tablespoon flour
	2 tablespoons sugar

Beat the yolks well in a cup, fill up the cup with cream. Mix the dry ingredients, wet with a little water, add to the yolk and cream. Cook in double boiler until smooth, stirring constantly.

**No. 2**

$\frac{1}{2}$ teaspoon salt	2 tablespoons butter, melted
1 teaspoon flour	2 yolks of eggs
1 teaspoon mustard, dry	$\frac{3}{4}$ cup cream
1 teaspoon sugar	$\frac{1}{4}$ cup vinegar

Mix dry ingredients with the melted butter, then the cream and lastly the vinegar. Cook in double boiler until it thickens, stirring constantly.

**No. 3 CREAM SALAD DRESSINGS (COOKED)**

$\frac{1}{3}$ cup vinegar	$\frac{1}{2}$ teaspoon mustard
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon cornstarch	1 egg, slightly beaten
1 cup cream, whipped	

Mix dry ingredients, add vinegar and egg, beat together and cook slowly over boiling water until it coats the spoon. Before serving, add cream, whipped stiff. Serve over cabbage salad, etc.

**No. 1 BOILED OIL MAYONNAISE**

4 whole eggs	1 teaspoon sugar
$\frac{1}{2}$ cup oil	$\frac{1}{2}$ teaspoon salt
2 tablespoons vinegar	$\frac{1}{16}$ teaspoon cayenne pepper
1 tablespoon lemon juice	$\frac{1}{2}$ teaspoon dry mustard

Mix dry ingredients, add and mix thoroughly with the eggs, well beaten, and place in double boiler over boiling water; add alternately oil, vinegar and lemon, stirring constantly.

When ready to serve, add  $\frac{1}{2}$  cup thick cream, sour preferred.

**No. 2**

2 tablespoons flour	2 egg yolks
2 tablespoons oil	$\frac{1}{2}$ teaspoon mustard
$\frac{1}{8}$ cup vinegar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ cup lemon juice	Cayenne pepper
1 cup boiling water	1 cup oil

Mix first four ingredients, add the boiling water. Let boil 5 minutes, stirring constantly. Pour at once over the well beaten yolks, stirring all the time. Add seasoning and cool. When cool, but not cold, beat in oil. Catsup, Chili Sauce, or whipped cream may be added before serving.

**BOILED MAYONNAISE DRESSING**

Yolks of 4 eggs	$\frac{1}{2}$ teaspoon dry mustard
or 2 whole eggs	$\frac{1}{8}$ teaspoon red pepper
$\frac{1}{2}$ cup vinegar	1 tablespoon flour
$\frac{1}{2}$ cup water	1 teaspoon salt
3 tablespoons sugar	1 tablespoon butter

Mix the dry ingredients, then add the butter, vinegar and water; boil over hot water until smooth. Put a few spoonfuls into the beaten yolks or whole eggs beaten. Mix thoroughly, then stir into the rest of the sauce. Let cook, but not boil, until it thickens, stirring constantly. When ready to serve, add a little cream or lemon juice to thin.

**Important**—If desired, beat in as much oil, with Dover beater as it will hold, from  $\frac{1}{2}$  to 1 cup. Will not separate.

### HOT SALAD DRESSING (FOR POTATOES OR CABBAGE)

2 teaspoons sugar	$\frac{1}{4}$ cup water
$\frac{1}{2}$ teaspoon salt	1 tablespoon poultry, bacon or butter fat
$\frac{1}{2}$ teaspoon mustard	1 teaspoon flour
$\frac{1}{8}$ teaspoon pepper	1 egg or yolk
$\frac{1}{4}$ cup vinegar	

Mix the first four ingredients, stir in vinegar and water and boil all together. Rub the butter and flour to a cream and pour on the boiling vinegar. Cook 5 minutes and then pour it gradually over the well beaten yolk, or the whole egg. Mix while hot with cabbage or potatoes. 1 cup sweet or sour cream or buttermilk may be added.

### THOUSAND ISLAND DRESSING

2 tablespoons green peppers, cut fine	1 teaspoon Worcestershire Sauce
2 tablespoons pimiento, cut fine	1 tablespoon catsup
1 teaspoon onion juice or pearl onions	2 tablespoons Chili Sauce
1 hard cooked egg, chopped	$\frac{3}{4}$ cup whipped cream
	1 cup Mayonnaise

Mix the first seven ingredients, add a little salt and paprika, blend thoroughly with the Mayonnaise and fold in the whipped cream. Serve ice cold over any salad.

### BLACKSTONE SALAD DRESSING

1 cup Mayonnaise	3 pimientos
$\frac{2}{3}$ cup olive oil	1 tablespoon pearl onions
$\frac{1}{3}$ cup vinegar	$\frac{1}{4}$ teaspoon salt
3 tablespoons Chili Sauce	Pepper to taste

Make any boiled Mayonnaise and when cool, mix in the order given with the rest of the ingredients and serve ice cold over quartered head lettuce, tomatoes, etc.

### HURRY-UP SALAD DRESSING

Mix equal parts of Oil Mayonnaise, page 277, and Chili Sauce, page 581.

### GARGOYLE SAUCE

Boiled Oil Mayonnaise	$\frac{1}{4}$ teaspoon paprika
1 teaspoon Worcestershire Sauce	1 teaspoon pearl onions
3 tablespoons Chili Sauce	$\frac{1}{2}$ teaspoon chopped green peppers

Make  $\frac{1}{2}$  recipe of Boiled Oil Mayonnaise, page 275, as a foundation for this salad dressing, stir in the rest of the ingredients and serve ice cold over fish or filled tomatoes.

**GREEN MOUSSELINE SAUCE**

A few sprigs tarragon	1 tablespoon chopped parsley
Yolks of 2 hard cooked eggs	½ cup Mayonnaise
2 anchovy fillets	Green vegetable coloring
1 teaspoon prepared mustard	¼ cup White Sauce
¼ teaspoon onion juice	¼ cup cream, whipped

Soak the tarragon (estragon) a few minutes in boiling water and drain. Pound or chop the tarragon with the yolks and anchovies and rub the whole through a sieve. Add White Sauce No. 2, page 117, any Mayonnaise, pages 275 or 278, and the seasoning and a little green coloring and lastly fold in the whipped cream. Serve cold with fish.

**FROZEN CHEESE DRESSING**

½ cup soft cream cheese	½ cup Mayonnaise
1 cup heavy cream	¼ teaspoon salt
½ teaspoon paprika	

Cream the cheese very well. Fold in the cream whipped stiff and when smooth, the Mayonnaise and seasoning. Place in mold and pack in ice and salt, or in freezing compartment of electric refrigerator. Let stand until mushy. When ready to serve, place on ice cold fruit salad slightly sprinkled with French Dressing No. 1, page 272.

**FROZEN MAYONNAISE DRESSING**

1 cup Mayonnaise	1 cup whipped cream
2 tablespoons lemon juice	1 tablespoon powdered sugar

Prepare Mayonnaise, pages 275 or 278, add lemon juice. Fold sugar into cream and combine the two mixtures. Place in mold, pack in 4 parts of ice to 1 of rock salt or freeze in tray of electric refrigerator. Let stand until mushy. Serve at once on top of ice cold salad that has been slightly mixed with French Dressing No. 1, page 272.

**No. 1 OIL MAYONNAISE DRESSING**

2 yolks of eggs, or 1 whole egg	Dash of cayenne pepper
1 teaspoon mustard	1½ to 2 cups salad oil
1 teaspoon salt	1 tablespoon lemon juice
1 teaspoon sugar	3 tablespoons tarragon vinegar

Have all ingredients and bowl cold. Put dry ingredients in mixing bowl. Add egg, beat well with rotary beater, pour on ¼ cup oil, drop by drop at first, then in a steady stream, beating constantly. Gradually stir in the vinegar and the remaining oil, beating between each addition until mixture is thoroughly blended and thick. Keep very cold.

If it should separate while mixing, beat a yolk of egg with 1 tablespoon of cold water and beat into it very slowly the separated mixture until thick.

### OIL MAYONNAISE DRESSING

#### No. 2. One Gallon

16 yolks	8 dashes cayenne
8 teaspoons mustard	1 cup lemon juice
6 teaspoons sugar	1 cup cider vinegar
6 teaspoons salt	1 gallon oil

Follow directions, page 277. If heavy electric mixer is used, start on No. 1 speed and proceed on No. 2. Or, add Boiled Mayonnaise Dressing, page 275, using twice the quantities, to above for less oily dressing.

#### No. 3. Three Minute

1 teaspoon salt	1 tablespoon lemon juice
$\frac{1}{4}$ teaspoon mustard	1 tablespoon vinegar
Speck of cayenne	1 egg, unbeaten
1 teaspoon sugar	1 cup salad oil

Put dry ingredients in mixing bowl. Add lemon juice and vinegar; mix. Add egg, but do not beat. Add  $\frac{1}{3}$  of the oil, beat with wheel beater until mixture begins to thicken. Add another  $\frac{1}{3}$  cup of oil, beat 1 minute, add rest of the oil and beat 1 minute more.

#### No. 4. Quick

2 egg yolks, unbeaten  
 $1\frac{1}{2}$  teaspoons salt  
 1 teaspoon mustard  
 1 tablespoon sugar

#### Part 1

Few grains cayenne  
 2 tablespoons lemon juice  
 2 tablespoons tarragon vinegar  
 1 cup oil

Put above ingredients in mixing bowl, but do not stir.

#### Part 2

1 tablespoon butter       $\frac{1}{3}$  cup flour      1 cup boiling water

Melt butter, add flour, then boiling water. Cook until thick and smooth, stirring constantly. Pour at once, piping hot, over ingredients in bowl. Beat rapidly with rotary beater until well blended.

#### No. 5. With Hard Cooked Eggs

3 hard cooked yolks	1 tablespoon sugar
1 raw yolk	Juice of 1 lemon
1 teaspoon prepared mustard	1 teaspoon salt
1 teaspoon grated onion	2 tablespoons white vinegar
$\frac{1}{8}$ teaspoon pepper	1 tablespoon oil

Mash and rub the cooked eggs smooth, add the dry seasonings, then the raw yolk and the rest of the ingredients, all but the oil, stir until smooth and add the oil, drop by drop. Stir constantly and keep cool.



**No. 1 TO CAN MAYONNAISE**

In the spring of the year, when eggs are plentiful, can Mayonnaise for future use. Make Boiled Mayonnaise, page 275, using the 2 whole eggs. Four times this recipe will make 3 pints. Pack into airtight cans. Keeps.

**No. 2**

Take equal quantities of egg yolks and vinegar. Beat together until smooth and cook over hot water until thick, then pack in airtight glass jars. When ready to use add seasoning, salt, pepper, mustard and onion juice and thin with cream. Add whipped cream for fruit salads.

**LINCOLN HOUSE SPECIAL DRESSING**

To any Oil Mayonnaise Dressing, page 278, add  $\frac{3}{4}$  cup of Pepper Relish, page 582, bottle and seal. Before using, fold in whipped cream.

**WHITE, GREEN OR RED MAYONNAISE**

**White Mayonnaise:** Add an equal amount of cream, whipped stiff.

**Green Mayonnaise:** Add 2 tablespoons cooked spinach, pressed through sieve, or finely chopped parsley leaves, pounded with a little lemon juice and squeeze through cheese cloth, or use green vegetable paste.

**Red Mayonnaise:** Add thick Tomato Sauce, page 120, to Mayonnaise. Cool and add whipped cream. Or add red vegetable color.

**FRUIT SALAD DRESSING WITH WHIPPED CREAM  
(COOKED)****No. 1. With Lemon**

2 tablespoons lemon juice	2 tablespoons butter
2 eggs or 4 yolks, beaten	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup water	$\frac{1}{8}$ teaspoon paprika
$\frac{1}{3}$ cup sugar	1 cup cream, whipped

Mix dry ingredients, add egg, lemon juice and water, cook over boiling water, stirring constantly. Add butter, cook until thick; cool. When ready to use, add the stiffly beaten cream.

**No. 2. With Orange or Pineapple**

Use  $\frac{1}{3}$  cup orange or pineapple in place of the water in recipe No. 1 "With Lemon," above.

**No. 3. With Maple Syrup or Honey**

1 egg yolk	$\frac{3}{4}$ cup cream, whipped
$\frac{1}{4}$ cup maple syrup or honey	Juice of half a lemon

Beat yolk well in double boiler. Add maple syrup or honey and cook for a minute until thick. Cool, fold in cream and add the lemon juice.

**FRUIT SALAD DRESSING (UNCOOKED)****No. 1**

$\frac{1}{4}$ cup olive oil	$\frac{1}{4}$ teaspoon paprika
2 tablespoons grapefruit or orange juice	$\frac{1}{2}$ teaspoon powdered sugar
$\frac{1}{2}$ teaspoon salt	2 tablespoons lemon juice

Mix in order given. Chill and shake well before serving.

Or, in place of the fruit juices, use  $\frac{1}{2}$  tablespoon melted currant jelly or honey.

**No. 2. With Grape Juice or Wine**

$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup white grape juice or wine
2 tablespoons lemon juice	

Mix and serve ice cold over any fruit salad.

**No. 3. With Cheese**

Mash 3 to 4 ounces of cream cheese. Mix and thin with cream. Add enough raspberry or strawberry jam to color. Pour ice-cold over fresh or canned peaches or pears.

Or, beat  $\frac{1}{2}$  cup of French Dressing No. 1, page 272, into the cheese. Fold in  $\frac{1}{2}$  cup cream, beaten stiff.

**No. 4. With Honey**

$\frac{1}{4}$ cup strained honey	$\frac{1}{4}$ cup strained lemon juice
	$\frac{1}{4}$ teaspoon paprika

Beat well all together and serve over orange, grapefruit, avocado or berries, with minced parsley over top.

**No. 5. With Bar-Le-Duc**

$\frac{1}{4}$ cup bar-le-duc jelly	1 cup Mayonnaise
	$\frac{1}{2}$ cup whipped cream

Beat Bar-Le-Duc, page 555, till smooth, add Mayonnaise, then fold in whipped cream. Serve over any fruit salad.



## Chapter 23

### Salads

**Salads** are healthful because they usually contain green leaves and vegetables which are rich in vitamins and minerals.

They are used as the main dish of the meal, or as a meat accompaniment, as a separate course or as a dessert.

**Wash Salad Greens or Parsley** thoroughly, dry and put in cloth bag or closed utensil in refrigerator to keep cold and crisp.

**To Separate Head Lettuce Leaves** remove the heart, and hold head under stream of cold water.

Dark outside leaves of lettuce, cabbage, etc., are rich in vitamins, and should not be discarded.

**For Crisp Salads** add dressing just before serving.

#### FRUIT AND VEGETABLE CUPS FOR SALADS

Salads may be made very attractive by serving on shredded lettuce, in a nest of lettuce leaves, in ring molds, or in cups, boats, or baskets.

**Cups:** Scoop out tomatoes, peppers, beets, oranges, lemons, apples, or avocados.

**Boats:** Cut cucumbers or carrots, 3 or 4 inches long, in half lengthwise. Scoop out center, leaving  $\frac{1}{2}$ -inch wall.

**Baskets:** Hollow cucumber as above, and for handle, cut  $\frac{1}{2}$ -inch slice of pepper, orange or lemon peel. For Tomato Basket, *see* page 288 or 289. Orange and Lemon Baskets are made like Tomato Baskets.

#### GREEN SALADS

##### No. 1. Head Lettuce Salad

Cut head lettuce or Iceberg Lettuce in quarters lengthwise or in thick slices, crosswise, and serve with French, page 272, Roquefort Cheese, page 272, Thousand Island, page 276, or any desired Salad Dressing.

##### No. 2. Leaf Lettuce Salad

Cut off roots and coarse outside leaves of leaf lettuce. Remove the leaves one at a time and place in cold water. Drain, shake off the water, dry, add onion, if desired, and place in salad bowl or in individual dishes and pour over French Dressing, page 272.

**No. 3. Endive Salad**

1 head endive

4 hard cooked eggs

French Salad Dressing

1 pint boiled potatoes, sliced

Wash and dry endive, pick off the green outer leaves and use only the light colored feathery ones. Arrange on salad dish with potatoes in center. Place eggs around, cut into quarters, lengthwise, and pour over all French Dressing, page 272.

**No. 4. Water Cress Salad**

Wash water cress, remove roots, drain and place in refrigerator. Place in salad bowl and serve with French Dressing, page 272, or add cucumber, ice cold, pared and cut into  $\frac{1}{2}$ -inch dice.

**No. 5. Celery Cabbage Salad**

Cut celery cabbage crosswise in  $\frac{1}{2}$ -inch slices and serve with any salad dressing. Or, cut into thin strips, and serve as Cold Slaw, page 283.

Or, trim the outer edge and use center stalk in place of celery in any salad or chop suey or serve as New Cabbage, page 199.

**No. 6. Mixed Greens**

Mix in bowl the following crisp salad greens: lettuce, water cress. French endive, romaine, escarole, finely cut chives, and young spinach leaves. Serve with French Dressing, page 272, or mix with French Dressing.

**MIXED OR TOSSED SALAD**

Head Lettuce

Tomatoes

Water Cress

Radishes

Romaine

Cucumbers

Green Onions

Alligator Pear or Avocado

Have greens very crisp, and cut or pull into pieces. Slice onions, radishes and cucumbers and add to greens. Add last the tomatoes, peeled and cut into quarters, and the sliced alligator pears. Add French Dressing, page 273, mix thoroughly and serve in a large bowl.

**CHEF'S SALAD**

Clean lettuce, endive, romaine, tomatoes, cucumbers, cress, celery and radishes, and cut in pieces. Chill. Place in salad bowl. Add 6 or 8 sardellen or anchovies, drained and chopped, and strips of Swiss cheese. Pour over French Dressing No. 3, page 273, seasoned with 1 teaspoon Roquefort cheese mashed, 1 teaspoon Walnut Sauce, 1 teaspoon Mushroom Sauce. Blend well and serve very cold.

**No. 1. Cold****POTATO SALAD**

1 quart sliced potatoes

1 cup stalk celery, cut fine

1 medium onion, cut fine

1 cup Mayonnaise

 $\frac{1}{2}$  tablespoon salt

Sliced cucumber

Mix the ingredients together lightly, season and serve cold.

**No. 2. Cold POTATO SALAD**

6 cold, boiled potatoes	$\frac{1}{2}$ grated onion
2 hard cooked eggs	2 tablespoons butter
1 teaspoon mustard	or substitute
1 cup milk or cream	1 teaspoon salt
2 tablespoons vinegar	Speck pepper

Cut potatoes in small cubes, add chopped whites of eggs and onion juice. Mash yolks of eggs, add mustard, salt and pepper. Mix thoroughly together and add vinegar. Bring milk or cream to boiling point and pour slowly on egg mixture, add butter and pour over potato mixture. Cool and serve on lettuce with a little more Boiled Salad Dressing.

**No. 3. Warm**

1 quart potatoes	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ lb. bacon or fat smoked beef	1 teaspoon mustard
or 2 tablespoons poultry fat	$\frac{1}{2}$ teaspoon sugar
or butter	$\frac{1}{2}$ teaspoon flour
1 medium onion, cut fine	$\frac{1}{2}$ cup vinegar
1 teaspoon salt	$\frac{1}{2}$ cup water

Scrub potatoes; cook in boiling salted water until tender. Drain and, while hot, skin and cut into  $\frac{1}{8}$ -inch slices; sprinkle with the salt, pepper, sugar and flour. Add water to vinegar and let heat thoroughly. Place bacon or beef, sliced and chopped fine in spider, let fry light brown, add onion, brown slightly, add potatoes and over all pour the hot vinegar, let heat through to absorb the vinegar and water, place in serving dish and serve warm. The bits of fried bacon or beef may be omitted. If the salad is too dry, add a little hot water. It should have a glassy look without being lumpy or greasy.

**No. 4. Warm**

To 1 quart hot sliced potatoes add 1 medium onion, chopped, and mix with Hot Salad Dressing, page 276. Garnish with parsley or chives.

**COLD SLAW**

Remove outer leaves from medium-sized cabbage. Shred cabbage very fine. Mix with French Dressing No. 1, page 272.

Or, salt, let stand, press and drain and pour Hot Salad Dressing, page 276, over while hot. Sliced green peppers and pimiento may be added, or Sour Cream Dressing No. 1, page 273.

**RED AND WHITE CABBAGE SALAD**

1 cup red cabbage, chopped fine	1 cup white cabbage, chopped fine
1 cup Hot Salad Dressing	

Select nice, firm, red and white cabbage, wash, cut off wilted leaves, quarter and soak in cold water. Drain, cut into thin slices, and chop very fine, each kind separately. Divide the Hot Salad Dressing, page 276, into two parts, mix cabbage with each part while hot. Take  $\frac{3}{4}$  of

the white mixture, spread it smoothly on platter 1 inch from edge. Make border of the red all around the white, keeping lines distinct and even. Reserve  $\frac{1}{4}$  of the red, place in center on top of white and have a ball of the remaining white top the whole.

### CARROT, CABBAGE AND PINEAPPLE SALAD

1 cup shredded cabbage  
 $\frac{2}{3}$  cup grated raw carrots

1 cup diced canned pineapple  
 $\frac{1}{4}$  cup walnuts or pecans

Mix the first three ingredients with Cream Salad Dressing (cooked), No. 3, page 275. Sprinkle broken nuts on top.

### CABBAGE ROSE SALAD

Small solid white cabbage  
 1 red pepper, shredded

1 pint celery, diced or  
 1 pint boiled potatoes, sliced

Remove the outside leaves of the cabbage and cut off stalk close to leaves. Cut out center with sharp knife. Place "Cabbage Bowl" in ice cold water for one hour, drain dry as possible. Shred remaining cabbage, mix with equal parts of celery, moistened with Hot Salad Dressing, page 276, or with potatoes and refill cabbage. Turn back outer leaves of cabbage to resemble open rose, lay the finely shredded bits of red peppers thickly over the tops of leaves, and serve cold. Or, fill bowl with any seafood and serve with Mayonnaise.

### CUCUMBER SALAD

**No. 1.** Choose long, firm, slim cucumbers. Pare rather thick. Cut crosswise in  $\frac{1}{8}$ -inch slices. Drop into salted ice water 1 hour. Drain and wipe dry. Cover with  $\frac{1}{2}$  cup sour cream, 1 tablespoon lemon juice and 1 tablespoon vinegar, 1 tablespoon sugar,  $\frac{1}{8}$  teaspoon salt, well beaten. Chopped parsley and shredded onion may be added.

**No. 2.** Choose a firm, slim, long cucumber; peel rather thick, lengthwise. Score the edges by drawing the tines of the fork down the length of the cucumber all around. Cut a thick slice off of each end. Then slice crosswise in  $\frac{1}{8}$ -inch slices not quite through so the cucumber will still look whole. Place in ice cold water for several hours. When ready to serve, put in center of platter, sprinkle finely chopped green and red peppers and grated onion over the top and pour over French Dressing, page 272. Surround with tomatoes and wedges of head lettuce.

### SHERRY'S SALAD

4 small red peppers  
 8 green peppers  
 $\frac{1}{2}$  small Bermuda onion  
 Chopped parsley

$\frac{1}{2}$  cup olive oil  
 5 tablespoons vinegar  
 $\frac{1}{2}$  teaspoon powdered sugar  
 1 teaspoon salt

Chop onion very fine and add twice as much chopped parsley as onion. Chop peppers, mix all and let stand in covered fruit jar one hour. Shake for 5 minutes, serve very cold on lettuce leaves.

**COMBINATION SALAD**

For each plate allow a  $\frac{1}{2}$ -inch slice of head lettuce, shredded, cut cross-wise or lengthwise, or use crisp leaves. On this arrange 2 or 3 slices each of firm, red tomatoes, skinned,  $\frac{1}{2}$  cup sliced green onions, and fresh cucumbers, peeled. Pour over French Dressing, page 272, and decorate with bits of red and green peppers or radishes, sliced to represent tulips.

**No. 1****BEAN SALAD**

1 lb. wax beans	$\frac{1}{4}$ cup tarragon or malt vinegar
2 eggs	$\frac{1}{2}$ pint sour cream
2 tablespoons sugar	$\frac{1}{2}$ cup bean liquid, hot

Wash, string and slice beans. Cook until tender. Beat eggs well with the sugar, vinegar and the sour cream. Mix well. Then add the hot bean liquid, beating well while adding, so it will not curdle. Then mix with the beans and place in glass jar in the refrigerator. This will keep for several days.

**No. 2**

1 lb. green beans	2 tablespoons vinegar
2 tablespoons onions, chopped	1 cup bean liquid
2 tablespoons fat (chicken or bacon or oil)	1 tablespoon sugar
	Salt and paprika

Cook beans in boiling salted water until tender, drain and reserve 1 cup of the bean liquid. Mix while hot with the rest of the ingredients. Serve slightly warm. Or, mix with French Dressing, page 272.

**ASPARAGUS SALAD**

**No. 1.** Take boiled or canned asparagus, drain; serve ice cold on crisp lettuce with French or Mayonnaise Dressing, pages 272, 277.

**No. 2.** Drain and rinse stalks of canned asparagus. Cut green or red peppers in rings  $\frac{1}{3}$ -inch wide. Place 3 or 4 stalks in each ring and serve ice cold on lettuce leaves with French Dressing.

**No. 3.** Chop 1 tablespoon each of parsley, red pepper and the white and yolk of a hard boiled egg. Mix together and lay as a band across center of stalks of green or white asparagus and serve on lettuce leaves with French Dressing, page 272.

**No. 1****CELERY ROOT SALAD**

3 or 4 celery roots or celeriac	Vinegar and water
1 onion, sliced	1 teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Select small, firm roots; scrub them well. Peel, place in kettle of boiling, salted water and boil 2 hours or until tender. Drain, and slice; mix with French Dressing, page 272.

Or, add salt, pepper, the onion, and cover with equal parts of vinegar and celery liquid. Serve warm. Will keep if placed in covered jars.

**No. 2****CELERY ROOT SALAD**

2 small heads celery root	$\frac{1}{4}$ teaspoon pepper
2 cups stalk celery, diced	1 teaspoon salt
$\frac{1}{2}$ cup vinegar	$\frac{1}{4}$ lb. almonds, blanched
$\frac{1}{2}$ cup thick, sour cream	

Scrub celery root well, peel and cook several hours until tender in salted water. Slice, then measure and take an equal measure of stalk celery. Mix with the rest of the ingredients, adding the sour cream last. Place in salad bowl and serve cold.

**ARTICHOKE SALAD**

Boil the French artichokes, page 195, from 30 to 40 minutes, until the leaves may be easily pulled out. Cool, and then put on ice. Serve whole with Mayonnaise, or French Dressing, pages 277, 272, served separately; or cut artichokes in half, remove choke and fill centers with dressing.

**VEGETABLE SALAD**

Cauliflower flowerets	Carrots, in strips
Beans, sliced	Celery, cut
Beets, diced	Head lettuce
Peas	Tomato wedges
Green pepper	

Any combination of vegetables can be used. Cook each separately. Drain and chill. Marinate with French Dressing, page 272. Wash lettuce and separate leaves. Crisp in cold water. Drain and dry. Arrange on individual salad plates to form cup. Fill with the vegetables, alternating according to color, separating them with upright tomato wedges. Top with slice of green pepper, seeds removed. Serve with French Dressing No. 2, page 273.

**SUMMER SALAD**

$1\frac{1}{2}$ cups chopped cucumber	$\frac{1}{2}$ cup diced celery
1 cup chopped green onion	$\frac{1}{2}$ cup grated raw carrot

Mix all together and serve on lettuce with French Dressing, page 272.

**SPINACH SALAD**

Pick young, tender leaves off spinach, wash carefully, and mix with French Dressing No. 1, page 272, adding if desired, finely chopped crisp bacon, or Bacon Salad Dressing, page 273.

**BET AND CAULIFLOWER SALAD**

1 head cauliflower, boiled	1 head lettuce
1 large beet, boiled	

Mix flowerets of cold cooked cauliflower, shredded outside leaves of lettuce, beet cut in slices and then in fancy figures with tiny cutters, and chopped beet trimmings, each separately with French Dressing, page 272. Place shredded lettuce in center of a salad plate and the flowerets carefully between the leaves, and showing above. Sprinkle



with the figures cut from the beets and place remaining chopped beets in points around. Serve with Mayonnaise, page 277.

### BEETS, STUFFED WITH PEAS

Boil without peeling, medium sized beets until they are tender, cut a slice off the bottom, so that they will stand upright, and scoop the inside out carefully, keeping a  $\frac{1}{2}$ -inch shell. Peel and when cold fill with cold boiled green peas and celery all cut in small pieces, moisten with Boiled Mayonnaise, page 275. Serve on lettuce leaves, and place a slice of hard boiled egg on each portion of salad. Any other salad may be served in the beets.

### RUSSIAN VEGETABLE SALAD

1 cup peas	1 cup green beans in $\frac{1}{2}$ -inch pieces
1 cup carrots, diced	
	1 cup turnips, diced

Cook each vegetable separately and drain. Marinate each with French Dressing, page 272, arrange in 4 sections on a dish upon a bed of lettuce. Potatoes may be used in place of turnips, or a combination of any two of the vegetables. Add Boiled Dressing, page 275, and put small sprigs of parsley or finely chopped whites of hard cooked eggs and the yolks forced through a strainer, in lines, dividing sections.

### CELERY AND CABBAGE SALAD IN GREEN PEPPERS

Cut off stem end, remove seeds and veins of green peppers and fill with chopped celery and cabbage, equal parts, mixed with Boiled Mayonnaise, page 275, or Vinaigrette Dressing, page 273.

### SHAMROCK SALAD

Cut off stem end of 3 lobed sweet green peppers, remove seeds. Fill with a mixture of cream or cottage cheese, bits of canned pimiento, olives and nuts. Set on ice. When ready to serve, slice thin. Place a slice on a round of pineapple and then on  $\frac{1}{2}$ -inch slice of celery cabbage and serve on individual plates with French Dressing, page 272.

### TOMATO SALAD

Wash tomatoes, plunge in boiling water, one minute, then in cold, drain and remove skins; cool. Place on lettuce leaves with French Dressing or Mayonnaise, pages 272, 275, 277. Serve cold. The tomato may be cut in slices; or 4 to 6 parts,  $\frac{2}{3}$  down and let spread to form a flower, with olive in center and Mayonnaise over top.

### YELLOW TOMATO AND BEET SALAD

In the center of a salad plate put shredded lettuce or sprigs of water cress. In a circle around it, lay overlapping each other, alternate slices of beet and yellow tomato. Sprinkle French Dressing, page 272, lightly over all and serve with Mayonnaise, page 277, to which has been added 1 tablespoon chopped beet and 1 riced hard cooked egg.

### TOMATO AND ONION SALAD

Cut 4 firm tomatoes in  $\frac{1}{4}$ -inch slices and 1 medium Bermuda onion in thin slices. Place alternately in salad bowl. Cover with French or Ever Ready Dressing, page 272.

### STUFFED TOMATO SALAD

#### No. 1. With Cucumbers

6 ripe tomatoes	2 cucumbers
1 cup Cream Salad Dressing No. 1, page 273	Lettuce
	Salt and pepper

Scald the tomatoes so that the skins can be easily removed. Cut a slice from the top of each, and with a small spoon scoop out center. Peel the cucumbers, and cut them into dice, season highly and mix with at least half the dressing. Fill the tomato cups with this, and put another spoon of the dressing on top. Sprinkle finely chopped parsley over and serve on a bed of lettuce leaves.

#### No. 2. With Sardellen

6 tomatoes	2 hard cooked eggs
6 sardellen	$\frac{1}{2}$ green pepper
1 small can caviar	$\frac{1}{2}$ dill pickle

Scoop tomatoes and put on ice; when ready to serve, fill with all above ingredients chopped fine, add some of the tomato that was scooped out; cover with Mayonnaise, page 277.

#### No. 3. With Crab Meat

Stuff tomatoes with equal parts of shredded crab meat and caviar, cover with Mayonnaise, page 277.

#### No. 4. With Anchovies

6 tomatoes	1 tablespoon capers
1 doz. anchovies, in oil	1 tablespoon pearl onions
2 slices boiled ham	$\frac{1}{2}$ green pepper
	2 hard cooked eggs

Scoop 6 tomatoes and put on ice while preparing the filling. To the inside of tomatoes, add anchovies, ham, peppers and chop together; then add onion, capers, teaspoon salt and fill the tomatoes, cover with the chopped eggs and pour over this a French Dressing, page 272. Serve on lettuce leaf, or in green peppers.

#### No. 1 TOMATO BASKETS

4 firm, red tomatoes	1 can asparagus tips
1 large green pepper	Salad dressing

Wash and cut the peppers into slices, crosswise, to form  $\frac{1}{4}$ -inch rings. Scald tomatoes, peel, chill and cut in half, crosswise. Place on lettuce leaves, with the cut side up. Lay 4 or 5 asparagus tips side by side in center of each tomato half. Place slices of pepper rings across the top

of asparagus to meet the sides of the tomato, thus forming a handle to the tomato basket. Serve ice cold with French Dressing, page 272, or Gargoyle Sauce, page 276.

## No. 2 TOMATO BASKETS

Take even sized, firm tomatoes, one for each person. Cut  $\frac{1}{2}$ -inch strip for handle, half way down the center on smooth flat side. Cut crosswise on both sides to the handle. Scoop out bottom of basket in 4 sections. Remove pulp under handle. Fill first section with hard cooked white of egg, chopped; second, with chopped egg whites, covered with caviar; third, with the yolks of eggs, riced, and fourth, with crab meat or Anchovies minced. Serve on lettuce leaves.

## TOMATO ROSES (CHEESE)

8 tomatoes	1 hard cooked egg yolk, riced
3 packages cream cheese	1 tablespoon caviar
Vegetable coloring, green and red	Mayonnaise, page 277
	Shredded lettuce

Select firm, small, uniform tomatoes. Dip in boiling water and remove skin. Wipe dry. Hollow the stem end slightly, turn upside down on plate and chill. Place cheese in small bowl, soften with just enough cream or Mayonnaise to keep stiff enough to hold its shape. Tint  $\frac{3}{4}$  pink for petals, and the rest green for leaves. Chill. Cover an inverted pan with waxed paper. Insert 2-tined fork into stem end of tomato. Take a small pointed teaspoonful of pink cheese, level it off on the edge of bowl and place against side of tomato near the top and quickly draw away the spoon, thus forming the first petal. Continue around the tomato. Just below and overlapping the first row, make a second row. Repeat with green cheese for last row. Insert fork into top of roses, slip gently on covered pan 1 inch apart. Place in refrigerator. When ready to serve, insert fork again and remove each rose to salad plate bordered with shredded lettuce. Place a teaspoon of Mayonnaise in top, sprinkle with riced egg, top with caviar or chopped ripe olive.

For yellow petals, tint cheese with raw yolk of egg.

## No. 1 FRUIT SALAD

Arrange unbroken sections of grapefruit pulp with half the quantity of orange pulp and pineapple cut in strips. Serve ice cold with Fruit Dressing No. 2, page 280.

## No. 2

3 oranges	$\frac{1}{2}$ cup pineapple, chopped
3 bananas	Sugar to taste
$\frac{1}{2}$ lb. Malaga Grapes	Juice of 1 lemon

Cut the oranges in two, crosswise, reserving the peels as salad cups. Remove pulp separately from each section. Remove skins and seeds

from grapes. Mix orange pulp and grapes and pineapple, sprinkle with sugar, add lemon juice, and let stand in a cool place for several hours. Before serving, add the bananas, sliced, and walnut meats, if desired. Fill orange shells with mixture. Add Fruit Salad Dressing, page 280.

### **ORANGE, GRAPEFRUIT AND AVOCADO SALAD**

Arrange orange and grapefruit sections, free from skin, alternately with avocados, pared and sliced. Serve on lettuce with the following dressing: grind to a powder or pound to a paste 1 tablespoon each pecan nut meats and blanched almonds. Add  $\frac{1}{2}$  teaspoon each salt and paprika and beat well with 2 tablespoons each of lemon juice and oil. Cover well with dressing.

### **APPLE, CELERY AND NUT SALAD (WALDORF)**

2 cups celery, cut	1 cup pecan and walnut
2 cups apples, sliced	meats, broken
Lettuce	Mayonnaise Dressing

Clean the celery and lettuce and keep crisp. When ready to serve, cut the celery in pieces; remove core and skin of apple, cut in slices and dice. Mix the celery and apple with Mayonnaise, page 275 or 277. Fold in the nuts. Serve on lettuce.

### **AVOCADO SALAD**

Avocados	Grapefruit segments
Canned pears	Orange segments
Candied or Maraschino cherries, cut	

Wash avocado. Cut in half. Remove stone. With a small vegetable cutter scoop out balls. Smooth the remaining pulp. Fill these shells almost to the top with pieces of fruit, then place the avocado balls over this. Decorate with the cherries. Surround each half with water cress or shredded lettuce. Serve with French Dressing No. 2, page 273, or Fruit Salad Dressing, page 279.

### **GRAPEFRUIT AND MALAGA GRAPES SALAD**

Carefully remove the pulp from grapefruit in large pieces. Take half the measure of Malaga Grapes, cut in halves, skinned and seeds removed. Serve ice cold in center of any Jelly Ring, pages 299–303, with Oil Mayonnaise, page 277, to which whipped cream has been added.

### **PEACH SALAD**

Arrange halves of fine large peaches, hollow side up on salad plates covered with lettuce or endive. Chop hearts of celery and almonds, moisten with Mayonnaise and fill in cavity of peach. Cover, if desired, with another half peach, to resemble a whole peach, cover with Mayonnaise and over this a rather soft cranberry jelly. Sprinkle with parsley.

### FANCY FRUIT SALAD

Pineapple round	Maraschino cherries
Grapefruit, in sections	Cream Mayonnaise
Peaches, halves	Head lettuce
Canned pimiento, or red apples	

Peel grapefruit, remove pulp by sections and cut in half crosswise. Arrange for individual service, a  $\frac{1}{4}$ -inch slice of head lettuce cut crosswise. On top of this a thick slice of pineapple, cored; on top of this place half of sections of grapefruit, dome shaped, between each section arrange narrow strip of pimiento or sections of red skinned apples, on top of dome place peach, cut side down. Insert cherry on top of peach. Serve ice cold with Fruit Salad Dressing with Cream, page 279.

### BLACK EYED SUSAN SALAD

Arrange unbroken sections of orange or grapefruit pulp like petals, on individual salad plates. Fill centers with chopped dates and walnuts. Serve with French Dressing, page 272.

### PEACH AND BLACKBERRY SALAD

12 fresh or canned peach halves	1 head lettuce
1 cup fresh or canned blackberries	Mayonnaise
	French Dressing

Peel, stone, and halve fresh peaches, or drain canned peaches well. Arrange two peach halves, hollow side up, on bed of lettuce. Fill centers with Mayonnaise mixed with whipped cream. Then arrange 3 or 4 blackberries on each. Serve with French Dressing. Serves 6.

### ORANGE OR TANGERINE SALAD

6 oranges or 12 tangerines	$\frac{1}{4}$ cup pineapple cubes
1 sweet pepper, chopped	$\frac{1}{4}$ cup strawberries, cut
$\frac{1}{2}$ cup grapefruit, juice	or candied cherries
$\frac{1}{4}$ cup pecan nuts	Lettuce

Peel fruit, remove pulp, free from membrane, mix with pepper, chopped fine. Sprinkle with fruit juice, place on ice 1 hour. Serve each person a portion on lettuce leaf; place the nuts and chopped fruits on top. Serve with Fruit Salad Dressing with Cream, page 279.

### PINEAPPLE SALAD

Arrange thick, round slices of fresh or canned pineapple, peeled and cored, on lettuce leaves. Arrange 5 thick strips of pimiento on top of

pineapple from center to represent a flower; fill center with riced cream or cottage cheese, sprinkled with paprika. Have everything ice cold and over all, pour French Dressing, page 272.

### **PINEAPPLE AND TOMATO SALAD**

Place a large slice of canned pineapple on a plate. On top of this place a small firm skinned tomato cut in half, rounded side up. Put cream cheese, mixed with a little cream, through pastry tube on pineapple close to bottom of tomato, with water cress around pineapple. Serve with French Dressing No. 3, page 273.

### **PINEAPPLE AND CUCUMBER SALAD**

Mix 2 cups diced pineapple and 2 cups finely diced cucumber with Mayonnaise Dressing, page 275 or 277. Serve on crisp lettuce and decorate with red and green peppers.

### **PINEAPPLE BASKETS FOR MAYONNAISE**

Leave some of the leafy stalk at top of fresh, large pineapple. On either side of this bunch of leaves, make a cut halfway down the pineapple, forming a handle about 2 inches wide. Cut crosswise on both sides to handle. Scoop out bottom of pineapple and remove the pulp under handle, leaving handle sufficiently thick to prevent breaking. Tie large, stiff upright ribbon bow around handle. Shred the pulp and set aside to chill. Place in basket, mixed with Fruit Salad Dressing with Cream No. 2, page 279. Serve in center of platter, surrounded with any desired fresh fruit salad.

### **PINEAPPLE BASKETS**

Take off the leafy stalk of a large, fresh pineapple by twisting back and forth, then set it aside. Cut the pineapple in two lengthwise, and each half again into two or three lengthwise parts, according to size and number of persons served. Fruit is cut and scooped out carefully in cubes, leaving the hollow shell intact for the basket, with the hard center core attached to represent the handle. Have all ice cold and when ready to serve, mix pineapple cubes with French Dressing, page 272. Fill baskets with the mixture. Place the leafy stalk upright in center of large platter. Arrange baskets around it. Place Cheese Bonbons, page 266-267, on crisp head lettuce leaves between the baskets.

### **BANANA SALAD**

Peel bananas cut in half, lengthwise, place on salad plate, on lettuce leaf, cover with Boiled Mayonnaise, page 275, to which  $\frac{1}{2}$  cup cream, whipped stiff, has been added and sprinkle with chopped nuts.

**BUTTERFLY SALAD**

Pineapple slices 1/8 lb. pistachio nuts  
 1/8 lb. candied fruit, cut fine Asparagus tips  
 Fruit Salad Dressing

Arrange on each individual plate a slice of canned, cored pineapple, cut in two crosswise, the rounded edges together. Sprinkle over with bits of candied fruit, cherries, lime and plum and pistachio nuts (scalded and skins removed). Place asparagus tips sprinkled with paprika in center of pineapple for body and serve on lettuce leaf with Fruit Salad Dressing, page 280.

Or, sprinkle wings with chopped green and red peppers or with parsley and canned pimiento, chopped fine, and mold cottage cheese to form head and body. Use blossom end of cloves for eyes and sprinkle with paprika.

**WASHINGTON'S BIRTHDAY SALAD**

1 can large California cherries French Dressing  
 red or white Lettuce leaves or  
 Ground filbert nut meats squares of Lemon Jelly

Drain and pit the cherries and fill them with the chopped nut meats. Add to French Dressing, page 272, the juice of the cherries. Pour over cherries and serve very cold on crisp lettuce leaves or on squares of Lemon Jelly, page 366, using the hot cherry juice in place of the boiling water to dissolve the gelatin.

**BIRTHDAY SALAD (Candlesticks)**

Place a thick, round slice of canned pineapple on lettuce leaf on each plate for base of candlestick. Half of a banana cut crosswise and placed in center of pineapple, forms the candle; half of a cherry placed on top of banana forms the flame. Make handle of slice of lemon rind. Serve with Fruit Salad Dressing, page 280.

**MELON SALAD**

Cut in half. Remove seeds. Scoop pulp into balls with vegetable cutter, or cut in 1-inch slices, peel if desired. Use alone or combine with different varieties. Use partly scooped out shells, fill with melon balls. Garnish with berries or cherries. Place on lettuce with Fruit Salad Dressing, page 280.

**CRESCENT HONEYDEW MELON SALAD**

Cut Honeydew melon lengthwise in 6 crescent sections. Place large watermelon ball in center of each section, then on both sides, a lengthwise section of lemon, a large black cherry or any fresh fruit of contrasting color, or berries in season and a sprig of fresh mint leaves frosted with powdered sugar. Garnish plate with Cheese Carrot, page 267. Serve with any Fruit Salad Dressing, pages 279-280.

**No. 1 CANNED PEARS, STUFFED**

Fill centers in canned pears (halved), with preserved ginger cut fine, or fill with chopped walnuts, celery and apple or with creamed cheese balls rolled in chopped nuts. Place on crisp lettuce leaves. Surround with whipped cream garnished with thin slices of preserved ginger.

**No. 2**

Fill centers of canned pear halves with moistened and seasoned cream cheese. Place the two halves together to form a whole pear. Stand upright on lettuce leaves, surrounded with water cress. Serve with any desired Fruit Salad Dressing, page 280.

**AVOCADO OR ALLIGATOR PEAR SALAD**

1 avocado or alligator pear	$\frac{1}{4}$ teaspoon paprika
2 slices pineapple, fresh or canned	2 tablespoons lemon juice
1 teaspoon salt	1 teaspoon lime juice
	Lettuce

Peel avocado and cut pulp in small pieces. Cut pineapple in cubes. Have twice as much pear as pineapple. Arrange on crisp head lettuce leaves. Mix the rest and pour over fruit.

Or cut in half, pare, remove stone, fill center with French Dressing.

**STUFFED PRUNE SALAD**

1 lb. prunes	1 head lettuce
$\frac{1}{4}$ lb. pecan nut meats	Mayonnaise

Soak large perfect prunes over night in warm water or wine, to cover. Let come slowly to the boiling point, drain, remove pits, stuff with 2 or 3 nuts, chill. Arrange on shredded lettuce, cover with Mayonnaise, pages 277 or 275. Or, fill with cream cheese. Serve on lettuce with French Dressing, page 272.

**PORCUPINE PEAR SALAD**

Drain large, whole, canned pears, cover with Fruit Salad Dressing No. 2, page 280, and let stand several hours in ice chest to chill. When ready to serve, stick 2 cloves to represent eyes, one on each side near stem end, then to represent quills, stick browned, blanched almonds cut into strips at equal distances over top and sides. Place on crisp lettuce leaves; serve with Fruit or Cream Fruit Salad Dressing, page 279.

**BUNCH OF GRAPES SALAD**

8 halves canned pears	$\frac{1}{2}$ cup French Dressing
1 or 2 bunches green grapes	1 head lettuce
2 packages cream cheese	$\frac{1}{4}$ cup Mayonnaise

Drain pears very well. Turn halves of pears round side up. Cover rounded side with cheese, mashed and moistened with Mayonnaise or cream. Cut grapes in halves, seed them if necessary, press with round



side up very close together into cheese. Chill thoroughly. Serve on crisp lettuce leaves, which have had a little French Dressing dripped over them. Serve with any desired dressing.

### BIRD'S NEST SALAD

$\frac{1}{2}$ lb. cottage cheese	1 head lettuce
$\frac{1}{4}$ lb. nut meats, chopped	1 teaspoon chopped parsley

Mix cheese to a smooth paste with salt, pepper and a little cream, add nut meats and parsley, form into balls size of a hickory nut. Allow 3 or 4 balls for each plate and place in center of crisp lettuce leaves. Add Mayonnaise Dressing, page 277, and serve cold.

### FANCY CHEESE SALAD

Mash a cream cheese, mix with  $\frac{1}{4}$  pound chopped figs and  $\frac{1}{4}$  pound chopped English walnuts, shape into square loaf, let stand several hours, cut into slices and serve on lettuce leaves with any desired Salad Dressing, pages 275 to 277.

Or, to a mashed cream cheese, seasoned with salt and cayenne pepper, add 6 finely chopped olives,  $\frac{1}{2}$  pimiento chopped, finely cut lettuce or parsley; shape into loaf as above.

### CHICKEN SALAD

1 pint diced, cooked chicken	Mayonnaise
1 cup diced celery	Lettuce
2 hard cooked eggs	Olives
$\frac{1}{2}$ cup whipped cream	

Boil Chicken, page 183. Mix with celery. Marinate with French Dressing No. 1, page 272. Chill for several hours. Drain. Before serving, mix well with Oil Mayonnaise, page 277, to which  $\frac{1}{2}$  cup whipped cream has been added. Serve on crisp lettuce leaves. Decorate with olives, slices of hard cooked eggs and radish roses.

### CHICKEN SALAD IN TOMATOES OR CREAM PUFFS

Cut a slice from the top of as many ripe, smooth tomatoes as desired. Scoop the inside out carefully, keeping the shell as whole as possible. Make Chicken Salad, as above, and fill in the tomato shells. Place on lettuce leaves on plates and dress each tomato with a teaspoon of Oil Mayonnaise, page 277, or serve salad in Cream Puff Case, page 470.

### No. 1 CHICKEN AND SWEETBREAD SALAD

1 pint diced cooked chicken	1 cup celery, diced
1 cup diced cooked sweet- breads	1 cup Mayonnaise
	Lettuce leaves

Have everything very cold. Mix the first 3 ingredients with the Mayonnaise, pages 275 or 277, and serve in nests of lettuce leaves.

**No. 2 CHICKEN AND SWEETBREAD SALAD**

To ingredients, page 295, add  $\frac{1}{2}$  cup pecan nut meats broken in pieces and the whites of 3 hard cooked eggs, diced. Mix with Boiled Mayonnaise, page 275, thinned with whipped cream. Serve in Jellied Fruit Salad in ring, page 300. Sprinkle riced yolks of eggs on top.

**SWEETBREAD, CUCUMBER AND TOMATO SALAD**

$\frac{3}{4}$ cup sweetbreads	French Dressing
Diced cucumbers	Mayonnaise
Sliced tomatoes	Whipped cream

Pour French Dressing, page 272, over the sweetbreads, that are boiled, cooled, and diced. Drain and mix with pared and diced cucumbers and Oil Mayonnaise Dressing, page 277, mixed with whipped cream. Arrange in a salad dish, with a circle of sliced, chilled tomatoes on lettuce leaves, dressed with French Dressing.

**WATER LILY SALAD**

6 hard cooked eggs	1 head lettuce or water cress
1 bunch red radishes	French Dressing
$\frac{1}{4}$ cup green or stuffed olives	Mayonnaise Dressing

Remove shells from hard cooked eggs. Roll while warm to flatten ends. Each egg is cut around the middle, in deep points, through the whites, at equal distances from each other and from the top and bottom of egg. Each half thus fitting into the other half and forming the petals. Remove yolks, rice; place on shredded lettuce leaves, on a large platter, far apart. To represent buds, scatter olives or radishes which have been cut from the top in sections. Surround platter with water cress and serve with French Dressing, page 272, or Mayonnaise Dressing, page 277.

**EGG SALAD (Apple or Pear-Shaped)**

Roll hard cooked eggs, while still warm, between palms of hands (or weight each egg with a plate) until they are shape of a pear or round as apples. Place stem of an apple at one end and head of clove at the other. Sprinkle with paprika or tint with vegetable coloring. Serve cold, surrounded with Mayonnaise, page 277, on shredded lettuce leaves; or use as a garnish with salad.

**LIVER AND EGG SALAD**

6 chicken livers, or	4 hard cooked eggs
Calf's liver, diced	3 small onions
French Dressing No. 1	

Bake or fry the liver, pages 175, 174; chop eggs and liver not too fine, chop onion very fine. Mix with French Dressing No. 1, page 272, using chicken or goose fat in place of the olive oil. Serve cold on lettuce leaves.

**HAM OR TONGUE SALAD FOR 12 PEOPLE**

2 lbs. cold boiled ham or tongue      Mayonnaise, page 275  
 ½ teaspoon paprika                      Red radishes

Chop ham or tongue very fine. Sprinkle with paprika and mix with Mayonnaise. Place on platter. Mark the meat in sections and fill dividing lines with radish roses; add border of Saratoga Chips, page 220.

**SALMON OR TUNA FISH SALAD**

1 can salmon or tuna fish              1 chopped green pepper  
 2 cups chopped celery                  Boiled Salad Dressing

Remove skin and bones from fish. Break in ½-inch cubes, add the celery and pepper. Have everything ice cold. Arrange on lettuce leaves, cover with Boiled Mayonnaise, page 275, and sprinkle with paprika.

**No. 1                      HERRING SALAD**

3 herring, cleaned and                  1 pickle  
     picked in pieces                      A small onion  
 3 apples                                      Pepper  
 3 boiled potatoes                        ¼ cup sugar  
 ½ cup mixed nuts                        A few capers  
 ¼ cup chopped cooked veal          4 hard cooked eggs

Mash the yolks of the eggs and mix with a little vinegar, chop the rest fine and mix all together. Veal may be omitted.

**No. 2**

½ doz. milt herring                      2 stalks English celery  
 ½ lb. cold veal roast                    ½ cup cold boiled potatoes  
 2 heaping cupfuls apples              1 cup almonds  
 1½ cups beets, pickled                4 hard cooked eggs  
 ¼ cup onions                              2 tablespoons horseradish  
 ½ cup pickles                              2 tablespoons chopped parsley  
 1 cup vinegar                              1 cup granulated sugar

Soak herring over night, skin and take out all the bones. Rub the milt through a colander, with some of the vinegar. Now chop all other ingredients but eggs to size of a large pea, add milt and mix thoroughly. Decorate with sardellen, pickles, hard boiled eggs and beets, or olives and parsley.

Or, mix all together and heap on platter. Rub yolks of eggs through a fine sieve and chop whites; decorate the mound with alternate strips of white and yellow of eggs.

**No. 3**

Prepare Fillet of Herring, page 142. Serve on lettuce on platter, garnished with hard cooked eggs, slices of pickled beets and water cress.

**SHAD ROE AND CUCUMBER SALAD**

1 shad roe	2 fresh cucumbers
1 slice onion	French Dressing
1 bay leaf	Mayonnaise
1 tablespoon vinegar	Lettuce

Let shad roe simmer 20 minutes in salted water with the vinegar. Cool, cut in slices and cubes and pour over it a French Dressing, page 272; add one cucumber, peeled, cut in cubes, and Mayonnaise, page 277, to moisten. Place salad on a bed of crisp lettuce leaves; garnish with the other cucumber, sliced.

**LOBSTER SALAD**

Cut cold boiled lobster into small pieces. Marinate with French Dressing; put on lettuce leaves; cover with Mayonnaise, page 277, and garnish with lobster claws, olives, hard cooked eggs and capers.

**FISH SALAD FOR 12 PEOPLE**

2 lbs. halibut	4 hard cooked eggs
1 pint Mayonnaise	1 cup chow-chow

Boil fish, page 131, cool and shred. Mix with the Boiled Mayonnaise No. 1, page 275, add boiled eggs, chopped, and the pickles. Serve ice cold in head lettuce leaves.

**SHRIMP AND CUCUMBER SALAD**

Clean and cut shrimps in pieces and pour over French Dressing, page 272. Let stand until serving time, then add to it an equal amount of chilled cubes of peeled cucumber. Place on serving dish, on crisp lettuce leaves, decorate with whole shrimps and sliced cucumbers, dressed with some of the French Dressing.

**SHRIMP AND PINEAPPLE SALAD**

6 slices pineapple	1 large green pepper
½ lb. boiled shrimp	Lettuce and French Dressing

Place lettuce leaf on salad plate, add slice of pineapple, on top of this ½-inch ring of green pepper. Fill center of pepper with shrimp, shredded. Cover with French Dressing, page 272, and serve ice cold.

**CRAB MEAT SALAD**

1 lb. can crab meat	1 cup Boiled Mayonnaise
4 hard cooked eggs	1 pint heavy cream
Salt and paprika	1 green pepper or pimiento
½ cup almonds	Head lettuce

Pull out the bones and cut the crab meat in large pieces. Cut the whites of the eggs into cubes. Blanch the almonds and cut into thin, lengthwise strips. Mix these ingredients. Whip the cream very stiff, fold into the Boiled Mayonnaise Dressing, page 275, add salt and paprika. Add to crab mixture. Serve on salad plates on crisp lettuce; garnish with strips of green pepper or pimiento and top with riced egg yolk.



### JELLIED SALAD COMBINATIONS

#### No. 2. Red and White Cabbage

Mix  $1\frac{1}{2}$  cups shredded red cabbage with  $\frac{1}{2}$  Jelly recipe, page 299. Put in bottom of mold, mix  $1\frac{1}{2}$  cups of white shredded cabbage with rest of the jelly and put in mold.

#### No. 3. Cucumber

Pare medium cucumbers, cut lengthwise in quarters, remove seeds, cut in small cubes, there should be 2 cups; add 1 cup celery, diced, 1 green pepper, cut fine. Mix with Jelly for Salads, page 299. Add green vegetable coloring if desired.

#### No. 4. Apples or Cherries, Celery and Nuts

1 cup apples, diced, or 2 lb. can white cherries, 1 cup celery, cut in small pieces,  $\frac{1}{2}$  cup broken nut meats. Drain cherries, use syrup with water to dissolve gelatin. Mix with Jelly for Salads, page 299.

#### No. 5. Fish, Celery and Olives

2 cups cold cooked halibut, or can of salmon, diced, and 1 cup finely sliced stuffed olives, mixed with diced pickle or cucumber, celery, sweet red peppers, red beets, or capers. Mix with Jelly for Salads, page 299.

#### No. 6. Ham or Tongue

Mix 2 cups of diced, cold boiled ham or tongue, 4 pimientos, cut fine, with  $\frac{1}{4}$  cup chopped sweet pickles. Garnish with slices of hard cooked eggs. Combine with Aspic for Salads, page 299.

#### No. 7. Sweetbreads or Chicken

2 cups cold, cooked sweetbreads, or chicken, or veal, diced;  $\frac{1}{2}$  cup hard cooked eggs, sliced;  $\frac{1}{2}$  cup olives, cut in rings; capers; slices of fresh pear and broken nut meats, mixed. Asparagus tips may be used, but they must be carefully placed in the jelly just when it hardens. Mix with Aspic for Salads, page 299.

### JELLIED FRUIT SALADS

Make Lemon Jelly, page 366, and just when it begins to thicken, add any drained berries or fruit, or fruit combinations. Fill molds and chill until firm. Serve on lettuce leaves with a salad dressing.

#### No. 1 TOMATO AND CHEESE RING

Strain  $1\frac{1}{2}$  lbs. dry cottage cheese through ricer or coarse sieve, season well with salt and paprika and place in the bottom of a ring mold. Make Tomato Jelly, page 301, allow it to cool slightly and pour it over the cheese. Set aside to harden and chill. Serve surrounded with a bed of shredded lettuce with hard cooked eggs cut in lengthwise sections. Place a bowl of Oil Mayonnaise No. 1, page 277, in center of ring.

**No. 2 TOMATO AND CHEESE RING**

2½ cups tomato soup	2 packages (2 oz.) cream cheese
2 tablespoons gelatin	1 cup heavy cream
½ cup cold water	Salt to taste

Soak gelatin in cold water 5 minutes. Dissolve in 1 cup boiling soup. Soften the cheese with 1½ cups cold soup. Combine the two mixtures. Season with salt to taste. Cool and when it begins to thicken, fold in the cream whipped stiff. Pour into ring mold and chill until firm. When ready to serve, remove to platter and fill with Chicken Salad, page 295.

**TOMATO JELLY**

1 can tomatoes	2 tablespoons vinegar
or 8 medium tomatoes	2 tablespoons granulated gelatin or 1 ounce
6 cloves	1 lemon, grated rind and juice
2 small onions, chopped fine	½ cup cold water
1 bay leaf	
1 teaspoon salt	1 teaspoon whole black pepper

Boil tomatoes, onions, and spices until tomatoes are soft; strain, or use prepared tomato soup. Reserve 2½ cups, reheat to the boiling point. Soften the gelatin in ½ cup water a few minutes; then pour on the boiling, strained and well flavored tomato juice, add lemon and vinegar and stir until dissolved. Strain, pour in small cups and set aside in cool place over night to harden. Invert and serve on lettuce leaves with Oil Mayonnaise Dressing No. 1, page 277.

Or, cut in cubes and use as a garnish for cold meats.

Or, pour in ring mold and serve as a border for chicken or other salad.

**GOLDEN GLOW SALAD (Carrots and Pineapple)**

2 cups grated raw carrots	1 cup boiling water
1 cup drained crushed pineapple	1 cup pineapple juice
1 package lemon jelly powder	

Let water and pineapple juice come to a boil, pour over the jelly powder, stir thoroughly until dissolved. Let cool and just when it begins to harden, mix with the carrots and pineapple and pour into a mold. Let stand until firm. Serve with Mayonnaise. Surround with watermelon balls and pitted black cherries.

**CRANBERRY RING**

1 cup ground raw cranberries	1 tablespoon granulated gelatin
1 can crushed pineapple	
Rind of orange	1 box jelly powder, lemon

Drain pineapple, add enough water to pineapple juice to make 2 cups liquid. Heat. Pour over gelatin and jelly powder. Stir until dissolved, then add cranberries, pineapple and orange rind. Put into mold and into ice box to set.

**PRUNE AND CHEESE RING**

1 lb. prunes  
 ½ cup sugar

4 teaspoons gelatin  
 ¼ cup cold water

Wash and soak prunes. Cover. Cook slowly until tender but not broken. Drain and measure two cups juice. Soften gelatin in cold water. Boil prune juice and sugar, add gelatin. Stir until dissolved. Keep covered until cold. When cool, dip each prune, with the stone removed, into the liquid and place around a large ring mold in rows. When firm to the touch, add the jelly. Let stand in a cool place until set. Put over this Cheese Ring Mixture, page 304. Chill and harden. Serve with Cooked Fruit Salad Dressing No. 1, page 279.

**HORSERADISH AND CHEESE RING**

1 lime jelly powder  
 2 cups boiling water  
 Cottage cheese (12 oz.)  
 1 teaspoon salt

4 tablespoons prepared horseradish  
 1 tablespoon Mayonnaise  
 1 teaspoon grated onion

Pour boiling water over jelly. Put cheese through strainer, salt to taste. When gelatin mixture is cool, add cheese and other ingredients. Beat well with Dover beater. A little green coloring may be added. When slightly thick, put into mold. Serve surrounded with fruits in season or sea food if desired.

**PINEAPPLE AND CUCUMBER SALAD RING**

2 cups crushed canned pineapple  
 1 cup chopped cucumber  
 Bits of pimienta

Jelly for Salads  
 ½ teaspoon green vegetable coloring

Mix cucumber and pineapple with Jelly for Salads, page 299, just when it begins to thicken. Put in ring mold. Set aside several hours to harden. Serve on platter with a bowl of Fruit Salad Dressing with Cream, page 279, in the center, and surround with fresh or canned pears, peaches or pineapple.

**AVOCADO RING**

1 package lime or lemon  
 jelly powder  
 1 cup boiling water  
 1 cup Mayonnaise  
 3 tablespoons lemon juice

1 teaspoon salt  
 1 cup mashed avocado  
 1 cup cream, whipped, or  
 1 cup cultured  
 sour cream

Pour boiling water over jelly powder. Let thicken, then add other ingredients. Pour into a seven-cup ring mold. Set aside to harden and chill. Serve on shredded lettuce surrounded with grapefruit sections and Stuffed Prunes, page 528, and any desired Salad Dressing.



**GINGER ALE SALAD RING****Part 1**

- 2 tablespoons gelatin
- 2 tablespoons cold water
- $\frac{1}{3}$  cup boiling water
- 1 cup ginger ale
- $\frac{1}{4}$  cup lemon juice
- Few grains salt
- 2 tablespoons sugar

**Part 2**

- $\frac{1}{3}$  cup Malaga grapes  
skinned and seeded
- $\frac{1}{3}$  cup apple, diced
- $\frac{1}{3}$  cup celery, diced
- $\frac{1}{4}$  cup pineapple, diced
- 2 tablespoons Canton ginger,  
cut

Soak gelatin 2 minutes in cold water, add boiling water, stir until dissolved. Add ginger ale, lemon, salt, set aside and when mixture begins to harden, fold in the prepared fruit, place in ring mold on ice for several hours to harden. When ready to serve, remove to serving platter, place bowl in center with Fruit Salad Dressing, page 280. Any other fresh, sliced fruit or combination of fruits may be used, as 1 cup strawberries, cut into halves, with 1 banana, diced.

**MINT JELLY RING**

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 2 tablespoons gelatin             | $\frac{1}{2}$ cup mint leaves |
| $\frac{1}{2}$ cup cold water      | $\frac{1}{2}$ cup sugar       |
| $2\frac{1}{2}$ cups boiling water | $\frac{1}{8}$ teaspoon salt   |
| $\frac{1}{2}$ cup lemon juice     | Green vegetable coloring      |

Soak gelatin in cold water 5 minutes. Pour boiling water over mint leaves, let stand covered 5 minutes, strain, pour boiling hot over gelatin, stir until dissolved. Add lemon juice, salt, and if desired, grated rind of lemon and a little green coloring. Pour into ring mold, set aside several hours to harden and chill. Serve with bowl of Mayonnaise in center and surround with any desired Fruit Salad.

**GRAPEFRUIT OR LIME JELLY RING**

- |                              |                           |
|------------------------------|---------------------------|
| 2 tablespoons gelatin        | 2 cups grapefruit juice   |
| $\frac{1}{2}$ cup cold water | 3 limes, juice            |
| 1 cup boiling water          | $1\frac{1}{2}$ cups sugar |

Soak gelatin in cold water 5 minutes. Add boiling water, sugar and a little salt and stir until thoroughly dissolved. Cool, add fruit juices. Pour in ring mold. Set aside for several hours to harden and chill. Serve with Fruit Salad Dressing with Cream, page 279, in center, surround with any desired Fruit Salad.

Or use  $\frac{1}{2}$  cup orange juice and  $\frac{1}{4}$  cup lemon juice in place of limes, above.

**FROZEN CHEESE RING**

- |                          |                      |
|--------------------------|----------------------|
| 4 cream cheeses (12 oz.) | Salt and paprika     |
| 1 pint whole milk        | 1 cup cream, whipped |

Place cheese in a saucepan, let stand where it will just get warm, mash and very gradually add the milk. Place saucepan in a kettle of boiling water, and stir rapidly until the mixture is as smooth and thick as

**Mayonnaise.** Remove saucepan from boiling water, add salt and paprika to taste, stir until cool, then add the cream, whipped stiff. Place in a ring mold, cover closely and pack in ice and salt, let remain 4 or 5 hours, or place in mechanical refrigerator. When ready to serve, remove to platter with lettuce leaves. Place bowl with Thousand Island Dressing, page 276, in center and surround with pineapple slices and peach halves. Serves 12.

**No. 1****CHEESE RING**

$\frac{1}{2}$ lb. American or cottage cheese	2 teaspoons chives or green peppers, chopped
Salt and paprika	1 tablespoon gelatin
1 pint cream, whipped	

Grate the American cheese or strain the cottage cheese several times until smooth. Use either one, or half of each kind. Season to taste. Moisten gelatin in a little cold water. Dissolve over hot water. Cool. Combine all ingredients and beat until light. Place in ring mold and chill. Remove from mold, place bowl of Oil Mayonnaise No. 1, page 277, in center and surround with any desired fruit salad.

**No. 2**

1 tablespoon gelatin	$\frac{1}{2}$ cup American cheese
$\frac{1}{4}$ cup cold water	1 cup cream, whipped
2 cream cheeses (6 oz.)	Salt, paprika

Soak gelatin in the cold water and dissolve over hot water. Moisten cream cheese with a little cream and work until smooth. Add American cheese, bits of green and red peppers, or candied cherries, whipped cream and gelatin. Season and turn into ring mold. Set aside to cool and harden. Serve with Blackstone Salad Dressing, page 276, in center, surrounded by Fruit Salad, page 289.

**SOUR CREAM RING**

1 quart thick sour cream	4 tablespoons chives, cut
3 tablespoons vinegar	2 tablespoons gelatin
3 tablespoons sugar	$\frac{1}{2}$ cup cold water
1 cucumber, diced	$\frac{1}{2}$ cup boiling water

Soak gelatin in cold water, add boiling water, stir until dissolved. When cool, add to cream whipped stiff, and the rest of the ingredients. Put in ring mold, chill. When hard, serve with Fruit Salad Dressing, page 279, or any Fruit Salad, page 289.

**FROZEN FRUIT SALAD RING**

2 cups pears, pineapple and white cherries, mixed, canned or fresh	1 $\frac{1}{2}$ cups Boiled Mayonnaise
6 maraschino cherries, cut fine	1 $\frac{1}{2}$ cups whipped cream

Drain the fruit, and dice the pineapple and pears. Make Boiled Mayonnaise Dressing, page 275, using 2 tablespoons flour and juice of fruit

in place of the water. Let cool, fold in the whipped cream, and add the mixed fruit. Place in ring mold, cover closely and pack in ice and salt, 4 parts ice to 1 of salt, let freeze 3 to 4 hours, or place in mechanical refrigerator. When ready to serve, remove to platter, surround with Grapefruit and Malaga grapes, page 290, and serve with Whipped Cream Dressing No. 2, page 279.

### FROZEN VEGETABLE SALAD

1 tablespoon chopped onion	1 tablespoon lemon juice
$\frac{1}{4}$ cup chopped pimiento	1 teaspoon horseradish
$\frac{1}{4}$ cup chopped green peppers	Few grains red pepper
3 cups tomatoes	2 teaspoons gelatin
3 tablespoons vinegar	3 tablespoons cold water
$\frac{3}{4}$ teaspoon salt	Lettuce, Mayonnaise

Cook first 4 ingredients 5 minutes. Add gelatin, soaked in cold water, vinegar, lemon juice, grated horseradish, salt and pepper. Place in small molds, pack in 2 parts ice to 1 of salt, let freeze 3 or 4 hours or in trays of automatic refrigerator. Serve in slices on lettuce leaf and top with Boiled Mayonnaise, page 275.

### CHICKEN SALAD MOLD OR RING

1 pint diced boiled chicken	Cream Salad Dressing
1 cup diced celery	No. 1, page 274
1 tablespoon gelatin	1 cup cream, whipped

Soften gelatin in  $\frac{1}{2}$  cup cold water. Dissolve in hot salad dressing. When cool fold in whipped cream, chicken and celery. Pour into mold. When firm, turn out on platter. Serve with any Fruit Salad and Mayonnaise, page 277.

### SALMON MOUSSE

1 one-pound can salmon	$\frac{3}{4}$ cup scalded milk
$\frac{1}{2}$ tablespoon salt	2 yolks of eggs, beaten
$1\frac{1}{2}$ tablespoons sugar	$\frac{1}{4}$ cup hot vinegar
1 teaspoon mustard	$\frac{3}{4}$ tablespoon gelatin
$1\frac{1}{2}$ tablespoons melted butter	2 tablespoons cold water

Rinse the salmon with hot water, and drain thoroughly. Remove skin and bone, pick the flesh fine, set aside. Mix dry ingredients well with milk in double boiler, and stir and cook 5 minutes. Add the melted butter, the yolks, beaten, with a tablespoon of cold water, and the hot vinegar. Stir and cook a moment. Then add gelatin, softened in two tablespoons of cold water 2 minutes. Stir until dissolved, add the salmon, and turn into small molds or in ring mold to harden. Serve with Cucumber Sauce, page 125.

**SHRIMP OR LOBSTER ASPIC**

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 2 tablespoons gelatin             | 2 chopped dill pickles      |
| $\frac{3}{4}$ cup cold soup stock | or sweet pickles            |
| 1 cup hot soup stock              | 1 lb. fresh boiled shrimp   |
| $\frac{1}{2}$ cup Chili Sauce     | lobster or crab meat, diced |
| Juice of 1 large lemon            | 1 cup celery, diced         |

Soak granulated gelatin in cold soup or water a few minutes, add hot soup and stir until dissolved. Let cool slightly, add lemon juice. Chili Sauce and salt to taste. Set aside in cool place. Just when it begins to thicken add the chopped and diced ingredients, place in mold or molds and set aside to harden. Serve cold on lettuce leaves with Mayonnaise.

**MOLDED FISH WITH CUCUMBER SAUCE**

- |  |  |
|--|--|
| 2 tablespoons gelatin                      | $1\frac{1}{2}$ cups boiling fish stock |
| $1\frac{1}{2}$ lbs. cold boiled halibut    | 1 pint cream, whipped                  |
| $\frac{3}{4}$ cup Mayonnaise, page 275     | 1 large fresh cucumber                 |
| $\frac{1}{2}$ cup cold fish stock or water | French Dressing                        |

Follow recipe for Boiled Fish, page 131. Bone and cut or break into  $\frac{1}{2}$ -inch cubes. Soak gelatin in the cold fish stock or water, add the boiling hot fish stock, water or milk, and stir until dissolved. Let cool. When mixture begins to thicken, add the Mayonnaise. Beat, using an egg beater, until frothy, then fold in the cream, beaten stiff, and lastly stir in lightly the halibut. Turn into fish or ring mold and set aside to harden. Serve cold, surrounded with shredded lettuce leaves and the cucumber, pared, chopped and drained and mixed with French Dressing, page 272, or with Cucumber Sauce, page 125.

**FISH GLACÉ**

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 2 lbs. halibut or redsnapper          | 1 tablespoon each of pimienta |
| 1 tablespoon gelatin                  | and pickles in thin slices    |
| $\frac{1}{4}$ cup cold water          | 1 tablespoon capers           |
| 1 cup boiling water (scant)           | 1 cup Cream Dressing          |
| 1 lemon, juice                        | Lettuce leaves                |
| $\frac{1}{4}$ cup Port wine or Sherry | French Dressing               |
- 1 carrot and pickled beet cut in fancy shapes with small cutters.

Boil Fish, page 131, remove from liquid; bone and shred. Soak gelatin in cold water a few minutes with 1 tablespoon lemon juice, then add the boiling water and wine, and stir until dissolved. Cool and when mixture begins to thicken, rinse fish mold or any other mold in very cold water, add a few tablespoons of the gelatin mixture, put in a layer of the shredded fish, a sprinkling of the mixed vegetables and spread over this a thin layer of Cream Salad Dressing, page 273, or Oil Mayonnaise No. 1, page 278. Add a few spoonfuls of the gelatin mixture to cover, that the designs may not be disturbed.

Continue until mold is nearly filled, leaving the jelly mixture on top. Set aside over night or several hours to harden. Invert and turn out on serving dish. If fish mold is used, place caper in eye cavity and make a border of shredded lettuce mixed lightly with the dressing.

### SEA FOOD SALAD IN FISH MOLD

1 lb. can crab meat	1 small can pimientos
1 lb. shrimps, boiled	2 tablespoons gelatin
1 lb. halibut	$\frac{1}{4}$ cup cold fish liquid
$\frac{1}{2}$ cup small, ripe olives	3 cups hot fish liquid

Cut olives in thin slices, then in half circles and place in fish mold in spaces representing scales. Cut pimientos in fine long strips and fit into spaces for fins. Place bit of pimiento in center of stem end of slice of olive, to represent eye of fish. Shred and bone crab meat carefully; place bright red pieces about the head. Pile rest of the crab meat evenly over all. Boil and shell shrimp, page 149, cut in  $\frac{1}{2}$ -inch cubes; boil halibut, page 131, strain and reserve liquid; cut fish in small cubes. For further directions, *see* Hot Sea Food in Fish Mold, page 150.

Soak gelatin in cold fish liquid, add hot liquid, stir until dissolved. Pour into mold. Set aside several hours to harden and chill. Serve with Tartar Sauce, page 124, as a salad or appetizer. If desired, use only crab and halibut or crab and shrimp.

### LIVER ASPIC

$\frac{1}{2}$ lb. liver, boiled and diced	1 can tomato soup
1 tablespoon gelatin	

Dissolve the gelatin in half a cup of cold water, mix with hot tomato soup and stir in the liver. Set in the ice box to cool. Slice and serve plain or with Mayonnaise.

## Chapter 24

### Appetizers

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#### HORS D'OEUVRES, CANAPES, FIRST COURSE COCKTAILS AND SNACKS

##### FRUIT JUICE COCKTAIL SAUCE

**No. 1.** Make a syrup of 1 cup sugar and  $\frac{1}{2}$  cup water. Boil gently 5 minutes. Cool and dilute with equal amount of ginger ale. Or, use juices from canned or fresh fruits or berries. Lemon or orange juice may be added. Or, use the syrup of maraschino or mint cherries. Wine, grape juice, ginger ale may be used.

**No. 2.** Mix  $\frac{1}{2}$  cup sugar,  $\frac{1}{3}$  cup Sherry, and 2 tablespoons Madeira or lemon juice. Serve ice cold over any fruit cocktail.

**No. 3.** Mix lemon juice with powdered sugar to the consistency of a sauce.

##### FRUIT COCKTAIL COMBINATIONS

**No. 1.** Cubes of pears, peaches, apples. Use Fruit Cocktail Sauce. Garnish with red cherries. Serve ice cold in cocktail glasses.

**No. 2.** Grapefruit sections with pomegranate seeds sprinkled on top. Pour over grapefruit juice and serve ice cold.

**No. 3.** Avocado, pineapple, persimmons, cut. Use Fruit Cocktail Sauce No. 1, above. Serve ice cold in glasses.

**No. 4.** Line cocktail glass with orange sections. Place a mound of fresh strawberries or other berries or white grapes in the center. Serve cold. Fruit Cocktail Sauce No. 1, or 2, above.

**For Cocktails with Liquor, see page 542.**

##### PINEAPPLE AND GRAPEFRUIT COCKTAIL

Take equal parts of diced pineapple, grapefruit pulp and stoned white cherries. Place in cocktail glasses. Use Cocktail Sauce No. 1, or No. 2, above, sprinkle with bits of mint or maraschino cherries.

##### GRAPEFRUIT AND LIME COCKTAIL

To 2 cups of grapefruit pulp with juice add  $\frac{3}{4}$  cup sugar, and juice of 2 limes. Mix well and chill 2 or 3 hours. Serve ice cold.

##### WATERMELON COCKTAIL

Cut into cubes or balls with French cutter, the heart of a ripe, ice cold watermelon. Place 5 or 6 balls in each Cocktail glass and pour over them ice cold ginger ale. Canteloupe, Casaba or Honeydew may be used or they may be combined.

**MELON COCKTAIL**

Cut any variety of melons lengthwise, in sections or slices and serve ice cold garnished with red or dark grapes.

**FRUIT COCKTAIL WITH FRUIT ICE**

Take equal parts of fresh diced pineapple and strawberries or any other fruit in season. Place tablespoon of Orange, Lemon or Pineapple Ice, page 503, in cocktail glass, fill with fruit. Decorate with mint leaves.

**FRUIT JUICE COCKTAIL**

Mix the juice of fresh or canned berries, or fruit, with wine, charged water or ginger ale. Or cook 1 cup water and 1 cup sugar with 2 tablespoons chopped fresh mint. When cool, drain and add to fruit juices. Add lemon and orange juice to taste. Serve cold with sprig of mint.

**PINEAPPLE JUICE COCKTAIL**

Mix pineapple juice, fresh or canned, with orange or lemon juice.

**GRAPE JUICE COCKTAIL**

Pecan nut meats	1 quart blue grape juice
1 quart white grape juice	1 pint ginger ale

Fill each cocktail glass  $\frac{1}{4}$  full of cracked ice, add a pecan. Mix rest of the ingredients and pour over the ice into glasses.

**CRANBERRY JUICE COCKTAIL**

1 quart cranberries	$\frac{1}{4}$ cup lemon juice
1 quart boiling water	$\frac{1}{4}$ cup orange juice
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt

Cook cranberries in water until soft. Strain. To juice add the rest, bring to boiling point. Chill in ice box.

**No. 1 COCKTAIL SAUCE FOR SEA FOODS**

$\frac{1}{2}$ cup tomato catsup	2 tablespoons lemon juice
2 teaspoons prepared mustard	1 tablespoon Worcestershire Sauce

Mix and serve ice cold over shrimp, oyster, lobster, or crab meat. Let stand 15 minutes. Add a few drops Tabasco Sauce and Horseradish.

**No. 2**

12 tablespoons catsup	3 tablespoons wine
3 tablespoons tarragon vinegar	Cayenne and salt to taste
1 teaspoon Worcestershire Sauce	Juice of 1 lemon

Mix and serve cold with any sea food.

**OYSTER COCKTAIL**

1 pint small oysters	Cocktail Sauce No. 1
----------------------	----------------------

Place 5 or 6 small oysters in each glass, cover with Cocktail Sauce. Serve ice cold. Use oysters alone or combine with any other sea food.

**CRAB MEAT COCKTAIL** $\frac{1}{2}$  lb. crab meatSeafood Cocktail Sauce No. 1,  
page 309

Shred crab meat, remove bones, mix with Seafood Cocktail Sauce No. 1. Lobster or tuna fish may be used.

**SHRIMP AND AVOCADO COCKTAIL**

Place slices of avocado in cocktail glasses. Sprinkle with salt and lemon juice; add whole cooked shrimp. Serve with Seafood Cocktail Sauce, page 309.

**SARDINE COCKTAIL**

1 box sardines

Cocktail Sauce No. 1

Skin, bone and cut sardines in pieces. Serve cold in glasses.

**No. 1 TOMATO JUICE COCKTAIL**1 cup red or yellow tomato  
juice

2 teaspoons sugar

 $\frac{3}{4}$  teaspoon salt1 tablespoon lemon rind and  
juice**No. 2**

1 quart tomato juice

3 tablespoons lemon juice

 $\frac{1}{2}$  cup orange juice

3 teaspoons sugar

 $\frac{3}{4}$  teaspoon salt

1 teaspoon horseradish

1 teaspoon Worcestershire Sauce

Mix, chill, serve ice cold.

To can Tomato Juice for Cocktails, *see* page 602.

**BEEF JUICE COCKTAIL**

1 cup red beet liquid

1  $\frac{1}{2}$  cups cold water $\frac{1}{4}$  cup lemon juice or  
vinegar $\frac{1}{2}$  teaspoon salt

Few grains cayenne

Use the liquid drained from Boiled or Pickled Beets, page 197. Place in refrigerator. Serve ice cold in cocktail glasses.

**VEGETABLE COCKTAIL SAUCE**

2 tablespoons vinegar

1 teaspoon finely chopped

 $\frac{1}{2}$  cup Chili Sauce

parsley

1 teaspoon salt

1 teaspoon finely chopped

1 teaspoon grated horse-  
radish

green pepper

Speck white pepper

2 teaspoons sugar

Speck paprika

A few drops of onion juice

Mix in order given; chill. Serve over cold vegetables.

**SAUERKRAUT JUICE COCKTAIL**

To 1 pint sauerkraut juice, add 2 tablespoons lemon juice,  $\frac{1}{4}$  teaspoon caraway seed and  $\frac{1}{2}$  cup finely diced raw apple.

**CHAROCIS FOR SEDAR**

Pare and chop a few apples. Add sugar, cinnamon, pounded almonds, grated lemon rind, mix thoroughly and add white wine to bind.



**HERRING APPETIZER**

Serve Pickled Herring, page 141, or Salt or Schmalz Herring, washed, cleaned, boned and cut in 2-inch slices, with fresh rye bread.

Or, remove Bismark or pickled herring from can, and arrange on a platter; sprinkle with pepper, brush over with lemon juice, and melted butter, and pour over the liquor left in the can. Place in a moderate oven, heat thoroughly and garnish with parsley.

**MOLDED SARDINE APPETIZER**

2 cans boneless, skinless sardines, large	$\frac{1}{2}$ pint pimienta olives Seasoning of lemon juice and paprika
$\frac{1}{2}$ lb. butter	

Top of pineapple

Mash sardines with fork, add creamed butter. Mix and season. Set in refrigerator until firm. Mold in shape of pineapple and stick pineapple top into top. Cover slides with olives, sliced crosswise. Let stand in refrigerator about 6 hours. Serve with sliced lemon and toast points. Serves 8 to 10 people.

**SARDELLEN IN TOMATO JELLY**

Make Tomato Jelly, page 301. Put sardellen in bottom of mold. Pour in the gelatin just as it begins to thicken. Set aside several hours to harden. Serve on round of Boiled Celery Root, page 203.

**No. 1 EGG AND SARDELLEN APPETIZER**

Place  $\frac{1}{2}$  hard cooked egg, cut crosswise, cut side down on a slice of fresh buttered rye bread. Place half of a sardellen, soaked and boned over top of egg.

**No. 2**

Cut bread round and toast and place on each slice a slice of tomato, on this put 4 half sardellen, then a half egg and over this a Mayonnaise Dressing, page 277.

**EGG AND CAVIAR ON CELERY ROOT**

4 hard cooked eggs	Salt and paprika to taste
1 tablespoon caviar	Boiled celery root

Cook eggs, page 85, and while hot put through ricer. Mix with caviar, press in small buttered mold or in a straight sided glass, set aside several hours to harden. Cut in slices. Serve on slice of Boiled Celery Root, page 203.

**HAM AND EGG APPETIZER**

$\frac{1}{2}$ lb. ham	1 teaspoon chives, chopped
5 hard cooked eggs	Mayonnaise

Separate yolks and whites of eggs. Mash the yolks, add chives, salt and paprika and mix to a smooth paste with Mayonnaise. Grind ham and whites of eggs, mix all together and form into balls size of a walnut, and serve with Mayonnaise.

**EGG AND TOMATO APPETIZER**

2 or 3 hard cooked eggs                      3 large, ripe firm tomatoes  
 ¼ teaspoon salt or paprika                  Gargoyle Sauce

Cook fresh eggs 30 minutes, just below the boiling point, remove shells and while warm, pass through ricer or food grinder. Add salt and paprika to taste and a few drops of onion juice. Pack tightly into small buttered molds or straight-sided glass and set aside in cold place 4 or 5 hours. Remove from glass, cut into ½-inch slices. Cut tomatoes into thick slices crosswise; place on lettuce leaf, then the slice of egg; cover the whole with Gargoyle Sauce, page 276.

**GOOSE LIVER APPETIZER**

1 round slice bread                              Salt and pepper to taste  
 Butter to spread                                 1 slice goose liver  
 1 slice fresh tomato                            1 hard cooked egg

Toast bread, 1 slice for each person; butter lightly. Place a thick slice of tomato on top of this; season with salt and pepper. On top of this place slice of Fried Goose Liver, page 190. Decorate top with yolk and white of egg, chopped separately, arranged in alternate strips.

**CUCUMBER APPETIZER**

Peel a large, firm cucumber, cut into 1-inch slices, scoop out center. Put each piece on a thick slice of tomato and fill center with riced yolk of hard cooked eggs and caviar, mixed with Mayonnaise.

**APPETIZER OF CANNED ARTICHOKE**

6 slices of artichoke heart                    3 hard cooked eggs  
 1 can caviar                                      12 stuffed olives  
     1 teaspoon chopped onion

Cover each piece of artichoke with caviar, chopped onion and stuffed olives, also chopped white of egg and the yolk put through a ricer, and cover with a thin Mayonnaise, page 277.

**ARTICHOKE LEAVES AND SHRIMP**

Place chilled Shrimp, page 149, on separated Artichoke leaves, page 195. Top with Mayonnaise or Chili Sauce.

**PINEAPPLE ON TOASTED RUSK**

On a round slice of Rusk, place a thick slice of pineapple, over this sprinkle grated cheese. Lay strips of thinly sliced bacon on top, broil.

**STUFFED CELERY STALKS****No. 1. With Cheese**

Wash tender celery stalks in cold water to crisp. Mix Roquefort cheese with a little butter. Spread mixture on grooves of celery.

Or stuff 1-inch pieces of celery stalks with cottage cheese, insert thin half slices of red radishes, red edge up, at equal distances.

**No. 2. With Crabmeat**

Flake a 6-oz. can of crabmeat. Add 1 tablespoon lemon juice, and 3 tablespoons Mayonnaise. Fill into grooves of celery.

**SMORGÅSBORD**

Smörgåsbord or Hors D'Ouevres is a traditional Scandinavian ceremony of feasting, partaken of just before the guests sit down to a course dinner.

A separate covered table with plates and silverware in Buffet style is laden with an attractive array of Swedish, Danish or Norwegian cold delicacies, all arranged in tiny portions on suitable platters and dishes. The guests all stand around and help themselves to just a little taste of everything. The famous Scandinavian drink Aquavite (unsweetened Kummel Schnapps) is the only liquor partaken of here. And the only bread served is Knakkebrod (Rye crisp), Rye-bread or Pumpernickel.

Spiced cranberries, radishes, olives, celery, pickles; many varieties of cheese, caviar, sardines, appetitsild, gaffelbiter, lobster, and crab-meat salads, aspics of all sorts are on the table; herring served plain or in cream as a salad or pickled and 2 hot dishes, fried fish, sliced tongue, fish balls, tiny beef balls topped with sautéed onions or breaded pork patties in sharp sauce all gaily garnished with parsley, add to the festivities of the occasion. Recipes for most of the foregoing are to be found in this book.

**SARDINE CANAPES**

Mix equal parts of yolks of hard cooked eggs and sardines, a little lemon juice, spread on toast. Rice whites, mix with chopped parsley.

Or to sardines and whites of hard cooked eggs and pickle, minced fine, add a little Worcestershire Sauce. Spread on buttered toast.

**SARDINE AND ANCHOVY CANAPES**

1 can skinless and boneless sardines (8 oz.)	1 tablespoon flour
1½ tablespoons butter	1 tablespoon anchovy paste
4 slices toast (buttered)	½ cup white wine

Melt butter. Add anchovy paste, mixing to smooth paste. Add flour, stirring constantly, and cook until mixture bubbles. Add wine gradually, then sardines, heating slowly and taking care not to break sardines. Place sardines on toast, pour sauce over. Serve very hot.

**No. 1 SARDELLEN CANAPES**

Take equal parts of soaked sardellen and fresh butter, creamed. Chop fine, mix, add parsley and spread on fresh rye bread or toast. Separate egg, chop white fine and rice the yolk and decorate sandwiches with alternate rows.

**No. 2**

Soak ½ pound sardellen, bone and mash them and add 2 tablespoons cream cheese, 2 tablespoons sweet butter, a little grated onion, a pinch of cayenne pepper. Spread on toast.

**CANAPES OF SMOKED SALMON**

Spread toasted bread with butter, place thin round of smoked salmon on top; border with hard cooked eggs minced with parsley.

**CRAB MEAT OR LOBSTER CANAPES**

Spread rounds of toasted bread with finely chopped crab or lobster meat, add salt, cayenne and a few drops of lemon juice, moistened with Thick White Sauce No. 3, page 117. Sprinkle with cheese and brown in oven.

**MARROW BONES**

Saw marrow bones in 2-inch pieces for serving. Wash and scrape sides. Place in hot oven 6 minutes or until cooked through. Salt and serve on toast rounds garnished with parsley.

**CAVIAR WITH EGG**

Cut slices of hard cooked eggs; take out the yolk, fill its place with caviar. Serve on thin slices of buttered brown bread, arranging the yolks, riced, as a border.

**CAVIAR WITH ONIONS**

To 1 part of caviar allow  $\frac{1}{4}$  part Mayonnaise. Mix and spread on buttered bread or toast; sprinkle with grated or chopped onions.

**CAVIAR WITH POTATO CHIPS**

Chill one 3 oz. can caviar, season with lemon juice. Spread on large sized potato chips. Garnish with border of cream cheese.

**TOMATO, CHEESE AND ANCHOVY CANAPES**

Spread rounds of toasted bread with butter, then Anchovy paste. Place thin slice tomato on top, sprinkle with grated American cheese; place under broiler until cheese is melted and serve hot; garnish with sprigs of parsley or a coiled anchovy.

**TOMATO AND CHEESE CANAPES**

Cut white bread into small rounds with cookie cutter. Toast on 1 side, butter on untoasted side. Cut slices of small firm tomatoes  $\frac{1}{4}$ -inch thick. Place on buttered side; flavor with salt and speck of grated onion. Pile grated American cheese on tomato and broil until brown.

**CHUTNEY AND CHEESE CANAPES**

Toast rounds of bread on 1 side; cover the other side with Chutney Sauce, page 583, sprinkle with grated American cheese. Broil a few minutes until cheese is melted and serve at once.

**PIQUANT PUFFS**

1 cup highly seasoned Mayonnaise or Thousand Island Dressing, page 276

1 egg white  
Canape or any crisp crackers

Beat egg white until stiff. Fold in gently, Mayonnaise or Dressing, pile lightly onto crackers. Toast under broiler 1 minute or until delicately browned.

**No. 1 EGG AND ANCHOVY BUTTER CANAPES**

Butter small, thin, round pieces of toast; then spread very lightly with anchovy butter, and on this place a poached or steamed egg. Garnish.

**No. 2**

Spread triangle-shaped toasted bread with Anchovy Butter, page 319. Along one side sprinkle chopped whites of hard cooked eggs; on second side, chopped yolks; on the third side, minced pickles. Place stuffed olives in center.

**CANAPES OF CHICKEN LIVER**

Sauté a dozen chicken livers in hot fat with an onion until tender. Smooth to a paste, add salt, cayenne, butter and Anchovy paste to taste. Spread on toast. **Calf's liver** may be used in place of chicken livers.

**CHICKEN LIVER AND MUSHROOM CANAPES**

Cook chicken livers slowly in hot chicken fat a few minutes. Drain and strain through sieve. Chop fresh or dried mushrooms fine and sauté. Mix with the liver, add lemon and onion juice, salt and pepper to taste. Spread on pieces of buttered toast.

**Pate de Foie Gras Sandwiches**, *see* page 321.

**Liver and Egg Paste**, *see* page 319.

**Goose Liver Appetizer**, *see* page 312.

**SARDINE PASTIES**

Pie dough, page 376	1 tablespoon lemon juice
1 can (6 oz.) boneless, skinless sardines	Speck of cayenne pepper
	1 egg white, beaten

Roll dough 1/2-inch thick, cut in oblong form 2 1/2 inches long, half as wide. Drain sardines, season, and place lengthwise on dough. Roll up, press edges together. Brush over top with egg and bake in hot oven, 450° F., 15 minutes or until done.

**HARLEQUIN APPETIZER**

Take square loaf of rye bread. Remove crusts. Cut loaf lengthwise into slices 1/2-inch thick. Spread each slice thickly with creamed butter and Mayonnaise. With large kitchen knife mark lines on slice through butter and Mayonnaise. These lines should be 1/2 inch apart and form 9 spaces. Fill spaces between lines with sandwich fillings of contrasting colors, spreading lightly. In center space put smoked salmon, ground fine. On both sides of salmon put finely chopped, hard-cooked egg whites. In next spaces, riced yolks of eggs. Then sardellen paste. Decorate space at either end by pressing softened cream cheese through pastry tube. Cut each slice crosswise into inch strips. Arrange slices on oblong platters, close together.

### RAINBOW RYE BREAD APPETIZER

Take large, round rye bread loaf. Remove lower crust. Cut thin round slice from bottom of loaf in one piece and spread thickly with butter and Mayonnaise, page 275. Place this slice of bread on serving platter and decorate in distinct circles with a variety of sandwich mixtures. Mark without cutting a circle in center with tumbler. Spread caviar over this center. For second circle use 5-inch plate as a marker, spreading yolks of hard cooked eggs, riced, in space. For third ring use minced ham; fourth, white of hard cooked eggs; fifth, stuffed olives; sixth, yolk and white of hard cooked egg, mixed; each variety chopped fine. Remove crust on outside and serve on platter, cut in 3-cornered pieces like pie.

**For additional recipes,** *see* Sandwiches, pages 318-327.

**For Cheese Puffs,** *see* page 270.

## SNACKS

### SNACK PORCUPINE

As an accompaniment to cocktails, snacks are served in an attractive manner on toothpicks inserted into a snack holder or grapefruit or large red apple. Place in center of platter surrounded with other appetizers.

### DEVEILED OLIVES

Spread very small stuffed olives with cream cheese flavored with horseradish. Roll in finely chopped dried beef. Serve cold on toothpicks.

### STUFFED OLIVES

1 pint of large, pitted olives      Cream Cheese Spread  
Fill Cream Cheese Spread, page 319, into olives. Pierce each olive with a toothpick and serve on Snack Porcupine, above.

### SAUSAGE SNACKS

Cut a Frankfurter or Wiener sausage crosswise into  $\frac{3}{4}$ -inch lengths. Cut each piece slightly apart lengthwise, spread opening with prepared mustard and place a thin slice of pickle between. Hold together with a toothpick and serve on Snack Porcupine, above.

### DRIED BEEF SNACKS

3 oz. cream cheese (1 pkg.)      Salt to taste  
1 teaspoon prepared horseradish      Pepper  
1 teaspoon grated onion      Sliced dried beef

Mix first five ingredients well. Spread on 2 long strips of dried beef. Cut into three parts, lengthwise. Place one on top of other in 3 layers overlapping each other. Roll up tight. Chill. Cut in  $\frac{1}{2}$ -inch pieces and pierce with toothpicks. Insert the other end of toothpick in Snack Porcupine, above. Alternate with small pickled onions, wrapped in bacon and then broiled.

**ASPARAGUS AND DRIED BEEF STICKS**

Drain a can of asparagus tips. Trim slices of dried beef or cooked ham the length of asparagus tip. Spread slices with Mayonnaise. Place one stalk on each slice. Roll up tightly, fasten roll with toothpicks.

**SMOKED SALMON AND CAVIAR CORNUCOPIA**

Roll thin slices of salmon into cornucopia shape. Rice hard cooked egg; mix with caviar. Season with lemon or onion juice and fill cornucopias.

**CHEESE AND LETTUCE**

Mix and cream well 3 parts of Roquefort cheese with 1 part of cream cheese. Place in ice box to harden. Wrap small portions in small crisp lettuce leaves. Hold together with toothpicks and serve.

**PECAN TIDBITS**

Put 2 large halves of pecans together with anchovy paste, and serve with a cocktail, or with cream cheese mixed with anchovy paste.

**SNACKS IN BACON BLANKETS**

**No. 1. Deviled Olives:** Press  $\frac{1}{2}$  pecan nutmeat into a deviled olive. Fold a thin slice of bacon around each olive, fasten with toothpick, brown slowly in frying pan and serve very hot, with any cocktail.

**No. 2. Shad Roe:** Cut parboiled roe in small pieces; wrap each piece in thin slice of bacon. Broil until crisp.

**No. 3. Shrimp:** Wrap shrimp in bacon as above.

**No. 4. Chicken Livers:** Sauté in butter. Prepare as above.

**No. 5. Cracker:** Wrap a long thin cracker with thin slice of bacon, edges slightly overlapping. Broil until bacon is crisp.

**RAW CHOPPED MEAT**

Season freshly ground beef with salt and onion juice. Spread on toast rounds, topped with caviar, or omit onion juice and top with slice of onion on a thick slice of tomato or just with sliced onion.

**ROLLED TOAST WITH SARDINES**

Cut wheat bread into  $\frac{1}{4}$ -inch slices. Butter. Spread with Sardine Paste, page 319. Remove crusts. Roll up tight and toast under broiler or cut in  $\frac{1}{2}$ -inch slices crosswise and toast on both sides.

**ROLLED TOAST WITH MUSHROOMS**

Chop fresh mushrooms very fine. Sauté in butter 10 minutes; let cool and add Mayonnaise and speck of grated onion to taste. Spread very fresh, thin slices of white bread with butter and chopped mushroom. Remove crusts. Roll, and toast in broiler and serve hot.

**ASPARAGUS IN ROLLED STICKS**

Slice day old bread in  $\frac{1}{4}$ -inch slices, spread with creamed butter, or with anchovy, or sardellen paste. Remove crusts. Place one stalk asparagus across bread, and roll, wrap in waxed paper, let stand 24 hours in ice box. Remove paper. Toast in hot oven and serve at once.

## Chapter 25

# Sandwiches

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### GENERAL RULES

Use day old wheat, rye, brown or any other bread. Remove end slice. Cut off slices as thin as desired, crosswise, removing crusts or otherwise. Cream or wash butter before spreading, fill with any of the following desired fillings. Put together in pairs, cut in squares, triangles, rounds, fingerlengths, or as Open-Faced Sandwiches, page 323.

Put sandwiches on plate, wrap in dry napkins, cover with damp napkin and place in refrigerator and serve when wanted.

For school lunches or picnics, wrap each sandwich in wax paper.

If fancy shapes are desired, cut loaf in slices lengthwise. If fillings are creamy and smooth, butter may be omitted, spreading only with sandwich filling, or mix butter with Mayonnaise before spreading with sandwich filling.

For fancy, decorated sandwiches, butter is creamed, a little lemon juice added, and run through a pastry tube in any design.

### SPREADS FOR SANDWICHES

#### No. 1. Pimiento Butter

Drain 3 large pimientos from the liquor in can, and dry. Rub through a sieve and work the pulp into  $\frac{1}{2}$  cup creamed butter or Mayonnaise, season with salt.

#### No. 2. Olive Butter

Grind ripe or stuffed olives. Mix with  $\frac{1}{4}$  part Mayonnaise, page 277, or with an equal amount of Pimiento Butter, above.

#### No. 3. Green Pepper Butter

Cut a slice from the stem ends of 3 or 4 green peppers; remove the seeds and white portion. Cook in boiling water until soft; drain well and chop fine, drain again and rub through a sieve. Add pulp to  $\frac{1}{2}$  cup creamed butter or Mayonnaise.

#### No. 4. Onion Butter

Mix  $\frac{1}{2}$  cup of finely sliced young onions, greens removed, with an equal amount of creamed butter. Spread between slices of rye bread.



## SPREADS FOR SANDWICHES

**No. 5. Shrimp Butter**

Clean and finely chop freshly cooked or canned shrimps; allow 1 cup fresh butter or Mayonnaise for each pound of prepared shrimps. Pound until smooth; then rub through a sieve.

**No. 6. Anchovy, Sardellen or Sardine Paste**

Mix paste with an equal amount of butter, creamed; add a few drops of onion and lemon juice. Soak salt sardellen or anchovies in milk or water to freshen. Smoked salmon may be minced and prepared the same way.

**No. 7. Liver Paste**

Potted Liver, page 174	$\frac{1}{2}$ teaspoon salt
2 hard cooked eggs	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon onion juice	$\frac{1}{2}$ cup poultry fat

Put first five ingredients through a meat grinder several times until very fine. Mix well, adding fat to make a smooth paste.

**No. 8. Vegetarian Nut Butter**

$\frac{1}{4}$ lb. almonds	$\frac{1}{2}$ lb. hazel nuts or filberts
$\frac{1}{2}$ lb. pecan nuts	$\frac{1}{2}$ lb. roasted peanuts

Shell and blanch the nuts. Mix all together and put them through a grinder, knead until it becomes a little soft; pack closely into jelly glasses and stand at once in a cool place. When ready to use dip glass in hot water, until the mixture slips out easily. Cut into slices.

## CREAM CHEESE SPREADS

**No. 1. To Soften Cream Cheese:** Mix until smooth  $\frac{1}{2}$  cup cheese with evaporated milk, cream plain or whipped, or with Mayonnaise.

**No. 2. With Pepper Relish:** Soften  $\frac{1}{2}$  cup cheese with  $\frac{1}{4}$  cup drained Pepper Relish, page 582, or Pimiento. Mix until smooth.

**No. 3. With Pineapple:** Mix until smooth  $\frac{1}{2}$  cup cheese with  $\frac{1}{4}$  cup finely chopped slice of pineapple.

**No. 4. With Olives:** Mix until smooth  $\frac{1}{2}$  cup cheese with  $\frac{1}{4}$  cup chopped olives, green or stuffed.

**No. 5. With Water Cress and Nuts:** Chop  $\frac{1}{4}$  cup nuts, mix with finely minced water cress and  $\frac{1}{2}$  cup softened cheese until smooth.

**No. 6. With Prunes:** Chop and drain  $\frac{1}{2}$  pound Stewed Prunes, page 334. Add 2 tablespoons butter creamed, to 2 cream cheeses, and mix with  $\frac{1}{4}$  cup chopped walnuts, and prunes. Spread between slices of whole wheat or graham bread.

**No. 7. For additional Cheese Mixtures,** *see* page 266.

**COTTAGE CHEESE SANDWICHES**

$\frac{1}{4}$  cup pimientos or stuffed olives, chopped       $\frac{1}{2}$  cup cottage or cream cheese, riced

Add salt to cheese and mix to a smooth paste with a little cream or milk; then stir in the pimientos;  $\frac{1}{2}$  cup walnuts, chopped, may be added. Spread between thin slices of bread.

**SWISS CHEESE SANDWICHES**

$\frac{1}{4}$  lb. Swiss cheese       $\frac{1}{4}$  lb. English walnut meats  
Salt, paprika       $\frac{1}{4}$  cup butter, creamed

Cut Swiss or American cheese in thin slices and put between slices of buttered bread, or grate cheese, chop nut meats, season with salt and paprika, mix with butter and spread on bread.

**CHEESE AND ANCHOVY SANDWICHES**

2 tablespoons butter      1 teaspoon vinegar  
 $\frac{1}{4}$  cup grated American cheese      Salt, paprika, mustard,  
Anchovy paste

Cream the butter, add the cheese, Anchovy and vinegar. Season and spread between thin slices of bread.

**EGG SALAD SANDWICHES**

4 hard cooked eggs      1 tablespoon Mayonnaise  
Salt and pepper to taste      Slices of buttered bread

Chop finely the white of hard cooked eggs; press the yolks through a fine strainer. Mix yolks and whites, season with salt and pepper, and moisten with Mayonnaise, pages 275-278. Spread mixture between thin slices of buttered bread.

**EGG AND SARDINE SANDWICHES**

Take equal quantities of hard cooked egg yolks and sardines, drained, skinned and boned. Season with salt, cayenne pepper and mustard. Rub until smooth and add lemon juice and olive oil to make a paste. Spread between thin slices of buttered bread or on fresh wafers or use Mayonnaise, pages 275-278, in place of the lemon juice and oil.

**CHICKEN OR VEAL SANDWICHES**

Cut cold, boiled or roasted chicken, veal, lamb or beef in thin slices and place between thin slices of buttered bread.

Or, chop meat and moisten with Mayonnaise, pages 275-278. Sprinkle with finely minced celery or sweet green peppers.

**CHICKEN AND NUT SANDWICHES**

Chop cold chicken fine, moisten with a little chicken gravy or soup. Add some chopped nuts, a few drops of lemon juice and celery salt. Spread between slices of buttered bread.

**TONGUE SANDWICHES**

Take thin slices of boiled, smoked or pickled tongue; or mince. Place between bread, spread with Mayonnaise, mustard or butter.

**HAM OR SMOKED BEEF SANDWICHES**

$\frac{1}{2}$ lb. cold boiled ham	Thin slices of bread
Or smoked pickled beef	$\frac{1}{4}$ cup Mayonnaise

Chop the ham or smoked beef very fine, without taking off the fat. Mix with creamed butter or Mayonnaise, pages 275–278, and spread between layers of thinly sliced bread, or cut meat in thin slices and place between the bread.

**SWEETBREAD SANDWICHES**

Follow recipe for Boiled Sweetbreads, page 172, and when cold, chop. Mix with Mayonnaise Dressing, pages 275–278, chopped celery and nut meats, spread between slices of bread or as Open-Faced Sandwiches, page 323.

**GOOSE MEAT SANDWICHES**

Spread thin slices of fresh or toasted rye bread or rolls with goose fat. Place slices of cooked goose meat between, or mince the meat, add 1 or 2 pickles, or a little catsup. Mix and place between the bread. Slices of cold duck may also be used.

**PATE DE FOIE GRAS SANDWICHES**

Goose liver	3 hard cooked eggs
2 tablespoons goose fat	Salt and pepper

Smother goose liver until soft in Goose Fat, page 189, mash into a paste, with the eggs, add salt, paprika and a little grated onion, and if too stiff add a little goose fat; spread on small, thin slices of toast.

**MOCK PATE DE FOIE GRAS SANDWICHES**

Remove casing from liver sausage, mash to a paste with Mayonnaise. Spread between thinly sliced, buttered rye bread.

**SHRIMP AND CHICKEN LIVER SANDWICHES**

Grind  $\frac{1}{2}$  cup each of cooked shrimps and chicken livers,  $\frac{1}{2}$  Bermuda onion and  $\frac{1}{2}$  green pepper, seeds removed. Season with salt, moisten with catsup or Mayonnaise. Spread between thin slices of buttered bread.

**CRAB MEAT SANDWICHES**

2 hard cooked yolks	$\frac{1}{2}$ can crab meat
1 tablespoon melted butter	1 tablespoon lemon juice

Mash the yolks to a smooth paste with the butter, add the lemon juice and the crab, chopped fine. Mix well and spread between thin slices of buttered brown bread, or as Open-Faced Sandwich, page 323.

**LOBSTER SANDWICHES**

Remove cooked lobster meat from shell and chop. Season with salt, pepper, prepared mustard and lemon juice or moisten with any Salad Dressing, pages 275-278. Spread on crisp lettuce leaf and place between thin slices of buttered bread. Any sea food may be used.

**CAVIAR SANDWICHES**

To  $\frac{1}{4}$  pound of Russian or Domestic Caviar add 2 tablespoons lemon juice, a little paprika and 3 tablespoons of olive oil. Stir until creamy. Spread on thin, small round slices of white or entire wheat bread.

**LETTUCE SANDWICHES**

Wash and dry fresh, crisp lettuce leaves, place between thin slices of buttered bread and spread a teaspoon of Mayonnaise Dressing, page 275, on each leaf.

**ONION SANDWICHES**

Cut fine Bermuda onions in thin slices, sprinkle with salt and few grains of sugar, and place between two slices of rye bread, which have been buttered or spread with goose fat.

Or fry the onions in fat until tender, add salt and pepper and spread on top of a slice of fresh or toasted rye bread.

**HORSERADISH SANDWICHES**

Cream  $\frac{1}{4}$  cup butter or substitute gradually with  $\frac{1}{4}$  cup grated horseradish, add 1 teaspoon lemon juice, a little salt and sugar. Cut thin slices of rye or wheat bread in rounds, triangles or diamond shapes. Spread mixture between slices, decorate top, in center, with a slice of stuffed olive, cut crosswise.

**PEANUT BUTTER SANDWICHES**

Mix thoroughly Cream Cheese Spread, page 319, or jam with an equal amount of peanut butter and spread between thin slices of bread.

**FRUIT AND NUT SANDWICHES**

1 lb. raisins or figs	$\frac{1}{2}$ lb. English walnuts
1 lb. dates or prunes	2 oranges, juice
$\frac{1}{2}$ lb. pecan nut meats	2 lemons, juice

Remove stems and stones of fruit; chop or grind fine. Moisten with fruit juices. Add nuts, chopped fine. Spread between thin slices of buttered brown bread. Keep leftovers in Mason jars.

**CHERRY AND PINEAPPLE SANDWICHES**

Pick over, pit and thinly slice large, dark red cherries, drain; add an equal amount of chopped and drained pineapple and  $\frac{1}{4}$  cup finely chopped, blanched almonds, mix thoroughly and moisten with Mayonnaise. Spread thinly sliced white bread with Mayonnaise, cover half the slices with cherry mixture and remaining half with crisp lettuce leaves. Put together in pairs.

**AVOCADO OR ALLIGATOR PEAR SANDWICHES**

Mash the flesh of a ripe alligator pear with a fork. Sprinkle with salt and pepper and spread thickly between thin slices of wheat or rye bread.

Or season with lemon, or lime juice or with French or Mayonnaise Dressing. Overripe discolored portions should be cut away.

**FANCY SANDWICHES****OPEN FACED SANDWICHES**

**No. 1. Tomato:** With large biscuit cutter cut slices of wheat bread in rounds. With smaller biscuit cutter remove inside of half of these, thus forming rings. Spread large rounds with creamed butter. On this, place slice of tomato on lettuce covered with Mayonnaise and then fit on rings. The small remaining rounds may be filled with any desired sandwich filling.

**No. 2. Water cress:** Pick over, wash, drain and finely chop about  $\frac{1}{2}$  cup of water cress, and mix with softened cream cheese. Spread on rounds of bread, fit on rings, as in No. 1, above.

**No. 3. Cucumber:** Pare medium cucumber, cut lengthwise, remove seeds and chop, season with grated onion and mix with Mayonnaise. Add and mix, if desired, 4 hard cooked eggs, finely chopped. Spread on large rounds of bread, fit on ring.

**No. 4. Mushroom Paste:** Follow recipe for Sautéed Mushrooms, page 207. Cool, chop fine, season highly, mix with Mayonnaise. Spread on large rounds of bread, fit on ring, as in No. 1.

**WHITE AND BROWN BREAD SANDWICHES**

**No. 1.** Cut white bread and brown bread in circles or squares of the same size. Spread half of each with creamed butter. Cut the remaining slices into fourths and arrange alternately, brown and white pieces on the whole buttered slices.

**No. 2.** Remove crusts from a white and a dark loaf of bread and cut in thin slices, lengthwise. Shape with round, fluted or square cutters. Spread one-half the pieces with creamed butter and any desired sandwich filling. From remaining pieces cut out shapes, using 1-inch round cutter, small animal or other fancy cutter, and refill space thus made with the same designs, placing dark bread in spaces of white bread and white designs in spaces of dark bread.

**CHECKER BOARD SANDWICHES**

Cut 3 slices each of white and graham bread  $\frac{1}{2}$  inch thick. Spread each slice well with creamed butter and anchovy paste, or any other desired Sandwich Spread or Paste, page 318. Put together in two

piles, graham bread between 2 slices of white bread and white bread between 2 slices of graham bread. Press slices well together, put in refrigerator, place plate on top of each pile; when butter is firm, cut off crusts. Then cut each pile crosswise into  $\frac{1}{2}$ -inch slices; spread cut sides thickly with creamed butter and other Sandwich Filling or paste, and put together so that the brown and the white slices alternate each other. Place in refrigerator again, under light weight, until butter is firm; then cut crosswise into thin slices. Arrange on platter to show checks.

### RIBBON SANDWICHES

1 loaf wheat bread	Pimiento Butter, page 318
1 cup Mayonnaise	Green Pepper Butter, page 318
$\frac{1}{2}$ cup butter, creamed	1 cucumber, peeled
2 hard cooked eggs, riced	

Remove crust from bread. Cut lengthwise in 5 slices  $\frac{1}{4}$ -inch thick. Spread each slice with creamed butter, the top and bottom slice on one side only, the middle slices on both sides. Mix all of the fillings with Mayonnaise. On the bottom slice, spread the Green Pepper Filling. Place cucumber, seeds removed, chopped, salted and drained, on next slice. Spread Pimiento Filling on third slice and eggs, well seasoned, on fourth slice. Cover with last slice of bread, buttered side down. Wrap in waxed paper. Put in ice box until firm. Cut crosswise into thin slices.

### RIBBON SANDWICH LOAF

Follow directions for making Ribbon Sandwich, above, cutting loaf lengthwise in 5  $\frac{1}{2}$ -inch slices. Proceed as above with the following fillings: 1st filling—boiled ham, tongue or chicken ground, lobster, shrimp or salmon; 2nd—olive butter; 3rd—chopped eggs with caviar; 4th—cucumber. Press slices firmly together, wrap in damp cloth and put into ice box until firm. Several hours before serving, cut loaf crosswise into  $\frac{1}{2}$ -inch slices, pressing slices together, keeping loaf in shape. Place on serving platter and cover top and sides with 1 cream cheese and  $\frac{1}{2}$  lb. of cottage cheese, well seasoned and mashed to a paste with cream or Mayonnaise. Decorate top with nuts, olive slices or pimiento, or bits of red and green pepper or roses made of cheese tinted.

### DAINTY RIBBON SANDWICHES

Follow recipe for Ribbon Sandwiches, above, cutting loaf in 10 equal slices, lengthwise. Make 2 separate, ribbon sandwich loaves of 5 slices each. Fill slices same as above. Cut each loaf in half, lengthwise, making 4 long, small ribbon sandwich loaves. Cover each loaf with cheese on all four sides. Put on waxed paper in shallow pan in refrigerator to chill until cheese hardens. Cut loaves into dainty sandwiches  $\frac{1}{4}$  inch thick.

**PINWHEEL SANDWICHES**

Remove crust from fresh bread. Cut lengthwise in slices as thin as possible. Spread evenly with creamed butter, and any well seasoned and minced sandwich filling, pages 318, 319. Roll each slice tightly, wrap in damp cloth with outer edge down. Set aside until firm. When ready to serve, cut in thin slices crosswise.

**HOT SANDWICHES****CLUB SANDWICHES**

Take 3 pieces of hot toasted wheat bread; butter; on 1 piece place sliced cold roast chicken and thin slices of fried bacon, on second piece, Mayonnaise on lettuce leaf with sliced fresh tomato on top, cover with third slice, place on platter, cut in half diagonally and decorate with pickles, red radishes and olives.

**No. 1 MILWAUKEE SANDWICH**

Butter 2 slices of white bread. Trim off crusts. Place a slice of white chicken meat on 1 piece of bread. Sprinkle with Roquefort cheese. Season with paprika. Cover with the other slice, toast on both sides. Garnish with parsley; serve hot.

**No. 2**

Place sliced white chicken between 2 slices of toast. Moisten with Cheese Sauce, page 125. Put into individual casserole, cover with well-seasoned Cheese Sauce. Heat thoroughly. Serve in casserole.

**No. 1 HOT HAM SANDWICHES**

$\frac{1}{2}$ lb. cold boiled ham	2 eggs
Prepared English mustard	$\frac{3}{4}$ cup milk
8 slices day-old bread	2 tablespoons butter

Chop the ham very fine, or put through meat grinder, and moisten thoroughly with the prepared mustard. Spread a layer of this mixture between thin slices of bread and press firmly together. Beat the eggs slightly, add milk and beat again, dip sandwich in this egg mixture and sauté in well greased frying pan until a golden brown on both sides. Cut the sandwiches diagonally.

**No. 2**

$\frac{1}{4}$ lb. cold boiled ham	Salt and pepper
4 eggs	2 tablespoons butter
$\frac{1}{4}$ cup cold water	6 slices buttered toast

Chop ham fine, lay on toast, keep hot. Beat eggs with water, salt and pepper. Pour into hot skillet with the butter and stir until thick. Put ham and toast on plates, pour eggs over and serve.

### **HOT BACON AND PEANUT BUTTER SANDWICHES**

Cut wheat bread  $\frac{1}{4}$  inch thick in slices lengthwise. Toast on one side. Spread thick on untoasted side with peanut butter. Sprinkle top with bacon which has been fried crisp and put through meat grinder. Before serving, put under broiler. Cut into strips and serve with cocktails.

### **HOT CHEESE SANDWICHES**

Butter thin slices of bread very lightly, sprinkle generously with the cheese; press 2 slices firmly together, cut in half and toast quickly. Serve at once, with coffee.

Or, toast circular pieces of bread, sprinkle with a thick layer of grated cheese, seasoned with salt and cayenne. Place in shallow pan in oven until cheese is melted. Serve at once.

### **CHEESE, TOMATO AND BACON SANDWICHES**

Cut large rounds of white bread, and toast on one side. Cover untoasted side with sliced American cheese. On top of this, place  $\frac{1}{4}$ -inch slice of tomato and 2 slices of bacon, placed criss-cross on tomato. Broil until bacon is crisp and brown.

### **HOT ROLLED CHEESE SANDWICHES**

Prepare bread as for Rolled Toast Sticks, page 110, spreading slices with Cheese Mixture No. 2, page 266. Roll sticks in grated cheese, place in shallow pan in hot oven, turning until nicely browned.

### **HOT HAMBURGER SANDWICH**

Hamburgers, page 163

Fried Onions, page 210

Prepare flat hamburgers. Place between toast or hamburger buns adding the onions if desired.

### **HOT HAM, ASPARAGUS, CHEESE SAUCE**

Cover a buttered piece of toast with a slice of fried boiled ham. On this place 5 cooked or canned asparagus tips and cover with Cheese Sauce, page 125.

### **HOT MUSHROOM SANDWICHES**

Chop Sautéed Mushrooms, page 207, fine. Add  $\frac{3}{4}$  cup White Sauce No. 2, page 117. Spread between thin slices of bread. Press firmly together, cut in half crosswise or in finger-shaped pieces and toast until slightly browned.

### **HOT CREAMED SALMON SANDWICH**

Prepare Creamed Canned Salmon, page 139. Place between slices of toast. Cover with seasoned White Sauce, page 117.



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**SANDWICHES FOR ELECTRIC TOASTER**

**Prepare Sandwich Fillings, below.** Spread between 2 slices of buttered bread.

**Butter Outside** of sandwich, top and bottom, to prevent sticking to toaster. Lay on or wrap in wax paper until wanted.

**Preheat toaster 5 to 8 minutes.** Place sandwiches in heated toaster until browned and serve.

**FILLINGS FOR SANDWICHES FOR ELECTRIC TOASTER**

**No. 1. Brick Cheese and Ham:** Slice of cheese, covered with thinly sliced sweet sour pickles, covered with slice of ham.

**No. 2. Brick Cheese and Tomatoes:** Slices of brick cheese covered with slices of tomato, sprinkled with chopped green pepper.

**No. 3. Sweetbread and Cheese:** Slices of cooked sweetbread between slices of American cheese.

**No. 4. Chicken and Mushroom:** Sautéed slices of fresh mushrooms between slices of cooked chicken.

**No. 5. Chicken Salad:** Finely minced chicken and celery mixed with thick Mayonnaise, page 277.

**No. 6. Anchovy Paste and Sardines:** Sardines and sliced hard cooked eggs between slices of bread covered with Anchovy Paste.

**No. 7. Sardellen Paste and Cream Cheese:** Spread one slice of bread with paste, another slice with cheese and put together.

**No. 8. Peanut Butter and Tomato:** Put slices of tomato or pineapple between bread covered with peanut butter.

**No. 9. Pate de Foie Gras:** Put slices of cucumber or tomato between bread covered with Pate de Foie Gras, page 321.

## Chapter 26

# Fresh and Cooked Fruits

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### TO SAVE SUGAR

Use 1 cup maple syrup or 1 cup honey, for 1 cup sugar.  
Use  $\frac{1}{2}$  cup corn syrup and  $\frac{1}{2}$  cup sugar for 1 cup sugar.

### TO SERVE FRESH FRUIT

Wash and chill all fresh fruit thoroughly before serving except bananas. Apricots, pears, plums, nectarines, tangerines are served whole; peaches and bananas are served whole or sliced and served with cream and sugar.

### TO SERVE FRESH BERRIES

Pick over the berries but do not remove stems. Place carefully in colander in pan of cold water so water will cover the berries; lift colander up and down, change the water, repeat and drain. Hull or stem. Serve with sugar, or with sugar and cream, as desired.

### TO SERVE ORANGES

Remove peel down to the juicy pulp. Cut crosswise into slices  $\frac{1}{3}$  inch thick. Serve cold, whole or cut into halves or thirds. Or cut in sections on both sides of membrane, removing pulp. Arrange on plate in form of a daisy with mound of brown sugar in center.

### BAKED ORANGES

Grate rind of orange slightly. Boil 30 minutes; then cool. Cut slice off blossom end; remove core. Fill each orange with 1 teaspoon butter, and 1 tablespoon brown sugar. Place in covered casserole, filled about  $\frac{2}{3}$  full of boiling water. Bake at 375° F., 1½ hours. Remove oranges and serve hot or cold.

### ORANGES IN ORANGE SYRUP

Peel 4 large navel oranges, being careful not to cut into fruit. Remove core with sharp knife, leaving fruit whole. Cook to a syrup  $\frac{3}{4}$  cup orange juice,  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  cup lemon juice, 2 teaspoons ground orange rind. Pour over the oranges. Chill.

### SPICED ORANGE SLICES

3 oranges	$\frac{1}{2}$ cup water
1½ cups sugar	Juice of 1 lemon

Several sticks cinnamon

Wash oranges and cut into slices about  $\frac{1}{2}$  inch thick. Boil sugar, water, lemon juice and cinnamon to a syrup. Add orange slices and simmer slowly until rind can be pierced. Serve with meat.

### TO SERVE GRAPEFRUIT

Cut grapefruit in half crosswise. Remove seeds with a sharp pointed knife, separate pulp from skin all around the grapefruit. Loosen pulp

from dividing sections, cutting through core. Remove core and membrane in one piece. Sprinkle with sugar. Place on plate with maraschino cherry in center.

### TO REMOVE PULP FROM GRAPEFRUIT

Peel grapefruit around as you would an apple, removing the rind and white pith to the juicy pulp. With a sharp knife, loosen skin from pulp from the outer side down to the core on both sides of each section and remove pulp of each section, whole.

Or cut unpeeled grapefruit in half and follow recipe To Serve, above.

### BROILED GRAPEFRUIT

Cut grapefruit in half, crosswise; cut out center core; loosen sections. Cover each half with 2 tablespoons brown sugar and  $\frac{1}{2}$  tablespoon butter or sprinkle with granulated sugar and cinnamon to taste. Broil 35 minutes at 275° F.,  $3\frac{1}{2}$  inches from flame. Serve hot.

### GRAPES

Wash grapes in colander. Drain carefully. Chill. Arrange in fruit bowl in contrasting colors or in combination with other fruits.

### SLICED BANANAS

Remove skin, cut crosswise in slices, serve with a little sugar, or sugar, milk or cream. Do not place bananas in refrigerator, or skin before serving. Bananas are ripe and right for eating when the skin is streaked with black and the banana is firm.

### TO SERVE FRESH PINEAPPLE

Twist off leafy end. Cut pineapple in thick slices, crosswise. Put slice on board, cut around edge inside of peel. Cut away hard center core, by making four straight cuts through the slice, close to the core, one on each side, thus #. Then cut sections in slices or dice. Place in fruit dish, sprinkle well with sugar, cover, let stand a few hours to ripen, and serve cold. Or cut pineapple lengthwise in 4 or 6 sections. Cut away rind and core and cut out eyes. Surround a mound of powdered sugar.

### AMBROSIA

Cut a pineapple in 1-inch slices, then pare, twist off pieces to the core, with strong fork. Pare 2 oranges and a grapefruit, separate in sections, removing membrane between. Sprinkle 1 cup sugar over all, add juice of a lemon; place in ice box several hours. When ready to serve, mix with fresh grated cocoanut.

### FRESH PEACH OR PEAR COMPOTE

1 dozen pears	1 cup water
or 2 dozen peaches	4 small pieces stick
1 cup sugar	cinnamon

Boil sugar and water to a syrup, add the cinnamon; drop in the fruit peeled and sliced; let boil slowly until tender. Serve cold with meat.

**TO SERVE MELONS**

Select ripe melons. Wash and wipe. Place in paper bag, in refrigerator. When ready to serve, cut in halves, sections or slices, remove seeds and stringy portion. Serve ice cold with salt or sugar, at the beginning of a meal or fill with ice cream and serve as a dessert. Or, the meaty portion may be cut in cubes or balls and served in the melon shells. Rockyford and Osage Melons, Cantaloupes, Honey Dew, Honey Ball, Casaba, Persian and Santa Claus Melons are prepared as above.

**TO SERVE WATERMELON**

Cut a watermelon, chilled by standing on ice, in slices crosswise or lengthwise in sections. Serve with or without the rind.

Or cut out the red portion with tablespoon or divide into cubes an inch square, remove seeds. Sprinkle with chopped, fresh mint.

**TO SERVE PAPAYA**

Papaya is a southern fruit, a variety of melon. It is eaten raw, flavored with lemon, lime or tart orange juice, or it may be boiled as a vegetable, pickled or preserved.

**JAPANESE PERSIMMONS**

Take soft ripe persimmons. Wash. Serve raw. Serve whole or in halves. The inner soft flesh is eaten with a spoon. The fruit, cut in pieces, is also used for garnishing salads.

**TO SERVE LEMONS OR LIMES**

Lemons are used raw as a flavoring. They will keep better if kept in a jar covered with water. Lemons should not be stored in a refrigerator. Cut in slices as a garnish. Cut in wedges when juice is to be extracted at the table. Limes are smaller than lemons, of fine flavor, and are served in the same way.

**BAKED APPLES**

Wash and core cooking apples. Leave peel on or cut off  $\frac{1}{3}$  of skin at the top, or cut a strip  $\frac{1}{2}$  inch wide around center of apple. Place in baking dish, fill center of each apple with sugar, sprinkle with cinnamon, place one teaspoon butter on each apple, and cover bottom of pan with cold water. Cover pan, place in hot oven, 375° F., and bake 40-60 minutes, or until tender but not broken. When done, uncover; place a marshmallow on each apple and toast until brown.

**BAKED APPLES WITH ALMONDS**

Pare and core 6 tart apples. Pour over them a syrup made by boiling 1 cup sugar with  $1\frac{1}{2}$  cups water 5 minutes. Let simmer, turning carefully, until tender. Remove from syrup. Stick blanched Jordan almonds half way down and all around each apple. Sprinkle with sugar, place in baking dish, pour syrup about them, place in hot oven until nuts are delicately browned. Chill, and top with whipped cream.

**GLAZED BROILED APPLES**

Take even sized cooking apples. Wash, core and pare half way down from top. Put in shallow pan close together; fill centers with sugar.

Cover with cold water to within  $\frac{1}{2}$  the depth of apples. Bake 1 hour in broiling oven, slowly (325° F.) 4 inches under flame, basting occasionally or in hot oven, 425° F. When almost soft, press top of apples criss-cross with fork and baste often until slightly brown and glossy.

### BAKED APPLE SAUCE

Place 6 apples, pared, quartered and cored into a pudding dish, add  $\frac{3}{8}$  cup of sugar and an equal amount of water. Cover and bake in a slow oven until apples are soft and deep red in color.

#### No. 1

#### APPLE SAUCE

2½ lbs. cooking apples

1 tablespoon lemon juice

$\frac{1}{2}$  cup sugar

1 cup water

Wash, quarter and core cooking apples, add water to barely cover, cook until nearly soft, add sugar, nutmeg, and cinnamon; cook a few minutes longer, press through strainer. Cool and serve.

#### No. 2

6 or 8 tart apples

1 cup sugar

1 cup water

Quarter, core and pare. Make a syrup of the sugar and water. When boiling, add the apples and cook a few at a time only until tender. Remove carefully. Pour syrup over the apples.

### STEAMED APPLES

Wipe, core and pare cooking apples; put on a pan in a steamer and cook until the apples are tender. The juice may be strained and made into a syrup, using  $\frac{1}{4}$  cup sugar to  $\frac{1}{2}$  cup juice; boil 5 minutes, add 1 teaspoon lemon juice and strain over the apples.

### APPLE RINGS

Core and slice sour apples about  $\frac{1}{3}$  inch thick. Mix equal amounts of sugar and flour. Coat apple slices with this and fry in fat slowly until brown and tender. Use as a garnish for meat.

#### No. 1

#### PINK APPLES

Select 8 red apples, cook in boiling water until soft, turning often. Have water half surround apples. Remove skins closely that the red color may remain. To the water add 1 cup sugar, grated rind of  $\frac{1}{2}$  lemon, and juice of 1 orange. Simmer until reduced to 1 cup. Cool and pour over apples.

#### No. 2

Core, pare and cut 6 apples in halves, crosswise or in thick slices. Boil 1 cup sugar with 1½ cups water, 5 minutes, adding 2 tablespoons hard, red cinnamon candies or red vegetable coloring. Place apples in covered baking dish, pour the red syrup over them. Cover dish closely and let bake in oven or stew on stove, basting often, until apples are tender and pink. Remove carefully to serving platter, or serve as a border around meat or salad.

### PINK PEARS OR PINEAPPLES

Pink pears or pineapples are prepared same as Pink Apples, above. If canned fruit is used, drain. Add coloring to syrup and cook as above.

**FRIED PINEAPPLE**

Take canned pineapple or pears, and drain. Dip in flour. Fry quickly on both sides in butter until delicately browned. Serve as a garnish for roast meats.

**APPLES IN CRANBERRY SAUCE**

1 cup sugar  
1 cup water

2 apples  
1 cup cranberries

Boil sugar and water 3 minutes. Pare apples, cut into balls, with potato ball cutter. Drop a few at a time in the boiling syrup, remove with skimmer when tender, but not broken. Place three in each individual mold. Wash and drain cranberries, add to hot syrup with apple trimmings. Let boil until soft about 5 minutes. Put through strainer, pour over apples. Serve as garnish for meat.

**CRANBERRY SAUCE**

1 quart cranberries  
2 cups sugar  
2 cups water

Boil water and sugar to a syrup about 10 minutes, add the cranberries, washed and picked over. Cover at first and cook until the cranberries are clear. Serve cold with meat or poultry.

**No. 1 CHERRY CRANBERRIES**

1 quart cranberries  
2 cups sugar  
1 cup water

Pick over, wash cranberries. Add water, boil, and when berries begin to burst, cover with sugar, boil 5 minutes or until clear.

**No. 2**

4 cups cranberries  
2 cups sugar  
 $\frac{1}{2}$  cup water

Prick each berry so that it will not burst. Add water to berries. When they begin to boil, cover with sugar and boil 5 minutes or until clear.

**BAKED CRANBERRIES**

Place 1 quart cranberries in shallow pan with 1 cup water and 1 cup sugar, cover, and bake in a slow oven, 300° F., 45 minutes; or without water in quick oven, until thick and clear.

**BAKED CHERRY CRANBERRIES**

4 cups cranberries  
2 cups sugar  
 $\frac{1}{2}$  cup water

Prick each berry so that it will not burst. Boil sugar and water until sugar is dissolved. Add cranberries and bake 40 minutes in a very slow oven at 300° F. Spread cranberries on oiled paper until fairly dry, then roll in granulated sugar.

**CRANBERRY COMPOTE**

1 quart cranberries  
1 pint preserved strawberries  
1 cup granulated sugar

Put cranberries in water to cover, bring to boil and let cook covered for about 5 minutes. Then add strawberries and sugar and cook about 5 minutes longer. Serve cold.

**CRANBERRY JELLY**

4 cups cranberries

2 cups sugar

2 cups water

Pick over and wash the cranberries. Cook them (covered) in the water until they are soft and burst from the skins. Press through a strainer add the sugar, and stir until the sugar is dissolved; stop stirring, and boil 5 to 8 minutes, or until a drop jells on a cold plate, or a few drops slide together; skim. Pour it into molds or glasses, wet with cold water and set away to cool.

**CRANBERRY JELLY AND KUMQUATS**

Make Cranberry Jelly, above, pour in individual molds, and surround with Whole Preserved Kumquats, page 569. Or, pour in ring mold and place kumquats in center.

**BAKED KUMQUATS**

Soak kumquats in boiling water fifteen minutes. Drain. Prepare Kumquats, page 569, but place in shallow pan and bake, covered, 1 hour, 300° F. Keep covered until cool. Boil down syrup.

**BAKED PEARS**

Scrub pears. Remove blossom end. Place in round baking pan, close together, stem end up. For each pear, allow 1 tablespoon boiling water, 1 teaspoon butter, 1 tablespoon sugar. Pour around pears. Cover. Bake 1 to 2 hours in moderate oven, 375° F., depending on variety of pear. Baste occasionally. Or peel large pears, cut in half, place in shallow pan, and proceed as above.

**BAKED BANANAS**

Peel bananas. Arrange in shallow baking dish, sprinkle with lemon juice. Bake in a moderate oven (375° F.), 10 to 15 minutes. Sprinkle with powdered sugar, and serve hot with meat course.

**BAKED APRICOTS**

Wash ½ lb. dried apricots, 1 cup seeded raisins. Add 1 pint water and place in baking dish. Cover and bake 2½ hours at 325° F. Then remove from oven, add ½ cup sugar, juice of 1 lemon, and 1 orange, cut in slices. Stir until sugar is dissolved and chill.

**BAKED PEACHES WITH BRANDY SAUCE**

Canned half peaches

Maple syrup

Brandy or sherry wine

Pour maple syrup into peach halves. Bake in moderate oven until well heated. When ready to serve, pour liquor over them and bring to table flaming. Or can be served with whipped cream.

**No. 1. Sauce****RHUBARB**

Wash, cut off leaves and stem ends of rhubarb. If tender, do not peel. Cut in ½-inch pieces. To 4 cups of rhubarb, take 2 cups of sugar; or

pour boiling water over the rhubarb, let stand 5 minutes, drain, and use only  $1\frac{1}{2}$  cups sugar. Place in saucepan with just enough water to keep it from burning; cook until soft. Flavor with the grated yellow rind of orange. Or, boil 2 cups sugar and 1 cup water to a syrup, add rhubarb, let boil a few minutes until tender, but not broken.

**No. 2. Baked:** Place in baking dish. Cover. Bake in moderate oven 45 minutes or until rhubarb is tender and deep red in color.

**No. 3. Steamed:** Cook in double boiler about  $\frac{1}{2}$  hour, until rhubarb is tender.

**No. 4. With Berries:** Take equal parts of rhubarb, cut in 1-inch pieces, and any fresh berries. Add sugar to sweeten. Let stand 1 or more hours. Place in saucepan, let heat slowly until sugar is dissolved and cook without stirring until rhubarb is soft. Cool and serve.

**No. 5. With Pineapple:** Take equal parts of rhubarb and fresh pineapple diced. Add about 2 cups sugar to 1 quart of fruit, then proceed as above.

### STEWED PRUNES

$\frac{1}{2}$  lb. prunes                      1 quart water                       $\frac{1}{4}$  cup sugar

Wash the prunes, and then soak them in cold water 1 hour. Cook slowly in the water in which they were soaked until soft. Add  $\frac{1}{4}$  cup sugar to every 2 cups of prunes and cook 5 minutes longer. Season with lemon, orange juice, or cinnamon. Packaged prunes do not need soaking.

### STEWED APRICOTS AND PRUNES

$\frac{1}{4}$  lb. dried apricots                       $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  lb. dried prunes                      Little cinnamon

Pick over and wash the fruit. Let soak in cold water 1 hour. Put in preserving kettle, bring to the boiling point, add sugar, and let simmer until tender. Any other dried fruit may be prepared the same way.

### DRIED PEACHES OR PEARS, SPICED

1 lb. dried peaches or pears                      6 cloves  
 $\frac{1}{2}$  cup sugar                      2 pieces cinnamon  
2 pieces ginger root

Wash fruit, place in kettle with water, add spices, let simmer until nearly tender, add sugar, let cook 5 minutes. Cool and serve. Other dried fruits may be prepared the same way.

### GINGERED FIGS

Wash 1 pound dried figs and remove stems. Add cold water to cover and juice and rind of  $\frac{1}{2}$  lemon, and 1 large piece ginger root. Stew until the figs are puffed and soft. Remove figs to dish. Measure syrup and add  $\frac{1}{2}$  as much sugar; simmer until thick and add 1 tablespoon lemon juice. Serve with whipped cream.



# Chapter 27

## Pudding Sauces

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### VANILLA SAUCE

2 tablespoons butter  
2 tablespoons flour  
1 cup boiling water  
2 tablespoons sugar  
1 teaspoon vanilla

Melt the butter, add flour and stir until it bubbles; add the boiling water and sugar. Boil until smooth and thoroughly cooked. Add flavoring, strain and serve hot.

### LEMON SAUCE

2 cups hot water  
1 cup sugar  
1 lemon, rind and juice  
2 tablespoons cornstarch  
2 tablespoons butter

Mix the sugar and cornstarch, add boiling water gradually, stirring all the time. Cook 8 to 10 minutes, add lemon juice and butter. Serve hot.

#### No. 1

### ORANGE SAUCE

2 oranges, juice  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{2}$  lemon, rind  
 $\frac{1}{2}$  orange, rind  
 $\frac{1}{2}$  cup water

Boil all together 3 minutes and serve.

#### No. 2

Beat 2 tablespoons butter until creamy in a double boiler. Add 2 egg yolks, one at a time, 3 tablespoons sugar, 4 tablespoons cream, and when this thickens, add  $\frac{1}{4}$  cup of orange juice.

### JELLY SAUCE

1 glass jelly  
 $\frac{1}{4}$  cup hot water  
1 tablespoon butter  
1 tablespoon flour

Add hot water to jelly and let melt very slowly on stove. Heat butter in saucepan, add flour and gradually the hot, melted jelly liquid. Cook until smooth and serve hot over any pudding.

Or the jelly may be placed on stove and melted with the hot water and served.

### JAM OR MARMALADE SAUCE

Heat  $\frac{1}{4}$  cup jam or marmalade, the juice of 1 lemon and 1 pint of water. Stir until dissolved and serve hot or cold.

**FRUIT JUICE SAUCE**

1 cup water  
1 tablespoon cornstarch

1 cup fruit juice  
 $\frac{1}{2}$  cup sugar

Mix sugar and cornstarch in saucepan, add water, place on stove, cook until smooth and clear, stirring. Remove from fire, add fruit juice, more or less sugar to taste. Stir and serve.

**CREAMY FRUIT SAUCE**

White of 1 egg  
1 cup sugar  
1 cup grated or mashed fruit

Apples, strawberries, raspberries, bananas, peaches or apricots, or any other fresh or canned fruit pulp may be used. Beat the sugar, fruit and egg together, until frothy.

**No. 1 BROWN SUGAR SAUCE**

$\frac{1}{4}$  cup brown sugar  
2 teaspoons butter

Cream butter, add sugar. Serve over any pancake or cooked cereal.

**No. 2**

1 cup brown sugar  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{4}$  cup cream or milk  
1 teaspoon vanilla

Cream butter, add sugar gradually, then flavoring and milk, drop by drop.

**No. 1 BUTTERSCOTCH SAUCE**

1 lb. brown sugar  
 $\frac{1}{4}$  cup butter  
1 cup cream

Boil in double boiler  $\frac{1}{2}$  hour. Add nut meats if desired.

**No. 2**

2 cups brown sugar  
 $\frac{1}{4}$  lb. butter  
 $\frac{1}{2}$  cup cream

Mix well. Boil rapidly without stirring for 5 minutes.

**Butterscotch Sauce**, see also page 495.

**CARAMEL SAUCE**

1 cup boiling water  
1 cup sugar

Spread sugar evenly over hot iron or heavy frying pan, place on stove, stir gently with a spoon, moving sugar constantly to the hottest part of pan until melted to a smooth, light brown syrup. Then very gradually add the boiling water and let simmer from 5 to 10 minutes. The sugar may again become hard, but will melt in a few minutes. If too thick when cold add a little hot water and boil again.

**BURNT ALMOND SAUCE**

Pour boiling water over  $\frac{1}{3}$  cup almonds, slip off skins, place in pan in oven and let roast until crisp and slightly browned. Chop fine and add to Caramel Sauce, above.

**HARD SAUCE**

$\frac{1}{4}$  cup butter  
 1 cup powdered sugar  
 $\frac{1}{3}$  teaspoon rum  
 or  $\frac{2}{3}$  teaspoon vanilla  
 Cream the butter, add sugar gradually, and flavoring.

**STRAWBERRY HARD SAUCE**

$\frac{1}{3}$  cup butter  
 1 cup powdered sugar  
 $\frac{2}{3}$  cup strawberries  
 Cream the butter, add the sugar gradually and then the strawberries and beat until berries are well mashed.

**MELBA SAUCE**

1 pint raspberries or strawberries  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  cup water  
 Boil sugar and water 10 minutes; cool and when ready to serve add to chilled and crushed pulp and juice of berries.

Or mix  $\frac{1}{2}$  cup strawberry syrup,  $\frac{1}{2}$  cup raspberry syrup and 1 teaspoon cornstarch dissolved in a little cold water. Let cook slowly 10 minutes and cool.

**CUSTARD SAUCE**

2 cups scalded milk  
 $\frac{1}{8}$  teaspoon salt  
 Yolks of 3 eggs  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{2}$  teaspoon vanilla or rum  
 Beat eggs slightly, add sugar and salt; stir constantly while adding gradually the hot milk. Cook in a double boiler until mixture thickens; chill and flavor.

**No. 1**

**CHOCOLATE SAUCE**

1 cup boiling water  
 Pinch of salt  
 1 square chocolate (1 oz.)  
 $\frac{1}{2}$  cup sugar  
 Cook all together slowly until it is the consistency of maple syrup, or thicker if desired. Just before serving, add 1 teaspoon of vanilla. This will keep for a week and can be reheated.

**No. 2**

2 oz. chocolate, grated  
 1 pint milk  
 $1\frac{1}{2}$  tablespoons cornstarch  
 2 eggs, separated  
 $\frac{2}{3}$  cup powdered sugar  
 1 teaspoon vanilla  
 Mix cornstarch with a little cold milk, add to rest of milk, cook in double boiler until thick, add chocolate and cook until melted. Beat egg whites stiff, add sugar, then yolks unbeaten. Add to cooked mixture. Cook 1 minute, stirring, let cool, add vanilla. Serve.

**No. 1**

**WINE SAUCE**

$1\frac{1}{2}$  cups sugar  
 1 teaspoon lemon or vanilla extract  
 $\frac{1}{2}$  cup water  
 3 tablespoons brandy or wine  
 1 tablespoon butter  
 Cook sugar and water together for 5 minutes. Remove from fire, add flavoring and butter.

**No. 2****WINE SAUCE**

1 cup Rhine wine,	2 eggs
Sherry or Madeira	$\frac{3}{4}$ cup sugar
Lemon slices and cinnamon stick	

Heat wine to boiling point and pour slowly over eggs that have been beaten light with the sugar, add lemon and cinnamon and cook over water stirring constantly until thick. Pour at once into serving dish.

**No. 3. Uncooked**

2 egg yolks	$\frac{1}{4}$ cup Sherry
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup double cream, whipped

Beat egg yolks well, add sugar gradually, and beat until smooth and lemon colored. Add Sherry slowly, stirring constantly. Fold in whipped cream. Serve with sponge cake. Rum to taste may be substituted for Sherry.

**WHITE WINE SAUCE**

1 cup white wine	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup water	1 teaspoon potato flour
3 slices lemon	4 yolks, beaten
$\frac{1}{8}$ teaspoon cinnamon	4 whites, beaten to stiff froth

Mix first five ingredients. Boil over water until well flavored. Moisten potato flour with a little water and add to the wine mixture, stirring to avoid lumping. Then pour the hot wine gradually over the beaten yolks, stirring constantly to avoid curdling. Return to saucepan, add part of the beaten whites, heat through and continue beating. Remove to sauce bowl, place remaining whites on top sweetened with sugar.

**No. 1****RUM SAUCE**

2 eggs, separated	$\frac{1}{3}$ cup sugar	2 tablespoons rum
-------------------	-------------------------	-------------------

Stir yolks and sugar until thick. Add rum gradually. Then fold into stiffly beaten whites.

**No. 2**

2 tablespoons butter	2 tablespoons rum
$\frac{3}{4}$ cup powdered sugar	1 egg, separated

Cream butter and sugar. Add yolk well beaten. Cook over hot water until thickened. Add rum gradually, stirring constantly. Remove from stove and pour onto stiffly beaten white. Serve warm.

**No. 1****BRANDY SAUCE**

$\frac{1}{2}$ cup butter	1 egg, well beaten
1 cup sugar	Brandy

Cream butter and sugar. Stir over hot water until melted, add egg with a little water, stir until it thickens. Add brandy to taste.

**No. 2 BRANDY SAUCE**

- |                         |                      |
|-------------------------|----------------------|
| 1 cup water             | 3 egg yolks          |
| 1 cup sugar             | 2 tablespoons brandy |
| $\frac{1}{3}$ cup cream | Few orange gratings  |

Cook sugar and water 5 minutes. Beat yolks, add cream, brandy, pinch salt, and grated orange. Add syrup slowly, beat until thick.

**No. 3**

- |                   |                |                     |
|-------------------|----------------|---------------------|
| 3 eggs, separated | Powdered sugar | 1 tablespoon brandy |
|-------------------|----------------|---------------------|

Beat yolks of eggs with enough powdered sugar to sweeten, add 1 tablespoon brandy, and finally the whites beaten stiff.

**No. 1 WHIPPED CREAM SAUCES**

- |                         |                     |
|-------------------------|---------------------|
| 1 cup sugar             | White of 1 egg      |
| $\frac{1}{2}$ cup water | 1 cup whipped cream |

Boil sugar and water to a thick syrup and pour in a fine stream into the white of an egg, beaten until foamy, but not dry. Set the sauce into a dish of ice water, and beat until cold, then fold in the whipped cream. Flavor to taste.

**No. 2**

- |                      |                    |
|----------------------|--------------------|
| 1 egg, separated     | 2 cups thick cream |
| 1 cup powdered sugar | 1 teaspoon vanilla |

Mix egg yolk and sugar; add white beaten stiff, and flavoring. Just before serving, fold in the beaten cream.

**No. 3**

Mix 2 eggs, well beaten, with  $\frac{1}{2}$  cup sugar. Add 1 tablespoon butter and cook over hot water, stirring until thickened. When cold, beat in  $\frac{1}{2}$  pint cream, whipped. Flavor with 1 tablespoon brandy or as desired. Delicious, served as sauce for ice cream.

**No. 1 CREAM FRUIT SAUCES**

- |                         |                              |
|-------------------------|------------------------------|
| $\frac{3}{4}$ cup cream | $\frac{3}{4}$ cup fruit pulp |
|-------------------------|------------------------------|

Drain syrup from canned peaches, apricots or other fruit, rub fruit through sieve. Beat cream stiff, fold in fruit pulp and sweeten to taste.

**No. 2**

- |                    |                              |
|--------------------|------------------------------|
| 2 teaspoons butter | 1 cup fruit juice, hot       |
| 2 teaspoons flour  | Juice of $\frac{1}{2}$ lemon |
|                    | 1 cup cream, whipped         |

Melt butter, add flour, stir until it bubbles, add fruit juice and lemon. Stir constantly until it thickens. When cold, add whipped cream.

**CREAM FRUIT SAUCES****No. 3. With Strawberry** $\frac{1}{2}$  cup strawberry juice

1 tablespoon maraschino

1 cup whipped cream

Sugar to taste

Mix and serve cold over any pudding.

**ORANGE CREAM SAUCE** $\frac{1}{2}$  cup sugar

2 egg yolks, beaten

1 orange, juice and rind

1 cup cream, whipped

Mix sugar, rind and juice of orange. Cook until sugar is dissolved. Add to yolks and cook until mixture is thickened, stirring constantly. Cool; then put in refrigerator until ready to use. Fold in cream.

**COFFEE SAUCE**

2 eggs

 $\frac{1}{2}$  cup black coffee $\frac{1}{4}$  cup sugar $\frac{1}{2}$  cup thick cream

Strain the coffee and while hot add the sugar and a few grains of salt, and pour very gradually on the slightly beaten eggs. Place in double boiler and cook, stirring constantly until mixture coats the spoon. Strain into cold dish, and when cold and ready to serve, fold in the cream beaten stiff.

**BUTTERSCOTCH SAUCE**

4 tablespoons butter

 $\frac{1}{2}$  tablespoon vinegar

1 cup brown sugar

 $\frac{1}{4}$  cup water

1 teaspoon cornstarch

Mix in sauce pan. Boil until it forms a soft ball in cold water. Serve hot.

**CARAMEL SAUCE** $\frac{1}{2}$  cup cream

1 lb. maple caramels

Mix in double boiler, stirring constantly until well blended. Serve hot.

**For Additional Sauces,** *see* pages 494 and 495.

# Chapter 28

## Puddings and Desserts

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### BAKED PUDDINGS

#### No. 1 BREAD PUDDING

1 quart dry bread or cake  
in cubes  
1 pint milk  
 $\frac{1}{2}$  cup sugar  
2 eggs  
 $\frac{1}{4}$  cup seeded raisins

Beat the whole eggs, add milk, sugar, and gratings of nutmeg or cinnamon if desired; pour over the bread in a pudding dish, let stand until thoroughly soaked and bake 20 minutes in a moderate oven. Add seeded raisins and almonds if desired. Serve with milk, jelly or any pudding sauce, pages 335-340.

#### No. 2

2 cups bread crumbs  
1 quart milk  
4 eggs, separated  
1 cup sugar  
1 lemon rind, grated  
 $\frac{1}{4}$  cup almonds, chopped  
Butter  
Brown sugar

Soak bread crumbs in milk  $\frac{1}{2}$  hour. Beat yolks well with sugar, add soaked crumbs, lemon rind, almonds, and lastly beaten whites. Place in individual molds, generously greased with butter, and sprinkled with brown sugar. Bake in moderate oven  $\frac{1}{2}$  hour or until firm. Remove to dessert plates and serve with Jelly Sauce, page 335, or Orange Sauce No. 2, page 335.

#### No. 3

1 cup bread cubes  
1 pint milk  
3 eggs, separated  
 $\frac{1}{2}$  cup sugar  
1 teaspoon vanilla  
1 cup stewed apples or  
orange marmalade or tart  
jelly

Cut the bread into  $\frac{1}{2}$ -inch cubes; beat yolks of eggs and 1 white together, add sugar and vanilla, beat until well mixed; add milk, and stir until sugar is dissolved. Pour this custard over the bread and bake in a moderate oven (325° F.) until set; take from the oven and cover with stewed apples, marmalade or any preserve or jelly. Make a meringue of the remaining 2 whites and 2 rounding tablespoons of granulated sugar; add a few drops of vanilla, spread over the apples, and place in oven until a delicate brown. Serve hot with or without cream.

**CHOCOLATE BREAD PUDDING**

1 oz. bitter chocolate	$\frac{1}{3}$ cup sugar
$\frac{3}{4}$ cup dry bread crumbs	1 egg
2 cups scalded milk	$\frac{1}{8}$ teaspoon salt
	$\frac{1}{2}$ teaspoon vanilla

Soak bread in  $1\frac{3}{4}$  cups milk  $\frac{1}{2}$  hour; melt chocolate over hot water, add sugar and the remaining  $\frac{1}{4}$  cup milk to make smooth paste. Add to bread with salt, vanilla and egg, slightly beaten. Place in well buttered pudding dish and bake  $\frac{1}{2}$  hour until set. Serve with cream or Vanilla Sauce, page 335.

**BAKED CHOCOLATE PUDDING**

1 cup flour	<b>Topping</b>
2 teaspoons baking powder	$\frac{1}{4}$ cup white sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup brown sugar
1 square chocolate, ground	3 tablespoons ground chocolate
$\frac{2}{3}$ cup sugar	or cocoa
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup chopped nuts	1 teaspoon vanilla
2 tablespoons melted butter	1 cup boiling water
1 teaspoon vanilla	

Sift flour, baking powder, salt, chocolate and sugar into a mixing bowl. Add milk, nuts, butter and vanilla and blend well. Pour mixture into a greased pudding dish. Combine white sugar, brown sugar, chocolate, salt and vanilla, and spread evenly over first mixture. Pour the boiling water over this but do not stir. Bake in a moderate oven (350° F.) for 1 hour. A crust will form on top with a fudge layer. Can be served warm or cold, with or without cream.

**No. 1 RICE PUDDING**

$\frac{1}{2}$ cup well washed rice	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 quart milk

Mix ingredients. Bake 2 hours, slowly until the rice has softened; uncover, let brown slightly. Serve with milk and sugar.

**No. 2**

3 cups cooked rice	1 tablespoon butter
2 cups milk	1 egg (well beaten)
$\frac{1}{8}$ teaspoon salt	Grated rind of lemon
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ cup raisins

Mix rice well with the rest of the ingredients. Bake 20 minutes in a buttered baking dish, with bread crumbs at the top and bottom. If desired, fruit may be added to the rice in layers.

**CHOCOLATE RICE PUDDING**

Put 1 quart milk in double boiler and when hot stir in  $\frac{1}{2}$  cup of well washed rice. Add  $\frac{1}{4}$  teaspoon salt, 5 tablespoons granulated sugar, 1 tablespoon butter, 1 tablespoon grated chocolate and 1 teaspoon vanilla. Cook 2 hours. Serve with whipped cream.



**FARINA PUDDING**

$\frac{1}{4}$ cup farina	$\frac{1}{2}$ cup sugar
1 pint scalded milk	Salt
1 tablespoon butter	5 eggs, separated
Lemon rind	

Pour farina into scalded milk, add butter, sugar and salt and cook for 5 minutes. When cool, add yolks of 5 eggs, lemon rind and whites of eggs, beaten stiff. Bake about 20 minutes in a pudding dish and serve at once with any Pudding Sauce, pages 335 to 340.

**BAKED INDIAN PUDDING**

5 cups milk, scalded	1 teaspoon salt
$\frac{1}{3}$ cup yellow cornmeal	1 teaspoon ginger or grated
$\frac{1}{2}$ cup molasses	lemon rind

Pour milk slowly on the cornmeal, cook in double boiler 20 minutes, add molasses, salt and ginger or lemon rind as desired. Pour into buttered pudding dish and bake 2 hours in a slow oven. Serve with cream.

**COTTAGE PUDDING**

$\frac{1}{3}$ cup butter	2 cups flour
$\frac{2}{3}$ cups sugar	3 teaspoons baking powder
2 eggs, separated	1 cup milk

Cream butter and sugar; add yolks, beaten until thick; then add flour, sifted with baking powder and  $\frac{1}{4}$  teaspoon salt alternately with milk. Fold in beaten whites. Bake in a greased oblong pan, at 350° F. for 30 to 45 minutes. Cut in squares and serve with Hard Sauce, page 337, or Lemon Sauce, page 335.

**COCOANUT PUDDING**

1 cup grated cocoanut	2 tablespoons melted butter
1 cup bread crumbs	2 eggs, slightly beaten
1 quart hot milk	4 tablespoons sugar
Little salt, grated rind of $\frac{1}{2}$ lemon	

Soak the crumbs in 1 cup of the milk and mash well. Soak the cocoanut in the rest of the hot milk for one hour. Mix all together with the rest of the ingredients. Place in pudding dish and bake in a moderate oven until well set and brown.

**BISCUIT DOUGH DESSERTS**

**STRAWBERRY SHORTCAKE**

Biscuit Dough	1 to 1 $\frac{1}{2}$ quarts strawberries
Cream	

Bake Biscuit Dough for Shortcake, page 67. Sweeten strawberries to taste. Crush slightly and put between and on top of shortcake. Serve with cream, plain or whipped.

**BLACKBERRY ROLL**

1½ quarts blackberries

1 cup sugar

Biscuit Dough, page 67.

2 tablespoons butter

Toss Biscuit Dough on board, roll ½ inch thick, spread with melted butter and strew ½ of the berries on top, cover with ½ of the sugar and cinnamon, if desired. Fold dough over on one end and roll, put in large well greased pan, surround with the rest of the berries and sugar. Place in hot oven, bake 20 minutes or until crisp and well done. Cut in slices and serve warm with sauce in pan.

**PEACH COBBLER**

2 cups sliced peaches

1 egg

⅔ cup sugar

Baking powder biscuit crust

Beat egg lightly, add sugar and peaches and dot with butter; pour this mixture into buttered baking dish, cover with Baking Powder Biscuit Dough, page 67, and bake in a hot oven until brown. Serve with Hard Sauce, page 337. Cherries may be used in place of peaches.

**CHERRY POT PIE**

1½ quarts cherries

1 cup sugar

1 cup water

Biscuit Dough

Stone the cherries and cook with the water and sugar. Make Biscuit Dough, page 67, roll ¼ inch thick and cut into small rounds. Place cherries in pudding dish, lay biscuits on top, bake 35 minutes. Serve with Lemon or Vanilla Sauce, page 335, if desired.

**DUTCH APPLE CAKE**

2 cups flour

3 teaspoons baking powder

½ teaspoon salt

3 tablespoons butter

1 egg

About ⅔ cup milk

4 sour apples

2 tablespoons sugar

Little cinnamon

Mix and sift the dry ingredients, work in shortening with tips of fingers, blender, or knives; add milk with the well beaten egg, and mix quickly with a knife. Dough must be soft enough to spread in a shallow baking pan. Pare, core and slice the apples and when dough has been spread in buttered pan, press apples into dough in parallel rows. Sprinkle with sugar and cinnamon or Streusel, page 392. Bake in a hot oven, 400° F., ½ hour. Serve hot with Lemon Sauce, page 335.

**APPLE DUMPLINGS, BAKED**

Biscuit Dough, page 67

6 apples, peeled and cored

1 cup sugar

1 cup water

Roll Biscuit Dough in 6-inch squares, place on each an apple and 1 tablespoon sugar, bring up corners, twist and pinch together and place side by side in a well greased pan. Pour over water and the remaining sugar and bake in a hot oven about 45 minutes or until crisp and well done. Serve hot with sauce in pan, or Brandy Sauce, page 338.

**APPLE ROLY POLY**

Make Plain Pie Crust, page 376, or Biscuit Dough, page 67. Roll out  $\frac{1}{2}$ -inch thick. Spread with chopped apples or jam, raisins, sugar and cinnamon; roll. Place in a small baking pan, spread butter over all and add 2 cups of cold water and bake in a hot oven, basting often, with the sauce in the pan, until done. Serve hot.

**BAKED FRUIT DESSERTS**

**APPLE DESSERT**

- |                            |                                 |
|----------------------------|---------------------------------|
| 2½ lbs. apples (greenings) | 25 chopped almonds              |
| 5 eggs, separated          | $\frac{1}{4}$ cup currants      |
| $\frac{3}{4}$ cup sugar    | 1 tablespoon brandy             |
|                            | $\frac{1}{8}$ teaspoon cinnamon |

Grate the apples. Beat yolks until light with sugar, add the apples, then the rest of the ingredients, the beaten whites last. Place in spring form and bake in moderate oven until well set. Cover with whipped cream.

**APPLE STREUSEL DESSERT**

- |                          |                                 |
|--------------------------|---------------------------------|
| 6 apples (2 lbs.)        | $\frac{1}{2}$ cup brown sugar   |
| 1 cup flour              | 2 tablespoons granulated sugar  |
| $\frac{1}{2}$ cup butter | $\frac{1}{4}$ teaspoon cinnamon |

Spread bottom and sides of a coffee cake pan, 8 x 12 inches, very generously with butter. Peel apples, cut into eight equal parts. Remove core and seeds. Place apples in parallel rows as close as possible in pan. Mix sugar and cinnamon and sprinkle over the apples. Put flour in mixing bowl, add brown sugar, then cut in butter and rub with finger tips to crumbs. Sprinkle over and between apples, then pat to make a smooth surface. Bake for  $\frac{1}{2}$  hour in a quick oven, or until apples are tender at 425° F. May be served with hard sauce or ice cream.

**SCALLOPED APPLES (Brown Betty)**

- |                          |                                 |
|--------------------------|---------------------------------|
| 3 cups apples, chopped   | $\frac{1}{4}$ teaspoon cinnamon |
| 2 cups soft bread crumbs | $\frac{1}{4}$ teaspoon nutmeg   |
| $\frac{1}{2}$ cup sugar  | 2 tablespoons butter            |
| 1 lemon, rind and juice  | $\frac{1}{4}$ cup water         |

Melt the butter and add the crumbs; mix the sugar, spice and lemon rind. Put  $\frac{1}{4}$  of the crumbs in the bottom of a buttered dish. Then  $\frac{1}{2}$  of the apples. Sprinkle with  $\frac{1}{2}$  of the sugar and spices, then add another quarter of the crumbs, the remainder of the apples, and the sugar and spices. Sprinkle the lemon juice over this and the water, and put the rest of the crumbs over the top. Cover closely, bake 45 minutes in the oven, uncover, brown quickly. Serve with plain or whipped cream. **Crushed cornflakes** may be used in place of crumbs.

**HOT APPLE DESSERT**

6 apples ½ cup sugar  
 ¼ cup seeded raisins 20 marshmallows

Pare, quarter and slice apples. Place in pudding dish, in layers with raisins and sugar, cover, bake until apples are tender. Remove cover set marshmallows over top of apples and brown.

**RICE WITH APPLES**

½ cup rice, boiled ½ cup sugar  
 3 eggs, separated 2 apples  
½ cup milk

Pare and core the apples, cut in eighths and steam until soft. Mix Boiled Rice, page 226, the milk, well beaten yolks of eggs, sugar and apples. Fold in the stiffly beaten whites and bake 30 minutes in well buttered baking dish. Serve with cream.

**Additional Apple Desserts**, see Grandmother's Puddings, page 348, or Fresh and Cooked Fruits, pages 328-334.

**SCALLOPED RHUBARB**

Wash and cut stalks in ½-inch slices. Follow directions for Scalloped Apples, page 345, using 1 cup of sugar and 3 cups of rhubarb and flavor with grated yellow rind of orange in place of lemon juice. If rhubarb is old, remove skin.

**FIG AND RHUBARB DESSERT**

¼ lb. dried figs Stale bread or cake  
 Rhubarb Whites of 2 eggs  
Sugar

Cut figs in small pieces and stew until partly soft; add twice their bulk of rhubarb cut into small pieces. Put these into a baking dish lined with thin slices of stale cake, add sugar to taste and bake slowly, covered. A meringue made of the whites of eggs and sugar may be added, and slightly browned.

**GRANT THOMAS PUDDING**

2 eggs, beaten 1 teaspoon baking powder  
 1 cup sugar 1 cup English walnuts, cut  
 3 tablespoons flour 1 cup chopped figs

Beat eggs and sugar until very light, add flour, sifted 3 times, and the remaining ingredients. Stir well and bake in a slow oven 25 minutes in buttered, shallow pan. Serve hot or cold with whipped cream.

**PRUNE, DATE OR APRICOT WHIP**

½ lb. prunes, dates or apricots Whites of 5 eggs  
 ½ cup sugar ½ teaspoon lemon juice

Pick over and wash fruit. Cook in water until soft; then remove stones and rub through strainer. Add sugar and cook 5 minutes or until the consistency of marmalade. Beat whites until stiff and add

when cold, fruit mixture gradually, and lemon juice. Heap lightly in buttered dish, and bake 30 to 45 minutes in a slow oven, 275° F. Serve cold with thin custard or cream.

### CHERRY PUDDING

1 quart hot milk	4 eggs, slightly beaten
2 cups bread crumbs	1½ cups sugar
3 tablespoons butter	1 quart cherries, pitted

Pour the scalded milk over the bread crumbs, add a pinch of salt, mix with the rest of the ingredients, the cherries last. Bake until well set in a moderate oven.

### BLUEBERRY PUDDING

1 quart blueberries	1 quart hot milk
¼ cup flour	¼ cup sugar
2 cups bread crumbs	Few grains salt

Sprinkle flour over berries, let stand ½ hour. Pour milk over bread, add sugar, salt and the berries. Put into greased pudding dish, with bits of butter on top, bake 45 minutes in a moderate oven. Serve with Hard Sauce, page 337.

## SOUFFLÉS

### No. 1

### CHOCOLATE SOUFFLÉ

½ cup milk	2 eggs, beaten separately
2 tablespoons flour	1 oz. chocolate (square)
1 tablespoon butter	3 tablespoons sugar
2 tablespoons water	

Heat the butter, add the flour, then the milk and cook until smooth. Add the water and sugar to the chocolate, heat and when chocolate is shiny, mix it with the milk sauce. Cool, stir in the yolks, fold in the whites. Bake in a greased pudding dish, set in a pan of hot water in moderate oven at 325° F. from 30 to 40 minutes. Test with knife—if it comes out clean, soufflé is done. Serves three.

### No. 2

6 egg yolks	1 cup sugar
1 cup grated chocolate	6 egg whites, beaten

Beat yolks and sugar until lemon-colored. Add chocolate. Fold in stiffly beaten whites. Bake in a greased pudding dish, set in a pan of hot water at 325° F. for 1 hour. Serve with plain or whipped cream.

### LEMON OR ORANGE SOUFFLÉ

Follow either recipe above. In place of chocolate, take 1 large lemon, grated rind and juice, or ⅓ cup of orange juice and a tablespoon of lemon juice and bake over hot water in slow oven.

### WALNUT SOUFFLÉ

Follow recipe for Chocolate Soufflé No. 2, page 347, but in place of the chocolate, take 1 cup finely-ground walnut meats.

**PECAN OR HAZEL NUT SOUFFLÉ**

3 egg yolks	1 cup milk
3 tablespoons sugar	$\frac{3}{4}$ cup finely ground nuts
3 tablespoons flour	3 tablespoons melted butter
$\frac{1}{4}$ teaspoon salt	4 egg whites beaten stiff

Beat yolks until thick, add sugar and stir well, then add flour and salt, stirring thoroughly. Cook milk and nuts in double boiler. Add egg mixture and cook until thick, stirring constantly. Add the butter. Let cool. Fold in the egg whites. Pour into well buttered and sugared mold or casserole. Bake over water in moderate oven at 325° F. for 1 hour or until well puffed up. Serve at once with Rum Sauce, page 338, or Coffee Sauce, page 340.

**MACARON SOUFFLÉ**

1 doz. macaroons	French candied fruit,
1 cup milk	chopped fine
3 eggs, separated	Whipped cream

Scald the macaroons in the milk, pour over the beaten yolks of eggs and cook over hot water until thickened slightly; fold in the whites of eggs beaten stiff, and bake in a buttered mold over hot water from 45 to 60 minutes at 350° F. Test with knife. When done, turn from the mold, sprinkle with fruit and surround with whipped cream.

**CHESTNUT SOUFFLÉ**

$\frac{1}{2}$ cup sugar	1 cup chestnuts, mashed
2 tablespoons flour	$\frac{1}{2}$ cup milk
	Whites of 3 eggs

Boil Chestnuts, page 203; drain and rice or mash. Mix sugar and flour, add chestnuts and milk gradually, cook 5 minutes, stirring constantly; beat whites of eggs until stiff and cut and fold into the mixture. Turn into buttered and sugared individual molds, having them  $\frac{3}{4}$  full. Set molds in hot water and bake in slow oven until firm. Serve with Vanilla Sauce, page 335, or Wine Sauce No. 3, page 338.

**GRANDMOTHER'S PUDDINGS****STRUDEL DOUGH**

1 $\frac{1}{2}$ cups flour	$\frac{1}{3}$ cup warm water
$\frac{1}{4}$ teaspoon salt	1 egg, slightly beaten

**To Mix and Knead:** Into a large mixing bowl, place salt, flour and egg. Add the warm water, mix dough quickly with a knife, then knead on board, stretching it up and down to make it elastic until it leaves the board clean. Toss on a small, well floured board. Cover with a hot bowl and keep it warm  $\frac{1}{2}$  hour or longer.

**To Stretch Dough:** See that the room is free from drafts. Have materials for filling all ready before stretching dough. Work quickly.

Lay dough in center of a well floured tablecloth on table about 30 by 48 inches. Flour dough. Roll a little longer with rolling pin. Brush top of dough with  $\frac{1}{4}$  cup of the melted butter. With hands under dough, palms down, pull and stretch the dough gradually all around the table, toward the edges, until it hangs over the table and is as thin as paper. Cut off dough that hangs over edge and spread filling over quickly. Drip  $\frac{1}{4}$  cup more butter over surface of dough.

**To Fill, Roll and Shape:** Strew the following fillings as required and indicated for each Strudel over  $\frac{3}{4}$  of the greased, stretched dough, fold a little of the dough at one end over the filling. Hold the cloth high with both hands and the Strudel will roll itself over and over, like a large jelly roll. Trim edges again. Twist roll into greased pan (11 by 16 inches) or cut to fit into 3 strands.

**To Bake Strudel:** Brush top with melted butter. Bake in hot oven, 400° F.,  $\frac{1}{2}$  hour; reduce heat to 350° F. and bake  $\frac{1}{2}$  hour longer or until brown and crisp, brushing well with the remaining butter, from time to time during baking, using altogether about 1 cup ( $\frac{1}{2}$  lb.) melted butter for the Strudel with its fillings.

### APPLE STRUDEL

Strudel Dough, page 348	$\frac{1}{4}$ lb. almonds, blanched
2 quarts cooking apples, cut fine	and chopped
1 cup seeded raisins	1 cup sugar mixed with
$\frac{1}{2}$ cup currants	1 teaspoon cinnamon
	$\frac{1}{2}$ cup melted butter

Spread prepared apple filling evenly over  $\frac{3}{4}$  of the well greased, stretched Strudel Dough, rapidly as possible. Drip some of the  $\frac{1}{2}$  cup of melted butter over filling. Roll, trim edges again; then place in pan, rolled or cut. Brush top well with rest of the butter from time to time while baking. Serve slightly warm.

In the spring of the year when apples are not at their best, add 1 cup fresh rhubarb to 3 cups apples.

### No. 1 CHEESE STRUDEL

Strudel Dough, page 348	Salt
2 lbs. cottage cheese	2 tablespoons sour cream
4 yolks of eggs	Sugar
2 whites of eggs	$\frac{1}{4}$ lb. butter, melted

Rice the cheese, add eggs, cream, salt and sugar to taste. Spread mixture over  $\frac{3}{4}$  of the stretched dough. Over this, drip the melted butter. Roll and bake as Strudel, page 348.

### No. 2

To the above ingredients add  $\frac{3}{4}$  cup sugar, 1 cup ground almonds,  $\frac{1}{2}$  cup seeded black or sultana raisins. Follow directions above.

**CHERRY STRUDEL**

Strudel Dough	$\frac{1}{2}$ cup butter, melted
2 quarts cherries	$\frac{1}{2}$ cup bread, cracker
$1\frac{1}{2}$ cups sugar	or sponge cake crumbs

Follow recipe for Strudel Dough, page 348. Sprinkle crumbs over the stretched dough, then the cherries, pitted and drained, or use canned cherries, sprinkle with sugar, add melted butter, roll and bake as Strudel.

**MARASCHINO CHERRY AND PINEAPPLE STRUDEL**

Strudel Dough, page 348	1 cup seeded raisins
$3\frac{1}{2}$ cups pineapple, diced	1 cup walnuts, ground
$1\frac{1}{2}$ cups sugar mixed with	$\frac{1}{2}$ cup maraschino cherries
$\frac{1}{2}$ cup graham cracker crumbs	cut fine
1 teaspoon cinnamon	$\frac{1}{2}$ cup melted butter

Strew crumbs, sugar and cinnamon over greased stretched dough. Then spread fruit and nuts over  $\frac{3}{4}$  of the dough evenly and drip  $\frac{1}{2}$  of the melted butter over all. Roll, trim and bake 1 hour, brushing top with rest of the butter while baking as other Strudels.

**MARASCHINO CHERRY AND COCOANUT STRUDEL**

Strudel Dough, page 348	$\frac{1}{2}$ cup melted butter
$\frac{1}{3}$ lb. walnuts, ground	1 egg white
$\frac{1}{3}$ lb. seedless raisins	$\frac{3}{4}$ cup sugar
$\frac{1}{3}$ lb. shredded cocoanut	$\frac{1}{2}$ cup preserves, drained, or
$\frac{1}{4}$ cup cracker crumbs	$\frac{1}{2}$ cup citron, chopped
1 orange, juice	$\frac{1}{2}$ cup maraschino cherries,
1 lemon, juice	cut fine

Stir white of egg with cocoanut, prepare rest of the ingredients. Stretch Strudel Dough over tablecloth, brush with melted butter and sprinkle with the cracker crumbs, add nuts, raisins, mixed with the lemon and orange juice, then all the rest. Drip melted butter over all. Roll up quickly, place in pan and bake as Strudel, page 349.

**ALMOND (MANDEL) STRUDEL**

Strudel Dough, page 348	$\frac{1}{2}$ cup sugar mixed with
$\frac{1}{2}$ lb. almonds, blanched,	$\frac{1}{4}$ teaspoon cinnamon
dried and ground	Rind of 1 lemon
4 egg yolks	1 tablespoon lemon juice
	$\frac{1}{2}$ cup melted butter

Beat eggs light with the sugar; add lemon rind and juice; then mix with the almonds. Spread evenly over  $\frac{3}{4}$  of the greased, stretched dough. Drip  $\frac{1}{3}$  of the melted butter over all. Roll, trim and bake as other Strudels, basting with remaining butter while baking.



**RAHM STRUDEL**

- |                          |                           |
|--------------------------|---------------------------|
| Strudel Dough            | 1 cup grated bread crumbs |
| 1 quart thick, sour milk | 1 cup chopped almonds     |
| 2 cups granulated sugar  | 1 cup raisins             |
|                          | 1 teaspoon cinnamon       |

Make Strudel Dough, page 348, drip sour milk on it lightly, with a large spoon, put bread crumbs over milk, now add other ingredients, roll and put in well buttered pans, butter top, basting frequently.

**CABBAGE STRUDEL**

- |                         |                             |
|-------------------------|-----------------------------|
| Strudel Dough, page 348 | 1 onion                     |
| 1 quart cabbage, salted | ½ cup butter or fat, melted |
- Dice onion and sauté in ¼ cup fat until tender and glassy. Add salted cabbage, well drained, and cook ½ hour longer. Spread mixture over ¾ of the stretched Strudel Dough, and drip remaining fat over all. Roll Strudel, place in pan and bake like other Strudels. Sprinkle lightly with powdered sugar and serve warm.

**PRUNE AND APRICOT STRUDEL**

- |                              |                             |
|------------------------------|-----------------------------|
| Strudel Dough, page 348      | ½ cup graham cracker crumbs |
| 1 cup stewed prunes, stoned  | 1½ cups sugar               |
| 1 cup stewed, dried apricots | 1 lemon, juice and rind     |
| 1 cup seeded raisins         | ½ cup melted butter         |
- Drain prunes and apricots, and dice. Drip ½ of the butter over greased and stretched Strudel Dough. Spread crumbs and sugar mixed, fruit and lemon, evenly, over ¾ of the dough. Roll, trim, and bake, brushing with rest of the butter from time to time as other Strudels.

**No. 1. Plain NOODLE PUDDING**

- |                    |                              |
|--------------------|------------------------------|
| ½ lb. fine noodles | 1 cup powdered sugar         |
| 4 eggs, separated  | 2 tablespoons grated almonds |
- Make Noodles, page 115, using 4 times the quantities. Boil, page 237. Beat yolks light with the sugar, add almonds and drained noodles and lastly, stiffly beaten whites. Pour into a well greased pudding dish, set in a pan half filled with boiling water and bake ½ hour.

**No. 2. With Apples and Nuts**

- |                             |                       |
|-----------------------------|-----------------------|
| ½ lb. broad noodles         | 1½ teaspoons cinnamon |
| 2 tablespoons fat or butter | 2 apples, sliced      |
| 3 eggs, separated           | ¼ cup dried currants  |
| 1 cup sugar                 | ½ cup chopped nuts    |
- Make Noodles, page 115, using 3 times the quantities. Boil and drain, page 237. Heat fat in a skillet, add the noodles and cook just long enough to absorb the fat. Add beaten yolks, sugar, rest of ingredients and stiffly beaten whites. Place in well greased pudding dish and bake ½ hour in a moderate oven. Serve hot with any Pudding Sauce, pages 335 to 337, or Wine Sauce No. 2, page 338.

### NOODLE PUDDING

#### No. 3. With Walnuts and Plum Butter

$\frac{1}{2}$ lb. noodles	1 cup sugar
2 tablespoons fat or butter	1 tablespoon cinnamon
$1\frac{1}{2}$ cups walnuts, grated	1 lb. plum butter

Follow directions for making Noodles, page 115, using 3 times the quantities, cutting noodles  $\frac{1}{4}$  by 3 inches. Boil and drain, page 237. Heat the fat in skillet, add the noodles and cook only long enough to absorb fat. Mix  $1\frac{1}{4}$  cups of the walnuts with the sugar and cinnamon.

Into a well greased baking dish place  $\frac{1}{2}$  of the noodles; spread the plum butter, thinned with hot water, over this, sprinkle with  $\frac{1}{2}$  of the nut mixture. Add the rest of the noodles, sprinkle with the rest of the nut mixture. Bake  $\frac{1}{2}$  hour in a moderate oven. Remove from form, stew with remaining nut meats and serve hot.

### KUGEL

5 wheat bread rolls	1 teaspoon cinnamon
$\frac{3}{4}$ lb. suet, chopped fine	1 grated lemon rind
$\frac{1}{2}$ cup brown sugar	1 tablespoon water
1 tablespoon molasses	Salt

$\frac{1}{2}$  lb. prunes, stewed

Soak rolls in water, then press quite dry. Mix rest of ingredients except prunes, with the soaked bread to make a dough. Line an iron pot with alternate layers of dough, and stewed and stoned prunes. Bake 2 hours; baste often with prune juice.

### RICE KUGEL

1 cup rice	$\frac{1}{4}$ cup sugar
4 cups boiling water	$\frac{1}{4}$ lb. Sultana raisins
1 teaspoon salt	$\frac{1}{4}$ cup fat (chicken, goose or butter)
4 eggs, beaten	

Cook the rice in the boiling, salted water 30 minutes or until nearly done. Mix with the rest of the ingredients and place in well greased pudding dish and bake until top of Kugel is quite brown.

### DAMPF NOODLES

Make Kuchen Dough No. 1, page 393. Let rise. Toss on floured board. Roll  $\frac{1}{2}$  inch thick and cut into finger lengths. Place them not too close in a closely covered kettle, with  $\frac{1}{4}$  cup butter at the bottom. Let rise in a warm place and then pour over a cup of cold water. Add  $\frac{1}{2}$  lb. prunes, cover and place in a moderately hot oven and let cook until you hear it fry and the steam or water has all evaporated. The noodles will then be brown on the bottom. Remove the cover and let them brown on the top. Serve with Stewed Prunes.

**NOODLE KUGEL**

3 cups noodles,  $\frac{1}{2}$  inch wide      4 eggs, salt and pepper  
 $\frac{3}{4}$  cup fat (chicken, goose or butter)

Cook Noodles, page 115, in salted, boiling water 10 minutes. Drain and add the fat and the eggs, well beaten. Place in a well greased pudding dish and bake in a hot oven until top of Kugel is well browned. Serve hot with Raspberry Jelly.

**HUTZLE OR SNITZ KLOES**

1 loaf dry bread, grated       $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{2}$  lb. suet, chopped fine       $\frac{1}{2}$  teaspoon salt  
 $\frac{3}{4}$  cup brown sugar       $\frac{1}{4}$  tablespoon flour  
2 eggs      2 teaspoons baking powder  
1 pound dried fruit

Mix ingredients, roll into a ball and place on plate in kettle. Cook spiced, dried pears, peaches and apricots, alone or in combination, page 334. Put fruit with juice around pudding and boil 3 hours covered. Serve hot.

**DIMPES DAMPES**

$\frac{1}{2}$  cup sugar      1 pint milk  
 $\frac{1}{4}$  teaspoon salt      1 cup butter (scant), melted  
2 cups flour (1 pint)      1 quart apples, sliced

Mix sugar, salt and flour and gradually add the milk to make a smooth batter. Grease a large, shallow baking pan well with some of the butter; then add the remaining butter and the apples to the batter. Mix and pour into pan or pans not more than  $\frac{3}{4}$  inch deep and bake in a moderate oven 30 to 45 minutes until a golden brown.

**AUF-LAUF**

**No. 1. With Apples**

1 tablespoon butter       $\frac{1}{4}$  cup brown sugar      4 apples

Butter pudding dish. Sprinkle with brown sugar. Peel and slice apples; place in bottom of pudding dish in layers, until dish is about  $\frac{1}{3}$  full. Bake until partially soft. Then remove dish from oven, cover apples with following sponge cake dough:

$\frac{1}{2}$  cup sugar       $\frac{1}{2}$  cup flour  
2 eggs, separated       $\frac{1}{2}$  teaspoon baking powder  
 $1\frac{1}{2}$  tablespoons cold water       $\frac{1}{2}$  teaspoon vanilla

Cream yolks and sugar, add water, flour mixed and sifted with baking powder, vanilla, and lastly, beaten whites. Bake  $\frac{1}{2}$  hour. Serve hot with any desired sauce.

**No. 2. With Macaroons:** Line a pudding dish with macaroons or with any stale cake if preferred. Cover this with fruit, pared and

sliced, or raspberries, add sugar to taste. Cover with a sponge made of 6 yolks, 6 tablespoons sugar, 6 whites beaten stiff, and some chopped almonds. Bake quickly. Serve hot.

### APPLE CHARLOTTE

2 quarts apples, diced	1 cup seeded raisins
1 cup sugar	$\frac{1}{2}$ cup currants
$\frac{1}{4}$ cup almonds, blanched and chopped	1 lemon rind and juice
1 teaspoon cinnamon	$\frac{1}{4}$ cup of red or white wine

Line a well greased pudding dish with Muerbe Teig, page 377,  $\frac{1}{2}$  inch thick, fill with chopped apples, sugar, almonds, wine, raisins, lemon juice and rind, mixed. Cover with Muerbe Teig  $\frac{1}{4}$  inch thick and bake 50 to 60 minutes in hot oven.

### MATZOS CHARLOTTE

1 $\frac{1}{2}$ matzos (unleavened bread)	4 eggs, separated
1 tablespoon goose fat	$\frac{1}{2}$ cup sugar
A pinch salt	$\frac{1}{2}$ lemon, juice and rind

Soak the matzos and press dry. Place in mixing bowl and stir with the goose fat until very light, add beaten yolks and the other ingredients, the beaten whites last; pour into a well greased pudding dish and bake about  $\frac{1}{2}$  hour. Place in moderate oven immediately. Serve when done or it will fall. Serve with Jelly Sauce, page 335.

### MATZOS CHARLOTTE WITH APPLES

2 matzos (unleavened bread)	2 tablespoons raisins, seeded
$\frac{1}{4}$ lb. suet, chopped fine	1 tablespoon almonds, blanched and grated
2 cups apples, sliced fine	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{4}$ cup sugar	3 whites of eggs, beaten stiff
3 yolks, beaten	

Soak matzos in water and press out dry; add the rest of the ingredients, mix thoroughly, fold in the beaten whites last. Bake in greased pudding dish about 1 hour in moderate oven.

### MATZOS APPLE PUDDING

4 eggs, separated	$\frac{1}{2}$ lemon rind
$\frac{2}{3}$ cup powdered sugar	$\frac{1}{2}$ cup matzos meal
2 cups apples grated	4 tablespoons almonds, chopped

Stir sugar with the beaten yolks, add the apples, grated lemon rind and meal and lastly beaten whites. Place in spring form, sprinkle 4 tablespoons almonds, blanched, and cut fine on top. Bake in moderate oven.

**MATZOS BATTER PUDDING**

- |                   |                               |
|-------------------|-------------------------------|
| 1 cup matzos meal | $\frac{2}{3}$ cup brown sugar |
| 1 pint milk       | 4 tablespoons butter          |
| 2 eggs            | 1 lemon, grated rind only     |

Make a batter of the eggs, milk and meal; add sugar, melted butter and lemon rind; add 1 tablespoon rum. Pour into a greased bowl and steam for 1 hour or bake for  $1\frac{1}{2}$  hours in a moderate oven.

**No. 1 MATZOS CRIMSEL**

- |                               |                         |
|-------------------------------|-------------------------|
| 2 matzos                      | 3 eggs                  |
| $\frac{1}{2}$ tablespoon salt | $\frac{1}{2}$ cup sugar |

Soak matzos in water and press quite dry. Mix in the rest of the ingredients and stir well. Drop from teaspoon in hot, deep fat, and fry until browned on both sides. Serve warm with hot honey, with stewed cherries, or stewed prunes.

**No. 2**

- |                                       |                          |
|---------------------------------------|--------------------------|
| 3 matzos, soaked and squeezed dry     | 3 yolks of eggs          |
| 2 tablespoons seeded raisins, chopped | $\frac{3}{4}$ cup sugar  |
| 2 tablespoons chopped almonds         | 1 lemon, grated rind     |
|                                       | 1 tablespoon lemon juice |
|                                       | 3 whites, beaten         |

Mix in the order given and drop from tablespoon in deep, hot fat. Serve hot with stewed prunes flavored with orange juice.

**MATZOS CRIMSEL—FILLED**

- |                                       |                             |
|---------------------------------------|-----------------------------|
| $1\frac{1}{2}$ matzos                 | 2 eggs                      |
| 1 tablespoon goose fat                | $\frac{1}{8}$ teaspoon salt |
| $\frac{1}{4}$ cup matzos meal, sifted | 2 tablespoons sugar         |

Strawberries, or stewed prunes, stoned

Soak the matzos and press dry; heat the fat, add matzos, to dry a little more, add matzos meal, eggs, sugar and salt. Mix well and let stand 2 hours, and form into oblong cakes. Place a prune or strawberry in the center of each cake and form into egg shaped balls. Dip balls in beaten egg and fry in deep, hot goose fat until brown and done. Serve hot with Jelly Sauce, page 335.

**POTATO PUDDING FOR PASSOVER**

- |  |   |
|--|---|
| 4 yolks, beaten                          | $\frac{1}{4}$ lb. cold, boiled potatoes, grated |
| $\frac{1}{2}$ cup sugar                  | $\frac{1}{4}$ teaspoon salt                     |
| 2 tablespoons almonds blanchd and grated | 4 whites of eggs beaten stiff                   |
| $\frac{1}{2}$ lemon, juice and rind      |   |

Mix in order given. Place in well greased pudding dish and bake  $\frac{1}{2}$  hour, setting the dish in a pan half filled with boiling water. Serve with Wine Sauce, page 337.

## STEAMED PUDDINGS

### GENERAL RULES FOR STEAMING

See that the water is boiling in the kettle or steamer when the food is ready for cooking. Keep the water boiling constantly and the kettle covered. Refill when necessary with boiling water. Do not jar the kettle.

The mold and cover should be thoroughly greased, and if it has no cover, a strong piece of glazed paper may be tied over the top; this should also be greased. Mold should be only  $\frac{2}{3}$  full. It should be put into a steamer over boiling water, or on a wire rack in a kettle of boiling water. Or grease sides and cover of double boiler insert.

### BREAD PUDDING

2 cups day old bread cubes	1 egg
1 teaspoon soda	1 teaspoon Mixed Spices,
1 cup buttermilk	page 126
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup seedless raisins
	1 tablespoon butter

Remove crusts from bread. Cut in cubes. Sprinkle with soda; pour over butter milk. Let stand until soaked. Mix well with rest of the ingredients. Melt butter in top of double boiler, grease well all around. Pour mixture in and let steam  $1\frac{1}{2}$  hours.

### SUET PUDDING, STEAMED

2 cups stale cake or cookie crumbs	$\frac{1}{2}$ cup shredded citron
$\frac{1}{2}$ cup finely chopped suet	1 cup sweet milk
1 egg	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup molasses	1 teaspoon cinnamon
1 cup raisins	1 teaspoon cloves and nutmeg
	1 teaspoon salt

Mix dry ingredients, add 1 teaspoon salt, the suet, then the liquid. Put in greased molds and steam 2 hours. Can be kept for weeks. When reheated, steam 1 hour longer. Serve hot with Vanilla Sauce, page 335, or Hard Sauce, page 337.

### WHOLE-WHEAT PUDDING, STEAMED

2 cups whole-wheat flour	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ teaspoon soda	1 cup stoned and chopped
$\frac{1}{2}$ teaspoon salt	dates or raisins
1 cup milk	or 1 cup ripe berries

Mix ingredients in order given. Steam  $2\frac{1}{2}$  hours and serve with whipped cream or any plain pudding sauce.

1 cup of figs, stewed prunes or chopped apples or raisins makes a pleasing variety.

**No. 1 STEAMED CHOCOLATE PUDDING**

- |   |                             |
|---|-----------------------------|
| 1 egg   | $\frac{1}{2}$ cup milk      |
| 1 cup sugar   | 2 tablespoons melted butter |
| 1 square chocolate, melted,<br>or 3 tablespoons cocoa | 1 cup flour                 |
|   | 4 teaspoons baking powder   |

Mix ingredients and steam 1 hour. See General Rules, page 356. Serve with Vanilla Sauce, page 335, or Hard Sauce, page 337.

**No. 2**

- |                         |                              |
|-------------------------|------------------------------|
| 6 eggs, separated       | 2 tablespoons bread crumbs   |
| 1 cup sugar             | 1 teaspoon baking powder     |
| 1 cup chocolate, grated | Vanilla, cinnamon and cloves |

Beat together yolks and sugar, add other ingredients, then beaten whites of eggs. Boil  $1\frac{1}{2}$  hours in airtight pudding form. Serve hot with Hard Sauce, page 337, or Vanilla Sauce, page 335.

**No. 3**

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 10 eggs, separated                 | $\frac{3}{4}$ cup grated almonds |
| $1\frac{1}{2}$ cups sugar          | $\frac{1}{2}$ cup flour          |
| $\frac{3}{4}$ cup grated chocolate | 2 teaspoons cinnamon             |
|                                    | $\frac{1}{2}$ teaspoon cloves    |

Beat yolks until very light, add sugar, and beat again, add chocolate, spices, almonds and flour, stir well, then gradually add some of the stiffly beaten whites of eggs and then fold in the rest. Place in large buttered pudding mold, tightly cover, and boil 2 hours. Serve hot with sweetened whipped cream flavored with vanilla.

**STEAMED CARAMEL PUDDING**

**No. 1—With Almonds**

- |                          |                      |
|--------------------------|----------------------|
| 6 tablespoons sugar      | 1 tablespoon flour   |
| 1 cup hot milk           | 3 oz. ground almonds |
| $\frac{1}{4}$ cup butter | 6 eggs, separated    |

Melt the sugar in a skillet until light brown. Add milk very gradually, stirring all the time. Cool, then add butter, flour, almonds, the yolks of eggs well beaten, and lastly the whites that have been beaten stiff. Butter the form, cover butter with a little more sugar. Steam 1 hour. Serve with whipped cream.

**No. 2—With Lady Fingers**

- |                   |                              |
|-------------------|------------------------------|
| 1 cup brown sugar | 1 doz. lady fingers (grated) |
| 1 pint cream      | 5 eggs, separated            |

Melt sugar, add cream, then grated lady fingers. Add beaten yolks of eggs, then, lastly, stiffly beaten whites. Put in mold tightly covered, place in kettle of water and steam 2 hours. Serve hot with Caramel Sauce, page 336.

**CHERRY ROLL, STEAMED**

1 quart cherries, stoned

Biscuit Dough

1 cup sugar

2 tablespoons butter

Roll Biscuit Dough, page 67, in oblong sheet,  $\frac{1}{2}$  inch thick, spread lightly with butter or oil, and place cherries evenly over the dough, sprinkle well with sugar, and if desired, add a little cinnamon. Roll up, wet edges and pinch together. Take salt bag or other cloth, large enough to allow dough to swell, scald and then flour well on inside. Slip in roll, place in steamer and steam  $1\frac{1}{2}$  hours. Slip out of bag to platter. Serve in slices with Hard Sauce, page 337.

**RAISIN PUFF, STEAMED**

2 eggs, beaten

 $\frac{1}{2}$  cup milk $\frac{1}{2}$  cup sugar

1 cup flour

3 tablespoons melted butter

2 teaspoons baking powder

 $\frac{1}{2}$  cup chopped raisins

Mix in the order given. Drop into small greased cups and let steam 35 minutes. Serve with Lemon or Vanilla Sauce, page 335.

**STEAMED FIG PUDDING** $\frac{1}{2}$  lb. dried figs, chopped fine $\frac{1}{2}$  cup milk

1 cup beef suet, chopped fine

2 eggs

 $2\frac{1}{3}$  cups dry bread crumbs

1 cup sugar

 $\frac{3}{4}$  teaspoon salt

Chop suet, and work until creamy, then add figs. Soak bread in the milk, add egg well beaten, sugar and salt. Combine the two mixtures, place in buttered mold and steam 3 hours.

**ENGLISH PLUM PUDDING**

1 cup flour

1 teaspoon ground cinnamon

1 lb. seeded raisins

 $\frac{1}{2}$  teaspoon ground allspice $\frac{1}{4}$  lb. citron, orange and lemon $\frac{1}{2}$  teaspoon ground cloves

peel, cut fine

1 teaspoon salt

 $\frac{1}{4}$  lb. seedless raisins

1 cup suet, chopped fine

 $\frac{1}{2}$  cup chopped almonds

1 cup molasses

 $\frac{1}{2}$  lb. bread crumbs

3 eggs, beaten

 $\frac{1}{2}$  cup sugar

1 cup pickled peach syrup

1 teaspoon baking powder

or brandy

Sift flour over fruit and nuts and mix well. Mix rest of dry ingredients, add suet, work in evenly, then the eggs, molasses and fruit juice and then the floured fruit. Pour into buttered molds  $\frac{2}{3}$  full and cover. Place in steamer and steam slowly and steadily from 4 to 8 hours, according to the size of mold. Good warmed over. When ready to serve, steam  $\frac{1}{2}$  hour or more. Serve with Hard Sauce, page 337, or Brandy Sauce, page 338. Or pour rum or brandy over pudding just before serving. Light match and send flaming to the table.



**No. 1 STEAMED PRUNE PUDDING**

1 lb. prunes                       $\frac{3}{4}$  cup sugar                      5 whites of eggs  
 Soak prunes 1 hour. Boil until tender, stone and mash through a strainer. Add sugar to whites of eggs beaten stiff. Mix all ingredients. Pour into mold previously greased with butter. Cover and place in kettle filled with 3 inches of water. Let steam for 1 hour. Serve hot with whipped cream or Custard Sauce, page 337.

**No. 2**

4 egg whites                       $\frac{1}{2}$  cup sugar                       $\frac{1}{2}$  cup prune pulp  
 Beat egg whites until stiff. Add sugar gradually, then fold in prune pulp. Mix well. Steam in a well greased double boiler, covered, for  $1\frac{1}{2}$  hours. Turn from mold and serve as above.

**STEAMED DATE PUDDING**

1 lb. stoned dates	1 cup flour
$\frac{1}{2}$ lb. suet	1 teaspoon cinnamon
$\frac{1}{2}$ cup sugar	1 teaspoon ginger
1 scant teaspoon salt	1 cup soft bread crumbs
$\frac{1}{2}$ cup milk	2 eggs

Pass dates and suet together through a food chopper or grinder. Mix all ingredients well together, adding the well beaten eggs last. Turn into well buttered molds, and steam 2 hours. To serve, decorate with holly, and surround with Hard Sauce, page 337, or Wine Sauce No. 1, page 337. Figs, stoned raisins, currants, candied peel, prunes or nuts, alone or in combination, may replace dates.

**OATMEAL DATE PUDDING, STEAMED**

$\frac{1}{2}$ lb. dates, chopped	$\frac{2}{3}$ cup water
1 cup rolled oats	$\frac{1}{2}$ teaspoon soda
2 eggs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ lemon, juice

Mix and steam in buttered mold 3 hours. Serve with any desired Pudding Sauce, pages 335 to 340.

**COLD PUDDINGS  
 CUSTARDS**

**GENERAL RULES FOR CUSTARDS**

Eggs should be slightly beaten and thoroughly mixed with sugar and salt; add the hot milk slowly, stirring all the time. Custards must be cooked over water under the boiling point if baked in the oven, or in a double boiler with insert not touching the water. When thick enough, the custard coats the spoon. It curdles if cooked a minute too long. If it curdles, put it immediately into another dish over a pan of cold water and beat until smooth. Brown sugar may be used in place of white. **To make a soft custard:** Use the yolks instead of the whole eggs.

**CUP OR BAKED CUSTARD**

1 pint hot milk  
2 eggs

4 tablespoons sugar  
Pinch salt

Beat eggs slightly, add salt and sugar and stir until the sugar dissolves and pour milk gradually into eggs. If desired, a little nutmeg or  $\frac{1}{2}$  teaspoon flavoring may be added. Pour into buttered cups or a pudding dish, place the cups in a pan of hot water, put the pan in a moderate oven and bake 30 to 45 minutes at 325° F. until the custards are firm in the center. Test with a knife; if the knife comes out clean, the custard is done. For **Caramelized Custard**, melt  $\frac{1}{2}$  cup of granulated sugar in bottom of baking dish until brown, tilting dish until evenly coated, or use brown sugar. Then add custard mixture, and bake as above.

**No. 1****BOILED CUSTARD**

2 cups hot milk  
Yolks of 3 eggs

$\frac{1}{4}$  cup sugar  
 $\frac{1}{2}$  teaspoon vanilla

Beat eggs slightly, add sugar and a few grains of salt. Stir the milk in gradually. Place in double boiler, stir constantly until the mixture thickens and coats the spoon. Cool and add vanilla. If custard separates or becomes lumpy, put kettle in cold water at once and beat with rotary beater until smooth again.

**No. 2**

1 pint milk, scalded  
4 tablespoons sugar  
1 tablespoon cornstarch

$\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon flavoring  
1 egg or 2 yolks

Mix sugar, cornstarch and salt; add egg slightly beaten. Add scalded milk, stirring constantly. Cook in double boiler until it thickens and coats the spoon. Cool and flavor.

**CHOCOLATE CUSTARD**

Follow above recipe, melting 1 oz. chocolate with the milk.

**FLOATING ISLAND**

1 quart milk  
3 eggs  
 $\frac{1}{2}$  cup sugar

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon spice or  
 $\frac{1}{2}$  teaspoon flavoring

1 tablespoon cornstarch

Heat the milk. Separate the eggs. Mix salt, sugar and cornstarch, add to yolks, beaten slightly. Beat the whites until very stiff, add 2 teaspoons sugar, beat slightly and drop mixture by tablespoons on top of the hot milk. Let cook 2 or 3 minutes until firm, lift out on a plate and set aside. Pour the hot milk on the beaten yolks. Put this mixture

into a double boiler and stir and cook until it thickens. When cool, stir in flavoring. Put cooked whites on the top and serve cold. Place specks of jelly on the whites.

**COFFEE CUSTARD**

- 3 tablespoons ground coffee
- 2 cups very hot milk
- 3 eggs, beaten slightly
- 4 tablespoons sugar
- 1/4 teaspoon vanilla

Pour milk over coffee, let steep 10 minutes, strain. Stir eggs with sugar, add the rest. Mix and strain into small cups and place cups in a shallow pan. Put boiling hot water into the pan until it reaches half way up to the cups. Set into a moderate oven and cook very gently until the custard is firm. Serve ice cold with little cakes.

**CARAMEL CUSTARD**

- 4 cups scalded milk
- 5 eggs
- 1/2 cup sugar
- 1 teaspoon vanilla

Put sugar in a skillet on stove, stir constantly until melted to a light brown syrup. Add 1 cup milk very gradually, being careful that milk does not bubble up and over. As soon as sugar is melted add rest of milk, add mixture gradually to eggs slightly beaten; add 1/2 teaspoon salt and flavoring, then strain in buttered molds. Bake over water at 325° F., 30 to 45 minutes or until firm. Chill and serve with a Caramel Sauce, page 336.

**COCOANUT CUSTARD**

- 1 pint milk
- 1/2 cup sugar
- 3 eggs, separated
- 1/2 cup cream
- 1/2 cup powdered sugar
- 3/4 cup cocoanut

Heat milk with sugar, and stir into the yolks of the eggs beaten light; add a few grains of salt; remove from the fire, and while warm add cream. Beat until smooth and partly cool, pour into a serving dish, beat the whites of the eggs with the powdered sugar and cocoanut, spread upon the top of custard, and brown lightly in the oven.

**BLANC MANGE OR CORNSTARCH PUDDING**

- 1/4 cup cornstarch
- 2 tablespoons sugar
- 1/8 teaspoon salt
- 1/4 cup cold milk
- 2 cups scalded milk
- 1/2 teaspoon vanilla
- 2 egg whites

Mix cornstarch, sugar and salt. Dilute with cold milk. Add to scalded milk, and place in double boiler. Cook 15 minutes, stirring constantly until mixture thickens, and occasionally afterwards. Cool slightly. Add flavoring and stiffly beaten egg whites. Mix thoroughly, mold and chill. Serve with sauce if desired.

**CHOCOLATE CORNSTARCH PUDDING**

1 oz. bitter chocolate

2 cups milk

 $\frac{1}{2}$  cup sugar

3 tablespoons cornstarch

Melt chocolate in double boiler, and add gradually the sugar and  $1\frac{1}{2}$  cups of milk. Heat to boiling point and add cornstarch with remaining milk. Cook over hot water for 20 minutes, mold and chill. Serve with milk or cream.

**PRUNE PUDDING** $\frac{1}{2}$  lb. prunes $\frac{1}{2}$  lemon, rind and juice

1 cup cold water

1 inch stick cinnamon

1 cup syrup or sugar

 $1\frac{3}{4}$  cups boiling water $\frac{1}{3}$  cup cornstarch

Pick over and wash prunes, then soak 1 hour in cold water, boil until soft; remove stones, add syrup, lemon juice, rind, cinnamon and boiling water, and simmer 15 minutes. Mix cornstarch with enough cold water to pour easily, add to cooked prune mixture and cook 20 minutes. Remove cinnamon stick. Place in mold and chill. Serve with plain or whipped cream.

**PINEAPPLE PUDDING** $\frac{1}{2}$  cup sugar

1 lemon, juice

2 tablespoons cornstarch

2 eggs separated

1 cup pineapple juice

1 cup pineapple cubes

1 cup water

Whipped cream

Mix sugar and cornstarch, place in double boiler, stir in pineapple juice, water and lemon and cook until smooth. Pour onto the beaten yolks, cool, fold in the beaten whites, and then the pineapple cubes. Pour into a buttered baking dish, set in a slow oven and bake 20 minutes. When cool, top with whipped cream.

**ROTHER GRUETZE**

1 quart red raspberries

 $1\frac{1}{2}$  cups sugar

1 quart red currants

 $\frac{1}{3}$  cup cornstarch dissolved

4 cups cold water

in cold water

Boil berries and water; strain and add sugar. Let boil and add cornstarch dissolved in cold water. Cook. When thickened, pour into custard cups. If a molded pudding is desired, use more cornstarch. Serve cold with whipped cream.

**PEACH SNOW**

1 quart can peaches

2 whites of eggs, beaten stiff

2 tablespoons cornstarch

 $\frac{1}{2}$  cup cream

Stir the cornstarch to a smooth paste with a little cold water. Drain syrup from peaches, stir in the cornstarch paste and cook until smooth and clear, add the peaches, strained to a pulp and let cool, add beaten whites, then carefully fold in cream beaten stiff. Pour into a mold, set aside until firm and cold.

**TAPIOCA CREAM**

- |                                 |                             |
|---------------------------------|-----------------------------|
| $\frac{1}{3}$ cup quick tapioca | $\frac{1}{4}$ teaspoon salt |
| 1 pint milk                     | 1 teaspoon vanilla          |
| 2 eggs, separated               | $\frac{1}{3}$ cup sugar     |

Add tapioca to the milk and cook in double boiler until the tapioca is clear. Beat the yolks, add the salt and sugar and the hot milk mixture and cook until it thickens like soft custard. Remove from the fire, cool, fold in the whites of the eggs, beaten stiff. Flavor when cold. The whites may be put on top, mixed with 2 tablespoons powdered sugar, and browned in oven a few minutes.

**APPLE TAPIOCA**

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| $\frac{1}{3}$ cup quick tapioca    | 1 $\frac{1}{2}$ lbs. cooking apples |
| 2 $\frac{1}{2}$ cups boiling water | 2 tablespoons butter                |
| $\frac{1}{2}$ teaspoon salt        | $\frac{1}{2}$ cup sugar             |

Add boiling water and salt to tapioca; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish, fill apples with sugar, pour over tapioca, add bits of butter and bake in moderate oven until apples are soft. Or, use sliced apples. Serve with sugar and cream.

**CURRANT JELLY TAPIOCA PUDDING**

- |                                 |                          |
|---------------------------------|--------------------------|
| $\frac{1}{2}$ cup quick tapioca | 1 tablespoon lemon juice |
| 3 cups boiling water            | $\frac{1}{2}$ cup sugar  |
| $\frac{1}{2}$ teaspoon salt     | 1 glass currant jelly    |

Cook tapioca in boiling water 15 minutes. Add remaining ingredients. Mold, chill and serve.

**GOOSEBERRY TRIFLE**

- |                           |                                 |
|---------------------------|---------------------------------|
| 2 cups green gooseberries | $\frac{1}{3}$ cup quick tapioca |
| 1 cup sugar               | 2 cups boiling water            |
| 1 tablespoon lemon juice  |                                 |

Cook tapioca in boiling water 15 minutes. Cook gooseberries and sugar together until soft. Add lemon juice. Combine mixtures. Chill and serve with whipped cream.

**CHOCOLATE RENNET CUSTARD**

- |  |                        |
|--|------------------------|
| 1 pint fresh milk, not soft curd                     | 1 square chocolate     |
| $\frac{1}{2}$ cup sugar                              | or 2 tablespoons cocoa |
| 1 rennet tablet dissolved in 1 tablespoon cold water |                        |

Melt chocolate or cocoa in  $\frac{1}{2}$  cup milk and boil 1 minute. Remove from fire, add rest of milk and sugar. Heat until lukewarm and add tablet dissolved in cold water. Stir quickly and pour into custard cups. Let stand at room temperature for 20 minutes or until firm. Then remove carefully to cool place.

**RASPBERRY RENNET CUSTARD**

1 package raspberry rennet powder                       $\frac{1}{2}$  cup of cream  
 1 pint fresh milk, not soft curd      Fresh raspberries or raspberry jam

Heat milk only until lukewarm, add rennet powder, crush any lumps, stir 1 minute until dissolved. Pour into 4 to 6 sherbet glasses. Let stand undisturbed in warm room for 20 minutes until firm. Remove to cool place without jarring. Serve with sweetened whipped cream and top with fresh raspberries or raspberry jam.

**Rennet Custard**, see page 38.

**CLABBERED OR SOUR MILK DESSERT**

Let fresh milk sour, page 45, without heating it. Pour into cups. Drain off the whey carefully and the curd assumes a custard-like consistency and takes the shape of the mold. When sufficiently firm, the cheese is chilled, and eaten with sweet cream and sugar, or with crushed and sweetened currants, or strawberries.

**WINE SYLLABUB**

Juice of 1 lemon                      1 pint cream  
 $\frac{3}{4}$  cup sugar                      Grating of nutmeg  
 1 cup Sherry, Madeira, or Port      A little cinnamon

Mix sugar with lemon juice and wine and when dissolved, add the cream and whip to a froth. Drain if necessary. Serve very cold in glasses. Have wine-soaked bit of cake in bottom of glass.

**SWISS RICE**

1 cup rice                      1 pint cream, whipped  
 3 to  $3\frac{1}{2}$  cups scalded milk       $\frac{1}{2}$  teaspoon vanilla  
 1 teaspoon salt                      Raspberry or cherry juice

Add salt to milk. Steam rice in the milk over boiling water 30 to 45 minutes until tender. Add vanilla. When cool add and fold in all but  $\frac{1}{2}$  cup of the whipped cream. Shape into any desired form with spoon. Add enough fruit juice to the remaining whipped cream to color; use it to garnish the top. Serve cold.

**CHESTNUT FLAKE**

1 lb. chestnuts                      1 pint cream, whipped  
 2 cups sugar                      1 tablespoon maraschino  
 1 cup water                      or 1 teaspoon vanilla

Blanch and shell fresh chestnuts, page 203. Boil chestnuts until half done in boiling water, drain and put them into a syrup (made by boiling 2 cups sugar with 1 cup water 10 minutes) and boil until soft. Put through a potato ricer and serve with whipped cream flavored with maraschino.

**MARSHMALLOW PUDDING**

$\frac{1}{2}$ lb. marshmallows	1 cup cream, whipped stiff
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ cup walnut meats
8 to 12 lady fingers	

Break marshmallows in pieces, add the milk and let cook over hot water until dissolved. Remove from fire, stir well and when cool, fold and whip in the stiffly beaten whipped cream. Sprinkle the broken nut pieces and bits of candied cherries all through the mixture. Place in a mold that has been dipped in cold water and lined with split lady fingers. Chill and let stand 8 or more hours. Serve ice cold, surrounded with fresh fruit if desired.

**APPLE SNOW BALLS**

6 apples	20 marshmallows
1 cup sugar	Shredded cocoanut
$1\frac{1}{2}$ cups water	Lemon juice

Pare and core apples and put a marshmallow in center of each. Cook in syrup made of sugar, water, lemon juice and 14 marshmallows. Keep whole as much as possible. Remove from syrup, cool slightly and roll in shredded cocoanut.

**ENGLISH FRUIT PUDDING**

7 or 8 slices of bread	Sugar to taste
1 quart blueberries, stewed or canned	2 tablespoons butter
	$\frac{1}{4}$ teaspoon salt

Remove the crusts from the bread and butter one side. Grease a round bottomed bowl and line with buttered bread. Crush the berries with the sugar and pour into the bowl. Cover with bread. Weight well with a plate and place in refrigerator for 24 hours. The bread will absorb the juice and the pudding may be taken out as a mold. Serve with cream.

**GELATIN PUDDINGS****GENERAL RULES**

1 tablespoon granulated gelatin makes 1 pint of jelly.

$\frac{1}{2}$  cup of sweetened and flavored jelly powder makes 1 pint of jelly.

Granulated gelatin must be soaked in cold water first, then dissolved in hot water, or fruit juices; or over hot water.

Flavored jelly powder is dissolved in 2 cups hot water, or in 1 cup hot water and 1 cup cold water, or other liquid.

**To Mold Jelly:** Rinse mold in cold water or grease lightly with oil or butter before putting in gelatin mixture.

**To Unmold Jelly:** Dip for a second in warm water (not hot). Loosen edges slightly, or wrap mold in hot cloth. Put serving dish on mold. Invert and carefully remove the mold.

To make jellies in layers, have first layer begin to harden, but not quite set before adding the next layer.

**Chiffon Pies,** *see* Pastry Chapter, pages 375-392.

### LEMON JELLY

2 tablespoons granulated gelatin     $\frac{3}{4}$  cup sugar  
1 cup cold water                            2 cups boiling water  
 $\frac{1}{2}$  cup lemon juice

Soak gelatin in cold water 5 minutes; dissolve in boiling water. Add sugar and lemon juice and stir until dissolved. Strain into wet mold. Chill.

### LEMON SPONGE (SNOW PUDDING)

1 tablespoon granulated gelatin                             $\frac{1}{4}$  cup lemon juice  
 $\frac{1}{4}$  cup cold water                        Whites of 3 eggs  
1 cup boiling water  
1 cup sugar

Soak gelatin in cold water 5 minutes, add boiling water, sugar and lemon juice, stir until dissolved; strain. When mixture begins to thicken, fold in stiffly beaten egg whites, beat thoroughly and pour in mold. Serve with Custard Sauce, page 337.

### ORANGE JELLY

2 tablespoons gelatin                            1 cup sugar  
1 cup cold water                                1  $\frac{1}{2}$  cups orange juice  
1 cup boiling water                            3 tablespoons lemon juice

Soak gelatin in cold water 5 minutes; dissolve in boiling water. Add sugar. Stir well; add orange and lemon juice. Strain into wet mold. Let chill and harden.

### GRAPEFRUIT JELLY

Make like Orange Jelly, above, substituting grapefruit juice and pulp for orange juice.

### GRAPE JUICE JELLY

Make like Orange Jelly, above, substituting grape for orange juice.

### PINEAPPLE JELLY

Soak 2 tablespoons granulated gelatin in 1 cup cold water 5 minutes. Add 1  $\frac{1}{2}$  cups of hot pineapple juice and 1 cup boiling water,  $\frac{3}{4}$  cup sugar and stir until dissolved. When gelatin is cold and begins to set add sliced or shredded pineapple and 3 tablespoons of lemon juice. Pour into mold. Set aside in cool place several hours or over night to harden. Only canned or boiled pineapple juice can be used.



**COFFEE JELLY**

Soak 2 tablespoons gelatin in 1 cup cold water. Dissolve in 2½ cups clear strong coffee. Add ⅔ cup sugar, 4 tablespoons lemon juice and stir well. Turn into wet mold. Let chill. Serve with whipped cream.

**CHOCOLATE JELLY**

- |                                  |                            |
|----------------------------------|----------------------------|
| 2 tablespoons granulated gelatin | 1 teaspoon vanilla         |
| 4 cups milk                      | 2 squares melted chocolate |
| 1 cup sugar                      | ⅛ teaspoon salt            |

Soak gelatin in ½ cup milk about 5 minutes. Scald remaining milk with sugar and add soaked gelatin. Add chocolate. Cool slightly, add vanilla and turn into wet mold. Let chill and harden. Unmold and serve with whipped cream.

**WINE JELLY**

- |                               |  |
|-------------------------------|--|
| 1 oz. gelatin (2 tablespoons) | 1 cup wine (Claret, Madeira, Sherry or Port) |
| ½ cup cold water              | 3 tablespoons lemon juice                    |
| 2 cups boiling water          | 1 cup sugar                                  |

Add cold water to gelatin and let stand 5 minutes to soften. Add boiling water, stir until dissolved; strain, add sugar and when cool, add wine and lemon juice. Pour into molds. Set aside in cool place to harden. Serve cold. If a stronger jelly is desired, add more wine and less water. ½ cup Sherry and ½ cup Port is a good combination; also ½ cup Sherry, 2 tablespoons brandy and any other wine to make 1 cup of liquor in all.

**JELLIED ORANGES**

Cut oranges in halves lengthwise. Score with knife, remove pulp and juice without destroying the orange shell. Scrape out clean; set shells in muffin tins. Fill cups with Orange Jelly, page 366, when beginning to harden. Let stand over night to harden and when ready to serve, cut each piece in two equal parts lengthwise. Arrange in fruit dish or serve as a border around meat.

**EASTER EGG DESSERT**

Fill ring mold with Wine Jelly, above. Make ½ recipe each of Orange and Grapefruit Jelly, page 366, and Chocolate Jelly, above, or use contrasting colors of jelly powders. Wash 12 large, raw eggs; make pin hole at small end, a larger hole at rounded end. Shake out contents and use as wanted. Rinse shells and place upright, small end down, in egg cartons. Fill with cold water through funnel. Let stand until used. Rinse shells again. Fill empty shells with jellies, just when they begin to harden. Set aside in a cool place to harden over night. In serving, invert the ring on a large platter to form a nest. Roll and crumble the egg shells and the jelly will come out in perfect egg forms; place eggs in nest and serve cold with whipped cream.

**JELLIED FRUIT DESSERT**

Make jelly with any desired flavor. Just before jelly begins to harden, turn mixture into shallow pan; press slices of banana, or halves or slices of fresh or canned, drained fruit or berries well into jelly at equal distances. Set aside to chill and harden. Cut into 1 x 3 inch slices and serve with plain or whipped cream.

**SPANISH CREAM**

2 tablespoons gelatin	3 eggs, separated
$\frac{1}{2}$ cup cold water	$\frac{3}{4}$ cup sugar
3 cups hot milk or cream	1 teaspoon vanilla or rum

Soak gelatin in cold water 5 minutes and dissolve in hot milk or cream; add sugar and stir. Pour hot liquid gradually on well beaten yolks beating constantly. Cook in double boiler until mixture coats the spoon. Cool and just when mixture begins to harden, fold in whites, beaten stiff, and flavoring. Pour into wet mold. Let stand until firm. Serve with Butterscotch Sauce, page 495, or whipped cream.

If desired to have Spanish Cream form into a layer of custard at bottom with jelly at top, add egg whites to mixture while **hot**.

**COFFEE CREAM**

2 tablespoons gelatin	1 cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ teaspoon vanilla
2 cups strong, boiling coffee	1 pint cream

Soak gelatin in cold water 5 minutes, add coffee and sugar, and stir until gelatin is dissolved. Let cool and just as it begins to thicken fold in 1 cup of cream, stiffly beaten. Place in a mold, first dipped in cold water. Set aside several hours until firm. Serve cold surrounded with the rest of the cream, whipped stiff. Sprinkle with chopped pecans, blanched almonds, shredded and roasted or chopped pistachio nuts.

**CARAMEL CREAM**

1 tablespoon granulated gelatin	$\frac{1}{2}$ cup hot milk
$\frac{1}{4}$ cup cold water	$\frac{2}{3}$ cup sugar
	1 teaspoon vanilla
1 pint cream, whipped	

Soak gelatin in cold water a few minutes. Place  $\frac{1}{2}$  of the sugar in iron skillet, let melt to a brown liquid and pour very gradually into the hot milk. Stir until smooth, then add to the gelatin mixture. Stir until gelatin is dissolved, adding the rest of the sugar. Just when it begins to thicken, fold in the whipped cream. Place in a mold first dipped in cold water, set aside to harden and chill.

**CREAM PUDDING**

- |                                |                            |
|--------------------------------|----------------------------|
| 1 tablespoon gelatin           | $\frac{1}{3}$ cup sugar    |
| $\frac{1}{4}$ cup cold water   | 1 pint cream, beaten stiff |
| $\frac{1}{2}$ cup scalded milk | 1 teaspoon vanilla         |

Soak gelatin in cold water 5 minutes and dissolve in hot milk; add sugar. Set bowl with mixture in pan of cold water, and stir until it begins to thicken. Add cream and vanilla. Turn into wet mold and chill. Serve covered with grated cocoanut and Butterscotch Sauce, page 495.

**PRUNE CREAM**

- |                              |                       |
|------------------------------|-----------------------|
| 1 lb. stewed prunes          | 1 cup sugar           |
| Juice of 1 orange            | 1 cup chopped almonds |
| Juice of 1 lemon             | 2 tablespoons gelatin |
| Rind of $\frac{1}{2}$ orange | 1 cup whipping cream  |
| Rind of $\frac{1}{2}$ lemon  | Macaroons             |

Take out prune stones. Soak gelatin in  $\frac{1}{2}$  cup cold water, add enough boiling water to hot prune liquid, to make 2 cups; when dissolved, add to prunes and the orange and lemon juice and rind, sugar, set aside to cool and when it just begins to harden, fold in the stiffly beaten cream and the almonds. Pour in mold and put in cold place to harden. Serve with whipped cream, flavored with powdered macaroons.

**PINEAPPLE CREAM**

- |                                  |                             |
|----------------------------------|-----------------------------|
| 2 tablespoons granulated gelatin | $\frac{3}{4}$ cup sugar     |
| $\frac{1}{4}$ cup cold water     | 1 pint can grated pineapple |
| $\frac{1}{4}$ cup boiling water  | 1 tablespoon lemon juice    |
|                                  | 1 pint heavy cream          |

Soak gelatin in cold water, add boiling water and sugar and stir until dissolved. Cool, add lemon juice and pineapple. Set aside, and just when mixture begins to thicken, fold in the stiffly beaten cream. Place in mold first dipped in cold water. Let stand several hours to harden and chill. Fresh pineapple must be cooked before using, as the raw fruit does not jell.

**STRAWBERRY OR RASPBERRY CREAM**

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 quart fresh berries            | $\frac{1}{4}$ cup cold water    |
| $\frac{1}{2}$ to 1 cup sugar     | $\frac{1}{4}$ cup boiling water |
| 2 tablespoons granulated gelatin | 1 pint heavy cream              |

Wash berries, leaving out 12 or more for decoration. Sugar the rest of the fruit and let stand several hours and crush. Dissolve the gelatin in cold water 5 minutes, add the boiling water, stir over hot water until thoroughly dissolved; when cool add the crushed fruit and juice and when it begins to jell, fold in the cream, whipped stiff. Place in glass bowl, decorate top with the whole berries. Chill for 2 or more hours.

**BAVARIAN CREAM PUDDING**

1 tablespoon granulated gelatin	$\frac{1}{2}$ cup powdered sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup hot milk
5 yolks of eggs	1 cup cream, whipped
	1 tablespoon vanilla

12 lady fingers

Soften the gelatin in the water a few minutes. Stir yolks and sugar with wheel beater until very light; add milk, the softened gelatin. Cook in double boiler until the mixture coats the spoon, stirring constantly, let cool, add vanilla and fold in the cream, whipped stiff. Turn into a mold lined with lady fingers and let stand several hours to chill. Serve with fresh fruit or with Chocolate or Caramel Sauce, pages 336-337.

**BUTTERSCOTCH BAVARIAN**

Make Bavarian Cream, above, omitting the white sugar. Cook  $\frac{3}{4}$  cup brown sugar and 2 tablespoons butter until well blended and add to hot custard. Proceed as above.

**DANISH RICE PUDDING**

$\frac{1}{2}$ cup rice	2 tablespoons gelatin
1 pint milk	$\frac{1}{4}$ cup cold water
1 teaspoon butter	1 pint whipped cream
$\frac{1}{4}$ cup sugar	1 tablespoon maraschino or Sherry

Cook the first 4 ingredients until perfectly smooth; then put through a ricer. Soak gelatin in the cold water, dissolve over hot water, add the strained rice. Let cool and fold in the whipped cream flavored with maraschino. Chill in mold. Serve with fresh fruit or Chocolate Sauce.

**MACAROON PUDDING WITH WINE CUSTARD**

6 eggs, separated	Rind of an orange
3 to 4 tablespoons sugar	1 teaspoon cornstarch
$\frac{3}{4}$ cup white wine	$\frac{3}{4}$ lb. macaroons
Juice of half a lemon	1 doz. lady fingers

Add sugar to yolks that have been well beaten, also lemon juice and orange rind. Add a little of the wine to dissolve cornstarch. Mix, add to yolks, pour on the wine and cook until thick.

Split lady fingers and place on a platter that can be put in oven. Use crumbs to fill in between. Put on this a layer of the Wine Custard, a layer of macaroons, a layer of Wine Custard and macaroons again. Cover entirely with meringue and set in oven just long enough, to brown.

For the meringue, add 6 tablespoons powdered sugar to the 6 stiffly beaten whites of the eggs.

**FRUIT DESSERT WITH WINE AND MACAROONS**

- |                               |                         |
|-------------------------------|-------------------------|
| 1 pint raspberries or peaches | 6 eggs                  |
| 1 cup white wine              | 1 lb. macaroons         |
|                               | $\frac{1}{2}$ cup sugar |

Sweeten the fruit and set aside. Beat the yolks of 6 eggs until light, add remaining sugar, stir in the wine gradually, place in double boiler, cook a few minutes, stirring constantly until it coats the spoon, set aside to cool. Place in dish a layer of macaroons, fruit, and custard alternately, until dish is full. Cover with stiffly beaten whites of eggs. Brown slightly in oven.

**MACAROON AND CHOCOLATE PUDDING**

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 pint whipping cream    | $\frac{1}{4}$ cup boiling water   |
| 1 tablespoon gelatin     | 6 macaroons                       |
| 2 tablespoons cold water | $\frac{1}{4}$ lb. sweet chocolate |

Dissolve gelatin in cold water, then add the boiling water and stir until dissolved. When cold add it to the cream, whipped. Divide the cream in two parts and in one-half stir the grated chocolate, and in the other half, the broken macaroons. Put in a dish in layers and put in the refrigerator for several hours to harden.

**NESSELRODE PUDDING**

- |                                  |                                 |
|----------------------------------|---------------------------------|
| $\frac{1}{2}$ cup cold water     | 3 tablespoons blanched almonds  |
| 2 tablespoons granulated gelatin | Small piece of citron, cut fine |
| 2 cups hot milk                  | $\frac{1}{2}$ cup sugar         |
| 5 eggs, separated                | 1 teaspoon vanilla              |
| $\frac{2}{3}$ cup raisins        |                                 |

Beat yolks of eggs with sugar, stir in the hot milk. Cook a few minutes or until it coats the spoon, stirring constantly. Dissolve gelatin in the cold water. Add to hot milk mixture and stir until dissolved; then add the chopped nuts, raisins, citron and a little salt. Chill. When cold add the beaten whites and 1 teaspoon vanilla. Put in a mold until stiff. Serve with plain or whipped cream.

**MACAROON DESSERT**

- |                       |  |
|-----------------------|--|
| 2 tablespoons gelatin | 5 eggs, separated                      |
| 1 cup cold water      | 1 cup sugar                            |
| 2 cups hot milk       | $\frac{1}{2}$ cup Sherry or other wine |
|                       | 12 macaroons                           |

Moisten macaroons with wine. Soak gelatin in cold water 5 minutes; add hot milk and stir until dissolved. Pour gradually on yolks beaten light with sugar. Put into double boiler, stir mixture constantly and cook until thick and smooth. Cool; fold in stiffly beaten whites. Pour into wet mold lined with macaroons. Let stand until firm. Unmold and serve with whipped cream.

**MOCK MARSHMALLOWS**

1 tablespoon gelatin	3 stiffly beaten egg whites
1 cup boiling water	1½ teaspoons vanilla
1 cup sugar	Macaroons

Soak gelatin in 2 tablespoons of cold water 5 minutes. Add boiling water, and sugar, stir until dissolved. Place over ice water, when cool, add eggs and vanilla and beat until mixture thickens. Turn into shallow pan, first dipped in cold water, let stand until chilled. Cut into 1-inch squares, remove from pan. Roll in macaroons which have been dried and rolled. Serve with Chocolate Sauce, page 337.

**DELMONICO DESSERT**

Spanish Cream, page 368	¼ lb. blanched almonds
Whipped Cream Sauce, page 339	¼ lb. candied fruit, chopped
Sponge Cake No. 1, page 434	12 macaroons in Sherry

Make Spanish Cream and pour ½ inch deep into large melon mold. Chill. When it begins to harden, place a candied cherry on each moistened macaroon and line mold, cherry side down, pressing gently against mold. Pour in rest of Spanish Cream, then spread with Whipped Cream, sprinkled with candied fruit. Cut a 1-inch slice of Sponge Cake, baked the day before, to fit the cover of the mold. Place cake in cover, prick with fork and moisten well with wine. Cut almonds lengthwise and stick halfway into the cake at frequent intervals. Place cover with cake, over filled mold, pressing almonds down into the whipped cream layer. Let chill and harden. Unmold and serve with a border of whipped cream. Serves 12 to 15 people.

**QUEEN OF TRIFLES**

½ lb. almonds	½ cup sugar
1 lb. lady fingers	2 tablespoons flour
1 lb. macaroons	1 pint hot milk
1 pint Sherry wine	1 quart cream, whipped stiff
1 egg	½ lb. candied cherries, halved

Blanch and chop almonds not too fine. Soak macaroons in the wine. Line a large glass bowl with split lady fingers. Make a custard by mixing sugar and flour with the well beaten egg. Add gradually to the hot milk and let cook in double boiler until very thick, stirring constantly. Cool, add almonds and ¾ of the cream. Pour over lady fingers, add soaked macaroons. Sprinkle cherries throughout mixture. Cover with remaining whipped cream. Decorate with cherries. Serves 12.

**CHARLOTTE RUSSE**

Line large mold or line individual paper cases with lady fingers or strips of Sponge Cake, page 434. Fill with Whipped Cream Filling, page 416, and chill. Garnish with candied fruits and nuts, if desired.

**CHOCOLATE CHARLOTTE RUSSE**

- |                       |                        |
|-----------------------|------------------------|
| 2 tablespoons gelatin | 1 teaspoon vanilla     |
| ¼ cup cold water      | 2 oz. grated chocolate |
| 1 pint milk           | 1 pint heavy cream     |
| 1 cup sugar           | 1 doz. lady fingers    |

Soak granulated gelatin in cold water 5 minutes. Melt chocolate in double boiler, add milk and sugar, let cook 5 minutes or until smooth, pour over soaked gelatin and stir until dissolved. When cool, add vanilla. Beat cream until very stiff, gradually add the chocolate and gelatin mixture, and stir gently until it begins to thicken. Line a quart mold with lady fingers, and when the cream is so thick that it will just pour, turn it gently into the mold. Place the charlotte in a cold place for an hour or more, and, at serving time, turn out on a platter. Surround with whipped cream and, if desired, sprinkle over with bits of candied cherries, and pistachio nuts.

**ANGEL CHARLOTTE RUSSE**

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 tablespoon gelatin      | 12 marshmallows, cut            |
| ¼ cup cold water          | 2 tablespoons chopped,          |
| ¼ cup boiling water       | candied cherries                |
| 1 cup sugar               | ¼ lb. blanched almonds,         |
| 1 pint heavy cream        | chopped                         |
| 6 rolled, stale macaroons | 2 tablespoons vanilla or Sherry |

Soak granulated gelatin in cold water, dissolve in boiling water, and add sugar. When mixture is cold, add cream, beaten until stiff, almonds, macaroons, marshmallows and candied cherries. Add flavoring. Turn into a mold, first dipped in cold water, and chill. Remove from mold.

**CHERRY CHARLOTTE RUSSE**

- |                       |                          |
|-----------------------|--------------------------|
| 2 tablespoons gelatin | 1 pint bottle maraschino |
| ½ cup cold water      | cherries                 |
| 1 pint heavy cream    | 12 lady fingers          |
| ¼ cup powdered sugar  | 1 teaspoon vanilla       |

Soak gelatin in ½ cup cold water 5 minutes, place cup over hot water and stir until dissolved. Beat the cream until very stiff, add sugar very gradually, vanilla, the dissolved gelatin and the syrup from the cherries, beating all the time. When the mixture begins to thicken stir in the cherries, cut in quarters and, if desired ½ cup chopped nuts. Turn into a mold lined with lady fingers, and set aside to harden and chill.

**ORANGE OR STRAWBERRY CHARLOTTE RUSSE**

2 tablespoons gelatin  
 $\frac{1}{3}$  cup cold water  
 $\frac{1}{3}$  cup boiling water  
 1 cup sugar

1 cup fruit juice and pulp  
 3 tablespoons lemon juice  
 Whites of 3 eggs  
 $\frac{1}{2}$  pint whipped cream

Soak the gelatin in cold water, then dissolve in boiling water. Add sugar, cool, then add lemon juice, fruit juice and pulp. When cold whisk until frothy, then add whites of eggs beaten stiffly and fold in cream. Line a mold with sections of orange or fresh, ripe strawberries, or with lady fingers. Turn in the mixture and chill.

**CHOCOLATE DESSERT WITH GRAHAM CRACKERS**

Make double portion Chocolate Cornstarch Pudding, page 362. When cool, add 1 teaspoon vanilla. Put a layer of Graham crackers (8) in a pan (8 x 8 inches). Put  $\frac{1}{3}$  custard over crackers, then another layer of crackers and the remaining custard. Let stand 12 hours to chill, then cut in squares and serve with whipped cream.

**DESSERT IN CAKE SHELL**

**No. 1.** Cut slice from top of Sponge or Angel Cake, remove some of the inside, leaving a  $\frac{3}{4}$ -inch wall, then fill case with Angel Charlotte Russe, or any gelatin mixture, replacing top of cake, covering with frosting and garnishing with candied cherries and blanched almonds.

**No. 2.** Take any desired Gelatin Pudding Mixture, and when it begins to harden, place in cake shell. Let stand in refrigerator until firm. Top with whipped cream, or cover with Meringue, page 379, set in oven to brown slightly.



## Chapter 29

### Pastry

#### GENERAL RULES FOR PIE DOUGH



**To Mix Flour and Fat:** All of the materials must be as cold as possible. Work quickly, using finger-tips, fork, pastry blender or 2 knives, cutting crosswise through fat and flour until separated into particles no larger than a navy bean. Sprinkle just enough water over the floured fat particles to dampen, running along bottom of bowl, tossing it up so it will stick to more of the undampened mixture and will roll up into little lumps. As each portion is dampened, push aside. Press all the flour-fat particles together firmly. Place on floured board and roll. Better if chilled before rolling.

**To Shape, Roll, and Bake Pie Crust:** Dust board and rolling pin lightly with flour. Cut dough into 2 equal parts. Roll  $\frac{1}{4}$  to  $\frac{1}{8}$  inch thick from center to the edges with short strokes, keeping it round. If it begins to split at the edge, pinch cracks together. If dough sticks to board, loosen and dust with flour.

**For Two-Crust Pies:** Fit lower crust loosely over pie plate, moisten edge with cold water or egg white. Roll upper crust, fold over in the center, slash with knife on folded edge and prick with fork. Place upper crust loosely over filling, press edges together with a fork, or pinch together with fingers. Trim off extra pastry, cutting all around from underneath, close to the rim of pan.

**To Bake Two-Crust Pies:** Bake pie in hot oven ( $450^{\circ}$  F.) for 12 minutes. Reduce heat to moderate oven ( $350^{\circ}$  F.), and bake from 20 to 40 minutes longer until fruit or custard is done.

**For Berry or Fruit Pies with Two Crusts:** If fruits are very juicy, brush lower crust with unbeaten egg white or sprinkle with bread, cake, or cracker crumbs.

**To Bake One-Crust Pies or Shell:** Place pie dough rolled from  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick leaving 1 to  $1\frac{1}{2}$  inches hanging over edge. Fold up and back to make an upright rim and flute with fingers, sprinkle dough lightly with flour, place another tin the same size over crust.

Bake 12 minutes at 450° F. until browned at the bottom. Remove upper tin and allow inside of crust to brown. Reduce heat, add filling, bake at the temperature given in the following recipes.

**For Individual Pies:** Use individual pie tins. Or, invert muffin tins and lay rolled pastry, cut in rounds 4½ to 5 inches across, over outside. Bake 12 minutes at 450° F. until browned.

### QUICK PASTRY OR PIE DOUGH

1½ cups flour	⅓ to ½ cup shortening (any desired fat)
½ teaspoon baking powder	
½ teaspoon salt	¼ cup cold water (about)

Melt fat, add water and mix with rest to a smooth dough. Turn on floured board. Shape and bake as Pie Dough, page 375.

### No. 1 SHORT OR FLAKY PASTRY

1¼ cups flour	¼ cup lard
¼ teaspoon salt	¼ cup butter
¼ teaspoon baking powder	Ice water

Have all materials ice cold. Sift together flour, salt and baking powder. Chop the shortening in the flour till the size of peas. Toss lightly with a knife, adding enough ice water very slowly, to hold dough together. Turn out on a smooth, cold board. Gather with the knife into a square pile. Then pound lightly with rolling pin till well flattened. Roll in an oblong piece ½ inch thick; fold in thirds and roll again; repeat. Let stand half an hour or more on the ice. Roll thin enough to line a plate, and bake as in General Rules, page 375.

### No. 2

1 cup cake flour	½ cup lard
2 cups flour	¼ cup cold milk or water
1¼ teaspoons salt	

Mix dry ingredients with fork or pastry blender. Cut lard into flour mixture until the size of peas. Pour liquid over the flour in spots, tossing wet and dry ingredients together with blender until all the flour is moistened. Turn into wax paper. With corners of paper press dough from blender. Press outside of paper to shape dough into firm ball. May be used at once or stored in refrigerator.

### PLAIN PASTRY OR PIE DOUGH

1½ cups flour (pastry)	⅓ to ½ cup shortening, (butter or other fat)
½ teaspoon baking powder	
½ teaspoon salt	¼ cup cold water (about)

Sift flour, salt and baking powder together; then mix, shape, roll, and bake as in General Rules, page 375.

### PUFF PASTE

1 lb. cake flour	1 cup ice water	1 lb. butter
------------------	-----------------	--------------

Chill all utensils and ingredients; divide the butter into 3 parts, wash and pat each into a thin oblong pat; wrap 2 of these in a napkin and

place in refrigerator; work the other butter pat into the flour, with fork or pastry blender; add ice water, using as little as possible to make a smooth paste; toss the paste on floured board, knead just enough to form a ball shape; pat and roll out  $\frac{1}{4}$  inch thick, keeping paste a little wider than long and corners square; lay 1 pat of the butter on the paste, dredge very lightly with flour; fold over the paste so as to enclose the butter; roll up like a jelly roll; pat and roll out  $\frac{1}{4}$  inch thick; add butter and roll out as before. After all of the butter has been added, fold and roll out 4 or 5 times. Roll with gentle strokes from center out. When the paste becomes soft, place in refrigerator until thoroughly chilled. Paste should be ice cold, and oven hot, greatest heat coming from the bottom; turn frequently that it may rise evenly. When well risen, reduce heat.

Puff paste is used for pies, patties, vol-au-vents, and tarts.

### HOT WATER PIE CRUST

1 $\frac{1}{2}$ cups flour	1 teaspoon salt
$\frac{1}{3}$ teaspoon baking powder	$\frac{1}{4}$ cup boiling water
	$\frac{1}{2}$ cup fat

Pour boiling water over the shortening. Mix with a fork until creamy. Add the flour sifted with the baking powder. Mix into a dough. Place in refrigerator until cold enough to roll.

### BRAZIL NUT PASTRY

1 $\frac{3}{4}$ cups cake flour	$\frac{1}{2}$ cup finely ground Brazil nuts
1 tablespoon granulated sugar	$\frac{1}{2}$ cup butter or shortening
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup ice water

Mix flour, salt, sugar and nuts. Cut in butter with blender or fork until size of peas. Add ice water gradually and mix to a smooth dough. Shape, roll and bake as in General Rules, page 375.

### COOKIE DOUGH FOR PIES

2 tablespoons butter	2 $\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup milk	1 teaspoon baking powder
$\frac{1}{2}$ cup sugar	1 egg

Mix dry ingredients, add slightly beaten egg to milk and combine the two mixtures. Roll  $\frac{1}{4}$  inch thick, enough for 2 oblong open pies. Fill with any desired fresh fruit and bake until crust is browned.

### MUERBE TEIG FOR PIES OR FILLED TORTEN

#### No. 1

$\frac{1}{4}$ cup butter	1 tablespoon sugar
1 cup flour	1 egg yolk

Cream butter and sugar, add egg, a little salt, and flour. Pat and press the dough  $\frac{1}{4}$  inch thick, into greased pan or spring form. Place in refrigerator over night. Then fill with any desired Fruit Mixture (*see* page 388) and bake.

**MUERBE TEIG FOR PIES OR FILLED TORTEN****No. 2** $\frac{1}{2}$  cup butter

1 cup flour

1 tablespoon sugar

1 egg yolk

Mix flour and sugar; chop in butter. Add yolk, a speck of salt; mix, adding a little milk to moisten, if necessary, and pat into shallow oblong pan  $\frac{1}{4}$  inch thick. Chill in refrigerator. Fill with any desired fruit mixture and bake at a temperature suitable for the filling.

**No. 3**3 cups flour ( $\frac{3}{4}$  lb.)1 cup butter ( $\frac{1}{2}$  lb.) $\frac{1}{4}$  cup sugar

1 lemon

Yolks of 2 eggs

 $\frac{1}{4}$  cup cold water

Mix butter and flour. Beat eggs, add the water. Combine the mixtures, adding grated rind, juice of lemon and sugar. Chill. Pat into pan  $\frac{1}{4}$  inch thick.

**No. 4**1  $\frac{1}{2}$  cups butter

1 cup sugar

5 hard boiled yolks of eggs

1 whole raw egg

3 cups flour

3 tablespoons lemon juice

Rub the cooked yolks to a paste, add the raw egg. Cream butter, add sugar, cream well. Add egg mixture and flour alternately, and lemon juice. Press dough  $\frac{1}{4}$  inch thick onto pie plates with fingers, since it will be impossible to roll it. Chill.

**CHEESE PASTRY** $\frac{1}{4}$  lb. dry cottage cheese

or cream cheese

 $\frac{1}{2}$  cup butter

1 cup flour

Mix all together into a smooth dough. Chill. When ready to use, roll into desired shape for Appetizers, Tarts or Pies.

**CRUMB SHELLS FOR PIES OR TORTEN**

Roll or grate zwieback, graham crackers, chocolate wafers, ginger-snaps, or any stale cookies or cake or cornflakes and use as below for shell.

**Zwieback or Graham Crackers:** Blend 1  $\frac{1}{2}$  cups crumbs with 3 tablespoons powdered sugar and  $\frac{3}{8}$  cup melted butter. Spread and press mixture on buttered sides and bottom of spring form. Put in refrigerator and let stand for several hours. **For pie tin** use 1 cup crumbs,  $\frac{1}{4}$  cup butter and 2 tablespoons sugar.

**Chocolate Wafers or Other Cookies:** Spread softened butter thickly on sides and bottom of spring form and pat on 1  $\frac{1}{2}$  cups fine cooky crumbs. Place in refrigerator for several hours. Reserve  $\frac{1}{4}$  of crumbs for top of torte when filled.

**Cornflake Shell:** Make like Zwieback Shell, above, using 2 cups crushed cornflakes,  $\frac{1}{2}$  cup melted butter, 1 teaspoon cinnamon, and 4 tablespoons sugar. Reserve  $\frac{1}{4}$  of mixture to spread over top.

**No. 1 MATZOS PIE CRUST**

Soak 2 matzos and press dry; heat 1 tablespoon fat and add the soaked matzos. When dry add  $\frac{1}{4}$  cup matzos meal, 2 eggs, 2 tablespoons sugar and  $\frac{1}{8}$  teaspoon salt. Mix well and press into pie plate with hands. Have dough  $\frac{1}{4}$  inch thick. Fill with any desired fruit filling and bake in moderate oven (350° F.) 30-40 minutes.

**No. 2**

- |                                 |                               |
|---------------------------------|-------------------------------|
| 2 matzos                        | 1 teaspoon salt               |
| $\frac{1}{2}$ cup shortening    | 2 raw eggs                    |
| Yolks of 2 hard cooked eggs     | Grated rind of 1 lemon        |
| 1 cup sugar                     | $\frac{1}{4}$ teaspoon nutmeg |
| $1\frac{1}{2}$ cups matzos meal |                               |

Soak the matzos in water for 10 minutes, and squeeze out excess moisture. Cream shortening, add matzos and stir until thoroughly blended. Mash yolks of hard cooked eggs with a fork, add to mixture, then add sugar, salt and well beaten egg yolks. Add grated rind, nutmeg, and last the matzos meal, stirring the batter thoroughly as each ingredient is added. In place of upper crust, drop batter over filling from tip of spoon, not too close together.

**Fillings for Matzos Pie**

**Prune:** Follow recipe for Prune Filling, page 390.

**Apricot:** Follow recipe for Apricot Pie, page 389, omitting custard.

**Apple:** Follow recipe for Apple Pie No. 2, below, omitting eggs.

**MERINGUES FOR PIES**

Add 2 tablespoons sugar for every stiffly beaten egg white. Spread meringue over top and bake a few minutes to a delicate brown, or bake 15 minutes at 300° F. to avoid "dew drops."

**No. 1 APPLE PIE**

- |  |                          |
|--|--------------------------|
| 4 to 6 apples (1 quart)                      | $\frac{1}{2}$ cup sugar  |
| Flavor with cinnamon, nutmeg, or lemon juice | 1 or 2 tablespoons water |
|  | 1 tablespoon butter      |

Pare, core and slice apples. Line a pie plate with Plain Pastry, page 376. Sprinkle with bread crumbs. Lay in the apples, sprinkle with sugar, bits of butter and spices; slash and prick upper crust, cover and bake in hot oven 35 to 45 minutes at 425° F., until crust is brown and fruit is soft.

**No. 2**

- |                                    |                         |
|------------------------------------|-------------------------|
| 4 large apples, chopped            | 2 eggs, separated       |
| $\frac{1}{4}$ lb. almonds, chopped | 1 lemon, juice and rind |
| $\frac{1}{4}$ cup raisins, seeded  | $\frac{3}{4}$ cup sugar |

Beat yolks with sugar, add apples, almonds and raisins, fold in beaten whites. Cool. Line a pie plate with Muerbe Teig, page 377. Place

mixture on dough, dot with butter, and bake in moderate oven. Spread Meringue, page 379, on top, brown slightly in oven.

### No. 3. Caramelized

$\frac{1}{4}$ cup melted butter	1 teaspoon honey, heated
$\frac{1}{2}$ cup brown sugar	$\frac{1}{8}$ lb. pecan nut meats

Place above ingredients in deep pie plate. Make Pie Crust, page 376, and divide into 2 parts. Roll out bottom crust, and spread over the sugar mixture and have it extend over the sides of the pie plate. Fill with Apple Pie Filling No. 1, page 379, or No. 2, above, and cover with upper crust. Bake in moderately hot oven (400° F.) 15 minutes; reduce heat to 325° F., and bake 20-30 minutes longer until apples and crust are done. Remove from oven, and cool. One-half hour before serving time, return to oven for a few moments to loosen caramel. Invert, and serve, caramel side up.

### No. 1 LEMON PIE

$\frac{1}{4}$ cup flour or cornstarch	2 eggs, separated
1 cup sugar	1 tablespoon butter
1 cup boiling water	1 lemon, rind and juice ( $\frac{1}{3}$ cup)

Mix sugar and flour, add the boiling water slowly and boil until clear, stir constantly. Add butter and gradually, the yolks of eggs beaten lightly. Cook over boiling water until it holds its shape, stirring constantly, add lemon. When cool, place on Baked Crust, page 375. Cover with Meringue, page 379.

### No. 2

2 lemons, juice and rind	1 cup sugar
5 yolks	5 whites of eggs

Beat yolks until light, add sugar, lemon juice and grated rind. Place in double boiler and cook until thick and smooth, stirring constantly. Let cool, fold in  $\frac{3}{4}$  of the whites, beaten until stiff. Place in Baked Crust, page 375. For the meringue, add a little sugar to rest of the beaten whites, spread over top, brown in oven.

### No. 3

1 lemon, rind and juice	3 eggs, separated
$\frac{2}{3}$ cup sugar	Baked Crust, page 375

Follow directions in recipe above.

### LEMON CHIFFON PIE

1 tablespoon gelatin	$\frac{1}{2}$ cup lemon juice
$\frac{1}{4}$ cup cold water	1 teaspoon grated lemon rind
1 cup sugar	4 eggs, separated

Soak gelatin in cold water 5 minutes. To beaten yolks add  $\frac{1}{2}$  cup sugar, lemon juice and  $\frac{1}{2}$  teaspoon salt. Cook in double boiler until mixture coats spoon. Then add rind and softened gelatin. Stir well.

Cool. When mixture begins to thicken, fold in stiffly beaten whites of eggs, to which remaining  $\frac{1}{2}$  cup sugar has been added. Fill any pie shell, and chill. Top with a thin layer of whipped cream and serve.

**ORANGE CHIFFON PIE**

Make same as Lemon Chiffon Pie, page 380, using  $\frac{1}{2}$  cup orange juice, 1 tablespoon grated orange rind and 1 tablespoon lemon juice in place of  $\frac{1}{2}$  cup lemon juice and 1 teaspoon grated lemon rind.

**CUSTARD PIE**

- |                         |                                   |
|-------------------------|-----------------------------------|
| 2 eggs                  | Speck salt                        |
| $\frac{1}{4}$ cup sugar | $1\frac{1}{2}$ cups milk, scalded |
| A little grated nutmeg  |                                   |

Beat the eggs, add the sugar, nutmeg and salt and then stir in the scalded milk. Line the plate with Pastry, page 376, rolled  $\frac{1}{4}$  inch thick, have edge extend over the plate about  $1\frac{1}{2}$  inches. Double pastry edge, and press into fluted shape. Bake 10 minutes in hot oven at 450° F., remove from oven, reduce to 300° F. or slow oven. Pour  $\frac{3}{4}$  of the mixture into the hot baked crust, then set the pie on the oven rack and pour in the rest and bake about 30 minutes longer until a knife inserted in center of custard will come out clean. Remove pie from oven at once; let cool at room temperature 3 or 4 hours.

**BANANA CREAM PIE**

- |                           |                    |
|---------------------------|--------------------|
| Baked Pie Crust, page 375 | Meringue, page 379 |
| 2 sliced bananas          | Custard Filling    |

**Filling:**

- |                             |                      |
|-----------------------------|----------------------|
| $\frac{1}{3}$ cup sugar     | 2 cups milk, scalded |
| 4 tablespoons cornstarch    | 3 egg yolks          |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon vanilla   |

Mix sugar, cornstarch and salt. Add milk slowly, stirring constantly. Cook in double boiler until cornstarch is thoroughly cooked. Beat egg yolks slightly. Add gradually to mixture. Let cook about 2 minutes. Add vanilla. Cool. Put alternate layers of bananas and filling into baked shell. Cover with meringue or whipped cream.

**No. 1**

**CHOCOLATE PIE**

- |                              |                     |
|------------------------------|---------------------|
| 3 eggs, separated            | 1 tablespoon butter |
| 1 cup sugar                  | 1 cup milk          |
| 2 oz. chocolate              | 1 teaspoon vanilla  |
| $\frac{1}{4}$ cup cornstarch | Speck of salt       |

Melt chocolate in upper part of double boiler, add milk, a speck of salt and cornstarch mixed with a little cold water, and cook until smooth and thick, stirring constantly, add butter. Mix the yolk of eggs and sugar together and pour the hot mixture over them, stirring well; put back in double boiler and cook, stirring constantly, until mixtures holds its shape. Cool, add vanilla. Lastly fold in the stiffly beaten whites. Bake Pastry Shell, fill with chocolate custard and proceed as in Custard Pie, above. Serve with whipped cream.

**No. 2****CHOCOLATE PIE**

4 eggs, separated

 $\frac{1}{4}$  lb. sweet chocolate, grated

1 cup sugar

1 teaspoon vanilla

Stir yolks very thoroughly with sugar. Add vanilla and chocolate and mix. Then add a little milk and egg whites beaten stiff. Fill a pie plate lined with Pastry, page 376. Bake 15 minutes at 450° F., then 30 minutes at 325° F. Cool, cover with sweetened whipped cream.

**CHOCOLATE CHIFFON PIE**

1 tablespoon gelatin

 $\frac{1}{2}$  cup hot milk $\frac{1}{4}$  cup cold water $\frac{1}{2}$  cup black coffee $\frac{1}{2}$  cup sugar $\frac{1}{2}$  teaspoon salt

2 squares melted chocolate

1 teaspoon vanilla

1 cup cream, whipped

Soak the gelatin in the water 5 minutes. Boil the sugar, chocolate, hot milk, coffee and salt. Add the softened gelatin to this mixture, stirring thoroughly. Allow to cool, add the vanilla and as the mixture begins to thicken, fold in the whipped cream. Fill a baked pie shell. Chill. Before serving, garnish with whipped cream.

**COCOA PIE** $\frac{1}{3}$  cup cocoa $\frac{1}{2}$  cup sugar $\frac{1}{4}$  cup cornstarch

2 cups hot water

Speck salt

1 teaspoon vanilla

Mix dry ingredients in double boiler, add water, stir and cook about 15 minutes or until thick and smooth. Fill baked Pastry Shell and proceed as in Custard Pie, page 381. Serve with whipped cream.

**No. 1****PUMPKIN OR SQUASH PIE**

3 eggs, slightly beaten

1 teaspoon Mixed Spices

1 cup sugar

page 126

1 teaspoon salt

2 cups strained, cooked or

 $\frac{1}{2}$  cup cream

canned pumpkin or squash

 $1\frac{1}{2}$  cups scalded milk

Line 9-inch pie plate with pastry, and make a fluted standing rim. Combine eggs, sugar, salt and spices. Gradually stir in milk and cream, then pumpkin or squash. Pour into pie shell, and bake in hot oven (450° F.) 10 minutes, reduce heat to moderate oven (350° F.) and bake 20 to 25 minutes more, or until knife comes out clean.

**No. 2**1 cup strained, canned or  
cooked pumpkin $\frac{1}{8}$  teaspoon mace $\frac{1}{2}$  teaspoon vanilla $\frac{1}{4}$  cup sugar

1 egg and 1 yolk

 $\frac{1}{2}$  teaspoon salt $\frac{1}{2}$  cup milk $\frac{1}{4}$  teaspoon cinnamon $\frac{1}{2}$  cup cream

Grated lemon, juice and rind

Mix dry ingredients, add pumpkin and lightly beaten eggs, and the milk and cream gradually. Bake until firm in a pie plate lined with



Pie Dough brushed with egg white. Pour in  $\frac{3}{4}$  of the filling, set the pie on the oven rack, then add the rest, and bake at  $425^{\circ}$  F., "hot oven," for 20 minutes. Reduce heat to  $275^{\circ}$  F., "slow oven," and continue baking 40 minutes more, or until knife inserted in center comes out clean; let stand at room temperature 3 or 4 hours.

### No. 3. Frozen

2 cups pumpkin	$\frac{3}{4}$ teaspoon salt
1 cup granulated sugar	$\frac{1}{2}$ teaspoon nutmeg
$1\frac{1}{4}$ cups light brown sugar	$\frac{1}{4}$ teaspoon each of allspice, ginger, cloves
Yolks of 6 eggs	
2 level teaspoons cinnamon	$2\frac{1}{2}$ cups cream

Beat the yolks of eggs, add the sugar, spice and salt. Add 1 cup of the cream and cook in double boiler, stirring constantly until thick as soft custard. Add pumpkin and cool. Then add the cream and freeze. If frozen in a mechanical refrigerator, stir occasionally so the mixture will be smooth when frozen. Make shells for 2 pies, using a plain pie crust. Just before serving, fill these with the frozen mixture and cover thickly with Meringue, page 379. Place in the broiling oven just long enough to brown the meringue.

**To Bake Pumpkin or Squash for Pie:** Wash and cut in half, crosswise. Scrape out seeds and stringy parts. Place in dripping pan, shell side up and bake until it begins to fall in and is tender. If not dry enough, finish by turning, reducing heat. Scrape pulp from shell, strain. Canned pumpkin may be bought.

### CARROT PIE

Add 1 cup of grated carrot, with the juice pressed out, to Custard Pie, page 381. Flavor with lemon extract and add 3 extra tablespoons of sugar. Bake in 1 crust as custard pie.

### COCOANUT PIE

$\frac{1}{2}$ cup shredded cocoanut	$\frac{1}{2}$ cup sugar
3 eggs, separated	2 cups scalded milk

Beat yolks with the sugar, add milk gradually, a speck of salt, then the cocoanut, and whites beaten until light. Bake in a deep pie plate with undercrust only. If desired, mix  $\frac{1}{2}$  tablespoon cornstarch with the sugar and use only 2 eggs. Bake as Custard Pie, page 381.

### CURRANT PIE

1 cup fresh, ripe currants	2 yolks
1 cup sugar	1 tablespoon water
$\frac{1}{4}$ cup flour	2 whites of eggs

Line pie plate with Plain Pie Dough, page 376. Wash the currants, stem, measure; mix with sugar and flour, add water, beat yolks slightly, and combine the mixtures. Turn in lined pie plate and bake in moderate oven until set. Cover with Meringue, page 379.

**BUTTERSCOTCH PIE**

1½ cups water	3 tablespoons cornstarch
1½ cups brown sugar	2 tablespoons flour
½ teaspoon salt	2 egg yolks
½ tablespoon butter	1 teaspoon vanilla

Add water to brown sugar and bring to the boiling point in a double boiler. Mix together cornstarch, flour, salt, and 2 tablespoons sugar, add enough cold water to make a smooth paste. Add to the first mixture, bring to the boiling point, and then cook over boiling water 15 minutes or until it thickens. Beat egg yolks slightly, add cooked mixture and cook 1 minute. Add butter and flavoring. Bake Pastry Shell, fill with butterscotch custard and proceed as in Custard Pie, page 381. Cover with Meringue, page 379.

**BUTTERSCOTCH CREAM PIE**

1 tablespoon gelatin	2 tablespoons butter
¼ cup cold water	½ cup milk, scalded
5 yolks of eggs, beaten	1 cup cream, whipped
¾ cup brown sugar	1 teaspoon vanilla

Soak gelatin in cold water 5 minutes. Cook brown sugar and butter until blended. To yolks, add milk, sugar mixture and softened gelatin. Cook in double boiler until mixture coats spoon, stirring constantly. Cool, add vanilla and fold in cream. When quite thick, turn into baked Pie Shell or Crumb Shell, page 378. Cover top with whipped cream or grated, dry macaroons.

**RHUBARB PIE**

3 cups rhubarb	1½ cups sugar
2 tablespoons cornstarch	1 egg, slightly beaten

Line a pie plate with Cookie Dough, page 377 or Pastry, page 376. Cut rhubarb in ¼-inch pieces; sprinkle with cornstarch. Add egg and sugar, mix well, turn into lined pie plate. Cover with top crust or pastry strips, if desired. Bake in a hot oven 30 minutes at 425° F., then reduce to 325° F. Mix equal parts rhubarb and strawberry for variety.

**RAISIN PIE**

2 cups seeded raisins	2 tablespoons cornstarch
½ cup sugar	1 orange, juice
1½ cups boiling water	Grated rind of ½ orange
2 tablespoons lemon juice	1 cup chopped walnuts
Grated rind of ½ lemon	½ teaspoon salt

Cook raisins in boiling water 5 minutes. Mix sugar and cornstarch, add to the raisins and cook until thick, about 5 minutes. Remove from fire and stir in the rest. Bake between 2 crusts at 425° F., for 30 to 35 minutes, using Plain Pastry, page 376.

**No. 1 STRAWBERRY PIE**

- |                 |                      |
|-----------------|----------------------|
| Pie crust       | 2 eggs, separated    |
| 1 quart berries | Bread crumbs         |
| 1 cup sugar     | ½ cup powdered sugar |

Line a pie plate with Quick Pastry, page 376. Sprinkle with grated bread crumbs. Fill with berries, hulled, washed and drained. Cover with 2 egg yolks beaten well with 1 cup sugar. Bake in quick oven at 425° F. for 20 minutes. Before serving, cover with a Meringue, page 379, and put under broiler for a moment until golden color.

**No. 2**

- |                       |                                      |              |
|-----------------------|--------------------------------------|--------------|
| 2 quarts strawberries | 1 cup sugar                          | 1 pint cream |
|                       | 1 tablespoon arrowroot or cornstarch |              |

Pace large berries in one bowl, smaller ones in another. Add sugar. Let stand 1 hour. Strain. Add juice drawn from large berries to small berries. Dissolve arrowroot or cornstarch in cold water. Cook 15 minutes with small berries and juice to thicken. Chill in refrigerator. Whip 1 pint whipping cream. Just before serving, spread whipped cream about ½ inch thick on baked pie crust, put whole berries on top of cream and then over this pour the thickened berries with juice. Decorate around edges with cream.

**STRAWBERRY CHIFFON PIE**

- |                      |                                 |
|----------------------|---------------------------------|
| 1 tablespoon gelatin | 1 cup strawberry pulp and juice |
| ¼ cup cold water     | ¼ cup sugar                     |
| ½ cup boiling water  | 2 egg whites                    |
| ¾ cup sugar          | ½ cup cream, whipped            |
| ¼ teaspoon salt      |                                 |

Soak gelatin in cold water 5 minutes. Combine the boiling water, sugar, strawberry pulp and juice and salt. Add softened gelatin to hot strawberry mixture and stir until dissolved. Cool. Beat egg whites until stiff and dry, folding sugar into beaten whites. Fold whipped cream into gelatin mixture when it begins to thicken. Fold in egg whites and pour into baked pie shell and chill. Serve garnished with whipped cream and whole strawberries.

**FRUIT CHIFFON PIES**

Pineapple, apricot, berries or any fresh fruit pulp and juice may be substituted for strawberry in preceding recipe.

**PECAN PIE**

- |                      |                          |
|----------------------|--------------------------|
| Unbaked pastry shell | 1 cup sugar              |
| 1 cup broken pecans  | 1½ cups white corn syrup |
| 4 whole eggs         | Pinch of salt            |

Make Pastry Shell, with fluted edge, page 375. Spread pecans evenly over bottom of pastry. Beat rest of ingredients very well until thoroughly blended. Pour into 9-inch pie plate. Bake 10 minutes in hot oven, 450° F., then at 350° F. for 40 minutes or until firm.

**GOOSEBERRY PIE**

1 pint gooseberries                      Water if necessary                       $\frac{7}{8}$  cup sugar  
Head and tail the berries. Put in saucepan with sugar and water and cook until softened. Bake between 2 crusts, page 375.

**CRANBERRY PIE**

Make Cranberry Sauce, page 332, using 1 cup water. Add rind of  $\frac{1}{2}$  lemon, and  $\frac{1}{8}$  teaspoon cinnamon. Line a pie plate with Plain Pastry, page 376, put in cooked cranberries and put 1-inch strips of the pastry over the top, criss-cross, leaving inch square spaces between. Bake 20 minutes at 450° F.

**MOCK CHERRY (CRANBERRY) PIE**

1 cup cranberries                              1 teaspoon butter, melted  
 $\frac{1}{2}$  cup raisins, seeded                       $\frac{3}{4}$  cup sugar  
1 tablespoon flour

Cut cranberries in halves; raisins in pieces. Add the rest and bake in moderate oven between 2 crusts 40 minutes.

**FRESH CHERRY PIE**

1 quart sour cherries, pitted               $1\frac{1}{2}$  to 2 cups sugar  
2 tablespoons cornstarch or flour

Line an 8-inch pie dish with Quick Pastry, page 376. Mix dry ingredients with the fruit. Fill crust. Cover with pastry strips criss-cross. Bake in hot oven at 450° F. for about 20 minutes, then reduce heat and bake 10 minutes longer.

**CANNED CHERRY OR RASPBERRY PIE**

1 No. 2 can cherries or berries               $\frac{2}{3}$  cup sugar  
1 $\frac{1}{2}$  tablespoons tapioca

Drain fruit. Mix tapioca and sugar with  $\frac{3}{4}$  cup of the juice. Cook about 15 minutes until thick and clear. Add drained fruit and allow to cool. 1 tablespoon lemon juice and a little cinnamon may be added. Bake between 2 crusts, page 375.

**MINCE PIE**

Make Pie Dough, page 376, for 2 crusts. Line pie plate, fill with Mince Meat, below, or Mock Mince Meat, page 584. Cover with upper crust and bake 30 to 35 minutes at 425° F., then reduce to 325° F. for 10 minutes more. Prepared Mince Meat may be purchased.

**No. 1****MINCE MEAT FOR PIES**

3 lbs. meat, chopped                              1 oz. cinnamon, ground  
1 $\frac{1}{2}$  lbs. beef suet, chopped                       $\frac{1}{2}$  oz. cloves  
6 lbs. apples, chopped                              1 nutmeg, grated  
3 lbs. raisins, seeded                              3 lbs. brown sugar  
2 lbs. currants                                      1 quart boiled cider  
1 lb. citron, chopped fine                      1 quart molasses  
 $\frac{1}{2}$  rind of lemon and orange                      Salt to taste

Cook all together 2 hours and seal in glass jars.

**No. 2 MINCE MEAT FOR PIES**

- |  |                        |
|--|------------------------|
| 2½ lbs. fresh boiled tongue,<br>skinned, chopped fine or | ½ lb. suet             |
| 2½ lbs. beef rump, chopped                               | ½ lb. currants         |
| 2 lbs. sugar   | 1 lb. citron, cut fine |
| 1 orange peel, cut fine                                  | ⅛ oz. cloves, mace     |
| 1 nutmeg   | ½ oz. cinnamon         |
| 2 lbs. raisins   | 1 cup cider            |
|  | 1 quart sour wine      |
|  | 1 cup of brandy        |

Mix all dry ingredients. Put in a preserving kettle with cider and cook slowly about 2 hours; add wine and brandy; put away in glass jars. When ready to bake pies, add chopped apples and pecan nut meats.

**TARTS**

Roll Plain Pastry or Short Pastry, page 376, ⅛ inch thick. Shape with a fluted, round cutter, first dipped in flour; with a smaller cutter remove centers from half the pieces, leaving rings ½ inch wide. Brush the larger pieces with cold water near the edge; fit on rings and press lightly. Chill and bake 15 minutes in hot oven, 450° F. Brush with beaten egg yolk and teaspoon of water. Cool and fill with jam.

**VIENNA TARTS**

Make Cheese Pastry, page 378. Chill in refrigerator. Roll into 3-inch squares. Put bit of preserves in each center. Pick up corners, press together to form square turnovers or fold into any other shape. Bake in a quick oven, 450° F.

**BANBURY TARTS**

- |                        |                         |
|------------------------|-------------------------|
| Pie Dough              | 1 lemon, juice and rind |
| 1 cup nuts, chopped    | 1 egg                   |
| 1 cup raisins, chopped | 1 tablespoon butter     |
| 1 cup sugar            | 1 tablespoon water      |

Line patty pans with any Pie Dough, pages 376-377. Mix other ingredients together; fill shells and bake until crust is brown.

**FRESH FRUIT TARTS**

Make Cookie Dough, page 377. Roll ¼ inch thick. Line muffin tins or bake on inverted muffin tins, page 376. When cool, fill ⅔ full of Cream Custard Filling, page 392, lay large strawberries or raspberries in a mound on filling, brush with melted currant jelly or Apricot Glaze, page 392. Add second coating when hard. Decorate with sliced pistachio nuts.

**ICE CREAM TARTS**

Cover 6 inverted muffin pans with pastry. Prick bottom and sides. Bake at 450° F. for 20 minutes or until brown. Cool. Fill with Chocolate or Coffee Ice Cream, cover with thick layer of Meringue, page 379, to keep ice cream from melting. Place on board under broiler at 350° F. until slightly browned, or bake at 400° F. about 5 minutes.

**MACAROON TARTS**

Rich pie dough  
Jam or marmalade

Whites of 3 eggs  
 $\frac{1}{2}$  lb. powdered sugar  
 $\frac{1}{2}$  lb. grated almonds

Line gem or muffin pans with Short Pastry, page 376, and bake in a quick oven, 450° F., for 12 minutes; half fill each tart with any desired preserves. Beat the whites of eggs to a stiff froth, add the powdered sugar until very light, and gradually add the grated almonds. Divide this into 2 equal portions. Roll and shape into strips, dusting hands with powdered sugar. Place strips on the baked tarts to cross each other diagonally. Return to oven and bake at 300° F. about 15 minutes. Let remain in pans until almost cold.

**LADY LOCKS**

Cut Puff or other Rich Pastry, page 376, rolled into a thin sheet, into strips about  $\frac{3}{4}$  of an inch wide. Wind this around cone-shaped wooden forms or lady lock sticks, having edges overlap. Place on a baking-sheet, and bake in a moderate oven. Remove the pastry from the sticks, and fill the hollow centers with heavy cream, sweetened and flavored before whipping.

**APPLE, OR OTHER FRUIT PIE OR KUCHEN**

Cover a well greased oblong tin as thin as possible with raised Kuchen Dough, page 393, or with Muerbe Teig No. 2, page 378. Core, pare and cut 4 or 5 apples in eighths. Lay them in parallel rows on top of the dough and sprinkle with sugar and cinnamon. Beat the yolk of an egg, add 3 tablespoons cream, and drip around apples. Bake 20 or 30 minutes in hot oven, or until crust is well baked and apples are soft.

**Or Use:**

Strawberries, 1 quart, 2 eggs, 1 cup sugar.

Blueberries, 1 quart, 2 eggs, 2 tablespoons cream,  $\frac{1}{2}$  cup sugar.

Plums, 1 quart, 3 eggs,  $1\frac{1}{2}$  cups sugar.

Cherries, No. 2 can unsweetened, 2 eggs, 1 cup sugar.

Peaches, 1 quart, pared, halved, 1 egg yolk, 1 cup sugar.

**CHERRY PIE OR KUCHEN**

1 quart ripe cherries

3 tablespoons cream

1 yolk of egg

$\frac{1}{2}$  cup sugar

Wash, stem and stone cherries. Place thin layer of Kuchen Dough, page 393, or Cookie Dough, page 377, or Pastry, page 376, on shallow pan, sprinkle top with bread crumbs. Spread cherries over evenly. Sprinkle with sugar and cinnamon. Beat yolk well, add the cream and cherry juice and pour over all. Bake in a hot oven until well browned at the bottom. 1 cup of pecan nut meats may be added.

**No. 1 BLUEBERRY PIE OR KUCHEN**

- |                           |                     |
|---------------------------|---------------------|
| 1 quart blueberries       | 3 tablespoons cream |
| $\frac{1}{4}$ cup sugar   | Yolk of 1 egg       |
| 2 tablespoons lemon juice | Cinnamon            |

Wash and pick over blueberries, line pie plate with a thin layer of Kuchen Dough, page 393, or Cookie Dough, page 377, sprinkle with bread crumbs. Add the berries, sprinkle with sugar, not too much, and cinnamon, lemon juice, and over all the yolk of an egg, beaten with cream. If unripe grapes or currants can be obtained, strew a few around in place of the lemon juice. Bake in hot oven, 400° F., 35 minutes or until crust is browned.

**No. 2**

- |                            |                          |
|----------------------------|--------------------------|
| 1 quart canned blueberries | 1 teaspoon butter        |
| $\frac{1}{4}$ cup sugar    | 1 tablespoon cornstarch  |
| 1 egg, slightly beaten     | 1 tablespoon lemon juice |

Drain berries, mix sugar and cornstarch; add 1 cup of berry juice, gradually; add butter, the egg, slightly beaten. Cook until it coats the spoon. Bake as above.

**APRICOT PIE OR KUCHEN**

- |                               |             |         |
|-------------------------------|-------------|---------|
| (1 lb.) 3 cups dried apricots | 1 cup sugar | Custard |
|-------------------------------|-------------|---------|

Soak apricots over night in cold water to cover. Cook until tender but not mushy until liquid is nearly absorbed. Place on Muerbe Teig No. 2, page 378, and cover with Custard No. 2, page 392, and bake at 375° F. for 20 minutes. Reduce heat to 300° F., bake 20-30 minutes longer or until crust is browned.

**SOUR CREAM PIE**

- |                         |                           |
|-------------------------|---------------------------|
| 1 cup sour cream        | 1 teaspoon cornstarch     |
| $\frac{2}{3}$ cup sugar | $\frac{1}{2}$ cup raisins |
| 3 eggs, separated       | 1 teaspoon cinnamon       |

Beat yolks slightly, mix with sugar, cornstarch and cream. Cook until thickened. Add raisins. Put in baked crust. Cover with Meringue, page 379. Bake at 300° F., 15 minutes.

**CHEESE PIE (With Meringue)**

- |   |                                     |
|---|-------------------------------------|
| Graham Cracker Shell  | $\frac{1}{2}$ cup sugar             |
| $1\frac{1}{2}$ cups ( $\frac{3}{4}$ lb.) creamed cottage cheese | 3 eggs, separated                   |
|   | $\frac{1}{2}$ lemon, rind and juice |

Line a pie plate with Graham Cracker Shell, page 378. Strain cheese through ricer or colander until smooth; add sugar, yolks of eggs, one at a time, then lemon rind and juice and lastly fold in the stiffly beaten white of 1 egg. Pour mixture into crust. Bake in a moderate oven (350° F.) for 15 minutes or until almost set. Cover with Meringue, page 379, made of 2 egg whites, bake for 15 minutes more at 300° F.

**No. 1 CHEESE PIE OR KUCHEN**

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1½ cups dry cottage cheese       | ¾ cup sugar                 |
| 2 tablespoons flour              | 1 tablespoon butter, melted |
| 2 tablespoons cream              | ½ teaspoon vanilla          |
| 3 eggs, separated                | ¼ cup currants              |
| ¼ lb. blanched almonds, cut fine |                             |

Line a pie plate or shallow pan with Cookie Dough, page 377, or Kuchen Dough, page 393.

Rub cheese through colander, add pinch of salt, the flour and cream, mix well. Separate the eggs. Beat yolks lightly, add sugar and butter, stir well and mix with the cheese. Add currants, vanilla and lemon rind and the beaten whites last. Place mixture on dough and bake 1 hour in a moderate oven, 350° F.

**No. 2**

- |                          |                                |
|--------------------------|--------------------------------|
| 1¼ lbs. cottage cheese   | 1 cup sugar                    |
| 4 tablespoons cornstarch | 1 pint thick, sour cream       |
| 5 yolks of eggs          | 5 whites of eggs, beaten stiff |

Press cheese dry, put through ricer, add cornstarch, a little salt. Mix and stir in yolks, add cream, beating well until all is smooth. Add sugar and fold in the beaten whites of eggs. Place at once in spring form, lined ¼ inch thick with Cookie Dough or Muerbe Teig, page 377, place in oven, 350° F., bake 1 hour or until well set and browned at bottom.

**Cheese Torte**, *see* page 460.

**REFRIGERATOR CHEESE PIE OR TORTE**

- |                              |                                 |
|------------------------------|---------------------------------|
| 2 tablespoons gelatine       | 1 lb. dry cottage cheese, riced |
| ½ cup cold water             | 1 lemon, juice and rind         |
| 3 egg yolks, slightly beaten | Pinch salt                      |
| ½ cup warm water or milk     | 3 egg whites, beaten stiff      |
| 1 cup sugar                  | 1 cup cream, whipped            |

Cornflake or Graham Cracker Shell, page 378

Line a buttered spring form with crumb mixture. Soak gelatine in cold water 5 minutes. Cook to a soft custard in a double boiler, yolks, sugar, salt and liquid, stirring constantly. When slightly thickened add gelatine. Stir until dissolved. Let cool. Before gelatine hardens, beat in cheese, and flavoring with egg beater. Then fold in egg whites and whipped cream. Pour mixture into spring form. Sprinkle with remaining crumbs. Chill for 4 to 5 hours. 1 cup crushed pineapple, ¼ cup nut meats or ¼ cup maraschino cherries may be added to filling, if desired.

**No. 1 PRUNE FILLING FOR PIE OR KUCHEN**

- |              |             |                          |
|--------------|-------------|--------------------------|
| 1 lb. prunes | ½ cup sugar | 1 tablespoon lemon juice |
|--------------|-------------|--------------------------|

Boil prunes, following directions, page 334. Stone and rub through colander. Mix well with juice, add sugar to taste and flavor with



lemon or orange juice or rind or cinnamon. Use mixture for Pie or Kuchen fillings and in place of preserves in Turnovers or Kipfel, page 395. If used for pie, have upper crust or add whipped cream sweetened.

**No. 2 PRUNE FILLING FOR PIE OR KUCHEN**

- |                  |                    |
|------------------|--------------------|
| 1½ lbs. prunes   | 1 tablespoon cocoa |
| ½ cup sugar      | 3 eggs, separated  |
| Vanilla to taste |                    |

Prepare prunes as No. 1. Mix well with sugar, cocoa, flavoring and yolks. Fill pie or kuchen. Bake. Top with Meringue of 3 egg whites, page 379.

**POPPY SEED FILLING FOR PIE OR KUCHEN**

- |                              |                             |
|------------------------------|-----------------------------|
| 1 cup black poppy seed       | Rind of ½ lemon             |
| 1 cup milk                   | 1 tablespoon chopped citron |
| 2 tablespoons butter         | ¼ cup seedless raisins      |
| 2 tablespoons honey or syrup | ¼ cup sugar                 |
| ½ cup chopped almonds        | 1 tart apple, grated        |

Grind poppy seed and boil with milk and all other ingredients but apple, until thick. If not sweet enough, add sugar. When cool, add apple or ¼ cup currant or raspberry jelly or jam. Use mixture for Kuchen Roll, page 399, Pie or Turnovers, page 395.

**TO GRIND POPPY SEED**

Grind poppy seed fine in a coffee mill, throw away the first bit, to lose the coffee taste.

Or, use nut butter attachment to meat grinder. This knife has no teeth.

**GINGERBREAD FILLING FOR KUCHEN**

- |                         |                              |
|-------------------------|------------------------------|
| 1 cup stale gingerbread | 1 teaspoon molasses or syrup |
| Sugar to taste          | Sprinkling of cinnamon       |
| Rind of ½ lemon         | 2 tablespoons melted butter  |

Lebkuchen, page 488, may be used in place of grated gingerbread or Gingerbread for Fillings, below. 1 cup each of seeded raisins and currants may be added, if desired, also a little citron and a few almonds, each cut fine. Spread thick on thin layer of Kuchen Dough, page 393.

**GINGERBREAD FOR FILLINGS**

- |                                   |                   |
|-----------------------------------|-------------------|
| 5½ cups flour                     | 1 cup warm water  |
| 1 pint New Orleans molasses       | 1 tablespoon soda |
| 2 tablespoons butter or goose fat |                   |

Place flour in bowl; make cavity in center. Add molasses, butter or goose fat, and soda dissolved in the warm water. Mix well and beat thoroughly about 20 minutes. Pour into buttered bread pans and bake in a moderately hot oven about 1 hour. Will keep for months in



## Chapter 30

### Kuchen (Coffee Cake)

---

#### No. 1

#### KUCHEN DOUGH

1 pint scalded milk	6 cups flour
$\frac{1}{2}$ cup butter	1 egg or yolks of 2
$\frac{3}{4}$ cup sugar	1 oz. compressed yeast
1 teaspoon salt	Grated rind of $\frac{1}{2}$ lemon

Warm bowl and flour. Crumble the yeast in a cup with a teaspoon of sugar, and  $\frac{1}{2}$  cup of scalded milk cooled until lukewarm. Let stand in a warm place to rise. To the rest of the scalded milk add the butter, sugar, salt, a little nutmeg, grated, and when lukewarm, the beaten yolks of the 2 eggs; stir in the yeast and some flour, and only enough more to knead, until smooth and elastic. Cover closely and let rise double its bulk. Cut dough, form into any desired shape, place in pans, let rise again until double its size, and bake, following recipes on pages 394 to 396. To hasten rising, use more yeast.

#### No. 2

1 cup butter, softened	8 cups flour
1 cup sugar	1 oz. compressed yeast
4 eggs	1 pint lukewarm milk
1 teaspoon salt	Grated rind of $\frac{1}{2}$ lemon

Crumble yeast in the bowl, add the lukewarm milk, and a cup of the flour and set aside to rise in a warm place. Cream the butter, add the sugar and the eggs, one at a time, stirring well after each addition, then add the rest of the flour and the yeast mixture alternately. Mix well, add only enough more flour to knead, and knead until the dough is smooth and elastic. Set aside in a warm place to double its bulk and form into any desired shapes, let rise again and bake.

#### No. 3. Butter Horns

1 cup butter	Grated rind of $\frac{1}{2}$ lemon
$\frac{1}{2}$ cup sugar	1 cake yeast dissolved in
3 eggs	$1\frac{1}{4}$ cups lukewarm milk
4 to $5\frac{1}{2}$ cups flour	1 teaspoon salt

Cream butter and sugar, add eggs, 1 at a time, salt, lemon, the dissolved yeast and the flour, gradually, and knead until smooth and elastic. Cover and let rise in a warm place, until double its bulk (over night). Toss on board, form into any desired shape, let rise again and bake.

### REFRIGERATOR KUCHEN DOUGH

Kuchen Doughs, page 393, are more easily handled if chilled. When chilling dough, decrease the flour  $\frac{1}{4}$  to  $\frac{1}{2}$  cup. Let rise in warm room until double in bulk, then cut through with knife. Put dough in greased bowl large enough to allow for rising (about  $\frac{1}{2}$  its bulk) and cover tightly. Grease top, put in refrigerator 24 hours until it is thoroughly chilled. When ready to use, form into any desired shapes. Let rise slowly until double its bulk and bake.

### KUCHEN DOUGH WITH DRY YEAST

2 cakes dry yeast in $\frac{1}{4}$ cup lukewarm water	1 teaspoon salt
2 cups scalded milk, cooled	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup butter	2 eggs, slightly beaten
	Grated rind of $\frac{1}{2}$ lemon
8 cups flour, about	

Soak yeast in the evening in lukewarm water 20 minutes or until softened. Cream butter, sugar and salt, stir in eggs, lemon rind, 2 or more cups flour, milk and the soaked yeast. Work in enough more flour to make a dough somewhat softer than for bread. Knead until smooth and elastic. Cover closely, let rise over night or until fully doubled in size. Keep, if possible, at 70° F. In warm weather use only  $\frac{1}{2}$  amount of yeast. Next morning, shape at once as desired, let rise and bake as usual or knead down and let rise again. Use larger amounts of sugar and butter for richer Kuchen Dough.

### PLAIN COFFEE KUCHEN

Make any desired Kuchen Dough, page 393, and above. When light, spread in shallow buttered pan  $\frac{1}{2}$  inch thick. Cover and let rise again. Before baking, melt 2 tablespoons butter, spread over dough, sprinkle with sugar, cinnamon and chopped nuts or with Streusel, page 392. Bake 15 to 20 minutes in a moderate oven, 350° F.

### CURRANT BUNS

Prepare Kuchen Dough, page 393, adding raisins when kneading first time. When light, shape into smooth balls. Place close together in lightly greased tin. Brush tops with butter. Cover well. Let rise until fully  $2\frac{1}{2}$  times original size. Bake about 20 minutes in moderately hot oven, 400° F. Glaze top before removing from oven with  $\frac{1}{2}$  cup milk sweetened with 1 tablespoon of sugar.

### HOT CROSS BUNS

Prepare like Currant Buns. When half risen in pans, cut two gashes at right angles across tops of buns. Let rise until  $2\frac{1}{2}$  times original bulk, then bake like Currant Buns. While still warm, fill gashes with Plain Icing No. 1, page 406.

### TURNOVERS, KIPFEL OR POCKETBOOKS

Make Plain Pastry, page 376, or Cookie Dough, page 377, or Kuchen Dough, page 393, and when raised, roll out  $\frac{1}{4}$  inch thick, cut into 3-inch squares and place 1 tablespoon jam or any desired Pie or Kuchen Filling, pages 388 to 392, in center of each square. Catch the 4 corners of each square, lift up over the filling and pinch together on top and at corners that the juice shall not escape or wet top edges of the squares, take hold of one corner and fold and pinch it to the opposite corner, forming a three-cornered little pie, or place filling on lower half of square and fold over the other half, pinch the edges well together.

Lay in greased pan and if Kuchen Dough is used let stand in warm place to raise and then bake in a moderately hot oven at 400° F. until well done and browned.

### KUCHEN TARTS

Roll a piece of raised Kuchen Dough, page 393, 1 inch thick on floured board, cut with biscuit cutter, and place close together in a buttered pan. Let rise until very light. Dip fingers in flour and make a cavity in center of each biscuit, and drop in a bit of jelly or preserves. Bake 15 to 20 minutes at 400° F.

### PURIM CAKES (Haman Pockets)

Take Cholla Dough, page 53, roll out  $\frac{1}{4}$  inch thick, cut into 4-inch rounds, brush with oil, spread Poppy Seed Filling, page 391, or Cheese Filling, page 240, on top of each round. Fold over edge to form a three-cornered cake. Brush top with warm honey, let rise, and bake in a moderately hot oven, 400° F., until golden brown.

### BOHEMIAN KOLATCHEN

Make Kuchen Dough, pages 393 and 394. Add a little cinnamon and mace and 1 teaspoon anise seed, well pounded. Let rise till very light, roll out on mixing board  $\frac{1}{2}$  inch thick. Cut in 3-inch rounds, lay on a well-buttered pan, pressing down the center of each so as to raise a ridge around the edge. Place 1 tablespoon Prune Filling, page 390, or jam in center of each cake. When well risen, brush with stiffly beaten egg white; sprinkle with granulated sugar. Bake in moderately hot oven (400° F.).

### BUTTER HORNS

Make Kuchen Dough No. 3, page 393, cut in 10 pieces, roll each  $\frac{1}{4}$  inch thick, in 9-inch rounds. Brush well with softened butter, then with Nut Filling, page 392, or with almond paste, softened with sugar and cream. Cut each round in 4 pie-shaped sections. Roll from wide end to opposite point. Form into crescent shape. Place in greased tin, let rise again, until light, about 2 hours. Bake in a hot oven at 350° F. to 400° F. While warm, ice with Plain Icing, flavored with almond, page 406. Makes 40 butter horns.

**PLAIN CINNAMON ROLLS (SCHNECKEN)**

Make Kuchen Dough, pages 393-394. When light, roll  $\frac{1}{4}$  inch thick, into an oblong sheet about 9 inches wide. Brush well with melted butter. Sprinkle with sugar, cinnamon, half a cup of seedless raisins. Roll up like jelly roll. Cut into inch pieces. Brush sides with melted butter. Place close together flat side down in shallow, buttered pan. Brush tops with butter, sprinkle with sugar and cinnamon, when light, bake about 25 minutes at 350° F. to 400° F.

**CARAMEL ROLLS, IN IRON SKILLET**

Prepare Cinnamon Rolls as above. Place 3 tablespoons melted butter in heavy skillet, cover with thick layer of brown sugar and 2 tablespoons of water. Cook 1 minute. Sprinkle with broken pecan meats or sliced almonds. Place rolls, sides brushed with melted butter, close together, flat side down in pan. Let rise until doubled in size. Bake at 350° F. to 400° F. about  $\frac{1}{2}$  hour. Invert pan, remove rolls at once. Serve caramel side up.

**PECAN ROLLS, IN MUFFIN PANS**

Kuchen Dough No. 2 or 3

$\frac{1}{2}$  cup seedless raisins

$\frac{1}{4}$  lb. pecan nut meats

Sugar and cinnamon

$\frac{1}{2}$  cup melted butter

$\frac{3}{4}$  cup brown sugar

$\frac{1}{2}$  cup honey, warmed

Roll dough, page 393 or 394, into oblong sheet  $\frac{1}{4}$  inch thick. Spread well with melted butter, sprinkle with sugar and cinnamon and raisins (or blueberries in season, rolled in sugar, cinnamon and a little flour). Add chopped nuts if desired. Roll as for Jelly Roll, pinching outer edge. Cut into twelve 1-inch slices. Place 1 teaspoon melted butter and 1 teaspoon warmed honey in bottom of each individual pan, cover with 1 tablespoon brown sugar. Press 5 pecan halves, rounded side down on sugar. Place cut rolls, flat side down, on this. Cover, let rise until more than doubled in size. Bake about 25 minutes in moderately hot oven at 400° F. the first 15 minutes, then reduce to 325° F. until well baked. Let cool 1 minute, then remove from pan, replace any pecans if necessary and let cool, bottom side up. Will make 3 doz. rolls.

**CARAMEL TEA ROLLS**

Follow recipe and method for Pecan Rolls above; but cut in  $\frac{1}{3}$ -inch slices. Place on buttered cookie tin, flat side down, and cover each roll well with brown sugar and chopped nuts. Let rise until double in bulk, place in moderate oven (350° F.) 20 minutes or until brown.

**ICE BOX SCHNECKEN**

5 yolks of eggs

1 cup butter

1 cup lukewarm cream

1 cake yeast ( $\frac{1}{2}$  oz.)

3 cups flour

$\frac{1}{4}$  cup granulated sugar

1 cup almonds, chopped

Dissolve the yeast in cream. Cream butter, add yolks gradually, then cream with yeast and the flour. Beat all together until dough leaves

the bowl. Set bowl in refrigerator over night. Dredge board with the sugar and almonds. Toss dough on board, roll out very thin. Roll up like jelly roll and cut in  $\frac{1}{2}$ -inch slices. Place in pan, cut side down. Set in warm place to raise slowly. Bake light brown in moderately hot oven, 400° F. Watch carefully.

### SOUR CREAM KIPFEL

4 cups (1 lb.) flour	$\frac{1}{3}$ teaspoon cinnamon
1 cup ( $\frac{1}{2}$ lb.) sweet butter	2 eggs, separated
$\frac{3}{4}$ cup sour cream	$\frac{1}{4}$ lb. almonds, chopped
2 tablespoons sugar	

Make a dough of flour, butter, sour cream and 2 raw yolks and put in refrigerator over night. Then roll out and fold at least 4 times; then roll again as thin as pie crust, cut into 2-inch squares. Put a teaspoon of jam on each, fold over the corners, press edges together, spread top with the beaten white of the 2 eggs, sprinkle with sugar, cinnamon and chopped almonds. Bake at 400° F.

### SOUR CREAM KIPFEL WITH YEAST

4 cups flour	$1\frac{1}{4}$ cups butter or shortening
1 teaspoon salt	3 egg yolks
1 cake yeast	$\frac{1}{2}$ cup sour cream
2 teaspoons vanilla	

Sift flour and salt. Crumble yeast into this. Cut shortening into flour mixture using hands to mix thoroughly. Add eggs beaten light, sour cream and vanilla. Chill. Dredge board with powdered sugar. Pinch off pieces of dough. Roll out very thin. Cut into squares. **Filling:** 3 egg whites beaten stiff, to which  $\frac{3}{4}$  cup of sugar, 1 cup crushed wheaties, and 1 teaspoon vanilla has been added. Place 1 teaspoon filling on each square. Roll toward the center into crescents or fold over edges. Bake at 375° F. for about  $\frac{1}{2}$  hour. Frost with Plain Icing, page 436, while warm.

### BOHEMIAN COFFEE CAKES

1 cake compressed yeast	3 cups ( $\frac{3}{4}$ lb.) flour
1 tablespoon lukewarm milk	$\frac{1}{2}$ cup cream
1 tablespoon flour	1 cup sugar
$\frac{3}{4}$ cup (6 oz.) butter	$\frac{1}{4}$ lb. almonds, blanched
2 eggs, separated	and ground fine

Dissolve yeast in 1 tablespoon each of milk and flour. Let stand until light. Cream butter well, add yolks, cream, dissolved yeast and remaining flour. Mix and beat until smooth. Roll dough very thin into oblong sheet. Cut in  $2\frac{1}{2}$ -inch squares. Spread teaspoon Filling (below) in center of each square. Fold over in oblong or three-cornered shapes, pinching edge well together. Place in pan, let stand 1 hour, bake 10 minutes at 400° F. Spread while warm, with Icing, page 406, flavored with lemon juice and vanilla.

**Filling:** Beat egg whites stiff, add sugar, almonds and mix well.

**FILLED WALNUT KIPFEL**

1½ cups (¾ lb.) fresh butter	1 teaspoon vanilla
4 cups (1 lb.) flour	½ cup cream or milk
1 cake yeast	5 eggs, separated
	½ cup sugar

Add to the beaten yolks, the sugar, vanilla and ½ of the cream. Dissolve the yeast with the rest of the cream (lukewarm). Add a little flour, let rise. Rub the butter into the flour, combine the three mixtures, add more flour if necessary. Roll the dough quite thin, cut into small squares, place a small portion of Filling, page 398, in each square. Roll, beginning at one corner, and form into crescent shapes; place in pan and frost with the beaten whites of the 5 eggs. Let rise 2 or more hours, bake 20 minutes at 400° F., then reduce to 325° F.

**Filling:** 1 pound chopped walnuts, the juice of 1 lemon and sugar to taste, or grind the nuts, add cream to make a paste, sugar to taste and flavor with vanilla.

**RUSSIAN TEA CAKES**

1 cup sugar	Flour to roll
1 cup eggs, about 5	¾ lb. brick butter, sliced
1 cup sour cream	1 cup chopped almonds

Mix eggs, sugar and cream with enough flour to roll. Toss on board, roll out ¼ inch thick, three times as long as wide, spread a thin layer of the butter over ⅔ of the dough, fold unbuttered part over ½ the buttered part, the remaining ⅓ over this making 3 layers with butter between, roll and spread again with butter; fold 3 or 4 times. Then place dough in a bowl, cover, and let stand on ice to harden. Then roll as thin as possible, strew with chopped almonds, sugar and cinnamon, and cut into 7-inch strips. Roll each strip separately into a roll, cut in slices, strew with almonds, sugar and cinnamon. Bake at 400° F.

**SOUR CREAM KOLATCHEN**

½ cup butter	1 oz. yeast dissolved in
5 eggs, separated	2 tablespoons lukewarm milk
2 tablespoons sugar	3 cups flour
Grated rind of a lemon	¼ lb. raisins or candied
1 cup thick sour cream	cherries

Cream the butter, add egg yolks, sugar, lemon rind and sour cream and the yeast dissolved with a little sugar in the lukewarm milk. Stir all together and add the flour; mix and drop from end of teaspoon on well greased pans. Let rise until light in a warm place. Place a raisin or cherry on the top of each cake, spread with beaten white of egg, sprinkle with sugar and bake 10 minutes at 400° F.



**YEAST KRANTZ (Coffee Cake Ring)**

Prepare Kuchen Dough No. 3, page 393, add  $\frac{1}{4}$  cup raisins; let rise in warm place, until doubled in bulk. Divide into 3 or 4 equal parts, roll each part into a long strand and work the strands together to form one large braid. Place braid in form of a circle in greased baking pan or twist the braid to resemble the figure 8, pretzel shape. Let rise again in a warm place and bake in a moderate oven,  $375^{\circ}$  F.,  $\frac{1}{2}$  hour or until thoroughly done. Brush with beaten egg and sugar, sprinkle with a few chopped almonds. Return to oven to brown slightly.

**ICE KOLATCHEN****Dough No. 1 (Rich Pastry)**1 cup ( $\frac{1}{4}$  lb.) flour1  $\frac{1}{8}$  cups (9 oz.) butter

Have all materials and utensils ice cold. Chop or rub the butter in the flour, then work into a dough. Set in a cool place to harden.

**Dough No. 2**2 cups ( $\frac{1}{2}$  lb.) flourRind of  $\frac{1}{2}$  lemon $\frac{1}{2}$  cup lukewarm cream1 cake ( $\frac{1}{2}$  oz.) yeast

1 whole egg and 2 yolks

 $\frac{1}{2}$  teaspoon salt1 tablespoon ( $\frac{1}{2}$  oz.) sugar

A little nutmeg, grated

Dissolve yeast in cream, add sugar, eggs and the rest. Beat until smooth. Let rise until doubled. Roll out Dough No. 1 and Dough No. 2,  $\frac{1}{4}$  inch thick, place Dough No. 1 on top of Dough No. 2, pat and roll out together three times as long as wide. Fold dough in 3 layers by overlapping ends over center; pat and roll. Repeat twice, turning the paste half way around each time before rolling. Now fold in a dampened napkin and set in a cool place over night to chill. Roll dough again, cut into 3-inch rounds, place on floured board and let rise several hours until light. Place a teaspoon of raspberry jam on lower half of each, fold over other half and press edges together, moistening edges with water. Brush remaining whites of 2 eggs stiffly beaten all over top, roll in sugar. Bake in a hot oven at  $400^{\circ}$  F.

**KUCHEN ROLL OR GUGELHOPF**

Kuchen Dough No. 1 or 2

 $\frac{1}{4}$  cup melted butter $\frac{1}{4}$  cup seeded raisins

Sugar and cinnamon

Roll 1 pound of raised Kuchen Dough, pages 393-394,  $\frac{1}{2}$  inch thick on floured board; brush well with melted butter, sprinkle well with sugar, a little cinnamon, add the raisins. Begin at one end and roll into a long roll. Place in a well greased long pan or round form with tube in center. Let rise to double its bulk and bake in a moderate oven ( $350^{\circ}$  F.) until thoroughly done.

**POPPY SEED ROLL OR MOHN KUCHEN**

Kuchen Dough No. 1 or 2

Poppy Seed Filling

Take about  $\frac{1}{2}$  of the recipe for Kuchen Dough, page 393. When raised, roll  $\frac{1}{2}$  inch thick; spread with softened butter and Poppy Seed Filling, page 391. Roll and proceed as above.

**NUT OR SPICE ROLL**

Make same as Poppy Seed Roll, using Gingerbread or Nut Fillings, pages 391-392, in place of the poppy seed mixture.

**Part 1****PLAIN BUNDT KUCHEN**1 cake yeast ( $\frac{1}{2}$  oz.)

1 cup flour

 $\frac{1}{2}$  cup lukewarm milk

Mix well and let rise in warm place, and add the following:

**Part 2** $\frac{1}{2}$  cup butter

Rind of lemon

1 cup sugar

 $2\frac{1}{4}$  cups flour

4 eggs

a little grated nutmeg

Beat butter to a cream, add the sugar, eggs, one at a time, lemon, nutmeg; mix parts 1 and 2, adding remaining flour. Grease a fluted pan with center tube with soft cold butter. Decorate bottom with blanched almonds. Place dough in pan, let rise very light, bake 45 to 60 minutes in a moderate oven at 350° F.

**RICH BUNDT KUCHEN**

1 cup butter

1 cup lukewarm milk

1 cup sugar

4 cups flour

8 eggs, beaten separately

1 oz. compressed yeast

 $\frac{1}{8}$  teaspoon salt

Grated rind of lemon

Proceed as in Bundt Kuchen above, but separate the eggs, adding the beaten whites last.

**Part 1****ICE BOX BUNDT KUCHEN**1 cake yeast ( $\frac{1}{2}$  oz.)

1 cup flour

1 cup lukewarm milk

Mix well and let rise in warm place and add the following:

**Part 2**

1 cup butter

1 teaspoon salt

 $\frac{1}{2}$  cup sugar

3 cups flour

3 yolks of eggs

Grated rind of lemon

Cream butter, add sugar. Add grated lemon rind, the egg yolks one at a time. Beat until very light. Gradually add **Part 1** alternately with the flour. Cover, place in refrigerator over night. Remove dough from refrigerator. Roll  $\frac{1}{2}$  inch thick. Spread with almond paste.

**Part 3. Almond Paste**

3 egg whites

 $\frac{3}{4}$  teaspoon cinnamon $\frac{3}{4}$  cup sugar

1 cup grated almonds

Beat eggs stiff, add sugar, the almonds and cinnamon. Roll like jelly roll. Work quickly to keep dough cool. Place in well greased Bundt

form. Let rise 3 to 4 hours in a cool place. Bake 1 hour at 350° F.

### SWEDISH TEA RING

Make Kuchen Dough, pages 393, 394, using one-third of the recipe. When well risen, toss on board, pat and roll into an oblong sheet  $\frac{1}{3}$  inch thick. Brush with butter. Sprinkle with  $\frac{1}{4}$  cup each of raisins, blanched, chopped almonds. Roll like jelly roll, lift to a large baking pan, bring ends together to form ring. With scissors, cut through ring from edge nearly to center, making a cut every  $1\frac{1}{2}$  inches, turning each division upward to show raisins and nuts. Set aside to become light. Brush with milk. Sprinkle with nuts, bake  $\frac{1}{2}$  hour at 350° F.

### STOLLEN

2 lbs. (2 quarts) flour	1 lb. butter, softened
1 pint lukewarm milk	$\frac{3}{4}$ lb. raisins
1 teaspoon salt	$\frac{1}{4}$ cup rum
1 oz. (2 cakes) yeast	$\frac{1}{2}$ lb. chopped almonds
1 cup sugar	Grated rind of 1 lemon
4 whole eggs	$\frac{1}{2}$ cup each orange peel and citron, cut fine

Set the yeast with milk, and stir in 1 cup flour. Let rise. Cream butter with sugar, add eggs, one at a time, and beat well. Add lemon rind; combine the two mixtures, add flour, a little nutmeg, and knead until smooth and elastic. Sprinkle flour over the dried fruits. Mix and add to the dough with nuts and rum. Let rise until double its bulk. Toss on floured board. Divide into three or more loaves. Roll out slightly, spread top with melted butter, press down the center, and fold over double. Brush melted butter over top, let rise until doubled and bake in a moderate oven about 350° F. about 45 minutes. When slightly cool, brush with Plain Icing, page 406.

### SAVARIN (French Coffee Cake)

4 cups flour	1 teaspoon salt
1 cup lukewarm milk	5 eggs
2 oz. compressed yeast	Rind of 1 lemon
1 cup unsalted butter	4 tablespoons maraschino, rum, Sherry, or substitute
1 cup sugar	

Dissolve yeast in milk, add 1 cup of flour, and let it rise. Cream butter and sugar. Add 3 eggs, one at a time, yolks of remaining 2 eggs, lemon, salt, the yeast mixture, remaining flour,  $\frac{1}{4}$  lb. seedless raisins if desired, and 2 egg whites, beaten stiff; beat until smooth and light. Butter two 10-inch ring forms, sprinkle with chopped almonds, add dough. Let rise nearly to the top of forms. Bake about  $\frac{1}{2}$  hour, moderate oven, first 15 minutes at 375° F., then to 350° F. When baked, turn out of form. Boil 1 cup sugar with  $\frac{1}{2}$  cup water until thick, add  $\frac{1}{4}$  cup rum. Pour syrup into the empty forms. Return Kuchen to form; let stand until it absorbs the syrup. Remove from forms, baste with remaining syrup if any.

# Chapter 31

## Doughnuts and Fried Cakes

### GENERAL RULES FOR DOUGHNUTS

**To Fry Doughnuts**, the fat must be hot enough to brown a cube of bread in one minute from 360° F. to 375° F. Place the doughnuts in a bath of hot fat, deep enough to float them. They should come quickly to the top, brown on one side, be turned and browned on the other. If the fat is too cool, the doughnuts will absorb the fat. If too hot, they will turn brown before sufficiently raised.

**To Remove Extra Grease from Doughnuts:** Drain on unglazed brown paper.

**Cooking in Deep Fat**, *see* Entrées, page 245.

#### No. 1

#### DOUGHNUTS

2 cups (1 pint) flour	¼ teaspoon cinnamon
½ cup sugar	A little grated nutmeg
1 teaspoon salt	2 tablespoons melted butter
3 teaspoons baking powder	½ cup milk

1 egg

Sift dry ingredients. Add the milk to the beaten egg, and combine the mixtures, knead lightly. Roll lightly on well floured board ¼ inch thick, or pat; cut with doughnut cutter, and roll scraps into small balls and fry in deep, hot fat, as directed above. Drain.

#### No. 2

3 eggs	1 teaspoon soda
1 cup sour cream	4 cups flour
1 cup sugar	A little grated nutmeg

Beat eggs, add sugar gradually and stir again. Add soda to cream. Combine the two mixtures and add the flour, nutmeg and 1 teaspoon salt. Roll ¼ inch thick, cut or shape into form and fry in deep, hot fat. Dust with powdered sugar. If dough is placed in refrigerator over night, only 3¼ cups flour are necessary.

#### No. 3

2 eggs	1 cup buttermilk
1¼ cups sugar	1 teaspoon grated nutmeg
2 tablespoons melted fat	1 teaspoon soda
½ teaspoon salt	2 teaspoons baking powder

About 4 cups (1 quart) flour

Beat eggs, add sugar and shortening; mix rest of the dry ingredients, combine the two mixtures with the milk. Place in refrigerator over night to make a lighter dough and use ½ cup less of flour. Knead slightly, pat and roll into ¼ inch thickness, cut or shape into form, fry in deep, hot oil. Dust with powdered sugar.

**BRAZIL NUT DOUGHNUTS**

3½ cups sifted flour	¾ cup sliced Brazil nuts
4 teaspoons baking powder	1 cup sugar
1 teaspoon salt	2 eggs
¼ teaspoon nutmeg	2 tablespoons melted shortening
¼ teaspoon cinnamon	1 cup milk

Sift together flour, baking powder, salt and spices. Add nuts. Set aside. Add sugar gradually to the well beaten eggs. Add shortening and sifted dry ingredients alternately with the milk, stirring lightly. Turn on floured board and shape. Roll ¼ inch thick. Cut with floured cutter. Fry in deep, hot fat 360° F. to 375° F., page 402, turning them when they rise to the top and several times during cooking. Drain on unglazed paper. This is a very soft dough. Add more flour if necessary.

**DOUGHNUT DROPS**

2 eggs	2 tablespoons melted butter
¼ cup sugar	1½ cups flour
1 teaspoon salt	4 teaspoons baking powder
	⅓ cup milk

Beat eggs until light, add sugar, salt and butter or any other desired shortening. Mix flour and baking powder and combine the two mixtures with milk. Drop by tablespoons into deep, hot fat, and fry until browned. Drain on brown paper and sprinkle with powdered sugar. Add 1 ounce melted chocolate to mixture for variety.

**RAISED DOUGHNUTS**

Let Kuchen Dough Nos. 1, 2 or 3, page 393, rise until doubled in bulk, then roll into a thin sheet, and cut into rings. Let stand until nearly doubled in bulk, then fry in deep, hot fat. Drain on soft paper, and roll in powdered sugar.

**BERLINER PFANN KUCHEN (Filled Doughnuts)**

Make a Kuchen Dough, Nos. 1, 2 or 3, page 393, roll one inch thick, cut into rounds with biscuit cutter. Place a teaspoon of preserves or a stewed prune in the center of ½ of them. Brush edges with white of egg and cover with the other half. Press edges neatly. Or cut into large rounds, put in center 1 teaspoon preserves, a stewed prune or a teaspoon chopped dried fruit. Shape and roll so that filling is covered. Place on well floured board, let raise very light and fry in deep, hot fat, 360° F. until brown. When done they will have a white strip around center. Sprinkle with powdered sugar.

**CRULLERS**

Use Kuchen Dough No. 1, page 393. Pat and roll ½ inch thick. Cut in strips 8 inches long, ¾ inch wide. Put on board; cover and let rise. Twist ends, turning hands in opposite direction, and pinch ends together. Fry in deep, hot fat, page 402.

**SPRITZ KRAPPEN**

2 cups flour	1 lemon, grated rind
2 cups water	4 tablespoons sugar
1 tablespoon butter	4 whole eggs

Add butter to water and when boiling, stir in the flour all at once and stir vigorously. Remove from fire, add sugar and lemon juice and the unbeaten eggs, one at a time, beating constantly between each addition of eggs. Drop by spoonfuls or through Spritz Krapfen or large pastry tube into deep, hot fat and fry a nice brown. Serve with White Wine Sauce, page 338.

**RYE FRIED CAKES**

$\frac{3}{4}$ cup rye meal	1 tablespoon sugar
$\frac{3}{4}$ cup wheat flour	1 teaspoon salt
2 teaspoons baking powder	1 egg
	$\frac{1}{2}$ cup milk

Mix in the order given, drop from small tablespoon in deep, hot fat. Cook until muffin will not stick when tried with a straw.

**No. 1****SNOWBALLS**

1 egg, beaten	$\frac{1}{4}$ teaspoon salt
1 tablespoon sugar	1 tablespoon cream
1 teaspoon butter	1 teaspoon lemon juice
	1 cup flour (about)

Mix butter, salt and sugar with the egg. Add the cream and lemon juice and flour to make a stiff dough. Toss on a floured board and roll very thin, in pieces 3 inches long by 2 inches wide. Make four 1-inch gashes crosswise at equal intervals. Run fork in and out of gashes, lower into deep, hot fat. Fry until light brown and sprinkle with powdered sugar.

**No. 2. Hesterliste**

3 eggs, well beaten	1 pint milk
5 tablespoons melted butter	2 teaspoons baking powder
1 cup sugar	2 quarts flour

Flour enough to roll as thin as pie crust. Cut into strips, and slash as in above recipe and fry in deep, hot fat. Sprinkle with sugar.

**No. 3. Roses**

3 eggs	$2\frac{1}{2}$ cups flour (about)
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Beat eggs slightly, add a little salt, and flour enough to make a very stiff dough. Knead until elastic, then roll into a very thin sheet. Cut in rounds of 3 sizes. Pinch together at center. Let stand for 15 or 20 minutes. Drop in deep, hot fat and fry to a delicate brown. Dust with powdered sugar and drop jelly into the scallops. For Lily Tarts, cut in stars of 3 sizes.

**No. 1****ROSETTES (Swedish Wafers)**

1 egg	2¼ cups flour
1 pint milk	1 teaspoon powdered sugar
	¼ teaspoon salt

Beat egg very slightly, add sugar and milk and flour alternately, beating all together until smooth. Put fancy iron wafer mold in small saucepan of deep, hot fat; when well heated remove from fat, dip into batter, never allowing it to run over the top of mold. Dip the iron again into the deep, hot fat and let fry until crisp and brown. Slip off. Wipe iron occasionally to remove extra fat. In removing wafer from fat, let drip well and drain on unglazed brown paper. Serve hot or cold. This makes about 60 wafers. Will keep for a week or more. Sprinkle with powdered sugar, or, put filling of jam or fresh fruit between 2 of the rosettes and garnish with whipped cream, or fill with creamed chicken or salad, or serve plain with any salad.

**No. 2**

2 eggs	¼ teaspoon salt
1 teaspoon sugar	1 cup milk
	1 cup flour

Follow directions in No. 1, above.

**SWEDISH TIMBALE CASES**

¾ cup flour	½ cup milk
½ teaspoon salt	1 egg
1 teaspoon sugar	1 tablespoon olive oil

Mix dry ingredients, add milk gradually and beaten egg; then oil. Put timbale iron deep enough into deep, hot fat to more than cover it and let heat. Turn timbale batter into a cup. Lower hot iron into cup to only ¾ its depth. Then immerse iron in the deep, hot fat again, the mixture will rise to top of iron and when crisp and brown, may be easily slipped off. If the cases are not crisp the batter is too thick and must be diluted with milk.

Fill cases with creamed chicken, sweetbreads, oysters or peas.

## Chapter 32

# Cake Frostings and Fillings

### TO ICE A CAKE

Frostings keep cakes moist. They may be used also for fillings. A cake should be cold and free from crumbs before it is frosted. When frosting layer cake, invert one layer, spread filling evenly over this, then place second layer on top and frost by heaping frosting in center and with spatula, spreading over top and sides. Spatula may be dipped in hot water if the frosting thickens.

To prevent layers from slipping, insert several toothpicks and remove when cake is frosted.

### FLAVORING FOR FROSTINGS AND CAKES

#### No. 1. Vanilla Sugar

Cut fresh vanilla bean into inch pieces. Place in small jar of powdered sugar and use as directed, page 486.

#### No. 2. Caramel Syrup

1 cup sugar

$\frac{1}{2}$  cup boiling water

Place sugar in heavy spider on hot stove, stirring occasionally until sugar melts to a light brown liquid. Add water slowly. Simmer 5 to 10 minutes. Cool and bottle.

#### No. 3. Rum

1 oz. New England rum

1 oz. arrack

1 oz. Jamaica rum

1 oz. vanilla

Mix and bottle and use in cakes or torten in place of vanilla.

## UNCOOKED FROSTINGS

#### No. 1

#### PLAIN ICING

1 cup confectioner's sugar

$\frac{1}{4}$  teaspoon vanilla, lemon, or

2 tablespoons hot water

other extracts, or 1 teaspoon

or milk or cream

lemon juice or rum

If the cake is cold, have liquid hot. Stir the liquid into the sifted sugar, adding more, a few drops at a time, as needed. The icing is of the proper consistency when it coats the spoon.

#### No. 2

1  $\frac{1}{2}$  cups confectioner's sugar

$\frac{1}{2}$  teaspoon butter

2 tablespoons hot milk

$\frac{1}{2}$  teaspoon flavoring

Add butter to hot milk; add sugar slowly to make right consistency to spread; add vanilla. Spread on top and sides of cake.



**EGG FROSTING**

White of 1 egg  
1 cup powdered sugar  
1 teaspoon lemon juice or  
vanilla  
2 teaspoons hot water

Beat white until stiff, add water and sugar. Beat thoroughly, then add flavoring and more sugar if necessary to spread.

**ROYAL ICING**

$\frac{1}{2}$  lb. confectioner's sugar  
1 egg white, unbeaten  
1 teaspoon lemon juice

Add sugar gradually to egg white, work together well with wooden spoon until smooth and shiny, add lemon juice, stir well and spread.

**GLACÉ**

2 egg whites  
 $1\frac{1}{2}$  cups confectioner's sugar  
1 teaspoon lemon juice  
 $\frac{1}{8}$  teaspoon cream of tartar

Beat whites with rotary egg beater until frothy. Add  $\frac{1}{2}$  of the sugar, one spoonful at a time, beating until well blended. Add lemon juice with last spoonful of sugar, add cream of tartar, then remaining sugar. Beat until thick. Spread on top and sides of cake.

**LEMON ICING**

1 cup confectioner's sugar  
Grated rind of  $\frac{1}{2}$  lemon  
1 tablespoon lemon juice  
1 tablespoon boiling water

Add lemon rind to juice and water, stir into the sugar, a little at a time, until thin enough to spread.

**ORANGE ICING**

$1\frac{1}{4}$  cups confectioner's sugar  
2 tablespoons orange juice  
1 teaspoon egg yolk  
1 teaspoon lemon juice  
Grated rind of orange

Add yolk to sugar, mix well; add the rest.

**FRUIT JUICE ICING**

1 cup confectioner's sugar  
1 teaspoon lemon juice  
2 tablespoons fresh fruit juice  
or fruit syrup

Add the strained juice of fruits (strawberries, cherries or grapes) to the sugar, a little at a time, until thin enough to spread.

**CREAM CHEESE ICING**

1 pkg. cream cheese  
 $1\frac{1}{2}$  cups confectioner's sugar  
1 tablespoon warm water  
1 teaspoon vanilla

Mash cheese. Add sugar, water and vanilla. Beat until creamy.



**BUTTER FROSTINGS AND FILLINGS (Uncooked)****No. 3. Coffee**

2 tablespoons butter	2 tablespoons strong, hot coffee
1 cup confectioner's sugar	1 teaspoon cocoa (dry)
	½ teaspoon vanilla

**No. 4. Caramel**

2 cups medium brown sugar	¼ teaspoon vanilla
½ cup butter	Cream to spread

Cream butter, add sugar gradually and cream very well, add vanilla and enough cream to spread between layers and over top.

**No. 5. Chocolate No. 1**

2 tablespoons butter	1 oz. chocolate melted over
1 cup confectioner's sugar	boiling water, or ¼ cup
½ teaspoon vanilla	cocoa

**No. 6. Chocolate No. 2**

2 whole eggs	¼ cup butter, softened
1 cup confectioner's sugar	½ teaspoon vanilla
4 squares chocolate, melted	Pinch salt

Beat all together with rotary or electric beater.

**No. 7. Chocolate No. 3**

1 cup unsalted butter	1 oz. grated chocolate melted
or 1 cup salted butter	over hot water
Yolk of 1 egg, beaten	1 teaspoon vanilla
2½ cups confectioner's sugar	1 teaspoon instant coffee

Wash salted butter in cold water, remove all water and then beat to a cream; add beaten yolk and gradually the sugar and melted chocolate and coffee to taste.

**COFFEE OR MOCHA ICING**

3 tablespoons hot coffee	1⅓ cups confectioner's sugar
3 tablespoons dry cocoa	½ teaspoon vanilla

Have coffee strong, add to cocoa, stir until smooth, add vanilla and enough sugar to spread.

**BOILED FROSTINGS OR FILLINGS****BOILED ICING OR FROSTING**

1 cup granulated sugar	2 egg whites
½ cup water	½ teaspoon flavoring extract

Boil sugar and water over slow fire until syrup spins a thread; pour very slowly into stiffly beaten whites and beat until smooth and almost stiff enough to spread. Add flavoring. Spread on cake.  
Or use brown sugar for variety.

**ORNAMENTAL FROSTING**

Follow Boiled Icing recipe, page 409, and when icing is stiff enough to spread, put over boiling water, stirring continually until the icing grates slightly on bottom of bowl. Spread on cake, saving a small portion of the icing to ornament the edge of cake. This can be forced through a pastry tube.

**SEVEN-MINUTE ICING**

1 egg white, unbeaten	$\frac{7}{8}$ cup granulated sugar
3 tablespoons cold water	$\frac{1}{4}$ teaspoon cream of tartar
	$\frac{1}{2}$ teaspoon vanilla

Place all ingredients except vanilla in top of double boiler. Beat with rotary beater until thoroughly mixed. Place over rapidly boiling water, beat constantly and cook for seven minutes until frosting stands up in peaks. Let stand over cold water until cool, add vanilla. Spread on top and sides of cake. When preparing the frosting in electric beater, add 1 extra tablespoon water and stir with sugar before placing bowl over boiling water, then beat until stiff.

**No. 1 BOILED CHOCOLATE FROSTING**

Boil 1 cup sugar,  $\frac{1}{2}$  cup water,  $1\frac{1}{2}$  ounces grated chocolate or  $\frac{1}{4}$  cup cocoa dissolved in hot water. Pour into 2 stiffly beaten egg whites and beat until smooth.

**No. 2**

2 oz. chocolate	2 egg whites, beaten stiff
$\frac{1}{2}$ cup cream	1 teaspoon vanilla
	2 teaspoons powdered sugar

Cook chocolate and cream over boiling water until smooth; cool, add vanilla. Beat whites, add sugar until stiff enough to cut. Combine the two mixtures, beat and spread.

**No. 3**

$\frac{3}{4}$ cup sugar	1 oz. bitter chocolate
$\frac{1}{4}$ cup water	2 yolks

Boil water and sugar to a thick syrup, add the chocolate, grated, and the beaten yolks. Thin with cream.

**No. 4**

1 cup sugar	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ oz. sweet chocolate	1 teaspoon butter

Mix all together, boil until a soft ball is formed when dropped in cold water. Beat until cool enough to spread.

**No. 5**

2 cups brown sugar	1 oz. bitter chocolate
$\frac{2}{3}$ cup water	$\frac{3}{4}$ cup butter

Boil sugar and water until it spins a thread. Melt chocolate with the butter, then mix it with the syrup; if it separates while stirring add a few drops of cold water.

**FUDGE FROSTING**

1½ cups sugar  
2 oz. bitter chocolate

½ cup milk or cream  
2 tablespoons butter

Melt chocolate over a slow fire, add milk and sugar, boil until a few drops form a soft ball in cold water. Add butter and 1 teaspoon vanilla. Let stand undisturbed a few minutes, then beat until cool enough to spread. If too thick, stir in a little cream.

**MAPLE FROSTING**

1 cup maple syrup

Whites of 2 eggs

Boil syrup until it spins a thread; add very slowly to stiffly beaten whites of eggs until stiff enough to spread.

**CORN SYRUP FROSTING**

2 egg whites

1 cup light corn syrup

1 teaspoon vanilla

Pour egg whites and syrup into deep mixing bowl. Beat with electric beater at low speed until mixed, then at high speed for about 15 minutes or until stiff enough to spread. Add vanilla. Enough for filling and frosting two large layers.

**No. 1**

**CARAMEL FROSTING**

1½ cups brown sugar

2 tablespoons butter

¾ cup cream or milk

½ teaspoon vanilla

Cook sugar with cream or milk until it forms a soft ball when dropped in cold water (about ½ hour), add butter and vanilla, remove from fire and stir until of right consistency to spread.

**No. 2**

1½ cups brown sugar

2 egg whites

¼ cup cold water

½ teaspoon vanilla

Follow method for Boiled Icing, page 409.

**No. 3:** To Boiled Icing or Frosting, page 409, with 2 eggs, add 3 teaspoons of Caramel Syrup, page 406. Add vanilla, beat until almost creamy and spread on and between cake.

**No. 4**

1¼ cups brown sugar

¾ cup sour cream

¾ cup granulated sugar

1 teaspoon butter

Mix sugar and cream, let stand until dissolved about ½ hour or longer. Place over fire with butter. Let boil 5 minutes or to the soft ball stage. Beat to a cream and spread on cake.

**No. 5**

Caramelize 2 tablespoons white sugar in heavy saucepan, add 6 tablespoons butter, ¾ cup brown sugar and stir until dissolved; add 6 tablespoons cream or evaporated milk, a spoonful at a time, stirring well. Boil hard one minute. Take from fire and add about 1½ cups powdered sugar. Beat well until it has lost its gloss. Spread on cake.

**COCOANUT FROSTING**

Make Boiled Icing, page 409, or Plain Icing, page 406, sprinkle shredded cocoanut thickly over the icing while it is still soft.

**To Freshen Cocoanut:** Take 1 cup shredded cocoanut; if dry add  $\frac{1}{4}$  cup of milk. Cook until milk is absorbed, let stand covered.

### BROILED COCOANUT FROSTING

3 tablespoons butter (melted)      2 tablespoons cream  
5 tablespoons brown sugar       $\frac{1}{2}$  cup shredded cocoanut (dry)

Mix all ingredients. Spread on warm cake, before removing cake from pan. Broil until sugar is melted and bubbles. This takes only a few minutes, and should be watched carefully, as it burns easily.

**Marshmallow Icing,** *see* page 414.

## CAKE FILLINGS

### CUSTARD FILLING

#### No. 1. Vanilla

1 cup scalded milk      1 tablespoon cornstarch  
 $\frac{1}{2}$  cup sugar      2 yolks of eggs  
 $\frac{1}{2}$  teaspoon vanilla

Mix cornstarch and sugar, add the hot milk and pour gradually on the eggs, slightly beaten. Cook in double boiler, stirring constantly until thickened. Cool and flavor with the vanilla.

#### No. 2. Cream

$\frac{3}{4}$  cup sugar      2 eggs  
 $\frac{1}{3}$  cup flour      2 cups milk or cream  
 $\frac{1}{3}$  teaspoon salt      1 teaspoon vanilla

Mix dry ingredients, add the scalded milk and pour gradually on the slightly beaten eggs. Cook in double boiler. Stir constantly until thickened; cool and flavor.

#### No. 3. With Butter

$2\frac{1}{2}$  cups milk       $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup sugar      1 cup fresh butter  
 $\frac{1}{2}$  cup flour      2 teaspoons vanilla

Place milk in double boiler. When hot, stir gradually into the sugar, flour and salt mixed. Return to boiler, let cook thoroughly about 10 minutes, stirring constantly. Cool, add vanilla. Cream butter, add the custard, stirring in gradually until smooth.

**No. 4. Coffee:** Prepare as Custard Filling, add  $1\frac{1}{2}$  tablespoons instant coffee or strong black coffee and part milk.

**No. 5. Orange, Strawberry or Lemon:** Prepare as Custard Filling, adding the desired flavoring.

**No. 6. Almond:** Prepare as Custard Filling and when cool add 1 cup blanched, chopped almonds.

**No. 1                      SOUR CREAM FILLING**

1 cup thick sour cream	2 tablespoons sugar
Yolk of 1 egg	1 tablespoon cornstarch
$\frac{1}{2}$ teaspoon lemon or vanilla extract	

Beat yolk slightly, add sugar and cornstarch mixed, stir in the cream and let cook in double boiler until it coats the spoon, add flavoring and, if desired, 1 cup chopped pecans or walnuts.

**No. 2**

1 cup thick sour cream	1 cup sugar
5 egg yolks, beaten	1 teaspoon almond extract

Heat cream with sugar until dissolved. Pour hot, in a steady stream on yolks, stirring constantly, until well blended. Cook over hot water, continue stirring until thick and smooth. Cool slightly, flavor and, if desired, add 1 cup chopped nut meats.

**No. 1                      CHOCOLATE FILLING**

$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup grated chocolate	1 tablespoon cornstarch

Mix dry ingredients, stir in the milk, cook until thick and when cool, add vanilla to taste.

**No. 2**

1 cup sugar	1 teaspoon vanilla
1 cup milk	3 oz. chocolate

Boil until a few drops form a soft ball in cold water. Beat until cool, add vanilla, and spread between two layers of cake.

**No. 3**

$\frac{1}{2}$ lb. brown sugar	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ lb. grated chocolate	2 tablespoons butter

Cook sugar, chocolate and milk until smooth, add butter and 1 teaspoon vanilla; cool, spread between two layers of cake.

**No. 4**

Add 2 oz. melted chocolate to any Custard Filling.

**No. 5.** See Boiled Chocolate Frosting No. 3, page 410.

**CHOCOLATE NUT FILLING**

$1\frac{1}{2}$ cups brown sugar	2 oz. grated chocolate
$\frac{3}{4}$ cup cream	$\frac{1}{2}$ cup butter
$\frac{3}{4}$ cup chopped nut meats	

Boil sugar, cream and butter until thick; stir until cool; then add chocolate melted over hot water, and nuts, and spread between layers.

**MARSHMALLOW FILLING OR ICING**

1 $\frac{1}{3}$ cups sugar	$\frac{1}{2}$ cup water
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup marshmallows
Whites of 3 eggs	1 teaspoon vanilla

Boil sugar and water without stirring until syrup spins a thread; melt marshmallows in syrup; pour slowly over stiffly beaten whites of eggs; add flavoring and spread very thickly, over layers.

**CARAMEL FILLING**

1 cup sugar	$\frac{1}{3}$ cup flour
1 $\frac{1}{2}$ cups hot milk	Yolk of 1 egg, beaten
	$\frac{1}{2}$ teaspoon vanilla

Melt  $\frac{1}{2}$  of the sugar in heavy skillet until it is a syrup, stir in hot milk very gradually. Mix remaining sugar with flour, stir in hot mixture. Cook until it thickens, pour on yolk, add vanilla, spread between layers.

**No. 1 NUT OR FRUIT FILLING**

$\frac{1}{2}$ cup dried fruit, chopped	$\frac{1}{2}$ cup nuts, chopped fine
	Boiled frosting

To Boiled Icing, page 409, add 1 cup chopped walnuts, almonds, pecans, hickory nuts, hazel nuts, figs, dates, raisins, or selected prunes, separately or in combination, all chopped fine.

**No. 2**

1 lb. grated walnuts	$\frac{1}{2}$ cup granulated sugar
$\frac{3}{4}$ cup sweet milk	2 yolks of eggs, beaten

Mix eggs and sugar, add milk, then cook until it thickens. Cool, add  $\frac{1}{2}$  teaspoon vanilla, and the nuts and spread between layers of Walnut Torte No. 1, page 454.

**No. 3**

2 yolks of eggs	1 cup milk
$\frac{1}{2}$ cup sugar	1 tablespoon cornstarch
	$\frac{1}{2}$ cup pecan nut meats, chopped fine

Wet cornstarch with a little of the milk, and place in double boiler with the rest of the milk and cook until smooth; beat yolks to a light cream with the sugar, pour hot milk gradually over; return to boiler and cook until it coats the spoon, stirring constantly; remove from fire and when cool, add nut meats. Use with Lady Finger Torte, page 452.

**No. 1 ORANGE OR LEMON FILLING**

2 oranges or 1 lemon, juice and grated rind	2 whites of eggs, beaten stiff 1 cup powdered sugar
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Boil orange juice and rind with sugar until syrup spins a thread. Pour slowly onto whites, beat until almost cool, then spread between layers of Sponge or Angel Food Cake, page 437.



**No. 2 ORANGE OR LEMON FILLING**

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup orange juice
2 tablespoons flour	$\frac{1}{2}$ teaspoon lemon juice
A little grated orange rind	1 teaspoon butter
1 egg, slightly beaten	

Mix in order given, beat well, cook in double boiler; stir constantly until thick; when cool it is ready for use.

**For Lemon Filling** use the grated rind of 2 lemons,  $\frac{1}{4}$  cup lemon juice and 1 cup sugar in place of the orange rind and juice.

**LEMON APPLE FILLING**

$\frac{3}{4}$ cup sugar	1 egg
1 tablespoon flour	1 apple, pared and grated
3 tablespoons lemon juice	Speck of salt
1 tablespoon cold water	

Mix sugar and flour in saucepan; add lemon juice, cold water, beaten egg, salt and apple. Heat to boiling point and boil 2 minutes, stirring constantly. Cool before spreading.

**RAISIN FILLING**

1 cup water	1 cup raisins, seeded
$\frac{2}{3}$ cup sugar	1 egg, slightly beaten
1 cup light syrup	$\frac{1}{2}$ teaspoon lemon extract

Cut raisins, add sugar, syrup and water and cook until raisins are soft. Remove from fire, add egg, cook over water until thick, stirring constantly. Flavor, cool, and spread.

**No. 1 FIG FILLING**

$\frac{1}{4}$ pound chopped figs	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ tablespoons lemon juice
2 tablespoons cornstarch	Grated rind of $\frac{1}{2}$ orange

Cook figs  $\frac{1}{2}$  hour or until tender. Put sugar and cornstarch in a double boiler and pour on the boiling water, stirring until smooth and thick. Add the cooked figs, lemon juice and orange rind.

**No. 2**

1 lb. figs, chopped fine	Whites of 2 eggs
1 cup sugar	$\frac{1}{4}$ cup powdered sugar
$\frac{1}{2}$ cup water	Vanilla to taste

Boil figs, sugar and water slowly to a smooth paste, about 15 minutes. Set aside to cool. Beat whites until stiff, add powdered sugar and flavoring, and combine the two mixtures.

**No. 3**

To Boiled Icing, page 409, using 2 whites, add  $\frac{1}{4}$  pound chopped figs steamed in double boiler until soft.



### WHIPPED CREAM FILLING WITH PINEAPPLE AND NUTS

1 yolk of egg, beaten	$\frac{1}{2}$ cup whipped cream
2 tablespoons powdered sugar	$\frac{1}{2}$ cup chopped nuts
	$\frac{1}{2}$ cup chopped pineapple

Fold yolk and sugar into cream, adding nuts and pineapple.

### WHIPPED CREAM FILLING WITH NUT BRITTLE

Peanut or Walnut Brittle	1 cup of whipped cream
	1 teaspoon vanilla

Make Peanut or Walnut Brittle, page 517. When cold, break in small pieces, put through grinder and mix lightly with the cream.

### STRAWBERRY CREAM FILLING

1 cup heavy cream	White of 1 egg
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup strawberries

Beat cream with rotary beater until stiff, fold in sugar, egg white, stiffly beaten, and the strawberries, mashed.

### FILLING FOR SPONGE CAKE

1 orange	2 egg yolks, well beaten
1 lemon	2 cups powdered sugar
1 tablespoon brandy	$\frac{1}{4}$ lb. almonds, grated

Grate orange and lemon rind. Add to brandy. Let stand 15 minutes. Strain. Add 1 tablespoon orange juice, 1 teaspoon lemon juice. Add gradually to eggs well beaten with sugar, until thin enough to spread. Then sprinkle nuts over all.

### FILLING FOR POPPY SEED CAKE

$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ cup sugar
2 tablespoons cornstarch dissolved in	4 egg yolks
$1\frac{1}{2}$ tablespoons milk	$\frac{1}{2}$ cup chopped nuts
	Vanilla

Put dissolved cornstarch in double boiler with milk and cook until smooth. Cream yolks and sugar. Add hot milk gradually, return to boiler and cook until custard coats the spoon, stirring constantly. When cool, add nut meats.



## Chapter 33

### Cakes

#### GENERAL RULES

**All ingredients should be at room temperature for best results.** Before starting to bake, bring all materials to the work table. Have round bottom earthen mixing bowl large enough to hold all ingredients for the final beating and folding. All measurements are **level**.

**Cake flour** and **fine granulated sugar** should be used. If all-purpose flour is used, take 2 tablespoons from each cup and add instead  $1\frac{1}{2}$  tablespoons cornstarch. All-purpose flour is meant unless cake or pastry flour is specified.

**Baking Powder:** One teaspoon "double-acting" baking powder equals  $1\frac{1}{2}$  teaspoons of other baking powder. *See page 63.*

**Chocolate** should be melted over hot water. Where chocolate is called for, always use bitter unless "sweet chocolate" is mentioned.

**Brown sugar** must always be measured by packing solidly.

#### TO MIX CAKES

Cakes are mixed by Stirring, Beating, Cutting or Folding.

**To Stir:** Let the spoon touch the sides and bottom of the bowl and move it round and round quickly.

**To Beat:** Tip the bowl to one side. Bring wire whisk, spoon or fork quickly into the mixture and through it and turn it over and over, scraping the sides well each time it goes in. Beat hard and quickly, taking long strokes, folding in as much air as possible.

**To Cut or Fold:** Cut the mixture with a spatula or the side of a spoon and fold it by turning completely over and lift it up from the bottom of the bowl, folding it in as lightly as possible until blended.

**To Cream Butter:** Take from refrigerator. Let stand in room until softened. Work with wooden spoon until creamy.

**To Add Sugar:** Add sugar gradually to creamed butter, beating well until light and fluffy.

**Whole Eggs:** Drop into butter-sugar mixture one at a time and beat until well blended.

**Yolks:** Beat with rotary beater until thick and lemon colored. Pour into butter-sugar mixture, stirring until smooth.

**To Beat Whites:** Use a rotary beater or wire whisk and beat in mixing bowl until whites stand up in peaks but are still shiny.

**Dry Ingredients:** Sift flour and sugar once before measuring. Add baking powder, soda, spices or cocoa if quantity is small, and sift again. Dry ingredients must be *dry*. Do not wash nuts or raisins. Blanch almonds day before using and dry in oven. Nuts and raisins should be sprinkled with flour and added to the butter-sugar mixture.

**Milk or Other Liquids:** Should be added 2 tablespoons at a time, alternately with the dry ingredients, and only *slightly* mixed.

**Method:** Flour and milk are added alternately to butter mixture, beginning and ending with the flour which must be thoroughly incorporated. Then fold in beaten egg whites gently, until no flakes show.

**To Prepare Cake Tins:** Grease bottom with melted butter or vegetable oil, sprinkle with flour, shake out extra flour.

Or fit a piece of oiled paper in bottom of pan. Do not grease sides. Patent pans for sponge or angel cakes must not be greased.

**To Fill Cake Pans:** Fill cake pans  $\frac{2}{3}$  full and bring batter well along edges and tube, leaving a slight depression in center.

**To Remove Cake from Pans:** When done, remove from oven, let stand a few minutes. Loosen sides and invert on wire cake rack so air can circulate under it. Remove cake from pan and let stand until cool. Angel Food and Sponge Cake should be inverted in pan and allowed to hang, as this stretches the cake and prevents settling.

**Cake Making in High Altitudes:** Use less butter,  $\frac{1}{4}$  less sugar,  $\frac{1}{4}$  to  $\frac{1}{3}$  more flour.

### TESTING OVEN TEMPERATURE

**Moderate Oven:** *Butter Cake* heat. A piece of white writing paper should turn *golden* brown in 5 minutes, or 300° F. to 350° F.

**Hot Oven:** *Layer Cake* heat. Paper should turn *dark* brown in 5 minutes, or 350° F. to 400° F.

**Slow Oven:** *Sponge Cake* heat. The paper should turn *golden* brown in 7 minutes, or 250° F. to 325° F.

**Very Slow Oven:** *Fruit Cake* heat, 200° F. to 225° F.

### BAKING

In baking, divide the time into quarters:

1st—The mixture becomes heated and begins to rise.

2nd—Continues rising and begins to brown in spots.

3rd—Rises in center, and browns all over.

4th—Settles to level and shrinks from the pan.

Place cake in the center of middle shelf, for an even heat. Cake may be gently moved in the first and fourth quarters of the baking time, never during the 2nd or 3rd stages because the cell walls are not firm and a jar will cause them to settle. When fully risen, increase heat 25° F. Never bake cakes requiring different degrees of heat at the same time.

Loaf cake should bake from 35 to 60 minutes according to height of dough. Layer cake from 15 to 20 minutes. Cake is done when a

wire cake tester inserted in the center comes out clean and dry, or when it springs back when pressed with fingers.

If cake is too dry, the mixture contained too much flour, or was baked too long or in too slow an oven. If cake is heavy, there was too much fat in the mixture, beaten too long, not enough baking powder, soda or beaten egg whites; or the oven was too hot at the beginning so cake could not rise to its full height (double original size) or not hot enough to finish baking.

### TO USE CAKE CRUMBS

Use in Brown Betty, Fruit Pies, or Pancakes; in Bunte Schuessel, page 468, or as a Cereal; in Ice Cream or Frozen Puddings, pages 498-502, 505-515, in place of Brown Bread crumbs; on Coffee Cake, sprinkle over dough in place of Streusel; in Pie Shells, page 378.

## BUTTER CAKES

**With Electric Beater:** Softened butter, sugar and eggs, page 418, should be creamed together at high speed. Flour and milk are added alternately and quickly in small amounts, at lowest speed.

**For White Cake:** Fold in beaten egg whites with a wire whisk.

**For Sponge Cakes,** *see* page 434.

### QUICK WHITE CAKE

½ cup butter, softened	1⅔ cups flour
1 cup sugar	2 teaspoons baking powder
2 egg whites, unbeaten	1 teaspoon vanilla
¾ cup milk	⅛ teaspoon salt

Put all ingredients in a bowl and beat vigorously for several minutes until perfectly smooth. Bake in two layers in a moderately hot oven at 350° F. for ½ hour. Spread Caramel Frosting No. 5, page 411, between layers and over top.

#### No. 1

### QUICK PLAIN CAKE

¾ cup sugar	¼ cup melted shortening
1½ cups sifted flour	1 egg, beaten
¼ teaspoon salt	¾ cup milk
2 teaspoons baking powder	1 teaspoon flavoring

Sift dry ingredients. Drop egg into shortening, add milk and flavoring. Combine the two mixtures. Stir. Pour into greased and floured layer cake tins, bake in moderate oven, 350° F., about 20 minutes. Or bake in shallow tin, frost, mark into squares.

#### No. 2

1¾ cups flour	½ cup and 1 tablespoon milk
½ cup softened butter	¼ teaspoon salt
1 cup sugar	1 teaspoon vanilla
2 eggs	1 tablespoon baking powder

Mix; beat all together except baking powder, until light and smooth. Fold in baking powder quickly. Bake in two layers, 20 minutes, 375° F.

**MOCK ANGEL CAKE**

$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups cake flour	$\frac{1}{2}$ cup cold water or milk
2 teaspoons baking powder	1 teaspoon vanilla
$\frac{1}{4}$ cup softened butter	Whites of 2 eggs

Sift flour once, measure, then sift flour, sugar, salt and baking powder together 4 times. Place in mixing bowl. Break eggs in measuring cup, fill to  $\frac{1}{2}$  full with softened (not melted) butter; fill to top of cup with cold water. Add vanilla. Pour this into the flour mixture and beat hard until very smooth—turn into small ungreased angel cake pan; place in slow oven, 300° F., and bake until firm. Invert pan; when cool, cut out.

**QUICK COCOA CAKE**

6 tablespoons cocoa	1 teaspoon baking powder
2 cups flour	$\frac{1}{8}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	2 eggs
1 teaspoon soda	$\frac{3}{4}$ cup butter, melted
	1 cup cold water

Sift first six ingredients into mixing bowl. Add the rest, but do not stir until all ingredients are in. Then beat well. Bake in two layers, moderate oven (350° F.) for 40 minutes. Use Chocolate Butter Frosting No. 1 or Mocha Icing, page 409, between and on top.

**QUICK CHOCOLATE CAKE (Spanish Bun)**

2 oz. chocolate	2 teaspoons baking powder
$\frac{1}{2}$ cup butter	2 eggs
1 cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup milk	1 teaspoon cinnamon
$\frac{3}{4}$ cup flour	$\frac{1}{4}$ teaspoon cloves

Melt chocolate and butter over slow fire, put in mixing bowl. Add sugar, milk, eggs, vanilla, flour sifted with the baking powder. Do not stir until all ingredients are in, then beat hard for several minutes until smooth. Bake in two layers in a moderately hot oven (400° F.) from 15 to 20 minutes. Fill and frost with Chocolate Filling No. 3, page 413. If desired, cinnamon and cloves may be omitted.

**QUICK DATE CAKE**

$\frac{1}{3}$ cup soft butter	3 teaspoons baking powder
$1\frac{1}{3}$ cups brown sugar	$\frac{1}{2}$ teaspoon cinnamon
2 eggs	$\frac{1}{2}$ teaspoon grated nutmeg
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ lb. dates stoned, figs or
$1\frac{3}{4}$ cups flour	raisins, finely chopped

Put all ingredients in a bowl together and beat thoroughly for 3 or 4 minutes. Bake, in loaf pan lined with oiled paper, 35 to 40 minutes, 325° F. Do not stir until all ingredients are in.

**CHEAP CAKE**

2 to 4 tablespoons butter	2 cups flour
1 cup sugar	3 teaspoons baking powder
1 egg	½ teaspoon vanilla
¾ cup water or milk	or grated rind of ½ lemon

Cream the butter, add the sugar gradually, then the egg, and beat well. Add the water alternately with the flour and baking powder sifted 3 times. Beat all together thoroughly and bake in a moderate oven at 350° F., as a loaf or layer cake.

Or, follow this recipe, using 2 eggs and 2½ cups flour.

**CHEAP COCOA CAKE**

1 cup sugar	1 cup sour milk
2 tablespoons butter	1 teaspoon soda
3 tablespoons cocoa	½ teaspoon baking powder
1 egg	2 cups flour, scant

Cream butter and sugar with the cocoa, add the egg and add flour mixed with baking powder, alternately, with the milk mixed with the soda. Bake in 2 layers in a moderate oven, 350° F., put Chocolate Butter Frosting, page 409, between layers and on top.

**GINGERBREAD**

1 egg	1 teaspoon spices (cinnamon and clove)
1 cup sugar	2 teaspoons soda
1 cup molasses	3 cups flour
1 cup sour or buttermilk	½ cup currants
½ cup shortening	or 1 quart blueberries
2 teaspoons ginger	

Mix soda and sour milk and add to molasses. Cream butter, add sugar, then the egg; sift remaining dry ingredients. Combine mixtures, add currants or blueberries rolled in some of the flour. Pour into buttered shallow pans and bake in a moderately hot oven, 350° F., 30 to 45 minutes. Cover with whipped cream, if desired.

**SUGAR GINGERBREAD**

¼ cup butter	¼ teaspoon soda
1 cup sugar	½ teaspoon cream of tartar
1 egg	¼ teaspoon cinnamon
½ cup milk	¼ teaspoon ginger
1½ cups flour	⅛ teaspoon nutmeg

Cream butter and sugar, add egg. Sift dry ingredients, and combine the two mixtures, stirring in the milk. Bake in shallow pan in a hot oven, 375° F. Sprinkle top with sugar.

**CHECKER BOARD CAKE**

Make Plain Cake Batter, page 424, and Devil's Food, page 428. Use checker board tins, following directions which accompany same.



**No. 1 BAKING POWDER BUNDT KUCHEN**

½ cup butter	1 teaspoon vanilla
1 cup sugar	1 cup milk
4 eggs	2¼ cups flour
Rind of ½ lemon and ½ orange	2 teaspoons baking powder
10 blanched almonds or raisins	

Cream butter and sugar well together, add eggs, one at a time, beating constantly, add flavoring. Mix flour and baking powder and stir in alternately with the milk. Place almonds or raisins in the bottom of a well greased bundt form (a deep, round, fluted cake pan with tube in center). Pour in the cake mixture and bake ¾ hour or until done, in a moderate oven, 350° F.

**No. 2**

1 cup butter	1 tablespoon rum
1½ cups sugar	1 teaspoon vanilla
7 eggs, separated	¾ cup milk
Rind of lemon and orange	5 cups flour
Juice of ½ orange	4 teaspoons baking powder
10 blanched almonds	

Follow directions for Baking Powder Bundt Kuchen No. 1, above.

**No. 3**

3 cups cake flour	4 eggs
2½ teaspoons baking powder	1 cup milk
2 cups granulated sugar	Rind of lemon and orange
1 cup butter, cut into pieces	1 teaspoon vanilla

Sift cake flour, measure. Mix first four ingredients together with knife or pastry blender until crumbly. Then add 4 eggs, one at a time, and beat well after each addition; then add milk, lemon and orange rind and vanilla. Pour into a well buttered tube form and bake in moderate oven (350° F.) for about 1 hour. Leave in pan till cold, about 1 hour.

**MARASCHINO CHERRY CAKE**

1 cup butter (½ lb.)	¼ lb. walnuts or pecans, pieces
4 eggs, separated	2 cups sugar
2 5-oz. bottles Maraschino cherries	1 teaspoon baking soda
	2 teaspoons baking powder
3¼ cups flour	

Pour cherry juice into cup and fill with milk to measure 1 cup. Sift ¼ cup flour over cut up cherries and nuts. Cream butter and sugar well, adding yolks one at a time, beating well. Add cherries and nuts. Sift baking powder, baking soda and 3 cups flour and add alternately with liquid to butter mixture. Fold in beaten egg whites. Bake in greased tube form 1 hour at 350° F.

**RAISED BAKING POWDER COFFEE CAKE**

2 cups sifted flour	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ ounce compressed yeast
3 teaspoons baking powder	1 egg, beaten
$\frac{3}{4}$ teaspoon salt	$\frac{1}{4}$ cup butter

Sift dry ingredients twice. Cut in butter with fork until fine as cornmeal. Dissolve yeast in lukewarm milk, add egg, combine with flour mixture. Beat well. Let stand in shallow pan  $\frac{1}{2}$  hour. Cover with Streusel for Coffee Cake, page 392. Bake at 375° F. 30 to 40 minutes.

**No. 1 BAKING POWDER (BUFFETEN) KUCHEN**

1 $\frac{1}{2}$ cups sugar	2 $\frac{1}{4}$ cups flour
$\frac{1}{4}$ cup butter	4 teaspoons baking powder
2 eggs, separated	Grated rind of 1 lemon
1 cup milk	Chopped or sliced almonds

Cream butter and sugar, add yolks of eggs and the lemon rind, stirring constantly. Mix flour and baking powder, add to the butter mixture, alternately with the milk and lastly stir in the stiffly beaten whites of eggs. Place in large, well greased shallow coffee cake tins, sprinkle with sugar, cinnamon and a few almonds, sliced fine or chopped. Bake in a moderate oven, 350° F., about  $\frac{1}{2}$  hour.

**No. 2—Plain Cake (Baking Powder Coffee Kuchen)**

$\frac{1}{4}$ cup butter	2 teaspoons baking powder
1 cup sugar	$\frac{1}{8}$ teaspoon nutmeg
2 eggs, separated	or $\frac{1}{2}$ teaspoon flavoring
1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk

Mix and sift flour and baking powder. Cream butter and sugar, add beaten yolks, then flour mixture and milk alternately, flavoring and beaten whites last. Pour into well-greased oblong tin, brush with melted butter, sprinkle with sugar, cinnamon and shaved almonds. Bake in moderate oven at 350° F. or bake in layers.

**LADY BALTIMORE CAKE**

Follow directions for White Cake, below, bake in two layers. Put layers together with Filling for White Cakes Nos. 1 or 2, page 416. Cover the whole cake with Boiled Frosting, page 409.

**No. 1 WHITE CAKE**

$\frac{1}{2}$ cup butter	3 whites of eggs
1 cup sifted sugar	$\frac{2}{3}$ cup milk
2 cups cake flour	$\frac{1}{2}$ teaspoon almond extract
3 teaspoons baking powder	Grated rind of lemon

Cream butter, add sugar and continue beating. Sift flour once, measure, sift with baking powder 3 times, add alternately to the butter mixture with the milk, beat thoroughly until smooth, add flavoring. Fold in very carefully the whites of eggs, beaten light but not dry. Butter and flour a pan 12 x 8 inches. Put the batter into the

pan and let bake thoroughly at moderate heat (350° F.) about one hour. Or bake in 9-inch layer pan at 375° F., 25 to 30 minutes.

**No. 2****WHITE CAKE**

3 cups cake flour	1½ cups sugar
½ cup butter	½ teaspoon vanilla extract
3½ teaspoons baking powder	4 egg whites, stiffly beaten
½ cup milk and ½ cup water, mixed	

Sift flour once, measure; add baking powder and sift together three times; cut butter into small pieces and blend with flour with pastry blender; add milk and water mixture, sugar, flavoring and beat until smooth. Fold in egg whites and bake in shallow, oblong pan in moderate oven (375° F.) from 25 to 30 minutes. Spread with Caramel Frosting No. 5, page 411, or cover with whipped cream and cocoanut.

**No. 3**

2½ cups sifted cake flour	1½ cups sifted sugar
3 teaspoons baking powder	½ cup milk or orange juice
¼ teaspoon cream of tartar	1 teaspoon vanilla
½ cup butter or other shortening	6 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and cream of tartar and sift three times. Cream butter thoroughly, add sugar gradually, creaming together until light and fluffy. Add flour mixture alternately with milk or orange juice, a small amount at a time, beginning and ending with the flour. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) for 30 minutes. Put layers together with Filling, page 416; cover top and sides with Boiled Frosting, page 409.

**BLITZ KUCHEN**

1 cup butter	2 cups flour
1 cup sugar	2 teaspoons baking powder
4 eggs, unbeaten	Grated rind of lemon

Cream butter and sugar, add lemon rind or vanilla, the eggs, one at a time, beating well, then flour and baking powder mixed. Stir well, bake in a buttered oblong shallow pan, in a moderate oven ½ hour (350° F.) until well done and browned. Spread with a little of the unbeaten white of egg, cover with Streusel, page 392.

**HICKORY NUT CAKE**

½ cup butter	1½ cups flour
1 cup sugar	¾ cups chopped hickory meats
3 egg whites, beaten stiff	1 teaspoon cream of tartar
½ cup milk	½ teaspoon soda

Cream butter and sugar, add milk and flour, alternately; add eggs and nuts and beat until smooth; then sprinkle over cream of tartar and the soda dissolved in 1 teaspoon milk. Beat and place in greased and floured loaf pan and bake in a moderate oven, 350° F.

**COCOANUT LAYER CAKE**

Follow recipe for White Cake, page 424. Place in two layer cake pan well greased. Bake in moderate oven at 375° F., ½ hour. Spread Seven-Minute Frosting, page 410, between layers and over top sprinkle generously with canned or fresh grated cocoanut.

**DELICATE COCOANUT CAKE**

1 cup sugar	⅔ cup milk
¼ cup butter	½ teaspoon salt
3 egg whites	2 cups cake flour
½ teaspoon almond flavoring	3 teaspoons baking powder
½ teaspoon lemon flavoring	½ cup cocoanut

Cream together the sugar and butter and add the flavoring. Sift together the dry ingredients and add them alternately with the milk to the first mixture. Fold in the egg whites, beaten stiff; add the cocoanut. Stir well. Place in a well-oiled pan; sprinkle with shredded cocoanut and a few chopped almonds, if convenient, and bake for 45 minutes in a moderate oven, 350° F.

**PECAN CAKE**

½ cup butter	1 ½ cups cake flour
1 cup medium brown sugar	2 teaspoons baking powder
2 eggs, separated	¼ teaspoon salt
¾ cup chopped pecans	¾ cup milk
	1 teaspoon vanilla

Cream butter and sugar until light and fluffy. Add yolks one at a time, beating well. Then stir in nuts and flour sifted and mixed with baking powder and salt, alternately, with the milk. Add vanilla and fold in stiffly beaten egg whites. Bake in layers in moderate oven, 350° F., for about 20 minutes. Fill and frost with Caramel Frosting No. 1, page 411.

**CARAMEL LAYER CAKE**

Bake White Cake, page 424, in two layers. Put Caramel Frosting, page 411, between layers and over top.

**CARAMEL CAKE**

½ cup butter	1 teaspoon vanilla
1 ½ cups sugar	3 tablespoons caramel syrup
2 yolks, beaten	2 teaspoons baking powder
1 cup water	2 egg whites, beaten stiff
	2 ½ cups flour

Make Caramel Syrup, page 406. Cream butter and sugar well, add yolks, beat thoroughly. Add 2 cups flour alternately with the water, beat very well about 5 minutes, then add vanilla, caramel syrup, the remaining ½ cup flour with the baking powder, and lastly fold in the beaten whites. Bake in two greased and floured layer tins in a mod-

erate oven, 350° F., 20 minutes. Put Caramel Frosting No. 3, page 411, between layers and on top of cake.

### MARASCHINO CHERRY CHOCOLATE CAKE

1 cup sugar	1 oz. chocolate, melted
½ cup butter	½ cup broken nut meats
1 cup sour milk or cream	1½ cups flour
1 egg, well beaten	1 teaspoon soda

5-oz. bottle maraschino cherries and juice

Sift flour and soda. Cream butter well, add sugar and continue stirring. Add egg, melted chocolate, nuts, cherries, stirring after each, then add flour mixture and milk alternately. Bake in greased and floured oblong pan (9½" x 12") at 375° F. for ½ hour. Frost with Chocolate Frosting, page 409.

### MAPLE CAKE

½ cup butter	½ cup milk
¾ cup sugar	2½ cups cake flour
2 eggs, beaten light	2½ teaspoons baking powder
¾ cup maple syrup	⅔ teaspoon (scant) soda

Cream butter and sugar, add the whole eggs, beaten, the syrup, and, alternately, the milk and flour sifted with the baking powder, soda and ½ teaspoon ginger, if desired. Bake in a tube pan about 50 minutes, 350° F. Cover with Maple Frosting, page 411.

### GOLD CAKE

½ cup shortening	3 teaspoons baking powder
1 cup sugar	4 yolks of eggs
2 cups cake flour	½ cup milk

Cream butter well, add sugar, continue beating, add yolks beaten until light with Dover beater, add 1 teaspoon vanilla, mix thoroughly, then add milk alternately with the flour and baking powder mixed. Beat, place in greased and floured pan, bake in moderate oven, 350° F., 35 to 45 minutes. Bake in loaf or layers.

### MARBLE CAKE

¾ cup butter	4 teaspoons baking powder
2 cups sugar	¼ lb. chocolate, grated
4 eggs	1 teaspoon cinnamon
1 cup milk	½ teaspoon cloves
3 cups cake flour	½ teaspoon vanilla

Cream butter, add sugar and stir well, add eggs, one at a time, beating all the time, then add the flour mixed with the baking powder, and the milk alternately and stir until smooth. Put ⅓ of the dough in another bowl, mixing well with chocolate, spices and flavoring.

Into a greased tube pan, place alternate layers of white and dark dough. Bake 45 minutes in moderate oven, 350° F.

**POPPY SEED CAKE**

$\frac{3}{4}$ cup poppy seed	$\frac{3}{4}$ cup butter
$\frac{3}{4}$ cup milk	3 cups flour
1 $\frac{1}{2}$ cups granulated sugar	2 teaspoons baking powder
4 egg whites	

Soak poppy seed in milk for 2 hours. Cream sugar and butter thoroughly; then add poppy seed mixture and cream again; then add flour mixed and sifted with baking powder and egg whites, beaten stiff. Bake in three layers in moderate oven about 25 minutes. For Filling, see page 417. Cover with Chocolate Butter Frosting, page 409, or Caramel Frosting, page 411.

**SPICE CAKE**

2 cups sugar	3 teaspoons baking powder
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon each, clove, cinnamon and ginger
3 eggs	$\frac{2}{3}$ cup currants or raisins
1 cup cream	$\frac{1}{2}$ cup walnut meats, chopped
2 $\frac{1}{2}$ cups flour	

Cream the butter and sugar, add the eggs, one at a time. Mix 2 cups flour, baking powder and spices, adding the cream and the flour mixture alternately, and raisins and nuts rolled in rest of flour. Bake in moderate oven, 350° F., in well greased pan, 8 x 8 x 2 inches.

**No. 1****DEVIL'S FOOD CAKE****Part 1**

1 cup sugar  
 $\frac{1}{2}$  cup milk  
 4 oz. (squares) chocolate  
 1 egg yolk, beaten  
 1 teaspoon vanilla

**Part 2**

$\frac{1}{2}$  cup butter  
 1 cup sugar  
 2 whole eggs  
 $\frac{1}{2}$  cup milk  
 2 cups flour

2 teaspoons baking powder

Put first three ingredients in double boiler, cook until melted. Pour gradually onto egg yolk and let cook until it coats the spoon. Cool, add vanilla. Prepare Part 2 as follows: Cream butter and sugar, add eggs, one at a time, flour sifted with baking powder, and milk alternately. Mix well with Part 1, and bake in two layers in moderate oven, 350° F. Fill and frost with Chocolate Butter Frosting, page 409.

**No. 2****Part 1**

2 oz. chocolate  
 3 tablespoons water  
 1  $\frac{1}{4}$  cups sugar  
 $\frac{1}{2}$  cup butter (scant)

**Part 2**

1 cup sour milk or buttermilk  
 1 teaspoon soda  
 1 egg, separated  
 2 scant cups flour

Melt the chocolate, water and sugar in double boiler; when dissolved add the butter. Stir well. Set aside to cool. Mix buttermilk, soda and beaten yolk, add the melted chocolate mixture and then the

flour. Bake in two layers in a moderate oven, reserving the white of egg for the frosting.

### COCOA CAKE

$\frac{3}{4}$ cup cocoa	1 whole egg
$1\frac{3}{4}$ cups sugar	2 cups sifted flour
2 eggs, separated	1 teaspoon baking powder
$\frac{1}{2}$ cup sweet milk	1 teaspoon soda
$\frac{1}{2}$ cup butter	1 cup sour cream

Cook cocoa,  $\frac{3}{4}$  cup sugar, 1 egg yolk and milk until thick. Cool. Cream butter and rest of sugar, add 1 whole egg and 1 egg yolk; mix well. Then add sifted flour, baking powder and soda alternately with sour cream. Add cocoa mixture, vanilla and the two stiffly beaten egg whites. Bake in two layers in a moderate oven, 350° F., 20 to 30 minutes. Fill and frost with Fudge Frosting, page 411.

### CHOCOLATE CAKE

2 cups cake flour	$1\frac{1}{4}$ cups water
2 cups sugar	4 oz. chocolate
$\frac{1}{8}$ teaspoon salt	3 eggs
$\frac{1}{2}$ cup butter	1 teaspoon vanilla
	2 teaspoons baking powder

Sift flour, sugar and salt, add butter, mixing with finger tips or pastry blender to the consistency of corn meal. Boil water and chocolate. Cool and add to butter mixture. Beat very well. Place in refrigerator over night. In the morning add eggs, well beaten, vanilla and lastly the baking powder. Bake in 9-inch layer tins, at 325° F., from 35 to 40 minutes. Cover with Chocolate Butter Frosting, page 409.

### FUDGE CAKE

$\frac{1}{2}$ cup butter ( $\frac{1}{4}$ lb.)	$1\frac{3}{4}$ cups cake flour
$1\frac{1}{2}$ cups sugar	1 teaspoon baking powder
2 eggs	3 oz. chocolate, melted
1 cup milk	1 teaspoon soda
$2\frac{1}{2}$ tablespoons vinegar	1 teaspoon salt

Sift flour, baking powder, soda and salt. Cream butter, add sugar gradually and continue creaming. Add eggs one at a time and beat until fluffy. Add vinegar. Add the flour mixture alternately with the milk, and last the melted chocolate. Bake in layers in moderate oven at 350° F. for about 45 minutes. Fill and frost with Whipped Chocolate Frosting, page 408.

### BANANA CAKE

$1\frac{1}{4}$ cups sugar	4 tablespoons sour cream
$\frac{1}{2}$ cup butter	1 cup banana pulp, mashed
2 eggs	$1\frac{1}{2}$ cups pastry flour
1 teaspoon soda	1 teaspoon vanilla

Cream butter and sugar, add eggs, beaten very light, and the soda, dissolved in the sour cream. Beat well; then add the bananas, pastry

flour,  $\frac{1}{4}$  teaspoon salt and vanilla. Mix well. Bake in well buttered oblong pan, in moderate oven. Frost with Lemon Butter Frosting, page 408, or use Coffee Frosting, page 409.

### APPLE SAUCE CAKE

$\frac{1}{2}$ cup butter	1 cup raisins, chopped
1 cup sugar	$\frac{1}{2}$ teaspoon cinnamon
1 egg	$\frac{1}{4}$ teaspoon cloves
1 cup dates (sliced fine)	1 teaspoon vanilla
$1\frac{1}{2}$ cups apple sauce	2 cups flour
1 cup nuts, chopped coarse	2 teaspoons soda

Cream butter and sugar, add egg, well beaten and the vanilla and add the rest of the ingredients mixed. Turn into a well buttered loaf pan, bake in moderate oven 1 hour, 350° F.

### BUTTERMILK CAKE

2 cups cake flour	1 cup buttermilk
2 teaspoons baking powder	$\frac{1}{2}$ cup shortening
$\frac{2}{3}$ teaspoon salt	$1\frac{1}{8}$ cups sugar
$\frac{2}{3}$ teaspoon soda	2 eggs, separated
	$1\frac{1}{2}$ teaspoons vanilla

Sift flour. Add salt and baking powder and sift again. Add soda to buttermilk and allow to stand while cake is being mixed. Cream shortening, add sugar and cream until fluffy. Add yolks, well beaten, and vanilla. Alternate the flour mixture and the buttermilk, continue beating. Then fold in the egg whites beaten stiff. Pour into 2 greased 9-inch layer cake tins. Bake at 350° F. about 30 minutes. Frost with Caramel Frosting, page 411.

### PINEAPPLE CAKE

$\frac{1}{2}$ cup butter	1 cup crushed pineapple (just as it comes from the can)
$1\frac{1}{2}$ cups sugar	$2\frac{1}{2}$ cups cake flour
1 teaspoon vanilla	3 teaspoons baking powder
$\frac{1}{8}$ teaspoon salt	$\frac{1}{4}$ cup water
3 egg whites	

Cream butter and sugar. Add vanilla and crushed pineapple; then add gradually, 2 cups flour alternately with  $\frac{1}{4}$  cup of water; then add remaining flour with baking powder and salt, and stir only until smooth. Fold in the egg whites, beaten stiff, and place in two 8-inch layer cake pans. Bake in moderate oven, 350° F., for 25 or 30 minutes. Cool and ice with any white boiled icing, piling it generously.

### PINEAPPLE WHEEL CAKE

1 large can sliced pineapple	1 cup sugar
$\frac{1}{4}$ cup butter	1 cup flour
2 cups brown sugar	1 teaspoon baking powder
4 eggs, separated	1 cup whipping cream

Melt butter in iron skillet; cover with brown sugar, spreading it



evenly. Place 1 slice of the cored pineapple in center on top of sugar; cut rest of the slices in half, crosswise; arrange these in a circle around the center slice like the spokes of a wheel, rounded edges facing one way. Fill spaces with walnut meats and candied cherries. Cover with Sponge Cake Batter of 4 eggs, 1 cup sugar, 1 cup flour, and 1 teaspoon baking powder. Bake in moderate oven until firm. Turn upside down. Serve cold with whipped cream.

### CARAMEL UPSIDE DOWN CAKE

2 tablespoons butter ½ cup nut meats, chopped  
 1 cup brown sugar Plain Cake batter, page 424

Follow recipe above. Then cover with Plain Cake Batter and bake in a moderate oven, 350° F. When done invert onto a cake plate.

### APRICOT UPSIDE DOWN CAKE

1 can apricots Butter or Sponge Cake  
 1 cup brown sugar 1 cup fruit juice

Drain the fruit. Heat 1 cup of the juice in an iron skillet, add sugar. Stir until dissolved. Let cook to a syrup (about 5 minutes). When cool, arrange apricot halves, hollow side up, on the syrup and cover with Plain Cake batter, page 424, or Sponge Cake batter, page 434. Bake about ½ hour in moderate oven. When done, turn onto cake plate upside down. Serve plain or with whipped cream as a dessert. May be made with canned peaches, pineapple, or cooked, dried fruit.

### PRUNE CAKE

1 cup sugar 1 teaspoon soda and  
 ½ cup butter 2 teaspoons baking powder  
 2 eggs 1½ tablespoons cornstarch  
 ¾ cup thick, sour cream 1 cup stewed prune pulp  
 1½ cups flour 2 tablespoons prune juice

1 teaspoon each, cinnamon and cloves

Cream butter and sugar well together, add eggs. Mix dry ingredients, combine the two mixtures, adding prune juice and pulp. Bake in two layers in a moderate oven, 350° F., for 25 minutes. Spread Cream Cheese Filling, page 408, between layers and over top.

### DATE AND WALNUT LAYER CAKE

2 tablespoons butter 1 cup hot water  
 1 cup sugar 1 teaspoon soda  
 1 egg 1½ cups flour (scant)  
 ¾ lb. dates ½ lb. walnut meats

Stone dates and cut small. Soak in hot water, let cool. Cream butter and sugar, add egg and ¼ teaspoon salt. Add dates and stir; sift flour and soda, add walnuts. Mix all together, beat well. Bake in two layers in moderate oven, 350° F., 40 minutes. Serve with sweetened whipped cream.

**Date Cake:** Use two eggs and ½ cup butter. Omit nuts.

**No. 1 GRAHAM CRACKER CAKE**

2 tablespoons butter	1 cup milk
1 cup sugar	2 cups graham cracker crumbs
4 eggs, separated	2 teaspoons baking powder
½ cup shredded cocoanut	1 teaspoon vanilla

Cream butter and sugar, add yolks of eggs well beaten and milk alternately, with cocoanut, baking powder, and crackers rolled fine. Fold in stiffly beaten whites of eggs. Bake in two layers in a moderate oven, 350° F. Put Butter Frosting No. 1, page 408, between and on top of cake, using lemon flavor, sprinkle with cocoanut.

**No. 2**

½ cup butter	½ cup flour
1 cup sugar	2 teaspoons baking powder
3 eggs, separated	1 teaspoon vanilla
1 cup milk	½ lb. graham crackers

Cream butter and sugar, add yolks one at a time and beat well. Mix flour, baking powder and finely ground crackers, adding alternately with the milk to the first mixture. Add vanilla, then fold in stiffly beaten egg whites. Bake in two layers in moderate oven. Fill with Nut Filling No. 3, page 414, to which the grated rind and juice of ½ lemon have been added. Frost with Butter Frosting No. 3, page 409.

**SAND TORTE**

6 eggs, separated	1 cup cornstarch
1 cup sugar	1 cup flour
1 cup fresh washed butter	½ lemon juice and rind
2 teaspoons baking powder	1½ tablespoons rum or brandy

Have all ingredients the same temperature. Cream butter and sugar very well, add beaten yolks. Mix flour, cornstarch and baking powder; add to the mixture with the lemon juice; fold the stiffly beaten whites well into the batter. Bake in a greased cake pan with center tube for 45 minutes at 350° F.

**POUND CAKE**

1 lb. cake flour	1 lb. eggs in shell (about 9-10)
1 lb. butter	2 tablespoons vanilla extract
1 lb. sugar	or brandy

Sift flour once. Measure and sift 4 times. Cream butter well, add sugar gradually and cream until light and fluffy. Add eggs, two at a time and beat well after each addition. Add flavoring. Add flour gradually and beat until smooth. Line three loaf pans with oiled paper or with paper brushed with butter. Pour mixture into pans and bake at 300° F. about 1 hour and 15 minutes.

**BROWN SUGAR LOAF CAKE**

½ cup butter	½ teaspoon soda or 3 tea-
2 cups light brown sugar	spoons baking powder
4 eggs, yolks	1 teaspoon cinnamon
1 egg, white	1 teaspoon vanilla
2⅔ cups cake flour	¾ cup chopped walnuts
1 cup milk, sweet or sour	

Cream the butter and the sugar. Add the yolks one at a time, then the egg white. Beat well. Mix the dry ingredients, using soda with sour milk or baking powder with sweet milk. Add alternately with the milk. Sprinkle nuts with some of the flour, add ½ teaspoon cloves and a little salt and fold in last. If dough is too thick, add 2 tablespoons water. Bake in loaf 45 minutes at 350° F.

**DATE AND WALNUT LOAF CAKE**

1 lb. stoned dates	4 teaspoons baking powder
1 lb. English walnut meats	1 cup granulated sugar
1 cup cake flour	4 eggs, separated
½ teaspoon salt	1 teaspoon vanilla

Stone dates, then weigh. Leave dates and nuts whole, place in mixing bowl, sift over them, each separately, the flour, salt, and baking powder, sifted 3 times. Mix carefully, add sugar and mix again. Beat yolks until light and thick, add vanilla and stir evenly through the cake mixture. Add the stiffly beaten whites. Fold over and over until all is well blended. Bake in a shallow pan, lined with buttered paper in a moderately slow oven, 325° F., 1 hour.

**FRUIT OR WEDDING CAKE**

2 cups (1 lb.) brown sugar	2 teaspoons cinnamon
2 cups (1 lb.) butter	1 teaspoon ground cloves
4 cups (1 lb.) flour	½ lb. almonds, blanched
12 eggs, beaten separately	½ lb. pecans, unbroken
1 teaspoon soda	2 lbs. seeded raisins
1 teaspoon grated nutmeg	1 lb. sultana raisins
¼ lb. each candied orange, lem-	1 lb. each dates and figs
on rind and citron, cut fine	1 lb. candied pineapple rings
½ cup molasses	1 lb. candied cherries
½ cup fruit juice, wine, rum, or brandy	

Cut each ring of pineapple in 2 slices, then in half crosswise. Remove stem end from figs, cut in half lengthwise. Stone and cut dates. Mix with 1 cup of flour. Mix the rest of the flour with soda and spices. Cream butter, add sugar, then the well beaten egg yolks and stir well. Add the flour mixture alternately with the liquids. Gently fold in the beaten whites, then the dates and gradually the raisins. Line 4 bread pans with waxed paper. Put in a layer of batter, add a layer of pine-

apple down center, fill spaces and sides lightly with citron, orange, lemon, cherries and nuts; another layer of batter, then a layer of figs, the rest of the fruit and nuts and top with remaining batter. Have pans  $\frac{2}{3}$  full. Set pans in oven,  $300^{\circ}$  F., in pan filled with 1 inch hot water. Bake  $\frac{1}{2}$  hour, cover with paper, bake 2 hours longer, remove from water and bake  $\frac{1}{2}$  hour more in a slow oven. Remove from pans. Remove paper. Wrap in fresh waxed paper. Store in tightly covered tin box.

Or bake in a very slow oven 4 or 5 hours (from  $200^{\circ}$  F. to  $250^{\circ}$  F.).

### WHITE FRUIT CAKE

$\frac{2}{3}$ cup butter	$1\frac{1}{4}$ cups powdered sugar
$1\frac{3}{4}$ cups sifted flour	$\frac{2}{3}$ cup candied cherries
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup candied pineapple
2 tablespoons lemon juice	$\frac{1}{3}$ cup blanched pistachio nuts
6 egg whites, beaten stiff	$\frac{1}{2}$ cup sultana raisins

Cream butter well, gradually add  $1\frac{3}{4}$  cups flour mixed with soda. Sift sugar into beaten whites, combine the two mixtures, add lemon juice, fruit and nuts, cut fine and sprinkled with flour. Stir well and bake in loaf pan lined with buttered paper, 1 hour at  $325^{\circ}$  F.

## SPONGE CAKES

### GENERAL RULES

Sponge Cakes contain no butter and are made rich with eggs. Beat yolks until thick and lemon colored, the whites until stiff enough to hold up in peaks, but still shiny. Use cake flour. Sift once, measure, sift four or more times. Ingredients should be at room temperature.

**With Electric Beater:** Beat egg whites at high speed until stiff enough to form peaks but are still shiny. Add sugar in small amounts, slowly, at medium speed and when blended remove beater. Fold in flour gently, sifting  $\frac{1}{4}$  cup at a time over top. To make a light, tender cake avoid *overbeating*.

Bake delicate sponge cakes in ungreased patent pans in slow oven. When baked, invert pans and let stand until cool. Layer cakes or jelly rolls are baked in greased tins.

#### No. 1

#### SPONGE CAKE

Yolks of 2 eggs	Whites of 2 eggs
1 cup sugar, scant	1 cup flour
$\frac{3}{8}$ cup hot water	$1\frac{1}{2}$ teaspoons baking powder
$\frac{1}{4}$ teaspoon lemon juice	$\frac{1}{4}$ teaspoon salt

Beat yolks until thick and lemon colored, add half the sugar gradually add water and lemon juice and beat. Whip egg whites until stiff but not dry; adding remaining sugar, gradually. Combine mixtures. Fold in flour mixed and sifted with baking powder and salt. Bake in layers 35 minutes in a moderate oven,  $325^{\circ}$  F.

**No. 2**

4 eggs, separated	1½ cups flour
1 cup sugar, sifted	3 teaspoons baking powder
¾ cup water	1 teaspoon vanilla

Sift baking powder with ½ cup of the flour. Beat yolks until light and thick, add sugar gradually and continue beating. Add flavoring, the water and the cup of flour alternately, then the baking powder mixture and lastly fold in the stiffly beaten whites of eggs. Place in ungreased tube pan in moderate oven (325° F.) and bake from 40-50 minutes. Invert pan; when cool, remove cake.

**No. 3—Hot Water**

4 eggs	1 teaspoon almond extract
1½ cups sugar	2 cups flour
½ teaspoon salt	3 teaspoons baking powder
	¾ cup boiling water

Beat eggs, adding sugar gradually until very light and smooth. Add salt and flavoring. Fold in sifted flour and baking powder and add boiling water. Mix lightly, but thoroughly, but do not beat. Pour into an ungreased tube pan, place at once in a moderate oven (350° F.) and bake about 50 minutes.

**No. 1****SUNSHINE CAKE**

6 eggs, separated	1 cup cake flour
A pinch of salt added to the eggs before beating	1 cup sugar
⅓ teaspoon cream of tartar	1 lemon, grated rind
	1 teaspoon vanilla

Sift flour, measure; then sift 4 times. Measure and sift sugar. Beat yolks with rotary egg beater until light colored and thick; gradually beat in one-half of the sugar and the lemon rind and vanilla. Beat whites with wire whip until frothy, add cream of tartar. Beat until stiff enough to hold up in peaks but not dry. Fold in remaining sugar. Cut and fold some of white mixture into yolk mixture; fold and cut in the flour and salt; then the rest of the white mixture. Place in an ungreased pan with center tube. Bake about 1 hour, 325° F. Invert pan. When cool, remove cake.

**No. 2**

6 eggs, separated	½ teaspoon lemon extract
¼ cup water	1 cup flour
1 cup sugar	½ teaspoon cream of tartar
	½ teaspoon vanilla

Beat yolks, water, sugar and flavoring with rotary beater for 10 minutes until very light, fold in flour. Add a little salt to egg whites, beat until foamy, add cream of tartar, beat until stiff enough to hold

up in peaks, but not dry, then fold carefully into other mixture. Place in ungreased angel food pan in slow oven; bake 1 hour at 325° F. Invert pan; when cool, remove.

### IMPERIAL SUNSHINE CAKE

1½ cups sugar	1 cup flour
½ cup water	½ teaspoon cream of tartar
6 eggs, beaten separately	1 teaspoon flavoring

Place sugar in saucepan, add water and boil until it threads when dropped from the end of a spoon. Pour gradually in a fine stream on the stiffly beaten whites of eggs, beating until cool. Then add the yolks well beaten. Sift flour with the cream of tartar, fold in gradually and place in a large ungreased patent tube pan and bake about 50 minutes in a moderately slow oven, 325° F. Invert to cool, remove from pan.

### ORANGE SUNSHINE CAKE

Grated rind 1 orange	1 egg white
¼ cup sugar	Juice 2 oranges

#### Sunshine Cake

Mix sugar, rind and orange juice; add to egg white beaten stiff. Pour over any sunshine or sponge cake. Let stand in cool place over night.

### ORANGE PUFF CAKE

6 eggs, separated	2 teaspoons baking powder
2 cups sugar	½ cup orange juice
2 cups cake flour	½ cup boiling water

Grated rind of 1 orange

Beat yolks well, add 1 cup sugar and continue beating. Add orange juice, then water, the flour mixed and sifted with baking powder. Beat egg whites with a flat beater, gradually add the sugar and beat until stiff, then add yolk mixture. Fill a large size Angel Cake form (10-inch) ¾ full of batter. (Remaining batter baked in a layer tin can be used for jelly roll or as desired.) Bake at 325° F. for 20 minutes, then increase heat to 350° F. Baking time 1¼ hours.

**Icing**—2 tablespoons butter, creamed with 1 cup powdered sugar, to which ⅓ cup of orange juice and rind of half orange has been added.

### ORANGE CAKE

5 eggs, yolks	2 cups flour
1½ cups sugar	2 teaspoons baking powder
Juice of 1 orange	Whites of 3 eggs
Grated rind of orange	½ cup hot water

Beat yolks light, add sugar, beat again. Then add water, orange juice and orange rind and the flour, sifted 3 times, with the baking powder. Lastly, fold in the whites of three eggs, beaten stiff enough to hold up in peaks but not dry. Bake in 3 layers in a moderate oven, 375° F.

Spread Orange Filling No. 2, page 415, between layers and cover with Orange Butter Frosting, page 408.

**GOLDEN SPONGE CAKE**

6 egg yolks	$\frac{1}{2}$ cup boiling water
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ cups cake flour
1 cup sugar	1 teaspoon lemon extract
2 teaspoons baking powder	

Sift flour and sugar several times. Add salt to egg yolks. Beat with rotary egg beater until very light. Gradually add sugar to yolks, beating all the time. Add flavoring. Stir in hot water. Sift in flour and baking powder mixed. Stir well, and at once turn into 2 greased layer cake pans. Bake slowly for  $\frac{1}{2}$  hour,  $325^{\circ}$  F. Place Lemon Custard, page 412, using 2 egg yolks, between layers, and spread Butter Frosting No. 1, page 408, on top; adding 1 extra yolk. Or,  $\frac{1}{2}$  cup black coffee may be substituted for water, and a Mocha Filling used.

**No. 1 ANGEL FOOD CAKE**

$1\frac{1}{2}$ cups egg whites, 12 or 13	$1\frac{3}{4}$ cups granulated sugar,
$1\frac{1}{4}$ teaspoons cream of tartar	measured lightly
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{4}$ teaspoons flavoring
1 cup plus 2 tablespoons cake flour	

Beat egg whites with wire whip. Add cream of tartar and salt when eggs are frothy. Continue beating until a point of the egg whites will stand upright. Gradually beat in one cup of the sugar, which has been sifted twice. Fold in the flavoring. Sift flour once before measuring. Fold in flour gradually, which has been sifted 3 times with remaining  $\frac{3}{4}$  cup of sugar. Pour into dry, ungreased 10-inch tube pan and bake 65 minutes in moderate oven,  $325^{\circ}$  F. Invert pan until cake is entirely cold.

**No. 2**

$1\frac{1}{2}$ cups egg whites	1 teaspoon cream of tartar
$1\frac{1}{4}$ cups granulated sugar	$\frac{1}{4}$ teaspoon salt
1 cup powdered sugar	1 tablespoon lemon juice
$1\frac{1}{4}$ cups cake flour	or vanilla

Mix all the sugar and the flour together and sift seven (7) times. Beat the egg whites (important) not until they stand in peaks or dry, but *only stiff enough to fold*. Add salt to eggs before beating and cream of tartar when foamy. Fold in flour mixture gradually. Add flavoring. Use 10-inch ungreased pan. Heat oven 10 minutes before putting the cake in. Bake about 50 minutes at  $350^{\circ}$  F.

**IMPERIAL ANGEL FOOD CAKE**

Whites of 8 or 9 eggs, or	1 teaspoon cream of tartar
1 cup egg whites	$1\frac{1}{2}$ cups sugar
$\frac{1}{4}$ teaspoon salt	1 cup cake flour
4 tablespoons water	1 teaspoon almond extract

Boil sugar and water together until it threads. Pour gradually in a fine stream on the stiffly beaten whites of eggs, add flavoring and beat

until cool. Mix and sift flour, cream of tartar and salt several times and gradually fold into the egg mixture. Turn into ungreased angel food pan. Place cake in moderately slow oven, 275° F., for the first 30 minutes, then at 325° F. until set and well browned. Press top of cake with finger. If it springs back without leaving a dent, it is done. Invert pan, cool, and remove cake.

**Chocolate Angel Cake:** Use  $\frac{3}{4}$  cup of flour and  $\frac{1}{4}$  cup of cocoa in place of 1 cup of flour in Angel Food Cake, page 437.

**Marble Angel Cake:** Make Plain and Chocolate Angel Food Cakes, page 437. Put by tablespoons in pan, alternating chocolate and plain batters.

**Maple Angel Cake:** Use  $\frac{1}{2}$  teaspoon maple flavoring and  $\frac{1}{2}$  teaspoon vanilla, sprinkle sliced black walnuts through the dough.

**Fruit Angel Cake:** Sprinkle thin slices of fruit and nuts (cherries, pineapple, pistachio, walnuts, pecans) through the batter.

**Mock Angel Cake,** *see* page 421.

### No. 1 POTATO FLOUR CAKE

4 eggs, separated	$\frac{1}{2}$ cup potato flour
1 cup sugar	$\frac{1}{2}$ lemon, rind and juice
	1 teaspoon baking powder

Beat yolks of eggs with rotary beater, add sugar, grated lemon rind and juice, and continue beating. Add whites beaten stiff enough to hold up in peaks but not dry, and lastly fold in flour and baking powder mixed. Bake in moderate oven, 350° F.,  $\frac{1}{2}$  hour.

### No. 2

9 eggs	1 scant cup potato flour
$1\frac{3}{4}$ cups sugar	$\frac{1}{2}$ lemon, rind and juice

Separate the whites and yolks of eggs. Beat the whites of 7 eggs stiff enough to hold up in peaks but not dry. To the well beaten yolks of 9 eggs and the whites of 2, add the sugar and lemon juice. Beat thoroughly, add the potato flour, and beat again. Then fold in the beaten whites very carefully, and bake in a moderate oven, 350° F. Bake 40 to 50 minutes.

### MATZOS SPONGE CAKE

8 eggs, separated	1 cup sifted matzos cake meal
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ lemon, grated rind and juice

Beat yolks until light, add sugar and beat again; then add a pinch of salt, the lemon, then the matzos cake meal and lastly fold in the whites beaten until stiff but not dry. Bake in a moderate oven, 350° F., in spring form 45 minutes, or in two layers.

Good with sweetened strawberries between the layers. Spread whipped cream, flavored and sweetened over top and side.



**MATZOS SPICE SPONGE CAKE**

12 eggs, separated	$\frac{1}{4}$ teaspoon cloves
2 cups sugar	$\frac{1}{3}$ cup wine
$1\frac{1}{2}$ teaspoons cinnamon	$1\frac{1}{2}$ cups matzos cake flour
1 cup chopped, blanched almonds	

Beat egg yolks and sugar until very light; add spices, wine, nuts, and cake meal. Fold in stiffly beaten egg whites. Bake in moderate oven, 325° F., about 1 hour.

**CHOCOLATE LAYER CAKE, SOUR CREAM**

Yolks of 4 eggs	1 teaspoon soda
Whites of 3 eggs	A pinch of salt
$1\frac{1}{3}$ cups sugar	$1\frac{1}{2}$ cups flour
1 cup thick, sour cream	2 squares chocolate

Beat the yolks and the sugar until very light; melt the chocolate in part of the cream, over the fire; let cool and then add it to the rest of the cream. Sift the soda into the flour and add alternately with cream to the yolks and sugar; flavor and cut and fold in the whites beaten stiff but not dry. Bake in two square, shallow pans at 350° F. When cool, put together with Boiled Icing, page 409, or Chocolate Nut Filling, page 413.

**MOCHA LAYER CAKE**

6 eggs, separated	1 tablespoon Mocha essence
1 cup sugar	1 cup flour
1 teaspoon baking powder	

Beat yolks until thick and lemon colored, add sugar gradually and continue beating. Add Mocha essence and the whites beaten until stiff but not dry. When the whites are partially mixed with the yolks, carefully cut and fold in flour, mixed and sifted with the baking powder. Bake in two layers in a moderate oven, 350° F.

**Filling:** Sweetened whipped cream, with 3 tablespoons Mocha essence between layers; ice with Mocha Icing, page 409.

**SOUR CREAM CAKE**

1 cup sugar	1 teaspoon baking powder
2 eggs	$\frac{1}{2}$ teaspoon salt
1 cup sour cream	1 teaspoon lemon flavoring
$\frac{1}{2}$ teaspoon soda	$1\frac{3}{4}$ cups flour

Beat sugar and eggs until very light, add the flavoring. Stir soda in sour cream and add alternately to the egg mixture, with the flour mixed and sifted with the salt and baking powder. Bake in layers or loaf in moderate oven, 350° F., 45 minutes.

**WHIPPED CREAM CAKE**

- |                      |                           |
|----------------------|---------------------------|
| 1 cup whipping cream | 1 teaspoon vanilla        |
| 1 cup sugar          | 1½ cups cake flour        |
| 2 eggs               | 2 teaspoons baking powder |

Whip the cream until slightly thickened but not stiff enough to hold a peak. Fold in the sugar, then the beaten eggs and the vanilla. Add the flour which has been sifted with the baking powder and speck of salt. Mix only until smooth. Place in 2 small layer cake pans or in 1 shallow loaf pan and bake in a moderate oven, 350° to 375° F., 25 minutes. Cool. Fill and frost with Seven-Minute Boiled Icing, page 410, or with 1 cup of heavy cream, whipped, sprinkled with cocoanut.

**CREAM CAKE**

- |                           |                      |
|---------------------------|----------------------|
| ¾ cup sugar               | 2 eggs               |
| 1½ cups sifted flour      | ⅔ cup cream          |
| 2 teaspoons baking powder | 1 teaspoon flavoring |

Sift dry ingredients. Drop eggs into cup, fill to overflowing with cream, stir into flour mixture, add flavoring, beat well. Bake in small greased pan in moderate oven, 350° F., 45 minutes.

Or bake in layers, and spread sweetened whipped cream sprinkled with freshly grated cocoanut between layers and over top.

**SWEDISH LAYER CAKE**

- |                            |                    |
|----------------------------|--------------------|
| 5 whites of eggs           | ¼ cup cocoa        |
| ½ teaspoon cream of tartar | ½ cup flour        |
| 1 cup sugar                | ½ teaspoon vanilla |

Beat eggs until foamy, add cream of tartar, sugar and cocoa and beat until very stiff; add vanilla, fold in flour and bake in 2 shallow buttered pans in moderate oven, 350° F., about 20 minutes. Put Marshmallow Filling, page 414, between and on top. Sprinkle top with chopped pistachio nuts and candied cherries.

**INDIVIDUAL DELICATE CAKES**

- |                      |                            |
|----------------------|----------------------------|
| ½ cup milk           | 1 teaspoon baking powder   |
| 2 tablespoons butter | ¼ teaspoon salt            |
| 1 cup sugar          | ½ teaspoon cream of tartar |
| 1 cup flour          | 4 egg whites               |

Vanilla or almond extract

Heat milk and butter to scalding point. Add sugar and stir until dissolved. Add flour sifted with baking powder and salt and mix thoroughly. Beat egg whites until foamy, add cream of tartar, beat until they stand up in peaks but are not dry. Fold into batter and add flavoring. Pour into greased and floured muffin tins and bake for about 25 minutes at 350° F. When cool, dip each cake into well-beaten currant jelly and roll in cocoanut, or frost with Cocoanut or Maple Frosting, page 411. Makes twenty 2-inch cakes.

**Seven-Layer Cake (Dobos Torte)**, see Cake Desserts, page 446.

# Chapter 34

## Cake Desserts and Icebox Cakes

### CAKE DESSERTS

#### No. 1

#### JELLY ROLL

5 eggs, separated  
1 cup sugar

1 cup flour  
Grated rind of 1 lemon

2 tablespoons lemon juice

Beat yolks well, add sugar, beat until thick, add lemon rind and juice and half of the flour and half of the stiffly beaten whites, alternately, then the rest of the whites and flour gradually. Pour batter, not more than  $\frac{1}{4}$  inch deep, into 10 x 15 inch pan lined with wax paper. Bake in a hot oven, 375° F., 12 to 15 minutes. Turn on sheet of heavy paper or damp cloth. Beat jelly with fork and spread on cake. Trim off crusty edges and roll while warm. Wrap in paper, set aside to cool. Or fill with whipped cream covered with fresh, grated cocoanut.

#### No. 2

$\frac{3}{4}$  cup cake flour sifted with  
 $\frac{3}{4}$  teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt

4 eggs  
 $\frac{3}{4}$  cup sifted sugar  
1 teaspoon vanilla

Sift flour. Measure and combine with baking powder and salt. Beat eggs with wheel beater, place over small bowl of hot water, adding sugar gradually until thick and light. Remove bowl from hot water, fold in flour, add vanilla. Turn into greased pan—lined with greased paper—(chocolate roll pan—15 x 10 inches)—bake in hot oven, 400° F., 10 minutes. Turn out on cloth dusted with powdered sugar. Cut off crisp edge, spread with jelly and roll.

#### CHOCOLATE SPONGE ROLL

2 eggs  
1 cup sugar  
 $\frac{1}{4}$  cup hot water  
1 teaspoon vanilla

2 squares chocolate  
2 tablespoons shortening  
 $1\frac{1}{4}$  cups flour  
2 teaspoons baking powder

Add sugar slowly to well beaten eggs, then hot water. Add vanilla, melted chocolate and melted shortening without beating. Sift flour, baking powder and  $\frac{1}{2}$  teaspoon salt together 3 times and sift into mixture, folding in as lightly as possible. Pour into large baking pan lined with oiled paper (batter should be not more than  $\frac{1}{4}$  inch thick) and bake in moderate oven, 350° F., about 20 minutes. Turn out on a damp cloth. Remove crust on 4 sides, spread with Plain Icing, page 406, and roll while still warm.



**BLITZ TORTE**

$\frac{1}{2}$ cup butter	3 tablespoons milk
$\frac{1}{2}$ cup sugar	1 cup cake flour
5 egg yolks, beaten light	1 teaspoon baking powder
1 teaspoon vanilla	5 whites of eggs

Cream the shortening; gradually beat in the sugar, egg yolks, vanilla, milk and flour sifted, with the baking powder. Spread the mixture in 2 round 8-inch cake tins. Whip the whites of 5 eggs, stiff and dry, add  $\frac{3}{4}$  cup of sugar gradually and spread on the unbaked mixture in both pans. Sprinkle with  $\frac{1}{2}$  cup chopped or sliced blanched almonds, 1 tablespoon sugar and  $\frac{1}{2}$  teaspoon cinnamon and bake in a moderate oven, 350° F., about 30 minutes. Let cool. Fill with Sour Cream Filling, page 413, or Custard Filling, page 412, using lemon or orange flavor. Use 1 $\frac{1}{2}$  recipe for a larger cake.

**ORANGE SPONGE CAKE**

8 eggs, separated	$\frac{1}{4}$ cup orange juice
$\frac{1}{4}$ teaspoon salt	1 cup and 2 level tablespoons
1 teaspoon cream of tartar	cake flour, measured after
1 $\frac{1}{3}$ cups sugar	sifting
	Grated rind of 1 orange

Beat white of eggs and salt until foamy, then add cream of tartar, beat until stiff, but not dry. Add  $\frac{2}{3}$  cup of sugar gradually, beating well after each addition. Beat the yolks of the eggs very thick, add remaining sugar, orange rind and juice. Fold the two mixtures together and fold in flour. Bake for one hour in an unbuttered angel cake tin at 325° F. Invert until cool. Split crosswise twice, making 3 layers.

**Filling**

$\frac{3}{4}$ cup sugar	3 tablespoons flour
Juice and rind of 1 orange	1 egg

Mix the above ingredients, cook in a double boiler until it coats the spoon, stirring constantly. Cool. Fold in 1 cup of cream, whipped stiff.

**Frosting**

1 egg yolk	1 tablespoon heavy cream
2 cups powdered sugar	2 tablespoons orange juice
4 tablespoons butter	$\frac{1}{3}$ cup pistachio nuts, chopped

Cream butter and egg yolk. Gradually add sugar and cream. Mix, add orange juice. Spread on cake, sprinkle with nuts.

**VENETIAN TORTE**

Imperial Sunshine Cake  
Almond Brittle

Custard Filling  
2 oz. chocolate, melted

1 teaspoon instant coffee or coffee extract

Make Imperial Sunshine Cake, page 436. Bake in large spring form. When cold, cut into four layers. Make Almond Brittle, page 518, cool, put through coarse grinder. Make Custard Filling No. 3, with Butter, page 412. To one-half of this filling, add melted chocolate. To the rest add the coffee. Place the chocolate filling between layers, and the Mocha filling over top. Sprinkle ground almond brittle over top and sides.

**RUSSIAN TORTE**

Angel Food Cake

$\frac{1}{8}$  teaspoon salt

$\frac{1}{2}$  cup chopped almonds, roasted

2 tablespoons Mocha essence

2 tablespoons granulated gelatin

8 egg yolks

$\frac{1}{4}$  cup water

1 pint heavy cream

1 cup powdered sugar

1 teaspoon vanilla

Make Angel Food Cake, page 437. Cut in two, the bottom layer a little thicker than the top. Soak gelatin in the water about 5 minutes. Put over boiling water to dissolve. Then add powdered sugar, Mocha, and set aside until it *begins* to jell. In the meantime, have egg yolks well beaten, add the cream, beaten stiff, and vanilla. Combine the two mixtures *before* the gelatin hardens. Then beat thoroughly. Spread between layers and over top. Sprinkle with almonds, page 517.

**ANGEL FOOD CAKE SURPRISE**

Angel Food Cake, page 437

6 tablespoons cocoa

1  $\frac{1}{2}$  pints whipping cream

$\frac{1}{8}$  teaspoon salt

6 tablespoons sugar

$\frac{2}{3}$  cup toasted almonds

Combine whipping cream, sugar, salt and cocoa and chill for one hour or more. Then whip mixture until stiff. Place cake with the larger surface at bottom on a large serving plate. Cut entire top from cake about 1 inch down. Lift off this top layer. Remove center from main part of cake by cutting down into the cake 1 inch from outer edge and 1 inch from middle hole, leaving an inch wall. Remove this center with a curved knife or spoon, being careful to leave a wall of cake at bottom about 1 inch thick. Fill with  $\frac{1}{3}$  of Chocolate Cream Mixture, to which has been added half of the nuts cut up coarsely. Replace top, spread remaining cream over top and sides. Sprinkle remaining almonds over cream. Chill before serving.

**PINEAPPLE MERINGUE DESSERT**

Bake Sponge Cake, page 434, in shallow pan. Cover with drained, crushed pineapple or fresh strawberries, and Meringue, page 379. Bake a few minutes to delicate brown.

**FILLED SUNSHINE CAKE**

Make Sunshine Cake, page 435, in spring form. Cut a half-inch slice off the top. Scoop out the inside, leaving 1-inch wall at bottom and sides. Fill with the following, mixed in order given:

1 cup cream, whipped	1 teaspoon vanilla
1 egg, beaten very stiff	½ cup almonds, cut fine
1 teaspoon cocoa	Cake crumbs

Cover with slice of cake which was cut off and frost with Chocolate Butter Frosting, page 409, chill and serve.

**DESSERTS IN MARY ANN CAKE SHELLS**

Mix any Sponge Cake, page 434. Bake in moderate oven, 325° F., about 45 minutes in Mary Ann Shell insert (see Spring Form, page 451). Fill with ice cream, cover with any Ice Cream Sauce, page 494, or with prepared fresh fruits topped with whipped cream or ice cream.

**CAKE WITH PEACHES**

**No. 1. With Cocoanut:** Take slices of cake cut into rounds with biscuit cutter, a little larger than halves of canned or fresh peaches. Cover with soft Plain or Lemon Icings, pages 406 and 407. Dip hollow side of peach in powdered sugar and lay on top of cake. Sprinkle sides of cake with grated cocoanut.

**No. 2. Mock Egg**

Stale sponge cake	1 cup cream, whipped
Can of peaches or apricots	Nutmeg gratings

Slice cake, cut in rounds. Pour over some of fruit syrup, let stand. Cover with whipped cream, place half a peach or apricot, hollow side down in center of each slice, sprinkle with nutmeg.

**BIRTHDAY CAKE (Candlesticks)**

Have a slice of loaf cake  $\frac{3}{4}$  inch thick, cut into 3-inch circles for each service, as the base of the candlestick. Cover cake with soft icing or sweetened whipped cream. Place half a banana cut crosswise, upright in center to represent the candle and stick a small wax candle in top of banana. Form handle of candlestick with lemon or orange rind slices. Light the candle and serve.

**CAKE BASKETS**

Make Sponge or Cup Cakes, pages 434, 470. Bake in muffin tins. When cold, cut off tops and carefully take out soft inside with cookie cutter and knife. Fill with fresh sweetened berries, ice cream or whipped cream. Make handle from strip of lemon or orange rind, or angelica, sliding the ends between filling and cake walls.

**SEVEN-LAYER CAKE (Dobos Torte)**

7 eggs, separated

1 cup flour

1 cup powdered sugar

 $\frac{1}{4}$  teaspoon salt

Sift flour once, measure, add salt, sift four times. Beat egg yolks until thick, add sugar gradually, beat well, fold in flour. Beat whites until stiff enough to hold up in peaks, but not dry, and fold lightly. This will make seven layers. Fit bottom of shallow jelly cake tins with heavy paper. Grease top of paper. Spread batter evenly into four pans for the first baking, reserving enough batter for the three remaining layers. Bake in a moderate oven, 375° F., about 8 minutes. Remove at once from pans and fill as follows:

**Filling**

3 eggs

3 tablespoons cold water

1  $\frac{1}{2}$  cups sugar $\frac{1}{2}$  lb. butter (scant) $\frac{1}{2}$  lb. sweet chocolate

1 teaspoon vanilla

Melt chocolate with water in double boiler. Mix eggs and sugar, add to chocolate, cook until thick, stirring constantly. Remove from stove, add butter, stir until melted, and add vanilla. Beat until cool and stiff enough to spread. Spread between layers, over top and sides. To keep layers in place, put several toothpicks through top layers, until filling sets. Serve after 24 hours.

**Baked Alaska**, *see* page 497.

**Torten**, *see* pages 451-465.

**ICEBOX CAKES****GENERAL RULES**

**Line bottom and sides** of a spring form, melon mold or a deep cake form with:

**No. 1.** Lady fingers, separated, rounded side toward the pan and close together.

**No. 2.** Bake Angel or Sponge Cake. Cut in  $\frac{1}{2}$ -inch slices lengthwise, then in inch strips. Use in place of lady fingers.

**No. 3.** Make Sunshine or Angel Food Cake in spring form. Cut a  $\frac{1}{2}$ -inch slice off the top; scoop out the inside, leaving 1-inch wall at bottom and sides.

**No. 4.** Cut Sunshine or Angel Food in several layers and use between filling.

**Fillings:** Prepare any of the following fillings and proceed as follows:

Place a layer of the filling in form on lady fingers, on top of this arrange another layer of lady fingers, another layer of the filling and



so on, according to the size of the form, placing lady fingers on top like spokes of a wheel. Place in refrigerator, let stand over night or until firm. When ready to serve, remove rim of spring form, place cake with tin bottom on platter, cover top with the whipped cream, adding while whipping,  $\frac{1}{4}$  cup confectioner's sugar, and  $\frac{1}{2}$  teaspoon vanilla. Decorate with pistachio nuts, or candied cherries, cut.

### No. 1 CHOCOLATE ICEBOX CAKE

30 lady fingers	$\frac{1}{2}$ lb. sweet chocolate
$\frac{1}{2}$ pint whipped cream	3 tablespoons water
4 eggs, separated	3 tablespoons sugar

**Chocolate Filling:** Melt chocolate in double boiler, add sugar and the water with the yolks of eggs well beaten. Cook slowly until thick and smooth, stirring constantly. When cool, add the stiffly beaten whites of eggs. Line cake form with lady fingers and follow directions in "General Rules," page 446.

Or, use Chocolate Charlotte Russe, page 373, for filling.

### No. 2

$2\frac{1}{2}$ doz. lady fingers	$\frac{1}{2}$ cup granulated sugar
1 cup unsalted butter	$\frac{1}{4}$ cup water
1 cup confectioner's sugar	4 eggs, separated
2 squares (2 oz.) chocolate	$\frac{1}{2}$ pint heavy cream, whipped

**Chocolate Filling:** Place chocolate, sugar and water in double boiler and when melted and smooth, add very gradually the yolks well beaten; cook until thick and smooth, stirring constantly. Remove from stove and cool. Cream butter and confectioner's sugar well together, add the egg mixture, stir well and lastly fold in the stiffly beaten whites. Line cake form with lady fingers and follow directions in "General Rules," page 446.

### MOCHA ICEBOX CAKE

$2\frac{1}{2}$ doz. lady fingers	2 tablespoons cornstarch
1 cup hot milk	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup Mocha coffee grounds	3 eggs, separated
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla

$\frac{1}{2}$  pint heavy cream whipped

Line bottom and sides of a spring form with lady fingers and follow "General Rules," page 446.

**Mocha Filling:** Pour the hot milk over coffee grounds and let stand where it will keep hot for 10 minutes. Strain, mix cornstarch, salt and sugar in double boiler, add the yolks, well beaten, and pour and stir in the coffee infusion gradually. Cook slowly until thick and smooth; while still warm, fold in stiffly beaten egg whites. Place filling in cake and put in refrigerator over night.

**No. 1 LEMON ICEBOX CAKE**

3 doz. lady fingers	1 tablespoon cornstarch
$\frac{1}{2}$ cup unsalted butter	3 eggs, separated
1 cup confectioner's sugar	Juice of 1 lemon
$\frac{1}{4}$ cup milk	Rind of $\frac{1}{2}$ lemon
$\frac{1}{4}$ cup granulated sugar	$\frac{1}{2}$ pint heavy cream, whipped

**Lemon Filling:** In a double boiler, place the well beaten yolks and the granulated sugar and cornstarch mixed with the milk; cook slowly until thick and smooth, stirring constantly. Remove from fire, add lemon juice and rind and cool. Cream butter and confectioner's sugar well, add to the egg mixture and lastly fold in the stiffly beaten whites of eggs. Line spring form with lady fingers and follow directions in "General Rules," page 446.

**No. 2**

15 graham crackers	1 lemon rind, grated
$\frac{1}{2}$ cup butter, melted	1 can sweetened condensed milk
6 eggs, separated	$\frac{1}{2}$ cup sugar
2 lemons, juice	$\frac{1}{2}$ teaspoon cream of tartar

Spread sides and bottom of spring form well with creamed butter. Roll crackers fine, mix with melted butter and pat evenly into pan to form the crust. Beat egg yolks well, add pinch of salt, lemon juice and rind, and very gradually the milk, beating constantly. Beat egg whites until foamy, add cream of tartar, beat until stiff and fold 5 tablespoons into lemon mixture. Put into spring form. Make meringue of remaining beaten egg whites, adding sugar; spread over top. Bake 15 minutes in moderate oven, 350° F., cool, put in refrigerator over night.

**ORANGE ICEBOX CAKE**

Follow recipe for Lemon Icebox Cake No. 1, or No. 2, above, using juice and rind of orange and rind only of the lemon.

**LEMON MERINGUE ICEBOX CAKE**

4 eggs, whites	4 eggs, yolks
1 teaspoon cream of tartar	$\frac{1}{2}$ cup sugar
1 cup sugar	Juice and rind of
$\frac{1}{2}$ teaspoon vanilla	1 $\frac{1}{2}$ lemons
Whipping cream	Cocoanut

Make Meringue of first four ingredients, see page 459, putting entire mixture into greased spring form. When baked, set aside. For filling, beat egg yolks until thick and lemon colored. Add lemon juice and rind and then the sugar. Cook in double boiler until thick. Chill. Several hours before serving, cover meringue with a thin layer of whipped cream, then a thick layer of lemon custard, covering entire surface with whipped cream sprinkled with freshly grated cocoanut. Chill in refrigerator until needed.

**ALMOND OR PECAN ICEBOX CAKE**

1 cup butter, unsalted	$\frac{1}{2}$ lb. blanched, grated almonds
$1\frac{1}{3}$ cups powdered sugar	1 pint cream, whipped
3 whole eggs	30 macaroons
3 eggs, separated	18 lady fingers

Line the bottom of spring form with stout waxed paper, separate and place lady fingers close together on sides of pan, rounded ends cut off, the rounded side toward the pan. Lay the macaroons close together on bottom, flat side down and fill in the small spaces with the lady finger ends. Cream butter and sugar, add three eggs, one at a time, and stir well. Add the yolks of the remaining 3 eggs, well beaten, then the nuts and lastly fold in the beaten whites. Take  $\frac{1}{2}$  of this mixture and cover the macaroons, add another layer of macaroons, then the rest of the mixture. Chill for 30 hours. When ready to serve, remove rim of cake pan, slip on cake platter, leaving cake on tin bottom; cover top with the whipped cream, adding  $\frac{1}{4}$  cup confectioner's sugar and vanilla; decorate with candied cherries or pistachio nuts, cut up.

**WAFER ICEBOX CAKE**

$1\frac{1}{2}$ lbs. vanilla flavored chocolate wafers	1 cup powdered sugar
1 No. 2 can peaches or apricots	4 eggs
$\frac{3}{4}$ cup butter, softened	$\frac{1}{4}$ cup chopped nuts
	1 cup cream, whipped

Roll wafers into crumbs and place  $\frac{1}{3}$  on bottom of buttered 9-inch spring form. Drain fruit, and place  $\frac{1}{2}$  the quantity on top of crumbs. Mix butter, sugar and the eggs to a smooth paste, and spread  $\frac{1}{2}$  over the fruit. Sprinkle another layer of crumbs, place remaining fruit over second layer, cover with other half of butter mixture; then the rest of the crumbs. Sprinkle with chopped nuts and place in refrigerator for 24 hours. Decorate with whipped cream and serve.

**VANILLA WAFER ICEBOX DESSERT**

3 eggs, separated	$\frac{1}{2}$ cup sugar
2 tablespoons lemon juice	1 cup heavy cream or 1 can
1 tablespoon grated lemon rind	unsweetened evaporated
$\frac{1}{8}$ teaspoon salt	milk, beaten stiff
1 cup vanilla wafer crumbs	

Line a greased refrigerator tray with oiled paper. Sprinkle with  $\frac{1}{2}$  cup vanilla crumbs. Beat egg yolks until lemon colored. Add lemon juice, rind, salt and sugar. Cook over hot water, stirring constantly, until mixture coats a spoon. Cool. Beat egg whites until stiff. Fold into first mixture. Fold in stiffly beaten chilled cream or evaporated milk. Pour into tray. Top with remaining crumbs. Freeze in freezing compartment of refrigerator for several hours. Serves 8.

**CHOCOLATE MARSHMALLOW ICEBOX DESSERT**

Graham Cracker Shell, page 378    2 oz. bitter chocolate  
 20 marshmallows                       $\frac{3}{4}$  cup broken nut meats  
 $\frac{1}{2}$  cup milk                                1 cup cream, whipped

Line a pie tin with Graham Cracker Crumb Crust, page 378. Bake at 250° F. for 10 minutes. Melt marshmallows in the milk in a double boiler. Let cool, add the chocolate grated coarsely and the nut meats. Fold in the whipped cream. Fill crumb shell. Sprinkle top with crumbs. Chill in refrigerator.

**PORCUPINE ICEBOX CAKE**

2 dozen lady fingers                    6 tablespoons sugar  
 1 cup unsalted butter                6 tablespoons Sherry  
 6 yolks of eggs                         6 tablespoons strong coffee  
 $\frac{1}{4}$  pound almonds, blanched

Cream butter, add yolks one at a time and stir well, then add sugar,  $\frac{1}{2}$  of the coffee and Sherry, stirring all the time. With some of this Creme cover a 10 x 4-inch space on a serving platter. Over this place split lady fingers moistened with a few drops of Sherry. Cover with Creme, then a layer of lady fingers moistened with coffee. Alternate layers until all lady fingers have been placed. Cover entire cake with Creme and insert sliced, and roasted almonds, page 517, into tops and sides. Place in refrigerator for 12 to 24 hours.

**PYRAMID ICEBOX CAKE****Foundation**

Bake Sponge Cake No. 2, page 434, in flat, oblong pan about 30 minutes at 325° F. When cold, cut into 6 lengthwise strips,  $\frac{3}{4}$  inch wide, and arrange in three layers with the following:

**Filling**

1 cup unsalted butter                    2 tablespoons Mocha Essence or  
 1 cup powdered sugar                 1 tablespoon Instant Coffee  
 2 yolks, well beaten                    1 pint cream, whipped

Cream butter and sugar well; add flavoring and yolks and beat until light. Fold in cream and place in refrigerator until used.

**To Arrange Cake**

Place 3 strips on oblong platter, leaving  $\frac{1}{2}$  inch space between strips. Spread filling in 2 spaces, and over top. Lay 2 strips along filled spaces, and spread filling in space between strips and over top; then place remaining strip along filled space in center, and cover entire cake with filling. Stud with  $\frac{1}{4}$  cup almonds, blanched, cut lengthwise and browned, page 517. Chill for 24 hours. Before serving, sprinkle with 1 cup granulated sugar, caramelized, cooled and crushed, page 517.

**Filled Sunshine and Angel Cakes**, see Cake Desserts, pages 444, 445.

# Chapter 35

## Torten

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### GENERAL RULES

**Torten** are cakes that usually contain no butter, but are made rich with nuts and light with eggs, while bread or cracker crumbs usually take the place of flour. Nuts are chopped, rolled or ground fine and mixed with crumbs and spices. Nuts must be dry before grating. Filberts can be used in place of almonds, walnuts in place of pecans.

In some torten, the spring form is lined with a rich cookie dough and the filling placed on the dough.

The spring form should be greased and sprinkled lightly with crumbs. Spring forms may now be purchased with plain, tubed and Mary Ann inserts. Follow directions accompanying forms.

Torten baked in layers are apt to become dry. If baked in spring form, they may be cut into layers when cold and filled as desired.

The making of torten is not difficult if all ingredients are prepared beforehand, and the directions and measurements are carefully followed. The oven temperature is most important; most torten require long, slow baking. If the torte pan is to be lined with a rich cookie dough, the oven must be hot at first, then the temperature reduced according to the size and mixture in the torte.

**For Frosting:** Any nut torte in this chapter may be spread with chilled currant jelly whipped and then sprinkled with blanched, browned, slivered almonds.

### ANGEL TORTE

½ lb. powdered sugar

½ lb. almonds

A few bitter ones

½ lb. dates

5 eggs, separated

2 teaspoons baking powder

Blanch almonds, reserving a few sliced to decorate top, chop the rest fine or grind. Stone dates, pour boiling water over them, drain and rub to a smooth paste.

Beat the yolk of 1 egg and stir in a small portion of the date pulp and some sugar, and continue until egg yolks, dates and sugar are all well mixed. Add almonds and stir lightly into the cake mixture. Sprinkle baking powder over the beaten whites of the eggs, folding them in carefully. Bake in well greased and floured spring form in moderate oven, 350° F. about 45 minutes. When cool, cut in 2 layers and spread Whipped Cream, page 416, between and on top. Sprinkle with a few sliced almonds.

**ALMOND OR HAZELNUT TORTE**

12 eggs, separated	10 oz. powdered sugar
10 oz. grated almonds or hazelnuts, unblanched	1 lemon, juice and rind
	$\frac{3}{4}$ cup cracker crumbs

Beat yolks and sugar well together. Add the lemon, almonds and cracker crumbs, and beaten whites, last. Place in a spring form. Bake in a moderate oven  $\frac{3}{4}$  to 1 hour, 350° F. Cut in two crosswise. Spread Lemon Butter Filling, page 408, between layers.

**ALMOND TORTE WITH LADY FINGERS**

10 eggs, separated	$\frac{3}{4}$ lb. almonds, unblanched
$1\frac{1}{2}$ cups ( $\frac{3}{4}$ lb.) sugar	1 cup grated lady fingers
1 teaspoon baking powder	

Beat the yolks and sugar until very light; add vanilla, grated almonds, lady fingers mixed with 1 teaspoon baking powder, last fold in the whites of the eggs, beaten to a stiff froth. Place in spring form and bake in moderate oven, 350° F., about  $1\frac{1}{4}$  hours. Bake 2 days before using; then cut crosswise in 4 layers and the day before using put Almond Custard Filling, page 412, between.

**LADY FINGER TORTE**

6 eggs, yolks	2 tablespoons brandy or
$1\frac{1}{2}$ cups granulated sugar	1 tablespoon lemon juice
1 cup lady finger crumbs, rolled fine	1 cup grated almonds
	5 eggs, whites

Beat yolks and sugar very light, until lemon colored. Add the rest of the ingredients, the beaten whites last. Bake in two layers in moderate oven, 325° F., 40 minutes. Spread Nut Filling, No. 3, page 414, between layers.

**ALMOND RUM TORTE**

8 eggs, separated	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{2}$ lb. almonds, grated	2 teaspoons flour, mixed with
1 cup sugar	$\frac{1}{2}$ teaspoon baking powder
	Juice and rind of 1 lemon

Beat the yolks with the sugar until light. Add the almonds, bread crumbs and lemon. Then fold in lightly the beaten whites and the flour and baking powder mixed. Bake in a spring form for 1 hour in a moderate oven, 350° F. Allow cake to cool somewhat, then cut crosswise into two layers and put in a filling of 1 glass raspberry jelly and 1 cup chopped walnuts. Spread top and sides with:

2 cups confectioner's sugar	4 tablespoons cream
	2 tablespoons rum

Stir until smooth. Decorate with half walnuts.

**FILBERT TORTE**

8 yolks of eggs	Juice of $\frac{1}{2}$ lemon
$1\frac{1}{2}$ cups powdered sugar	$\frac{1}{2}$ lb. grated filberts or hazelnuts
$\frac{1}{2}$ cup bread crumbs	8 whites of eggs, beaten stiff
1 lemon, grated rind	

Beat yolks and sugar until very light, add bread crumbs and the rest of the ingredients in order, the beaten whites last. Bake in a moderate oven 40 to 45 minutes, in a spring form, 325° F. Frost with Nut Frosting No. 1, page 414. Decorate with nuts.

Or, bake in two layers, with fresh strawberries, or sweetened whipped cream, between and on top of cake.

**No. 1 DATE AND WALNUT TORTE**

2 eggs	1 teaspoon baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon vanilla
2 tablespoons rich milk	1 cup walnuts, chopped
2 tablespoons flour	1 cup dates, cut fine

Beat eggs very light, add sugar and milk and continue beating, add flour mixed with the baking powder and lastly, the nuts, vanilla and dates. Bake in a moderately slow oven  $\frac{1}{2}$  hour, 325° F. Cover with Whipped Cream, page 416.

**No. 2**

4 eggs, beaten light	1 cup cake flour
1 cup sugar	1 cup cut dates
2 teaspoons baking powder	1 cup broken walnut meats
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla

Add the sugar gradually to the beaten eggs. Then add  $\frac{3}{4}$  cup flour mixed and sifted with the baking powder. Mix nuts and dates with the remaining flour and cut and fold into the egg mixture, add flavoring. Bake in moderately slow oven from 40 minutes to 1 hour, 325° F. Cool and serve with whipped cream.

**DATE TORTE**

16 dates, sliced	$1\frac{3}{4}$ cups sugar
2 tablespoons lemon juice, or 4 tablespoons wine or brandy	$\frac{1}{4}$ cup grated chocolate
2 tablespoons almonds, cut	1 teaspoon cinnamon
2 tablespoons citron, cut fine	1 teaspoon allspice
9 eggs (2 whole, 7 separated)	$1\frac{1}{4}$ cups cracker crumbs
	$\frac{1}{2}$ teaspoon baking powder

Rub the dates to a smooth paste with the lemon juice or brandy. Add almonds and citron. Beat two whole eggs and seven yolks, add sugar, beat again, add the dates, chocolate and spices and cracker crumbs and stir in well, and lastly fold in the beaten whites of the eggs. Bake in a good sized spring form 40 to 60 minutes in moderate oven, 350° F.

**HAZELNUT TORTE**

1 lb. shelled hazelnuts

11 eggs, separated

1 lb. powdered sugar

1 teaspoon instant coffee

Beat yolks well, add sugar gradually, beating all the time, then add nuts, ground fine, the flavoring, and lastly fold in the stiffly beaten whites. Bake in a large buttered spring form in a moderate oven, 350° F., about 50 to 60 minutes.

**No. 1****WALNUT TORTE**

6 eggs, separated

6 grated lady fingers (1¼ cups)

1 cup granulated sugar

2 tablespoons flour

¼ lb. grated walnuts

1 teaspoon baking powder

½ lemon, juice and rind

Beat the yolks with the sugar, add the other ingredients in order given, mixing baking powder with flour and lastly, folding in the stiffly beaten whites. Bake in layers in moderate oven, 350° F.

Place Custard Filling, page 412, adding 1 cup chopped walnuts, if desired, between; and cover top and sides with Chocolate Butter Frosting, page 409, or Nut Filling, flavored with rum, page 414.

**No. 2**1 lb. English walnuts or  
almonds

9 eggs, separated

1 cup sugar

¼ cup grated chocolate

½ cup of fine cracker crumbs

Chop the nuts, reserving 23 halves for decorating the top. Mix the chopped nuts and chocolate. Beat yolks thoroughly with Dover beater, add sugar, and beat again. Then mix with the nuts, crumbs and chocolate, and stir well. Beat whites of eggs until stiff and add last. Bake in moderate oven at 350° F. 45 minutes in buttered spring form. Cover top and sides with Fudge Frosting, page 411.

**CHESTNUT TORTE**

1½ lbs. chestnuts

8 whites of eggs

8 yolks of eggs

2 oz. grated almonds

8 tablespoons sugar

1 teaspoon grated bread

1 tablespoon maraschino

Shell Chestnuts, page 203, then boil in a little milk until tender, and put through the ricer. Cream beaten yolks and sugar, add crumbs, nuts, and other ingredients and lastly the beaten whites. Bake in a spring form in a moderate oven, 350° F., until set.

**FARINA TORTE**

6 yolks of eggs

1 cup farina, with

1 cup sugar

1 teaspoon baking powder

1 cup sweet almonds, grated

6 whites of eggs, beaten stiff

Stir sugar and beaten yolks until very light; add the almonds, then mix in the order given, and bake in spring form, moderate oven, 350° F., 40 minutes.



**ZWIEBACK TORTE**

- |                             |                           |
|-----------------------------|---------------------------|
| 3/4 cup sugar               | 1/4 lb. grated zwieback   |
| 6 eggs, separated           | 1/2 teaspoon cinnamon     |
| 1/4 lb. grated almonds      | 1/2 teaspoon cloves       |
| Juice and rind of 1/2 lemon | 2 teaspoons baking powder |

Stir sugar and yolks, mix the dry and then add the other ingredients, beaten whites last. Place in spring form in moderate oven, 350° F., and when nearly done, sprinkle a little maraschino and sugar over the top.

**No. 1            BROD TORTE—Rye Bread Torte**

- |                          |                        |
|--------------------------|------------------------|
| 3/4 cup rye bread crumbs | 1 cup grated almonds   |
| 1 cup sugar              | 1/2 cup riced potatoes |
| 6 eggs, separated        | 1/4 teaspoon cinnamon  |
|                          | 1/4 cup brandy or wine |

Stir yolks with sugar until very light, add the rest of the ingredients, the stiffly beaten whites last. Bake in spring form 1 hour at 350° F.

**No. 2**

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 10 eggs, separated                  | 1/4 cup chopped almonds       |
| 2 cups sugar                        | A little citron, chopped      |
| 1 3/4 cups toasted rye bread crumbs | 1/4 cup preserved fruit       |
| 1 cup grated chocolate              | 1/4 cup fruit juice or Claret |
| 1/2 teaspoon cinnamon               | 2 teaspoons baking powder     |

Stir the yolks of eggs and sugar until very light. Mix the dry and then add the other ingredients, lastly beaten whites. Bake in spring form, 1 hour, moderate oven, 350° F.

**BROD TORTE**

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 5 eggs, separated                  | 1 cup grated rye or wheat bread  |
| 1 cup sugar                        | 1/2 lemon, juice and grated rind |
| 1 cup almonds, blanched and grated | or 2 tablespoons wine            |
|                                    | 1 1/2 teaspoons baking powder    |

Beat yolks and sugar until very light, soak the crumbs in the lemon juice or wine and add and mix all together, the stiffly beaten whites last. Bake in 2 layers, 350° F.

**Filling**

- |                   |                         |
|-------------------|-------------------------|
| 2 eggs, separated | 1 lemon, juice          |
| 1 cup sugar       | 1/2 cup chopped walnuts |

Stir yolks well with sugar, add the rest of the ingredients, the beaten whites last. Spread between layers.

**LEMONADE TORTE**

1½ cups sugar	¼ teaspoon cinnamon
¼ lb. almonds, chopped	Grated rind of 1 lemon
1½ cups grated wheat bread	6 whites of eggs
¼ teaspoon baking powder	1 cup lemonade

Mix the first 5 ingredients with the grated rind of the lemon and add the whites of the eggs, beaten to a froth. Place in a spring form and bake in a moderate oven about 1 hour, 350° F. While cake is hot, pour 1 cup of hot lemonade gradually all over top.

**For Lemonade:** Juice of 1 lemon, hot water to fill cup, 1 table-spoon sugar.

**ORANGEADE CAKE**

¾ cup butter	1 teaspoon soda
1 cup sugar	1 cup seedless raisins
2 eggs	2 oranges, grated rind
1 teaspoon orange juice	1 cup orange juice
2¼ cups flour	1½ cups pecans
1 teaspoon baking powder	1 cup sour milk

Cream butter well, add sugar gradually. Beat until light and fluffy. Add eggs one at a time. Sift 2 cups flour, baking powder and soda. Add these alternately with milk to the butter mixture. Mix rest of flour with raisins, nuts and grated rind, add to dough and stir until smooth. Bake 1 hour in a tube pan at 350° F. When done, pour over immediately 1 cup of orange juice with ½ cup sugar. Let stand in pan until cool.

**CHOCOLATE TORTE**

9 eggs, separated	½ lb. almonds, ground
1 lb. powdered sugar	½ lb. sweet chocolate, melted
1 teaspoon vanilla	¼ cup sliced, browned almonds

Beat yolks of eggs with sugar and vanilla, add melted chocolate gradually. Add the almonds and fold in the stiffly beaten whites. Bake in a greased spring form or cake pan with center tube, about 1 hour, in a moderate oven, 325° F. Cover with Chocolate Butter Frosting, page 409. Stick sliced almonds ½ way through top of frosting.

**CHOCOLATE ZWIEBACK TORTE**

¾ cup zwieback, grated	1 cup grated chocolate
1 teaspoon baking powder	1 cup almonds, grated
1 cup sugar	1 teaspoon cinnamon
6 eggs, separated	1 teaspoon cloves

Mix the zwieback and baking powder. Stir yolks and sugar very light, add other ingredients, and lastly the whites of eggs, beaten very stiff. Bake in two layers, 325° F., spread raspberry jelly between, and Chocolate Frosting, page 408, on top.

**POTATO CHOCOLATE TORTE**

1 cup butter	4 oz. chocolate, melted
2 cups sugar	$\frac{1}{4}$ teaspoon cloves
4 eggs, separated	1 teaspoon cinnamon
$\frac{1}{2}$ cup cream	$1\frac{1}{2}$ cups pastry flour
1 cup freshly cooked riced potatoes	1 teaspoon vanilla
1 cup chopped almonds	Rind of lemon
	2 teaspoons baking powder

Cream the butter and sugar together, add one yolk of egg at a time, and the rest of the above ingredients, lastly beaten whites. Bake in 9-inch spring form, in moderate oven, 325° F.,  $1\frac{1}{2}$  hours. Chocolate Frosting, page 408, on top.

**DAISY TORTE**

10 eggs, separated	1 cup dry wheat bread crumbs
1 cup sugar	$\frac{1}{2}$ teaspoon cinnamon
$\frac{3}{4}$ cup sweet chocolate	$\frac{1}{2}$ teaspoon cloves
$\frac{3}{4}$ cup almonds	1 teaspoon baking powder
1 teaspoon brandy	1 lemon, juice and rind

Stir yolks and sugar together. Grate almonds and chocolate. Mix dry ingredients and add the rest, beaten whites last. Bake in three layers in moderate oven, 350° F. Place Custard Filling No. 1, page 412, between layers. Cover top and sides with Chocolate Frosting, page 408. Arrange halves of large blanched almonds in a circle around center of top, fill center with candied orange rind, chopped fine.

**COFFEE CREME TORTE**

8 eggs, separated	$\frac{1}{2}$ lb. almonds, grated
$\frac{1}{2}$ lb. powdered sugar	2 oz. coffee, pulverized
	1 teaspoon vanilla

Beat yolks until thick. Add sugar and the rest, beaten whites last. Bake in two layers in a moderate oven, 350° F.

**Creme for Filling and Frosting**

$\frac{3}{4}$ cup fresh, unsalted butter	1 tablespoon coffee essence
4 yolks, one at a time	1 cup powdered sugar

Cream butter and eggs together, add each yolk separately, and coffee essence drop by drop. Decorate with small chocolate wafers and candied cherries. Keep in a cold place to harden. Cut with a knife dipped in hot water.

**CHERRY TORTE**

1 cup drained, sweetened, and pitted cherries	1 teaspoon cinnamon
4 eggs, separated	$\frac{1}{4}$ cup hot cherry juice
2 cups sugar	$\frac{3}{4}$ cup zwieback crumbs
	$\frac{1}{4}$ cup chopped nut meats

Mix cherries with  $\frac{1}{4}$  cup crumbs. Set aside.

Beat yolks and sugar until lemon colored. Add cherry juice, stir well, add  $\frac{1}{2}$  cup crumbs, continue beating until thick and smooth. Add nuts, then the crumbed cherries and lastly fold in the stiffly beaten whites. Place in a greased spring form sprinkled with crumbs. Bake in a moderate oven (350° F.) 40 to 50 minutes. Serve with whipped cream.

**No. 1 POPPY SEED TORTE**

1 cup poppy seed	2 tablespoons raisins, cut
6 eggs, separated	1 tablespoon citron, cut fine
$\frac{3}{4}$ cup sugar	1 teaspoon vanilla
Grated rind of lemon	Muerbe Teig
$\frac{1}{4}$ cup ground almonds, sweet and bitter, mixed	

Line a spring form with Muerbe Teig, page 377, sprinkle with bread crumbs. Grind poppy seed fine. Beat yolks with sugar until light, add the rest of the ingredients, the stiffly beaten whites last. Fill in the form and bake in moderate oven, 350° F., until well set.

**No. 2**

18 eggs, separated	1 lemon, rind and juice
18 tablespoons sugar	1 $\frac{1}{2}$ teaspoons cinnamon
18 tablespoons ground poppy seed	1 $\frac{1}{2}$ teaspoons baking powder
$\frac{3}{4}$ lb. almonds, grated	1 $\frac{1}{2}$ oz. sweet chocolate, grated
	$\frac{1}{4}$ cup brandy

Mix poppy seed, almonds, cinnamon, chocolate and baking powder. Beat yolks, add sugar and stir well. Then add brandy, lemon and dry ingredients. Fold in stiffly beaten whites. Bake in large greased spring form in moderate oven, 350° F. Use one-half the quantities for smaller cake.

**CARROT TORTE**

1 lb. almonds	8 eggs, separated
1 lb. carrots	Rind of one large orange
2 cups sugar	1 tablespoon orange juice

Cook the carrots, chill, and grate. Blanch the almonds and chop fine. Beat the egg yolks until light and thick. Add sugar gradually, then orange rind and juice, carrots, nuts, combining all ingredients well, lastly fold in the stiffly beaten whites.

Bake in a greased torte pan in a moderately slow oven (325° F.) 45 to 50 minutes. When cool, cover with sweetened Whipped Cream No. 1, page 416. Place in refrigerator for several hours and serve.

**HIMMEL TORTE**

$\frac{3}{4}$ lb. or $1\frac{1}{2}$ cups unsalted butter	$\frac{1}{2}$ cup chopped almonds
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup sugar
4 eggs, yolks	1 teaspoon cinnamon
4 cups, or 1 lb. flour	1 egg white

Grated rind of lemon

Cream the butter, add sugar gradually and cream well, add yolks one at a time until smooth, then the lemon rind and the flour. Pat dough in 3 oblong tins, 7 x 11 inches, spread top with 1 egg white,  $\frac{1}{4}$  cup sugar, 1 teaspoon cinnamon and chopped almonds. Bake at 450° F. for 10-12 minutes, then reduce heat to 350° F. and bake until done. When torte is cold, spread raspberry jam and the Creme Filling between two layers, and over all spread the rest of the Creme.

**Creme Filling**

1 pint thick sour cream	1 tablespoon cornstarch
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{4}$ cup sugar
	2 egg yolks

Mix cornstarch with sugar, add sour cream and cook, stirring constantly until it coats the spoon, pour gradually onto two well beaten yolks. Reheat for 1 minute. Then add vanilla.

**ORANGE TORTE**

8 eggs, separated	$\frac{1}{2}$ lb. grated almonds
1 cup sugar	2 tablespoons bread crumbs
	2 small oranges, rind and juice

Beat sugar with the yolks and stir until very light; add almonds, bread crumbs, juice and grated rind of the oranges and beaten whites of eggs. Bake in two layers, in a moderate oven, 350° F.,  $\frac{1}{2}$  hour. When cold fill with jelly. Spread Orange Butter Frosting, page 408, over top of cake and decorate with orange sections and candied cherries.

**KISS OR SCHAUM TORTE (Meringue)**

6 whites of eggs	1 teaspoon vanilla
2 cups granulated sugar	1 teaspoon vinegar

Beat eggs with flat wire beater until stiff enough to hold up in peaks, then beat in sugar, two tablespoons at a time, 3 times, beating thoroughly each time, add vanilla, vinegar and fold in rest of sugar.

Grease a spring form and pour in it  $\frac{2}{3}$  of the mixture. Make small kisses dropped from a teaspoon with the rest of the mixture and form in a circle on a tin, the same size and shape as the spring form. Bake 1 hour or longer in slow oven, 275° F. Fill with whipped cream and berries or ice cream and decorate top with the circle of baked kisses.

**With Coffee Ice Cream:** Follow recipe above putting all the mixture into a greased spring form. Cover baked Meringue with mounds of Coffee Ice Cream. Serve with Coffee Sauce, page 340, to which  $\frac{1}{2}$  cup cream, whipped stiff and  $\frac{1}{2}$  cup toasted, sliced almonds have been added.

**STRAWBERRY SHORTCAKE TORTE**

9 eggs, whites  
 1½ cups sugar  
 ¾ cups almonds, blanched  
 1 teaspoon vanilla  
 1 quart strawberries, sugared  
 1 pint whipped cream

Beat eggs stiff and dry in large bowl with flat wire beater. Add sugar gradually, continue beating; add flavoring and lastly fold in nuts, chopped fine or ground through almond grinder. Spread evenly in two buttered and floured cake pans, bake from 25 to 30 minutes in moderate oven, 325° F. When cool, put strawberries, cut and sugared, and whipped cream between layers and on top.

**CHEESE TORTE**

1 cup butter (½ lb.)  
 1 cup sugar  
 10 eggs, separated  
 ½ lb. dry cottage cheese  
 (riced)  
 ½ lb. almonds, blanched and  
 grated  
 5 tablespoons grated wheat  
 bread  
 1 lemon, juice and rind

Cream butter, add sugar and continue creaming. Add the well beaten egg yolks, stirring constantly. Then add gradually the cheese put through a sieve, the remaining ingredients and the stiffly beaten egg whites last. Bake in a buttered spring form in moderate oven, 350° F., until well set. When cool, ice with Chocolate Frosting No. 1, page 409.

**Crust CHEESE TORTE (WITH ZWIEBACK)**

1 package zwieback (6 oz.)  
 1 cup sugar  
 1 teaspoon cinnamon  
 ½ cup butter, melted

Roll zwieback fine, mix with 1 cup sugar, cinnamon and the melted butter, and set aside ¾ cup of the mixture to sprinkle over top. Butter a 9-inch spring form well, spread and press zwieback mixture on bottom and sides of form, or spread fresh unmelted butter on bottom and sides of form, and press cinnamon and zwieback, mixed, into butter.

**Filling**

2¼ lbs. dry cottage cheese  
 1½ cups sugar  
 6 eggs  
 ¾ pint cream  
 ⅛ teaspoon salt  
 1 lemon, juice and rind  
 ⅜ cup flour  
 ¼ cup pistachio nuts

Beat whole eggs with sugar until light, add salt, lemon, and if desired, vanilla. Stir the cream in well, then add cheese and flour, and mix. Put through a sieve. Stir until smooth, pour into zwieback lined form, sprinkle remaining zwieback mixture over top, add chopped nuts and bake in a moderately slow oven, 325° F., 1 hour or until set. Turn off heat, open oven door, let stand in oven 1 hour or until cooled, remove rim of spring form, and place with tin bottom on serving plate.

For a smaller Torte, use 1½ lbs. cheese, 1 cup sugar, 4 eggs, ½ pint cream, ⅛ teaspoon salt, juice and rind of ½ lemon, ¼ cup flour, ¼ cup pistachio nuts, and vanilla.

**Cheese Pie or Kuchen**, see pages 389 and 390.

**MATZOS CHOCOLATE TORTE**

4 yolks of eggs, beaten	$\frac{1}{4}$ lb. raisins
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup matzos meal, sifted fine
$\frac{1}{4}$ lb. almonds, blanched	Juice of an orange
$\frac{1}{4}$ lb. sweet, grated chocolate	$\frac{1}{4}$ cup wine
or $\frac{1}{2}$ cup cocoa	4 whites of eggs, beaten stiff

Beat sugar and eggs until very light, add almonds, grated, raisins, matzos meal, wine and orange juice, and lastly the whites of eggs. Bake in spring form in moderate oven, 350° F., for 1 hour.

**MATZOS ALMOND TORTE**

5 eggs, separated	$\frac{1}{2}$ cup matzos meal
1 cup sugar	1 teaspoon baking powder
1 cup almonds, ground with-	1 teaspoon cinnamon
out blanching	$\frac{1}{4}$ teaspoon cloves
1 tablespoon lemon juice or brandy	

Beat yolks and sugar until thick, add the almonds and the rest of the ingredients; and lastly fold in the stiffly beaten whites of the eggs. Place in spring form and bake 1 hour at 350° F.

**APPLE MATZOS TORTE**

8 apples, pared and grated	1 cup matzos meal
8 eggs, separated	1 teaspoon cinnamon
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup almonds or nuts
$\frac{1}{4}$ teaspoon salt	1 tablespoon orange juice

Beat whites with salt until very stiff; add sugar gradually, then beaten yolks. Mix and add dry ingredients, then orange juice and nuts, lastly apples. Bake 1 to 1 $\frac{1}{4}$  hours at 350° F. Serve with Wine Sauce, page 337.

**APPLE AND LADY FINGER TORTE**

1 cup lady fingers or sponge	$\frac{3}{4}$ cup sugar
cake crumbs	Juice and rind of $\frac{1}{2}$ lemon
4 eggs, separated	3 apples, grated
$\frac{1}{4}$ cup chopped almonds	

Beat yolks of eggs well with sugar, add apples, crumbs, lemon juice, and lastly fold in the beaten whites of eggs. Turn into spring form, sprinkle almonds on top, pressing them into the mixture with back of spoon. Bake in medium oven 20 to 25 minutes, leave on bottom of cake tin and serve as a dessert with cream.

**APPLE SAUCE CHOCOLATE CAKE**

6 eggs, separated	$\frac{1}{2}$ cup apple sauce
1 cup sugar	1 cup bread crumbs
5 teaspoons cocoa	1 $\frac{1}{2}$ teaspoons baking powder

Mix bread crumbs and baking powder. Beat yolks until thick and lemon colored. Add sugar and beat well. Add cocoa, then apple

sauce and bread crumbs, stirring well. Fold in stiffly beaten egg whites last. Bake in three layers at 350° F. about 20 minutes. Fill and frost with Chocolate Butter Frosting No. 2, page 409.

### LINZER TORTE

1 cup sugar	1 lemon, grated rind and juice
1 cup unsalted butter	2 cups flour, sifted 3 times
3 eggs, separated	Jam or preserves
½ lb. almonds, chopped fine	1 teaspoon baking powder
1 tablespoon brandy	

Cream butter and sugar well. Add yolks, flavoring, then almonds and flour, sifted and mixed with baking powder, lastly, beaten whites. Roll out or pat  $\frac{2}{3}$  of dough and line spring form, bottom thicker than sides. Fill with fine jam. Roll remaining dough, cut into strips and place criss-cross on top. Bake in moderate oven, 350° F. Before serving, fill holes on top with jam.

### REGENTS TORTE

3 eggs, separated	½ lb. almonds
1¼ cups sugar	Raspberry or currant jelly

Beat yolks of eggs very light with ½ cup sugar, add ¼ pound of the almonds blanched and chopped fine or grated. Bake in small, well-greased spring form, in a moderate oven, 350° F. When partially cool, spread with any tart jelly and cover with the following meringue: whip the whites of the 3 eggs very light, add ¾ cup sugar and ¼ pound grated almonds. Brown in oven.

### CHERRY CREAM TORTE

**Part 1. Rich Pastry:** Line a 10-inch spring form with Muerbe Teig No. 1, page 377.

**Part 2. Almond Paste**

½ lb. grated almonds	Grated rind of a lemon
¾ cup sugar	4 egg whites

Grind almonds without blanching, add sugar, lemon rind and mix well. Then fold in the stiffly beaten whites of eggs. Place mixture on top of dough in spring form.

**Part 3. Cherry Filling:** Take canned cherries, pitted, strain and place drained cherries (about 3 cups) to cover top of almond paste.

**Part 4. Cream Custard**

1 pint plain cream	3 tablespoons sugar
10 egg yolks, well beaten	10 egg whites, beaten stiff

Place the cream and the sugar in top of double boiler; when hot, pour very gradually onto the well beaten yolks. Return to double boiler, cook slowly, stirring constantly until the mixture coats the spoon. Fold in the beaten egg whites and pour over the cherries. Bake in a moderate oven (350° F.) for 1 hour.



**FILLED TORTE (Cherries or Blueberries)**

Make Muerbe Teig, page 377. Roll out, spread over bottom and sides of a grease spring form. Place in hot oven, 400° F. When partly baked, cover with canned sweetened cherries or blueberries, drained (3 cups). Then cover the top with a sponge made as follows:

6 eggs, beaten separately	¼ lb. almonds
¼ lb. sugar	Rind of 1 lemon

Cream egg yolks and sugar well; add almonds, blanched and ground and the lemon rind. Fold in the stiffly beaten whites. Bake light brown in a moderate oven, 350° F., ¾ to 1 hour.

**BLUEBERRY TORTE**

1 quart blueberries	3 tablespoons cream
¼ cup sugar	4 whites of eggs
2 tablespoons lemon juice	¼ cup powdered sugar
1 yolk of egg	Muerbe Teig

Line bottom and sides of a spring form with Muerbe Teig No. 1, page 377. Sprinkle with bread crumbs, add blueberries, sprinkle with sugar and cinnamon and lemon juice. Over all drip the yolk of an egg beaten with the cream. Bake in a hot oven (400° F.) for 15 minutes. Reduce heat to 325° F. and bake until crust is well browned.

Beat whites of eggs until stiff, add powdered sugar, spread over Torte, return to oven and bake 15 minutes at 300° F.

**PEACH OR PEAR TORTE**

Cookie Dough, page 377	3 eggs, separated
1 quart can peaches or pears	½ cup cream or fruit juice
	½ cup sugar

Line sides and bottom of spring form with Cookie Dough. Drain fruit, place on dough, pour over a custard made by beating eggs well with sugar, adding cream or fruit juice and place in hot oven, 400° F., for 10 minutes. Reduce heat to 350° F. and bake until custard is set. When nearly cool, sprinkle with Ground Almond Brittle, page 518. Serve with whipped cream.

**PRUNE TORTE**

Muerbe Teig	Grated rind of lemon
1 lb. prunes	¼ cup powdered sugar
Whites of 2 eggs	1 cup chopped nuts

Line bottom and sides of a spring form with Muerbe Teig No. 2, page 378, pressing it in shape with the hands. Cook Prunes, page 334, stone and chop fine and place into lined tin. Beat the whites of eggs very stiff, add sugar and the grated lemon rind, spread this over the prunes and sprinkle the chopped nuts on top. Bake in a quick oven, 400° F., 40 minutes or until crust is well baked.

**LEMON TORTE**

2 medium lemons	Rind of 1 lemon
½ lb. powdered sugar	6 eggs
½ lb. sweet butter	Rich pastry

Line bottom and sides of a spring form with Cookie Dough No. 2, page 377. Cream butter, add sugar, grated lemon rind and the lemon juice. Stir until creamy. Beat the whole eggs until thick and lemon colored. Mix gently with other mixture and place on dough. Set immediately in hot oven, 400° F., and bake ½ hour. Remove rim of form and serve on platter on the bottom of baking tin.

**FILLED TORTE (Macaroon)**

Muerbe Teig	1 lb. blanched and grated
Whites of 14 eggs	almonds
2 cups powdered sugar	1 teaspoon vanilla

Line sides and bottom of spring form with Muerbe Teig, page 377. Beat whites of eggs very stiff, add sugar and beat again until stiff and dry, add vanilla and fold in the grated almonds.

Place the nut mixture in the dough-lined spring form and bake 1 hour, in moderate oven, 325° F., and serve with Whipped Cream.

**No. 1 MARZIPAN TORTE**

As the foundation of the torte, bake any good sponge or butter cake in a round layer cake tin.

For the top, beat until stiff, whites of 1½ eggs (to divide egg, beat up slightly with fork), add 1 cup sugar gradually, continue beating, then add ¼ pound grated almonds. Sugar board and hands and roll the mixture into strips. Lay two strips across top of cake from edge to edge, crossing at the center. Add the rest of the strips like spokes of a wheel. Lay one long strip on outer edge around cake. Return to moderate oven, 325° F., to dry out. When ready to serve, fill spaces with preserved fruit.

**No. 2**

2 cups or ½ lb. flour	2 tablespoons sugar
½ cup or ¼ lb. butter	2 egg yolks
2 tablespoons water	

**Pastry:** Mix flour, sugar and butter, add eggs and water; put in a cool place to harden. Roll out dough. Line a spring form.

**Filling:** 1 pound almonds, blanched and dried the day before, then grated. 1 pound powdered sugar, juice of 2 lemons. Mix, heat and stir until thoroughly blended. Cool. Add the whites of 8 eggs beaten stiff. Put the mixture on dough, place strips of dough over the top and bake in a moderate oven 1 hour, 325° F. Dust with powdered sugar and decorate with candied cherries.

**MACAROON TORTE**

$\frac{3}{4}$  lb. almonds  
 $\frac{1}{2}$  lb. powdered sugar  
 7 whites of eggs

Juice and part of the grated  
 rind of a lemon  
 Muerbe Teig, No. 1

Steam the sugar, sifted, and whites of eggs in the double boiler for 5 minutes, stirring constantly. Cool. Blanch and grind the almonds; add the sugar and eggs with the lemon. Line a spring form with the Muerbe Teig No. 1, page 377, spread the top of the dough with gooseberry preserves or with gooseberry or cherry conserve. Fill with macaroon mixture. Bake  $\frac{3}{4}$  hour in moderate oven, 350° F.

**MUSHKAZUNGE**

7 whites of eggs, unbeaten  
 $\frac{1}{2}$  lb. almonds, grated and  
 unblanched

$\frac{1}{2}$  lb. granulated sugar  
 $\frac{1}{2}$  teaspoon cinnamon  
 Rind of  $\frac{1}{2}$  lemon

Mix and bake 20 minutes in a long, shallow pan at 350° F.

**Blitz Torte**, *see* page 443.

**Dobos Torte**, *see* page 446.

## Chapter 36

### Small Cakes, Cookies, Kisses

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#### CUP CAKES

$\frac{1}{4}$  cup shortening  
1 cup milk  
1 egg, well beaten  
1 cup sugar

2 cups flour  
 $\frac{1}{4}$  teaspoon salt  
1 teaspoon vanilla  
3 teaspoons baking powder

Sift dry ingredients together; add melted shortening to the milk, egg and flavoring, mixed together. Combine mixtures well. Bake in hot oven in buttered muffin tins 20 minutes, 375° F. Tins may be lined with paper cases and cakes served in the cases.

Or use any desired Layer, Sponge or Chocolate Cake batter.

#### COCOA CUP CAKES

3 tablespoons fat  
1 cup sugar  
 $\frac{1}{2}$  cup milk  
1 egg, well beaten

1½ cups flour  
3 teaspoons baking powder  
 $\frac{1}{3}$  cup cocoa  
1 teaspoon vanilla

Cream fat and sugar. Add egg, vanilla, milk alternately with sifted dry ingredients. Bake in greased muffin pans, 375° F.

#### CHOCOLATE CUP CAKES

1 cup brown sugar  
 $\frac{1}{2}$  cup butter  
1 egg  
1 square melted chocolate

1 teaspoon soda  
 $\frac{1}{2}$  cup sour milk  
1½ cups flour  
Coffee Icing, page 409

Cream butter and sugar, add egg, chocolate and milk alternately, with flour and soda mixed. Place in small greased muffin tins, bake in a moderate oven 10 to 15 minutes, 350° F. Frost with any icing.

#### RAISIN CUP CAKES

$\frac{1}{3}$  cup shortening  
1 cup sugar  
1 egg, well beaten  
 $\frac{1}{2}$  cup milk

1½ cups flour  
3 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon vanilla  
1 cup seeded raisins

Cream shortening; add sugar and stir in egg. Add milk, and flour sifted with baking powder. Mix well, add vanilla and raisins which have been cleaned, dried and floured. Bake in greased individual cake tins in moderate oven, 350° F., 20 to 25 minutes.

**PECAN CAKES**

2 eggs ½ cup flour  
 1 cup brown sugar ⅓ teaspoon salt  
 1 cup broken pecan meats ¼ teaspoon baking powder

Mix and sift the dry ingredients. Add sugar to slightly beaten eggs. Add the pecans sprinkled with flour, then the dry ingredients. Bake in small muffin tins in moderately slow oven at 325° F.

**COCOANUT DROPS**

1 lb. powdered sugar 1½ cups flour  
 4 eggs ¼ lb. cocoanut  
3 teaspoons baking powder

Beat eggs until light, add sugar and beat again; add flour and baking powder mixed, and stir in the grated or shredded cocoanut. Drop small portions with teaspoon on well buttered pans, rather far apart, as they spread. Bake in a moderate oven, 350° F., from 10 to 15 minutes. Keep in covered jar.

**GINGER DROPS**

¼ cup shortening ¼ teaspoon cloves  
 ¼ cup brown sugar 1 tablespoon ginger  
 1½ cups flour ½ cup molasses  
 1 egg 1 teaspoon soda  
 ½ teaspoon cinnamon ½ cup boiling water

Cream butter and add sugar gradually, then add the egg. Mix and sift dry ingredients and add alternately with hot water and molasses. Bake in muffin pans, 350° F.

**PEANUT BUTTER CUP CAKES**

½ cup butter 2 eggs, beaten  
 1½ cups brown sugar 1½ cups cake flour  
 ½ cup peanut butter ½ teaspoon salt  
 1 teaspoon vanilla 2 teaspoons baking powder  
⅔ cup milk

Cream butter, add sugar, continue creaming. Add peanut butter and cream well. Add vanilla and eggs, beating well. Add flour, sifted with salt and baking powder, alternately with the milk. Bake in muffin tins or paper muffin cups, in moderate oven about 30 minutes. Frost with any Chocolate Frosting, page 409.

**CHOCOLATE POTATO DROP CAKES**

⅓ cup oil or other fat 1 cup hot riced potato  
 1 cup sugar ⅓ cup raisins  
 2 eggs, separated 1 cup flour  
 2 oz. (squares) chocolate 3 teaspoons baking powder

Cream sugar and fat, yolks of the 2 eggs, add chocolate, grated, ½ teaspoon salt, and mashed potato, then the flour with the baking powder and salt, and lastly the beaten whites of the eggs. Drop small

portions with tablespoon on greased pans. Bake in moderate oven. 350° F. Chopped nuts may be added.

### NUT DROP CAKES

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	2 tablespoons milk
1 egg, well beaten	$\frac{1}{2}$ cup finely chopped peanuts or walnuts
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ teaspoon lemon juice
1 teaspoon baking powder	

Cream butter and sugar, add egg and lemon juice. Beat well. Sift flour, salt and baking powder mixed, add alternately with the milk to first mixture; then add nuts. Drop on unbuttered sheet 1 inch apart. Bake in moderate oven, 350° F., 15 minutes.

### BUNTE SCHUESSEL (Small Decorated Cakes)

Pieces stale or fresh cake	$\frac{1}{8}$ lb. pistachio nuts
1 tablespoon maraschino	$\frac{1}{8}$ lb. each of candied cherries, orange rind, limes and pine- apple
2 tablespoons corn syrup	
Chocolate, lemon, orange, vanilla and any other desired uncooked icing or Fondant	1 oz. each candied rose and mint leaves and violets

Use any cake or torte, that is not too delicate to handle. Bake in small fancy shaped tins or in a sheet. When baked in a sheet the cake may be cut in any square, oblong, diamond, heart or round shape with knife or cutters, or formed into small balls, rings and crescents.

**To Frost:** Cover cakes with Fondant, page 525, in a variety of colors and flavors, keeping the icing warm and creamy over hot water (in small saucepans). Slip cakes, 1 at a time, on knife into the softened icing, dip quickly, then place on oiled paper several hours to harden. Decorate. Or place cakes far apart on wire cake rack set on waxed paper. Pour frosting over cakes. Lift rack to another sheet of waxed paper. Let harden. Scrape frosting from paper and reheat.

Cut pistachio nuts lengthwise in slices, and green limes in small pieces, to represent leaves; cherries cut in pieces lengthwise and the violet and rose leaves, to represent flowers. Raisins may be pressed flat and cut in fancy shapes. Dip the end of the ornaments lightly in a little warm icing to make them stick.

### SMALL FROSTED CAKES

Bake Angel, Sponge or Sunshine Cakes, pages 434-440, in pans  $1\frac{1}{2}$  inches deep or Individual Delicate Cakes, page 440. Cover with the following frosting as directed:

**No. 1. Marshmallow:** Set marshmallows on cake about 1 inch apart in 3 or 4 rows, sprinkle with 3 tablespoons sugar and  $\frac{1}{2}$  teaspoon cinnamon. Place in moderate oven until marshmallow melts somewhat, cut into squares, a marshmallow on each square.

**No. 2. Chocolate:** Frost cake with Plain or Chocolate Icing, pages 406, 408, and while soft, cut into squares, place half a walnut on each.

**No. 3. Mocha:** Let cake cool, cut into squares, cover with soft Coffee, Plain or Corn Syrup Frosting, pages 406, 409, 411, sprinkle with finely chopped and blanched pistachio nuts, roasted almonds, or peanuts or with dried and rolled macaroons.

**No. 4. Indians:** Bake an Angel Food or Sunshine Cake, page 437 or 435; pull the cake apart with a fork in irregular pieces about 2 inches in size; take each piece on a fork and dip in hot Chocolate Frosting, page 408, and let cool on a platter.

### COCOANUT SNOWBALLS

Make Angel Food Cake, page 437; bake in ungreased square angel food tin. Make Boiled Frosting, page 409, Seven Minute Icing, page 410, or Fondant uncooked and soft, page 525. Crack shell of a fresh cocoanut, remove milk, then the outer shell; peel and grate. Cool cake, remove from pan, cut in  $1\frac{1}{2}$ -inch cubes. Place on fork, dip into frosting, cover on all sides; roll in cocoanut, place on waxed paper until set. Serve same day.

### ÉCLAIR CAKES

10 eggs, beaten separately	2 teaspoons baking powder
$\frac{3}{4}$ lb. confectioner's sugar	Lemon rind
$\frac{1}{4}$ cup cold water	Salt
2 cups cake flour	1 teaspoon vanilla

Beat the yolks with the sugar until thick and light yellow, then add water and stir. Pour mixture into stiffly beaten whites; add flavoring. Mix, then sift flour and baking powder seven times and fold in last. Grease two large cake pans, bake at  $325^{\circ}$  F., 35 to 40 minutes. Cut into squares, fill with Custard Filling, page 412, cover with Butter Frosting, page 408.

### LADY FINGERS OR SPONGE DROPS

3 eggs, separated	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{3}$ cup powdered sugar	3 tablespoons hot water
$\frac{1}{2}$ cup flour	1 teaspoon baking powder

Beat whites of eggs until stiff; add sugar gradually and continue beating; add yolks of eggs, beaten until thick; then flavoring and hot water. Fold in flour sifted with salt and baking powder. Put into lady finger tins, sprinkle with powdered sugar and bake 8 to 10 minutes in moderate oven,  $350^{\circ}$  F., remove from tins while hot. Brush over the flat surface of one-half of the cakes with white of egg and press the underside of a second cake on it. Or, press through a tube in portions 1 inch wide by 5 inches long on a baking sheet covered with paper. Or for Sponge Drops, drop from teaspoon. Bake for 10 to 12 minutes in moderate oven. Put together with jelly. Hot water and baking powder may be omitted.

**PETITS FOURS (TINY CAKES)**

Bake White or Sponge Cake in shallow pans. When cool, cut in tin circles, diamonds or squares. Split, hollow out center of each little cake and fill with whipped cream, almond paste or any desired Custard Filling, page 412. Put together in pairs. Cover with melted fondant in a variety of colors and flavors. Decorate with nuts and candied fruit as in Bunte Schuessel, page 468, and put each cake in a little paper case

**OTHELLOS**

Press Sponge Drop mixture, page 469, through a tube on a baking sheet covered with paper, in rounds  $1\frac{1}{2}$  inches wide. When baked spread the flat side of  $\frac{1}{2}$  of the cakes with Lemon or Vanilla Custard page 412, press together in pairs and dip in the Chocolate Frosting page 408. Let dry on oiled paper.

**CREAM PUFFS**

$\frac{1}{2}$  cup butter  
1 cup water

1 cup bread flour  
3 eggs (unbeaten)

Add butter to water in saucepan. When butter is melted, add flour all at once and stir vigorously until mixture no longer sticks to sides of pan. Remove from stove; cool slightly; add eggs one at a time, beating after each egg is added. Take up a heaping tablespoon of the mixture, and with another spoon, push the mixture onto a well greased baking sheet. Place 2 inches apart and bake in hot oven ( $450^{\circ}$  F.), 20 minutes. Reduce to  $325^{\circ}$  F. and bake about 20 minutes longer. Remove one from oven; if it does not fall, it is done. Remove from baking sheet and cool. When ready to serve, cut open on one side, and fill with Whipped Cream, page 416.

**TINY CREAM PUFFS**

Drop Cream Puff Mixture, above, from teaspoon or squeeze through pastry tube, some distance apart, on buttered tins, in 1 to  $1\frac{1}{2}$  inch balls. When baked and cool, cut at one side, fill with any of the Custard Fillings, page 412. Dip tops in a variety of colored and flavored frostings. Make Plain Icings No. 1 or 2, page 406, as a foundation, but use no flavor. Take a small portion at a time, flavor and color, as desired, with fruit, chocolate, coffee, orange and lemon. Let stand until icing is dry. Makes about 3 dozen Puffs.

For an **Appetizer**, fill with Chicken or Seafood Salad, or well-seasoned Sandwich Spread and omit frosting.

**CHOCOLATE ÉCLAIRS**

Squeeze Cream Puff Mixture, as above, through pastry tube, some distance apart, on buttered tins, in oblong shapes,  $4 \times 1\frac{1}{2}$  inches. When baked and cool, open at one side and fill with any of the Custard Fillings, page 412, dip in Chocolate, page 408, or any other frosting. Let stand until icing is dry.



## COOKIES

Cookies are best baked on buttered tins. Less flour may be used if cookie dough is chilled before rolling or molding. Fortified margarine or any desired shortening may be used in place of butter. Sorghum may be used in place of molasses.

### PLAIN COOKIES

1 cup sugar	$\frac{1}{2}$ cup milk
1 tablespoon butter	1 teaspoon baking powder
1 egg, well beaten	3 cups flour

Cream butter and sugar. Add egg to milk, sift flour with baking powder, combine mixtures and work to a smooth dough. Roll thin, cut, bake in hot oven,  $375^{\circ}$  F., until light brown and crisp.

### SUGAR COOKIES

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon vanilla, nutmeg or any other flavoring
1 egg	2 cups flour (about)
$\frac{1}{4}$ cup milk	

Cream the butter and sugar. Beat the egg and add to the milk. Sift flour and mix baking powder with 1 cup, combine mixtures, then add the rest of the flour, and only enough more to handle. Chill in refrigerator. Roll on floured board  $\frac{1}{4}$  inch thick. Shape with biscuit cutter. Sprinkle with sugar, cinnamon, chopped nuts. Bake in hot oven,  $375^{\circ}$  F., 8 to 10 minutes. Or, use 2 eggs and only 1 tablespoon of milk.

For **Jelly Cookies**, cut  $\frac{1}{2}$  in rounds, the rest with a doughnut cutter. Put together in pairs, with jelly in center. Bake in a moderate oven until done,  $350^{\circ}$  F.

### CRISS-CROSS BROWN SUGAR COOKIES

$\frac{1}{4}$ lb. butter	2 cups flour
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon baking powder
1 egg	$\frac{1}{4}$ cup chopped nuts

Cream butter, add sugar and cream well. Then add egg and flour mixed with baking powder. Mix to a smooth dough. Form into a long roll one inch thick. Cut into  $\frac{1}{2}$ -inch slices crosswise; then roll into small balls. Put on cookie sheet one inch apart. Mark criss-cross with fork and flatten. Brush with egg white and sprinkle with chopped nuts. Bake at  $400^{\circ}$  F. for 10 to 12 minutes.

### SOUR CREAM COOKIES

1 cup sugar	1 teaspoon nutmeg
3 cups flour	1 cup butter
1 teaspoon salt	2 eggs, well beaten
1 teaspoon soda	1 cup thick, sour cream

Sift together the dry ingredients. Cut in the butter with pie blender or knives. Add eggs and sour cream, gradually. Chill dough an hour or longer. Roll out; cut with cookie cutter and bake in hot oven,  $425^{\circ}$  F.

**SOUR MILK COOKIES**

¼ cup butter  
2 cups sugar  
2 eggs

1 cup sour milk or cream  
1 teaspoon soda  
4 cups flour

Cream butter and sugar, add eggs, mix well, add rest of the ingredients, the soda with sour milk or cream. Chill. Toss on well floured board, roll very thin, sprinkle with sugar, press sugar lightly on dough with rolling pin. Cut into desired shapes, bake in shallow pans in hot oven, 375° F., about 8 minutes

**No. 1 BUTTER COOKIES (MUERBE)**

1 lb. butter  
1 cup sugar  
2 eggs, separated  
6 cups flour

½ lemon, rind and juice or  
2 tablespoons brandy  
1 teaspoon baking powder  
1 cup almonds, chopped fine

Cream butter, add sugar, then the yolks of eggs, slightly beaten; add rind of lemon or brandy, and the flour mixed with the baking powder, then lemon juice, with only enough flour to handle. Chill dough several hours, then roll; cut with small biscuit cutter, brush with white of eggs; sprinkle with sugar and chopped almonds. Bake in moderate oven, 350° F., 10 to 15 minutes. Will keep for weeks.

**No. 2**

1 lb. butter  
1½ cups sugar  
3 hard cooked yolks

6 cups flour  
3 raw eggs  
Rind and juice of ¼ lemon

Cream butter and sugar, add cooked yolks rubbed through sieve, add flour and raw eggs alternately. Roll ⅛-inch thick, brush with white of egg. Cut round or square. Sprinkle with chopped almonds mixed with lemon, sugar and cinnamon. Bake in greased tins, in moderate oven, 350° F., 10 to 15 minutes.

**HURRY-UP BUTTER COOKIES**

1 cup (½ lb.) unsalted butter  
1 cup sugar  
1 egg, separated

2 cups flour, sifted  
Juice and rind, ½ lemon  
½ cup chopped nuts

Cream butter and sugar well, add egg yolk and continue beating, then add lemon and flour, mix thoroughly until well blended. Place dough on top of two ungreased inverted shallow cake pans. Pat or roll about ¼-inch thick, not quite to edge of pan. Brush with slightly beaten egg white, sprinkle with nuts. Bake in slow oven, 300° F., 20 to 30 minutes. Cut while hot into 1½-inch strips.

**Cinnamon Hurry-Up Cookies:** In place of the lemon, above, sift and mix 3 teaspoons cinnamon with the flour.

**Chocolate Hurry-Up Cookies:** Add 1 ounce of melted chocolate.

**FROSTED BUTTER COOKIES**

½ lb. unsalted butter	4 egg whites, beaten stiff
4 egg yolks	1 cup sugar
2 cups flour	½ lb. blanched almonds
1 teaspoon baking powder	1 lemon, rind and juice

Cream butter and yolks well together. Sift flour and baking powder; combine the two mixtures. Place in refrigerator to harden. Roll out thin, cut into rounds, cover with the egg whites, adding sugar and almonds, ground fine, mixed with lemon.

Bake in moderate oven, 350° F. Cool, dust with powdered sugar.

**SPRITZ COOKIES**

1 cup butter	1 egg
½ cup sugar	2½ cups flour

Cream butter and sugar well, add egg and then flour and force through a tube or cookie press into various shapes. Bake from 8 to 10 minutes about 450° F.

**SCOTCH SHORTBREAD**

½ lb. butter	¼ lb. sugar	1 lb. flour
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Cream butter and sugar very well. Gradually work in the flour, kneading to a smooth paste. Line two pie tins with white paper, pat dough with hands, size of pan, about ½-inch thick. Pinch and flute the edges, prick all over with a fork. Bake a light brown in moderate oven 25 to 30 minutes. Break in pieces when serving.

**No. 1 CHOCOLATE COOKIES**

½ cup butter	2½ cups flour
1½ cups sugar	2 teaspoons baking powder
1 egg	¼ cup milk
¼ teaspoon salt	2 squares (2 oz.) chocolate

Cream butter, add sugar, egg well beaten, salt and chocolate (melted). Beat well and add flour sifted with baking powder, alternately, with milk. Chill several hours, roll very thin, shape with a small cutter, bake in moderate oven, 350° F., 10 minutes.

**No. 2**

1 cup butter	3 tablespoons milk
1 cup sugar	¼ lb. almonds (unblanched)
2 eggs	½ lb. sweet chocolate
½ teaspoon cinnamon	4 cups flour
¼ teaspoon cloves	1 teaspoon baking powder

Grate the chocolate and almonds. Cream butter, add sugar, eggs, one at a time, and the rest of the ingredients. Mix well, roll, cut in rounds, place in pans; spread with white of egg and sprinkle with sugar. Bake in moderate oven, 350° F.

**No. 3****CHOCOLATE COOKIES**

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup butter           | $\frac{1}{4}$ teaspoon cloves     |
| 2 cups sugar                       | 1 teaspoon baking powder          |
| $\frac{1}{2}$ lb. grated chocolate | 1 teaspoon vanilla                |
| 2 eggs                             | 1 egg, for top of cookies         |
| 1 cup flour                        | Sugar and cinnamon                |
| $\frac{1}{4}$ teaspoon cinnamon    | $\frac{1}{2}$ cup chopped almonds |

Cream butter and sugar, add chocolate, eggs, flour mixed with baking powder, spices and vanilla. Handle very lightly. Roll on well floured board, cut into rounds. Place in floured pans far apart. Spread with beaten egg, sprinkle with sugar, cinnamon and nuts. Bake at 300° F. for about 10 minutes. Let stand one minute, remove from pans.

**CHOCOLATE PECAN COOKIES**

Put 2 oz. chocolate and 1 can sweetened condensed milk in double boiler and cook until thick. Remove from stove, add  $\frac{1}{2}$  lb. shelled pecans. Drop on buttered tin, bake in moderate oven 15 to 20 minutes.

**CHOCOLATE PRETZELS**

- |                         |                           |
|-------------------------|---------------------------|
| 1 cup butter            | 2 oz. chocolate, melted   |
| $\frac{2}{3}$ cup sugar | $1\frac{1}{2}$ cups flour |
| 1 egg                   | Dash of cinnamon          |
|                         | 1 teaspoon vanilla        |

Cream butter and sugar; add egg and remaining ingredients. Chill. Roll small pieces of dough the thickness of a pencil. Shape into pretzels. Sprinkle with nuts and bake at 375° F.

**SOFT MOLASSES COOKIES OR GINGER CREAMS**

- |                            |  |
|----------------------------|--|
| 1 cup sugar                | 2 teaspoons ginger                       |
| 1 cup butter or substitute | 1 teaspoon soda                          |
| 2 eggs                     | $3\frac{1}{2}$ cups flour, approximately |
| 1 cup dark molasses        | 1 cup sour cream                         |
| 2 teaspoons cinnamon       | 1 teaspoon cream of tartar               |

Cream butter, add sugar and cream well. Add beaten eggs, molasses, flour mixed and sifted with soda and spices, alternately with sour cream and the cream of tartar. Add enough more flour to make a soft dough. Chill. Then knead on floured board and roll out about  $\frac{1}{4}$  inch thick. Cut with large round cookie cutter. Bake on greased pan in moderate oven at 350° F. from 15 to 20 minutes. Frost with Plain Icing, page 406. Will keep.

**GINGER WAFERS**

- |  |                                 |
|--|---------------------------------|
| $\frac{1}{4}$ lb. butter               | $2\frac{1}{2}$ cups flour       |
| $\frac{1}{2}$ cup New Orleans molasses | $\frac{1}{4}$ teaspoon soda     |
| $\frac{1}{2}$ cup sugar                | $\frac{1}{2}$ teaspoon cinnamon |
| 1 egg, unbeaten                        | $\frac{1}{4}$ teaspoon cloves   |
| $\frac{1}{8}$ teaspoon salt            | $\frac{1}{2}$ teaspoon ginger   |

Heat butter and molasses in large kettle until butter melts, stir in sugar. Cool to lukewarm, add egg and flour sifted with soda and

spices. Chill. Roll very thin. Or pack in greased refrigerator tray lined with waxed paper until firm enough to slice. Bake at 350° F. 10-15 minutes.

**No. 1****GINGER SNAPS**

1/4 cup butter	1 egg
1/4 cup sugar	1/4 tablespoon ginger
1/4 cup molasses	1/4 teaspoon soda
	1 1/2 cups flour

Cream the butter in a warm bowl, gradually beat in the sugar, add egg and molasses, then add the ginger, soda and flour and, if needed, more flour to knead. Roll very thin on a floured board, cut with a cookie cutter and bake in a moderate oven, 350° F.

**No. 2**

2 cups sugar	1 1/2 teaspoons soda
3/4 cup butter	1/2 cup molasses
2 eggs	2 teaspoons vinegar
3 1/2 cups flour	2 teaspoons ginger

Dash of cinnamon and cloves

Cream butter and sugar, add eggs, molasses and vinegar and the remaining dry ingredients sifted together. Form into balls the size of a small walnut, place far apart on cookie sheet to allow for spreading and bake in a moderate oven, 350° F.

**No. 3. Icebox**

1/2 cup butter, softened	1 teaspoon soda
1/4 cup boiling water	1 teaspoon salt
1/2 cup brown sugar	1 teaspoon ginger
1/2 cup molasses	1/3 teaspoon nutmeg
	3 cups flour

Add water to butter, add sugar, molasses and the remaining dry ingredients sifted together. Line a pan or tray of mechanical refrigerator with wax paper. Pack mixture in well. Press down with wax paper until smooth on top. Chill dough until hard. Slice thin and bake at 400° F.

**TEIGLACH**

4 cups flour	3/4 lb. honey
1 teaspoon baking powder	1/2 cup sugar
3 tablespoons oil	1/2 lb. filbert nut meats
4 eggs	Ginger

Mix and knead first 4 ingredients until smooth. Form into roll 1/3-inch thick and cut into 1/2-inch pieces. Boil honey and sugar, add pieces of dough, place in hot oven, 375° F. Do not stir until dough is well puffed and just beginning to brown, then add nuts, chopped, let cook until brown, stirring occasionally. Take from oven, turn out onto wet board; cool slightly. Pat until flat with hands dipped in cold water, sprinkle with a little ginger and put in refrigerator.

**CARD GINGERBREAD**

$\frac{1}{3}$ cup butter	$1\frac{7}{8}$ cups flour
1 cup sugar	3 teaspoons baking powder
1 egg	1 teaspoon ginger
1 teaspoon salt	$1\frac{1}{2}$ cups milk

Cream the butter, add sugar; then egg, well beaten. Mix dry ingredients and combine the two mixtures with the milk. Spread out thin on buttered pan. Bake 15 minutes in moderate oven,  $350^{\circ}$  F. Sprinkle with sugar, cut in squares before removing from pan.

**MARGUERITES**

Wafer crackers	$\frac{1}{4}$ cup sugar
White of 1 egg	2 tablespoons nutmeats

Add the sugar to the stiffly beaten white, add the nuts if desired. Spread on top of crackers. Or spread crackers with honey and chopped nuts. Place in pans in a moderate oven,  $350^{\circ}$  F., for a few minutes, until slightly browned.

Or, place marshmallow on soda or graham crackers and place under flame until brown.

**GLORIFIED GRAHAM CRACKERS**

Spread  $\frac{1}{4}$  lb. graham crackers with  $\frac{1}{4}$  cup creamed butter mixed with  $\frac{1}{3}$  cup sugar and 1 teaspoon cinnamon. Cover with  $\frac{1}{2}$  cup ground nuts. Bake 5 minutes at  $350^{\circ}$  F.

**SHREWSBURY WAFERS**

3 whole eggs	$\frac{3}{4}$ teaspoon vanilla
2 cups sugar	1 cup shredded cocoanut
2 tablespoons melted butter	2 cups rolled oats

Beat eggs thoroughly with Dover beater, add sugar gradually, beating constantly, add butter, vanilla and 1 teaspoon salt. Remove beater, stir in cocoanut and oats. Line shallow pans with buttered wax paper. Drop mixture on this by  $\frac{1}{2}$  teaspoonfuls 1 inch apart. Bake light brown in a moderate oven,  $350^{\circ}$  F. Lift sheets of paper out of pan, cool partly, then remove wafers.

**HONEY BARS**

$\frac{1}{2}$ lb. strained honey	1 oz. citron, cut very fine
$\frac{1}{2}$ lb. powdered sugar	$\frac{1}{8}$ teaspoon grated nutmeg
$\frac{1}{2}$ lb. blanched almonds	$\frac{1}{8}$ teaspoon ground cloves
2 cups flour	$\frac{1}{4}$ cup lemon juice

Boil sugar and honey, add almonds, cut in half, lengthwise, and stir thoroughly. Add the rest of the ingredients, more flour if needed, and knead the dough well. Put away in a cool place, well covered, for a week. Roll  $\frac{1}{2}$  inch thick and bake in shallow greased pans, in a hot oven,  $375^{\circ}$  F. Cut into strips 1 by 2 inches, and frost.

**No. 1****SPICE COOKIES**

$\frac{2}{3}$ cup butter	3 tablespoons sour milk
$1\frac{1}{2}$ cups white or brown sugar	1 teaspoon cinnamon
2 whole eggs	1 teaspoon cloves and mace
1 cup seeded raisins	$\frac{1}{4}$ teaspoon salt
$2\frac{1}{2}$ cups flour	1 teaspoon soda

Cream butter and sugar, add eggs, raisins, chopped, spices, then alternately flour, and sour milk, in which soda has been dissolved. Drop by teaspoons on buttered tins, bake in a hot oven, 375° F.

**No. 2**

5 whole eggs	1 teaspoon vanilla
1 lb. brown sugar	1 teaspoon ginger
2 teaspoons cinnamon	1 teaspoon baking soda
1 teaspoon ground cloves	3 cups flour

Mix the above together, add enough flour to handle it, roll into small balls or drop from teaspoon and bake on greased pans, in hot oven, 375° F., 10 to 15 minutes.

**ROLLED PECAN COOKIES**

7 oz. butter (scant cup)	1 teaspoon vanilla
4 tablespoons powdered sugar	2 cups flour
2 cups pecans (small pieces)	1 tablespoon ice water
	$\frac{1}{8}$ teaspoon salt

Cream butter and sugar, add the rest. Roll with palms of hands into finger lengths. Bake 45 minutes (325° F.) Roll in powdered sugar.

**ORANGE COOKIES**

$\frac{1}{4}$ cup butter	2 tablespoons orange juice
1 cup sugar	2 cups flour
Grated rind of $\frac{1}{2}$ orange	2 teaspoons baking powder
4 egg yolks, beaten	More flour if needed

Cream butter and sugar, add orange rind, yolks, orange juice and flour, sifted with baking powder three times. Mix, roll and cut. Bake 8 to 10 minutes in hot oven, 375° F.

**OATMEAL COOKIES**

1 cup butter or fat	1 teaspoon baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon soda
2 eggs, beaten	$\frac{1}{4}$ teaspoon salt
2 cups flour	1 teaspoon cinnamon
2 cups oatmeal	1 cup chopped raisins or dates
$\frac{1}{4}$ cup sweet milk	1 cup chopped walnuts

Cream butter and sugar, add eggs, mix the rest of the dry ingredients, sprinkle over the raisins and nuts and combine the mixtures, adding only enough milk to make a stiff dough. Drop on a buttered tin, 1 inch apart. Bake in moderately hot oven, 350° F.

**OATMEAL LACE COOKIES (Rolled Oats)**

2½ cups rolled oats  
1 cup brown sugar  
¼ lb. (½ cup) melted butter  
2 teaspoons baking powder  
1 egg

Melt butter, add to dry ingredients. Add beaten egg, mix well. Drop from spoon one inch apart on buttered tins. Bake 8 to 10 minutes at 350° F. Let stand 1 minute, remove from pan. Makes about 6 dozen.

**OATMEAL CRISPS**

1½ cups flour  
1 teaspoon soda  
1 cup shortening  
1 cup granulated sugar  
1 cup brown sugar, sifted and packed  
2 eggs, well beaten  
1 teaspoon vanilla  
3 cups quick cooking oatmeal  
½ cup chopped nut meats

Sift flour. Measure. Add soda and salt and sift again. Cream butter thoroughly, add sugars gradually. Cream until very light. Add eggs, vanilla, oatmeal and nuts, mixing well after each. Add flour, stirring well. Form into 4 rolls, about 2½ inches across. Wrap in waxed paper. Chill in refrigerator over night. Slice thin. Bake on greased tins at 400° F. about 10 minutes.

**POPPY SEED COOKIES**

½ cup butter  
½ cup sugar  
2 oz. sweet chocolate  
½ cup hot milk  
1 cup poppy seed  
½ teaspoon cinnamon  
1¼ cups flour  
¼ teaspoon cloves  
1 teaspoon baking powder  
1 cup currants

Soak poppy seed in hot milk. Cream butter and sugar, add remaining ingredients, mix thoroughly and drop from teaspoon in buttered pans. Bake 20 minutes in moderate oven, 350° F.

**BISHOP'S BREAD**

1 cup sugar  
3 eggs  
1¼ cups flour  
1 cup seeded raisins  
1 cup almonds, cut  
2 teaspoons baking powder

Beat eggs well with sugar. Add 1 cup flour sifted with baking powder and a little salt, beat until light and fine grained, stir in lightly, raisins and nuts cut in halves, having first sprinkled them with rest of flour. Bake in thin sheets in two shallow square pans, 350° F., and cut in oblong pieces while warm. Sprinkle with sugar and nuts chopped fine.

**MATZOS COOKIES**

½ cup butter or fat  
1 cup sugar  
2 eggs  
½ cup potato flour  
½ cup matzos meal  
½ cup ground almonds

Cream butter and sugar, add the rest. Roll thin on board sprinkled with potato flour and sugar, cut and bake in a hot oven, 375° F.



**DELICATE ZWIEBACK TOASTED SLICES**

6 egg yolks	1 cup flour
1 cup sugar	1 teaspoon baking powder
1 teaspoon anise seed	6 whites of eggs

Beat yolks until thick and lemon colored, add sugar gradually and continue beating; add flour, baking powder, anise, pounded and sifted and cut and fold in the 6 whites of eggs, beaten stiff enough to hold up in peaks, but not dry. Put in bread pans, so the cake can rise; bake in a moderate oven, 325° F., about 1 hour. When baked light brown, remove from pan and keep in a dry, cool place until the next day, then slice the cake. Brown slices slowly in the oven or toast them on both sides. Dust with powdered sugar.

**ROCKS**

1½ cups brown sugar	½ teaspoon salt
1 scant cup butter	1 cup seeded raisins, cut
1 cup walnuts, in pieces	3¼ cups flour
3 eggs	1 teaspoon soda, dissolved in
1 teaspoon cinnamon	1½ tablespoons hot water

Cream the butter, add the sugar gradually, then the eggs, well beaten. Reserve part of the flour and mix with the fruit and nuts. Add the rest, fruit last. Drop from teaspoon on buttered tins, 1 inch apart. Bake in moderate oven, 350° F., 15 minutes.

**FIG COOKIES**

½ cup butter	2 tablespoons sour cream
1 cup brown sugar	1 teaspoon soda
2 eggs, beaten	1 cup chopped figs
½ teaspoon cinnamon	Flour to roll

Cream sugar with butter, add eggs, soda dissolved in sour cream, cinnamon, figs. Add flour to roll. Cut and bake at 350° F.

**NUT PATTIES**

1 egg, beaten	1 cup English walnuts
1 cup sugar	5 tablespoons flour

Beat egg and sugar until very light; into this stir chopped nuts, then add the flour. Drop on tins with teaspoon, the size of macaroons and bake in a medium hot oven, 375° F., about 10 minutes.

**ALMOND BREAD SLICES**

2 eggs, well beaten	1⅔ cups flour
½ cup sugar	¼ cup oil or butter
Juice and rind of ½ lemon	¼ cup almonds, blanched
½ teaspoon vanilla	2 teaspoons baking powder

Beat eggs, add sugar, beat together. Add lemon, vanilla and 1 cup flour. Add almonds, cut in half lengthwise, add oil or softened butter and rest of flour with baking powder, knead into 2 long loaves about 2 inches thick. Place in oiled floured pans and bake in a moderately slow oven 20 to 30 minutes. 325° F. Remove from pan and while

warm, cut into half inch slices. Or into  $\frac{1}{4}$  of the dough stir 2 teaspoons cocoa, form into roll  $\frac{1}{2}$  inch thick. Wrap in remaining white dough, having first patted it into a sheet  $\frac{1}{2}$  inch thick.

### FRUIT COOKIES

$\frac{1}{2}$ cup beef drippings or $\frac{1}{2}$ cup butter	2 teaspoons baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
2 eggs	1 teaspoon cinnamon
$\frac{1}{2}$ cup molasses	$\frac{1}{4}$ teaspoon cloves
$2\frac{1}{2}$ cups flour	1 teaspoon nutmeg
	1 cup seedless raisins
	2 tablespoons sweet milk

Cream shortening, add sugar, beaten eggs, a little salt and molasses. Sift dry ingredients with 1 cup flour and add to above mixture; add flour and milk to roll out. Cut with cutter and bake in moderate oven, 350° F. Chop or cut raisins and add to mixture before rolling.

### PEANUT OR ALMOND ICEBOX COOKIES

1 lb. butter	1 cup brown sugar
1 tablespoon cinnamon	3 eggs, well beaten
2 teaspoons soda	5 cups flour
1 cup sugar	Peanuts or almonds

Stir butter and sugar well, add eggs,  $\frac{1}{4}$  lb. shelled roasted peanuts or  $\frac{1}{4}$  lb. almonds, sliced fine, crosswise, the flour, soda and cinnamon, mixed. Roll 2 inches thick, place in icebox until firm. Cut in thin slices crosswise, bake in moderate oven, 350° F., until crisp.

### CRISS-CROSS PEANUT BUTTER COOKIES

1 cup shortening	3 cups flour
1 cup white sugar	$1\frac{1}{2}$ teaspoons soda
1 cup brown sugar	$\frac{1}{2}$ teaspoon salt
2 eggs	1 teaspoon vanilla

1 cup peanut butter

Mix white and brown sugar. Cream butter or shortening, then add sugar and cream well. Add the eggs well beaten, vanilla, the flour sifted with the salt and soda, and then the peanut butter. Mix well and knead. Roll into balls about  $\frac{3}{4}$  inch across. Place 1 inch apart on greased pans, press with tines of fork lengthwise and then crosswise. Bake at 400° F. from 5 to 10 minutes. Makes about 15 dozen cookies  $1\frac{1}{2}$  inches in diameter.

### INDIANS OR BROWNIES

1 oz. chocolate	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup butter	2 eggs
$\frac{1}{2}$ cup sugar	1 cup chopped nuts
	$\frac{1}{2}$ teaspoon baking powder

Melt butter and chocolate. Beat eggs with sugar, add warm mixture and rest of ingredients, and beat. Spread in greased cake tins. Bake 15 minutes at 350° F. Cut in squares when cool.

**No. 1 BROWNIES OR FUDGE SQUARES**

2 eggs, beaten light	1 teaspoon baking powder
1 cup sugar	1 cup flour
2 oz. chocolate, melted	½ cup walnuts, chopped
2 tablespoons butter	1 teaspoon vanilla

Beat eggs with sugar, add butter to chocolate, a little salt; combine mixtures, beating thoroughly, then rest of ingredients. Bake in a shallow 8-inch buttered pan in moderate oven, 350° F., 35 minutes. Cut into squares before removing from pan. ½ cup each of chopped nuts and raisins may be added.

**No. 2**

½ cup butter	2 oz. chocolate, melted
1 cup sugar	½ cup flour
2 eggs	1 cup chopped walnuts
	½ teaspoon vanilla

Cream butter and sugar well. Add eggs, one at a time, stir well, add other ingredients. Put in shallow buttered pan. Bake from 20 to 30 minutes in a moderate oven, 350° F. Cut in squares when cool.

**PIN WHEEL COOKIES**

½ cup butter	1½ cups flour
½ cup sugar	1½ teaspoons baking powder
1 egg yolk, beaten	½ teaspoon vanilla
3 tablespoons milk	1 oz. chocolate, melted

Cream butter, add sugar gradually, then egg yolk; beat well. Sift flour, baking powder, pinch of salt, add to mixture with milk and vanilla. Mix well. Divide dough in half, to 1 part add chocolate, cooled. Spread or pat each, same size, into oblong thin sheet on inverted bottom of greased and floured shallow pan. Place in refrigerator to harden. Place chocolate dough over white dough. Roll tightly, as for Jelly Roll. Put in refrigerator until firm. Slice thin, lay cut side down in buttered pans. Bake in moderate oven, 375° F., for 10 minutes.

**CHOCOLATE STICKS**

4 eggs	½ teaspoon cinnamon
1 lb. brown sugar	¼ teaspoon each allspice
1 cup almonds	and cloves
¼ lb. sweet chocolate	3 cups flour
2 oz. citron	1 teaspoon baking powder

Beat eggs and sugar until light, add the spices and the chocolate, grated. Blanch almonds and chop, cut citron fine; mix with the flour and baking powder and combine the two mixtures. Roll on floured board, cut into strips 3½ inches long, bake in buttered pans, in moderate oven, 350° F., 10 to 15 minutes.

**CARAMEL SQUARES**

1 cup brown sugar  
 ¼ cup butter  
 ¼ teaspoon salt  
 1 egg

1 cup flour  
 1 teaspoon baking powder  
 ¼ cup nuts, chopped  
 ½ teaspoon vanilla

Heat sugar and butter in a saucepan, stirring constantly until sugar is melted. Do not boil. Let cool. Beat in the egg well, stir in flour with baking powder, salt, then nuts and vanilla. Spread in a 9-inch greased pan. Bake 20 minutes, slow oven, 300° F. Cut in squares and cool in pan.

**PENOCHÉ STICKS**

1 lb. brown sugar  
 4 eggs  
 1 cup chopped pecans

2 cups flour  
 1 teaspoon baking powder  
 ⅛ teaspoon salt

Stir sugar and eggs in double boiler and cook 20 minutes. Add pecan meats, flour mixed with baking powder. Flavor with vanilla. Place in well-greased, shallow pan, bake 15 minutes in a hot oven, 375° F. Cut into strips before removing from pan.

**WALNUT STICKS**

2 eggs  
 1 cup brown sugar

½ cup flour  
 1 cup chopped walnuts

Beat eggs and sugar well, add flour, 1 cup walnuts, chopped rather fine, pinch of salt. Butter pans well and bake in sheets, 350° F. When done, cut in strips, finger length.

**DATE AND NUT STICKS**

2 eggs, beaten light  
 1 cup sugar  
 2 cups chopped pecans  
 1 teaspoon vanilla

1 lb. chopped dates  
 ½ cup flour  
 1 teaspoon baking powder  
 ¼ lb. candied cherries, cut

Cream eggs and sugar well, add nuts, dates and cherries, and vanilla, then flour mixed with baking powder. Spread in shallow pans and bake in moderate oven, 350° F., about ½ hour. Cut in strips before cold.

**ALMOND STICKS**

½ lb. almonds (2 cups)  
 1 cup butter  
 1 cup sugar

2 cups flour  
 2 whole eggs  
 Yolk of 1 egg

Grated rind of 1 lemon

Grind almonds and reserve ¼ cup each of sugar and nuts, and the egg yolk for decorating. Cream butter, add sugar, then eggs, almonds and flour. Roll thin and cut in strips or squares, with wheel cookie cutter. Brush with yolk, sprinkle with nuts and sugar set aside, and bake in moderate oven, 350° F.

**No. 1 FILLED COOKIES**

Make Sugar Cookies, page 471. Before baking place a teaspoonful of the following filling on one-half of the rounds, and cover with other half, pinching edges well together.

**Filling:**

1 cup raisins	1 cup cold water
1 cup dates, cut fine	1 tablespoon flour
1 cup sugar	½ cup chopped nuts

Mix flour and sugar, boil all together until thick.

**No. 2 (Heart Shaped)**

1½ cups butter (¾ lb.)	¾ cup sugar
3 cups flour (¾ lb.)	1 teaspoon cloves
	1 teaspoon cinnamon

Cream butter and sugar. Add flour mixed with spices. Roll out. Cut into hearts. Bake in moderate oven about 400° F. When done, put together in pairs with raspberry jelly between layers. Frost with Plain Icing No. 1, page 406.

**No. 3 (Crescent Shaped)**

Butter Cookie Dough No. 1, page 472, using ½ the recipe.

**Filling:**

½ lb. unblanched almonds, grated	¼ teaspoon mace
1 lb. seeded raisins	Ginger snaps
1 inch slice citron	½ cup melted butter
Rind of ¼ lemon	Brandy
	1 egg yolk

Put raisins, mace, citron, and lemon rind through coarse food chopper. Add butter, almonds and enough grated ginger snaps to make a soft dough. Flavor with brandy. Sweeten if necessary. Cut cookie dough into 2-inch rounds or diamonds. Place teaspoon of filling in center. Form into crescents. Glaze with slightly beaten egg yolk. Bake in moderate oven at 350° F. about 15 to 20 minutes.

**BLACK WALNUT AND COCOANUT BARS**

½ cup butter	½ cup brown sugar	1 cup flour
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Add sugar to creamed butter gradually and beat until smooth. Blend in sifted flour, and spread mixture over bottom of a cake pan 9 inches square. Bake 20 to 25 minutes at 375° F.

**Filling:**

2 tablespoons flour	1 cup black walnut meats
½ teaspoon baking powder	2 eggs, well beaten
¼ teaspoon salt	1 cup brown sugar
½ cup shredded cocoanut	1 teaspoon vanilla

Sift flour with baking powder and salt and mix with cocoanut and nut meats. Beat eggs, add sugar and vanilla, and continue beating until mixture is fluffy. Combine two mixtures and pour batter over

baked crust. Bake at 375° F. about 20 minutes. Cool slightly, and cut into oblong bars. Makes about 25 bars.

### CHOCOLATE TOFFEE BARS

2 cups flour	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	1 egg
1 cup butter	2 bars milk chocolate
1 cup brown sugar	$\frac{1}{2}$ cup ground nut meats

Cream butter and sugar until light and fluffy. Add flavoring, well-beaten egg and flour sifted with salt. Stir well. Spread on oblong shallow pan. Bake at 350° F. about 25 minutes. Remove from oven, cover with melted chocolate. Sprinkle with nuts. Cut at once into bars.

### BROWN LACE COOKIES

2 cups brown sugar	$\frac{1}{2}$ lb. pecans, cut coarse
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup flour
2 eggs, well beaten	1 teaspoon vanilla
	1 teaspoon baking powder

Cream butter and sugar; add eggs, beat well; add vanilla. Add baking powder to flour and mix with nuts and combine the two mixtures. Place in refrigerator only until firm, one hour or more. Drop by  $\frac{1}{2}$  teaspoonfuls 3 inches apart on buttered and floured tin. Bake in hot oven at 400° F. Remove from pan when slightly cooled.

### SCOTCH WAFERS (CORNUCOPIAS)

1 scant cup flour	$\frac{1}{2}$ cup molasses
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ cup butter
	1 tablespoon ginger

Sift dry ingredients. Bring molasses to boiling point, add butter, then slowly the flour mixture, stirring constantly. Drop small portions from tip of spoon on buttered, inverted pans, 2 inches apart. Bake in slow oven, 300° F., 10 minutes. Cool slightly, remove from pan, roll over handle of wooden spoon into cornucopias.

### ROLLED WAFERS

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ cup powdered sugar	$\frac{7}{8}$ cup bread flour
$\frac{1}{2}$ teaspoon vanilla	Almonds, grated

Cream butter, add sugar gradually, and milk drop by drop; then flour and flavoring. Spread thin with a broad, long-bladed knife, on a buttered inverted dripping pan. Sprinkle with almonds. Mark in 3-inch squares, and bake in moderate oven, 325° F., until delicately browned. Cut squares with a sharp knife, roll while warm, over handle of a wooden spoon, or in cornucopia shape. Fill with Whipped Cream.

### ROLLED DATE COOKIES

Follow recipe for Sugar Cookies, page 471. Toss dough on floured board; roll into one large thin sheet, brush plentifully with melted butter, strew cut up dates and chopped walnuts all over the top;

sprinkle with sugar and cinnamon. Roll like jelly roll; cut into pieces 1 inch wide. Bake in greased tin in a hot oven, 375° F.

### DATE BARS

½ cup melted butter	¼ teaspoon baking powder
1 cup sugar	⅛ teaspoon salt
2 eggs, well beaten	1 cup nut meats, cut fine
¾ cup flour	1 cup dates, cut fine

Mix in order given, then add flour sifted with baking powder and salt, dates and nuts last. Spread in greased pan, 9 x 13 inches. Bake in moderate oven at 350° F. about 20 minutes. Cut into bars and roll in powdered sugar while warm.

### No. 1 FILLED DATE SQUARES

1½ cups rolled oats	1 cup walnut pieces
1¾ cups flour	1 cup brown sugar
½ teaspoon soda	1 teaspoon cinnamon
½ teaspoon salt	1 cup butter, melted

Mix all ingredients well, stirring in the butter last. Pat half the mixture on bottom of a shallow buttered pan. Spread with date filling. Pat remaining dough over this. Bake in a slow oven, 325° F., ½ hour. Cut while warm. Spread with powdered sugar, or Plain Icing, page 406.

**Date Filling:** Boil 1 lb. pitted dates, cut fine, with 1 cup sugar and ½ cup water until smooth, add lemon and orange rind and cool.

### No. 2

Date filling, above	3 cups flour
1 cup butter	2 teaspoons baking powder
1 cup sugar	¼ teaspoon salt
3 cups cornflakes, crushed	½ cup water

Cream butter and sugar, add rest of ingredients and stir. Proceed as in recipe above. Ice with Chocolate Frosting, page 408.

### HONEY NUT TARTS

½ lb. sweet butter	2 egg yolks
1 cup sour cream	2 cups flour

Roll into small balls and chill. Roll out. Fill with 1 teaspoon each chopped nuts, honey, sugar. Form into tarts. Bake in moderate oven.

### CLOVER LEAF COOKIES

½ lb. sweet butter	1 cup cake flour
4 tablespoons confectioner's sugar	½ lb. ground almonds
	2 teaspoons vanilla

Cream butter and sugar, add remaining ingredients gradually. Roll in balls, place three together with a bit of cherry in center and a strip of angelica for a stem. Bake at 350° F., 15 or 20 minutes.

**MAPLE MERINGUE COOKIES**

½ cup butter	1¼ cups cake flour
1 cup granulated sugar	1 teaspoon baking powder
2 eggs, separated	½ cup finely chopped nuts
½ teaspoon almond extract	2 cups brown sugar

A few grains salt

Cream butter and granulated sugar, add egg yolks one at a time, then flour, baking powder and salt mixed, add flavoring. Mix. Spread on two well greased tins ¼-inch thick. Sprinkle with nuts. Cover with following meringue. Beat two egg whites stiff, add 2 cups brown sugar. Beat. Bake about ½ hour at 350° F. Cut in squares when cold.

**BUTTER BALLS**

½ cup butter	1 tablespoon lemon juice
¼ cup sugar	1 cup flour
1 egg, separated	½ cup filberts, ground fine or
½ teaspoon vanilla	cornflakes, rolled fine
Rind of ½ lemon and orange	12 candied cherries, cut

Cream butter and sugar well. Add yolk and flavoring. Beat. Add flour, beat until very light. Cover bowl. Chill over night. Roll into tiny balls, about fifty. Dip balls into slightly beaten egg white. Roll in nuts. Place in buttered tins one inch apart. Press bit of cherry on top of each. Bake 20 to 30 minutes at 350° F.

**MANDELCHEN**

2 cups grated almonds	Butter	½ cup sugar
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Blanch almonds and dry them over night. Grind very fine, add the sugar and enough butter to knead into a very stiff paste. Roll very thin, cut in small rounds, place on baking sheet, and bake in moderate oven, 350° F. When done, roll in grated almonds and powdered sugar.

**VANILLA ALMOND OR BRAZIL NUT CRESCENTS**

1¼ cups flour	¼ cup powdered sugar
1 cup blanched almonds or	4 ounces or ½ cup butter,
1 cup blanched and finely	creamed
ground Brazil nuts	A few bitter almonds

Vanilla sugar, prepared as below

Put flour into bowl, mix with grated almonds or Brazil nuts and powdered sugar; then butter. Knead until well blended and smooth. Form into roll, 2 inches thick, with palm of hands; cut crosswise into ½-inch slices and shape into crescents. If dough crumbles, add a little egg yolk. Place in tins and bake in moderately slow oven, 325° F. They must remain almost white. Dip in vanilla sugar while still hot.

**Vanilla Sugar:** Break one vanilla bean in small pieces or grind fine in almond mill, shake up well in half pint jar with 1 cup of powdered or granulated sugar. Let stand 24 hours.



**ALMOND PRETZELS**

1 cup butter	2 cups flour
1 cup sugar	2 yolks and
½ lb. almonds, ground	2 whole eggs

Cream butter and sugar, add eggs, the almonds, unblanched, and the rest of the ingredients. Mix and knead into one big roll. Chill in refrigerator to harden. Cut into pieces size of a walnut. Roll each piece ½ inch thick with palms of hands and form into hearts, rings, crescents and pretzels. Bake in a moderately slow oven, 325° F.

**CHRISTMAS COOKIES**

2 cups brown sugar	2 oz. citron, ground very fine
½ cup syrup or honey	2½ cups flour
¼ cup butter	1 tablespoon baking powder
1 teaspoon cinnamon	1 egg
½ teaspoon cloves	Juice and rind of ½ lemon
⅛ teaspoon nutmeg	2 tablespoons milk

Add sugar to syrup and cook until sugar is dissolved. Add butter, cool. Add spices to flour. Mix all ingredients and add enough flour to handle. Roll ⅛-inch thick and shape with fancy cookie cutters. Bake in greased pans in moderate oven, 350° F., 8 to 10 minutes.

**ANISE COOKIES**

3 eggs	1½ to 2 cups flour
1 cup sugar	1 tablespoon anise seed
	½ teaspoon baking powder

Beat eggs very light, add sugar, continue beating 30 minutes; add flour, sifted with baking powder and the anise seed, rolled fine. Beat again 5 minutes. Drop from teaspoon on well greased and floured pans, 1 inch apart. Let stand over night or about 10 hours, at room temperature to dry. Bake in a moderate oven, 350° F.

**SPRINGERLE**

2 eggs	2 cups flour (about)
½ lb. sugar, sifted	1 to 2 teaspoons anise seed

Stir eggs and sugar, stirring in one direction only, until very light. Add sifted flour gradually, stirring all the time until dough is stiff. Roll out about ⅛-inch thick, press floured springerle board down very hard on dough to emboss the designs. Cut out the squares and let dry 10 hours on floured board at room temperature. Bake on buttered tins sprinkled with anise seed, in moderately slow oven, 325° F., until light yellow.

**CARDAMON COOKIES**

1 cup butter	4 cups flour
1 cup sugar	1 oz. cardamon seed
2 whole eggs	Rind of 1 lemon

Stir butter and sugar together, and add the other ingredients, the cardamon seed crushed. Roll, cut and bake as other cookies.

**No. 1****LEBKUCHEN**

4 whole eggs	1 teaspoon cinnamon
1 lb. light brown sugar	2 oz. citron, cut fine
2 cups flour	$\frac{1}{4}$ lb. almonds or pecans

Beat eggs well, add sugar gradually, and beat. Mix flour and cinnamon with fine chopped nuts and citron, and combine the two mixtures. Bake in 3 flat greased pans, in hot oven, 375° F. Cut into strips,  $\frac{1}{2}$  inch by 5 inches. Frost with Plain Icing, page 406.

**No. 2**

7 eggs, separated	$\frac{1}{4}$ lb. citron, cut fine
1 cup brown sugar	$\frac{1}{2}$ lb. almonds, blanched, ground
1 cup molasses	$\frac{1}{2}$ lb. chocolate, grated
1 teaspoon cinnamon	2 $\frac{1}{2}$ cups flour
1 teaspoon salt	1 $\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ teaspoon allspice	2 cups powdered sugar
$\frac{1}{4}$ teaspoon grated nutmeg	A little lemon juice
$\frac{1}{4}$ lb. orange peel, cut fine	

Reserve 3 egg whites for the frosting. Beat yolks and 4 whites very light, add sugar, beat. Stir in the rest, flour and baking powder, mixed. Flour hands, spread dough 1  $\frac{1}{2}$  inches thick in well greased, shallow pans. Bake in moderate oven, 350° F. Ice with Egg Frosting, page 407, cut into strips. Bake 1 week before using.

**HONEY LEBKUCHEN**

4 eggs, beaten light	1 lb. sugar
$\frac{3}{4}$ lb. almonds, ground medium	$\frac{1}{8}$ to $\frac{1}{4}$ lb. citron
1 teaspoon cinnamon	$\frac{1}{2}$ lb. honey
$\frac{1}{2}$ teaspoon cloves	3 tablespoons rum, arrack or wine
$\frac{1}{2}$ oz. powdered carbonate of potassium	1 $\frac{1}{2}$ lbs. flour, scant

Dissolve powdered carbonate of potassium in the wine. Sift the spices with the flour. Add the citron. Beat the eggs light, add the sugar and the remaining ingredients. Roll on board  $\frac{1}{4}$  inch thick and cut into 2 x 3 inch squares. Lay on greased tins; let stand in cool place over night. Bake at 325° F. and frost with Plain Icing No. 1, page 406.

**PFEFFERNUESSE**

1 pint corn syrup	1 teaspoon soda
1 pint New Orleans molasses	2 teaspoons cinnamon
$\frac{1}{2}$ lb. shortening, butter or fat	$\frac{1}{4}$ lb. citron, cut fine
$\frac{1}{2}$ lb. brown sugar	$\frac{1}{4}$ lb. almonds, chopped fine
2 $\frac{1}{2}$ lbs. flour	1 lemon, rind and juice

Warm syrup, add shortening and lemon juice and the remaining ingredients in order given, soda mixed with flour. Almonds and citron may be omitted. Roll into little balls, size of a marble, brush with white of egg, place on greased pan far apart, and bake until brown, 350° F. Will keep.

**No. 1 KISSES OR MERINGUES**

Whites of 4 eggs  
 Have eggs cold and fresh; sugar fine and dry. Beat whites on platter with flat wire whisk until stiff enough to hold up in peaks, but still shiny. Add 6 tablespoons sugar, 2 tablespoons at a time, continuing beating after each addition, then fold in the rest lightly. Drop in well greased and floured muffin pans or rings, or, heap in rounds from spoon or through pastry bag,  $\frac{1}{2}$  inch apart on greased tins lined with wax paper. Bake until tops are crisp and delicately brown in a very slow oven, 250°-275° F., from 45 minutes to 1 hour, depending on the size of the kisses. For a chewy center, drop on paper placed on a wet board. When tops are crisp, remove from board, place with the paper, on tins and bake until bottoms are crisp. If paper sticks, place on a wet cloth, let stand until paper can easily be removed.

**No. 2**

6 egg whites  
 $\frac{1}{2}$  teaspoon salt  
 1  $\frac{1}{2}$  cups granulated sugar  
 1 teaspoon lemon juice  
 1 teaspoon vanilla

Beat whites very stiff with rotary beater, add salt, continue beating. Add  $\frac{3}{4}$  cup granulated sugar. Beat well. Add lemon juice and vanilla, beating continually. Fold in the remaining sugar gently, two tablespoonfuls at a time. Drop mixture from spoon depending on size of meringue desired, on a buttered and floured tin. Bake in a slow oven 250°-275° F. for 55 minutes. When cold, loosen the top of each meringue, fill with whipped cream or Ice Cream and replace top.

**KISSES OR MERINGUES, FILLED**

3 eggs, whites  
 $\frac{3}{4}$  cup powdered sugar  
 1 tablespoon cornstarch  
 1 cup powdered sugar  
 Beat egg whites until stiff. Add  $\frac{3}{4}$  cup powdered sugar, gradually beating mixture until as light as cotton. Mix the cornstarch and 1 cup powdered sugar and fold gently into the egg mixture. Drop from tablespoon or put through pastry tube onto greased pan lined with waxed paper. Bake in moderate oven, from 250°-275° F., from 45 minutes to 1 hour. Fill with fruit in season, cover with sweetened whipped cream. Or fill with any desired Ice Cream and Ice Cream Sauce. Makes 1 dozen large Meringues.

**PRALINE KISSES**

1 cup pecan nut meats  
 $\frac{1}{2}$  teaspoon salt  
 1 cup medium brown sugar  
 White of 1 egg  
 Beat the white of egg until stiff. Add the salt. Stir in the sugar well. Add the nuts. Drop mixture from tip of spoon  $\frac{1}{2}$  inch apart on greased tins. Bake in a slow oven, 250° F., from  $\frac{3}{4}$  to 1 hour. Remove from pan when slightly cool.

**COCOANUT KISSES**

Whites of 2 eggs 1/4 lb. powdered sugar  
1/4 lb. shredded cocoanut

Make as Kisses, page 489, folding the shredded cocoanut in last.

**No. 1 PECAN OR HICKORY NUT KISSES**

Whites of 2 eggs 5 oz. hickory nuts  
5 oz. sugar

Beat sugar and eggs together until very light, folding the hickory nuts in lightly at the last and bake same as Kisses, page 489.

**No. 2**

2 yolks 1 cup nut meats  
 1 cup sugar 2 whites of eggs

Stir yolks and sugar together, add nut meats and the beaten whites of eggs. Bake same as Kisses, page 489.

**COCOA KISSES**

2 whites of eggs 1/4 teaspoon cinnamon  
 1 1/4 cups sugar 1/4 lb. almonds, blanched and  
 2 tablespoons cocoa chopped

Make as Kisses, page 489, folding in chopped nuts last.

**CHOCOLATE KISSES**

3 whites of eggs 2 oz. grated chocolate  
 1/2 cup sugar Vanilla

Beat whites of eggs very stiff, add sugar, chocolate and vanilla. Bake on buttered, floured tins in a slow oven, 250° F., about 60 minutes.

**DATE AND ALMOND KISSES**

30 stoned dates White of 1 egg  
 1 cup almonds 1 cup powdered sugar

Chop dates; blanch almonds and cut into long strips. Beat egg very stiff, add sugar, dates and almonds. Drop on buttered tins with a teaspoon and bake in a slow oven, 300° F., until crisp.

**DATE AND WALNUT KISSES**

1/2 lb. dates, in pieces Whites of 4 eggs, beaten stiff  
 1 cup walnut meats, cut 1 1/2 cups sugar

Beat eggs, add sugar, beat until very light. Add dates and nuts, cut, not chopped. Drop from teaspoon on buttered tins and bake in a moderately slow oven, 300° F., from 25 to 30 minutes.

**COCOANUT DROP KISSES**

6 ounces desiccated cocoanut      Sweetened condensed milk  
Chop cocoanut and mix to a paste with the milk, add pinch of salt and a few drops of vanilla. Drop the mixture from a teaspoon on a buttered tin, 1 inch apart. Bake in a slow oven, 250° F.

**With Chocolate:** Melt 1 ounce chocolate in milk for variety.

**MACAROONS**

$\frac{1}{2}$  lb. almond paste      Whites of 4 eggs       $\frac{1}{2}$  lb. sugar  
Work almond paste and sugar well together. Gradually add unbeaten egg whites and work until mixture is smooth, and stiff enough to hold its shape. Drop from tip of spoon, an inch apart, on greased cookie sheet, covered with wax paper. Bake 15 to 20 minutes in a slow oven, 300° F. When slightly cooled, remove from paper.

**BROWN SUGAR MACAROONS**

1 cup light brown sugar       $1\frac{1}{4}$  cups pecans, ground fine  
1 egg white, unbeaten  
Mix all together and roll into balls size of a hickory nut; place on greased pan 2 inches apart, bake 300° F., 10 to 15 minutes.

**COCOANUT AND CORNFLAKE MACAROONS**

3 cups cornflakes      2 eggs  
1 cup desiccated cocoanut       $\frac{1}{2}$  teaspoon vanilla  
or butternuts       $\frac{1}{2}$  cup corn syrup  
 $\frac{1}{2}$  cup sugar  
Combine all ingredients, add  $\frac{1}{4}$  teaspoon salt and place small mounds, the size of an English walnut, on buttered baking sheet. Bake in a very moderate oven, 300° F., 30 minutes.

**CORNFLAKE MACAROONS**

2 eggs, whites       $\frac{1}{2}$  cup nuts chopped coarse  
 $\frac{3}{4}$  cup sugar       $\frac{1}{8}$  teaspoon salt  
2 cups cornflakes      1 teaspoon vanilla  
Beat egg whites until stiff, gradually add sugar and continue beating. Add remaining ingredients. Drop from teaspoon onto greased pan lined with waxed paper. Bake at 225° F. for 15-20 minutes. Makes about 3 dozen cookies.

**CHOCOLATE CORNFLAKE MACAROONS**

1 lb. sweet vanilla chocolate      1 cup toasted cornflakes  
1 cup chopped nuts  
Melt chocolate and when cool, add other ingredients. Drop on greased pan and bake in a moderate oven, 300° F., 30 minutes.

**CHOCOLATE MACAROONS**

2 oz. chocolate, grated       $\frac{1}{2}$  cup sugar  
2 oz. blanched almonds      Whites of 2 eggs  
Grind the almonds and mix to a paste with the sugar and chocolate;

add  $\frac{1}{4}$  teaspoon vanilla and fold in the stiffly beaten whites of eggs. Drop by teaspoon on greased paper. Bake 15 to 20 minutes in moderate oven, 325° F.

### DATE MACAROONS

1 lb. stoned dates

Whites of 4 eggs

$\frac{1}{2}$  lb. almonds

1 cup granulated sugar

Stone the dates, then weigh and chop them fine. Cut almonds lengthwise in slices, but do not blanch them. Beat eggs until foamy, add sugar, and beat until stiff; add the dates, then the almonds and mix very thoroughly. Drop mixture with teaspoon on tins  $\frac{1}{2}$  inch apart. Bake 50 minutes in a slow oven or until dry, 250° F. They are done when they leave the pan readily.

**Fig Macaroons:** Made same as Date Macaroons, using dried figs, softened by steaming, in place of the dates.

### PISTACHIO MACAROONS

$\frac{1}{4}$  lb. pistachio nuts

1 cup sugar

$\frac{1}{4}$  lb. almonds

Whites of 3 eggs

Beat whites of eggs until very stiff, add sugar gradually and then all the nuts, blanched and ground fine. Drop from a teaspoon on greased pans and bake in a moderately slow oven 300° F.  $\frac{1}{2}$  hour or until crisp.

### No. 1 ALMOND OR FILBERT MACAROONS

4 egg whites, unbeaten

$\frac{1}{2}$  lb. grated almonds

$\frac{1}{2}$  lb. powdered sugar

or filberts

Mix eggs and sugar, place in top of double boiler and steam for 10 minutes. Remove from stove, add nuts and mix thoroughly. Drop on buttered tins and bake in a slow oven, 300° F., 30 minutes or until crisp. Equal parts of almonds and filberts may be used.

### No. 2

5 ounces or  $1\frac{1}{4}$  cups almonds

2 tablespoons lemon juice

5 ounces granulated sugar

Grated rind of half a lemon

2 whites of eggs

$\frac{1}{8}$  teaspoon ground cinnamon

Grind almonds, not too fine, mix with cinnamon and lemon rind. Beat whites very stiff. Stir in sugar, add lemon juice and the almond mixture. Drop on greased pans one inch apart, bake in slow oven, 250° F., 30 minutes. When slightly cool, remove from pans. Makes 30 macaroons.

### FILBERT MACAROONS (YOLKS)

Yolks of 4 eggs, unbeaten

$\frac{1}{2}$  lb. powdered sugar

$\frac{1}{2}$  lb. filbert nut meats

Set aside 24 nuts for the top.

Mix yolks of eggs with sugar, add the nuts, unblanched, and ground fine. Chill dough, cut with cookie cutter or roll into balls. Top with whole filbert. Bake in moderate oven, 325° F.,  $\frac{1}{2}$  hour or until crisp.



## Chapter 37



# Ice Creams, Ice Cream Sauces, Ices and Frozen Puddings

## ICE CREAM SAUCES

### CHOCOLATE SAUCE

- |               |                          |
|---------------|--------------------------|
| 1 quart water | 2 tablespoons cornstarch |
| 2 cups sugar  | 2 teaspoons vanilla      |
|               | 4 oz. chocolate          |

Boil sugar and water to a syrup 5 minutes; add chocolate, pinch of salt and cornstarch, dissolved in a little cold water. Cook slowly and stir until chocolate is melted and mixture is smooth, 5 to 8 minutes. Cool; add vanilla. Keep in jar in refrigerator.

### HOT CHOCOLATE FUDGE SAUCE

$\frac{1}{2}$ lb. milk chocolate	$\frac{1}{2}$ cup hot water or milk
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Scrape or break chocolate in top of double boiler, let melt slowly, stirring constantly. When thoroughly dissolved, pour in water gradually and stir until smooth. For Vanilla or Mint Ice Cream.

### FLUFFY CHOCOLATE SAUCE

$\frac{3}{4}$ cup powdered sugar	1 cup cream, whipped
$\frac{1}{4}$ cup hot water	1 egg white, beaten stiff
2 oz. chocolate	1 teaspoon almond extract

Melt chocolate in double boiler; add sugar and water, cook until smooth. Cool. Fold in cream and white of egg. Add flavoring.

### CHOCOLATE MARSHMALLOW SAUCE

$\frac{1}{2}$ lb. marshmallows	$\frac{1}{4}$ lb. sweet chocolate scraped
$\frac{1}{2}$ cup hot cream or milk	or sweet and bitter mixed

Cut marshmallows in pieces. Place in top of double boiler, add chocolate, scraped, and the cream. Let cook until dissolved, stirring until smooth. Serve hot over Vanilla or Mint Ice Cream.



**MOCHA SAUCE**

Add  $\frac{1}{2}$  teaspoon instant coffee to Chocolate Marshmallow Sauce, page 494, or in place of water in recipe below use strong coffee. Serve over Vanilla or Coffee Ice Cream.

**MARSHMALLOW SAUCE**

12 marshmallows, cut  $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  cup sugar 1 egg white, beaten stiff

Boil sugar and water to a syrup about 5 minutes, press in the marshmallows. Let stand 2 minutes without stirring. Then pour gradually into egg white and beat until smooth. Serve over Chocolate Ice Cream.

**MINT SAUCE**

Add 1 drop oil of peppermint or  $\frac{1}{2}$  teaspoon peppermint extract to Marshmallow Sauce, above. Serve with Chocolate Ice Cream.

**MAPLE SAUCE FOR ICE CREAM**

1 pint maple syrup  $\frac{1}{4}$  cup butter

Boil syrup and butter until it forms a thread when dropped from spoon. Pour while hot over Vanilla or Lemon Ice Cream.

**No. 1 BUTTERSCOTCH SAUCE FOR ICE CREAM**

1 cup light brown sugar 2 tablespoons butter

2 tablespoons corn syrup  $\frac{1}{4}$  cup milk or cream

Cook sugar, syrup and milk to soft ball stage, page 516, stirring constantly. Add butter. Pour hot over Vanilla Ice Cream.

**No. 2,** see page 336. **No. 3,** see page 340.

**STRAWBERRY SAUCE**

Cook 1 cup sugar and  $\frac{1}{2}$  cup water 5 minutes. Pour over  $1\frac{1}{2}$  cups halved or sliced strawberries. Cool and serve over Ice Cream. Sauce may be kept a few days after making. Any berries, whole, sliced or crushed may be used.

**STRAWBERRY WHIPPED CREAM SAUCE**

Sprinkle  $\frac{1}{2}$  cup sugar over 1 cup strawberries. Let stand about an hour. Put through a sieve and fold in 1 cup whipped cream.

**PEACH SAUCE**

Cook 1 cup sugar and  $\frac{1}{2}$  cup water 5 minutes. Pour over  $1\frac{1}{2}$  cups sliced peaches. Cool and serve over Ice Cream. Sauce may be kept a few days after making.

Peach or Apricot Brandy, page 549, may also be used.

**CLARET SAUCE FOR ICE CREAM**

2 cups sugar  $\frac{1}{2}$  cup hot water  $\frac{1}{2}$  cup Claret wine

Melt the sugar with the water. Stir until dissolved and then boil without stirring until it forms a soft ball in cold water. Remove from stove and add the Claret, cool and serve with ice cream.

## ICE CREAM DESSERTS

### ICE CREAM BALLS

Scoop out Vanilla Ice Cream (New York) in balls, dip in fresh grated cocoanut, ground nuts or macaroon crumbs.

### ICE CREAM SANDWICHES

Place a slice of brick ice cream between 2 thin layers of sponge cake. Pour raspberry or strawberry jam over the top.

### ICE CREAM IN FLOWER POTS

Wash and dry small ordinary flower pots. Line bottom and sides with waxed paper or paper cups. Just before serving, fill with Chocolate or Vanilla Ice Cream. Cover with grated sweet chocolate and stick a dainty fresh flower in center of each pot such as a daisy, sweet pea, cornflower, or any other flower in season.

### ICE CREAM IN CAKE

**No. 1.** Bake Angel, Sunshine, or Mary Ann Cake, pages 435-445, in ring mold; when cold, cover with Butter Frosting No. 1, page 408, place on platter, fill with ice cream, border with peaches, cut in half, rounded side up, and cover with Melba Sauce, page 337.

**No. 2.** Fill center with mound of Vanilla Ice Cream Balls, above, serve with a sauce made with sweetened crushed berries.

**No. 3.** Fill with Mint Ice Cream and serve with Hot Chocolate Fudge Sauce, page 494.

**No. 4.** Spread cake with jelly and sprinkle with sugar, caramelized, cooled and crushed, page 517, and fill center with ice cream balls.

**No. 5.** Hollow cup cakes, fill with ball of ice cream, and serve with sauce.

**No. 6.** Fill meringues with ice cream and add crushed fruit, sweetened.

**Pêches Melba**, *see* page 502.

### BAKED ALASKA

Whites of 6 eggs

6 tablespoons powdered  
sugar

$\frac{1}{4}$  teaspoon vanilla

2-qt. brick of ice cream

Thin sheet sponge cake

Make a meringue by beating whites of eggs until stiff, add sugar gradually while beating constantly. Then add vanilla. Cover a board with white paper, lay on sponge cake, turn ice cream on cake, having cake extend  $\frac{1}{4}$  inch beyond cream. Cover with the meringue and spread smoothly. Place in broiling oven, not too close to flame, and brown meringue quickly; slip from paper to serving dish.

**ICE CREAM SUNDAES**

Place a large spoonful of Vanilla Ice Cream into a dessert glass, cover with any of the foregoing sauces, or with the following:

- No. 1.** Two tablespoons chocolate, cocoa, coffee, or maple syrup. Sprinkle with chopped nut meats, or with toasted cornflakes or grape nuts. Top with whipped cream.
- No. 2.** Chopped figs, dates and nuts, mixed with maple syrup.
- No. 3.** Crushed strawberries or raspberries. Top with whipped cream.
- No. 4.** Crushed cherries, Marshmallow Sauce; sprinkle with cocoanut.
- No. 5.** Grated or preserved pineapple, whipped cream, cherry on top.
- No. 6.** Sliced peaches, whipped cream, a cherry or chopped pecans.
- No. 7.** Half peach, covered with strawberry or raspberry preserves.
- No. 8.** Dried crushed macaroons or blanched chopped pistachio nuts, black walnuts, pecans or ground nut brittle.
- No. 9.** Fresh grated cocoanut and bits of maraschino cherries.
- No. 10.** Cut banana in two, crosswise, put ice cream in center, add cherry, raspberry, or loganberry syrup, top with chopped nuts.
- No. 11.** Pour two tablespoons hot, black coffee over Vanilla Ice Cream.

**CHOCOLATE ICE CREAM SODA**

2 tablespoons chocolate syrup      Charged water

Chocolate or vanilla ice cream      1 tablespoon whipped cream

Put chocolate syrup into a tall glass, add ice cream, and fill glass with charged water. Top with whipped cream.

**PAPAYA ICE CREAM SODA**

Put 2 tablespoons of Papaya Ice Cream, page 502, in a tall glass. Pour over cream soda and mix.

**MAPLE ICE CREAM FIZZ**

2 tablespoons maple syrup      Charged water

4 tablespoons sweet cream      1 spoonful ice cream

Mix syrup and cream, add  $\frac{1}{2}$  glass cracked ice and shake well. Add the ice cream and fill glass with charged water.

**ROOT BEER FLOAT**

Place 2 tablespoons of Vanilla Ice Cream in a tall glass. Pour ice cold root beer over and serve.

**GINGER FLOAT**

Fill tall glass  $\frac{2}{3}$  full with Vanilla Ice Cream. Pour ginger ale over to fill glass. Serve at once.

**COFFEE ICE CREAM FLOAT**

Fill tall glass  $\frac{2}{3}$  full with Vanilla Ice Cream. Pour hot coffee over to fill glass. Serve at once.

Also see **Fruit Drinks and Punches**, page 534.

# ICE CREAMS MADE IN FREEZER

## GENERAL RULES

When making ice cream in a freezer, scald and then chill can, cover and dasher of freezer before using. Adjust can in tub, put in the thoroughly chilled mixture. Have mixture in can not more than  $\frac{3}{4}$  full. And have salt and ice come a little higher on the outside of the can. Adjust dasher; cover can. Place ice in heavy burlap bag, pound and crush with wooden mallet, or chop in wooden tub with ice pick. Pack with fine and evenly chopped ice and rock salt.

*Use 3 parts ice to 1 part salt.* Measure carefully before packing. Pack freezer  $\frac{1}{3}$  full of ice before adding salt, then add the salt and remaining ice in alternate layers.

Turn crank slowly at first for about 5 minutes or until mixture begins to stiffen; then as quickly as possible until it is very difficult to turn, which will take about 6 minutes. Add more ice and salt if necessary using the same proportion. Pour off salt water. Do not let it flow over top of can. Push down ice and salt, wipe top with cloth. Uncover and remove dasher, scrape it, beat the frozen mixture with a wooden spoon. Place heavy paper over it, put on cover and place a cork in the hole. Repack the freezer, put ice on top, cover with burlap or newspaper, and let stand several hours to ripen.

### Basic Ice Cream Mixtures

Ice Creams are made with milk thickened with cornstarch or flour; with eggs (custard); with junket tablet or powder or with gelatin or tapioca, or with rich custards made with plain or whipped cream.

Scald the milk, dissolve sugar in it; add cream and flavoring and freeze. Or whip half of the cream and add it to the ice cream mixture when it has begun to stiffen.

### To Whip Cream

Cream, bowl and beater must be icy cold. Pour in straight sided mixing bowl with rounded bottom and beat with rotary or electric beater until thick. Whipping Cream (30% butterfat) is best. If 38 or 40% butterfat cream is used, dilute with coffee cream or milk. Plain or coffee cream (18-22½% fat) which has stood for 24 hours will whip well.

### To Whip Evaporated Milk

Pour milk from can into freezing tray; let stand until icy cold. Or cover unopened can with cold water, boil 5 minutes. Put in freezing unit and let stand until thoroughly chilled. Or scald the milk in double boiler and pour into freezing trays; let stand until thoroughly chilled. Or place unopened can in freezing compartment. Or pack in ice and salt. To whip, milk, bowl and beater must be ice cold.

**To Prepare Fruit for Ice Cream**

In making Ice Cream with fruit, do not add the fruit until the mixture has begun to stiffen; then add the crushed and sweetened fruit as follows: Crush fruit, add sugar; let stand until sugar is dissolved, strain all seedy fruits; then add cream and freeze slowly for 1 minute, then quickly for about 6 minutes.

**Vanilla Bean for Ice Cream**

Scald  $\frac{1}{2}$  vanilla bean, split in two lengthwise, with the milk or cream. Then remove bean.

**PLAIN VANILLA ICE CREAM**

1 pint hot milk	2 eggs, separated
2 tablespoons flour or cornstarch	2 teaspoons vanilla
1 cup sugar	1 quart cream

Make a custard of the first four ingredients as follows: Mix flour or cornstarch, sugar and  $\frac{1}{8}$  teaspoon salt, adding the milk gradually. Cook over hot water 10 minutes, stirring occasionally. Take from stove, stir onto the well beaten egg yolks very gradually. Cook until the mixture coats the spoon. Cool, add cream, stiffly beaten egg whites and flavoring, strain and freeze in freezer as described on page 498.

**PHILADELPHIA ICE CREAM**

1 quart cream.	1 cup sugar	1 teaspoon vanilla
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Heat 1 cup of the cream, add sugar; cool, add flavoring and remaining cream. Freeze in freezer, using 3 parts ice to 1 part salt, page 498.

**NEW YORK ICE CREAM**

4 whole eggs, or 8 yolks	1 quart cream
1 cup sugar	2 teaspoons vanilla

Scald one-half of the cream over hot water. Beat yolks until thick, add sugar and beat again. Beat whites stiff, add to yolks, mix well, turn back into double boiler. Stir constantly until the custard coats the spoon, and when cold, add the rest of cream, the flavoring and freeze in 3 parts ice to 1 part salt as directed on page 498.

**FRENCH ICE CREAM**

1 cup sugar	3 egg yolks
1 cup water	1 teaspoon vanilla
Pinch of salt	1 pint cream, whipped

Boil sugar and water slowly until it forms a thin syrup (about 5 minutes). Add salt to eggs in top of double boiler, beat thoroughly, then gradually stir in the boiling syrup. Cook over boiling water 3 minutes, beating constantly. Remove from fire, place over cold water, beat until cold, add vanilla, cream, and freeze. Serves 6 to 8 people.

**FRESH STRAWBERRY ICE CREAM**

One quart mashed and sweetened strawberries may be added to French Ice Cream, page 499, when almost frozen.

**CHOCOLATE ICE CREAM**

1½ oz. chocolate, melted      ¼ cup hot water  
     or ¼ cup cocoa              1 tablespoon vanilla  
 1 cup sugar                      1 quart cream

To cocoa or chocolate, add the sugar gradually, and then the hot water slowly. Cool, add cream and flavoring, and then freeze.

**No. 1 CHOCOLATE COFFEE ICE CREAM**

4 eggs, separated              ½ lb. sweet chocolate  
 ¾ cup sugar                      1 cup strong hot coffee  
 1 teaspoon cornstarch        1 pint cream, whipped

Mix cornstarch, sugar and coffee; stir onto yolks well beaten. Melt the chocolate in a double boiler, add the coffee mixture. Cook slowly until smooth, stirring constantly. Cool, fold in the beaten whites of eggs and the whipped cream. Freeze.

**No. 2**

6 egg yolks                      ½ bottle coffee essence or  
 1 quart heavy cream            1 cup very strong coffee, black  
 ½ lb. sweet chocolate            (1 cup coffee to 2 cups water)  
     ¾ cup sugar

Put chocolate and a little cream in double boiler and melt. Add sugar and coffee and stir well. When melted, add the eggs well beaten with a little cream. Cook until thick, about 10 minutes. Cool. Add remaining cream. Freeze.

**COFFEE ICE CREAM**

1 quart cream                    1¼ cups sugar  
 1½ cups scalded milk        Yolks of 4 eggs  
 ¼ cup ground coffee        ¼ teaspoon salt

Pour the hot milk over the coffee, steep 20 minutes. Strain. Mix the eggs, slightly beaten, with the sugar; combine the two mixtures and cook over hot water until thickened. Cool, add cream, whipped. Add vanilla and freeze.

**MAPLE ICE CREAM**

1 cup rich maple syrup        4 yolks of eggs  
 1 pint cream, whipped        1 white of egg, whipped

Heat syrup to the boiling point and pour gradually on the well beaten yolks. Cook in double boiler, stir until custard coats spoon. Cool, add to cream and white of egg; freeze.

**MINT ICE CREAM**

1 pint heavy cream            1 cup sugar or mint candy  
 1 pint milk or plain cream    1 teaspoon mint extract

Add sugar and the flavoring to milk or plain cream, add heavy cream,

whipped, then freeze. A few drops of oil of peppermint may be used in place of the extract or  $\frac{1}{2}$  lb. peppermint stick candy, broken and dissolved in the milk. If desired, tint a delicate green with green vegetable coloring.

### No. 1 CAMEL ICE CREAM

$\frac{1}{4}$  lb. mixed caramels                      2 whole eggs  
 $1\frac{1}{2}$  pints cream                               $\frac{3}{4}$  cup sugar

Melt maple and chocolate caramels with  $\frac{1}{4}$  cup of the cream. Add sugar to eggs, beat well and stir gradually into the melted candy. Fold in the cream, beaten slightly. Turn into freezer, using 3 parts ice to 1 part salt, following directions, page 498.

### No. 2

Make a custard of first four ingredients in Vanilla Ice Cream, page 499. Melt 1 scant cup sugar to a brown liquid, in an iron skillet, and pour gradually into hot custard. Cool, add  $\frac{1}{2}$  teaspoon vanilla and 1 quart cream, whipped, and freeze.

### BROWN BREAD ICE CREAM

1 quart cream                                       $\frac{3}{4}$  cup sugar  
 1 cup brown bread crumbs                   $\frac{1}{4}$  teaspoon salt

Dry brown bread in oven, roll it fine; sift through a fine strainer. Mix with 1 cup of the cream, add salt and sugar; heat well. Cool, add remaining cream and freeze. Grape-nuts, graham crackers, cake or cookie crumbs may also be used.

### MACARON ICE CREAM

12 dry macaroons                               $\frac{3}{4}$  cup sugar  
 1 quart cream, whipped                      1 teaspoon almond extract  
     2 tablespoons Maraschino

Crush macaroons fine. Follow Brown Bread Ice Cream recipe above, adding flavoring.

### PISTACHIO ICE CREAM

Vanilla Ice Cream                               $\frac{1}{4}$  cup cream  
 4 oz. pistachio nuts                              A few drops of rose water  
 $\frac{1}{4}$  cup sugar                                       $\frac{1}{2}$  teaspoon almond extract

Blanch and shell pistachio nuts. Pound them in a mortar, with a few drops of rose water, add sugar and cream and stir to a fine paste. Make any Vanilla Ice Cream, page 499, and scant the proportion of sugar. Flavor it with vanilla and almond and add the pistachio paste. Color green, and freeze.

### CHESTNUT ICE CREAM

3 cups chestnuts, cooked in                   $1\frac{1}{2}$  cups sugar and  $1\frac{1}{2}$  cups  
     milk and riced                                      water, cooked to a syrup  
 $\frac{1}{2}$  teaspoon vanilla                              6 yolks, well beaten  
 $1\frac{1}{2}$  pints cream                                       $\frac{1}{2}$  lb. candied fruit, cut fine

Prepare Chestnuts, page 203, add to syrup and when boiling, add

gradually to yolks, stirring well. Remove from stove, stir until cold, add cream, and candied fruit, dipped in maraschino. Freeze.

### ORANGE ICE CREAM

Vanilla Ice Cream, page 499      Grated rind of  $\frac{1}{2}$  lemon  
Grated rind of 2 oranges      Juice of 4 oranges

Omit vanilla in Vanilla Ice Cream, adding rind to custard, before boiling. Strain, cool, add orange juice. Freeze.

### PAPAYA ICE CREAM

Add mashed, ripe papayas to Vanilla Ice Cream, page 499, freeze.

### PEACH OR APRICOT ICE CREAM

Add 1 quart sweetened peach or apricot pulp to Vanilla or New York Ice Cream, page 499, when nearly frozen.

### BANANA ICE CREAM

Vanilla Ice Cream      1 cup banana pulp  
 $\frac{1}{2}$  cup lemon juice

Make any Vanilla Ice Cream, page 499. When cream is partly frozen, add banana pulp, mixed with the lemon juice, and finish freezing. Let stand an hour. Serve with pistachio nuts.

### PÊCHES MELBA ICE CREAM

$1\frac{1}{2}$  pints of cream      6 eggs (yolks)  
1 vanilla bean       $\frac{1}{2}$  lb. powdered sugar

Put the cream in a double boiler, with the vanilla bean split in half lengthwise. Beat yolks with the sugar until light, pour hot cream gradually over the eggs. Beat constantly until thick. Strain, cool, freeze. Place ball of ice cream on slice of Sponge or Angel Food Cake, page 437, cover ice cream with half of fine fresh or canned peach, rounded side up, pour over Melba Sauce, page 337.

### BISCUIT TORTONI

$\frac{1}{2}$  cup sugar      1 teaspoon vanilla  
 $\frac{1}{8}$  cup water      1 cup cream, beaten stiff  
3 eggs, yolks       $\frac{1}{4}$  lb. marshmallows, cut  
Few grains salt       $\frac{1}{4}$  lb. macaroons

Boil sugar with water until the syrup spins a thread when dropped from tip of spoon. Pour slowly on egg yolks beaten light in top of double boiler, cook, stirring constantly until mixture coats the spoon. Cool, add vanilla, cream and marshmallows.

Pack into individual pasteboard boxes lined with a lace paper border, sprinkle with pounded macaroons and decorate with candied violets and citron leaves. Freeze in mechanical refrigerator. Serve in the boxes.



**FRUIT ICES AND SHERBETS FOR FREEZER****LEMON ICE**

1 quart water  
 1 3/4 cups sugar

1 white of egg  
 3/4 cup lemon juice

Boil water and sugar to a syrup 5 minutes. Cool, add beaten white of egg, lemon juice, and freeze

**STRAWBERRY OR RASPBERRY ICE**

4 cups water  
 1 1/2 cups sugar

2 cups berry juice  
 1 tablespoon lemon juice

Make a syrup of sugar and water, and boil 10 minutes; cool, add berry juice and lemon juice; strain and freeze.

**RASPBERRY BOMBE GLACÉ**

Raspberry ice  
 1 cup whipping cream

White of 1 egg, beaten stiff  
 1/4 cup powdered sugar  
 1/2 teaspoon vanilla

Line a 3-pint melon mold with Raspberry Ice, above. Fill the center with whipped cream to which the other ingredients have been added. Let stand packed in equal parts of ice and salt for 3 hours.

**PINEAPPLE ICE**

1 cup sugar  
 1 pint water

1 cup chopped pineapple  
 2 lemons, juice

2 whites of eggs

Boil sugar with water 5 minutes until it thoroughly dissolves. Let cool, add pineapple and the lemon juice. Pour in freezer, turn until slightly thickened, then add well beaten whites, stir up well and turn until frozen. Let stand a few hours.

**CRÉME DE MENTHE ICE**

4 cups water  
 1 cup sugar

1/3 cup crème de menthe  
 Leaf green vegetable coloring

Make a syrup of sugar and water, boil 10 minutes and add crème de menthe and coloring; strain and freeze.

**FRESH FRUIT ICE**

1 quart water  
 2 cups fruit juice or  
 crushed fruit, strained

2 cups sugar  
 Lemon juice to taste  
 1 egg white, beaten stiff

Boil water and sugar to a syrup 5 minutes, cool, add mixed fruit juices; fold in egg white, and freeze.

**GRAPE FRAPPÉ**

4 cups water

2 cups sugar

 $\frac{1}{4}$  cup lemon juice

2 cups grape juice

 $\frac{2}{3}$  cup orange juice

1 white of egg, beaten stiff

Make a syrup by boiling water and sugar 5 minutes; cool; add grape, lemon and orange juice; cool, strain, add the white of egg and freeze to a mush in ice and salt, page 498.

**CRANBERRY FRAPPÉ**

1 quart cranberries

2 cups sugar

4 cups water

 $\frac{1}{2}$  cup lemon juice

Cook the berries in the water 5 minutes or until they stop popping, strain; add sugar and bring to the boiling point. Cool, add lemon juice and freeze to a mush.

**LEMON MILK SHERBET**1 $\frac{3}{4}$  cups sugarGrated rind of  $\frac{1}{2}$  lemon $\frac{1}{2}$  cup lemon juice

1 quart milk or buttermilk

Mix in the order given and freeze.

**PINEAPPLE MILK SHERBET**

1 can grated pineapple

1 quart milk

1 cup sugar

Juice of 1 lemon

Add sugar to pineapple and lemon juice; add milk, and freeze.

**BERRY MILK SHERBET**

1 cup raspberry, strawberry

or loganberry juice

1 cup sugar

1 tablespoon lemon juice

1 quart milk

Mix sugar and fruit juice and set aside. Put in freezer, add the milk and turn the crank at once.

**MINT SHERBET**

6 lemons, juice

2 oranges, juice

Grated rind of 1 lemon

2 cups sugar

2 cups water

1 large bunch of fresh mint

1 white of egg

Green vegetable coloring

Boil water and sugar to a syrup 5 minutes. Pour over the mint, cut up fine. Cover and steep for 1 hour. Then strain over the fruit juice. Add coloring, if desired. When cold put into freezer, folding in well beaten egg white, and freeze. Or use  $\frac{1}{4}$  lb. of peppermint stick candy, broken and dissolved in boiling water, or 4 or 5 drops of oil of peppermint or  $\frac{1}{3}$  cup crème de menthe, in place of the fresh mint leaves and sugar. Decorate with sprigs of mint.

## ICE CREAMS IN MECHANICAL REFRIGERATOR

### GENERAL RULES

To freeze ice creams successfully in a mechanical refrigerator, a thickened base is necessary. This base may be made with flour, cornstarch, eggs, tapioca, gelatin, junket or marshmallows, with whipped cream added. Mix ingredients, place in tray of refrigerator, freeze to a mush, mix with fork or remove to a chilled bowl, beat with electric or hand beater until light. Then pour back in tray, return to refrigerator, and freeze until it holds its shape. Ice creams should be frozen at the **fastest** speed. Where there is no cold control, and if ingredients should separate, stir in tray with fork or spoon until well blended, and finish freezing. Confectioner's sugar should always be used in uncooked mixtures; granulated sugar only when cooked to a syrup or in a custard.

To secure a smoother texture, use  $\frac{1}{3}$  corn syrup and  $\frac{2}{3}$  sugar, instead of sugar only. Where whipped cream is called for, beat only until it holds its shape, not too stiff. To avoid separation, all ingredients should be at about the same temperature when combined.

**If recipes intended for an ice cream freezer are to be used in a mechanical refrigerator, reduce the amount of sugar by one-fourth.**

To Whip Cream, and Evaporated Milk, *see* page 498.

To Prepare Fruits, *see* page 499.

### BASIC VANILLA ICE CREAM RECIPE

#### No. 1. With Cream

1 pint cream	$1\frac{1}{2}$ teaspoons vanilla
$\frac{2}{3}$ cup confectioner's sugar	$\frac{1}{2}$ cup cream, whipped

Add sugar to cream and stir until dissolved. Pour into freezing tray, let stand until mushy. Remove to chilled bowl and beat until light. Add vanilla. Quickly fold in whipped cream. Return to freezing tray and allow to stand until mixture holds its shape. For variety, add 2 oz. melted chocolate or 1 teaspoon instant coffee, fruit pulp or flavoring.

#### No. 2. With Flour

2 cups milk	2 tablespoons flour
$\frac{2}{3}$ cup sugar	2 egg yolks
	Whipping Cream

Combine scalded milk, sugar, flour and pinch salt. Stir until smooth. Cook 10 minutes. Pour boiling mixture over beaten egg yolks. Mix until smooth, adding any desired flavoring. Pour into lowest freezing

tray of refrigerator. Freeze to a mush. Remove to a chilled bowl and beat until light, quickly adding  $\frac{1}{2}$  pint of whipped cream for every cup of mixture. Return to refrigerator to freeze.

### No. 3. With Rennet Tablet

1 rennet tablet	1 cup heavy cream, whipped
1 tablespoon cold water	$\frac{1}{2}$ cup sugar
1 cup fresh milk, not soft curd	$1\frac{1}{4}$ teaspoons vanilla

Crush tablet and dissolve in cold water. Warm milk, sugar and vanilla to *lukewarm*. Remove from stove. Add dissolved tablet, stirring a few seconds. Pour at once into refrigerator tray. Let stand undisturbed at room temperature until firm. Then cool in refrigerator for  $\frac{1}{2}$  hour. Add the whipped cream. Then place in freezing compartment. When partly frozen, scrape from sides and bottom of tray. Stir up once or twice. Finish freezing.

### No. 4. With Rennet Mix

1 cup milk	1 package rennet mix	1 cup heavy cream
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Follow directions on package.

### No. 5. With Tapioca

1 cup milk	1 egg, separated
1 tablespoon tapioca	$\frac{1}{4}$ teaspoon salt
$\frac{1}{3}$ cup sugar	1 cup cream, whipped
3 tablespoons corn syrup	2 teaspoons vanilla

Cook milk and tapioca until tapioca is clear. Mix yolk, sugar, syrup and salt, add milk mixture and cook in double boiler until mixture coats the spoon. Cool, add egg white, beaten stiff, and cream. Freeze in tray of mechanical refrigerator until mushy. Remove to chilled bowl, beat until light. Return to refrigerator, and let stand until it holds its shape.

## ICE CREAM WITH MARSHMALLOWS (MARLOWS)

### No. 1. Vanilla

1 cup hot milk	1 cup cream or evaporated milk
16 marshmallows	1 teaspoon vanilla

Cut marshmallows in small pieces with scissors, dipped often in water. Stir in the hot milk, until dissolved. Add flavoring. Let stand until firm, fold in cream or evaporated milk icy cold and whipped stiff. See page 505. Place in tray of refrigerator and let stand until it holds its shape.

### No. 2. Chocolate

Add 2 oz. chocolate melted, to hot milk and follow recipe above.

### No. 3. Pineapple

Add  $\frac{2}{3}$  cup of crushed pineapple to Vanilla Ice Cream above, adding it before folding in the whipped cream.

**No. 4. Coffee**

1 cup strong, black coffee

1 cup cream or

16 marshmallows, cut

1 cup evaporated milk

Heat coffee to boiling point. Add marshmallows. Stir until dissolved. Cool, place in refrigerator until firm. Whip cream or evaporated milk until stiff, directions page 498. Combine mixtures, folding until blended. Place in tray and freeze.

**No. 1****CHOCOLATE ICE CREAM** $\frac{1}{2}$  cup sugar $\frac{1}{4}$  cup chocolate or cocoa $\frac{1}{4}$  cup flour

3 whole eggs

1 pint cream, whipped

Cook first four ingredients slowly in double boiler until smooth and thick, stirring constantly. Cool. Freeze as in Basic Recipe, page 505.

**No. 2**

1 cup heavy cream

2 egg whites

 $5\frac{1}{2}$  oz. can chocolate syrup

Whip cream. Whip egg whites. Combine. Add syrup. Freeze.

**FRESH STRAWBERRY ICE CREAM**

Wash and hull 1 quart berries, add  $\frac{3}{4}$  cup sugar and let stand 1 hour, crush or strain. Follow Basic Vanilla Ice Cream recipe, page 505, omitting sugar and vanilla. When partially frozen, add prepared berries, replace in freezing unit; let stand until it holds its shape.

**STRAWBERRIES ROMANOFF**

2 quarts strawberries, hulled

Juice of  $\frac{1}{2}$  lemon

1 pint Vanilla Ice Cream

2 oz. Cointreau

 $\frac{1}{2}$  pint whipping cream

1 oz. rum

Whip cream. Combine with Ice Cream. Add lemon and liqueurs. Pour over whole chilled sugared strawberries.

**CHOCOLATE COOKIE ICE CREAM**

1 cup crushed chocolate cookies

1 teaspoon vanilla

or graham crackers

 $\frac{1}{4}$  cup granulated sugar

2 cups cream, whipped

Combine all ingredients, pour into refrigerator tray and freeze to "mushy" stage. Remove to chilled bowl and beat until smooth with a rotary beater. Return to tray and finish freezing, or leave in tray and stir up several times during freezing.

**OTHER ICE CREAMS**

Any of the recipes under the heading "Ice Creams Made in Freezer" may be made in a mechanical refrigerator by reducing the sugar by one-fourth, and freezing as in Basic Ice Cream Recipe, page 505.

## ICES, FRAPPÉS AND SHERBETS IN MECHANICAL REFRIGERATORS

### GENERAL RULES

First boil sugar and water to a syrup 5 to 10 minutes. Cool, add fruit juices and flavoring. Freeze in refrigerator tray at coldest point; let stand until almost frozen or mushy. Remove from tray, pour into thoroughly chilled mixing bowl, and beat until light. Fold in egg white to which salt has been added, beat until stiff; fold into the frozen mixture quickly to keep it from melting. If mixture separates while freezing, beat again in tray with fork or spoon until well blended. To keep Ices from melting quickly when served, add 1 teaspoon **gelatin** softened in 2 tablespoons cold water, and dissolved over hot water. For Sherbets, add 1 cup of milk or fold in cream, beaten stiff.

### LEMON ICE

$\frac{3}{4}$ cup sugar 1 pint water	$\frac{1}{2}$ cup lemon juice $\frac{1}{16}$ teaspoon salt
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Grated lemon rind

Cook sugar and water slowly for 10 minutes. Cool, add to strained fruit juices; add salt, pour into tray and allow to freeze firm. Remove to ice cold mixing bowl and beat with electric or hand beater until very light and creamy and as quickly as possible to prevent melting. Return to freezing tray and allow to freeze until it holds its shape.

### No. 1

### ORANGE ICE

$\frac{1}{2}$ cup water $\frac{1}{2}$ cup sugar 2 teaspoons gelatin	$\frac{2}{3}$ cup orange juice 2 tablespoons lemon juice $\frac{2}{3}$ cup water
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Grated orange rind

Cook sugar with  $\frac{1}{2}$  cup water 3 minutes. Add gelatin soaked 5 minutes in 3 tablespoons cold water. Let cool. Beat until thick, add orange and lemon juice, water and a pinch of salt. Freeze in mechanical refrigerator. Gelatin may be omitted if hand freezer is used.

### No. 2

1 cup corn syrup $\frac{1}{4}$ cup sugar $1\frac{1}{2}$ cups water Pinch of salt	2 tablespoons grated orange rind 1 teaspoon grated lemon rind $1\frac{1}{2}$ cups orange juice 2 tablespoons lemon juice
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Boil corn syrup, sugar and water together for 5 minutes. Add grated rind. Let steep, Cool. Add fruit juices. Freeze in refrigerator tray at coldest point until firm, stirring occasionally. Makes about 1 quart.

### LIME ICE

$\frac{2}{3}$ cup sugar 1 pint water $\frac{1}{2}$ cup lime juice	Green food coloring 2 egg whites, stiffly beaten $\frac{1}{16}$ teaspoon salt
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Cook sugar and water slowly for 10 minutes. Add to strained lime

juice. Cool. Add green food coloring. Pour into refrigerator freezing tray and allow to freeze firm. Remove to ice cold mixing bowl and beat with rotary beater until very light. Fold in beaten egg whites to which salt has been added. Return to refrigerator and finish freezing.

### APRICOT ICE

1 cup apricot juice ¼ cup sugar  
 1 cup apricot pulp 1 egg yolk

Pour a No. 2½ can of apricots through strainer. Mix juice, pulp and sugar until smooth. Then add egg yolk beaten until thick and lemon colored. Place in refrigerator tray and freeze 3½ to 4 hours. Then stir with fork until light and finish freezing.

### STRAWBERRY ICE

1 quart strawberries 2 tablespoons lemon juice  
 1½ cups sugar 2 egg whites, stiffly beaten

Wash and hull berries and put through strainer. Mix juice and pulp with the sugar and lemon juice. Fold in egg whites. Place in freezing tray and let stand until almost frozen. Stir until smooth with a fork, or remove from tray into an ice cold bowl and beat until smooth with a rotary beater. Then freeze until firm.

### ORANGE MILK SHERBET

2 cups milk 2 oranges, juice  
 1 cup sugar 1 lemon, juice

Heat milk and sugar to near boiling point. Cool. Put in refrigerator tray until mushy. Remove to chilled bowl; add juice of oranges and lemon, beat with rotary beater until fluffy. Return to tray and freeze.

### RED OR BLACK RASPBERRY ICE

⅔ cup sugar 2 tablespoons lemon juice  
 1 pint fresh berries 2 stiffly beaten egg whites  
 ½ cup cold water 2 teaspoons gelatin

Add sugar to berries and crush. Heat slowly and cook 5 minutes. Strain and keep hot. Add gelatin which has been soaked 5 minutes in cold water; add lemon juice; cool. Put in refrigerator; freeze until mushy. Take from tray, pour into ice cold mixing bowl and whip with rotary or electric beater until very light. Fold in egg whites quickly with speck of salt. Return to tray and let stand until frozen and it holds its shape.

### APRICOT SHERBET

1 cup apricot juice 1½ tablespoons lemon juice  
 1 cup apricot pulp ½ cup cream  
 ½ cup water 2 egg whites, beaten stiff  
 ¼ cup granulated sugar Pinch of salt

Cook water, apricot juice, sugar slowly to a syrup. Cool. Add apricot pulp, lemon juice and syrup. Pour into refrigerator freezing tray and freeze firm. Remove to a cold bowl and beat until light. Add egg whites and cream. Finish freezing.

### MELON COUPE

Boil  $1\frac{1}{2}$  cups water and  $\frac{3}{4}$  cup sugar 5 minutes; cool; add 3 cups cantaloupe pulp and juice, strained through sieve,  $\frac{1}{4}$  cup lemon juice, and freeze. Serve in glasses, top with whipped cream and melon balls.

### PEACHES, PINEAPPLES OR PEARS FROZEN IN CAN

Without opening, pack a tin can of large peaches, pineapples or pears in ice and salt, 4 parts ice to one of salt, let stand 3 or 4 hours. Or, place in freezing compartment of mechanical refrigerator and freeze. When ready to serve, turn out, opening can around side, so fruit can slip out easily. Cut in slices and serve with sweetened whipped cream.

### ICE CUBES

Put partition in tray. Fill with water, canned fruits, cut fine, or fruit juices. Place in freezing unit. Let stand until frozen from 4 to 8 hours.

**To Remove Cubes:** When metal trays are used hold upside down under running hot or cold water for a moment.

**To Decorate:** Use Ginger Ale or Root Beer for variety. Color with vegetable coloring or place a maraschino cherry, candied cherry or cranberry, or any other decoration in each compartment. When frozen, serve in lemonade or any fruit beverage.

## MOUSSES AND PUDDINGS FROZEN IN ICE AND SALT OR IN MECHANICAL REFRIGERATOR

### GENERAL RULES

**These desserts may be made in molds by packing in 4 parts of ice to 1 of salt or in trays of a mechanical refrigerator.** They are all made with heavy cream, whipped stiff, combined with a thoroughly chilled, thickened and flavored base, then left until frozen in mold or refrigerator tray, *without stirring*.

The dessert will be much smoother if the cream is whipped only until it holds its shape.

Use only crushed fruits, as whole fruit is apt to crystallize.

All ingredients should be at about the same temperature when combined to avoid separation, especially when folding mixtures into whipped cream.

Mousses are made of whipped cream, sweetened, flavored, and frozen. Parfaits are a very rich dessert made by pouring a thick hot syrup over beaten eggs and combining this mixture with whipped cream before freezing. A parfait made from the whites of egg only will be delicate and light; when the yolks are used alone the result is a richer mixture.

### To Use Molds

Mixtures to be molded should be solidly packed in the molds and covered with buttered paper, butter side up. Fill molds to overflowing. Pack in ice and salt, 4 parts ice to 1 part salt. Let stand 3 to 4 hours.



At serving time, remove mold, wipe carefully, and place in a vessel of hot water 1 minute. Remove cover, run knife around edges of cream, invert mold on serving dish, and the frozen mixture will slip out. If necessary, wring cloth out of hot water, and pass over the mold.

When weather conditions permit, place mold in dish pan well surrounded by snow and leave out of doors until frozen. Adding salt to the snow hastens the freezing.

### PLAIN MOUSSE

1 cup whipping cream 1/2 teaspoon vanilla  
 1/4 cup powdered sugar 1 egg white, beaten stiff

Whip cream. Add powdered sugar and vanilla. Fold in stiffly beaten egg white to which salt has been added. Pour into tray of mechanical refrigerator or mold, page 510, and allow to freeze without stirring. Plain Mousse can be served with chilled and crushed fruit.

### PRALINE MOUSSE

1 pint heavy cream 3/4 cup almonds  
 1/2 cup powdered sugar 1 cup granulated sugar

Blanch almonds and roast them in a slow oven, and chop. Place granulated sugar in small hot iron skillet; stir until it melts to a light brown syrup. Place chopped nuts on greased inverted dripping pan, pour hot syrup over quickly, cool, then break into small pieces. Beat cream until stiff, add powdered sugar, a little salt and the broken almond pieces. Freeze in trays of mechanical refrigerator or mold, page 510.

### STRAWBERRY MOUSSE

1 quart strawberries 1 pint heavy cream, whipped  
 1 1/3 cups powdered sugar 1 teaspoon vanilla

Wash and hull berries, add sugar, let stand 1 hour. Mash and strain. Add 1/4 teaspoon salt and vanilla to whipped cream. Fold into mashed strawberries and fill in two refrigerator trays. Place in freezing compartment for four hours. Or freeze in mold, page 510. Other berries or fruits, mashed or cut in very small pieces, may be substituted.

### CHOCOLATE MOUSSE

1 pint heavy cream, whipped 1 can chocolate syrup

Mix. Freeze in refrigerator tray until it holds its shape or freeze in mold, page 510.

### MAPLE MOUSSE

1 cup maple syrup 1 pint cream, whipped stiff  
 4 eggs, separated 1 teaspoon vanilla

Beat yolks until very light, add syrup and cook over boiling water until it coats the spoon, stirring constantly. Place the dish in a pan of ice and stir until creamy; add vanilla, beaten whites, and whipped cream. Place in trays of mechanical refrigerator or mold, page 510. Let stand until mixture holds its shape. Serve in Schaum Torte or Kisses.

**PISTACHIO MOUSSE**

1 cup whipping cream  
 1 teaspoon vanilla  
 $\frac{1}{4}$  cup confectioner's sugar  
 1 teaspoon almond extract  
 Few drops green coloring  
 $\frac{1}{2}$  cup chopped pistachio nuts

Fold all ingredients into whipped cream. Freeze. Makes one pint.

**CHOCOLATE CHIP MOUSSE**

4 tablespoons flour  
 4 tablespoons sugar  
 $\frac{1}{8}$  teaspoon salt  
 2 cups milk  
 2 cups cream, whipped  
 $\frac{1}{2}$  lb. chocolate coated molasses chips, crushed

Mix flour, sugar and salt. Add milk. Cook until slightly thickened. Chill. Fold in cream and candy. Pour in the refrigerator tray or mold, page 510, and let stand until mixture holds its shape.

**PEANUT BRITTLE MOUSSE**

1 pound of peanut brittle  
 1 dozen macaroons  
 1 pint of whipping cream

Grind the peanut brittle and macaroons together, and mix with the whipped cream. Freeze in the refrigerator trays or mold, page 510. Turn on platter, slice. Serve with whipped cream and candied cherries.

**MACAROON AND FRUIT MOUSSE**

1 pint whipped cream  
 $\frac{1}{4}$  cup powdered sugar  
 $\frac{1}{4}$  lb. crystallized cherries  
 12 crushed macaroons or graham crackers  
 $\frac{1}{2}$  slice candied pineapple, cut fine  
 Vanilla or maraschino to taste

Fold all ingredients into whipped cream. Freeze in trays of refrigerator or mold, page 510, until mixture holds its shape.

**CINNAMON MOUSSE**

Boil 1 cup sugar,  $\frac{3}{4}$  cup water, 4 tablespoons red cinnamon candy until syrup spins a long thread. Pour syrup over 3 beaten egg whites and continue beating until cool. Then add 3 tablespoons cinnamon candy finely crushed. Fold in 1 pint well beaten cream. Pile lightly in tray or mold and freeze about 4 hours.

**No. 1 FROZEN CHOCOLATE PUDDING**

1 cup sugar  
 4 tablespoons cornstarch  
 2 cups scalded milk  
 $\frac{1}{8}$  teaspoon salt  
 2 teaspoons vanilla  
 1 cup cream  
 2 squares bitter chocolate or  $\frac{1}{4}$  cup cocoa

Mix sugar and cornstarch, add the scalded milk gradually, and cook over hot water for 10 minutes, stirring constantly. Add the chocolate, melted or grated. Cool, add the vanilla and fold in the cream, whipped stiff. Pour into a mold, pack in ice and salt, page 510, or in trays of mechanical refrigerator. Let stand until frozen.

**No. 2 FROZEN CHOCOLATE PUDDING**

$\frac{1}{4}$ lb. sweet chocolate	$\frac{1}{2}$ cup hot water
$\frac{1}{2}$ cup sugar	6 eggs, separated
1 pint cream	

Cook the water and sugar to a thin syrup, add chocolate, grated. Pour this gradually on to the 6 beaten yolks, add the 6 whites, beaten stiff; cool, then add the cream whipped stiff. Place in trays of mechanical refrigerator or pour into a mold, pack in ice and salt. Let stand until mixture holds its shape.

**FROZEN FIG PUDDING**

1 dozen lady fingers	$\frac{1}{2}$ cup powdered sugar
1 pint heavy cream	$\frac{1}{2}$ lb. figs, cut fine
$\frac{1}{4}$ cup orange juice or wine	

Soak figs in orange juice or wine over night, drain. Line bottom of a quart brick mold with lady fingers, rounded sides down. Cover with  $\frac{1}{2}$  of the cream, whipped stiff and sweetened, on top of this spread the drained figs, then the rest of sweetened whipped cream and lastly a layer of lady fingers. Cover with buttered paper, buttered side up. Cover, pack in large pail or dish pan with ice and salt. Let stand 4 or 5 hours. In place of mold, tray of mechanical refrigerator may be used.

**FROZEN MOCHA PUDDING**

$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup ground coffee
4 tablespoons cornstarch	$\frac{1}{2}$ teaspoon vanilla
2 cups scalded milk	1 cup cream

Pour the scalded milk over the coffee, pour gradually over the cornstarch mixed with the sugar. Cook over hot water 20 minutes until smooth and thick, stirring constantly. Strain, cool, fold in cream, whipped, and the vanilla. Place in trays of mechanical refrigerator or in mold, pack in ice and salt. Let stand until mixture holds its shape.

**FROZEN EGGNOG**

3 eggs, separated	1 cup heavy cream
1 cup sugar	1 tablespoon rum

Beat yolks until thick and lemon colored, add  $\frac{1}{2}$  cup sugar and beat until creamy. Beat egg whites until stiff, add  $\frac{1}{2}$  cup sugar and continue beating. Beat cream until stiff enough to fold. Combine all ingredients, add rum. Freeze fast in tray of refrigerator. All ingredients must be the same temperature for best results. Serve in glasses; top with grated nutmeg.

**FROZEN CARAMEL PUDDING**

1 cup corn syrup or sugar	1 scant cup sugar, melted to a brown liquid
4 tablespoons cornstarch	$\frac{1}{2}$ teaspoon vanilla
2 cups scalded milk	1 cup cream

Add the corn syrup to the scalded milk, stir in the cornstarch mixed

with a little cold milk, cook over hot water for 10 minutes, stirring well. Melt one scant cup of sugar in an iron skillet until it is a brown liquid, and pour it very gradually into the hot custard. Cool, add cream, whipped, and flavoring. Place in trays of mechanical refrigerator or pour into a mold, pack in ice and salt. Let stand until mixture holds its shape.

### LALLA ROOKH CREAM

1 cup sugar	2 tablespoons gelatin
1 cup cream	1 pint whipped cream
5 eggs, separated	2 tablespoons rum

Beat yolks, add sugar and cream, cook and stir until it coats the spoon, add gelatin (dissolved in a little cold milk), and stir until dissolved, remove from fire, cool, add rum, 5 whites of eggs, beaten stiff, and whipped cream. Place in trays of mechanical refrigerator or mold, page 510. Let stand until mixture holds its shape. When serving, decorate with maraschino cherries and some of the cherry juice.

### FROZEN DIPLOMAT

6 yolks, beaten	Orange juice or Sherry wine
1 cup sugar	to moisten the lady fingers
1 pint cream	2 tablespoons maraschino
6 lady fingers	$\frac{1}{8}$ lb. candied cherries
	1 pint whipped cream

Separate lady fingers and sprinkle with orange juice, cut the cherries in half, soak in maraschino or use maraschino cherries. In a double boiler, scald 1 pint cream, stir onto the beaten yolks and sugar. Let cook until thick, stirring constantly. Cool. Flavor with vanilla, add 1 pint whipped cream and freeze very firmly. Fill mold with alternate layers of frozen cream and lady fingers and candied fruit. Have the last layer cream. Bury the mold, well closed, in salt and ice for 3 hours.

### FROZEN NESSELRODE

1 $\frac{1}{2}$ cups sugar	4 yolks, beaten
$\frac{3}{4}$ cup water	1 $\frac{1}{2}$ cups chestnuts (boiled
$\frac{1}{2}$ lb. candied fruit, cut fine	and put through a ricer)
2 tablespoons maraschino	1 quart whipped cream

Boil sugar and water to a syrup. Pour gradually on yolks, cook until smooth, stirring constantly. Cool, add chestnuts, page 203, and the rest. Place in trays of mechanical refrigerator or mold, page 510. Let stand until mixture holds its shape.

### FROZEN RUM PUDDING

2 eggs, separated	2 doz. lady fingers
$\frac{1}{4}$ cup rum	$\frac{1}{2}$ lb. marron glacé
1 pint whipping cream	chopped fine

Beat yolks until light yellow. Add whites, stiffly beaten and flavor with rum to taste. Fold in whipped cream, carefully. Line melon mold with

split lady fingers; cover with layer of egg-rum-cream mixture. Sprinkle with marrons, add another layer of lady fingers, cover with cream mixture, etc., until the mold is filled, having lady fingers on top. Cover mold, pack tightly in 4 parts ice to one part salt and let stand 3 or 4 hours. Before serving, decorate with whipped cream flavored with rum.

### HARLEQUIN PUDDING

1 quart cream, whipped	$\frac{1}{2}$ cup powdered sugar
$\frac{1}{2}$ cup strawberry jam	9 macaroons
30 almonds, chopped	2 oz. chocolate, melted
Pistachio nuts	

Sweeten cream with powdered sugar to taste. Divide into 5 parts. Add jam to one; almonds to the second; macaroons dried and rolled to the third; chocolate to the fourth and leave the last plain. Line melon mold with waxed paper, decorate with the nuts blanched and cut fine. Place in mold in layers. Pack in ice and salt and let stand 7 hours.

### PINEAPPLE PARFAIT

1 cup sugar	2 cups grated pineapple
$\frac{1}{4}$ cup water	1 teaspoon almond extract
6 yolks, well beaten	1 pint cream, whipped

Boil sugar and water 5 minutes, stir slowly onto the beaten yolks, place in double boiler, cook until mixture coats the spoon, stirring constantly. Chill, add extract and pineapple and fold in cream, whipped stiff. Place in trays of mechanical refrigerator or mold, page 510. Let stand until mixture holds its shape.

### ANGEL PARFAIT

1 cup sugar	1 cup English walnuts,
$\frac{1}{2}$ cup water	candied pineapple and
3 whites of eggs	cherries, chopped fine
$\frac{1}{2}$ teaspoon vanilla	1 pint cream, whipped stiff

Boil sugar and water, stir only until sugar is dissolved, boil until it spins a thread, then pour on well beaten whites, beat until cool, flavor. When cold, stir in gently 1 pint of cream, well whipped and drained, add the chopped nuts and fruit and put in a mold. Place in trays of mechanical refrigerator until mixture holds its shape or mold, page 510.

### COFFEE PARFAIT

1 cup sugar	1 cup strong coffee or
3 eggs, separated	1 teaspoon coffee powder or
1 pint whipped cream	coffee extract in 1 cup water

Cook sugar and coffee until it spins a thread, then slowly pour onto the beaten yolks. Pour mixture into the stiffly beaten whites. If water is used in place of coffee, add coffee flavoring. When cold, fold in the whipped cream. Place in mold, pack in ice and salt or freeze in trays of mechanical refrigerator, until mixture holds its shape.



# Chapter 38

## Candies

### TEMPERATURES AND TESTS FOR CANDY

Type of Candy	Temperature	Cold Water Test	Texture
Fudge Penoche Opera Caramels	234°-236° F.	Soft Ball	Ball flattens but does not ooze out when pressed between fingers.
Fondant Sea Foam	238°-240° F.		
Caramels Soft Butterscotch	242°-250° F.	Firm Ball	Ball firm, yet can be flattened a little.
Taffies	265°-270° F.	Hard Ball	Ball very firm, yet plastic. Holds its shape.
Toffee Hard Butter-scotch	288°-290° F.	Crack Stage	Ball pressed flat will be brittle under water, bend out of water.
Brittles	300°-310° F.	Hard Crack Stage	Ball pressed will be brittle in and out of water.
Hard Candies	310° F.		Syrup will begin to turn light yellow.

**CANDY thermometers** vary. Check thermometer first by testing in boiling water. Water boils at 212° F. Always use fresh cold water for each candy test.

#### GENERAL RULES

To insure smoothness, allow candy to cool to lukewarm before beating. Never take candy out of doors or place in draft to cool. To avoid graining, add a little corn syrup to any recipe. To avoid candy boiling

over, grease vessel in which it is cooked, 1 inch inside of top rim. Do not scrape vessel in which candy is cooked as it may cause candy to sugar.

### TO CARAMELIZE SUGAR

Put sugar in a heavy frying pan; heat in moderate oven or on stove over low flame until melted. Turn into slightly buttered pan; and when cold, break into pieces.

**To Crush:** Put pieces of caramelized sugar through meat grinder, or puree strainer, or roll with rolling pin and sift.

### NUTS

**To Blanch Almonds, Filberts and Pistachios:** Pour boiling water over shelled nuts; let stand 5 minutes, or longer if nuts are dried out or very hard. Strain; put into cold water; slip off skins. Dry blanched nuts in oven before storing.

**To Chop:** Use special nut chopper or chopping knife and bowl.

**To Grind:** Use nut butter blade of meat grinder or almond mill.

**To Slice:** Use thin knife to avoid breaking.

### TO SALT NUTS

Place blanched nuts in shallow pan, in hot oven, 400° F., or in skillet on stove. To  $\frac{1}{2}$  pound or 2 cups blanched nuts, take 1 teaspoon butter or oil. Stir frequently until a light brown. Sprinkle with salt.

Or fry a few at a time in deep hot oil in a small saucepan. Drain. Place on brown paper.

### SUGAR COATED (OR BURNT) ALMONDS

1 lb. almonds, unblanched

1 teaspoon cinnamon

2 cups sugar

$\frac{1}{2}$  cup water

Boil sugar and water until thick and clear, add almonds, stir with a wooden spoon until the nuts crackle. Reduce heat, stir until dry. Remove nuts, add just enough water to sugar in skillet to moisten, add cinnamon, red coloring and boil until it strings. Add sugared nuts and stir until thoroughly coated and separated.

### PEANUT BRITTLE

2 cups sugar

$\frac{1}{2}$  to 1 cup shelled peanuts

Remove skins from peanuts. Break in pieces or chop them, or take thick, unglazed brown wrapping paper, spread the peanuts over half of it, cover with the other half, and roll until well crushed with rolling pin. Line a greased pan with the peanuts.

Put sugar in a heavy frying pan, and heat until it becomes a thin light brown syrup, stirring constantly. Pour over peanuts, mark while warm. When cool, break in pieces. Brazil, pecan or walnut meats, puffed rice, or puffed wheat may be used in place of the peanuts.

**ALMOND OR PECAN BRITTLE**

Take 1 cup of sugar and 1 cup of blanched almonds, coarsely chopped. Put sugar in frying pan, and melt to a light brown syrup. Add nuts. Let cook a few minutes, stirring constantly. Pour into greased pan. Remove from pan, and break into pieces.

**MOLASSES CANDY**

1 cup molasses (New Orleans)	1 tablespoon water
$\frac{1}{2}$ cup sugar	1 teaspoon butter
	$\frac{1}{4}$ teaspoon soda

Melt the butter in an iron skillet, add molasses, water and sugar, and stir until sugar is dissolved. Stir occasionally until nearly done, and then constantly. Boil until the spoon leaves a track in the bottom of pan while stirring or until a few drops, rolled between the fingers, form a hard ball in cold water. Set on back of stove, stir well, add the soda, stir thoroughly, and pour in a well greased pan. When cool enough to handle, pull until light colored and porous. Work candy with finger tips and thumbs, do not squeeze in the hands. When it begins to harden, stretch to the desired thickness, cut in small pieces with large shears, turning the candy halfway round after each incision, thus alternating the direction of the cut. Cool on buttered plates.

**WHITE TAFFY**

2 cups sugar	4 tablespoons butter
$\frac{2}{3}$ cup water	2 teaspoons cream of tartar
	1 teaspoon flavoring extract

Put the first 4 ingredients in a saucepan and boil until a very hard ball stage, when a few drops will turn brittle in cold water. Add vanilla or any other flavoring. Pour into buttered pan and when cool enough to handle, take up, and pull quickly, and handle lightly with finger tips. It should become porous. Stretch out on board to harden; cut into strips.

**SALT WATER TAFFY**

$1\frac{1}{4}$ cups corn syrup	1 teaspoon butter
1 cup sugar	1 tablespoon vinegar
1 tablespoon water	Vanilla

Stir all together in pan. Boil, and stir only to prevent candy from burning. When it forms a hard ball in cold water, remove from stove and pour in buttered tin. As soon as it is cool enough to handle, pull until it hardens. When cold, chop into small pieces.

**MOLASSES PUFF**

2 cups molasses	2 teaspoons soda	Dipping chocolate
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Boil the molasses until a few drops become brittle when dropped in cold water. Stir in soda dissolved in a little cold water. Pour into a greased pan. When cold, break into pieces and coat with melted chocolate.



**CINNAMON BALLS**

Add  $\frac{1}{2}$  teaspoon of essence of cinnamon to Salt Water Taffy, page 519, before it is pulled. Let it cool and roll into balls.

**DAISY CREAM CANDY**

3 lbs. sugar

1 pint water

6 oz. butter

$\frac{1}{2}$  tablespoon vanilla

Mix sugar and water, add butter and boil without stirring until it reaches 262° F., until it forms a very hard ball in cold water. Pour quickly on ice cold buttered marble slab. Flavor as desired, by pouring a few drops over the mixture. When slightly cooled, pull until white, glossy and porous. Cut into squares. Will be soft and creamy next day.

**No. 1****BUTTERSCOTCH**

Put 2 cups brown sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup water in frying pan, boil and stir until the spoon leaves a track in bottom of pan, or a few drops poured in cold water form a hard ball. Stir to prevent burning. Pour into buttered tins  $\frac{1}{4}$  inch thick, and when cool, mark in squares.

**No. 2**

1 cup corn syrup

$\frac{1}{4}$  cup water

2 cups brown sugar

1 tablespoon vinegar

$\frac{1}{4}$  lb. butter

1 teaspoon vanilla

Boil until syrup strings, 288 to 290° F., pour into buttered tin. When hard, break into pieces.

**STICK CANDY**

2 cups sugar

$\frac{1}{2}$  cup water

$\frac{1}{2}$  cup white corn syrup

Juice and rind of 1 lemon

Place all together in a saucepan. Boil without stirring until the crack stage or until a few drops become brittle in cold water. Remove from fire.

**For Lemon Sticks:** Add 1 teaspoon lemon extract. Pour on a buttered platter. When cool enough, pull and roll into sticks and cut.

**For Peppermint Sticks:** Add 1 teaspoon extract of peppermint. Divide candy in two parts. To one part add a little red vegetable coloring. Pour on buttered platters; when cool enough, pull each separately, then twist one around other; form into canes or sticks.

**BUTTERCUPS**

2 cups sugar

1 teaspoon lemon extract

$\frac{1}{2}$  cup water

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$\frac{1}{2}$  teaspoon cream of tartar

1 teaspoon vanilla

Place sugar, water and cream of tartar in saucepan. Let boil without stirring until, when tried in cold water, it forms a hard ball. Add a little yellow coloring. Flavor. When cool enough to handle, pull out the yellow candy on a floured board, in a long sheet, about 2 inches wide. In center of this strip lay a roll of Fondant, flavored with vanilla the full length of the strip. Wrap the yellow candy around the Fondant. Bring

the edges of candy together and press firmly over Fondant. When cool, cut with scissors into  $\frac{1}{2}$  inch pieces. Make in various colors and flavors.

### ENGLISH TOFFEE

$1\frac{3}{4}$  cups sugar  
 $\frac{1}{8}$  teaspoon cream of tartar  
 1 cup cream  
 $\frac{1}{2}$  cup butter  
 1 teaspoon rum

Place sugar with cream of tartar in a deep saucepan, rounded at the bottom; add cream, boil a few minutes, stirring with wooden spoon. Add butter, let boil until very thick and light brown, stirring all the time. Add 1 teaspoon rum or any fruit juice flavor. Pour in buttered pan. Cut into squares while warm.

### ALMOND TOFFEE

Make English Toffee, above, omitting rum. Add  $\frac{1}{8}$  pound almonds, chopped. Pour at once in greased pan.

### ENGLISH BUTTER TOFFEE

$\frac{3}{4}$  lb. butter  
 1 lb. sugar  
 3 oz. milk chocolate  
 2 oz. chopped, toasted almonds

Cook butter and sugar slowly in deep saucepan, rounded at the bottom, to the hard crack stage. Pour in large, buttered pan. Allow to get cold. Brush with the chocolate (melted in covered double boiler), then sprinkle with almonds. Put in refrigerator until hardened. Lift from pan, turn over the candy, brush other side with melted chocolate and sprinkle with almonds.

### CHOCOLATE FUDGE

2 cups sugar, maple, brown or white  
 2 teaspoons corn syrup  
 1 cup milk, cream or water  
 2 tablespoons butter  
 1 teaspoon vanilla  
 4 tablespoons cocoa or 2 squares of chocolate

Place sugar, syrup, milk and chocolate over slow fire, and stir occasionally to prevent burning; boil until a few drops poured in cold water form a soft ball that will hold together when rolled between the fingers ( $234^{\circ}$  F.). Add  $\frac{1}{8}$  teaspoon salt, butter and vanilla. Let cool until it may be dented with the fingers and beat well until thick and creamy; if desired, knead. Pour in buttered pan. Mark in squares.

**Nut Fudge:** When fudge is thick and beaten until almost creamy, add 1 cup chopped nut meats and 1 tablespoon candied fruit, chopped. Form into balls, roll in chopped nut meats or grated bitter chocolate.

### UNCOOKED FUDGE

4 squares (4 oz.) chocolate  
 $\frac{1}{2}$  cup ( $\frac{1}{4}$  lb.) butter  
 1 lb. confectioner's sugar  
 1 egg, beaten slightly  
 $\frac{1}{4}$  cup sweetened condensed milk  
 1 teaspoon vanilla

Melt chocolate and butter in top of double boiler. Mix egg and sugar; add milk, and stir in the chocolate-butter mixture. Add vanilla. Turn into pan; chill.

**CHOCOLATE DIPPED FUDGE**

Follow recipe for Fudge, page 520. Dip squares in melted chocolate, place on paraffine paper, let stand to harden.

**CHOCOLATE OR CREAM FUDGE**

4 cups sugar	1 $\frac{1}{3}$ cups top milk or light
4 tablespoons white corn syrup	cream
2 heaping teaspoons corn starch	4 squares bitter chocolate
	2 tablespoons butter

Cook first four ingredients to soft ball stage, 238° F., then add chocolate and butter. Do not stir after these have been added, but let cool. Then beat and work as for Mexican Fudge. Omit chocolate and use evaporated milk for Cream Fudge. Stir constantly over not too hot fire so it does not curdle.

**WHITE OR OPERA CARAMELS**

2 cups white sugar	2 tablespoons butter
	1 cup milk

Let sugar, butter and milk boil until a few drops form a soft ball in cold water. Pour on buttered platter, cool, beat until creamy, pour on buttered tin, cut into squares; add, if desired, chopped nuts or candied cherries cut in pieces.

**MEXICAN FUDGE**

1 cup sugar	1 cup evaporated milk
$\frac{1}{4}$ cup boiling water	4 tablespoons butter
2 cups sugar	1 cup chopped nut meats
	Grated rind of orange

Put 1 cup sugar into heavy frying pan and place over low heat, stirring constantly. When melted to a light brown add  $\frac{1}{4}$  cup water. Boil until sugar is dissolved and syrup forms. Add 2 cups sugar, evaporated milk, pinch of salt and cook until it reaches 240 degrees. Add orange rind and remove from heat. Do not stir after removing from stove. Drop in the butter. Let stand until cool. Then beat, using electric beater, if you have one. As soon as mixture starts to grain or loses its sheen, add the nuts. Then let it rest, but watch it. When it can be handled, knead it and form into rolls. Let it set on wax paper, then cut into 1 inch pieces.

**CHOCOLATE CARAMELS**

2 cups white sugar	$\frac{1}{2}$ cup butter
1 cup brown sugar, packed	3 ounces chocolate
1 cup dark corn syrup	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup cream	1 teaspoon vanilla

Place all ingredients except vanilla in a heavy saucepan. Cover and boil 5 minutes. Uncover, let boil until a few drops poured in cold water form a hard ball or 247° F. Remove from fire, add vanilla, pour into

buttered pan, 10 x 6 inches. When cold and firm cut in 1-inch squares. Wrap in waxed paper. Stir in 1 cup of chopped nut meats if desired.

### CARAMEL COVERED MARSHMALLOWS

$\frac{1}{2}$  lb. marshmallows                      Vanilla Caramels

Follow recipe for Vanilla or Chocolate Caramels, page 521. Soften caramel mixture in saucepan over boiling water. Place marshmallows on a two-tined fork, or candy dipper. Dip into caramel mixture until coated and then remove to oiled paper. Let stand until coating is hard.

### VANILLA CREAM CARMELS

2 cups sugar                                      1 cup walnuts  
2 cups white corn syrup                       $\frac{1}{4}$  cup butter  
3 cups cream                                       $\frac{1}{2}$  teaspoon salt  
1 teaspoon vanilla

Heat 1 cup cream with sugar and syrup in saucepan. Let boil until a few drops poured in cold water form a soft ball (236 to 238° F.).

Then add 1 more cup of cream heated. Boil again to soft ball stage. Then add the third cup of cream heated, the butter, again boil to soft ball stage. Remove from fire, add nuts and flavoring, stir, and pour into well buttered pan. When cold and firm, cut into squares, wrap in waxed paper.

### PENOICHE

2 cups brown sugar                              2 tablespoons butter  
 $\frac{3}{4}$  cup milk    1 teaspoon vanilla  
2 cups chopped nuts

Boil sugar and milk to the soft ball stage. Remove from the fire; add butter, flavoring and nuts. Cool. Beat till creamy and thickened; pour into a greased tin, and when firm, cut in squares.

### MAPLE NUT PENOICHE

Make Penoiche, above, using maple sugar instead of brown sugar.

### PRALINES

2 cups brown sugar                              1 cup cream  
2 cups pecan nut meats (halves)

Mix sugar and cream. Cook until a few drops poured in cold water form a soft ball or 236° F. Add nuts. Stir until it begins to sugar, pour out on buttered pan. When cool, break into small pieces with one or two pecan halves in each cluster.

### NEW ORLEANS PRALINES

2 cups powdered sugar                               $\frac{1}{2}$  cup cream  
1 cup maple syrup                                  2 cups pecans

Cook sugar, syrup and cream to the soft ball stage. Then beat until it starts to get thick and begins to sugar. Set pan over hot water. Add nuts and drop on wax paper into 2-inch patties.

**SEA FOAM**

2 cups sugar

 $\frac{1}{2}$  cup corn syrup $\frac{1}{2}$  cup water

1 cup walnut meats

2 egg whites

1 teaspoon vanilla

Boil sugar, corn syrup and water until mixture forms a hard ball when dropped into cold water. Pour slowly into beaten egg whites, beating constantly with a rotary egg beater. When it begins to stiffen, add vanilla and nuts, broken in rather large chunks, and drop from tip of spoon on oiled paper.

**TURKISH CANDY**

Follow recipe for Sea Foam, above, and when stiff and creamy, add nuts, and place in small, deep, well buttered pan, then cover with 2 oz. melted bitter chocolate. When cold, cut into slices or squares.

**MAPLE FLUFFS**

1 cup maple sugar

 $\frac{1}{2}$  cup brown sugar $\frac{1}{2}$  cup water $\frac{1}{4}$  teaspoon cream of tartar

6 marshmallows, cut

White of 1 egg

Boil first 4 ingredients in a saucepan until a few drops become brittle in cold water, then add marshmallows; let stand 5 minutes, when melted, pour over stiffly beaten white of egg. Beat up until light and when it begins to harden, drop from teaspoon on oiled or greased paper. Place halved candied cherries or nut meats in center of each piece; cool.

**NUT BARS** $\frac{1}{2}$  lb. chocolate $\frac{2}{3}$  cup seeded raisins $\frac{2}{3}$  cup chopped peanuts $\frac{1}{3}$  teaspoon salt

Melt chocolate over hot water. Stir until smooth and nearly cool, then add salt, raisins, cut fine, and the nuts chopped. Mix well, spread in shallow pan  $\frac{1}{4}$ -inch thick. When set, cut into 24 strips.

**No. 1****COCOANUT CANDY**1  $\frac{1}{2}$  cups sugar $\frac{1}{2}$  cup milk

2 teaspoons butter

 $\frac{1}{3}$  cup cocoanut $\frac{1}{2}$  teaspoon vanilla or lemon extract

Put butter in saucepan; when melted, add sugar and milk and stir until sugar is dissolved. Boil 12 minutes or until a few drops form a soft ball in cold water, remove from fire, add cocoanut and vanilla, and beat until creamy and mixture begins to sugar slightly. Pour at once into a buttered pan and mark in squares.

**No. 2**

1 cup shredded cocoanut

1 teaspoon vanilla

4 tablespoons peanut butter

Use the sweetened prepared cocoanut. Mix ingredients well to a paste. Shape into small balls and put them in a cold place to harden. If cocoanut is dry, soak in a little milk or water for 5 or 10 minutes and if not sweet, add 1 tablespoon syrup.

**MINT PASTE**

2 tablespoons granulated gelatin	2 tablespoons lemon juice
1 $\frac{1}{3}$ cups water	Green coloring
2 cups sugar	A few drops oil of peppermint

Soak gelatin in  $\frac{2}{3}$  cup cold water 5 minutes. Place sugar and rest of the water in a saucepan, and bring to a boil. Add dissolved gelatin, bring to the boiling point and boil slowly but steadily 20 minutes. Remove from fire, add rest of the ingredients, and grated rind of lemon and only enough of the coloring to make it light green. Pour in the mixture to about 1 inch in thickness, in a shallow pan, let stand for about 12 hours or until perfectly cool and firm. Remove to board, cut in cubes, roll in powdered sugar.

**Fruit Pastes:** Different varieties can be made by using other fruit juices and different coloring, also by adding  $\frac{1}{2}$  cup chopped nut meats or candied fruits.

**MARSHMALLOWS**

Soak 2 tablespoons granulated gelatin in  $\frac{1}{2}$  cup cold water 5 minutes. Place 2 cups sugar and  $\frac{3}{4}$  cup water in saucepan and cook until it "threads," pour onto dissolved gelatin, let stand until partially cooled, add few grains salt, a few drops of oil of peppermint or wintergreen and a little green or red vegetable coloring. Beat until white and thick. Pour into granite pan thickly dusted with powdered sugar and set in a cool place to harden. Turn out, cut into squares and roll in powdered sugar.

**FONDANT, COOKED**

2 cups sugar (fine granulated)	$\frac{2}{3}$ cup cold water
	$\frac{1}{8}$ teaspoon cream of tartar

Boil all together until it makes a soft ball when tried in cold water. If any crystals form on sides of pan, while cooking, wash down with damp cloth wrapped around fork. Pour on cold, buttered marble slab. When cool, work until creamy. Divide into portions and flavor to taste. This forms the Stock Dough, and is the foundation of many candies. Sprinkle board with confectioner's sugar, roll  $\frac{1}{4}$  inch thick, cut into squares, strips, or any desired shape and make into bonbons or centers. This Fondant may be used alone, with nuts, whole or chopped, dried or candied fruits, and then covered with chocolate. Better day after made.

**No. 1 FONDANT, UNCOOKED**

1 $\frac{1}{2}$ lbs. confectioner's sugar	3 tablespoons cream
Vanilla to taste	White of 1 egg

Slip egg in a cup; add the same amount of water or cream and mix thoroughly with enough sugar to mold. Knead thoroughly.

**No. 2 FONDANT, UNCOOKED**

1 egg white	1 teaspoon flavoring
4 tablespoons butter	1 teaspoon cream of tartar
¼ cup cold water	1¾ lb. confectioner's sugar

Slip egg white in cup, add water. Mix all together and mold like dough, adding butter, well creamed, last.

**TO DIP BONBONS**

Put Fondant in small saucepans over hot water; color and flavor as desired. Dip centers on a two-tined fork or candy dipper in the Fondant one at a time; stir until coated, then remove to oiled paper. Stir Fondant between dippings to prevent crust from forming. If too thick, add a few drops of water or milk; if too thin, add confectioner's sugar.

To **Color Fondant**, mix with a tiny bit of coloring paste on a toothpick. Nuts, candied fruit or Fondant are used as centers.

**Chocolate Dip:** See Chocolate Cream Drops, below.

**PEPPERMINT, WINTERGREEN OR FRUIT PATTIES**

Put any Fondant, page 524, in top of double boiler, soften over hot water. Flavor with a few drops oil of peppermint, wintergreen or fruit flavors. Add coloring. Drop from tip of spoon on waxed paper.

**CHOCOLATE CREAM DROPS**

Fondant

4 oz. bitter, sweet or milk chocolate

Make cone-shaped forms of the Fondant, above. Lay them on oiled paper to harden. Melt chocolate over boiling water. Let stand until, when tested, it feels cool on the hand. Add a little cocoa butter if chocolate is too thick. Take the creams, one at a time, on a 2-tined fork or with the fingers; dip into the chocolate and cover all sides. Set on buttered or waxed paper to harden.

**NUT CREAMS**

Add enough cream to a cup of Fondant, above, to make it thin enough to beat. Beat until like whipped cream; add a little flavoring and ½ cup nuts and cut into squares.

**STEAMED DATES**

Separate dates and wash. Place in top of double boiler. Cover and let steam until softened.

**DATE OR FIG CHOCOLATES**

Remove stone from dates or cut figs in halves lengthwise and cut off stem. Press in uniform shape and dip into melted sweet chocolate as in Chocolate Cream Drops, above. Marshmallows may also be dipped.

**DATE AND WALNUT BONBONS**

½ lb. pitted dates

1 egg white

½ lb. shelled walnuts

2 tablespoons sugar

Grind nuts and dates fine, knead and form into shape of a date. Let stand in refrigerator over night. Beat egg white slightly, add sugar, dip bonbons in mixture, place on buttered tin, bake at 300° F. until crisp.

**CANDIED CHERRIES**

1 lb. fresh cherries

1 lb. sugar

1 cup water

Boil sugar and water until the sugar spins a thread. Add cherries, pitted, let come to a boil. Let cool. Lift cherries, with perforated spoon to platter. Boil syrup 5 minutes, pour over cherries. Cover with glass or cheesecloth, set in sunny place. Allow cherries to dry, turn onto a clean cloth spread over wire cake rack. Dry. Store in glass jars.

**ORANGE AND NUT CONFECTION**

1 cup orange juice

1 cup ( $\frac{1}{3}$  lb.) pecan meats

3 cups sugar

1 tablespoon butter

 $\frac{1}{4}$  teaspoon cream of tartar $\frac{1}{4}$  cup water

Cut oranges in half. Extract juice. Pour cold water over orange peel, let come to a boil. Drain and repeat five times. Grind fine. Put sugar in saucepan, add water, orange juice and cream of tartar. Boil to soft ball stage ( $238^{\circ}$  F.). Cool slightly. Beat. Add ground orange peel and nuts before mixture gets too creamy. Place in buttered pan. Let cool and cut in squares.

**ORANGE OR GRAPEFRUIT STICKS** $\frac{1}{2}$  cup sugar $\frac{1}{4}$  cup hot water

Peel of an orange

Wipe orange or grapefruit, remove peel in quarters and cut in narrow strips with scissors. Place peels in saucepan, cover with cold water, let boil up once and drain. Repeat five times. Heat the sugar with the hot water, and when dissolved, add orange peel. Cook slowly until syrup is nearly evaporated, drain and roll the strips in granulated sugar.

**Grapefruit Sticks:** Weigh the peel and use an equal amount of sugar, proceeding as above.

**CHOCOLATE DIPPED ORANGE STICKS**

Melt 2 squares of bitter or black chocolate in double boiler and keep over the hot water. Prepare Orange Sticks, as above. Dip each stick in the melted chocolate. Remove to paraffine paper and let stand several hours or over night to harden.

**GLACÉD NUTS OR FRUITS**

2 cups sugar

1 cup boiling water

 $\frac{1}{8}$  teaspoon cream of tartar

Put ingredients in a smooth saucepan, stir until sugar is dissolved. Heat to the boiling point, and let boil well, without stirring until the syrup begins to turn a light yellow color or a few drops poured into cold water become brittle. Remove saucepan from hot fire or place in large pan of cold water, to instantly stop boiling; then quickly place in pan of hot water, to keep syrup from hardening. Now quickly dip fruits and nuts, a few at a time, in the hot syrup and remove them with fork or wire spoon to oiled paper. Glacéd fruits should only be attempted in cold, clear weather. Oranges and tangerines are separated into sections and allowed to dry a few hours or over night before dipping. Dip fruits first and then nuts, and do them quickly.



**Glacéd Prunes:** Remove stones from prunes, fill cavity with nut meats. Follow recipe for Glacéd Nuts and Fruits, page 526.

### MARRON GLACÉ

1 pint chestnuts, blanched                       $\frac{1}{4}$  vanilla bean  
page 203    1 cup water  
1 lb. loaf sugar

Peel the chestnuts whole, cover with fresh boiling water and a little sugar and cook until tender but not broken, drain. Boil sugar and water, without stirring until syrup begins to discolor, dip chestnuts in at once, leave them in 5 minutes. Take out carefully with silver fork, place on warm sieve in warm place. Next day heat syrup, repeat dipping and drying processes. Place in tiny paper cases or lift each carefully with a fork, so they do not break put them in a bottle or jar, and cover with the boiling syrup. Seal and set aside. Will keep.

### CHOCOLATE DIPPED CHERRIES

Bottle maraschino cherries                      Melted chocolate  
Fondant    A little cocoa butter

Drain the cherries, but not too dry. Melt Fondant, page 524, in double boiler, over hot water and dip the cherries one at a time; drop on waxed paper and let stand in cool place only just long enough to harden. Then dip as Chocolate Cream Drops, page 525, to which a little cocoa butter or paraffine has been added.

### CRYSTALLIZED APPLE SLICES

3 firm Jonathan apples                       $\frac{1}{2}$  cup water  
1 cup sugar    Granulated sugar  
Flavoring, cinnamon and mint

Peel, quarter and core apples. Cut each quarter into three slices. Cook sugar and water to a syrup in a small saucepan. Drop 12 apple slices into boiling syrup and cook slowly until transparent. Repeat until all slices are cooked. Remove from syrup to waxed paper and cool for 24 hours in a dry place. Roll in granulated sugar and repeat every 24 hours. After the third rolling let stand until absolutely dry. Add 2 tablespoons water to syrup after removing each dozen pieces. Syrup may be tinted red with cinnamon candies or green with mint flavoring.

### CRYSTALLIZED MINT LEAVES

Boil sugar and water to a very thick syrup, roll in fresh mint leaves, dry them on buttered plates in the oven with the door open, sprinkle with granulated sugar from time to time.

### CHOCOLATE DIPPED GRAPES (ACORNS)

$\frac{1}{2}$  lb. Malaga grapes                      2 oz. bitter chocolate, scraped  
2 tablespoons granulated sugar

Place sugar in small saucer. Wash, leave small stem on each grape, drain dry between towels. Stir chocolate over boiling water in a small saucepan until melted. Let stand until slightly cool. Dip stem end of

grapes, one at a time, into the chocolate to about  $\frac{1}{4}$  the depth of the grapes, holding them by the other end with the fingers. Remove from chocolate quickly, invert to cool a moment, then roll the chocolate end in the sugar and place chocolate side down on oiled paper to harden.

### FRESH DIPPED STRAWBERRIES

1 quart fresh strawberries                      1 cup Fondant

Select large, clean, dry berries. Dip them, one at a time, half way into Fondant, page 525, softened over hot water, holding the berry by the stem and the small adjoining leaves. Lift the berry out quickly, turning it round and round in the air a moment, tip upward, to dry; then invert berry, stand on tip on oiled paper, rearranging green leaves and stem on top. Place each berry in a paper bonbon cup. Serve within an hour.

### STUFFED PRUNES

Wash 1 pound of large prunes in three changes of warm water. Cover with cold water. Let stand 24 hours. Drain. Remove stones. Fill cavity with walnuts, or pecans or Fondant. Let stand to dry somewhat. Roll in granulated sugar.

**No. 1**

### STUFFED FIGS

Steam large dried figs in double boiler. When cool, cut off stem end, open, stuff each fig with pecans or English walnuts and  $\frac{1}{2}$  marshmallow. Close, press into shape, roll in granulated sugar.

**No. 2**

Cook very slowly,  $\frac{1}{2}$  pound large dried figs in  $\frac{1}{2}$  cup orange juice, 2 tablespoons sugar, 1 teaspoon lemon juice, turning and basting until tender. Drain, cool, open and stuff each fig with maraschino cherries, cut in halves and pecan nut meats broken. Close, press into shape and roll in granulated or powdered sugar.

### STUFFED DATES

**With Nuts:** Make a cut the entire length of dates and remove stones. Fill cavities with English walnuts, blanched almonds, pecans or with a mixture of chopped nuts, and shape in original form. Roll in granulated sugar or powdered sugar; serve on small plate or bonbon dish.

**With Fondant:** Fill with Fondant, page 525, or Butter Frosting, page 408, letting it project slightly, and insert in it a pecan or half a walnut. Roll in granulated sugar.

**With Ginger-and-Nut:** Remove the stones from choice dates, and chop together equal measures of preserved ginger and blanched nuts, chopped (hickory, pecan, or almonds). Mix with Fondant or a paste of confectioner's sugar and ginger syrup. Use only enough Fondant or paste to hold the ingredients together. With this mixture, fill the open space in the dates, cover securely, and roll in granulated sugar.

**DATE LOAF CANDY**

4 cups sugar	1 package pitted dates
1 cup milk	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons butter	1 cup chopped nuts
	Lemon or orange rind

Cook sugar, milk and butter to soft ball stage. Add dates, cut fine. Cook 5 minutes longer. Cool and add flavoring. Beat a few minutes, then add the chopped nuts and continue to beat until it thickens. Roll in a wet cloth or, place in bread pan, and slice when cold.

**DATE SAUSAGE**

1 lb. dates, stoned	$\frac{1}{2}$ cup walnuts	2 oz. candied ginger
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Put dates through meat chopper and add the ginger and walnuts, coarsely cut. Knead and roll into sausage, using powdered sugar to prevent sticking. Serve, cut in thin slices.

**CHOCOLATE SAUSAGE**

$\frac{1}{2}$ lb. sweet chocolate	$\frac{1}{2}$ cup almonds
1 egg, unbeaten	Granulated sugar

Cut chocolate into pieces, let melt in double boiler; add egg, stir until smooth, add nuts, blanched and sliced. Pile on buttered plate. When cool, form into 3 long rolls,  $1\frac{1}{2}$  inches thick. Roll in sugar, let stand until firm. Slice like sausage.

**TUTTI-FRUTTI CREAMS**

2 cups Fondant, melted	$\frac{1}{4}$ lb. nut meats
$\frac{1}{2}$ cup candied cherries	$\frac{1}{2}$ cup raisins, seedless
$\frac{1}{2}$ cup candied orange peel	$\frac{1}{2}$ cup cocoanut, shredded

Chop the fruit and nuts into small pieces, add cocoanut and raisins and mix with Fondant. Mold in small cakes.

**SPANISH SWEETS**

$\frac{1}{4}$ lb. candied cherries	$\frac{1}{4}$ lb. almonds
$\frac{1}{4}$ lb. raisins, seeded	$\frac{1}{2}$ lb. English walnut meats
$\frac{1}{4}$ lb. figs	$\frac{1}{4}$ lb. hickory nut or pecan meats
$\frac{1}{4}$ lb. dates, stoned	

Mix all together and grind fine or chop. Sprinkle board with powdered sugar, toss on the mixture, knead well. Cut into small squares. Will keep packed in layers between paraffine papers.

**CANDIED FRUIT AND NUT SLICES**

$\frac{1}{2}$ lb. mixed candied fruit	1 cup pecan meats
$\frac{1}{4}$ lb. raisins, seeded	2 tablespoons brandy
$\frac{1}{4}$ lb. dates, stoned	$\frac{1}{2}$ cup chocolate shot

Mix all together and knead. Form into a roll and cover with chocolate shot. Cut in slices.

**No. 1 CHOCOLATE BALLS**

$\frac{1}{2}$  lb. sweet chocolate                      2 tablespoons butter  
1 egg, unbeaten                                Chocolate shot

Break chocolate in pieces, let melt in double boiler, add egg, stir until smooth, then stir in butter. When cool, form into small balls, roll quickly into chocolate shot, or chopped fresh or roasted almonds or pistachios.

**No. 2**

$\frac{1}{4}$  lb. marshmallows                       $\frac{1}{4}$  lb. sweet chocolate  
1 cup pecans                                  $\frac{1}{2}$  lb. bitter chocolate

Cut marshmallows and chop the nuts. Melt chocolate in double boiler. Let cool a bit, then pour over the marshmallows and nuts and mix with a fork until marshmallows are dissolved. Set aside to harden. When almost firm, form into balls with teaspoon and roll in powdered sugar.

**APPLE LOLLYPOPS**

1 cup corn or maple syrup                12 medium apples  
1 cup sugar                                    12 wooden skewers (6-inch)

Remove stem from apple, and stick skewer upright in stem end. Put syrup and sugar in deep, small saucepan over slow fire and stir until sugar is dissolved. Let boil undisturbed until a few drops poured in cold water will become brittle. Place pan at once over boiling water, dip apples, one at a time, quickly in hot syrup until coated, place skewers upright on buttered tin, remove when cool.

**CARAMEL APPLES**

2 cups brown sugar                         2 tablespoons corn syrup  
 $\frac{1}{2}$  cup water                                 1 tablespoon vinegar  
 $\frac{1}{2}$  cup evaporated milk                    12 medium apples, washed

Remove stem from apple and stick skewer upright in stem end. Cook first five ingredients together and boil until a few drops poured in cold water form a hard ball (245°-248° F.) Proceed as above.

**POPCORN**

Select large, crisp kernels and place  $\frac{1}{3}$  cup in popper or iron skillet. Cover. Hold popper some distance from heat first, then directly over fire; shake steadily and corn will pop out at once. Makes about 1 quart. Melt 2 tablespoons butter in large saucepan, add popped corn, stir thoroughly, sprinkle with salt and serve.

**POPCORN BALLS (CARAMELIZED CORN)**

3 quarts popped corn                       $\frac{1}{2}$  cup sugar  
1 cup molasses                                1 tablespoon butter

Place popped corn in a large bowl. Cook molasses, sugar, butter and  $\frac{1}{2}$  teaspoon salt until brittle in cold water. Pour over popped corn and stir. Dip hands in water or oil and roll lightly into balls.

Or, place popped corn in dripping pan, and pour molasses syrup (above) over it, stirring until all the popped corn has been coated.

## Chapter 39

# Cold and Hot Drinks, Mixed Drinks and Cocktails

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### ORANGE JUICE

Chill and wash orange. Cut in half crosswise. Remove seeds. Score with knife and squeeze out juice by hand, or strain through coarse strainer, allowing juice and pulp to pass through. Or use hand reamer or electric juicer.

### CHOCOLATE SYRUP FOR DRINKS

1 quart water	2 tablespoons cornstarch
2 cups sugar	2 teaspoons vanilla
4 squares (4 oz.) chocolate	$\frac{1}{2}$ teaspoon salt

Boil sugar and water to a syrup 5 minutes; add chocolate, salt and the cornstarch dissolved with a little cold water. Stir until smooth, cook 3 minutes. Cool, add vanilla, place in jar, in refrigerator. Use 2 tablespoons to a glass, adding milk or milk and water mixed when ready to serve. Serve with or without sweetened whipped cream or ice cream, tablespoonful on top of each glass.

### COCOA SYRUP FOR DRINKS

1 cup cocoa	2 cups water
1 tablespoon cornstarch	2 cups sugar

Boil sugar and half of the water to a syrup. Stir cocoa and cornstarch with rest of water, add to boiling syrup. Cook gently 10 minutes. Cool and bottle. Keep in refrigerator, use as wanted, adding ice and milk or water to taste.

### ICED COCOA

Follow directions for making Reception Cocoa, page 49. Cool and chill. Serve 2 tablespoons to a glass, add milk or water, with or without a tablespoon of sweetened whipped cream or ice cream on top.

### ICED CHOCOLATE

Follow directions for Chocolate, page 48. Cool and chill. Serve in tall glass with ice.

Or make Chocolate Syrup, above, place 2 tablespoons in glass, fill with ice cold milk or water. Place spoonful sweetened whipped cream or vanilla ice cream on top of each glass.

**ICED CHOCOLATE WITH EGG**

4 tablespoons Chocolate Syrup      Finely chopped ice  
1 egg       $\frac{3}{4}$  cup milk

Place Chocolate Syrup, page 531, with the rest of the ingredients in a bowl, beat thoroughly with rotary beater or pour into jar and cover and shake thoroughly. Serve in tall glasses.

**CHOCOLATE EGG MALTED MILK**

1 tablespoon malted milk      2 tablespoons Chocolate Syrup  
1 egg      recipe, page 531  
 $\frac{1}{2}$  cup milk      2 tablespoons Vanilla Ice Cream

Stir malted milk with a little boiling water to a smooth paste. Add to egg, beaten light with rotary beater, add syrup and milk, beating all the time, and pour in glass over cracked ice, or drop the ice cream in glass and top with whipped cream.

**ICED COFFOLATE**

2 squares chocolate      2 cups boiling black coffee  
1 tablespoon cornstarch      2 cups scalding milk  
 $\frac{1}{2}$  teaspoon cinnamon       $\frac{1}{2}$  cup sugar

Dissolve cornstarch in a little cold water or coffee and place in double boiler with chocolate, cinnamon, sugar, and the boiling coffee. Stir until thick, add milk, let cook 15 minutes, stirring with rotary beater. Cool and chill. Serve ice cold in tall glasses with whipped cream on top. Makes 1 quart coffolate.

Or, follow directions for Chocolate Syrup, page 531, and while hot, allow  $\frac{1}{4}$  cup of syrup to  $\frac{3}{4}$  cup hot strong coffee and hot milk mixed, each heated separately but not boiled. Beat with rotary beater and serve hot or cold.

**ICED TEA**

**No. 1.** Strain freshly made tea into glasses one-third full of cracked ice. Sweeten to taste. A slice of lemon may be added, seeds removed, the flavor is much finer if chilled quickly.

**No. 2.** Follow directions for making Tea, page 48. Strain, add 4 cups cold water. Let cool and chill. When ready to serve, add ice.

**ICED COFFEE**

**No. 1.** Follow recipe for Boiled Coffee, page 47, strain, add sugar to taste, and chill. When ready to serve, add to 1 quart coffee  $\frac{1}{2}$  cup of cream and pour into pitcher. Serve in tall glasses.

**No. 2.** Or, add sugar, chill. Have ready a bowl of sweetened, whipped cream or vanilla ice cream, and serve coffee in tall glasses, placing one rounded tablespoon of either on top of each glass.

**No. 3.** Pour freshly made strong Coffee, page 46, into tall glasses filled with ice cubes made of coffee. Serve with cream and sugar.

**SOUR MILK**

Have sour milk that is well set but not stale, ice cold. Beat until light, with fork or egg beater; pour into glasses and serve or take rich, fresh, non-pasteurized milk, let stand at room temperature to sour. Chill, add sugar and cinnamon; mix and serve.

**For Eggnog**, *see* pages 35 and 539.

**For Milk Punch**, *see* pages 35 and 545.

**FRUIT SYRUPS**

An endless variety of drinks may be made by using as a foundation fruit syrup and juices, which are easily made in the home during the fruit season, bottled and kept for future use. Syrups left over from canned or pickled fruits may be used. Fruit syrups may be bought in large and small bottles ready for use. Use 1 quart syrup to 1 gallon water.

**SUGAR SYRUP**

Boil 1 cup sugar and 1 cup water 5 minutes. Cool.

**LEMON SYRUP**

12 lemons, juice

1 lb. sugar

6 lemons, grated rind

2 quarts boiling water

Add grated rind of lemons to juice and let stand over night. Pour water over sugar, stir until sugar is dissolved; boil 5 minutes, strain. Cool, add lemon juice. Bottle and seal. Serve with equal amount of water.

**RASPBERRY OR STRAWBERRY SYRUP**

2½ pints raspberry juice

2 lbs. sugar

1 pint water

Mash berries well and strain through jelly bag. Place sugar in preserving kettle, add water, place over fire and stir until dissolved, then boil until clear and skim. Let syrup boil again until soft ball is formed in cold water, then slowly add the fruit juice. Boil again. Skim and pour into hot sterilized jars and seal.

**Black Raspberries and Currant Syrup or Cherries, Currants and Raspberries** are also good.

**ORANGE SYRUP**

Follow directions for making lemon syrup, in above recipe, substituting orange juice and rind, adding a little lemon for flavor.

**SPICED SYRUP**

1 tablespoon each, whole cloves

2 quarts water

allspice, cinnamon

4 lbs. sugar

Tie spices in a bag. Place sugar and water in kettle, let boil 5 minutes or until clear, skim, add spices, let cook until well flavored, then pour very gradually into hot sterilized bottles or jars, and seal.

**GINGER SYRUP**

Pour 1 quart of water over  $\frac{1}{2}$  cup of ground ginger, let stand undisturbed 48 hours to become well flavored, pour off water into kettle carefully, leaving sediment undisturbed, measure, add an equal amount of sugar, let boil until clear 10 minutes. Pour into hot sterilized jars, and seal. Use as a drink with fruit juices.

**For Chocolate Syrup,** *see* page 531.

**For Cocoa Syrup,** *see* page 531.

**FRUIT DRINKS AND PUNCHES****LEMONADE**

1 lemon, juice                      2 cups water                      4 tablespoons sugar

Add the sugar to lemon juice and water and stir until dissolved. Add chipped ice if desired. Or, follow recipe for Lemon Syrup, page 533.

**PICNIC LEMONADE**

Sweeten juice of 12 lemons with 1 pound of sugar. Add grated rind of 2 lemons, put in quart jar and seal. When ready to serve, add 4 quarts of fresh, cold water.

**ORANGEADE**

Follow same rule as for lemonade, adding a little lemon juice.

**TEA-ORANGEADE**

1 cup water                                      3 tablespoons lemon juice  
2 cups strong tea                              2 cups orange juice  
 $\frac{1}{2}$  cup sugar                                      Grated rind of orange

Boil sugar, water and orange rind five minutes. Chill, add fruit juices and strained tea. Let stand in refrigerator several hours. Strain.

**WHEY LEMONADE**

1 quart whey                                      Juice of 2 lemons  
6 tablespoons sugar                              Nutmeg or cinnamon

Heat 1 quart sour milk in double boiler, cook until curd separates. Strain and use whey. Mix, chill and serve as a beverage.

**LEMON SODA**

1 lemon, juice                                       $\frac{1}{4}$  teaspoon soda  
2 tablespoons sugar                              Ice water

Mix sugar and lemon juice, add cold water and fill glass  $\frac{3}{4}$  full, then stir in the soda briskly and serve.

**LIMEADE**

3 limes, juice                                       $\frac{1}{2}$  glass cracked ice  
1 tablespoon sugar                              Cold water

In glass with cracked ice place lime juice and sugar, fill up with fresh or charged water.



**RASPBERRY SHRUB**

4 quarts raspberries                      1 quart vinegar                      Sugar  
Mash red or black raspberries, and cover with the vinegar. Let stand over night or longer; strain. To each pint of juice, add 1 pound sugar, boil 20 minutes; then put in sterilized bottles and keep in a cool place. Use 2 tablespoons to a glass of water.

**RASPBERRYADE**

1 pint raspberry syrup                      or                      1 gallon raspberry syrup  
4 pints water    4 gallons water  
Place ice in pitcher, pail or bowl, add syrup and water, stir until well mixed and serve. 1 pint syrup to 4 pints water with ice will make 20 sherbet glasses. 1 gallon syrup to 4 gallons water will make 250 sherbet glasses.

**PINEAPPLEADE (Individual Serving)**

½ cup pineapple juice                      2 tablespoons sugar  
1 lime or a little lemon juice                      ½ glass cracked ice  
Mix well and serve.

**ORANGE FREEZE (Individual Serving)**

Juice of 1 orange                      Scoop of Orange Ice  
Charged water to fill glass.

**FRUIT PUNCH COMBINATIONS****Foundation for Punch**

½ cup lemon juice                      Grated rind of 1 lemon  
1 cup orange juice                      1 quart water  
Grated rind of ½ an orange                      1 cup sugar

Cook sugar and water for five minutes, cool, add juices, grated rinds and any of the following combinations:

**No. 1.** 1 quart ginger ale; ¼ cup preserved ginger, cut fine.

**No. 2.** 1 quart tea; ½ cup maraschino cherries, cut fine.

**No. 3.** 1 cup grated pineapple; 1 pint charged water.

**No. 4.** 1 tablespoon grated cucumber rind; 1 pint loganberry juice; sugar to sweeten.

**No. 5.** 1 pint raspberry juice; 1 pint charged water.

**No. 6.** 1 glass of currant jelly dissolved in 1 cup of hot water; cook. Chill, and add ¼ cup mint, finely minced. Garnish the pitcher with mint sprays.

**No. 7.** 1 quart grape juice, 1 quart ginger ale, 1 quart charged water.

**No. 8.** ½ pint loganberry syrup, 1 ½ pints fresh water, 1 quart ginger ale.

**No. 9.** 1 quart grapefruit juice and pulp, 1 quart ginger ale.

**No. 10.** Strained, sweetened juice of 1 quart strawberries and 1 quart raspberries.

**No. 11.** 1 quart cider, 1 quart grape juice, 1 quart ginger ale.

See page 497 for **Ice Cream Sundaes and Sodas.**

**FRUIT PUNCH WITH LEMON ICE**

Add 1 quart Lemon or Orange Ice and 3 quarts ginger ale to any of the Fruit Punch Combinations, page 535.

**FRUIT PUNCH WITH ORANGE ICE**

1 pint Orange Ice	1 quart white soda
2 quarts orange soda	1 cup crushed pineapple
	$\frac{1}{2}$ cup maraschino cherries

Makes 1 gallon.

**FRUIT PUNCH FOR 50 PEOPLE**

1 cup water	Juice of 5 lemons
2 cups sugar	Juice of 5 oranges
1 cup tea	1 can grated pineapple
2 cups strawberry syrup	1 cup maraschino cherries
	1 quart charged water

Boil water and sugar to a syrup, 10 minutes, add tea, strawberry syrup, lemon juice, orange juice and pineapple; let stand  $\frac{1}{2}$  hour. Strain and add ice water to make 2 gallons of liquid.

**LEMONADE FOR 150 PEOPLE**

5 dozen lemons, squeezed	6 pounds sugar
1 dozen oranges, sliced	6 gallons water
1 can or a fresh pineapple	Ice

The rule is 1 pound of sugar to every dozen of fruit. If pineapple is fresh, add 1 more pound of sugar. Mix sugar with fruit and juice, boil and let stand to cool. Add water and ice and serve.

**LOUISIANA TUTTI-FRUTTI**

6 oranges, juice	1 cup sugar
6 lemons, juice	3 cups water
1 cup pineapple, diced	$\frac{1}{2}$ cup maraschino cherries
2 sliced bananas	2 quarts charged water

Boil sugar and water to a syrup 5 minutes, cool; add fruit and juices. Place in punch bowl over cake of ice. When all is cool, pour in the charged water and serve.

**TEA PUNCH**

1 tablespoon tea leaves	1 lemon, juice
1 pint boiling water	1 orange, juice
2 cups sugar	1 quart charged water

Place tea in large earthenware pitcher, pour on boiling water, cover well with heavy folded napkin, let stand 5 minutes and strain. Add sugar, fruit juices, and crushed mint leaves, if desired. Cool and serve, adding ice and chilled charged water.

**FRUIT CUP**

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 fresh pineapple, ground, or        | 3 oranges, seeded           |
| 1 can crushed pineapple              | 3 lemons, juice             |
| 1 pint fresh cherries, or            | Medium sugar syrup of 1 cup |
| 1 bottle maraschino cherries         | water to 1 cup sugar        |
| 1 quart ginger ale or mock champagne |                             |

Put fruit through a grinder. Add sugar syrup to sweeten and sufficient chilled water to taste. Chill. Before serving, add 1 quart ginger ale and ice cubes. Garnish with sprig of mint.

**CRANBERRY PUNCH**

- |                     |                        |
|---------------------|------------------------|
| 1 quart cranberries | Juice of 2 oranges     |
| 2 cups sugar        | Juice of 2 lemons      |
| 4 cups water        | 2 quarts charged water |
- Cook cranberries in water until soft. Strain through jelly bag, add sugar, bring to boiling point, add lemon and orange juice. Place in punch bowl with ice. Pour in charged water and serve.

**WISCONSIN PUNCH**

- |                           |                      |
|---------------------------|----------------------|
| 12 lemons, juice          | 2 cups sugar         |
| 3 oranges, juice          | 1 quart water        |
| 2-lb. can pineapple juice | 3 quarts grape juice |
| 3 quarts charged water    |                      |
- Boil sugar and water to a syrup, cool, add fruit juices, place in punch bowl over cake of ice, pour in the charged water and serve in long stemmed glasses. Makes 80 glasses.

**SPARKLING PUNCH**

- |                           |                           |
|---------------------------|---------------------------|
| 4 oranges, juice          | 1 small bottle maraschino |
| 2 lemons, juice           | cherries                  |
| 1-lb. can pineapple juice | 2 quarts sparkling white  |
|                           | grape juice               |
- Place fruit juices and cherries in punch bowl over cake of ice, add sparkling grape juice, serve in tall hollow stemmed glasses.

**COFFEE ICE PUNCH**

- |                                 |                         |
|---------------------------------|-------------------------|
| 1 pint cream                    | $\frac{1}{2}$ cup sugar |
| 1 quart milk                    | 2-inch stick cinnamon   |
| $\frac{1}{2}$ cup ground coffee | 1 teaspoon gelatin      |
| 1 quart boiling water           | 1 pint charged water    |
- Dissolve gelatin in  $\frac{1}{8}$  cup cold water, let stand 5 minutes, add  $\frac{1}{4}$  cup boiling water, stir until dissolved, cool. Pour boiling water over ground coffee, add sugar and cinnamon, let boil 5 minutes, let stand 10 minutes. Strain and cool, stir in gelatin. Freeze. When ready to serve, place coffee ice in punch bowl, add milk and cream.

## PUNCHES WITH WINE

### WASHINGTON PUNCH FOR 12 PERSONS

1 pint pineapple, sliced	1 bottle Claret wine
1 cup sugar	1 pint pineapple, sliced fine
½ bottle Moselle wine	1 quart Champagne
2 bottles Rhine wine	Large piece of ice in bowl

Sprinkle the sugar over one pint of the pineapple, add the half bottle of Moselle and let stand 24 hours. Strain, add the Rhine wine and the Claret wine and the other pint of finely sliced pineapple. Place on ice and just before serving, add Champagne. Serve from punch bowl.

### CHAMPAGNE PUNCH FOR 12 PERSONS

3 pints Champagne	½ cup maraschino cherries
¼ pint maraschino	2 lemons
½ pint brandy	2 oranges
¼ pound loaf sugar	Pineapple slices

Dissolve sugar in a little water. Slice oranges and lemons and mix all except Champagne and cherries. Place in punch bowl with large piece of ice and add the cherries and Champagne chilled. Serve in glasses.

#### No. 1 CHAMPAGNE PUNCH

1 quart lemon ice	1 quart domestic Champagne
	1 pint seltzer water

Place Lemon Ice, page 503, in punch bowl, stir in seltzer and the Champagne and, when melted, serve.

#### No. 2

1 quart lemon ice	1 quart seltzer water
1 pint Rhine wine	1 pint Champagne

Place Lemon Ice, page 503, in punch bowl. Stir in the wine and just before serving, the thoroughly chilled seltzer and Champagne.

For **Mock Champagne Punch**, follow No. 2 above, omitting Champagne.

### LEMON GINGER PUNCH

1 quart lemon ice	2 quarts ginger ale	¾ quart white wine
-------------------	---------------------	--------------------

Mix ginger ale and wine. Add the lemon ice. When nearly melted, serve.

### CRÈME DE MENTHE FRUIT PUNCH (Individual Serving)

Pour equal parts of grapefruit juice, orange juice and pineapple juice into a cocktail glass. Add a dash of Crème de Menthe and a ball of Lemon Ice.

### PLANTERS' PUNCH (Individual Serving)

½ lemon, juice	2 pineapple sticks
1 teaspoon sugar	2 cherries
1 jigger rum	Shaved ice to fill glass
	Sprig of mint

**No. 1****CLARET CUP**

3 pints Claret wine  
 ½ cup Curacoa  
 3 lemons, juice  
 ½ cup sugar  
 1 bunch fresh mint

1 orange, finely sliced  
 12 strawberries  
 4 slices pineapple  
 1 pint charged water  
 1 slice cucumber rind

Mix ingredients except charge water; stand on ice to chill and just before serving, add the chilled charged water.

**No. 2**

1 pint Claret wine  
 1 cup sugar  
 1 pint sparkling Moselle

1 orange, juice  
 1 slice cucumber rind  
 1 pint charged water

Mix ingredients except charged water; stand on ice to chill and just before serving, add the chilled charged water.

**STRAWBERRY PUNCH**

2 quarts strawberries  
 2 pounds sugar  
 2 oranges, juice

1 lemon, juice  
 1 cup Champagne  
 2 whites of eggs

Crush the berries with the sugar. Let stand 2 hours; strain through a bag. Add orange and lemon juice, and let stand on ice until wanted, then add an equal measure of ice water, the Champagne, and the whites of eggs beaten stiff. Place in punch bowl with ice block.

**MOSELLE PUNCH**

4 bottles Moselle wine  
 2 quarts pineapple, chopped  
 1 pound sugar

1 quart Champagne  
 1 quart seltzer  
 Ice

Sugar the chopped pineapple, pour 1 bottle of wine over and let stand 3 days to ripen. Add 1 bottle of wine each day to the fruit. Place in punch bowl, add a large piece of ice and the chilled Champagne and seltzer. Will serve 25 people.

**KENTUCKY EGGNOG**

3 dozen eggs  
 1 gallon thick cream to be  
 whipped  
 1 ½ lbs. sugar

1 pint whisky  
 1 pint rum  
 1 pint gin  
 1 pint brandy

Whip whites and yolks of eggs separately until very light. Divide the sugar, putting some in the white and the remainder in the yolks. Beat until very light and then combine, beating thoroughly, then add the whiskey to cook the eggs. Whip the cream, add it gradually to above mixture, adding at intervals the rum, gin and brandy. When finished, if too thick, thin to desired consistency with rich milk. Sweeten to taste. Beating makes it smooth, velvety, and prevents separating.

## HOT DRINKS

### CAFE BRULOT FOR 6 PERSONS

Peel of $\frac{1}{2}$ orange, broken into 5 to 6 pieces	$1\frac{1}{2}$ demi-tasse coffee cups
2 sticks cinnamon, 4 inches long, broken into bits	Cognac
10 cloves	7 lumps of loaf sugar
	5 demi-tasse cups hot, strong, black coffee

Place first 5 ingredients into a metal punch bowl. Fill one tablespoon with Cognac. Hold lighted match underneath the spoon and ignite contents of bowl with the burning Cognac. After burning for about 2 minutes, stirring constantly with a ladle, pour in slowly from coffee pot, 5 demi-tasse cups hot, strong, black coffee, and ladle at once from bowl to cups.

### TOM AND JERRY

Take any number of egg whites. Beat to a stiff froth. Add  $1\frac{1}{2}$  barpoons sugar to each egg. Beat yolks separately. Then beat well together to a stiff batter. Add to this a pinch of bicarbonate of soda. Stir up frequently so eggs do not settle or separate. Use large bowl.

**To Serve:** Put 1 tablespoon of batter into Tom and Jerry Mug, add 1 jigger rum and brandy, mixed. Fill up with boiling water or milk. Stir with spoon, grate nutmeg on top and serve at once.

### PUNCH IMPERIAL

1 sliced pineapple	1 lb. sugar
1 bottle Champagne or seltzer and Claret	Grated rind of 1 lemon
1 bottle red wine	4 oranges, cut in pieces
$\frac{1}{2}$ bottle arrack or rum	Grated rind of 1 orange
Juice of 4 lemons	1 stick cinnamon, broken up
1 pint boiling water	1 vanilla bean, 4 inches
	$\frac{1}{2}$ cup maraschino cherries

Boil spices thoroughly with the water. Remove them and pour water into large earthen dish. Add lemon and orange and rind, also pineapple and sugar (sugar and fruit previously prepared in a separate dish), then add wine and arrack, cover and heat. Add Champagne before serving.

### HOT SPICED LEMONADE

$\frac{1}{2}$ cup sugar	2-inch cinnamon bark
1 quart cold water	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ teaspoon whole cloves	4 lemons, juice
	1 lemon, sliced

Let water, sugar and spices gradually come to a boil, simmer for 5 minutes and strain. When ready to use, add one quart hot water, the juice of 4 lemons. Serve hot in punch glasses with a slice of lemon in each glass. Also good served ice cold.

**SCOTCH SLING**

2 oz. whisky

1 lump of sugar

One piece of lemon rind

Hot water

Place first 3 ingredients in whisky glass, add hot water until glass is  $\frac{3}{4}$  full. Serve with grated nutmeg on top.

**MULLED CIDER**

2 quarts cider

1 cup brown sugar

1-inch stick cinnamon

6 cloves

1 teaspoon whole allspice

A little grated nutmeg

Add spices and sugar to cider, place in kettle and let simmer over fire (not boil) for 15 minutes, and serve hot in punch glasses. Add nutmeg.

**HOT FRUIT PUNCH**

1 quart any fruit juice

2 quarts water

2 cups sugar

 $\frac{1}{2}$  teaspoon whole cloves

1-inch stick cinnamon

2 lemons, juice, and rind

Boil sugar, water, lemon rind and spices until flavored. Add juices, boil 5 minutes and serve hot in punch glasses.

**HOT (Mulled) WINE—"GLUEHWEIN"**

1 quart Claret

1 cup water

2 cups sugar

 $\frac{1}{2}$  teaspoon whole cloves

1 teaspoon whole cinnamon

1 lemon, sliced

Mix all ingredients. Boil steadily for 15 minutes and strain. Serve hot.

**HOT BUTTERED RUM**

1 cube of sugar

Pinch of cloves, allspice

1 to 2 tablespoons rum

1 pat of butter ( $\frac{1}{2}$  oz.)

Place sugar in a tall glass. Dissolve in a little hot water. Add spices and rum. Fill glass with hot water and float the butter on top.

**WINES AND WHEN TO SERVE THEM**

**Appetizers** Pale dry Sherry with bitters, Vermouth or Dubonnet.

**Soup** Old dry Sherry, light dry wines

**Fish** Rhine wine, Moselle, Sauterne, White Burgundy

**Game** Vintage Champagne, red wine

**Poultry** Medium Champagne, Claret or Burgundy

**Entrees** Light Bordeaux Claret

**Roast** Chateau bottled Claret or red Burgundy

**Pastry** Rich Madeira or sweet Champagne, Port

**Cheese** Port

**Fruit** Tokay, Malaga, White Port

**Coffee** Cognac, Liqueurs or Cordials

Sherry, Sauterne and Rhine wines should be cold from 42°-45° F. Sherry when not served as an appetizer and Claret should be room temperature. Champagne should be almost freezing. Bordeaux and Burgundy should be kept 12 hours before dinner at a temperature of 60° F.

## COCKTAILS AND MIXED DRINKS

### GENERAL RULES

- |   |   |
|---|---|
| A Cocktail Glass should contain about 2 ounces. | A Highball Glass holds from 6-12 ounces.      |
| A Small Jigger holds 1 ounce.                   | The Standard Wine Glass holds 2 ounces.       |
| A Pony holds $\frac{1}{2}$ ounce.               | The Standard Claret Glass holds 4 ounces.     |
| 2 Tablespoons equals 1 liquid ounce.            | The Standard Rhine Wine Glass holds 4 ounces. |
| A Dash is less than $\frac{1}{3}$ teaspoonful.  | A Tom and Jerry Mug holds 7 ounces.           |
| A Mixing Glass holds 12 ounces.                 | A Barspoon is about a teaspoonful.            |
| An Old Fashioned Glass holds 7 ounces.          |   |
| A Tom Collins Glass holds 14-16 ounces.         |   |

Put a few lumps of ice in shaker unless otherwise stated. In shaking a drink, the cap and cover should be placed on the shaker, which should then be taken in both hands and shaken up and down until the contents are thoroughly mixed and cold enough.

### BRONX COCKTAIL

2 parts gin  $\frac{1}{2}$  part Italian Vermouth  $\frac{1}{2}$  part French Vermouth Jigger of orange juice. Ice, shake and strain into cocktail glass. Garnish with slice of orange.

### ALEXANDER COCKTAIL

1 part cream                      1 part gin                      1 part Creme de Cacao  
Shake well with ice and strain.

### ALEXANDER SUBSTITUTE

1 part gin                      1 part soft coffee ice cream                      Shake well

### OLD FASHIONED COCKTAIL

Use Old Fashioned Glass	2 dashes Angostura
One lump sugar dissolved in	One piece of ice
$\frac{1}{4}$ glass water	One jigger of whisky
	One piece of lemon peel

Stir sugar with water, add other ingredients slowly, stirring constantly.

### DRY MARTINI COCKTAIL

2 parts gin    1 part French Vermouth    1 lemon peel (twisted)  
Stir with ice and serve with olive.



**SWEET MARTINI COCKTAIL**

2 parts gin  
A dash of Orange Bitters. Stir with ice and serve with olive.

1 part Italian Vermouth

**MANHATTAN COCKTAIL**

2 parts whisky, Bourbon or Rye  
1 part Italian Vermouth  
Stir with ice, and strain into cocktail glass with a maraschino cherry.

Dash of Angostura Bitters  
Dash of Orange Bitters

**KIEWERT COCKTAIL**

Juice of  $\frac{1}{2}$  lemon  
 $\frac{3}{4}$  tablespoon Amer Picon  
Shake well with chopped ice. Strain and serve. Makes one drink.

$2\frac{1}{4}$  tablespoons Syrup de Grenadine

**CHAMPAGNE COCKTAIL**

Long, thin glass  
1 lump sugar  
2 dashes Angostura bitters  
Stir with spoon and serve.

1 lump ice  
A piece of orange peel, twisted  
3 to  $3\frac{1}{2}$  oz. Champagne

**ORANGE BLOSSOM COCKTAIL**

Juice of 1 orange      1 jigger of gin      Ice, shake and strain

**BACARDI COCKTAIL**

1 jigger Bacardi  
Shake well. Just before serving, add crushed ice and strain.

Juice of  $\frac{1}{2}$  lime       $\frac{1}{2}$  teaspoon Grenadine

**DAIQUIRI**

Equal parts Bacardi Rum and Lime Juice, 1 teaspoon powdered sugar.  
Shake well with fine ice.

**FROZEN DAIQUIRI**

$\frac{1}{2}$  oz. lime juice  
1 teaspoon bar sugar  
Place all in mixing cup in order given and add finely crushed ice.  
 $\frac{1}{2}$  cup makes one drink. Serve in Champagne glass with short straws

1 dash Maraschino liqueur  
 $1\frac{1}{2}$  oz. rum

**SIDE CAR COCKTAIL**

3 parts French Brandy      2 parts Cointreau      1 part lemon juice  
Shake with fine ice. Rub edge of glass on cut lemon and then in powdered sugar.

**CLOVER LEAF COCKTAIL**

1 part gin  
 $\frac{1}{2}$  part Grenadine or 2 strawberries, sweetened and crushed  
Shake and strain into cocktail glass with maraschino cherry.

Juice of  $\frac{1}{2}$  lime  
White of 1 egg

**WHISKY SOUR**

Use large bar glass  
 $1\frac{1}{2}$  tablespoons sugar, dissolved in a little charged water  
Fill glass full of shaved ice. Shake well and strain into Claret glass.  
Serve dressed with berries in season.

Juice of  $\frac{1}{2}$  lemon and  $\frac{1}{2}$  orange  
1 wine glass whisky

**PRESIDENTE COCKTAIL**

$\frac{1}{8}$  Curacao                       $\frac{1}{8}$  French Vermouth                       $\frac{2}{3}$  Bacardi Rum  
Stir in glass with cracked ice. Strain and serve in cocktail glass with a piece of orange peel.

**PERFECT COCKTAIL**

$\frac{1}{8}$  Italian Vermouth                       $\frac{1}{8}$  French Vermouth                       $\frac{2}{3}$  Dry Gin  
Frappé well, add piece orange peel twisted in cocktail glass.

**DUBONNET COCKTAIL**

$\frac{1}{2}$  jigger Dry Gin     $\frac{1}{2}$  jigger Dubonnet

**MAIDEN'S PRAYER**

$\frac{1}{8}$  orange juice     $\frac{3}{8}$  Cointreau  
 $\frac{1}{8}$  lemon juice     $\frac{3}{8}$  Dry Gin

**ASSORTED FRAPPÉS**

Fill cocktail glass with shaved ice. Pour in one of these cordials:  
Crème de Menthe, Curacao, Benedictine, Anisette or Chartreuse.  
Serve with two straws.

**No. 1****POUSSE CAFE**

Pousse Cafe Glass     $\frac{1}{8}$  Apricotine or vanilla  
 $\frac{2}{3}$  Creme de Cafe     $\frac{1}{8}$  Crème de Menthe

Pour the cafe first, the apricotine or vanilla, then the mint, being careful to keep colors distinct

**No. 2**

Pousse Cafe Glass     $\frac{1}{8}$  Creme de Yvette  
 $\frac{1}{8}$  Grenadine     $\frac{1}{8}$  Creme Chartreuse  
 $\frac{1}{8}$  Anisette     $\frac{1}{8}$  Cognac

Pour into glass in order given.

**SOUTHERN MINT JULEP**

Large, thin julep glass.

Dissolve 1 teaspoon fine sugar in water. Add 1 dash Maraschino, 1 glass whisky or brandy, four or five sprigs of mint held to side of glass, leaves up. Fill up with fine ice. Trim with fruits.

**TOM COLLINS**

Fill mixing glass with fine ice. Juice of one small lemon, 1 spoon powdered sugar, 1 jigger dry gin. Shake well. Strain into tall, thin glass and fill with one small bottle charged water. Stir with spoon.

**GIN FIZZ**

½ tablespoon sugar

½ lemon, juice

2 oz. gin

½ cup fine ice

Mix sugar, gin, and lemon juice, add ice, stir well. Strain in a tall glass and fill with charged water. Serve at once.

**GOLDEN FIZZ**

1 yolk of egg in large  
tumbler

1 tablespoonful sugar

1 teaspoonful lemon juice

2 oz. gin

½ glass shaved ice

Shake well, strain into glass, fill with charged water and serve.

**MERRY WIDOW FIZZ**

Juice of ½ lemon

Juice of ½ orange

1 barspoonful sugar

1 jigger sloe gin

1 white of egg

Shake well, strain into tall glass. Fill with charged water.

**GIN RICKEY**

1 lump of ice in tumbler

2 oz. gin

Juice of 1 lemon or lime

Fill up with charged water.

**GIN BUCK**

For Gin Bucks use ginger ale in place of charged water in recipe above.

**EGG MILK PUNCH**

1 egg

3 teaspoons sugar

½ cup shaved ice

2 tablespoons rum

⅓ cup milk

¼ cup brandy

Mix in order given, cover tightly, shake well and strain into tall glass.

Top with nutmeg grating.

**PORT WINE FLIP**

1 egg

1 tablespoon sugar

¾ glass fine ice

1 wine glass Port Wine

Shake well and strain into a wine glass. Top with nutmeg.

**SHERRY FLIP**

½ glass fine ice

1 egg

½ tablespoon sugar

1½ wine glass Sherry

Shake well. Strain into a fancy glass and top with grated nutmeg.

**SHERRY COBBLER**

1 tablespoon sugar

1 slice of orange, quartered

3 oz. Sherry (1½ wine glass)

2 tablespoons pineapple juice

Put in a large tumbler. Fill up with shaved ice, shake well, ornament with fruit and serve with straw.

## Chapter 40

# To Make Fruit Juices, Wines and Vinegars

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### FRUIT JUICES

Bottles filled with juices of all kinds may be sealed with metal crown caps on a bottle capper.

Bottles should be sterilized in hot water and kept hot in the oven until ready to be filled with the hot juice. If desired, a 1" square of waxed paper may be placed over bottle opening before sealing to prevent the cork cap-liner from imparting an off-flavor to contents.

#### GRAPE JUICE (BOILED)

10 lbs. Concord grapes                      2 lbs. sugar                      2 quarts water

Use only clean, sound, well ripened, but not over-ripe grapes. Pick over and wash grapes. Place in kettle, cover with the water and let boil until the seeds are free. Strain while hot through bag. Heat juice to boiling point and skim. Let boil up again and skim; then add sugar, more, less or none, as preferred.

Heat to the boiling point; boil 1 minute. Pour into hot sterilized jars and seal. Or use self-sealing bottles. If ordinary bottles are used, do not fill too full. Immediately after filling, place corks over bottles very lightly at first; as they cool off, push corks down, always a little deeper, then cover air tight with melted paraffine or sealing wax.

#### WHITE GRAPE JUICE

Select ripe, white Delaware or Tokay grapes. Proceed as above.

#### GRAPE JUICE (WITHOUT BOILING)

2 cups stemmed grapes                      Boiling water  
1 cup sugar                                      1 quart air-tight jar

Wash Concord grapes, stem and place in hot *sterilized* jar. Add 1 cup sugar. Pour to over-flowing with boiling water. Adjust new, scalded rubbers and tops, seal at once, and shake until sugar is dissolved. Let stand 3 or 4 weeks before using. Sugar must be thoroughly dissolved or the juice will turn into wine. Or, boil sugar with 2 cups water, and pour over grapes, adding boiling water if necessary, to overflowing. Seal.

#### CURRENT AND RASPBERRY JUICE

4 quarts currants                              3 quarts water  
2 quarts red raspberries                      3 lbs. sugar

Pick over and wash fruit. Place in preserving kettle, cover with the water and let boil until soft. Strain well through jelly bag. Measure, and to every quart of juice add 1 cup of sugar. Proceed as in Boiled Grape Juice, above.



**GRAPEFRUIT WINE**

1 gallon grapefruit juice                      2 pounds sugar

Cut grapefruit in half and squeeze out juice. Add sugar and mix well. Put in gallon can or jug. Put jug in large, shallow pan to catch the overflow. Cover with double thickness of cheese cloth. Let stand 4 weeks at room temperature, undisturbed, until fermentation has ceased. Then strain through strainer covered with cheese cloth, into a pitcher, being careful not to use the sediment that formed at the bottom of the jug. Strain again, this time with filter paper over strainer. Then pour through funnel into sterilized bottles and cork. Keep in a dark place.

**RED BEET PORT WINE**

5 lbs. beets    2½ lbs. sugar  
1 gallon water                                        ½ teaspoon ground pepper

Grind beets with skins on. Boil with water until tender. Strain through cloth. Add sugar and pepper. Boil 15 minutes, then cool. Spread 1 ounce of yeast on piece of toasted wheat bread. Place on top of jar, yeast side up. Let stand 12 days in a warm place at room temperature, then strain and bottle.

**CURRANT, BLACKBERRY, ELDERBERRY OR RHUBARB WINES**

Make same as Grape Wine, using less sugar for Blackberry or Elderberry Wines.

**RAISIN WINE**

2 lbs. large raisins, seeded                      1 lb. white loaf sugar  
and chopped                                        1 lemon, cut up  
6 quarts boiling water

Put all in a stone jar, cover and stir every day for a week. Then strain, bottle and cork. Good in 10 or 12 days.

**BLACKBERRY OR ELDERBERRY CORDIAL**

8 quarts blackberries or                      1 tablespoon each, whole  
elderberries                                        allspice; cloves and cinna-  
2 quarts cold water                              mon bark  
4 lbs. sugar                                        2 quarts whisky or brandy

Tie spices in a thin bag. Pick over and wash berries. Place in preserving kettle, cover with water, let boil until thoroughly soft; then strain well. Measure, and to each quart of juice add 2 cups sugar (1 lb.). Add spice bag and boil 20 minutes, or until thick. Let cool and measure again. To each quart of syrup, add 1 pint of whisky. Bottle and cork tightly. Will keep, the older the better.

**DANDELION WINE**

1 gallon dandelion flowers	3 oranges, cut in small pieces
1 gallon boiling water	3 lemons, cut in small pieces
3 lbs. sugar	1 oz. yeast

Pick dandelion flowers early in the morning, taking care not to have a particle of the bitter stem attached. Pour boiling water over the flowers and let stand three days. Strain and add the rest of the ingredients; let stand to ferment three weeks. Strain, bottle.

**CHERRY BOUNCE**

1 quart cherries	1 tablespoon allspice,
½ lb. sugar (cut loaf)	cinnamon and cloves
1 pint whisky	(heads removed)

Wash cherries and pick off the stems. Fill a large mouthed bottle alternately with a thick layer of cherries, a layer of loaf sugar and a few of the whole spices, continue until the bottle is almost full. Then pour in the whisky until full. Cork and let stand in a dark place for 2 months or more. The older it is the better.

**PEACH BRANDY**

Pare peaches but do not stone. Put a ½" layer of sugar into a wide mouthed half-gallon jar, then a layer of peaches. Cover well with sugar, carefully filling all crevices. Continue with layers of sugar and peaches with sugar on top. Seal, let stand six months to ripen. Serve peaches.

**SWEET APPLE CIDER**

Use fully ripened apples free from decay. Wash them thoroughly and remove all leaves. Crush the apples and extract the juice or cider, in a clean press. Place the juice in a large open preserving kettle and boil it down until it is reduced one-half, skimming it often. Pour at once into hot sterilized jars, and seal; or, pour the fresh juice at once in jars, put the covers in place loosely, without the rubber, stand the jars in a wash-boiler on a false bottom, surround them in a bath of warm water to within a few inches of the top of the jars. Cover boiler, place on fire and let water boil and steam 1 hour. Or process in Live Steam, page 594. Remove jars, one at a time, put a new rubber in place and seal at once. Will keep indefinitely.

**BOILED CIDER**

The cider for boiling must be perfectly fresh and sweet. Put it in a large, open preserving kettle and boil until it is reduced one-half. Skim frequently while boiling. Do not have the kettle more than two-thirds full. Put in bottles or stone jugs, and cork.

## VINEGARS

### CIDER VINEGAR

Let sweet cider stand in an open jug from 4 to 6 weeks and it will turn to vinegar.

### HOMEMADE VINEGAR

Put peelings and cores of apples, pears, grape hulls or peaches into wide-mouthed jar or stone crock. Wash carefully. Cover with cold water; keep in warm place, well covered, adding fresh peelings from time to time. Use over-ripe but not spoiled fruit. The scum that forms on top will gradually thicken. This is the "Mother" or vinegar plant that makes the vinegar. When vinegar tastes sufficiently strong, strain first through colander, then through a cheese cloth bag. Bottle and seal.

### HEALTH VINEGAR

3 gallons water	2 cakes compressed yeast
3 lbs. dark brown sugar	2 slices wheat toast

Boil water and sugar together until dissolved, put in 5-gallon crock and let cool until lukewarm. Spread toast with yeast. Float, yeast side down, in crock. When bread falls to bottom of crock, vinegar is ready to use (about 5 weeks). Strain and bottle.

### TARRAGON VINEGAR

Fill wide-mouthed jar with fresh or dried tarragon (estragon) leaves and stalks. Cover with cider vinegar, let stand 3 weeks in sun if possible. Strain. Use in mayonnaise, sharp sauces or salads.

### GARLIC VINEGAR

Put 4 to 6 minced garlic cloves in 1 quart cider vinegar. Let stand 20 days. Strain and bottle.

### DILL, CELERY, OR MINT VINEGAR

Take dill blossoms, fresh celery leaves and tips, or sprigs of mint. Fill in jar, cover with cider vinegar, let stand 3 weeks in sun, strain.

### ROSEL, BEET VINEGAR

Place beets in a stone crock, removing greens. Cover with cold water and put in a warm place and let stand for 3 or 4 weeks or until mixture becomes sour. This is used as a vinegar during Passover and to make Beet Soup, Russian style.



# Chapter 41

## Jelly

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### GENERAL RULES FOR JELLY MAKING

Jelly should be of a clear bright color, tender, quivery, but firm, and retain its shape.

Medium sized preserving kettles are best to use in making jelly. Do not take more than 4 to 6 cups of juice at a time.

2 lbs. of prepared fruit will make about 1 pint of juice. One pint or 2 cups of fruit juice mixed with 1 pint or 2 cups of sugar, will make about 1½ pints jelly.

Can fruit juices during summer and make into jellies, as wanted. Freshly made jellies are always best and storage room is saved.

**Fruit:** Wash, remove stems, cut the larger fruits into quarters. Put into a saucepan and cover with water. With small watery fruits, as currants and grapes, use only a little water, but crush with spoon or masher. Allow to simmer until the fruit is tender. Put into a bag to drain. Do not squeeze bag if a clear jelly is wanted.

Squeeze bag for a **second extraction**, or a less clear jelly. Turn out pulp, add more water, reheat, then squeeze the bag and drain off all the juice; this jelly may not be as clear, but can be used for jelly cake, etc.

**Sugar:** Measure the juice. Use  $\frac{3}{4}$  to 1 cup sugar to 1 cup of juice according to the amount of pectin in the fruit. The sugar may be **heated**. Let the juice boil a few minutes, then add the sugar. Boil rapidly. The **jelly point** is reached when the juice drops as one mass from the side of the spoon or when *two* drops run together and fall as one or "sheets" from the side of the spoon. Skim the juice, pour *at once* into sterilized glasses and cool as quickly as possible.

As sugar in jellies, jams and preserves is needed as a preservative as well as a sweetening agent, care must be taken in making substitutions for it.

Government Bulletins recommend the following:

**Jellies:** Replace up to  $\frac{1}{2}$  the sugar called for with an equal measure of honey, or replace up to  $\frac{1}{4}$  the sugar called for with an equal measure of corn syrup. If using honey or corn syrup, mixture must be cooked longer.

### TO MAKE A JELLY BAG

Use a sugar or flour bag that has been thoroughly boiled; or take a piece of cotton cloth or several thicknesses of cheese cloth  $\frac{3}{4}$  yard square. Fold diagonally to form a cornucopia. Sew two sides together firmly with a double seam and bind top of bag. Attach top to iron hoop and tie stout cord to opposite sides of hoop. Place fruit in bag and hang over bowl to catch juice. Or the bag may be carefully placed

in a colander set into a bowl. After the fruit is poured into the bag, gather the bag with the hands and tie it with a very stout cord. Then lift from colander and hang over bowl.

### FILLING AND COVERING THE GLASSES

Wash glasses thoroughly, place in cold water, let come to boiling point gradually and boil 5 minutes. Let stand and keep hot. When ready to use, drain without handling the inside. Set them on a board or on cloth wrung out of hot water and fill. To prevent cracking glasses, place sterilized silver spoon in glass. Pour in jelly at once, filling to  $\frac{1}{2}$  inch from top. Pour over the surface a tablespoon of melted paraffine. Tip glass from side to side. When cool, scrape off bits of jelly around inside of glass at top and fill with melted paraffine. Protect the paraffine with a cover of metal or paper. Label glasses.

**Break paraffine** into small pieces, put in a small granite saucepan or pitcher over hot water and place on a slow fire until melted.

### JELLIES EASILY MADE

Currant	Sour apple	Gooseberry	Plum
Grape	Crabapple	Cranberry	Quince

### KIND OF FRUIT TO USE

Fruits should be fresh, just ripe, or a little under-ripe. Juicy fruits, currants, raspberries, should not be gathered after a rain. Currants, sour apples, crabapples, under-ripe grapes, quinces, wild cherries and green gooseberries contain pectin and make the best jellies. Red and black raspberries, blueberries and blackberries have little pectin and should be combined with fruit juices rich in pectin, apples, or commercial pectin.

Peaches, strawberries and cherries lack pectin, but may be made into jelly by adding lemon juice and the strained juice of fruits that contain pectin, or by adding apple or commercial pectin.

For soft fruits use just enough water to prevent sticking— $\frac{1}{4}$  cup water to 1 quart fruit.

### PECTIN

Pectin is that substance in some fruit that, when heated and combined with fruit acid and sugar, causes the mixture to congeal or jell. All fruits do not contain this substance. The acid and pectin may be supplied by the addition of the juice of apples, plums, quince, etc., or homemade apple or commercial pectin.

### HOMEMADE APPLE PECTIN

4 lbs. apples, skin and cores       $4\frac{1}{2}$  pints water for first  
extraction

Select tart, hard, ripe apples. Remove bruised spots. Cut into thin slices. Place in large granite kettle, bring quickly to boiling point.

Cover, let boil rapidly 20 minutes. Strain through 4 thicknesses of cheese cloth. When juice stops dripping, press pulp lightly with spoon, but do not squeeze bag. Set aside juice. Remove pulp from bag. Weigh or measure and add to it an equal quantity of water. Boil again 20 minutes and strain. Mix the two liquids (extractions): it should measure about 3 quarts. Place in wide granite pan (dishpan) so that liquid is not more than 2 inches deep. Heat rapidly 30 to 45 minutes, or until liquid is  $\frac{1}{2}$  inch deep or reduced to  $1\frac{1}{2}$  pints. If not wanted for immediate use, pour at once into hot, clean bottles that have been standing in boiling water, and seal. Bottle should not hold more than  $\frac{1}{2}$  cup.

### STRAWBERRY JELLY WITH PECTIN

1 cup strawberry juice                       $1\frac{1}{4}$  cups sugar  
5 tablespoons homemade apple pectin

Place 1 quart strawberries, or any other berries in preserving kettle, add a few tablespoons water. Bring slowly to the boiling point. Boil rapidly for a few minutes, until berries are soft. Strain through coarse strainer, then let drip through 4 thicknesses of cheese cloth. Mix juice with sugar and pectin and boil rapidly until it jells. Pour into hot sterilized glasses and cover with paraffine. If berries are quite ripe and mild in flavor add 1 teaspoon lemon juice to 1 cup of strawberry juice.

### No. 1                      CURRANT JELLY

4 quarts currants                      Sugar                      1 quart water

Select currants that are not over-ripe. Pick over, but do not remove stems. Wash. Place into kettle, add water and let boil until currants are nearly white. Strain through coarse strainer, or colander, but do not mash, then let juice drip through jelly bag. Measure equal parts juice and sugar. Bring juice to the boiling point, boil 5 minutes, add heated sugar, boil 3 minutes or until it jells, skim and pour into hot sterilized glasses. Coat with thin layer of paraffine. Tilt glass. When cold, cover with added paraffine.

### No. 2

4 quarts currants                      Sugar                       $1\frac{1}{2}$  cups water

Pick over currants, but do not remove stems. Wash and drain. Mash a few at a time with wooden potato masher in the bottom of preserving kettle, add water. Cook slowly until currants look nearly white. Strain through coarse strainer, then place into bag to drip. Measure equal parts of juice and sugar. Place juice in kettle, bring to boiling point, let boil 5 minutes; add sugar, boil 3 minutes, or until it jells, skim and pour into hot, sterilized glasses. Cool, cover with paraffine.

**For Second Extraction, see page 551.**

**APPLE JELLY**

Wash the apples and cut them into pieces without peeling them or removing the cores and seeds. Put into kettle, just cover them with cold water, and cook until soft and tender. Transfer to a jelly bag and let drain. Do not squeeze if clear jelly is desired. Measure and return to kettle. For every pint of juice add a pint of sugar and boil together for 20 or 30 minutes, testing all the time. When it will jell on a cool plate, it is done. Pour the jelly into glasses and cover it with melted paraffine. Flavor with vanilla or other extracts just before pouring into glasses.

**ELDERBERRY JELLY**

Take equal parts of elderberries and apples. Cover with water and boil. Mash, strain. To 1 cup juice, take 1 cup sugar. Boil juice, skim, add sugar, heated. Boil until it jells. Pour into hot jelly glasses. Cool and cover with paraffine.

**BLACK CURRANTS**

Wash, pick over, cover with water—let boil until soft. Strain through coarse strainer, then place in jelly bag to drip. Measure equal parts sugar and juice. Bring juice to boiling point, let boil 5 minutes, add sugar, let boil 3 minutes or until it jells; skim and pour into sterilized glasses. Cool, cover with melted paraffine.

**CURRENT JELLY WITHOUT COOKING**

To make currant jelly by the cold process follow the first rule for jelly as far as dissolving the sugar in the strained juice. Fill warm, sterilized glasses with this. Place the glasses on a board and put the board by a sunny window. Cover with sheets of glass and keep by the window until the jelly is set. The jelly will be more transparent if the juice is strained through the flannel bag. Jelly made by the cold process is more delicate than that made by boiling, but it does not keep quite so well.

Or, wash and mash currants well, let stand over night and strain. Place juice in stone jar and place in the coolest part of cellar for 24 hours. Remove scum from top, strain and to 1 pint of juice, add 1 pint sugar; stir until sugar is dissolved. Put in glasses and seal. In 24 hours you will have a perfectly transparent jelly. No heat is required.

**CURRENT AND RASPBERRY JELLY**

4 quarts currants

Sugar

4 pints raspberries

Select the cherry currants. They should not be over-ripe nor gathered after a rain. Pick over the fruit, but do not take the stems from currants. Mash the fruit, using wooden potato masher. Cook slowly until currants are nearly white. Strain. Take equal parts of sugar and juice. Boil 5 minutes, add heated sugar and boil 3 minutes or until a drop jells on a cold plate. Skim, pour into glasses. Cover and keep cool and dry.

**BLACK RASPBERRY JELLY**

Wash the berries, measure, and to every quart of berries add  $\frac{1}{4}$  cup water. Place in a preserving kettle, and heat slowly but thoroughly. Pour into a jelly bag and drain. Boil the juice rapidly for 5 minutes, measure it, put it into a clean preserving kettle, and add an equal amount of sugar. Continue the rapid boiling until the liquid forms a jelly when cool. Pour into jelly glasses and cover it with melted paraffine.

Before adding sugar, add Apple Juice, page 558, for a firmer jelly.

**BLACKBERRY JELLY**

Follow the directions for Black Raspberry Jelly, above.

**BLACK RASPBERRY AND CURRANT JELLY**

2 quarts black raspberries	1 quart currants
2 cups water	Sugar

Cook raspberries and currants with water 20 minutes. Strain and measure. Add an equal measure of sugar. Cook until it jells and fill jelly glasses. Cover with paraffine.

**RASPBERRY AND APPLE JELLY**

$\frac{1}{4}$ peck apples	5 pints red raspberries
1 cup sugar to 1 cup juice	

Wash and quarter apples, cover with cold water and cook until very soft. Pick over berries, wash, place in kettle, mash until the juices flow. Heat slowly to the boiling point and cook until well done. Place apples and berries together in bag and drain. Add sugar. Boil until a drop jells on a cold plate. Skim and turn into hot glasses. Cool, cover with paraffine. Currants may be added.

**No. 1            BAR-LE-DUC (CURRANTS)**

1 lb. large currants, stemmed	$\frac{3}{4}$ lb. sugar
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Add sugar to currants, washed and stemmed, let stand over night. Bring slowly to boiling point, boil steadily not longer than 3 to 5 minutes. Stand in preserving kettle over night. Pour in jelly glasses, cover with paraffine, keep in a dry, cool place.

**No. 2**

1 lb. stemmed currants	3 lbs. sugar
1 cup juice (squeezed from some currants held in reserve)	

Put juice and sugar into saucepan, cook 5 minutes, skim closely, then add the pound of whole currants and cook 5 minutes more; strain out currants, then return juice to fire and boil until thick and clear. Skim and strain through cheese cloth over the cooked currants, then return to fire and boil just 1 minute. Pour into hot jars and seal.

**PARADISE JELLY**

10 medium quinces  
1 quart cranberries  
20 medium sweet apples

Peel the quinces and slice but do not core. Slice apples, but do not peel or core. Place in preserving kettle with cranberries. Cover with water. Boil until very soft. Drain in jelly bag. Measure juice and boil about 12 minutes and skim. To each cup of fruit juice, add 1 cup of sugar. Boil until a few drops harden on a cold plate. Pour into hot sterilized glasses, cool and cover with paraffine.

**CRANBERRY JELLY**

**For recipe, see page 333.**

**CHERRIES IN CURRANT JELLY**

2 quarts currant juice    8 lbs. sugar    2 quarts pitted cherries

Wash, mash and cook slowly at first as many currants, with stems, as will make 2 quarts of strained juice. Let this currant juice come to a boil, add sugar, skim; add cherries and cook slowly and steadily from 10 to 15 minutes. Pour in jelly glasses, cover, keep in dry, cool place.

**CRABAPPLE JELLY**

8 quarts apples    Sugar    4 quarts water

Select under-ripe Siberian crabapples, a yellow, pink-cheeked apple. Wash, cut in halves, but do not pare or core. Boil until soft. Mash and pour into jelly bag and let drip. Do not squeeze. Take equal parts of juice and sugar. There should be about 3 quarts of juice. Add, if desired, a few rose geranium leaves. Put juice to boil, let boil 5 minutes, add the sugar, boil longer; or until a drop jells on a cold plate. Skim and turn into hot glasses. When cool, cover with paraffine, and keep in a cool, dry place.

**Crabapple Sauce** may be made by straining the drained apples, adding sugar and cinnamon or lemon juice to taste, and heating it up only long enough to dissolve the sugar.

**CRABAPPLE AND PLUM JELLY**

$\frac{3}{4}$  peck crabapples     $\frac{1}{4}$  peck plums  
Water to barely cover    Sugar

Select under-ripe fruit. Wash and pick over, but do not pare or seed. Boil until soft. Mash and pour into jelly bag to drip. Do not squeeze. Take equal measure of sugar and juice, let juice boil 5 minutes, add sugar and boil until a drop jells on a cold plate. Skim and turn into hot glasses, cover and keep in a cool, dry place. Reserve the pulp, if desired, strain through sieve, add sugar to taste and use as sauce.



**PEACH JELLY**

1 pint peach juice

Juice of  $\frac{1}{2}$  lemon

1 pint apple juice

3 cups sugar

The peelings of peaches used in canning may be used. Cover with water and boil well. Measure, add apple pectin or apple juice and lemon juice. Bring to a boil, add sugar, boil rapidly until it jells when tested. Skim and pour into hot jelly glasses. When cool, cover with melted paraffine and keep in a cool, dry place.

**Apple Juice:** Take tart, under-ripe apples, cover with water, let boil until apples are very soft. Drain through jelly bag.

**THORN APPLE JELLY**

Wash thorn apples, cut in halves, cover with water, boil until soft. Strain through jelly bag. Place juice in kettle, let heat gently, and skim. For each cup of thorn apple juice, allow 1 cup sugar. Add sugar warmed, and boil until a drop hardens on a cold plate. Pour into hot sterilized glasses, cool and cover with paraffine.

**WILD FRUITS FOR JELLY**

Wild raspberries, blackberries, barberries, grapes, and beach plums all make good jellies. Follow General Rules. The frequent failure in making these comes from fruit not being fresh or from being over-ripe.

**VENISON JELLY**

1 peck wild grapes

 $\frac{1}{4}$  cup whole cloves

or 12 lbs. Concord grapes

 $\frac{1}{4}$  cup stick cinnamon

1 quart vinegar

6 lbs. sugar

Put first 4 ingredients into a preserving kettle. Heat to boiling and cook until grapes are soft. Strain through jelly bag. Boil juice 20 minutes. Add sugar and boil 5 minutes or until it jells. Turn into glasses.

**MINT JELLY** $\frac{1}{2}$  peck snow apples $\frac{1}{2}$  cup fresh mint leaves

Sugar

2 tablespoons lemon juice

Green vegetable coloring

Wipe apples, remove blossom ends and cut in quarters. Put in preserving kettle, add cold water to barely cover. Cover and cook slowly until apples are soft; mash, drain in jelly bag and measure. Boil 5 minutes, add an equal measure of sugar, bring to the boiling point, let boil 2 minutes; add mint leaves, let boil until it jells, then add lemon juice and a little green vegetable coloring. Strain into glasses.





## Chapter 42

# Preserving and Pickling of Fruits

**F**RUITS are preserved into marmalades, jams and conserves by cooking with from  $\frac{3}{4}$  to their whole weight in sugar. They retain their best flavor and bright color if not more than from 1 pt. to 1 qt. is cooked at a time. If more fruit is at hand, place 3 or more kettles on stove with the same amount of prepared fruit and sugar in each kettle. After the first kettle

has boiled, start cooking the remaining batches in rotation, and cook each to the desired thickness according to recipe. Jams made with pectin, page 552, require less boiling and retain their color and flavor for some time. They require extra sugar, but produce more jam and jelly.

**For Berry Juice**, crush, heat, and strain the imperfect berries. May be used instead of water.

### TO SAVE SUGAR IN JAMS AND MARMALADES

Adding salt to marmalades or jams saves  $\frac{1}{2}$  the ordinary amount of sugar. To every 4 pounds of fruit add 1 teaspoon salt and 2 pounds of sugar. Use any ordinary recipe using  $\frac{1}{2}$  the sugar and adding salt. Let stand several weeks before using and the salt cannot be detected.

Or, in any recipe for every pound of sugar called for use  $\frac{1}{2}$  pound (1 cup) of sugar and add  $\frac{1}{2}$  pound ( $\frac{2}{3}$  cup) of corn syrup or strained honey. Cook somewhat longer than if only sugar were used.

#### No. 1 STRAWBERRY PRESERVES

Select large, sound strawberries. Pick and wash them carefully. Place in preserving kettle alternately 1 pound of berries and from  $\frac{3}{4}$  to 1 pound of sugar. Let stand over night. Place on stove, let come to a boil, cook steadily for 15 minutes or until the fruit is clear. Cover and let stand over night. Put in jelly glasses or jars.

#### No. 2

1 quart strawberries                      4 cups sugar  
     $\frac{1}{2}$  cup unstrained lemon juice

Wash, drain and hull berries. Place in large preserving kettle in layers, 1 cup strawberries and 1 cup sugar. Let stand over night. With a wooden spoon, lift berries gently into colander placed over preserving kettle; set berries aside and bring sugar and juice slowly to the boiling point; then boil rapidly for 3 minutes. Then add berries and let boil

2 minutes longer. Let stand over night and strain again over colander. Put juice on to boil and boil hard for 3 minutes. Add berries and lemon juice, bring to boiling point and boil 3 minutes. Turn into hot sterilized jars or glasses. Seal at once.

### SUNSHINE STRAWBERRIES

Use equal weights of sugar and strawberries. Put the strawberries in the preserving kettle in layers, sprinkling sugar over each layer, not more than 2 inches deep. Place on stove and heat slowly to the boiling point. Skim carefully. Boil rapidly for 10 minutes. Pour on platters, cover with glass propped up about  $\frac{1}{4}$  inch from platter. Let stand in sunshine 2 or 3 days until syrup has formed a jelly. After each day's sunning, turn the berries over. Take in house at night. Without reheating, put jellied preserves into hot, sterilized jars and seal.

### SUNSHINE CURRANTS OR CHERRIES

Select large, firm red or white fruit, remove the stems, and proceed as for strawberries. Stone the cherries before weighing.

### CHERRY OR RASPBERRY PRESERVES

5 lbs. cherries or raspberries                      5 lbs. sugar

Wash raspberries, do not mash; or wash, pick over and stone the cherries. Place in preserving kettle, alternate layers of sugar and fruit; let stand over night. Bring slowly to the boiling point and boil rapidly until thick and clear. Put away in glasses or jars.

### FOUR FRUIT CONSERVE

1 quart sour cherries, stoned                      1 quart raspberries  
1 quart currants    1 quart gooseberries  
Sugar (warmed)

Clean fruit. Weigh. For each pound of fruit, measure 1 scant pound of sugar. Cook fruit for 20 minutes, stirring to avoid burning. Then add sugar and cook 5 to 10 minutes longer. Fill into sterilized glasses. Seal.

### UNCOOKED PRESERVES

An easy method of preserving small fruits, such as **currants, strawberries, raspberries** or **gooseberries** is as follows:

Look the fruit over and mash each berry thoroughly, or put through food grinder, then take equal parts of crushed fruit and sugar and mix together, adding sugar gradually. Pack to overflowing into sterilized jars, adjust new rubbers and seal.

**Cherry Currants:** Allow  $1\frac{1}{4}$  lbs. sugar for 1 lb. berries. Be sure that each individual currant is crushed.

**Pineapples,** sliced, pared, cored, and put through the food grinder or chopped fine and allowed to stand over night in an equal amount of sugar and then packed in air-tight, sterilized jars keep well and retain their natural flavor.

**BAKED CRABAPPLE PRESERVES**

½ peck crabapples  
4 lbs. sugar

Gallon stone jars  
1 tablespoon water

Wash, wipe and remove the blossom ends of perfect, large, red crabapples. Pour water in bottom of a covered crock or jar, then place in alternate layers of apples and sugar, not too full (with sugar on top). Cover. Bake 2 or 3 hours in a slow oven, 250° F., basting 3 or 4 times with the hot syrup. Place in glasses and seal.

**Baked Sickel Pears:** May be prepared the same way. Flavor if desired, with ginger or lemon juice.

**Baked Quinces:** Quinces may be wiped, cored, and quartered, and baked same as crabapples, in a slow oven, 250° F., 3 or more hours until clear and glassy.

**BAKED CRANBERRIES OR CHERRY PRESERVES**

4 quarts cranberries or sour  
cherries

4 quarts sugar  
Gallon stone jars

Pick over, wash, drain and prick large, perfect cranberries; or stem and then stone large cherries (so they remain whole). Place a tablespoon hot water in stone jar, then cranberries or cherries and sugar alternately in layers (not too full, with sugar on top) cover closely. Bake in a slow oven 2 hours, 250° F. or 1 hour, moderate oven, 350° F., basting with the syrup several times. Place in sterilized glass jars and seal.

**QUINCE PRESERVES**

Wash, peel, core and cut quinces in ½-inch cubes. Put on in cold water to cover, boil until tender. Drain. Weigh. To 1 lb. fruit allow 1 lb. sugar. Boil juice and sugar 5 minutes, add fruit. Boil steadily until clear and deep red. Pour in jars and seal.

**QUINCE AND SWEET APPLE PRESERVES**

1 peck quinces  
½ peck pears

¼ peck sweet apples (Tolman)  
Sugar

Wash quinces and apples, then peel, core and cut in rounds, peel pears and cut in quarters. Cover cores and peels with cold water, boil thoroughly and strain. Boil the quince rounds in cold water until they can be pierced with a silver fork, remove carefully to platter. Weigh the fruit, and for each pound of fruit, allow ¾ pound of sugar. Add sugar to liquid and let boil until a clear syrup. Add the fruit, boil slowly and steadily for 3 or 4 hours until a deep red color. Pour into jars and seal.

**WATERMELON RIND PRESERVES**

Peel the rind of a watermelon that is not too ripe, cut or chop into ½-inch cubes or strips, leaving as much of the firm, red pulp on the

rind as possible. To 4 cups of diced (or sliced) melon take 3 cups of sugar, 3 lemons (or 2 oranges and 1 lemon) sliced fine and seeded. Let boil slowly about 2 hours until the rind is clear and the juice is thick. Place in air-tight jars. Or, add 1 cup grated pineapple and cook 15 minutes longer.

### FIG PRESERVE—A LA REISS

1 quart fresh figs                      1 lemon, sliced  
1 tablespoon powdered lime        2 cups sugar

Cover figs with cold water, add lime tied in a cheese cloth bag. Let stand 10 minutes. Drain and rinse figs well. Put in kettle, add sugar; let stand over night to draw a syrup. Add 1 cup cold water and lemon slices and cook until figs are clear. Remove figs. Boil syrup until thick. Add figs; let come to a boil; put in jars and seal.

### GINGER PEARS

8 lbs. pears                                 $\frac{1}{4}$  lb. Canton ginger  
4 lbs. sugar                                4 lemons

Wipe pears, quarter, core and remove the stems and cut into small slices. Add sugar, the ginger, cut fine, and the juice of the lemons. Cut the lemon rinds into long, thin strips; mix all together and let stand over night. Place in preserving kettle, on stove and let cook slowly for 3 hours, or until thick and clear. Put in stone jar, well covered, or in glass jars.

### GINGER APPLES

1 quart sour apples, diced        1 lemon  
2 cups brown sugar                    2 cups water  
6 pieces ginger root

Wipe, pare, quarter, core and cut the apples into small squares. Grate the rind of the lemon. Boil water, sugar and lemon juice 5 minutes or until clear, add the rest of the ingredients and cook slowly 2 or more hours until thick and brown. Place while hot in air-tight jars.

### BLUEBERRY OR RASPBERRY AND APPLE BUTTER

1 quart blueberries, or                1 quart apple pulp  
raspberries                                3 lbs. sugar

Use tart apples. Remove stems, cut in quarters. Add enough water to cover and cook until soft. Put through strainer. Measure apple pulp, and berries and take an equal amount of sugar; cook until clear and thick, then place in clean, hot jars, and seal.

### BLUEBERRY AND CRABAPPLE JAM

3 qts. crabapples, chopped        1 qt. blueberries        6 lbs. sugar

Cut crabapples in quarters, remove cores but do not pare, put through food chopper, measure, add enough water to almost cover apples, cook 10 minutes, add berries and sugar, let cook until clear; pour into hot glasses; cool, cover with hot paraffine.

**APPLE BUTTER**

1 peck apples	3 lbs. sugar
4 quarts water	Cinnamon
2 quarts cider	Cloves

Wash the apples and cut in small pieces. Add the water, boil until the apples are soft, and rub through a sieve. Boil cider down  $\frac{1}{2}$ , add hot apple pulp, sugar and cook until nearly done, stirring constantly. Add the ground spices and cook until thick enough to spread without running. Pour into jars, and seal with paraffine.

**APRICOT JAM (FRESH)**

Wash and stone apricots. Weigh. Slice in eighths. To each pound of apricots add 1 pound of sugar. Let stand in preserving kettle overnight. Crack apricot stones. Remove nut, blanch and slice. Cook fruit gently until thickened, about 20 to 25 minutes. Add some of the sliced nuts just before filling into sterilized glasses.

**APRICOT JAM (DRIED)**

1 lb. dried apricots	$\frac{3}{4}$ cup water in which apricots
$1\frac{1}{2}$ cups sugar	were soaked
1 cup seedless raisins	1 orange

Wash apricots, soak 1 hour in cold water to cover. Slice orange fine, cut each slice into small pieces and, if desired, add 1 cup of seedless raisins, mix well with sugar and water; cook slowly until thick—about 1 hour. Fill jelly glasses, cover well.

**GROUND CHERRIES**

Remove husks from ground cherries. Make a syrup of  $1\frac{1}{2}$  cups sugar, 3 cups water and juice of 2 lemons (in place of lemon, add  $\frac{1}{3}$  as many sliced tart apples); boil 5 minutes; add enough cherries to come to top of syrup. Boil slowly until cherries are tender and clear, seal in sterilized jars

**GRAPE PRESERVES**

4 lbs. grapes	4 lbs. sugar
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Pick over, wash, drain, and remove stems from grapes. Press the pulps from the skins. Heat pulp to boiling point and cook slowly until seeds are free. Rub through fine sieve. Return to kettle, add skins and an equal measure of sugar; cook slowly 30 minutes, stirring occasionally to prevent burning. Put in jars.

**GREEN TOMATO PRESERVES**

1 quart sliced green tomatoes	1 lemon, rind and pulp
1 quart sugar	1 stick cinnamon

Grate lemon rind. Place all in kettle, let stand several hours to draw juice. Cook until tomatoes are thick and clear.



**RHUBARB CONSERVE**

To 3 cups of rhubarb, cut, add 3 cups of sugar, the grated rind and juice of 3 oranges and 1 lemon. Cook 30 minutes. Add  $\frac{1}{2}$  pound of chopped almonds. Cook 5 minutes longer.

**RHUBARB AND FIG PRESERVE**

2 lbs. rhubarb	2 lemons, juice and rind
$\frac{1}{2}$ lb. figs	2 $\frac{1}{2}$ lbs. sugar

Wash figs and rhubarb and cut in small pieces. Grate the lemon rind, add sugar and lemon juice and stir often until juice is formed. Place in preserving kettle, cook gently for 30 minutes, add the grated lemon rind, boil 15 minutes longer until thick and clear. Place in jelly glasses and pour paraffine over top.

**CHERRY CONSERVE**

5 lbs. ripe cherries	1 $\frac{1}{2}$ lbs. seedless raisins
5 lbs. sugar	4 oranges
	2 lemons

Wash, stem and pit the cherries. Squeeze out the juice of the oranges and lemons. Wash raisins. Mix all together and let stand over night. Then boil slowly and steadily for several hours, or, until thick and clear. Pour in jars and seal.

**CHERRY AND PINEAPPLE CONSERVE**

1 quart sour red cherries	1 pint tart apples, diced
1 cup grated pineapple	4 cups sugar

Mix all ingredients and cook slowly until mixture is thick and clear. Turn into jelly glasses. When cold cover with hot paraffine.

**PEACH AND PINEAPPLE CONSERVE**

3 lbs. peaches	1 orange
1 small can pineapple	Sugar

Pare peaches, add 2 cups of water and cook until soft. Mash or rub through colander, add pineapple and the orange, cut in small pieces, and cook until slightly thickened. Add  $\frac{3}{4}$  as much sugar as fruit, and cook until it is as thick as marmalade. If fresh pineapple is used, it should be cooked with the peaches.

**PEAR CONSERVE**

1 peck pears	1 $\frac{1}{2}$ lbs. English walnut
4 lbs. sugar	meats
1 lb. raisins, seeded	3 lemons, juice
	2 oranges, juice

Pare, core and slice the pears in large pieces, crosswise; add sugar and let stand over night. Drain off the liquid and let boil to a syrup, about 12 minutes, then add pears and the rest of the ingredients, breaking the walnuts into pieces, about the size of the raisins. Let cook slowly 1 hour until thick and clear. Place in jars. Cover well.

**PEAR AND APPLE CONSERVE**

9 hard pears	$\frac{1}{8}$ lb. Canton ginger
6 tart apples	$\frac{1}{2}$ pint water
$1\frac{1}{2}$ lemons	Sugar

Pare, quarter and core the pears. Pare apples, core and cut crosswise in  $\frac{1}{2}$ -inch slices. Grate the rind of the lemons and add the juice to the water. Cut ginger in small pieces. For every pound of fruit allow one pound of sugar. Boil sugar and water to a syrup, add the rest of the ingredients and boil  $\frac{3}{4}$  hour or until thick and clear. Place in cans or glasses and cover well.

**GOOSEBERRY CONSERVE**

3 lbs. gooseberries	1 lb. seeded raisins
3 lbs. sugar	3 large oranges

Grate the rind of the oranges and extract the juice. Mix all together and cook slowly until thick. Seal hot.

**PLUM CONSERVE**

3 lbs. blue plums (prunes)	Juice of 2 lemons
1 lb. seeded raisins	3 lbs. sugar
3 oranges, cut in small pieces	1 lb. English walnuts, meats

Wash the plums, remove the stones and cut them into small pieces. Mix with the rest. Place in preserving kettle, on stove, let come slowly to the boiling point and cook steadily until the fruit is clear and thick. Put in jelly glasses or jars.

**ORANGE AND PEACH MARMALADE**

3 whole oranges	9 peaches	Sugar
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Wash oranges. Cut lengthwise in eighths, slice thin, simmer until tender. Skin peaches, slice, add to oranges. Measure, and to 4 cups fruit add 3 cups sugar, simmer until thick and clear. 5 oz. of maraschino cherries, chopped, and the juice may be added immediately after removing from stove. Put in glasses, cover with paraffine.

**STRAWBERRY AND PINEAPPLE JAM**

Run pared and cored pineapple through a food chopper. Take equal parts of strawberries and pineapples. To every 5 cups of fruit add 4 cups sugar. Let stand several hours. Put in preserving kettle, let cook gently until clear and thick. Put in jars and seal.

**RAW CRANBERRY RELISH**

1 lb. cranberries	1 large orange	2 cups sugar
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Put the cranberries and orange (rind and pulp) through the food chopper. Add sugar and mix thoroughly. Let stand several days before using. 1 cup crushed pineapple or 4 tart, red, unpared apples quartered, cored and ground may be added. Serve with meat.



**QUINCE CONSERVE**

4 medium quinces	$\frac{1}{4}$ lb. prunes, stoned
3 large tart apples, cut	$\frac{1}{4}$ lb. dried figs, cut
1 cup seeded raisins	1 quart water
$\frac{1}{2}$ cup maraschino cherries	4 cups sugar

Peel quinces and cut in thin slices. Cut cherries fine, mix all ingredients and cook slowly until quinces are tender, then add sugar, bring slowly to the boiling point, let cook steadily until thick and clear. Pour while scalding hot in sterilized jars, and seal.

**GOLDEN CHIP**

6 lbs. pumpkin	4 lemons
6 cups sugar	2 oz. green ginger root
	1 quart water

Cut pumpkin into balls with French cutter or into cubes, add ginger root and lemons in small, very thin slices, and put into saucepan. Add water and let stand over night. Cook very slowly until tender, add sugar, cook until it will jell. Put in jelly glasses.

**BEEF PRESERVES**

4 lbs. beets	3 lemons
3 lbs. sugar	$\frac{1}{4}$ lb. almonds
	2 oz. green or dried ginger root

Wash and peel young beets, slice very thin or put through meat grinder. Place in preserving kettle, cover with water and let cook slowly until tender. Add sugar, ginger root blanched and sliced fine, the lemon juice and grated rind. Cook gently until thick and clear, about 1 hour. When nearly done, add almonds (blanched) and put through grinder. Put in glasses and cover with paraffine.

**RADISH PRESERVES (Russian Style)**

1 quart radishes	1 quart strained honey
1 oz. ginger root	Almonds cut in thin slices

Cut radishes (black) in thin slices  $\frac{1}{4}$  by 1 inch. Cook in boiling water 3 or 4 minutes. Drain and dry between towels. Add honey and ginger and cook until syrup drops heavy from spoon. Put in jelly glasses. Serve mixed with almonds.

**CARROT MARMALADE**

3 lbs. raw grated carrots	6 lemons
3 lbs. sugar	$\frac{1}{4}$ lb. grated almonds

Take young carrots, wash, scrape and put through meat grinder. Cover with water and cook until tender. Press through a strainer to make a smooth pulp. Add sugar, the grated yellow rind of lemons and the juice. Place in preserving kettle, let cook gently about  $\frac{1}{2}$  hour, or until thick and clear. When nearly done, add almonds, blanched and put through grinder. Put in glasses; when cool, cover with paraffine.

**ORANGE MARMALADE**

4 oranges  
1 lemon

Cold water  
Sugar

Wash fruit, cut in half, remove seeds and stem end. Slice rind very thin or grind fine. For every cup of fruit add  $1\frac{1}{2}$  cups water. Let stand over night. Pour in preserving kettle, let cook slowly from 1 to 2 hours or until tender; again let stand over night. For each cup of fruit, add 1 cup of sugar, and cook 20 minutes or until it jells. Pour into hot sterilized glasses; cover with paraffine.

**GRAPEFRUIT MARMALADE**

2 grapefruits  
2 oranges

2 lemons  
Sugar

Wash fruit. Remove core and seeds of grapefruit. Remove thin, yellow outside rind, and cut  $\frac{1}{2}$  of it in fine strips. Remove the thick white peel, but do not use. Mix shaved rind with the cut-up pulp. Put into preserving kettle with 3 times as much water and let stand over night. Put on stove, let come to boiling point and boil for 10 minutes. Repeat this for 2 days. The third day measure, add an equal amount of sugar and boil 1 hour or until thick. Turn into jelly glasses.

**PINEAPPLE AND GRAPEFRUIT MARMALADE**

1 lemon  
1 grapefruit

1 pineapple  
Sugar

Pare and shred the pineapple. Cut grapefruit and lemon in quarters and then in thin slices. Measure fruit and cover with water, 3 pints water to 1 pint of fruit. Set aside until next day. Let boil 3 or more hours and until rind is very tender. Set aside until next day. Measure and add an equal amount of sugar. Let boil until a drop jells on a cold plate.

**PINEAPPLE AND PEAR PRESERVES**

1 lb. pears  
1 can sliced pineapple

$1\frac{1}{2}$  cups sugar  
 $\frac{3}{4}$  cup boiling water

Dissolve sugar in water, let boil. Cut pears in halves lengthwise, remove cores and skin. Cut pineapple in quarters, add fruit to hot syrup. Cook until tender and clear. Seal in sterilized jars.

**RASPBERRY OR STRAWBERRY AND RHUBARB JAM**

4 cups sugar

3 cups cooked rhubarb  
3 cups strawberries or raspberries

If raspberries are used, pick over, wash, mash and cook quickly at first until soft. Strain, and set aside juice.

Use tender red rhubarb, trim off hard ends, wash, and without skinning, cut into small pieces. Mix fruit and sugar, let stand several hours. Cook gently in preserving kettle until clear and thick.



**PICKLED CHERRIES**

Pit 2 quarts sour cherries, put into stone jar, cover with vinegar, let stand 24 hours (stir a few times). Drain vinegar. Measure same amount of sugar as cherries, and alternate in layers, sugar on top. Stir each day for 3 days until all sugar is dissolved. Seal in sterilized jars.

**PICKLED PEARS**

10 lbs. pears, Seckel	3 cups vinegar
4½ lbs. sugar	¼ cup broken cinnamon and
1 cup water	cloves, mixed

Wash and peel pears, leaving stems on. Place in a crock alternately with layers of sugar. Cover with the water and vinegar. Let stand covered over night. Drain and to the liquid add the spices tied in a bag, soft heads of cloves removed. Heat slowly, when clear, add the pears, boil until tender, but not soft, a few at a time. Place pears in hot jars, covering each jar. When jars are full, lift covers and pour the boiling syrup over fruit and seal at once.

**PICKLED PEACHES**

6 lbs (½ peck) peaches	1 pt. cider vinegar (dilute if strong)
3 lbs. sugar	⅛ cup cloves, heads removed
2 sticks cinnamon, broken	

Pare large clingstone peaches and weigh. Boil sugar, vinegar, and spices, tied in a bag, about 12 minutes or until clear. Add peaches, only enough for 1 can at a time; cook until tender. Lift out of kettle with skimmer, place in jars and cover to keep hot. When can is full, cook syrup down a little, pour boiling hot over the peaches. Cover and seal.

**PICKLED PLUMS**

6 lbs. plums	1 tablespoon cinnamon
3½ lbs. sugar	½ tablespoon allspice
1 pint vinegar	½ tablespoon cloves

Remove stones from plums or prick with fork. Boil vinegar, sugar and spices, then add plums, boil slowly 30 minutes. Place in jars, seal.

**BAKED PICKLED PEACHES**

8 lbs. peaches	1 cup water
4 lbs. sugar	1 or 2 sticks of cinnamon
1 pint cider vinegar	8 or 10 cloves

Peel peaches, stick a clove in each one. Mix other ingredients and pour into a large flat pan. Place peaches in the syrup, cover, and bake 3 hours at 300° F. Pack in hot jars, and seal.

**SPICED GOOSEBERRIES**

5 lbs. under-ripe gooseberries	1 tablespoon cinnamon
4 lbs. sugar	½ tablespoon allspice
1 pint vinegar	½ tablespoon cloves

Wash and stem the fruit. Bring vinegar, sugar and the spices (ground), to a boil. Add the berries and boil slowly 20 minutes.

**SWEET PICKLED WATERMELON**

7 lbs. watermelon rind	1 teaspoon lump alum
5 lbs. sugar, white and light brown, mixed	1 quart vinegar, 1 pint water
2 lemons, sliced	6 sticks cinnamon
	1 tablespoon cloves

Pare rind, cut into strips. Boil until tender and clear in water with  $\frac{1}{2}$  teaspoon salt and alum. Drain. Chill in ice cold water, dry on cloth. Boil sugar, vinegar and water to a light syrup, add spices in a bag, melon rind and lemon slices; boil until clear. Remove spices, pour in jars, seal. Let stand four weeks before using.

**BRANDIED PEACHES OR PEARS**

9 lbs. peaches or pears	2 tablespoons stick cinnamon
9 lbs. sugar	2 tablespoons whole cloves, heads removed
1 quart water	
	3 pints brandy

Select large clingstone peaches or perfect pears. Pare and weigh fruit. Boil sugar and water with spices tied in a bag, until clear; drop in fruit, a few at a time, and let boil until tender, but not soft. They must remain whole. Repeat until all fruit has been cooked. Place fruit on platter to drain. Let syrup boil until thick, let cool, add brandy and stir well. Lift fruit and place into sterilized jars, cover well with the syrup. Seal.

**TUTTI-FRUTTI CONSERVE**

1 pint brandy	Sugar	Fruits in season
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Pour brandy into stone crock. Add fruit and sugar in equal quantity, 1 pound sugar to 1 pound fruit. Stir daily until last fruit has been added. Begin with strawberries, continue with other berries in season and peeled and sliced fruits, such as pineapples, apricots, peaches and pears. Cover crock closely. Keep in cool place.

**BRANDIED CHERRIES**

5 lbs. cherries	1 pint brandy
5 cups sugar	2 cups water

Select the dark, large, sweet cherries. Boil the sugar and water 8 minutes or to a clear syrup, pour over cherries and let stand over night. Drain cherries and let syrup come slowly to the boiling point, add cherries, boil about 8 minutes. Lift out cherries with perforated skimmer and pack into hot, glass jars, then cover. Boil the syrup down until quite thick and while boiling, add the brandy. Pour over the cherries at once; cover and seal.

**BRANDIED DRIED FRUITS**

Dates, figs, apricots, prunes or any dried fruit may be brandied by adding 2 parts of strained honey to 1 part of brandy to cover. Bottle and cork. Let stand four weeks or more.

## Chapter 43

# Pickles, Catsups and Relishes

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### GENERAL RULES FOR PICKLES

**Cucumbers** for pickling must be fresh picked, not over 24 hours old. **Dill** is best, when seeds are full grown, but not so ripe that the seeds fall off the stalk. Use coarse salt, not fine table salt. Use a good, clear **pickling** vinegar (4 to 6% acetic acid).

Pickles will spoil if not kept completely under the brine. About  $\frac{1}{2}$  their measure in brine will cover cucumbers. ( $\frac{1}{2}$  gallon brine covers gallon cucumbers.) Mix salt with small amount of water, then add rest of the water.

**Brine—To Lift an Egg:** A salt brine that will just lift up an egg from the bottom of the crock is a solution of 1 cup salt to 5 cups water. A weak brine, 1 cup salt to 9 cups water will cause quicker fermentation, but pickles kept in this brine will spoil in a few weeks, unless the scum that rises to top of jars is constantly skimmed off and the brine is clear.

It is best when all fermentation stops, when the pickles are done, to remove them to jars, cover them with their own brine, or add fresh cooled brine, and seal.

Pickles will shrivel if too much sugar or salt is added at one time or if vinegar is too strong. Pickles that are cured, salt or dill pickles may be made into sweet, sour or mixed pickles and will not shrivel.

### SALTED CUCUMBERS FOR FUTURE USE

Cucumbers picked fresh from the vines every day may be preserved in strong salt brine and when wanted made into sweet, sour, or mixed pickles. Leave from  $\frac{1}{4}$  to  $\frac{1}{2}$  inch stems on cucumbers, wash carefully without removing the prickles, put them, as they are gathered, into a large stone crock. Make brine below to half fill the crock, which will completely cover the pickles. When ready to use, soak in cold water until freshened.

**Brine:** For every two (2) quarts of water take two (2) cups of salt. Boil, skim until clear, then cool.

### SUMMER DILL PICKLES

100 large cucumbers	1 cup vinegar
5 stalks dill	Grape or cherry leaves
1 oz. black peppercorns	1 cup salt
Bay leaves	6 quarts water

Soak cucumbers in cold water over night, or 12 hours. Drain and dry. Place in layers of 2 rows cucumbers, then 3 or 4 blossom ends of dill

and a teaspoon of whole black pepper; repeat, covering top layer well with dill and adding some cherry or grape leaves. To 6 quarts of water, take 1 cup of salt. Boil, and when cool, pour over the pickles to cover. Cover with cloth. Weight well with plate, to keep under brine. Let stand in warm place to ferment for a week. One cup of vinegar may now be added. Rinse off scum that arises on cloth every day in warm weather and once or twice a week when cooler.

**No. 1 WINTER DILL PICKLES**

100 cucumbers, 4 inches  
Dill  
Mustard seed  
Horseradish root  
Garlic

**Brine**  
6 quarts water (24 cups)  
1 pint cider vinegar (2 cups)  
 $\frac{3}{4}$  cup salt

Soak cucumbers over night in cold water. Drain, wash and dry. Place 1 tablespoon mustard seed, a small piece of horseradish root and, if desired, a clove of garlic, in each 2-quart sterilized jar, add cucumbers and dill blossoms alternately until jar is filled. Cover with hot brine and seal at once. If, after a few days brine oozes out, wait until fermentation ceases, then open jars, add enough fresh brine to cover, and seal again.

**No. 2**

100 cucumbers, 4 inches  
1 large bunch dill  
1 small horseradish root, diced

**Brine**  
10 quarts water  
1 cup salt  
 $\frac{3}{4}$  cup vinegar

Scrub cucumbers. Soak in salt water over night. (1 cup salt to 4 quarts water). Drain and wipe dry. Place in 2 quart sterilized airtight jars with layers of dill and small pieces of horseradish. Pour boiling hot brine over pickles, being careful not to crack the glass. Add a small piece of alum if desired. Put on rubbers and seal at once.

**ESTRAGON (TARRAGON) PICKLES**

25 cucumbers (thin, long)  
1 stalk dried estragon  
1 bunch of dill (6 stalks)  
1 horseradish root (diced)  
2 tablespoons white pepper corns

12 bay leaves (dried)  
1 cup salt  
1 quart water  
2 quarts vinegar  
 $\frac{1}{2}$  lb. mustard seed

Soak pickles in cold water 12 hours, or over night. Drain and wipe. Place over each layer of pickles 2 or 3 blossom ends of dill, 3 or 4 ( $\frac{1}{2}$ -inch) pieces of estragon (stalks and leaves), a few small pieces of horseradish root, 1 tablespoon of whole white pepper and 3 or 4 dried laurel leaves. Make a brine of 2 quarts of vinegar, 1 quart water and 1 cup of salt, beat together until it foams, and pour over the pickles to cover. Cover the whole with a bag made to fit the top of crock. Pour mustard seeds in bag and sew up. Cover with plate and stone, and keep in a cool, dry place. Must stand 5 or 6 weeks. Keep well.

**SMALL DILL PICKLES**

Thin cucumbers, 3 to 4 inches	Horseradish root
Small red peppers	1 cup salt to 4 quarts (16 cups water)
Dill	

Scrub pickles and place them upright in sterilized jars. Between each layer, place a few blossom ends of dill, diced horseradish root and small pieces of red peppers. Add salt to water, pour over pickles to cover, and arrange stems of dill across top of jar to keep pickles under brine. Seal, add more salt water next day if necessary to cover. Watch for a week if brine has oozed out, add more fresh brine to fully cover, and seal.

**EASY CUCUMBER PICKLES**

Small cucumbers	1 cup salt
2 quarts vinegar	2 cups sugar
1 quart water	1 cup ground mustard

Soak cucumbers in cold water to freshen. Mix dry ingredients, and add vinegar gradually to dissolve mustard. Pour over as many cucumbers as it will cover. If a large crock is used, fresh cucumbers and pickling brine may be added from day to day until crock is full. Then cover with plate and weight down. Ready for use in several weeks.

**No. 1 SWEET SOUR PICKLES (WHOLE)**

50 small cucumbers	2 cups sugar
3 cups vinegar	1 bunch dill
1 cup water	1 teaspoon mixed spices

Soak cucumbers over night in  $\frac{1}{3}$  cup of salt to every quart of water. Drain and dry. Boil vinegar, water and sugar until clear, add cucumbers and simmer until they lose their grass-green color. Place spices and dill in bottom of each jar, add pickles, cover with hot syrup, place dill on top. Seal.

**No. 2**

300 two-inch pickles	$\frac{1}{2}$ cup mixed spices
$\frac{1}{2}$ gallon white vinegar	1 whole ginger root, broken
4 tablespoons ground mustard	4 pounds sugar
$\frac{1}{2}$ cup salt	$\frac{2}{3}$ cup salt to 1 quart water

Wash pickles, cover with hot salted water. Let stand over night. Drain and wipe each pickle dry. Mix vinegar, mustard, the  $\frac{1}{2}$  cup salt, spices, ginger root with 4 tablespoons sugar. Pour over pickles. Every day stir in  $\frac{1}{2}$  cup of sugar until the 4 pounds are used up. Bottle and seal.

**SWEET DILL PICKLES**

50 dill pickles	1 quart cider vinegar
6 lbs. sugar	$\frac{1}{2}$ cup mixed spices

Drain pickles. Soak over night in cold water. Drain. Cut in halves lengthwise. Bring vinegar, sugar and spices, tied in a bag, to a boil. Add pickles, let boil 2 minutes, put in jars, remove spices and seal.



**CELERY PICKLES (ICICLES)**

- |                                 |                        |
|---------------------------------|------------------------|
| 25 (6-inch) cucumbers           | ½ cup salt             |
| 1 quart each, vinegar and water | 1 bunch English celery |
| 2 cups sugar                    | Medium onions, sliced  |

Take dill sized cucumbers; cut in quarters lengthwise. Cut celery length of cucumbers. Pack cucumbers in sterilized jars, slip celery in spaces between and a thick slice of onion on top. Boil vinegar, water, sugar and salt until clear. Pour hot over cucumbers and seal.

**SANDWICH PICKLES**

- |                          |                           |
|--------------------------|---------------------------|
| 1 quart sliced cucumbers | 1 cup medium brown sugar  |
| 1 medium onion, sliced   | 1 teaspoon mustard seed   |
| ¼ cup salt               | ½ teaspoon celery seed    |
| 2 quarts water           | 1 tablespoon mixed spices |
| 1 pint vinegar           | ¼ teaspoon turmeric       |

Use large green cucumbers. Scrub well. Cut off ends, but do not peel. Slice thin. Dissolve salt in water. Pour over pickles and onion. Let stand 3 hours. Drain. Add mustard, sugar and celery seed and the mixed spices tied in a bag to the vinegar, and bring to a boil. Add onions and cucumbers. Bring to boiling point again. Add turmeric, stir and let cool. Seal when cold.

**CHERRY LEAF PICKLES**

- |                            |                    |
|----------------------------|--------------------|
| 25 large cucumbers         | 1 pint vinegar     |
| 2 quarts cherry leaves     | 3 lbs. sugar       |
| 3 tablespoons caraway seed | ¼ cup mixed spices |

Place large, thin cucumbers (dill pickle size) in 2-gallon crock, alternately with cherry leaves and caraway seed, having cherry leaves at bottom of crock and on top. Cover with salt water, ½ cup salt to 1 gallon of water. Let stand 14 days. Cover with weight to keep under brine. Drain, cut in inch pieces. Pack in quart jars. Invert jars to drain. Let stand 1 hour. Make a syrup using 3 pounds sugar to every pint of vinegar and ¼ cup mixed spices tied in a bag. Pour boiling hot over pickles. Seal.

**No. 1 SWEET PICKLES (SLICED)**

- |                             |                       |
|-----------------------------|-----------------------|
| 100 large cucumbers         | 1 large bunch dill    |
| 6 quarts boiling water with | 8 cups sugar (4 lbs.) |
| 1 cup salt                  | 4 cups cider vinegar  |

Onion

Wash and drain cucumbers. Pour over the hot salted water, add dill. Let stand over night. Drain and dry. Cut into inch slices. Place in jars, adding 2 slices onion in each jar. Make syrup of sugar and vinegar. Cool, pour over pickles and seal.

**SWEET PICKLES (SLICED)****No. 2. Sweet Dill Pickles**

6 garlic cloves	1 quart vinegar
50 dill pickles, or 4 quarts, sliced	$\frac{1}{2}$ cup white peppercorns
$\frac{1}{2}$ cup olive oil	$\frac{1}{2}$ cup mixed spices
	6 lbs. sugar

Drain brine from dill pickles and dry. Cut crosswise in 1-inch pieces, put in stone crock. Mix with the rest of the ingredients, adding the spices tied in a bag, and boil 3 minutes. Pour in crock. Let stand 1 week, stirring every day. Then pour in jars, and seal.

**No. 3. Sliced Oil Pickles**

50 cucumbers, 3 inches long	1 cup best salad oil
$\frac{1}{2}$ cup salt	$\frac{1}{2}$ oz. mustard seed
2 medium onions	$\frac{1}{2}$ oz. celery seed
1 quart vinegar	1 cup sugar

Slice cucumbers, without peeling,  $\frac{1}{8}$ -inch thick. Slice onions. Sprinkle with salt and let stand 12 hours, then drain. Add the rest of the ingredients, mix well. Set aside for a few hours. Pack in sterilized jars with liquid. Adjust rubbers, place covers on loosely. Put jars in warm water bath, let simmer 15 minutes. Seal.

**SACCHARIN PICKLES**

2 teaspoons salt	1 teaspoon mixed spices
$\frac{1}{4}$ teaspoon saccharin	Alum, size of hazelnut
Small pickles	1 pint vinegar

Put 1 teaspoon salt in bottom of a 1 quart jar. Fill half full with pickles. Add  $\frac{1}{4}$  teaspoon saccharin, then fill up with pickles. Add 1 teaspoon salt and 1 teaspoon mixed spices, then the small piece of alum. Fill jar with  $\frac{1}{2}$  cider vinegar and  $\frac{1}{2}$  water. Seal.

**RIPE CUCUMBER PICKLES**

12 large ripe cucumbers	$\frac{1}{4}$ cup mixed spices
1 quart small white onions	Horseradish root, washed
1 bunch dill	Vinegar and water, mixed
	1 tablespoon ground mustard

Peel cucumbers, cut in halves lengthwise, scrape out seeds and soft pulp with silver spoon. Cut in pieces as desired. Peel onions, sprinkle with salt and let stand. Place cucumbers in salt water, 1 cup salt to 8 cups water. Let stand 5 or more hours; drain. To every gallon of pickles allow 1 tablespoon mustard. Place in jar, alternate layers of cucumbers, onions, dill and a few slices horseradish root and mixed spices, and pour vinegar and water over all. Cover and let stand in warm place for 3 days. Cover pickles with bag filled with mustard seeds. Place cover on jar; keep in a cool dry place. Ready for use in 3 days if placed in sun.

**NINE DAY PICKLE RINGS**

- |                     |                        |
|---------------------|------------------------|
| 50 cucumbers, large | 1 oz. celery seed      |
| 3½ lbs. sugar       | 1 oz. allspice berries |
| 3 pints vinegar     | 1 oz. stick cinnamon   |

Wash cucumbers, cut in inch slices; remove centers with apple corer. Put in brine (1½ cups salt to 1 gallon water). Let stand 3 days. Drain. Mix 1 tablespoon powdered alum with 1 gallon water. Add pickles; let stand 3 days. Drain and rinse. Cover slices with cold water; let stand 3 days. Drain, put in kettle. Cover with a syrup made of sugar, vinegar and spices tied in a bag. Let stand over night. Next day, boil pickles 3 minutes. Pour in hot sterilized jars, with juice to the top, seal.

**SWEET PICKLED RIPE CUCUMBERS**

- |                        |                                    |
|------------------------|------------------------------------|
| 1 dozen ripe cucumbers | 2 tablespoons mustard seeds        |
| 3 lbs. sugar           | 1 tablespoon cloves, heads removed |
| 1 quart vinegar        | Stick cinnamon                     |

Peel cucumbers, cut in two, lengthwise, scrape out seeds with a silver spoon, salt and let stand over night. Drain and dry cucumbers. Make a syrup of the sugar and vinegar. Add the mustard seed and also the whole cinnamon and cloves tied in a bag. Boil cucumbers in this syrup only until they are glassy. They must remain crisp. Pack in sterilized jars and seal.

**MIXED PICKLES**

- |  |                                |
|--|--------------------------------|
| 2 quarts tiny cucumbers                        | 1 large green pepper, sliced   |
| 2 quarts large cucumbers, cut in ¼-inch slices | 1½ cups salt to 2 quarts water |
| 2 quarts small white onions                    | ½ cup horseradish root, diced  |
| 1 quart string beans, cut                      | ¼ lb. yellow mustard seed      |
| 2 large cauliflowers, flowerettes, separate    | 1½ gallons cider vinegar       |
| 3 small red peppers                            | 5 lbs. brown sugar             |
|  | 1 teaspoon red pepper          |
|  | 1 oz. turmeric                 |

Mix first 7 ingredients, pour over salt water, let stand 24 hours, drain. Boil the rest and pour over pickles, let stand 2 days. Pour in jars, seal.

**DILL BEANS**

- |                     |                          |
|---------------------|--------------------------|
| 1 peck wax beans    | ½ oz. black peppercorns  |
| 4 quarts water      | 6 bay leaves             |
| 1 cup salt          | 6 grape or cherry leaves |
| 2 large stalks dill | 1 cup vinegar            |

Remove strings and cook beans in boiling, salted water 5 to 7 minutes (1 teaspoon salt to 1 quart boiling water). Drain and pack in layers, in a crock, add a few peppercorns, a little dill, some pieces of bay leaf; repeat, covering top layer well with dill and adding the grape or cherry leaves. Then follow recipe for Summer Dill Pickles, page 572.

**GREEN DILL TOMATOES**

Select small firm green tomatoes, follow recipe for Winter or Summer Dill Pickles, pages 572, 573, using the green tomatoes in place of the pickles.

**CHOW-CHOW (MUSTARD PICKLES)**

1 quart very small cucumbers	4 green peppers, chopped
1 quart large cucumbers, cut	1 cup salt to 4 quarts water
1 quart green tomatoes, sliced	6 tablespoons mustard
1 quart onions, sliced	1 teaspoon powdered turmeric
1 quart small onions	1 cup flour
1 quart cauliflower	1½ cups sugar
	3 pints vinegar

Mix the first 7 ingredients, cover with the salt water and let stand 24 hours. Heat the brine slowly until vegetables are thoroughly scalded and then drain. Mix the flour, sugar, mustard and turmeric to a smooth paste with 1 pint of the vinegar, pour gradually on the remaining quart of vinegar, heated in double boiler. Cook until thick (do not boil), then add to the hot vegetables. Pack into clean, hot jars, and seal.

**PICKLED CABBAGE**

4 quarts thinly sliced cabbage red or white	¼ cup mustard seed
4 teaspoons fine salt	¼ cup mixed pickle spices
½ teaspoon pepper	1 cup sugar
	2 quarts vinegar, not too strong

Select large, heavy cabbage, take off the outside leaves; cut in quarters and then in thin shreds, using cabbage cutter. Sprinkle the salt over cabbage, mix thoroughly, and let stand over night. Drain slightly and add the pepper and mustard seed, mix and place in crock. Add sugar and pickle spices, tied in a bag, to the vinegar, bring to the boiling point slowly and pour boiling hot over the cabbage to cover. If vinegar is strong, dilute with water. May be used cold, or when heated, as a vegetable, in place of sauerkraut. Will keep indefinitely.

**PICKLED BEANS**

1 peck wax beans	1 cup vinegar
3 tablespoons salt	½ cup sugar
5 quarts boiling water	8 pint jars

Remove strings and cut beans into 1-inch pieces; wash and cook in the boiling, salted water (1 teaspoon salt to 1 quart water), until tender, but still crisp. Drain beans and save the water in which they were cooked. Reserve enough of this bean liquid to fill cans, add the sugar and vinegar. When hot, add drained beans. When boiling, pour at once into the cans. Use as a salad or sweet sour vegetable.

**SWEET PICKLED BEANS**

- 1 peck of string beans
- 1 quart vinegar
- 1 quart water
- 1 lb. sugar
- 1 tablespoon cloves
- 1 stick cinnamon (broken)

Wash and pick over the beans, string and cut. Boil in salt water (1 teaspoon to 1 quart of boiling water), until tender. Drain and spread out to dry; then pack into air-tight jars. Boil the rest until a nice syrup is obtained. Let cool, then pour in jars, and seal.

**PICKLED ONIONS**

- 4 quarts small white onions
- 1 cup salt
- 2 quarts vinegar
- 2 cups sugar
- ¼ cup mixed pickle spices

Pour boiling water over onions to cover, let stand 2 minutes, drain, cover with cold water and peel. Let stand in salt water over night. Place in colander, pour over cold water and drain. Tie spices in bag and boil with sugar and vinegar. Remove spices, throw in onions, let boil up and pour at once to overflowing, in jars and seal.

**No. 1 PICKLED BEETS**

- 1 quart cold, boiled beets, sliced
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 teaspoon brown sugar
- 1 teaspoon caraway seed
- 1 pint vinegar

Boil Beets, page 197, place in crock in layers, sprinkle with salt, pepper, sugar, caraway seed, and cover with vinegar.

**No. 2**

Scrub thoroughly and boil beets, page 197, until tender and skin them. To 3 cups of the beet water add 1 cup sugar, 2 cups of vinegar, a few cloves and a little mace. Let this come to a boil, add beets. When thoroughly heated, put in quart jars, adding 1 teaspoon mixed pickle spices to each jar and seal.

**PICKLED CARROTS**

- 2 lbs. prepared carrots
- 2 teaspoons salt to 1 quart water
- ¼ cup mixed spices
- 1 pint vinegar
- 1 pint carrot water
- 4 cups sugar

Wash medium sized carrots, cut in half lengthwise, then crosswise in 2-inch pieces. Cook in boiling salted water until tender but not broken. Drain, mix 1 pint liquid from carrots with the vinegar, sugar and spices and boil to a syrup. Add boiled carrots. Let simmer slow several hours, until clear. Bottle while hot and seal.

**PICKLED CAULIFLOWER**

- 4 heads cauliflower
- 1 cup salt
- 2 quarts vinegar
- 2 cups sugar
- ¼ cup mixed pickle spices

Separate flowerettes of cauliflower, add the salt and let stand over

night. Place in colander, rinse with cold water and let drain. Tie spices in thin bag, boil with vinegar and sugar, drop in cauliflower, boil a few minutes and pour to overflowing in wide mouthed bottles or jars. Seal.

### SAUERKRAUT

15 heads cabbage

2½ lbs. salt

24 tart apples

A wooden stamper

A round board

A small square of cloth

A heavy stone

An 8-gallon stone jar

Select large, heavy cabbages, remove outer leaves, cut in quarters, remove core, and slice very fine on large cabbage cutter. Into a large granite pan, place 5 pounds of the shredded cabbage, sprinkle with ¼ cup of salt, mix thoroughly and then pack into the large crock; add, if desired, a cup of apples, cut fine and then pound and stamp down the cabbage with a wooden stamper, until the brine flows and covers the cabbage. Mix another 5 pounds of cabbage and ¼ cup of salt, and pack again into crock, cover with 1 cup chopped apples and pound as before until covered with brine. Continue until all cabbage is used, always pounding until covered with brine. Now cover with cabbage leaves, lay on the fitted square of cloth, then the board and stone, to help keep the contents under brine. Use large crock and leave enough space on top for the cabbage to swell or ferment, without overflowing.

Put in warm place to ferment. In two weeks examine, remove the scum, if any; wash cloth, picking it up at the corners to catch all of the scum; wash board, stone and sides of crock; cover again with cloth, board and stone; then remove to cool place and remove scum and wash cloth, etc., weekly.

Or pack, when fermented, in jars. Cover with the brine, heat thoroughly in a water bath and seal, page 598. If not enough "Kraut" brine, mix ¼ cup salt with 1 quart of water.

### SAUERKRAUT IN GLASS JARS

Shave cabbage very fine. It takes about 2 lbs. of cabbage to fill a 1 quart jar. Fill jar with cabbage, pressing down until about half full, add 2 teaspoons salt if you are using a 2-quart jar, 1 teaspoon for a 1-quart jar. Fill with remaining cabbage to shoulder of jar, pressing down well. Add salt as before. Then fill jar with cold water to overflowing. Adjust cover loosely. Let stand at room temperature. As water evaporates fill up each day for nine days. Then screw cover tight. Store for future use.

### SALTED BEANS OR CORN

String beans and corn may be preserved for winter use in stone jars by packing in salt or brine, 1 pound salt to 4 pounds beans.

**Salted Beans:** Beans should be left whole or cut in 2-inch pieces or lengthwise and prepared for cooking and blanched 3 minutes.

Sprinkle a layer of salt at the bottom of the crock, then a layer of beans, then salt and repeat until the jar is full, top layer salt. Place plate over top of beans, to press down well. Let stand over night. If sufficient brine has not formed in 24 hours, add 1 pound salt to 2 quarts water and pour enough of this brine over beans to cover well. Cover with cloth, then plate or board and a weight. Wash off cloth if scum arises. When ready to use soak over night, drain and cook as fresh beans.

**Salted Corn:** Husk the ears of corn and remove the silk. Cook in boiling water for about 2 minutes to set the milk. Cut corn from cob with a sharp knife. Weight and pack in layers, using 1 pound salt for every 4 pounds of corn. Proceed as with Salted Beans. When ready to use, soak over night, then prepare as fresh corn.

Salted beans or corn may require several changes of water before freshened for cooking.

## CATSUPS AND RELISHES

### No. 1

### TOMATO CATSUP

30 tomatoes	3 cups sugar
12 apples	5 tablespoons salt
5 green peppers	1 teaspoon cinnamon
10 onions	½ teaspoon Cayenne pepper
	1 quart vinegar

Cook first four ingredients until soft, strain through colander, then through sieve. Add the rest and boil slowly for one hour until thick. Bottle while hot, and seal.

### No. 2

1 peck ripe tomatoes	½ cup sugar
4 onions	¼ tablespoon Cayenne
1 small clove of garlic	¼ cup all together, of cassia
2 red peppers, seeded	buds, whole allspice and
2 bay leaves	stick cinnamon
2 tablespoons salt	1 pint vinegar

Boil first 6 ingredients until soft, strain through colander and then through sieve. Tie whole spices in bag. Add sugar to strained vegetables. Boil rapidly without scorching, 1½ hours, until thick or reduced ½. Remove spice bag, add vinegar, boil 10 minutes longer or until thick. Bottle while hot, and seal.

### No. 1

### CHILI SAUCE

18 large tomatoes	2 tablespoons salt
6 large onions	1 cup sugar
	1 pint vinegar

Scald, peel and chop tomatoes, peel onions, put through coarse grinder.

Boil together slowly 1 hour or longer, stirring well, and pour in hot, clean jars, and seal.

**No. 2****CHILI SAUCE**

50 medium ripe tomatoes	1 teaspoon ground mustard
10 medium onions	1 tablespoon whole cloves and
4 red sweet peppers, seeds removed	broken cinnamon
1 large bunch celery	3 cups brown sugar
1 quart vinegar	2 tablespoons salt
1 tablespoon whole allspice	1 nutmeg, grated

Scald, peel and chop the tomatoes, and put in colander to drain. Chop all the vegetables. Mix and then boil 2½ hours. Tie whole spices in a bag, boil 15 minutes longer. Bottle while hot, and seal.

**No. 1****TOMATO RELISH**

1 peck ripe tomatoes	2 cups granulated sugar
2 cups chopped onions	1 cup mustard seed
2 cups chopped celery	½ cup salt
2 quarts cider vinegar	1 teaspoon black pepper
4 red peppers, chopped fine	1 teaspoon paprika

Chop and peel tomatoes and put in colander to drain, add rest of the ingredients and fill to overflowing in jars and cover tightly. Ready for use in 6 weeks.

**No. 2**

1 peck ripe tomatoes	¼ cup celery seed
6 large onions	5 cups cider vinegar
8 red or green peppers	2 lbs. sugar
1 bunch celery	1 cup salt (scant)

Chop tomatoes. Let drain over night. Put onions and peppers through food chopper. Place in bag over night with salt, drain. Add celery, cut fine, and celery seed. Boil sugar and vinegar and let cool, and pour cold over mixture. Place in wide mouthed bottles, and seal.

**PEPPER RELISH**

12 large red peppers	1 pint vinegar
12 large green peppers	3 cups sugar
15 onions, chopped fine	3 tablespoons salt
Vinegar	3 tablespoons mustard seed

Remove seeds from peppers and chop or grind; mix with the onions and pour boiling water over the mixture. Let stand 5 minutes, then drain. Make a weak solution of vinegar, taking 1 part vinegar and 2 parts water. Put pepper mixture in the vinegar, let come to a boil, let stand 10 minutes, then drain again. Add 1 pint vinegar, the salt and sugar, let come to a boil, boil 2 minutes, and then bottle and seal.



**ENGLISH CHUTNEY SAUCE**

- |                                    |  |
|------------------------------------|--|
| 1 lb. of apples, chopped           | $\frac{1}{4}$ cup mint leaves, chopped |
| $\frac{3}{4}$ lb. raisins, chopped | 1 oz. white mustard seed               |
| 1 dozen ripe tomatoes<br>chopped   | $\frac{1}{4}$ cup salt                 |
| 2 red peppers, chopped             | 2 cups brown sugar                     |
| 6 small onions, chopped            | 1 quart vinegar, boiled and<br>cooled  |

Chop tomatoes. The rest put through the meat chopper. Place in preserving kettle, bring to boiling point. Cook slowly until thick and clear, fill into small, sterilized jars, and seal.

**No. 1****CORN RELISH**

- |                         |                       |
|-------------------------|-----------------------|
| 1 quart raw corn        | 1 onion               |
| 3 cups cabbage          | 1 cup sugar           |
| 1 cup stalk celery      | 2 tablespoons salt    |
| 2 red peppers, seeded   | 3 tablespoons mustard |
| 2 green peppers, seeded | 3 cups vinegar        |

Grind or chop the first 6 ingredients, add the rest of the ingredients, cook until corn is tender (about 15 minutes) and bottle, and seal.

**No. 2**

- |                       |                                 |
|-----------------------|---------------------------------|
| 20 ears corn          | $\frac{1}{2}$ cup salt          |
| 1 medium head cabbage | 2 cups sugar                    |
| 4 green peppers       | $\frac{1}{2}$ cup flour         |
| 6 red peppers         | $\frac{1}{2}$ teaspoon turmeric |
| 4 onions, chopped     | 4 tablespoons dry mustard       |
| 1 cup celery, chopped | 1 quart white vinegar           |

Cut corn from cob; put cabbage, onion, pepper through food grinder. Mix flour, turmeric and mustard. Stir in the vinegar gradually at first, then let come to a boil. Add the rest and boil  $\frac{1}{2}$  hour. Bottle, add more vinegar if necessary. Seal.

**GREEN TOMATO PICKLES**

- |                                    |  |
|------------------------------------|--|
| 1 peck green tomatoes,<br>sliced   | 1 tablespoon white mustard<br>seed     |
| $\frac{1}{4}$ peck onions, sliced  | 2 stalks celery, cut                   |
| $\frac{3}{4}$ cup salt             | 2 tablespoons stick cinna-<br>mon      |
| 4 red peppers, chopped             | 2 tablespoons cloves, heads<br>removed |
| $\frac{1}{2}$ gallon cider vinegar |  |
| 2 lbs. brown sugar                 |  |

Mix tomatoes with  $\frac{1}{2}$  cup salt and onions with  $\frac{1}{4}$  cup salt. Let stand over night, drain. Tie spices in a bag and place into a kettle with the vinegar and sugar, heat to the boiling point, add the pickles and let simmer slowly for 20 minutes. Fill into small air-tight cans and keep in a cool place.

**CUCUMBER RELISH**

- |                         |  |
|-------------------------|--|
| 2 green cucumbers       | Few grains Cayenne pepper                        |
| 1 tablespoon salt       | 2 tablespoons horseradish                        |
| 1 cup vinegar           | 2 tablespoons onion and green<br>pepper, chopped |
| ¼ cup sugar             | 1 teaspoon pepper                                |
| 1 pint celery, cut fine |  |

Peel and chop 2 large, thin cucumbers (about 1 pint), add celery. Sprinkle with salt and let stand over night in cheese cloth bag. Rinse well, drain. Add the rest. Place in jars. Seal. For immediate use.

**SPANISH PICKLE (piccalilli)**

- |                       |                            |
|-----------------------|----------------------------|
| ½ peck green tomatoes | 3 tablespoons salt         |
| 1 dozen red peppers   | 3 cups sugar               |
| 1 dozen green peppers | 3 cups vinegar             |
| 1 medium head cabbage | 3 tablespoons mustard seed |
| 10 large onions       | 1 teaspoon turmeric        |

Put the first 5 ingredients through the food chopper, add the salt, let stand over night. Drain. Mix with the rest of the ingredients and boil 20 minutes. Pour into jars, and seal.

**MOCK MINCE MEAT (GREEN TOMATOES)**

- |                       |                           |
|-----------------------|---------------------------|
| 1 peck green tomatoes | 1 cup vinegar             |
| 1 tablespoon salt     | 1 tablespoon cinnamon     |
| 4 lbs. sugar          | ½ tablespoon cloves       |
| 1 lb. raisins, seeded | 2 oranges, rind and juice |
| 1 lb. dried currants  | 1 lemon, rind and juice   |

Wash, pick over and chop the tomatoes in small pieces. Place in colander, pour boiling water over them 3 times, draining well each time. Remove to preserving kettle, add sugar, raisins and currants, well washed and boil slowly until tender. Add vinegar, and the rest. Heat to boiling point. Bottle while hot and seal. Use as a relish or as a filling for pie.

**No. 1 BEET AND HORSERADISH RELISH**

- |                                |                  |
|--------------------------------|------------------|
| 2 quarts boiled beets, chopped | 2 cups sugar     |
| 2 quarts cabbage, chopped      | 2 teaspoons salt |
| 1 cup horseradish, grated      | Pepper to taste  |

Boil Beets, page 197, mix ingredients, add cold vinegar to cover, and place in gallon jar. Will keep.

**No. 2**

- |                           |                     |
|---------------------------|---------------------|
| 3 cups cold, boiled beets | 1 teaspoon salt     |
| ½ cup horseradish root    | ¾ cup vinegar       |
| ¼ teaspoon pepper         | 2 tablespoons sugar |

Boil, peel and chop Beets, page 197, and grate the horseradish; season with salt, pepper and sugar. Add all the vinegar the horseradish and beets will absorb, or mix lemon juice with the vinegar and place in covered jar or glass and it is ready for use. Will keep a long time. Canned beets and bottled horseradish may be used.

# Chapter 44

## Canning Fruits and Vegetables

---

### GENERAL RULES

Canning fruit is preserving sterilized fruit in sterilized, air-tight jars. Fruits may be canned with or without sugar, if perfectly sterilized, that is, free from all germ life.

Can each kind of fruit in its season, when it is best and cheapest. Select it under-ripe rather than over-ripe. The various methods are:

**1. Open Kettle Method:** The fruit is completely cooked or processed in an open kettle on the stove and put boiling hot to overflowing into *hot sterilized jars*. See page 588 for full directions.

**2. Cold Pack Method:** The *raw* fruit is packed in clean, hot jars and is cooked with the syrup in the jars, surrounded by boiling water, or steam. See page 589.

**3. Hot Pack Method:** The food is pre-cooked a short time in an open kettle on the stove, filled boiling hot in scalding hot jars, then cooked in the jars, surrounded by boiling water or by steam. See page 590 for full directions.

**4. Freezing:** See page 603 for directions.

### SELECTING FRUITS AND VEGETABLES

Fill every jar with fruits and vegetables which cannot better be saved by drying or storing in the cellar.

All fruits and vegetables used for canning should be clean, sound, as freshly picked as possible and not over-ripe. Wash thoroughly until every trace of soil is removed.

It is not necessary to can large quantities of food at a time.

For a small family, use pint jars.

It takes 2 to 3 pounds of fruit to fill a quart jar.

1 bushel of plums weighs about 50 pounds.

1 bushel of pears weighs about 48 pounds.

1 bushel of peaches weighs about 48 pounds.

1 bushel of apples weighs about 44 pounds.

1 bushel snap beans weighs about 30 pounds.

1 bushel tomatoes weighs about 53 pounds.

### TESTS FOR JARS AND RUBBERS BEFORE CANNING

**Testing Jars:** Test jars and covers for leaks, cracks and flaws by filling with water, adjusting rubbers and cover and inverting. If jar leaks it is imperfect.

**Metal Screw Band Self-Sealing Jars** and **Metal Screw Band Glass Lid Jars** are tested by examining sealing surface. The top edge of jars must be smooth.

**Glass Top Jars:** Fit top to jar. If top rocks when tapped, it should not be used on that jar. The upper clamp should not be too tight or too loose. Bend it until it goes into place with a light snap.

**Screw Top Jars:** Use only enameled, lacquered, zinc procelain lined or glass inset tops. Screw the top on tightly without the rubber. If thumb nail can be inserted between top and jar, the top is defective.

**Rubbers:** Buy new rubbers every year. A good rubber will return to its original size when stretched; or, fold the ring and press tightly. Then turn it over and reverse, fold in same place. A perfect rubber will show no crease or break.

Before processing, wipe rubber ring or sealing edge with a clean, damp cloth to insure a perfect seal.

### TO STERILIZE JARS, RUBBERS, ETC.

Jars, covers, rubbers and all other utensils, must be sterilized. Wash them thoroughly and rinse in hot water. Place jars on their sides in pan of cold water. Covers may be put into another pan. Bring water to boiling point and let boil 10 minutes, allowing jars and covers to remain in hot water until ready to fill. Remove jars by slipping a broad skimmer underneath. Scald rubbers and let remain in water for 2 minutes. Invert and drain. Dip cups, spoons, and other utensils in boiling water. Self-sealing types of caps are sterilized by placing the lids in a pan and pouring boiling water over them.

### TESTING JARS AFTER CANNING

After processing, lift jars from canner one at a time and complete the seal at once if jars are not self-sealing type.

Place jars with freshly canned fruit or vegetables upright on a cloth or board with spaces between so they may cool quickly. Shield from drafts, which cause them to crack. If jars leak, remove cover and examine. If cover is not perfect, use another which has been sterilized. In cold pack method, screw on loosely and process or sterilize again 10 minutes. If cover is perfect, and rubber imperfect, place new one on jar, replace cover, and sterilize 10 minutes. If rubber is bulged out, press rubber back in shape while hot, invert, and if jar leaks, place new rubber on jar and sterilize 10 minutes.

**To Test for a Perfect Seal:** Next day, or when jars are cold, take a spoon and gently tap the lid. If properly sealed, it will give a clear, ringing note and be slightly curved inwardly. **Never turn self-sealing jars upside down.** In both Hot Pack and Cold Pack Method, self-sealing caps are screwed tight.

### SHRINKAGE

Shrinkage may occur during sterilization because of improper and insufficient blanching, careless packing, poor grading, sterilizing for too long a period, or lack of judgment in the amount and size of product put into the container.

If jar is not full of liquid when cool, do not open. It will keep. If you wish to refill, however, open jar, refill at once with boiling water to overflowing and tighten cover at once, or process again. Keep jars at room temperature for a week, and watch carefully.

### STORAGE

A cool, dark, dry place is best for storing canned goods. Store the jars in boxes in which jars were bought. Place jars of berries on their sides for several days before storing and turn them frequently. This keeps the berries from "floating."

When the fruit is cold, wipe the jars with a wet cloth. Paste on gum labels, and put the jars on shelves in a cool, dark closet.

Canned goods will keep in an apartment if stored where it is dark. Window boxes, chests, trunks and open shelves, equipped with heavy curtains are all satisfactory. Jars may be wrapped in newspapers.

### CANNING FRUIT WITHOUT SUGAR

Pick over, wash and cut up the larger fruit. Place fruit in hot jars, as much fruit as possible to each jar. Put rubbers on jars. Set jars and covers on rack in wash boiler. Add enough water to boiler to cover bottom of rack. Put on cover of boiler and heat gradually to boiling point. Boil 20 minutes. Open boiler. Use fruit in one jar to fill the other jars. Place hot covers on jars, but not tight. Add boiling water to cover jars in boiler. Place cover on boiler and boil for 10 minutes. Remove jars from water, tighten covers and cool slowly. Fruit may be used in the winter for jams, pies, puddings, sauces and salads.

### TO PREPARE THE SYRUP FOR CANNING

**Sugar Syrup:** Put the sugar and water in the saucepan and stir on the stove until all the sugar is dissolved. Heat slowly to the boiling point and boil gently without stirring from 1 to 5 minutes. Allow 1 pint of syrup for every quart of large fruit and  $\frac{1}{2}$  pint of syrup for every quart of small fruit.

**Corn syrup, honey and other syrups** may be used.

**Directions:** Measure syrup and sugar into a preserving kettle. Add water and heat until the sugar dissolves and the syrup boils.

**Temperature of Syrup:** All syrups when boiling are much hotter than boiling water. Cool a few minutes before pouring the syrup over the fruit in the jar.

Use **thin syrup** for sweet fruit.

Use **medium syrup** for medium fruit.

Use **thick syrup** for sour fruit.

#### Canning with Sugar:

**Thin Syrup:** 1 quart water,  
2 cups sugar.

#### Canning with Honey:

**Thin Syrup:** 1 quart water,  
1 cup sugar, 1 cup honey.

**Medium Syrup:** 1 quart water,  
4 cups sugar.

**Thick Syrup:** 1 quart water,  
8 cups sugar.

**Corn Syrup** may be used to re-  
place one-third of the sugar.

**Medium Syrup:** 1 quart  
water, 2 cups sugar, 2 cups  
honey.

**Thick Syrup:** 1 quart water,  
4 cups sugar, 4 cups honey.

### OPEN KETTLE METHOD

Wash and prepare fruit as for serving. Boil sugar and water to a syrup for a few minutes in an open kettle on top of the stove. Add the fruit, let boil, according to length of time indicated on the chart, page 589, test if tender with a silver fork.

Sterilize jars and keep them in the hot water until ready to fill.

Remove from water by lifting jar with a scalded wooden spoon. Set jar in a small pan, place a new scalded rubber ring on jar, and fill jar at once to overflowing with the boiling fruit and syrup. Slip the handle of a silver spoon around the inside of jar (paddle), to exclude all air, and to allow the syrup to circulate around the fruit.

Put on sterilized cover and seal at once.

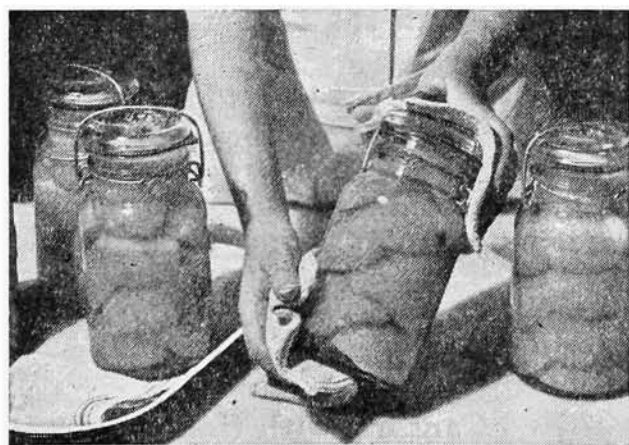
The work of filling and sealing must be done rapidly and fruit must be boiling hot when put into jars to avoid introducing microbes floating in the air that might cause the food to spoil.

Place the jars upright on a board, covered with a folded kitchen towel, with spaces between to cool quickly. Keep out of drafts. If screw covers are used, tighten them gradually as the glass cools.

Cook only a small quantity of fruit at a time to retain flavor and shape. If a large quantity of fruit is to be canned, it will save time if two or three kettles with syrup (each with



**Fill Jar to Overflowing**



**Tighten Covers Immediately**

enough syrup for 2 cans) are placed on the stove, and the fruit added to each kettle at such intervals that when the fruit in one kettle is canned, the fruit in the next kettle will be ready for the jars.

### OPEN KETTLE CANNING CHART

The sugar and water must be boiled to a syrup before adding to the fruit.

For 1-Quart Cans	Boil Minutes	Sugar Cups	Water Cups
Cherries, slowly.....	5	$\frac{3}{4}$	$\frac{1}{2}$
Raspberries, slowly.....	6	1	$\frac{1}{2}$
Blackberries, slowly.....	6	$\frac{3}{4}$	$\frac{1}{2}$
Plums, slowly.....	10	1	$\frac{1}{2}$
Strawberries, slowly.....	8	1	$\frac{1}{2}$
Huckleberries, slowly.....	5	$\frac{1}{2}$	$\frac{1}{2}$
Small sour pears, whole.....	30	1	1
Bartlett pears, in halves.....	20	1	1
Peaches, in halves.....	8	1	1
Pineapples, cut.....	15	1	1
Siberian crabapples, whole.....	*25	1	2
Sour apples, cut in quarters.....	10	$\frac{3}{4}$	2
Ripe currants.....	6	1	$\frac{1}{2}$
Wild grapes.....	10	1	$\frac{1}{2}$
Tomatoes.....	20	0	0

### COLD PACK CANNING

Wash thoroughly and prepare fruit as for serving. Lift carefully out of water in colander or wire basket and pack raw into clean, hot jars.



Pour Over the Hot Syrup

If fruit is to be peeled, dip into boiling water until the skins loosen and then into cold water. Pour over hot syrup, leaving from  $\frac{1}{2}$  to 1 inch head space at top of jar. Paddle, that is, remove air bubbles by inserting handle of silver spoon close to side of jar, allowing liquid to circulate all through the jar. Adjust new scalded rubbers and tops, wipe with a clean damp cloth to remove any seeds and only *partially* seal to allow steam to escape and to prevent breakage. Then place jars either on a rack in a boiler, covered with hot water (water bath), or in a pressure cooker, and process or sterilize according to the length of

time indicated in the Charts, pages 595-596, 598. Remove jars, place on folded towel, seal at once. Cool upright out of drafts.

### HOT PACK METHOD

In the hot pack method, fruits and vegetables are cooked for a short time on top of the stove in an open kettle (pre-cooked). This method shrinks the food and drives out the air bubbles and takes the place of the former *blanching* and *cold dipping*. Pre-cook *fruits* in boiling syrup, vegetables in boiling water, for the length of time indicated in Charts, pages 595-596, 598. Pack at once as hot as possible into hot, scalded jars. When processing fruits in water bath, fill jars to within  $\frac{1}{2}$  inch of top. Adjust new, scalded rubbers, and seal *only partially*. When processing in the pressure cooker, fill to within 1 inch of top, adding 1 teaspoon of salt to each quart of vegetables, and seal tightly if self-sealing lids are used before processing. Process for the length of time indicated in the Charts, pages 595-596, 598.

### CANNING IN COLD WATER

**Rhubarb:** Cut the rhubarb when it is young and tender. Wash it thoroughly; cut into pieces as long as the jar is tall. Pack in sterilized jars, cover with fresh cold water. Adjust new, sterilized rubbers and covers, and seal.

### CANNING FAST-FROZEN FRUITS

Fast frozen fruits already sugared may be purchased for canning. Let thaw in container. Proceed as for fresh fruit, using Hot Pack or Cold Pack method. Process in water bath. See Chart, page 595.

### CANNING UNCOOKED BERRIES IN HOT SYRUP

Place berries in colander that sets down in a deep pan full of cold water. Lift colander up and down to wash but not to crush the berries. Remove stems. Prepare Syrup, page 587. Pack the berries in hot, sterilized jars, pour in the boiling syrup, close tightly, using new rubbers. Place jars on rack of boiler, with warm water to cover. Cover boiler or kettle, place over slow fire, and gradually increase the heat to the boiling point. Shut off the fire, let the jars remain in the water until cooled off, then tighten covers.

Raspberries, strawberries, blackberries, blueberries, green gooseberries, cherries, and rhubarb may be canned this way.

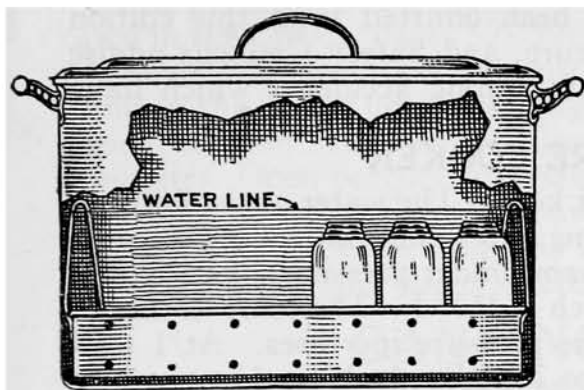
### FRUIT PUREES

Place fruit over slow fire, until juices flow; to apples, add a little water. Increase heat until fruit boils. Boil 1 hour, stirring constantly. Place in jars. Sterilize 20 minutes in water bath. Pulped fruit can be used for jams, puddings and pies, sweetened to taste when ready to use.

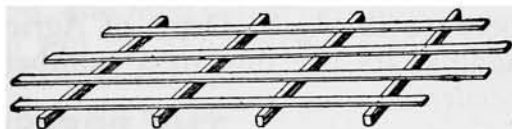


## PROCESSING IN WATER BATH

Fruits and tomatoes should be processed in a water bath. **Non-acid vegetables should be processed only in a Pressure Cooker.**



Water Bath Canning Outfit



Rack to Keep Jars off Bottom of Boiler

Use a wash boiler, a lard can, a new garbage can, or any straight-sided pail with a close-fitting cover and a false bottom. The false bottom is necessary to keep the cans off the bottom of the boiler, to al-

low the water to flow freely about them. It may be made of laths nailed together with cross pieces or it may be of perforated cake tins. Wire broilers or cake coolers serve the purpose nicely. Little wire baskets to fit each jar may be bought at a small cost; they can be lifted out one at a time.

If a **glass top jar** is used, snap the top bail only, leaving the lower bail loose during sterilization. Do not quite *complete* turn of **screw-top jars**, but use only thumb and little finger in tightening it.



Processing in Water Bath

In self-sealing jars, metal screw band is screwed on firmly. Where top seal rubber ring fits on glass lid, turn screw band back  $\frac{1}{4}$  turn.

Place jars, top up, in a kettle or boiler of warm water. Water is added completely to cover the jars.

The water is then brought to the boiling point and kept boiling the length of time given on the time table for sterilizing, page 595. If wash boiler is used, stretch a cloth over the top before putting on the cover, in order to keep in all the steam. Keep the water boiling con-

stantly during the entire length of time for sterilizing, never allow it to drop below the level of jars. Count time when water *begins to boil*.

### PROCESSING IN OVEN

Oven canning instructions have been omitted from this edition because the U. S. Dept. of Agriculture, and Safety Councils advise against its use due to a number of canning accidents which have occurred.

### THE PRESSURE COOKER

The Pressure Cooker is a steam-tight kettle. The water at the bottom, when heated to the boiling point turns into steam that cannot escape, and thus creates pressure. This steam, under pressure, has a higher temperature than boiling water, which is 212° F. The temperature in the Pressure Cooker increases as the pressure increases. At 1 to 5 pounds the temperature is 200° F. to 228° F. At 10 to 15 pounds it is 240° to 250° F.

There are three types of Pressure Cookers (1) with dial-faced pressure gage, (2) slide-type pressure gage, (3) weights used instead of pressure gage.

**How to Use the Pressure Cooker:** See pages 15-16. Before canning, test cooker to see if *safety valve* does not shift back and forth from the required pressure and thus cause loss of liquid in the cans.

Unscrew the body of the valve, stretch the *coil spring* lightly with the fingers, put it back in place. The tension of the little ball is governed by the length of the spring. Remove the ball when not in use. Keep dry; oil slightly to keep from rusting.

Have pressure gage checked for accuracy each season before using pressure cooker.

Follow manufacturer's directions in operating, cleaning and care of cooker. *Never immerse cover in water.*

### PROCESSING IN PRESSURE COOKER

Place filled jars, not too close, on rack in Pressure Cooker on stove, with water to the level of the rack or about 2 to 3 inches of water. If material is to be processed longer than  $\frac{1}{2}$  hour, a little more water will be required. When canning by the Hot Pack Method, water at bottom of cooker should be boiling hot, jars filled as hot as possible to  $\frac{1}{2}$  in. of top and tightly covered if self-sealing lids are used. When Cold Pack Method is used, leave  $\frac{1}{4}$  to  $\frac{1}{2}$  inch space at top of jar and put jar cover on loosely. Put on cover of cooker and adjust



Thumb Nut Type Closure

clamps by turning opposite thumb screws in rotation, loosely at first and then tighten securely, see page 16, or according to type of closure. Open the petcock and allow steam to escape at least seven minutes.

Close petcock. Bring the pressure slowly to 5 or 10 pounds, as indicated in the Charts, pages 595-596, 598, and hold it there by adjusting the heat. Do not allow pressure to run up and down, as this will result in the loss of liquid, see page 592. At the end of the processing period, turn off fire. Let pressure run down to zero, hold it there for 2 minutes. Open petcock gradually. Remove cover of cooker, tilting far side up so steam can escape away from face and hands. Take out jars. If Cold Pack Method was used, tighten the loosely fitted jar covers. Cool upright out of drafts.

## CANNING FRUITS

### CANNING PEACHES

4 lbs. peaches

1 quart water

2 lbs. sugar

2 (1-quart) jars

**Open Kettle Method:** Select large, sound freestone peaches. Drop a few at a time into boiling water, when skins loosen, dip in cold water and peel. Cut in halves or slice and remove stones. Boil sugar and water to a syrup in a preserving kettle on the stove, adding a few cracked pits for flavor, add peaches, boil slowly 5 to 8 minutes, or until they may be pierced with a silver fork. Have jars sterilized, adjust new scalded rubbers, slip peaches quickly into the jars with spoon dipped in boiling water, pour boiling syrup to overflowing over peaches, seal at once. Cool upright out of drafts.

**Cold Pack Method:** Prepare peaches as above. To keep from darkening dip in 1 gallon of water mixed with 2 tablespoons salt and 2 tablespoons vinegar. Drain. Pack raw in over-lapping layers, hollow side down; or slice. Pack in clean, hot jars. Place a peach stone in each jar for flavor. Pack to within  $\frac{1}{2}$  inch of top, adjust new scalded rubbers, pour boiling Medium Syrup, page 588, over to within  $\frac{1}{4}$  inch of top and partially seal. Process any method.

**Hot Pack Method:** See Chart, pages 595-596.

**When Processing in Water Bath:** Place jars on rack in boiler, cover completely with warm water. Bring to the boiling point, process 20 minutes. Remove jars, seal at once and cool.

**When Processing in Live Steam:** Put 3 inches of water in patent canner. Place filled jars on wire rack. Cover tightly and when water boils, reduce heat so only a little steam escapes; then allow to process the required length of time.

**When Processing in Pressure Cooker:** Place hot water in cooker just below the level of the rack at bottom. Place jars on rack, not too close together. Close canner, gradually tightening opposite clamps.

Place on stove. Open petcock, let remain open 7 minutes, close. Let pressure reach 5 pounds and remain there 10 minutes. Turn off heat. Let pressure run down to zero. Wait 2 minutes. Open petcock slowly. Remove cans, seal.

### CANNING PEARS

**Open Kettle Method:** Select Bartlett Pears. Peel, remove the blossom ends, cut in halves, remove cores with potato ball cutter. Cook until tender in syrup in open kettle as Peaches, page 593.

**Hot Pack Method:** If pears are hard and small, leave whole with stems on, or pare and pre-cook 4 to 8 minutes in boiling Medium Syrup, page 588. Pack hot in jars, cover with hot syrup. Process in water bath 20 minutes, or in pressure cooker 10 minutes at 5 pounds.

### CANNING CHERRIES

**Open Kettle Method:** Select large, dark, sour cherries, wash. Stem and stone with new steel hair pin or cherry pitter, in colander over preserving kettle to save the juice. Boil thick Syrup, page 588, add cherries and boil five minutes. Pour at once into hot sterilized jars to overflowing, and seal at once.

**Cold Pack Method:** Prepare as cherries, above. Pack raw in hot jars. If sweet, pour over Medium Syrup, page 588. Process, page 595, in water bath 25 minutes, or in pressure cooker 10 minutes at 5 pounds.

**Hot Pack Method:** See Chart, pages 595, 596.

### CANNING PINEAPPLES

**Open Kettle Method:** Select large pineapples. Cut crosswise in thick slices, and then peel and core. Chop or slice. To 1 quart of pineapples, add 1 cup of sugar. Let stand over night. Then add cup of water to each cup of fruit. Pour in preserving kettle, let come slowly to the boiling point, fill in hot sterilized jars to overflowing, and seal at once. Or peel pineapple and remove eyes. Cut into pieces lengthwise, making "sticks"  $\frac{1}{4}$ -inch square and height of jar. Put in jars lengthwise.

**Cold Pack Method:** Prepare pineapples as above. Place the raw fruit in hot scalded jars. Pour over boiling Medium Syrup, page 588. Process in water bath 30 minutes, or in pressure cooker 10 minutes at 5 pounds as for Peaches, page 593.

### CANNING STRAWBERRIES

Use only fresh, ripe, firm and sound berries. Wash and stem. To each quart of berries add 1 cup of sugar. Place in enameled kettle, let stand until juice flows. Cook slowly to the boiling point, then rapidly for 3 or 4 minutes, then cover kettle and let stand over night. Drain berries, and pack into hot sterilized jars. Put on new, scalded rubbers. Heat syrup until it boils and pour immediately over fruit to within  $\frac{1}{2}$  inch of top of jar. Adjust cover not tight and process in water bath 8 minutes; in steam pressure cooker 5 minutes under 5 pounds pressure. Remove jars, tighten covers, lay jars on sides and roll every day for a week if desired. Wrap jars with paper.

FRUIT CANNING CHART

PROCESSING

Fruit	Preparation	Cold Pack Method	Hot Pack Method	Boiling at 212° F.			Pressure Cooker
				Cold Pack	Hot Pack	Hot Pack	
<b>Apples</b>	Pare, core and cut into halves, quarters, or smaller pieces.	Pack raw at once in clean, scalded jars, cover with boiling hot thin syrup, page 587. Process at once.	Dip as Peaches, page 593. Boil in thin syrup. Pack hot. Cover with syrup. Adjust covers. Process.	15 min.	15 min.	15 min.	10 min. 5 lbs.
<b>Apple Sauce</b>	No. 1 Recipe, page 331.		Pack at once as hot as possible into hot scalded jars. Process at once.		10 min.		5 min. 5 lbs.
<b>Raspberries Blackberries Blueberries Huckleberries</b>	Pick over, wash and hull. Drain.	Pack raw in clean scalded jars. Cover with boiling hot medium syrup, page 588. Process at once.	Precook berries in just enough medium syrup or fruit juice to prevent sticking to pan. Pack hot. Cover with hot syrup.	20 min.	15 min.	15 min.	10 min. 5 lbs.
<b>Strawberries</b> (See Recipe, page 594.)	Pick over, wash and stem.		To each quart add 1 cup of sugar. Let stand until juice flows. Boil rapidly 4 min. Let stand over night. Place berries in hot jars. Pour over strained syrup boiling hot. Process at once.		15 min.	15 min.	5 min. 5 lbs.
<b>Cherries</b>	Wash, stem and remove pits.	Pack raw in clean scalded jars. Cover with boiling hot syrup, using thick syrup for sour cherries, and medium for sweet. Process immediately.	Or remove pits, add sugar as desired, bring to boil and pack. Process immediately.	25 min.		15 min.	10 min. 5 lbs.
<b>Peaches Apricots Nectarines</b>	Pour boiling water over until skins loosen. Dip in cold water, remove, peel. Cut in halves or slices. Remove pits. Dip, see page 593.	Pack raw in clean, hot jars. Cover with medium syrup, boiling hot in which several cracked peach pits have been boiled. Process immediately.	Precook in medium syrup. Pack hot. Cover with hot syrup. Process at once.	20 min.		20 min.	10 min. 5 lbs.

Leave 1/2 inch head space in each jar. Adjust covers according to type. Add 1 minute for each 1000 feet above sea level if time is 20 minutes or less. Add 2 minutes when time is longer.

## FRUIT CANNING CHART (Continued)

Fruit	Preparation	Cold Pack Method	Hot Pack Method	PROCESSING		
				Boiling at 212° F. Water Bath		Pressure Cooker
				Cold Pack	Hot Pack	
<b>Pineapples</b>	Cut in thick slices, pare, cut in small slices to the core.	Pack raw in clean, hot jars. Cover with medium syrup, boiling hot. Process immediately.	Precook, as for Peaches.	30 min.	30 min.	10 min. 5 lbs.
<b>Pears</b>	Wash, pare, if desired. Small pears may be canned whole or cut in halves or quarters.	Pack raw in clean, hot jars. Cover with medium syrup, boiling hot. Process immediately.	Or if pears are hard or whole, cook for 4 to 8 minutes in boiling hot medium syrup. Pack hot in jars and cover with boiling syrup. Process immediately.	20 min.	20 min.	10 min. 5 lbs.
<b>Plums</b>	Wash, stone if desired. If left whole, prick.	Pack raw in clean, hot jars. Cover with medium syrup, boiling hot. Process immediately.	Or, put medium syrup in preserving kettle. Add plums, pitted. Let come to a boil. Pack at once into hot scalded jars, leaving $\frac{1}{2}$ inch space at top of jar. Process at once. For sour plums, use thick syrup.	20 min.	15 min.	10 min. 5 lbs.
<b>Rhubarb</b>	Wash, cut into $\frac{1}{2}$ -inch pieces with sharp knife.		Measure the rhubarb, place it in a baking dish and add $\frac{1}{4}$ as much sugar by measure as rhubarb. Cover and bake in the oven at 350° F. for 30 or 35 minutes or until the rhubarb is tender, but whole. Pack as hot as possible in hot scalded jars. Process immediately.		10 min.	5 min. 5 lbs.
<b>Tomatoes</b>	Pour boiling water over until skins loosen. Dip in cold water. Cut out stem core, slip off skins. Leave whole or cut in pieces.	Pack raw in clean, hot jars. Cover with hot tomato juice. Add 1 teaspoon salt to each quart. Process immediately.	Heat to boiling. Pack hot. Add 1 teaspoon salt to each quart.	25 min.	10 min.	15 min. 5 lbs.

See page 595—Footnote.

## NON-ACID VEGETABLE CANNING

(See Also Chart on Page 598)

As it is impossible to heat water alone to a temperature higher than the boiling point, 212° F., and as it is necessary to have a higher temperature to thoroughly sterilize non-acid vegetables, Government Bulletins advise the use of the Pressure Cooker when canning vegetables. In a Pressure Cooker, temperatures much higher than that of boiling water can be secured. When canning vegetables, the pressure should be from 10 to 15 pounds, or 240° to 250° F.

Vegetables may be divided into five classes, all being sterilized by practically the same process. 1—vegetable greens; 2—roots and tubers; 3—tomatoes and corn; 4—pumpkin and squash; 5—pod-vegetables, such as beans, peas and okra.

Vegetables should be canned as soon as possible after being picked; the same day is best. Early morning is the best time for gathering them. Do not undertake to can vegetables until you know how each part of your canner works and until you have familiarized yourself with the Chart on page 598, and have studied every detail of the various steps below.

Wash vegetables thoroughly and prepare as for cooking. Great care should be taken in cleaning vegetables, removing every particle of dirt, because the soil may contain harmful bacteria.

Place in preserving kettle, add boiling water, let cook thoroughly for a few minutes. Pack, hot as possible, in clean, scalding hot jars, adding 1 teaspoon of salt to each quart jar; to corn and peas add also 1 tablespoon sugar. Cover with water in which vegetables were boiled and if not enough, add boiling water. Adjust new scalded rubbers and tops, according to type. For porcelain lined screw top, turn back  $\frac{1}{4}$  inch. For glass top, push long bail over top. For glass lid and top seal rubber ring, turn screw bands back  $\frac{1}{4}$  inch. For self-sealing top, screw metal band on firmly. Place at once, not too close, in Pressure Cooker containing boiling water, level with the rack at the bottom. Cover canner, adjust clamps gradually, open petcock letting steam escape at least seven minutes, close petcock and bring the pressure up to 10 lbs., hold it there for the time indicated in the Chart, page 598. Turn off heat. Let pressure run down to zero, wait 2 minutes, open petcock gradually, remove cover, tilting up away from you. Take out jars, complete seal if necessary, and cool out of drafts. When ready to use home-canned non-acid foods, to be perfectly safe, always boil them in an open pan for 20 minutes before tasting or using. Burn any vegetables that show signs of spoilage.

### VEGETABLE GREENS (SPINACH, DANDELIONS)

This class includes cabbage, brussels sprouts and cauliflower. Greens should be thoroughly washed, then trimmed, old leaves and coarse

## VEGETABLE CANNING CHART

Vegetable	Preparation	Hot Pack Method	Processing in Pressure Cooker at 10 lbs. (240° F.)
<b>Asparagus</b>	Wash, remove tough ends, cut to fit jar, tie in bundles, or cut in half-inch lengths.	Place bundles in saucepan with boiling water over lower tough portion, cover tightly and boil 4 or 5 minutes. Place hot as possible in clean, scalded jars, tip end up. Add 1 teaspoon salt to each quart jar, and cover with boiling liquid. Seal tightly. Process at once. Or, place half-inch lengths in saucepan, cover with boiling water. Bring to boil and pack at once in clean, scalded jars. Add salt. Cover with boiling liquid. Process immediately.	Quart glass jars 50 min. 10 lbs.  Pint glass jars 35 min. 10 lbs.
<b>Beans, Snap</b>	Wash stringless beans, cut in small pieces, crosswise or lengthwise.	Place in saucepan with boiling water to cover. Boil 5 minutes. Pack hot in clean, scalded jars. Add 1 teaspoon salt to each quart. Cover with the hot liquid. Process immediately.	Quart jars 40 min. 10 lbs.
<b>Beans, Lima</b>	Shell and wash. Can only tender beans.	Put in preserving kettle. Cover with boiling water and when boiling, pack at once into hot, clean jars. Add 1 teaspoon salt to each quart. Cover with hot liquid. Process at once.	60 min. 10 lbs.
<b>Beets</b>	Use baby beets only. Remove skins, as in recipe, page 599.	Pack hot as possible in clean, scalded jars. Add 1 teaspoon salt to each quart of beets. Cover with boiling water. Process immediately.	45 min. 10 lbs.
<b>Carrots</b>	Use only young carrots. Remove tops, scrub. Cook in boiling water until skins loosen. Remove skins.	Pack hot as possible in clean, scalded jars. Add 1 teaspoon salt to each quart of carrots. Cover with boiling water. Process immediately.	45 min. 10 lbs.
<b>Sweet Potatoes</b>	Boil or steam until skins come off easily, peel quickly. Cut in quarters.	Pack hot as possible in clean, scalded jars. Cover with fresh boiling water. Process immediately.	110 min. 10 lbs.
<b>Corn</b>	Use only tender, young sweet corn. Remove husk and silk. Cut from cob.	Place in saucepan with boiling water to cover. Heat to boiling. Pack hot as possible in clean, scalded jars to within 1 in. of top. Add 1 teaspoon salt, 1 tablespoon sugar to each quart jar and process immediately.	75 min. 10 lbs.
<b>Greens</b>	Pick over, wash in several waters until free from sand. Cook only until wilted, page 599.	Pack at once in clean, scalded jars. Add boiling water to cover and 1 teaspoon salt to a quart. Process immediately.	105 min. 10 lbs.
<b>Peas</b>	Use only tender, young peas. Shell and wash.	Place in saucepan with boiling water to cover. Heat to boiling. Pack hot as possible in clean, scalded jars. Add 1 teaspoon salt and 1 tablespoon sugar to each quart jar. Process immediately.	50 min. 10 lbs.
<b>Pumpkin Squash</b>	Cut in half, then in strips. Remove stringy center and seeds.	Steam until tender, put through colander, to remove rind and stringy fibre. If not hot, reheat. Pack hot as possible in clean scalded jars. Add 1 teaspoon salt to each jar and process immediately.	105 min. 10 lbs.
Vegetable	Preparation	Hot Pack Method	Processing in Water Bath
<b>Pimientos</b>	Use whole, ripe Spanish peppers. Remove skins, as in recipe, page 599.	Pack hot in scalded ½ pint jars. Add ½ teaspoon salt. No water. Process at once.	40 min.
<b>Sweet Peppers</b>	Leave skins on. Steam 5 minutes. Stem and seed.	Pack hot in ½ pint jars. Add ¼ teaspoon salt, boiling water. Seal. Process at once.	35 min.
<b>Sauerkraut</b>	Follow recipe, page 580. When fermented, pack in glass jars.	Put sauerkraut in saucepan. Cover with its own brine. Heat to boiling. Pack in clean, scalded jars, adding salt water, if necessary to cover. Close jars tight; process immediately.	30 min.

For **Tomatoes**, see Fruit Canning Chart.

Leave 1 inch head space for peas, lima beans and corn; ½ inch for other vegetables. Adjust covers according to type. For each 2000 feet above sea level add 1 pound pressure.



stems removed, then steamed from 15 to 20 minutes, by placing in colander in a kettle with tightly-fitting cover. Use only an inch of water in bottom of kettle. Water should not touch greens. Pack hot, not too solidly in jars. Add salted boiling water to fill the crevices, place new scalded rubbers and tops in position, and sterilize one hour and 45 minutes at 10 pounds in Pressure Cooker. Remove jars, complete seal if necessary, cool. Beet or turnip tops may also be canned.

### ROOT AND TUBER VEGETABLES

**Carrots, Beets, and Sweet Potatoes:** Grade for size, color and degree of ripeness. Wash thoroughly, use vegetable brush. Place in preserving kettle, add boiling water and cook 15 minutes, or until skins slip off easily; remove skins. Leave vegetables whole or quarter or slice them. Pack at once into hot, clean jars. Add level teaspoon salt to each quart. Adjust new scalded rubbers, fill jar to  $\frac{1}{2}$  inch of top with boiling water. Adjust covers. Follow directions for Non-Acid Vegetables, page 599, and Chart, page 598.

### CORN

Use only fresh, early sweet corn in the milk stage—Evergreen, Bantam or Country Gentleman. Remove husk and silk. Cut from cob with sharp, thin-bladed knife. Add boiling water to cover and heat thoroughly. Pack at once, hot as possible, in hot, clean jars. Add level teaspoon salt and 1 tablespoon sugar to each quart jar. Adjust new scalded rubbers and fill to within 1 inch of top with boiling water. Follow directions for Non-Acid Vegetables, page 599, and Chart, page 598.

### PEAS

Peas must be very fresh and young. Those that are not full grown are best. Shell and sort. Put those of the same size, ripeness and grade together. Put at once in preserving kettle. Cover with boiling water and when boiling, pack at once, hot as possible, into hot clean jars. Add level teaspoon salt and 1 tablespoon sugar to each quart jar. Adjust new scalded rubbers. Cover jars. Put at once, not too close, on rack in Pressure Cooker, with water to the level of the rack, placing cooker on stove. Put cover on cooker. Open petcock and allow the steam to escape at least 7 minutes. Close petcock. Bring the pressure gradually to 10 pounds and hold it there for 50 minutes. Let pressure run down to 0 (zero), hold it there for 2 minutes; open petcock gradually. Remove cover of cooker, take out jars. Seal. Cool.

### SWEET PEPPERS

**Pimientos:** Prepare whole, sound, red Spanish sweet peppers that have thick flesh, tough, smooth skins and no ridges. Cut out stems and seeds and pack dry in flattened layers in clean, hot  $\frac{1}{2}$ -pint jars. No liquid is added, as the processing brings out enough liquid to almost cover them in the jars. Add  $\frac{1}{2}$  teaspoon salt to each pint. Adjust new

scalded rubbers, cover jars loosely. Let process in water bath 40 minutes, or in Pressure Cooker at 10 pounds pressure, 30 minutes.

**Sweet Peppers:** Leave skins on green peppers. Steam 5 to 10 minutes, remove stems and seeds. Pack hot in  $\frac{1}{2}$ -pint jars. Cover with boiling water;  $\frac{1}{2}$  teaspoon salt. Close jar tight. Process 35 minutes in water bath.

### RED PEPPERS, CANNED

1 peck red peppers  
1 quart vinegar

2 cups sugar  
Pint glass jars

Wash, remove stems and seeds, cover with boiling water, let stand two minutes, drain. Place in ice water, let stand ten minutes, drain well and pack solidly in jars. Boil sugar and vinegar together very thoroughly, pour over the peppers to cover. Seal, and use as a decoration for salads.

### CANNING TOMATOES (OPEN KETTLE METHOD)

Select smooth, pink, fleshy tomatoes. Wash. Plunge a few at a time in boiling water. When skins loosen, dip at once into cold water. Remove stem core and then skin, cut in quarters or slice. Place in preserving kettle, adding 1 teaspoon salt to 1 quart of tomatoes. Heat slowly, stirring frequently from the bottom. Let boil for 30 minutes. Pour boiling hot into sterilized jars; adjust new scalded rubbers and seal.

### CANNING TOMATOES WHOLE (COLD PACK METHOD)

Select medium sized, solid tomatoes. Wash. Plunge into boiling water until skins loosen. Dip into cold water, remove stem core and then skin. Pack carefully into hot sterilized jars, adding 1 teaspoon salt to each quart jar. Pour on hot strained tomato juice or boiling water to  $\frac{1}{4}$  inch of top if in water bath or Pressure Cooker. Adjust new scalded rubbers and covers. Process either in a *water bath* or in the *Pressure Cooker*, page 596, or *Live Steam*.

### CANNING TOMATO PULP (HOT PACK METHOD)

Wash tomatoes. Cut them up and boil 30 minutes. Rub pulp through a sieve, add 1 teaspoonful of salt to each quart and cook gently, until thick, and reduce to one-half the original bulk, stirring constantly to prevent burning. Put into clean, hot glass jars. Put on rubbers and cover, not tight. Place jars on rack in boiler. Add warm water until it is 1 inch above jars. Bring gradually to boiling point, let sterilize 20 minutes. Remove from water bath, close jars tight. Cool.

Use for making soups and sauces. When ready to use add  $\frac{2}{3}$  the amount of hot water.

### No. 1 CANNING TOMATO JUICE FOR COCKTAILS

Cut tomatoes in quarters. Boil gently until the juices flow, then simmer  $\frac{1}{2}$  hour. Strain. To each quart of juice allow 1 teaspoon salt. Reheat and pour boiling hot into hot sterilized jars to overflowing,

or leaving  $\frac{1}{4}$  inch head space, process 5 minutes in water bath, and seal. Season juice as desired. **For Cocktail**, *see* page 310.

**No. 2. Yellow Tomato Juice for Cocktail.** Take yellow tomatoes, any size or shape, removing stems. Wash, core if large, and cut in thick slices. If pear shaped, or small round, cut in half. Proceed as No. 1.

### TOMATO PASTE (Italian)

Use thoroughly ripe, sound tomatoes. Wash carefully and cut in thick slices. Sprinkle well with salt, about 1 cup to a bushel. Allow tomatoes to drain several hours, then boil until very soft. Cool and rub through a fine sieve. Strain a second time if not smooth. Place pulp in kettle and boil slowly over a protected flame, until thick, so it will not run, stirring often to prevent burning. Use a bread board or similar hard wood and spread the paste on it, scoring the mass a number of times to hasten the drying process. Place in the bright sun on a clear day or in slightly warm oven and work over the mass frequently to aid the drying. When dry, so it will roll, put in pans and allow it to stand for about 4 days. Then cut and roll in small portions egg shape. Dip these balls in oil, using olive oil or any other good salad oil. Place them in a stone jar and cover with heavy paper or cloth dipped in oil and salt. If they dry out too much, pour a little oil over them. Will keep indefinitely.

This paste is used in soups, sauces, with macaroni, etc. When ready to use, dissolve a small amount in boiling water.

### CANNING TOMATO SOUP

1 peck ripe tomatoes	1 teaspoon celery seed
4 onions, sliced	1 teaspoon cloves, heads removed
12 sprigs parsley	2 tablespoons salt
2 bay leaves	1 tablespoon sugar
1 teaspoon pepper corns	

Wipe tomatoes and quarter, tie spices in a bag. Boil all together, gently at first until the juices flow, then let simmer for  $\frac{1}{2}$  hour. Strain, reheat, bring to the boiling point, pour into sterilized air-tight jars to overflowing and seal at once. Use for meat, fish or vegetable gravies or for soups.

### CANNING VEGETABLE SOUP

1 quart carrots, diced	1 quart corn, cut from cob
1 quart green beans, sliced	1 quart cauliflower, in pieces
1 quart wax beans, sliced	1 quart potatoes, diced
1 quart onions, diced	3 chopped green peppers
1 quart celery, diced	2 quarts tomatoes

Wash, pare and dice carrots, onions and potatoes. Scald tomatoes, dip in cold water, remove skins and slice. Cut beans in  $\frac{1}{2}$ -inch pieces, slanting-wise. Scald peppers, remove stems, seeds, and chop. Mix vegetables in large preserving kettle, add boiling water to cover. Let boil 5

minutes. Pack at once, hot as possible, into clean, hot jars. Adjust new scalded rubbers. Place a teaspoon of salt in each quart jar. Close covers tightly if self-sealing. Process one hour in Pressure Cooker at 10 pounds pressure. Remove jars. When ready to serve, add, if desired, a tablespoon butter, a beef cube, or a little soup stock to each pint.

### STORING WINTER VEGETABLES

The best vegetables for storing are carrots, parsnips, salsify, beets, turnips, potatoes, onions, cabbage.

All bruised and broken vegetables should be rejected. At least an inch and a half of the tops should be left on beets, carrots and turnips. They should be stored in bins or boxes of sand or garden soil and buried on their sides in rows and surrounded with enough sand or soil between, on top, and below, so they will not touch each other, and the soil should be kept slightly moist. Too much moisture causes the vegetables to rot.

Just before the frost comes, tomato vines which contain a good many green tomatoes may be pulled up, roots and all, and hung stem downward in the cellar where they will ripen gradually. Onions require thorough curing and drying, and they must be kept in a cool dry place.

#### How to Store Potatoes

Pick out and use at once any potato that is injured, scabby or touched with rot or frost. Do not let storage room get below 32 degrees. Too dry air shrivels the potatoes; too wet air causes them to rot.

If you have a cement floor, lay a few planks over it and put the potatoes on the planks. Do not pile the potatoes too deep. Keep cellar dark.

## QUICK-FREEZING FRUITS AND VEGETABLES

Quick freezing is the newest method of preserving food. For quick freezing there are home freezing cabinets and centrally located locker units which can be rented. The food is prepared, sharp frozen, and stored. The more rapidly the food is frozen, the better the quality of the product. A temperature of 0° F. is the highest temperature which is satisfactory for storage over an extended period. Only the very best products should be frozen. Pick fruits and vegetables at the stage when they are best for eating. If freezer is at a distance, packages may be placed in electric refrigerator as fast as they are filled. Then take directly to the locker plant. Speed in preparation and freezing is essential to insure frozen products of high quality.

### PREPARATION FOR QUICK-FREEZING

**Equipment for Vegetables:** 2 very large kettles (not copper), a colander or French fryer or wire basket or loosely woven square cloth or a sugar bag, a long handled fork, absorbent toweling, moisture-vapor proof containers, proper iron for sealing.

**For Vegetables:** Vegetables which are ordinarily cooked before eating are best for freezing. They must be sound, fresh and frozen almost immediately after harvesting. Prepare as for cooking. Place in wire basket. Immerse in boiling water kept at the boiling point. Lift up and down so vegetables are evenly heated. There should be at least 1 gallon of water for each pound of vegetables, for leafy vegetables 2 gallons. Plunge into running cold water or water containing ice, 2 gallons of water to 1 pound of vegetable. Cool thoroughly, changing water if necessary. Then drain on Turkish towel or absorbent cloth until free from water. Pack at once in moisture-vapor-proof cartons leaving  $\frac{1}{2}$  inch head space. Seal. Freeze promptly and store at 0° F.

**For Fruits:** In general, fruits must be cleaned, washed in ice-cold running water or water containing ice, drained, covered with a heavy sugar syrup or mixed with sugar or dry-packed, and packed in heavily paraffined paper board cartons to within  $\frac{1}{2}$  inch of top, sealed immediately and promptly placed in freezer.

### Containers for Packaging:

A folding type carton with a liner of moisture-vapor-proof paper used for vegetables. (Heat sealed.)

Heavily waxed tub or cylindrical type with slip-in or slip-over lids, liquid tight, is more practical for fruits.

Freezer bags with cellophane lining for vegetables or fruits. (Heat sealed.) After filling the liner, press out all the air possible and seal with hot curling iron or electric iron.

## FREEZING VEGETABLES

Vegetable	Preparation	Scalding Time in Boiling Water
Peas	Shell. Wash. Use only young, tender peas.	1 minute.
Asparagus	Prepare immediately after cutting. Use only upper six inches. Trim, wash, and grade according to size.	$\frac{3}{8}$ to $\frac{3}{4}$ inches for 3 minutes. $\frac{3}{4}$ to 1 inch for 4 minutes.
Corn Whole Kernel	Use freshly picked sweet corn in milk stage. Husk, silk, wash. Blanch. Cut from cob deep enough to get whole kernels and prevent loss of milk.	2 minutes.
Lima Beans Small Medium	Shell. Wash in cold water. Discard older white beans.	1 minute 2 minutes.
Spinach	Use only perfect leaves. Discard thick stems. Clean and wash thoroughly. Scald 1 lb. at a time. Shake well to prevent matting.	2½ minutes in 2 gallons of water.
Beans—Snap	Small beans best. Use tender pods. Remove tips. Leave whole or cut in even pieces.	2 minutes.

Leave  $\frac{1}{2}$  inch head space for expansion. The desirability for speed cannot be overemphasized

## FREEZING FRUITS

Fruit	Preparation	Type of Pack
<b>Strawberries Whole</b>	Wash in ice water. Hull. Drain thoroughly.	Sugar pack. $\frac{1}{2}$ cup sugar to 1 lb. berries, or 50% sugar syrup.
<b>Strawberries Sliced</b>	Wash in ice water. Hull. Drain. Cut in slices $\frac{1}{4}$ in. thick or quarter.	Dry pack (no sugar) or sugar pack, $\frac{1}{2}$ cup sugar to 1 lb. berries.
<b>Raspberries Crushed or Whole</b>	Clean. Wash in ice water. Discard immature berries. Do not mash.	Dry pack (no sugar) or $\frac{1}{2}$ cup sugar to 1 lb. berries or 50% sugar syrup.
<b>Peaches</b>	Peel, keep under water until stoned. Slice directly into container.	1 cup sugar to 5 cups fruit or 60% sugar syrup, 6 cups sugar to 4 cups water.
<b>Other Berries</b>	Clean. Wash in ice water. Drain thoroughly.	Same as Raspberries.

Leave  $\frac{1}{2}$  inch head space. 1 cup sugar to 1 cup water = 50% syrup. Dissolve sugar in boiling water. Cool to room temperature. Heavily waxed, cylindrical or cube shape containers preferred.

### TO THAW FROZEN FRUITS

Fruits will soften slowly and evenly if left on open shelf in the refrigerator over night or for about six hours.

Or, let stand at room temperature for about three hours. Serve while still cold.

### TO COOK FROZEN VEGETABLES

They need not be thawed before cooking. Place in saucepan in small amount of rapidly boiling salted water. When heated, break up with a fork to hasten cooking. Cook only until tender.

## DRYING FRUITS AND VEGETABLES

### Sun Drying in Hot Climates

Food dried in the sun must be protected from dust, rain and dew, and should always be put under cover in the evening.

### Oven Drying

Artificial drying is cleaner and quicker in cooler climates. A very slow oven (never above 150° F.) may be used for drying foods, which are spread on paper, platters, or metal sheets covered with cheese cloth. The oven door should be left open 6 to 8 inches to allow the air to carry off moisture.

### To Dry Over Oven

Make frames of barrel hoops or laths and cover with cheese cloth, on which fruit is placed. Suspend above stove or radiator by ropes which would make it possible to adjust trays at proper height according to heat.

### Drying Apples, Pears or Quinces

Pare, core and cut the fruit in eighths, or core and slice in rings,  $\frac{1}{4}$  inch thick. As fast as a small amount is ready, dip for a minute in salt water, 3 tablespoons salt to a gallon of water to prevent discoloration.

Drain and dry surface moisture on cheese cloth. Spread on trays, dripping pans or platters or spread cheese cloth on oven racks. 15 minutes before drying time set regulator at 150° F. with oven door propped open. The fruit will be done when it is so dry that it is impossible to press water out of the freshly cut ends, but not so dry that it will snap or crackle. This will take from 4 to 6 hours. Cool quickly. Store in paper bags tying necks with string, and painting all over with melted paraffine, or use moisture-proof bags. Store bags in a tightly closed tin container.

Pears and quinces may be steamed 10 minutes before drying.

### To Cook Dried Apples, Etc.

Soak 6 to 8 hours, or over night, using 3 parts of water to 1 part of apples. 2 hours' soaking is sufficient for thinly sliced apples.

## TIME TABLE FOR BLANCHING AND DRYING FRUITS AND VEGETABLES

Vegetables	Blanching Time (Minutes)	Drying Time (Hours)	Temperature Fahrenheit
Sweet Corn.....	5 to 10	3 to 4	110 to 145
Carrots.....	6	2½ to 3	110 to 150
Onions.....	5	2½ to 3	110 to 140
Pumpkin.....	3	3 to 4	110 to 140
Celery.....	3	3 to 4	110 to 140
Swiss Chard	3	3 to 4	110 to 140
Peppers.....	.....	Dry thoroughly	110 to 145
Spinach.....	4 to 6	3	110 to 140
Tomatoes.....	To loosen skin	.....	110 to 145

Fruits	Not Necessary to Blanch	Drying Time (Hours)	Temperature Fahrenheit
Plums.....	Cut in halves; remove pits.	4 to 6	110 to 145
Apricots.....	Cut in halves; remove pits.	4 to 6	110 to 150
Peaches.....	Cut in halves; remove pits.	4 to 6	110 to 150
Apples.....	Pare, core, slice, dip in salt water.	4 to 6	110 to 150
Quinces.....	Pare, core, slice, dip in salt water.	4 to 6	110 to 150
Pears.....	Peel, core, slice, dip in salt water.	4 to 6	110 to 150

### Drying Berries

Blueberries, currants, gooseberries, raspberries, cherries and grapes can be dried. The length of time required is from 6 to 8 hours. Use only sound, unbruised fruit; wash clean and drain on platters and dry in oven. Be careful that the oven is not too warm in the beginning. A low temperature, 110° F. at first, with the oven door left open, will be about right; gradually raised to 130° F. or 140° F., for best results.

The drying should be stopped as soon as the berries fail to stain the hand when pressed, but are not so hard that they will rattle.

### To Cook Dried Berries

Soak 4 or 5 hours, using 1½ parts of water to 1 part of raspberries. Cook in the same water 20 minutes and sweeten to taste.

**To Dry Pepper**

Dry large whole peppers by hanging them up by their stems on a strong string so they will not touch each other. Hang them near a window where they will dry slowly and evenly.

**Dried Sweet Corn**

Only very young and tender corn should be used for drying, and it should be prepared at once after gathering. Cook in boiling water 2 to 5 minutes, long enough to set the milk. Cut the kernels from the cob with a sharp knife, taking care not to cut off pieces of the cob. Spread thinly on trays, and place in position to dry. Stir occasionally until dry, from 3 to 4 hours at 110° to 145° F.

The corn may be dried in the sun. Dry in oven 10 to 15 minutes, and finish drying in the sun. Sun drying is not satisfactory in moist weather.

**To Cook**

Soak the corn for 2 to 4 hours in water, using 2 cups of water to 1 cup of corn. Cook in the water in which it was soaked for an hour or until tender. Then season with butter, salt and pepper, and a little sugar.

**DRIED PEAS AND BEANS**

Allow the peas or beans to mature on the vines. Be sure they are dry before storing. Spread on plates or pans in the attic or in a sunny room, to dry. Stir frequently to prevent molding.

**DRIED CELERY LEAVES, PARSLEY, ETC.**

Celery tops, parsley, mint, sage, onion tops, pepper and cress are easily dried. Wash them well, drain and wipe off the water, place them on racks and dry very slowly in an oven.

**Drying Spinach and Other Greens**

Spinach, beet greens, lettuce and chard should be carefully picked over and washed in several waters. These may be steamed 10 minutes before drying. The quicker oven method of drying makes them retain their natural color and flavor better. Only in very hot, dry weather should the sun-dry method be used. Dry thoroughly, and pack.

**DRYING MUSHROOMS**

Mushrooms should not be peeled. Trim and slice as soon as possible after collecting. Cut the stems crosswise. They should be dried quickly. Spread on a board or paper and set in a sunny place or in an oven, not too hot, lest they steam and spoil. A place near the furnace or in the furnace encasement is best. Rinse well in cold water before cooking.

**Morrels** (Morchella): Will dry without slicing by putting a string through them, and hanging them up in the kitchen or any dry place.

**Shaggy Mane** (Coprinus Comatus) cannot be dried.



# Chapter 45

## Menus

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### PROVISIONS FOR 40 PEOPLE

- 1 lb. coffee and 10 qts. water serve 40 people.
- 1 qt. cream and 1 lb. sugar for 40 cups coffee.
- 2 gals. of soup serve 40 people.
- 1 pk. potatoes serves 40 people.
- 2 qts. gravy or sauce serve 40 people.
- 1 qt. French dressing serves 40 people.
- 2 doz. lemons, 2 lbs. sugar, 2 gals. water makes lemonade for 40 people.
- 1 qt. mayonnaise serves 40 people.
- 12 lbs. chicken salad will serve 40 people. Allow  $\frac{1}{4}$  lb. dressed chicken to each person.
- 5 lbs. sweet bread salad, tuna salad or salmon salad will serve 40 people.
- 1 pk. of potatoes will make 8 qts. of potato salad, which will serve 40 people.
- 3 lbs. potato chips will serve 40 people.
- 35 lbs. chicken or turkey, dressed, will serve 40 people.
- 1 ten-pound can of peas will serve 40 people.
- 5 lbs. macaroni will serve 40 people.
- 2 lbs. salted peanuts will serve 40 people.
- $\frac{1}{2}$  gal. medium size olives will serve 40 people.
- 1 loaf of sandwich bread will make 24 sandwiches.
- 1 lb. of butter will spread three loaves of bread.
- 1 qt. of sandwich filling will spread one loaf of bread.
- 2 gals. of ice cream will serve 40 people liberally.
- 1 round cake—10 inches in diameter—will serve 12 people.

### FOOD COMBINATIONS

- Pot Roast, Browned Potatoes, Corn, Pickles.
- Brisket of Beef, Sauerkraut, or Horseradish Gravy, Potato Dumplings.
- Broiled Steak, Saratoga Onions, Mushrooms, Baked Idaho Potatoes, Tomato Salad.
- Roast Beef, Franconia Potatoes, or Yorkshire Pudding, Spinach, Cucumber Salad.
- Roast Lamb, Mint Sauce, Green Peas, New Potatoes, Currant Jelly.
- Veal Roast, Mashed Potatoes, Creamed Onions, Pickled Crabapples.
- Pork Roast, Apple Sauce, Scalloped Potatoes, Cold Slaw.
- Baked Ham, Horseradish Whipped Cream Sauce, Sweet Potatoes, Cauliflower.
- Chicken or Turkey Roasted, Cranberry Sauce, Candied Sweet Potatoes, Baked Squash, Pickled Peaches.
- Chicken Fricassee, Dumplings, Creamed Carrots.
- Venison Steak, Currant Jelly, Baked Potatoes, Green Beans, Sweet Pickles.
- Wild Duck, Wild Rice, Braised Celery.
- Broiled Lobsters, French Fried Potatoes, Pineapple Salad, Baking Powder Biscuits.
- Codfish Balls, Boston Brown Bread, Baked Beans, Catsup.
- Broiled Whitefish, Parsley Ball Potatoes, Fried Tomatoes, Cold Slaw.
- Halibut Steak, Broiled, Shrimp Sauce, Potatoes Au Gratin, Cold Slaw.
- Fried Liver and Bacon, Fried Onions, Mashed Potatoes, Apple Sauce.



**No. 10 HOME DINNERS**

Yellow Tomato Cocktail, page 602. Caraway Potato Wafers, page 111.  
 Roast Duck, page 188. Apple Dressing, page 181.  
 Celery Root Ring, page 215, Hollandaise Sauce or Red Cabbage with Wine, page 200.  
 Prunes and Apricots, page 334.  
 Mixed Salad, page 282. Cheese Sticks, page 270. Lemon Ice, page 503.  
 White Cake, page 424. Coffee.

**No. 11**

Broiled White Fish or Trout, page 130, with Parsley Butter, page 122,  
 and Lemon Slices.  
 French Fried Potatoes, page 220. Cold Slaw, page 283.  
 Tomato Salad, page 287, with French Dressing, pages 272, 273.  
 Cheese Pie or Kuchen, page 390. Coffee.

**No. 12** Bouillon, page 96 Cheese Puffs, page 270.  
 Ham Loaf, page 171. Potato Salad, page 282. Green Beans, page 196.  
 Olives, Celery, Radishes, Carrot Sticks. Crescent Rolls, page 60.  
 Ginger Pears, page 562. Graham Cracker Cake No. 2, page 432. Coffee.

**OYSTER SUPPER**

Tomato Juice Cocktail, page 310. Cheese Sticks, page 270.  
 Oysters a la Rockefeller, page 145, or Fried Oysters, page 144.  
 Carrot, Cabbage Salad, page 284. Saratoga Chips, page 220. Pickles.  
 Sunshine Cake, page 435, with Wine Sauce, pages 337, 338. Coffee.

**CHINESE SUPPER**

Chicken Soup with Noodles, page 96.  
 Chicken Chop Suey, page 254, or Fried Shrimp, page 149. Chinese Rice, page 226.  
 Egg Foo Yung, page 79. Tea Rolls, page 59.  
 Preserved Kumquats, page 569. Tea.

**No. 1 SUNDAY NIGHT SUPPERS**

Cocktails, pages 308 or 542. Hors D'Oeuvres, pages 311-317.  
 Vienna Noodles, page 238, or Hot Egg Dish, page 92, or Oyster Rarebit, page 145.  
 Frozen Vegetable Salad, page 305, or Ginger Ale Salad Ring, page 303.  
 Kipfel, page 395, or Savarin, page 401, or Bundt, page 400. Coffee.

**No. 2** Shrimp Platter, page 149; or Crab Meat Salad, page 298  
 Stuffed Tomato Salad, page 288. Milwaukee Rye Bread, page 54.  
 Spaghetti with Sweetbreads and Mushrooms, page 243. Cheese Biscuits, page 69.  
 Coffee Kuchen, page 394. Filled Date Squares, page 485. Fruit. Coffee.

**No. 3** Deviled Eggs, page 91, in Molded Salad Jelly; (mold in cups), page 299.  
 Ham or Tongue Salad, page 297, or Macaroni Pudding, page 242.  
 Rye Rolls, page 57 or 69. Blueberry, Cherry, Plum or Peach Kuchen, pages 388, 389.  
 Cherry Leaf Pickles, page 575. Chocolate or Coffee, pages 46-48.

**No. 4** Snacks, pages 316-317.  
 Chicken or Sweetbread in Ramekins or Patty Shells, page 252.  
 Potato Chips, page 220, or Potato Salad, pages 282, or 283.  
 Sandwich Pickles, page 575.  
 Pineapple and Apricot Marmalade, page 569. Potato Biscuits, page 68.  
 Orange Puff Cake, page 436. Coffee.

**No. 5****SUNDAY NIGHT SUPPERS**

- Fish Glacé, pages 306-307, or Herring Fillets, page 142.  
 Cold White Meat of Turkey center of platter, surrounded with Cold Sliced Meat,  
 Olives, Sweet Dill Pickles, page 576. Potato Salad, pages 282, 283.  
 Wheat Muffins, page 70.  
 Cherry Torte, page 458, or Suet Pudding, page 356 with Rum Sauce, page 338.  
 Coffee.

**No. 6**

- Rye Bread Ring Appetizer, page 316. Poppy Seed Rolls, page 58.  
 Baked Ham, page 170. Horseradish Sauce No. 4, page 125.  
 Stuffed Tomato Salad No. 1, page 288.  
 Brandied Fruits, page 571.  
 Cheese Torte with Zwieback, page 460. Coffee.

**No. 7**

- Soft Shell Crabs, page 148, with Tartar Sauce, page 124.  
 Cold Roast Chicken, page 183. Blueberry Muffins, page 72.  
 Carrot Strips, Celery Hearts, Green Onions, Small Tomatoes.  
 Sliced Cantaloupe with large Black Cherries, on Lettuce Leaves,  
 with French Dressing, page 272 or 273.  
 Coffee. Assorted Cookies.

**No. 8**

- Boiled Celery Root, cut in 1-inch cubes, page 203.  
 Boiled Shrimp, page 149, on bed of lettuce in large bowl. Border of Deviled Eggs, page  
 91, alternating with Asparagus Tips, in lemon rind rings, page 285, and slices of  
 Avocado, page 294. Marinate with lemon juice and French Dressing, page 273.  
 Maraschino Cherry Cake, page 423. Coffee.

**No. 9**

- Crab Meat Bisque, page 108. Potato Wafers, page 111.  
 Ribbon Sandwich Loaf, page 324, or Harlequin Appetizer, page 315.  
 Pickled Peaches or Pickled Crabapples, page 569 or 570.  
 Pecan Rolls, page 396, or Daisy Torte, page 457. Coffee.

**No. 1****BUFFET SUPPERS**

- Whole Baked Ham, page 170, slightly warm. Horseradish Sauce No. 4, page 125.  
 Shrimp or Lobster Aspic, page 306, with Blackstone Dressing, page 276.  
 Macaroni with Tomatoes and Mushrooms, page 242.  
 Crescent Rolls, page 60. Milwaukee Rye Bread, page 54.  
 Chocolate Coffee Ice Cream, page 500.  
 Almond or Peanut Cookies, page 480. Orange Sticks, page 526.  
 Stuffed Dates, page 528. Coffee.

**No. 2****Appetizer**

- Hors D'Oeuvres, pages 308-317. Harlequin Appetizer, page 315.

**Hot Dishes**

- Roasted Turkey, page 188, surrounded with Cranberry Molds, page 333, on  
 Orange Slices.

- Baked Ham, surrounded with Kumquats, cut as Daisies, on Watercress, page 170.  
 Casserole of Scalloped Sweet Potato and Apple, page 224.

**Cold Dishes**

- Platter of Lettuce, Tomatoes, Cucumbers.  
 (Shamrock) Green Peppers, stuffed with Cheese, page 287. Jelly, page 551.  
 Canned Fruits, Pickled, page 569. Nuts, Cheese.

**Dessert**

- Porcupine Ice Box Cake, page 450 or Filled Kisses, page 489. Coffee.

- No. 3** **BUFFET SUPPERS**  
**Appetizer** Caviar with Egg, page 314  
 Anchovy or Sardellen Butter, page 319, on rounds of Wheat Bread.  
 Molded Sardine, page 311.  
**Hot Dish** Large Vol-au-Vent filled with Sweetbreads and Mushrooms, pages 249, 252.  
 Surrounded with Pink Pineapple Slices, page 331. Rolls, page 60.  
 Saratoga Chips, page 220.  
**Cold Platter** One Whole Turkey, page 188. One Whole Tongue, page 173.  
 Relishes. Potato Salad, page 282.  
 Cranberry Ring, with Preserved Kumquats in Center, page 301.  
 Toasted Crackers. Assorted Cheese. Coffee.  
**Dessert**—Chocolate Ice Box Cake, page 447, filled with Mint Ice Cream, page 500.  
 Angel Food Cake Surprise, page 444.

- No. 1** **COCKTAIL PARTIES**  
**Beverages:** Liquor Cocktails, pages 542-545.  
 Yellow Tomato Juice Cocktail, page 602. Dubonnet and Sherry.  
 Ice Cubes, Charged Water, Ginger Ale, Bourbon, Rye, and Scotch Whisky.  
**Platter of Hot Appetizers:**  
 Sardine Pasties, page 315. Rolled Toast with Mushrooms, page 317.  
 Rolled Toast with Asparagus, page 317.  
 Cheese Puffs No. 1 or No. 2, page 270. Snacks in Bacon Blankets, page 317.  
 Crabmeat or Lobster Canapes, page 314. Piquant Puffs, page 314.  
**Platter of Cold Appetizers:**  
 Rainbow Rye Bread Appetizer, page 316.  
 Canapes of Smoked Salmon, page 314. Stuffed Celery Stalk with Crabmeat, page 312.  
 Caviar Sandwiches, page 322, piped with Cream Cheese.  
 Rolled Sandwiches, filled with Mock Pate de Foie Gras or any spread, pages 318-319.  
 Dried Beef Snacks, page 316. Raw Chopped Meat, page 317.

- No. 2**  
 Sunday Night Cheese, page 266, Artichoke and Shrimp Appetizer, page 312.  
 Toasted Rye Bread Triangles.  
 Any desired Cocktail or Drink.  
 An Hors D'Oeuvres Tray, of various spreads, with crackers or  
 toast points, pages 310-318.

- No. 1** **LUNCHEON MENUS**  
 Fruit Salad No. 2, page 289. Salted Nuts, page 517. Radishes.  
 Mock Birds, page 160, around Brown Rice Ring, page 229, with Green Peas in center.  
 Rye Rolls, page 57 or 69. Sweet Sour Pickles, page 574.  
 Combination Salad, page 285. Vinaigrette Dressing, page 273.  
 Strawberry or Pineapple Sundae, page 496, or Pancake Dessert, page 78.  
 Coffee.

- No. 2**  
 Tomato Baskets, page 289. Crisped Crackers, page 110.  
 Consomme, page 96, with Egg Custard, page 111.  
 Fillet Steaks in Bacon Slices, page 155, topped with Sautéed Mushrooms, page 207.  
 Bearnaise Sauce, page 123.  
 French Fried Potatoes, page 220. Asparagus with Browned Sliced Almonds, page 195.  
 Leaflet Rolls, page 58. Pecan Pie, page 385.  
 Chocolate or Date Sausage, page 529. Coffee.

**No. 3****LUNCHEON MENUS**

- Pineapple Baskets, page 292. Caraway Potato Wafers, page 111.  
 Chicken Soup, page 96. Egg Fluff, page 110.  
 Chicken a la King, page 250, in center of Noodle Ring, page 238, surrounded alternately  
 with Sautéed Mushrooms, page 207, and Hot Asparagus Tips in pepper rings.  
 Cranberry Frappé, page 504. Finger Rolls, page 60.  
 Walnut Roll, page 442.  
 Chocolate Dipped Grapes, page 527. Coffee.

**No. 4**

## Stuffed Tomato Salad No. 1, page 288.

- Chicken Noodle Soup, page 96. Sea Food in Fish Mold Hot, page 150.  
 Shoestring Potatoes, page 220. Fresh Peas, page 208. Leaflet Rolls, page 58.  
 Lemon Meringue Icebox Cake, page 448. Patties, page 525. Coffee.

**No. 5**

## Canape of Chicken Liver Paste Appetizer, page 315.

- Bouillon, page 96, with Egg Custard, page 111. Salt Sticks, page 57.  
 Olives. Radishes. Celery.  
 Supreme or Fillets of Chicken, page 187, with Cream Sauce, page 117,  
 around Mushroom Soufflé Ring, page 216, or Mushroom and Rice, page 228,  
 buttered Green Lima Beans, page 196, in center.  
 Clover Leaf Rolls, page 60. Pepper Relish, page 582.  
 Tutti-Frutti Conserve, page 571. Mint Paste, page 524.  
 Glacéd Nuts, page 526. Coffee.  
 Macaroon Pudding with Wine Custard, page 370.

**No. 6**

## Tomato Juice Cocktail, page 310.

- Halibut Ring, page 136, center of Shrimp or Lobster with Hollandaise, page 122,  
 surrounded with Potato Balls, page 218, rolled in fresh chopped or dried sifted parsley,  
 or Sea Food Platter, page 259.  
 Cucumber Relish, page 584. Twin Mountain Muffins, page 71.  
 Horseradish Ring, page 302. Cheese Walnut Creams, page 266.  
 Black Raspberry Ice, page 509. Peppermint Patties, page 525.  
 Coffee.

**No. 7**

- Cream of Corn Soup, page 104. Croutons, page 110. Olives. Radishes.  
 Stuffed Lamb Chops, page 168, platter garnished with Mint Jelly, page 558, in small  
 molds on Orange Slices.  
 Spinach Soufflé Ring, page 216; Hollandaise Sauce, page 122.  
 Border of Sweet Potato Puffs, page 225.  
 Braided Tea Rolls, page 60. Bunch of Grapes Salad, page 294.  
 Roquefort Cheese on Hot Toasted Rye Bread, page 266.  
 Brown Sugar Macaroons, page 491. Stuffed Prunes, page 528.  
 Apple or Cherry Strudel, page 349, 350. Coffee.

**No. 8**

## Sardine and Anchovy Appetizer, page 313.

- Spinach in Melon Mold, page 216, surrounded with Egg Timbales, page 260, on thin  
 rounds of Broiled Ham. Hollandaise Sauce, page 122.  
 Glazed Sweet Potatoes, page 223, with a border of Peaches, hollow side up  
 filled with Currant Jelly. Clover Leaf Rolls, page 60.  
 Avocado Ring, page 302. Grape Fruit and Malaga Grapes, in center.  
 French Dressing, page 272. Cheese Puffs No. 1, page 270.  
 New York Ice Cream, page 499, in Mold, garnished with Strawberry Ice Balls, page 503  
 or Venetian Torte, page 444. Chocolate Balls, page 530. Coffee.

**No. 9 LUNCHEON MENUS**

Salad Platter with Fresh Sliced Cucumbers No. 2, page 284, down center, garnished with Chopped Red and Green Peppers, surrounded with Fancy Fruit Salad, page 291, garnished with long, curled, fresh Cucumber Rinds, and Kumquats, with peel cut and rolled to represent flowers.

Chicken Soup, page 96. Bread Sticks, page 57. Olives.  
Salted Almonds, page 517.

Platter of Lobster, page 146, and Chicken, page 183, diced; and Sautéed Mushrooms page 207, with Newburg Sauce, page 124, in center of Noodle Ring, page 238, surrounded by Hot Peas, page 208, in Scooped-out Tomatoes.  
Toasted Bread Loaf, page 62.

Kiss Torte with Coffee Ice Cream, page 459. Stuffed Figs, page 528.  
Coffee.

**No. 10**

Avocado Cocktail, page 310, or Tomato Juice Cocktail No. 2, page 310.  
Rolled Toast Sticks, page 110, spread with Anchovy Butter, page 319.  
Bouillon, page 96, with Noodle Puffs, page 116.

Lobster Thermidor, page 148, Melba Toast, page 62. Shoestring Potatoes, page 220.  
Frozen Fruit Salad Ring, page 304.  
Coffee Creme Torte, page 457. Coffee.

**No. 11**

Tomato Basket Appetizer, page 289. Crisped Crusts, page 110.  
Cream of Asparagus Soup, page 104.  
Salted Almonds, page 517. Celery.

Chicken Livers, Sautéed, page 252. Broiled Sweetbreads, with Chili Sauce, page 172, and Mushrooms, Sautéed, page 207, placed at intervals around Wild or Green Rice Ring, page 228.

Green Peas, page 208, in center. Tea Rolls, page 59.

Chicken Mousse Ring, page 251. Bowl of Cream Fruit Salad Dressing, page 274, in center, surrounded with Fruit Salad, page 291.  
Cheese Sticks, page 270.

Balls of New York Ice Cream, page 499, rolled in fresh grated cocoanut.  
Small Cakes, page 468, with Mocha Icing, page 409, sprinkled with chopped Pistachio Nuts.  
English Toffee, page 520. Coffee.

**No. 12**

Lobster or Sea Food Bisque, page 108. Roasted Squabs, page 191.  
Border of Sweet Potatoes in Apples, page 224, Jellied Oranges, page 367.  
Vegetable Platter, Broccoli, page 198, Hollandaise Sauce, page 122.  
Mushrooms Sautéed, page 207.  
Sweet Potato Biscuits, page 68.

Frozen Cheese Salad, page 303, surrounded with fresh or canned mixed fruit, or Persimmon, page 330, and Avocado Slices.  
Almond or Pecan Ice Box Cake, page 449. Coffee.

**No. 13**

Shrimp or Lobster Salad, page 298. Cheese Sticks, page 270.  
Shoestring Potatoes, page 220.

Spinach Salad, page 286, with Bacon Salad Dressing, page 273.  
Coffee. Crepes Suzette, page 78.

**No. 14**

Fried Oysters, page 144, in center of platter, surrounded with Fried Scallops, page 146, and Fried Shrimps, page 149, with a border of Fried Smelts, page 137.  
Rolls, page 60. Jellied Vegetable Salad, page 299.

Orange Ice, page 508. Rum Slices, page 493. Coffee.

**No. 15****LUNCHEON MENUS**

Chicken Soup with Cracker Balls, page 113.  
 Avocado Ring, surrounded with Chicken Salad, page 302, in Lettuce Cups, topped  
 with half Deviled Egg, page 91, on Tomato Slice.  
 Salad Dressing, page 273, in center. Leaflet Rolls, page 58.  
 Brandied Fruits, page 571. Chocolate Ice Cream, page 500.  
 Rolled Date Cookies, page 485. Coffee.

**No. 16**

Fruit Cocktail, page 291. Watercress Open Sandwiches, page 323.  
 Boiled Sweetbreads, page 172, with Creole Sauce, page 118.  
 Hot Asparagus with border of Sautéed Mushrooms, page 207.  
 Mixed Salad, page 282, Tea Biscuits, page 69.  
 Spanish Cream, page 368, in individual molds, surrounded with fresh strawberries or  
 raspberries, or Raspberry Ice, page 509.  
 Date and Walnut Kisses, page 490. Coffee.

**No. 1****SUMMER LUNCHEON MENUS**

Jellied Chicken or Beef Bouillon, page 102, with Wafers.  
 Chicken or Sweetbread Omelet, page 93, or Creamed Chicken in Avocado, page 251.  
 Chef's Salad, page 282 English Muffins, page 59. Strawberry Preserves, page 559.  
 Eclair Cakes, page 469. Iced Coffee.  
 Fresh Fruit Ice, page 503, or Mint Ice Cream, page 500, with  
 Hot Chocolate Sauce, page 494.

**No. 2**

Honey Dew Melon Salad with Watermelon Balls and Blackberries, page 293.  
 Chicken Salad, page 295; or Braised Sweetbreads, page 172.  
 Cheese Puffs, page 270. Peach Ice Cream, page 502. Iced Coffee or Tea.  
 Imperial Sunshine Cake, page 436.

**No. 3**

Fruit Wine Soup, page 102.  
 Creamed Chicken in Pancakes, page 251, or Egg Cutlets, page 248. Rolls, page 59.  
 Mixed Salad in Salad Bowl, page 282, with French Dressing.  
 Raspberry Bombe Glacé, page 503, or Baked Alaska, page 496.  
 White Cake No. 2, page 425. Iced Coffolate, page 532.

**No. 4**

Tomato Baskets, page 288. Sea Food Salad in Fish Mold, page 307.  
 Summer Salad, page 286. Potato Flour Muffins, page 72.  
 Strawberry Shortcake Torte, page 460. Iced Coffee.

**No. 5**

Stuffed Tomatoes, page 288. Spring Chicken Fried, page 186.  
 Boiled New Potatoes, page 217. New Green Peas, page 208.  
 Fruit Ice, page 503. Blueberry Muffins, page 72. Iced Tea, page 532.

**No. 6**

Jellied Chicken Bouillon, page 102. Soup Sticks, page 110. Radishes. Olives.  
 Broiled Spring Chicken, page 186.  
 Broccoli, page 198, with Hollandaise Sauce, page 122. New Potatoes, page 217.  
 Baking Powder Biscuits, page 67. Strawberry Preserves, page 559.  
 Chopped Cucumbers in Jelly, page 300. Cheese Sticks, page 270.  
 Fresh Fruit Tarts, page 387. Dipped Strawberries, page 528.  
 Coffee Ice Cream Float, page 497, or Ice Coffee.

**No. 7**

Large French Pancakes made in 10-inch Skillet, page 77; thin slices of Baked Ham,  
 warmed, between layers; surrounded with Asparagus Tips and Peas. Cover with  
 Hollandaise Sauce, page 122. Or Sea Food Pancake Pie, page 78.  
 Combination Salad, page 285.  
 Strawberry Ice, page 509. Coffee.



**No. 8**

**FALL LUNCHEON**

Crescent Honeydew Melon Salad, page 293.  
 Rice Ring (Green), page 228, surrounded with Steamed Mushrooms, page 207, alternating with Broiled Sweetbreads, page 172, with Mushroom Sauce, page 118, in center.  
 Tea Rolls, page 59. Combination Salad, page 285.  
 Vanilla Ice Cream with Brandy Sauce, page 549.  
 Rolled Pecan Cookies, page 477. Coffee.

**EVENING OR CLUB LUNCH**

Hot Ham, Asparagus, Cheese Sauce Sandwich, page 326, or Ribbon Sandwich Loaf, page 324.  
 Chocolate Marshmallow Ice Box Dessert, page 450.  
 Coffee or Root Beer Float, page 497.

**SUMMER EVENING LUNCH**

Fancy Fruit Salad on large platter, page 291. Cream Salad Dressing, page 274.  
 Rolls, page 60. Marmalade. Petit Fours, page 470.  
 Fruit Punch, with Lemon Ice, page 536.

**INDIVIDUAL SALAD PLATE FOR CLUB PARTY**

Jellied Tomato Ring, page 301, with Cottage Cheese and French Dressing, page 272  
 Four Chicken and Nut Sandwiches, page 320, standing, radiate from Ring forming sections. In one, place two slices of Tongue, with Horseradish Sauce No. 4, page 125; in the next, Potato Salad, page 282, in the next, Deviled Eggs, page 91, and in the last, Pickled Peach and Watermelon Rind on Lettuce, page 571.  
 Oatmeal Lace Cookies, page 478. Coffee.

**No. 1**

**AFTERNOON TEA OR COFFEE**

Shrimp Aspic, page 306, with Thousand Island Dressing, page 276.  
 Sally Lunn, page 71.  
 Himmel Torte, page 459, or Caramel Tea Rolls, page 396, or Chocolate Roll, page 442.  
 Coffee. Tea Punch, page 536.

**No. 2**

**Fancy Open Sandwiches, page 323.**

Cheese Torte, page 460, or Macaroon Torte, page 465.  
 Fudge Squares, page 481. Ice Box Bundt Kuchen, page 400. Coffee.

**CHILDREN'S SUPPER PARTY**

Hamburger in Buns, page 163. Potato Chips, page 220.  
 Jellied Oranges, page 367. Peas, page 208.  
 Sunshine Cake, page 435. Vanilla Ice Cream, page 499. Milk.

**No. 1**

**CHILDREN'S BIRTHDAY MENUS**

Creamed Chicken in Potato Boats, page 251. Animal Shaped Sandwiches, page 319.  
 Milk or Orangeade. Birthday Cake with Candles, page 445.  
 Rennet Custard, pages 363, 364. Marshmallows, page 524.

**No. 2**

Little-Men-and-Women-Shaped Egg or Fruit and Nut Sandwiches, page 322.  
 Milk or Cocoa with Whipped Cream. Birthday Cake with Candles, page 445.  
 Thick slice of Vanilla Ice Cream drawn by Animal Crackers in pairs standing on wafers, and held in place with Frosting. Stick Candy, page 519.

**No. 1**

**SCHOOL LUNCH MENUS**

Peanut Butter and Jelly Sandwiches, page 322, Raw Grated Carrot Sandwiches.  
 Milk (in Hot-Cold bottle).  
 Ginger Bread, page 422, or Banana Bread, page 66. Apple, Pear or Peach.  
 Sliced or Ground Meat or Egg Sandwiches, page 317-320.  
 Milk (in Hot-Cold bottle).  
 Cookies, page 471, Cup Cakes, page 466. Glorified Graham Crackers, page 476.  
 Fruit—Orange, Banana, Tomato, or Berries.

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**HOLIDAY MENUS**
**ST. VALENTINE'S DAY MENU**

Cream of Tomato Soup, topped with Pop Corn, page 103.  
 Heart Shaped Toast, page 61. Radishes and Celery.  
 Mashed Potatoes, page 218, surrounded alternately with Lamb Chops, page 167,  
 and Carrots and Peas, page 202, in Heart Shaped Paper or Timbale Cases,  
 Heart Shaped Bread and Butter Sandwiches.  
 Tomato Jelly, page 301,  
 in Heart-Shaped Molds, with Thousand Island Dressing, page 276.  
 Cranberry Frappé, page 504, with Cocconut Kisses, page 490.  
 Love Nuts and Coffee.

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**WASHINGTON'S BIRTHDAY LUNCHEON**

Halves of Oranges, with Maraschino Cherries in Center.  
 Chicken a la Maryland, with Drum Sticks, page 187.  
 Glazed Sweet Potatoes, page 223. Virginia Corn Bread, page 64.  
 Cherry Salad, page 293. Boston Brown Bread, page 64.  
 Chocolate Log Cake (Cocoa Roll), page 442, or Cherry Pie, page 386.  
 Nuts, Raisins, and Coffee. Washington Punch, page 538.

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**SAINT PATRICK'S DAY PARTY**

Halves of Grapefruit with Green Maraschino Cherry in Center. Olives, Celery and Nuts.  
 Cream of Spinach Soup, page 105, with Shamrock Shaped Toast.  
 Pork Chops with Apples, page 169. Onions and Green Peppers, page 209.  
 O'Brien Potatoes, page 221. Clover Leaf Rolls, page 60.  
 Shamrock Salad, page 287, with Irish Dressing (Vinaigrette), page 273.  
 Salted Wafers.  
 Erin Ice (Crème de Menthe Ice), page 503, or Blanc-Mange, page 361,  
 with a bit of the "Ould Sod" (Grated Sweet Chocolate), or  
 Crème de Menthe Fruit Punch, page 538.  
 Potato Chocolate Torte, page 457. Mint Wafers, page 525. Tea.

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**No. 1 LENTEN MENUS (See also Meatless Dinners, pages 619-621)**

Broiled Grapefruit, page 329. Cream of Celery Soup, page 105.  
 Stuffed Tomatoes No. 1, page 214. Potatoes on the Half Shell, with Cheese, page 218.  
 Waldorf Salad, page 290. Rye Rolls, page 57.  
 Chocolate Bread Pudding, page 342. Coffee or Tea.

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**No. 2**

Fish Chowder, page 109.  
 String Bean Salad, page 285, or Spinach Salad, page 286.  
 Bread and Butter Sandwiches.  
 Prune or Date Whip, page 346. Coffee.

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**No. 3**

Fish a la Tartare, page 134.  
 Mashed Potatoes, page 218. Celery and Cabbage Salad, page 287.  
 Health Bread, page 63.  
 Apple Pie, page 384. Coffee.

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**EASTER DINNER MENU**

Halves of Grapefruit, page 328. Salted or Sugared Nuts, page 517.  
 Crown of Lamb, page 168, with New Potatoes, page 217, in center, surrounded  
 with Peas in Timbale Cases, page 405.  
 Hot Cross Buns, page 394, Mint Jelly, page 558, or Mint Sherbet, page 504.  
 Mixed Greens No. 6, page 282. Cheese Sticks, page 270.  
 Cream Puffs, page 470, filled with New York Ice Cream, page 499, covered with  
 Butterscotch Sauce No. 2, page 336, or Easter Egg Dessert, page 367.  
 Tutti-Frutti Creams, page 529. Coffee.

**PASSOVER (SEDER) SUPPER**

- Salted Almonds, page 517. Matzos.  
 Individual Charocis Appetizer, page 310, in half lemon shell, surrounded by a quartered  
 hard cooked egg, thin slice of horseradish root, sprig of parsley and  
 radishes on a bed of Watercress. Serve with Salt Water.  
 Soup, page 95, with Matzos Balls, page 114.  
 Roast Leg of Lamb, page 168, or Spring Chicken, page 186.  
 New Potatoes with Chopped Parsley, page 217. Fresh Asparagus, page 195.  
 Simmered Carrots, page 202. Avocado Salad, page 290.  
 Matzos Torte, page 461, or Matzos Sponge Cake, page 438, or Kiss Torte, page 459,  
 or Strawberry Ice, page 509.  
 Stuffed Prunes, page 528. Ceremonial Wine. Nuts and Raisins.

**NEW ENGLAND THANKSGIVING DINNER**

- Cream of Oyster Soup, topped with Whipped Cream, page 107.  
 Celery. Salted or Sugared Almonds, page 517. Bread Sticks, page 57.  
 Roast Turkey, page 188. Chestnut Dressing, page 180, with Giblet or Plain Gravy.  
 Cranberry Jelly, with Apple Balls, page 332, or Cranberry Jelly, page 333.  
 Mashed Potatoes, page 218. Sweet Potatoes with Marshmallows, page 224.  
 Boiled Onions, page 209. Stuffed Squash, page 212.  
 Relishes. Jelly.  
 Pumpkin Pie, with Cheese, page 382. Ice Cream, page 499. Cookies, page 480.  
 Fruit. Coffee. Nuts. Raisins.

**CHRISTMAS DINNER**

- Oyster Cocktail, page 309. Wafers. Clear Soup, with Custard, page 111.  
 Celery. Salted Nuts, page 517. Jelly.  
 Roast Goose, page 188, with Dressing, page 181, Apple Sauce, page 331.  
 Glazed Sweet Potatoes, page 223, Mashed Potatoes, page 218.  
 Baked Squash, page 213, Brussels Sprouts, with Chestnuts, page 198.  
 Cranberry Ring, page 301, with Grapefruit and Malaga Grape Salad, page 290.  
 Plum Pudding Trimmed with Holly, page 358.  
 Hard Sauce, page 337, or Brandy Sauce, page 338.  
 Frozen Egg Nog, page 513. Mince Pie, page 386.  
 Mixed Nuts and Raisins.  
 Fruit. Candies. Coffee. Cafe Brulot, page 540.

**CHRISTMAS SUPPER**

- At the Fireplace**  
 Sandwiches, Cocoa or Coffee, Ice Cream and Cake, or Stollen, page 401.

**WEDDING MENUS**

**No. 1—Breakfast**

- Cocktails, page 542, or 308, 309. Wafers.  
 Olives. Salted Nuts. Radishes. Celery.  
 Fried Spring Chicken, page 186. French Fried Potatoes, page 220.  
 Carrots and Peas, page 202, in Patty Shells, page 249.  
 Luncheon Rolls, page 59.  
 Head Lettuce, page 281, with Thousand Island Dressing, page 276.  
 Bride's Cake (White Cake), page 424.  
 Groom's Cake (Wedding), page 433. Coffee. Candies.  
 Mock Champagne Punch, page 538.

**No. 2—Dinner****WEDDING MENUS**

Hors D'Oeuvres, pages 313-318. Cocktails, page 542. Olives.  
 Cream of Mushroom Soup, page 105, with Whipped Cream, Rolled Toast, page 110.  
 Squabs, page 191, or Guinea Hen Breasts, page 193, garnished with small molds of  
 Cranberry Jelly, page 333, on Orange Slices, and Potato Balls, page 218, and Parsley.  
 Brandied Dried Fruits, page 571.  
 Vegetable Platter—Center Cauliflower with Hollandaise Sauce, page 122, surrounded  
 with Stuffed Tomatoes No. 1, page 214, Peas, and Carrots cut into long, thin strips.  
 Potato Flour Muffins, page 72.  
 Ring of Lime Jelly, page 303, center Casaba Melon Balls or Cubes surrounded with  
 sliced Avocado Pears with French Dressing, page 272.  
 Pinwheel Sandwiches, page 325, Roquefort Cheese Filling, page 266.  
 Biscuit Tortoni, page 502. Marron Glacé, page 527. Coffee.  
 For suitable wines, page 547. Wedding Cake, page 433. Champagne Punch, page 538.

**No. 3—Dinner**

Tomato Roses, page 289.

Chicken Noodle Soup, page 96.

*Platter:* Broiled Mushrooms, page 207, in center, surrounded with Half of  
 Spring Chicken, Broiled, page 186, with a border of Pickled Peaches, page 570.  
 alternating with Cranberry Molds, page 333.  
*Platter:* Broccoli, page 198, with Hollandaise Sauce, page 122.  
 surrounded with Pea Soufflé in Individual Ring Molds, page 216.  
 filled with Diced Carrots, page 201.  
 Crescent Rolls, page 60. Pêches Melba, page 502. Coffee.  
 Wedding Cake, page 433. Champagne Punch, page 538.

**No. 4—Dinner**

One-half Inch Slice Boiled Celery Root, page 203, on bed of Shredded Lettuce.  
 Cover this with a slice of fresh Tomato, topped with cooked diced Lobster, Shrimp or  
 Crabmeat and over all pour Thousand Island Dressing, page 276.  
*Platter:* Parsley Potato Balls, page 218, in center,  
 surrounded with Squabs Roasted, page 191,  
 bordered with half Peaches decorated with Currant Jelly, page 553.  
*Platter:* Chestnut Soufflé (without sugar), in Ring Mold, page 348,  
 filled with Brussels Sprouts, page 198,  
 surrounded with Asparagus Tips in Pepper Rings, alternating with  
 Sautéed Mushrooms, page 207, and Green Lima Beans, page 196.  
 Braided Rolls, page 60.  
 Angel Food in Ring Mold, page 437, covered with sweetened whipped cream,  
 sprinkled well with Shredded Coconut and surrounded with Orange and  
 Raspberry Ice Balls, page 503.  
 center filled with Vanilla Ice Cream, page 499.  
 covered with Butterscotch Sauce, page 495. Coffee.  
 Moselle Punch, page 539.

**No. 5—Reception**

Open Faced Sandwiches, page 323, Ribbon Sandwich Loaf and Rolled  
 Sandwiches, page 324.  
 Stuffed Olives, page 316. Stuffed Celery, page 312.  
 Chicken and Sweetbread Salad, page 295.  
 Fancy Ice Cream, page 500, or Biscuit Tortoni, page 502.  
 Praline Kisses, page 489, and Rum Slices, page 493.  
 Almond and Penoche Sticks, page 482. Wedding Cake, page 433.  
 Fruit Punch with Lemon Ice, page 536. Coffee. Candies.  
 Kentucky Eggnog, page 539. Vanilla Almond Crescents, page 486.

**No. 1 BREAKFAST-LUNCHEON COMBINATIONS (BRUNCH)**

Platter of Mixed Fresh Fruit.  
 French Omelet, page 92, filled with Sweetbreads with Mushrooms, page 173.  
 Crisp Bacon, page 172. Clover Leaf Rolls, page 60.  
 Raised Baking Powder Coffee Cake, page 424. Coffee.

**No. 2** Orange Juice or Orange Slices  
 Platter of Chicken Livers, page 252, Pork Sausages and Crisp Bacon, page 172,  
 with a border of Scrambled Eggs, page 86.  
 Sour Cream Waffles, page 84. Or Popovers, page 73, with  
 Cream Cheese and Bar le Duc, page 555. Coffee.

**No. 3** Honey Dew Melon.  
 Sardellen Butter, page 319, on Toast with Poached Egg, page 86, and  
 Hollandaise Sauce, page 122.  
 Bran Muffins, page 70. Grape Fruit Marmalade, page 568.  
 Doughnuts No. 2, page 402, or Berliner Pfann Kuchen, page 403. Coffee.

**No. 4** Grapefruit filled with Black Cherries.  
 Fillet Steaks with Bacon, page 155, or Broiled Club Steaks, page 154.  
 French Fried Potatoes, page 220, or French Fried Onion Rings, page 210.  
 Wheat Muffins, page 70. Pecan Rolls, page 396. Coffee.

**No. 5** Half Cantaloupe filled with fresh Raspberries.  
 Platter Mixed Grill of Lamb Chops, page 167, and Chicken Livers, page 252.  
 Crescent Rolls, page 60. Pineapple and Apricot Marmalade, page 569.  
 Buffeten Kuchen, page 424. Coffee.

**No. 6** Strawberries and Cream.  
 Half of Spring Chicken Broiled, page 186, or Chicken a la Maryland, page 187.  
 Corn Fritters, page 205. Apple Sauce, page 331. Toast.  
 Currant Jelly, page 553. Turnovers, page 395. Coffee.

**No. 7** Glazed, Broiled Apples, page 330.  
 Creamed Chicken, Diced, page 251, on Rosettes, page 405.  
 Kuchen Tarts, page 395. Coffee.

**No. 8** Berries in Season.  
 Fried Perch, page 130, or Smelts, page 137, or Broiled Shad Roe, page 135.  
 Lyonnaise Potatoes, page 220.  
 English Muffins, page 59, with Grapefruit and Orange Marmalade, page 568.  
 Coffee.

**No. 9** Stewed Apricots and Prunes, page 334.  
 Broiled Salt Mackerel, page 141, or Finnan Haddie, page 141, with Drawn Butter  
 page 121.  
 Boiled Potatoes, page 217. Baking Powder Biscuits, page 67.  
 German Pancake, with Lemon Slices and Powdered Sugar, page 79. Coffee

**No. 10** Orange or Tomato Juice Cocktail.  
 Codfish Balls, page 140. Cream Sauce, page 117. Boston Brown Bread, page 64.  
 Boston Baked Beans, page 230. Coffee or Tea.

**No. 11** Chicken Gumbo Soup, page 101. Baking Powder Biscuits, page 67.  
 Four Fruit Conserve, page 560. Canned Pear Salad, Stuffed, page 294.  
 Pecan Soufflé, page 348. Coffee.



**No. 13**

**MEATLESS DINNERS**

Clear Consommé or Tomato Juice, page 96, 310.  
 Blintzes, page 81, filled with Cottage Cheese, served with Thick Sour Cream  
 Apricot Jam, page 562. Coffee.  
 Stewed, Canned or Assorted Fruits in Season.

**VEGETABLE PLATE DINNERS**

To complete these Menus any desired Cream Soup and Roll may be added.

**No. 1**

Individual Spinach Ring, page 216, Carrots with Peas, page 202, in center,  
 surrounded with Poached Egg on Round of Toast, page 86.  
 Mashed Potato Rose, through pastry bag, topped with Paprika, page 218.  
 Baked Onion, page 208. Asparagus Tips, page 196.  
 Broccoli, page 198. Sautéed Mushrooms, page 207. Fresh Sliced Tomato.  
 Peaches Frozen in Can, Sliced, page 510.

**No. 2**

Cauliflower in center, surrounded with Broiled Mushrooms, page 207.  
 Harvard Beets, page 197. Green Beans, page 196.  
 Patty Pan Squash, page 212. Sweet Potato in Apples, page 224.  
 Cherry Cream Torte, page 462, or Fudge Cake, page 429.

**No. 3**

Vegetable Soup without Meat, page 98.  
 Individual mold of Wild Rice, or Spanish Rice,  
 surrounded with Stuffed Tomato, page 214,  
 alternating with Green Pepper stuffed with Corn, page 211.  
 Carrot Torte, page 458.

**No. 4**

Baked Potato No. 2, page 218.  
 Broiled Tomato, thick slices, page 214. Baked Acorn Squash, page 213.  
 Broiled Mushrooms, page 207. Red and White Cabbage Salad, page 283.  
 Watercress. Caramel Custard, page 361.

**No. 5**

Potato Pancakes, page 80. Apple Sauce, page 331.  
 Hot Cabbage Salad, page 276. Coffee.

**PICNIC SUGGESTIONS**

If the purity of the picnic water supply is in doubt, carry a gallon jug of water from home. Prepare a basket with the necessary knives, forks and spoons, paper cups, plates and napkins, as well as pepper, salt and any desired condiments. To keep liquids hot or cold, use a thermos bottle or jug. To keep food hot, carry it in a portable electric roaster or casserole, or in a sealed jar, wrapped in many thicknesses of paper. Foods may be kept cold by wrapping first in cold, wet towels, then in many thicknesses of paper. Sandwiches should be made with fillings that will not soak into the bread or wilt, and should be ready for serving wrapped in waxed paper.

**No. 1**

**COLD PICNIC LUNCHES**

Sandwiches, page 318 to 323, filled with sliced meat, eggs, cheese, jam or nut butters.  
 Deviled Eggs, page 91. Cottage Cheese, page 264.  
 Fruit. Cookies, page 471.  
 Coffee or Lemonade.

**No. 2****COLD PICNIC LUNCHES**

Chicken Salad, page 295, or Meat Loaf, page 163.  
 Potato Chips or Shoe String Potatoes, page 220.  
 Bread and Butter Sandwiches. Radishes, Onions, Raw Carrot Sticks, Whole Tomatoes.  
 Cup Cakes, page 466. Picnic Lemonade, page 534.

**PICNIC DINNER PREPARED AT HOME**

(carried in roaster or casserole)

Fried Spring Chicken, page 186, or Chicken a la Maryland, Hot, page 187,  
 or Chicken Paprika, page 185.  
 Cold Slaw, page 283. Date or Banana Bread Sandwiches, pages 65, 66.  
 Jelly, Pickles. Fruit Kuchen, page 388.  
 Coffee. Candy.

**BONFIRE PICNIC DINNERS**

When planning a picnic at which a fire is to be built, and some of the food cooked and served hot, add the following grill implements: Camp grate and broiler or folding grill or bars, frying pan, popcorn popper for broiling several wieners, long-handed fork, asbestos mittens, kettle, and coffee pot, auto vacuum freezer for ice cream, newspapers, bag of charcoal or coke, matches.

**CORN ON COB DINNER**

Boiled Sweet Corn, page 204, or Roasted Corn, page 623.  
 Sandwiches, Ham, page 321. Tongue, page 321. Olive, page 318.  
 Roasted Potatoes, page 623.  
 Fruit. Kuchen Tarts, page 395. Coffee.

**HOT SAUSAGE DINNER**

Frankfurters, Boiled, page 176, or Pork Sausage, Fried, page 176,  
 or Boneless Smoked Butt, page 171.  
 Potato Salad, pages 282-283. Dill Pickles, page 572.  
 Rolls—Butter.  
 Oranges, Seedless Grapes. Root Beer. Coffee.

**GRILLED STEAK DINNER**

Steak, Whole or Individual Steaks, pages 154-155, 623.  
 Potato Salad, pages 282-283. Or, Macaroni and Cheese, Hot in Casserole, page 241.  
 Or, Spaghetti in Cans, or Baked Beans.  
 Fried Onions, page 210. Stuffed Olive Sandwiches, page 318.  
 Rye Bread or Wheat Bread, Butter. Jelly.  
 Baking Powder Coffee Cake, page 424. Cherries, Pears, Plums. Coffee.

**MOCK STEAK DINNER**

Mock Fillet Steaks, page 163. Or Hamburg Steak, page 163.  
 Or, Raw Meat and Onions, page 317. Hamburger Buns.  
 Panfried Raw Potatoes, page 220, and Fried Sliced Onions, page 210.  
 Cold Slaw, page 283. Pickles. Poppy Seed Rolls, page 58.  
 Fruit. Apple Sauce Chocolate Cake, page 461. Coffee.

**PICNIC BRUNCH**

Ham and Eggs, page 87, or Bacon and Fried Eggs, page 87, or Scrambled Eggs, page 86.  
 Scalloped Potatoes in Casserole, page 219.  
 Pecan Rolls, page 396. Coffee.



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## TO BUILD A CAMP FIRE

Build a camp fire, if possible, in a hollow spot on the ground or pile up stones along three sides to form a low wall to protect the fire from the wind. Gather a number of light, dry chips and twigs. Make a little criss-cross pile of the driest ones and light fire with paper. Add bark and twigs a little at a time and gradually increase the size of the wood until the fire burns briskly. Set grill firmly over the fire before it gets too hot and start coffee or any food to be boiled. When flame dies down and a good mass of coal has accumulated, the fire is ready for broiling, roasting or baking. If needed, add additional wood beneath the hot embers. See that the fire is completely out when leaving the camp. Charcoal or Coke may be used.

## CAMP COOKERY

**To Broil Steak**—Broil individual cubed steaks 5 to 10 minutes or place steak  $1\frac{1}{2}$  inches thick on grill, and broil from 20 to 30 minutes.

**To Bake Fish When Camping**—Clean fish and remove entrails. Cover fish well with heavy wrapping paper. Place in hot embers and let bake  $\frac{1}{2}$  hour, more or less, depending on size. Rake out the fish, take off paper, season with salt and pepper. Scales and skin will stick to paper.

**To Bake Potatoes**—Take medium sized potatoes. Place in ashes close to bright coals, turning occasionally. Let bake from  $\frac{3}{4}$  to 1 hour.

**To Broil Rabbit or Squirrel**—Dress and skin carefully. Cut off and throw away head and feet. Cut in two pieces through back bone. Place in toaster over coals, until brown, turn and brown on the other side. Sprinkle with salt and pepper, then cook slowly over coals, turning occasionally, until done.

**To Grill Chicken**—Clean and season. Broil slowly over glowing coals, turning every 5 minutes, rubbing with melted butter to which lemon juice has been added.

**To Broil Birds**—Pick, clean, sprinkle with salt and pepper and broil slowly over the coals.

**To Bake Birds, Fish, and Small Game with Clay**—Cut open, draw and wash them well. Cover with a thick layer of clay, place in the midst of a hot fire. Let bake about one hour, take out, break open. The skin or feathers will stick to the clay.

**To Stew Rabbits**—Skin, clean and joint. Season with salt and pepper. Place in kettle, cover with water, let come to a boil. Put fat in frying pan, add meat, and let fry slowly until done, adding boiling water when necessary. Or, let boil slowly until tender.

**To Roast Corn**—Remove silk. Twist husks tightly around ears. Soak in water  $\frac{1}{2}$  hour. If roasting in glowing embers, wrap in wet newspapers. If roasting on grill, place ears above flame, turning to roast evenly.