

# SUBSTITUTES FOR MEAT

ISSUED BY  
MAYOR MITCHEL'S COMMITTEE  
ON FOOD SUPPLY

JOHN PURROY MITCHEL, Mayor  
GEORGE W. PERKINS, - Chairman  
JOSEPH HARTIGAN, - Secretary

NOVEMBER, 1914



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# IN PLACE OF MEAT

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## INTRODUCTION

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To the Purchasing Public:

### YOU EAT IN ORDER TO KEEP YOURSELF ALIVE

The work you do, the exercise you take, the thoughts you think, each breath you draw—all these use up a certain proportion of your body each day. If you want to live and keep well, this used-up portion must be replaced, and this is done through the food you eat. Part of your food furnishes you with new blood; part of it goes to make bone; part of it builds up new tissue or flesh, etc.

Meat has always been considered the best tissue or flesh building food, and for this reason people have always eaten it a great deal. Most of our meat has come from the Western states, but the tremendously large ranches of twenty years ago are gradually being cut up into small farms, and cattle are not being raised in such large numbers any more. This is one reason why meat costs so much. Another reason is the great demand there is for it on the part of our people, who do not know that there are other foods that will supply the needs of the body in just the same way that meat does, and which do not cost as much as meat. For instance, we can use fish in place of meat much more than we do.

Other foods that can take the place of meat are *eggs, milk, creamed soups, macaroni, cheese, cereals, nuts, bananas, peas, beans and lentils*.

*Eggs* contain all the elements, in the right proportion, necessary for the support of the body. They are rich in the same flesh-building element as the lean of meat, and, therefore, make an excellent substitute for meat. They should be eaten with foods that are rich in starch, such as bread and potatoes. If so eaten, they will take care of your body just as completely as meat would.

*Milk* contains heat-giving, strength-giving and tissue-building properties. Creamed soups and purees made with milk and the pulp of vegetables can take the place of meat.

*Macaroni, spaghetti and noodles* contain so much starch and flesh-building material that they are equal to meat as a food if combined with cheese. The fat that they lack is supplied by the cheese, and, when so combined, they make a perfect food.

*Cheese* contains in a condensed form the same flesh-building material as meat, and can be used in place of it. If combined with macaroni, rice, etc., it will supply all the needs of the body. Cheese costs less than most

cuts of meat. *A given amount of money will buy twice as much food value if spent for cheese as it will if spent for beef.*

*Cereals* contain in varying proportions all the elements necessary to support life. They contain a great deal of starch, which is valuable as a strength-giver. Oatmeal and corn meal contain more fat than the other cereals, and, therefore, make a good winter food, especially for hard-working people. Cereals with cooked fruits are particularly appetizing. A bowl of oatmeal, eaten for breakfast, will furnish the average man with all the strength, heat and energy he will need, and it is not necessary for him to eat meat in addition.

*Nuts* contain in a condensed form the same flesh-building material as meat. Some of them contain a great deal of fat as well. They should not be eaten between meals, but, either raw or cooked, they can take the place of meat. *A pound of shelled almonds is equal in food value to three pounds of steak.* Hickory nuts and pecans added to muffins or yeast breads may be used as a substitute for meat. Peanuts are also rich in fat and flesh-building material.

*Bananas* contain most of the nourishment that meat does, and if eaten with bread and butter make an excellent lunch without the addition of meat. Most children prefer banana sandwiches to meat sandwiches, and they cost much less.

*Peas, beans and lentils* are richer in flesh-building material than any other vegetable, and can be used in place of meat. Lentils are more easily digested than either peas or beans. If properly prepared, all these make very appetizing dishes. *A dish of baked beans, costing about 14 cents, will furnish a family of six with more nourishment than two pounds of beef, costing 44 cents.*

In stating that the various dishes given in this pamphlet can be used in place of meat it is not our purpose to urge you to give up eating meat altogether. It is a fact, however, that as a people we eat too much meat, and you would undoubtedly find yourself much benefited physically if you would cut down on the amount of meat you eat and vary your diet more than you do.

You do not have to eat meat in order to keep well and strong. A great many people never eat meat at all, but find in other foods all the strength and life-giving properties they require.

*If our meat supply continues to dwindle in the future as it has in the past meat will some day be very scarce, and sooner or later you will have to learn to use other foods in place of meat.*

**BEGIN NOW AND SAVE MONEY**

## EGGS

### EGGS A LA SUISSE.

4 eggs	Salt
½ cup milk or cream	Pepper
1 tablespoon butter	Cayenne
2 tablespoons grated cheese.	

Heat a small omelet pan, put in butter, and, when melted, add milk or cream. Slip in the eggs one at a time; sprinkle with salt, pepper and a few grains of cayenne. When whites are nearly firm sprinkle with cheese. Finish cooking, and serve on buttered toast. Pour sauce from the pan over the eggs.

**EGGS SUSETTE.** Wash and bake six large potatoes, cut slice from top of each, scoop out inside and mash. To three cups mashed potato add six tablespoons finely chopped ham, two tablespoons finely chopped parsley, whites of two eggs well beaten, three tablespoons butter, four tablespoons cream or milk, and salt and pepper. Line potato shells with mixture, place in each cavity a poached egg, cover with potato mixture, and bake until browned. Care must be taken to have eggs delicately poached.

### EGGS A LA LIVINGSTONE.

4 eggs	¼ teaspoon paprika
½ cup stewed and strained tomatoes	2 tablespoons butter
½ teaspoon salt	

Beat eggs slightly and add tomatoes, salt and paprika. Melt butter in an omelet pan, add seasoned eggs, and cook same as scrambled eggs. Butter slices of toasted bread. Pour over the eggs and sprinkle with parsley.

**EGGS BAKED IN TOMATOES.** Eggs may be baked in small tomatoes. Cut a slice from stem end of tomato, scoop out the pulp, slip in an egg, sprinkle with salt and pepper, cover with buttered crumbs, and bake.

**POACHED EGG IN TOMATO.** Cut a piece from the stem end of a tomato; remove pulp; set in ramekin dish; sprinkle with salt and pepper; drop egg into tomato cup, cover with buttered paper. Set in a pan of water and bake in a moderate oven until firm.

**EGGS AU GRATIN.** Arrange poached eggs on a shallow buttered dish. Sprinkle with grated Parmesan cheese. Pour over eggs one pint white sauce. Cover with stale bread crumbs and sprinkle with grated cheese. Brown in oven. Tomato sauce may be used instead of white sauce.

### EGG CROQUETTES.

6 eggs	Salt
2 tablespoons butter	Pepper
1 slice onion	Yolks 3 eggs
½ cup flour	Stale bread crumbs
1 cup white stock	Grated cheese



Poach eggs and dry on a towel. Cook butter with onion three minutes. Add flour and, gradually, stock. Season with salt and pepper; then add yolks of eggs slightly beaten. Cook one minute, and cool. Cover eggs with mixture; roll in bread crumbs and cheese, using equal parts; dip in egg, again roll in crumbs, fry in deep fat, and drain on brown paper. These may be served with a thin white sauce, seasoned with grated cheese, salt and paprika.

### CHEESE OMELET.

2 eggs	$\frac{1}{2}$ teaspoon salt
1 tablespoon melted butter	Few grains cayenne
1 tablespoon grated cheese	

Beat eggs slightly; add one-half teaspoonful of melted butter, salt, cayenne and cheese. Melt remaining butter in frying pan, add mixture and cook until firm without stirring. Roll and sprinkle with grated cheese.

### BREAD OMELET.

3 eggs	$\frac{1}{2}$ cup of bread crumbs
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup of milk
1 dash of black pepper	Piece of butter, size of walnut

Beat the eggs separately. Add to the yolks the milk, salt, pepper and the bread crumbs. Now stir into this carefully the beaten whites; mix very lightly. Put the butter in a very smooth frying-pan; as soon as hot turn in the mixture gently, and set it over a clear fire, being very careful not to burn; shake occasionally to see that the omelet does not stick. Now stand your frying-pan in the oven for a moment to set the middle of the omelet. When done, toss it over on a warm platter to bring the brown side of the omelet uppermost; or, it may be folded in half and then turned out in the center of the platter. Serve immediately or it will fall.

### CREAMED CHEESE AND EGGS.

3 hard boiled eggs	1 tablespoon flour
$\frac{1}{2}$ teaspoonful salt	Few grains cayenne
4 slices toast	1 cup milk
$\frac{1}{4}$ cup grated cheese	

Make a thin white sauce with flour, milk and seasoning. Add cheese, stir till melted. Chop egg whites and add to sauce. Pour over toast. Force yolks through a strainer. Sprinkle over the toast.

## SOUPS

### CREAM OF POTATO SOUP.

1 qt. milk or milk and water	1 teaspoon salt
$1\frac{1}{2}$ cups potatoes mashed	Few grains pepper
2 tablespoons butter	1 sliced onion
$1\frac{1}{2}$ tablespoons flour	1 bay leaf

Put the onion and bay leaf into the milk and heat to the scalding point. Remove the onion and bay leaf and add the mashed potatoes. Stir until smooth; then add the flour and butter rubbed together. Cook until it thickens slightly. Add seasoning and sprinkle over with finely chopped parsley.

### CREAM OF TOMATO SOUP.

Small can of tomatoes	1 slice onion
2 tablespoons butter	1 slice green pepper
2 tablespoons flour	Salt and pepper to taste
1 quart milk	Few grains cayenne
$\frac{1}{4}$ teaspoon of bicarbonate of soda	

Put tomatoes, onion and green pepper into a saucepan and cook slowly for about ten minutes; then put through a strainer. Rub flour and butter together until smooth. Add this to the milk and stir over moderate fire until it thickens slightly. Add soda to the tomato juice and pour the milk into the tomato juice. Do not combine tomato and milk until ready to serve.

### CREAM OF PEA SOUP.

1 can peas	1 slice onion
2 teaspoons sugar	2 tablespoons butter
1 pint cold water	2 tablespoons flour
1 pint milk	1 teaspoon salt
$\frac{1}{8}$ teaspoon pepper	

Drain peas from their liquor, add sugar and cold water and simmer twenty minutes. Rub through a sieve, re-heat and thicken with butter and flour cooked together. Scald milk with onion, remove onion and add milk to pea mixture.

### CREAM OF CAULIFLOWER SOUP.

4 cups hot white stock or water	$\frac{1}{2}$ bay leaf
1 cauliflower	$\frac{1}{4}$ cup flour
$\frac{1}{4}$ cup butter	2 cups milk
1 slice onion	Salt
1 stalk celery cut in inch pieces.	Pepper
or $\frac{1}{2}$ teaspoon celery salt	

Soak cauliflower, head down, one hour in cold water to cover; cook in boiling salted water twenty minutes. Reserve one-half flowerets, and rub remaining cauliflower through sieve. Cook onion, celery, and bay leaf in butter five minutes. Remove bay leaf, then add flour and stir into hot stock or water; add cauliflower and milk. Season with salt and pepper; then strain, add flowerets, and reheat.

### CREAM OF CARROT SOUP.

Carrots	$1\frac{1}{2}$ teaspoons salt
2 slices onion	Few grains cayenne
Sprig parsley	2 cups water
$\frac{1}{4}$ cup rice	2 cups scalded milk
4 tablespoons butter	2 tablespoons flour

Chop enough carrots to make two cups. Cook in water until tender. Press through sieve, keeping the water the carrots were cooked in. Cook rice in milk in double boiler. Cook onion in butter; add flour and seasonings. Mix carrots with rice and milk, and add butter, flour and the water the carrots were cooked in; bring to the boiling point, strain and serve. Garnish with chopped parsley. If this soup seems too thick, thin with cream or milk.

### CREAM OF CABBAGE SOUP.

1 small cabbage	4 tablespoons butter
2 cups water	1 teaspoon salt
2 cups milk	$\frac{1}{8}$ teaspoon pepper
3 slices onion	Few grains cayenne
	2 tablespoons flour

Chop cabbage, add water, and cook until tender; press through a sieve. Melt butter, add chopped onion, cook slowly five minutes, add flour, scalded milk and cabbage mixture; cook five minutes. Add seasonings, strain and serve.

### CREAM OF RICE SOUP.

1 cup rice	2 cups milk or cream
6 cups cold water	4 tablespoons butter
1 small onion	2 tablespoons flour
1 green pepper	Salt, cayenne and nutmeg
1 teaspoon chopped parsley	1 teaspoon Worcestershire sauce

Cook rice, onion and pepper in cold water until rice is tender. Press through a sieve. Melt butter, add flour, milk or cream, and seasonings; boil five minutes. Combine mixtures. Add parsley and serve.

**CREAM OF ASPARAGUS; CREAM OF GREEN PEAS; CREAM OF STRING BEANS; CREAM OF SPINACH; CREAM OF CORN; CREAM OF CELERY.** These soups are very delicate, and are much esteemed. They are all made in the same way. The vegetable is boiled until soft, and is then pressed through a sieve. A pint of the vegetable pulp is diluted with a quart of stock or water (the stock may be veal, beef or chicken broth). It is thickened with one tablespoon of butter and two tablespoons of flour rubbed together until smooth, and seasoned with pepper and salt, and is then strained again, so it will be perfectly smooth.

### POTATO CHOWDER.

6 good-sized potatoes	1 pint milk or cream
$\frac{1}{4}$ lb. salt pork	1 pint water
1 onion	1 tablespoon chopped parsley
1 tablespoon butter	1 teaspoon salt
1 tablespoon flour	$\frac{1}{2}$ teaspoon pepper

Cut the potatoes into dice, cut the pork into small pieces, and put it with the sliced onion into a frying pan, and fry until a light brown.

Put into a kettle a layer of potatoes, then a layer of onions and pork, and sprinkle with salt, pepper, and chopped parsley. Repeat this until all the potatoes, pork, onions, and parsley are in. Pour over them the

grease from the pan in which the pork and onions were fried. Add one pint of water, cover, and let simmer twenty minutes. Scald the milk in a double boiler, and add the flour and butter, rubbed together until smooth. Add this to the pot when the potatoes are tender, and stir carefully together, so as not to break the potatoes. Taste to see if the seasoning is right. Serve very hot.

### CORN CHOWDER.

1 can corn	3 cups water
1 cup salt pork cut in cubes	2 cups milk
1 cup potatoes	1 tablespoon butter
$\frac{1}{2}$ cup onion	1 tablespoon flour
Salt and cayenne	$\frac{1}{2}$ cup cracker crumbs

Cook salt pork in frying pan five minutes; add onion and cook until yellow. Parboil potatoes five minutes; add to onion with corn and water; cook twenty minutes. Thicken milk with butter and flour cooked together. Combine mixtures; add cracker crumbs and seasonings, and serve.

Succotash may be substituted for corn.

### ONION SOUP.

6 medium-sized onions	3 tablespoons butter
3 cups cold water	4 tablespoons flour
2 cups scalded milk	1 egg yolk
Salt and cayenne	2 tablespoons Parmesan cheese
	1 tablespoon pimento

Chop onions, cook in two tablespoons butter five minutes; add water, cook thirty minutes, press through a sieve. Melt remaining butter, add flour, scalded milk and seasonings, cook five minutes. Combine mixtures, add egg yolk slightly beaten, Parmesan cheese and pimento.

### CHESTNUT SOUP.

2 cups chestnuts shelled and blanchd	Cayenne
	Nutmeg
3 cups cold water	2 tablespoons onion
2 cups scalded milk	4 tablespoons butter
$\frac{1}{8}$ teaspoon celery salt	2 tablespoons flour
Salt	1 cup milk or cream

Cook chestnuts in cold water until tender, press through a sieve, and add scalded milk. Cook onion in butter five minutes, add flour, seasonings and chestnut mixture. Cook five minutes, add milk or cream, strain and serve.

Note—To shell chestnuts, make a cross on either side of the nut with a sharp knife. Put one teaspoon melted butter in dripping pan; add chestnuts and cook in oven until shells come off easily.

### EGG SOUP (Four Persons).

4 cups of milk	6 eggs
4 level teaspoons of flour	1 level saltspoon of salt
	Pinch of pepper



Boil two of the eggs hard; put the milk into the double boiler, and when heated stir in thoroughly the flour, wet in cold milk. Cook from fifteen to twenty minutes, stirring frequently, and stir in four of the eggs, which have been beaten very light, stirring constantly over the fire for two minutes. Add the seasoning; chop the hard-boiled egg very fine, sprinkle over the top of soup, and serve.

### CHEESE SOUP.

- |                           |                                   |
|---------------------------|-----------------------------------|
| 2 tablespoons of Parmesan | 1 cupful boiled rice or spaghetti |
| 1 quart of hot milk       | 1 saltspoon of salt               |
| 2 well-beaten eggs        | $\frac{1}{4}$ teaspoon of pepper  |

In a large saucepan melt the cheese with a little milk. When the cheese is dissolved, slowly add one quart of hot milk (do not let the milk come to a boil, keep stirring constantly). Then stir in two well-beaten eggs, adding them very slowly to prevent curdling. Cook for five minutes, adding the seasoning and one cupful of boiled rice or spaghetti, but do not let the mixture boil at any time.

### BLACK BEAN SOUP.

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 pint black beans                 | $\frac{1}{8}$ teaspoon pepper    |
| 2 quarts cold water                | $\frac{1}{4}$ teaspoon mustard   |
| 1 small onion                      | Few grains cayenne               |
| 2 stalks celery, or                | 3 tablespoons butter             |
| $\frac{1}{4}$ teaspoon celery salt | $1\frac{1}{2}$ tablespoons flour |
| $\frac{1}{2}$ teaspoon salt        | 2 hard-boiled eggs               |
|                                    | 1 lemon                          |

Soak beans over night; in the morning drain and add cold water. Slice onions and cook five minutes with half the butter, adding to beans, with celery stalks broken in pieces. Simmer three or four hours, or until beans are soft; add more water as water boils away. Rub through a sieve, re-heat to the boiling point, and add salt, pepper, mustard and cayenne well mixed. Mix with remaining butter and flour cooked together. Cut eggs in thin slices, and lemon in thin slices, removing seeds. Put in tureen and strain the soup over them.

### SPLIT-PEA OR BEAN SOUP.

- |                            |                                    |
|----------------------------|------------------------------------|
| 1 cupful of split peas, or | 2 quarts of water                  |
| 1 cupful of dried beans    | $\frac{1}{2}$ teaspoonful of sugar |
| 1 tablespoon of butter     | 1 tablespoon of flour              |
| Salt and pepper to taste.  |                                    |

Let the peas or beans soak over night in three quarts of cold water. Put the soaked peas or beans into a saucepan with two quarts of water and a ham-bone, if you have it, otherwise it may be omitted. Let simmer for four or five hours, or until the peas or beans are perfectly soft. (Add more water from time to time, if necessary.) Then pass them through a sieve; add to the pulp enough stock or milk or water to make a soup of the consistency of cream. Put it again into a saucepan on the fire; season, and add a roux made of one tablespoonful of butter and one tablespoonful of flour cooked together; dilute the roux to smoothness with a little of the soup before adding it to the pot.

An onion may be boiled with the peas or beans if desired.

Serve croutons on the soup, or pass them. (Croutons are small pieces of bread fried in butter.)



**BAKED. BEAN SOUP.**

3 cups cold baked beans	2 tablespoons butter
3 pints water	2 tablespoons flour
2 slices onion	1 tablespoon Chili sauce
2 stalks celery	Salt
1½ cups stewed and strained tomatoes	Pepper

Put beans, water, onion and celery in saucepan; bring to boiling point and simmer thirty minutes. Rub through a sieve, add tomato and Chili sauce, season to taste with salt and pepper, and mix with the butter and flour cooked together. Serve with crisp crackers.

**LENTIL SOUP.** To the contents of a can of lentils add some broth or water, chopped parsley and onions, brown sauce or butter and flour. Also, if desired, a few pieces of frankfurter sausage. Boil five minutes and serve.

**CREAM OF LENTIL SOUP.** Two cups of canned lentils, eight cups water, three tablespoons chopped onions, two tablespoons butter, two tablespoons flour, two cups milk. Cook the onions ten minutes, add to the lentils and press through a sieve. Melt butter, add flour and milk and cook five minutes. Combine the mixture, season to taste and serve with small pieces of bread fried in butter.

**LENTIL PUREE.** Wash and soak for about eight hours half a pint of lentils. Put the lentils, together with a small carrot, an onion, three leeks and a little celery, into two quarts of cold water. Place over a slow fire and bring to the boiling point. Add a piece of butter the size of an egg, stir well and serve very hot, with croutons.

**MACARONI, SPAGHETTI AND NOODLES****BAKED MACARONI.**

¼ pound of macaroni	½ cup of milk or cream
¼ pound of grated cheese	1 tablespoon of butter
Salt and pepper	

Break the macaroni in convenient lengths, put it in a two-quart kettle and nearly fill the kettle with boiling water; add a teaspoon of salt and boil rapidly twenty-five minutes (the rapid boiling prevents the macaroni from sticking together); drain in a colander, then throw into cold water to blanch for ten minutes; then drain again in the colander. Put a layer of the macaroni in the bottom of a baking dish, then a layer of cheese, then a sprinkling of salt and pepper, then another layer of macaroni, and so continue until all is used, having the last layer macaroni. Cut the butter in small bits; distribute them evenly over the top; add the milk or cream and bake until a golden brown (about twenty minutes) in a moderately quick oven. Serve in the dish in which it was baked.

**MACARONI BAKED WITH TOMATOES.** Arrange layers of cooked macaroni, stewed and seasoned tomato, and chopped green pepper. Dot each layer with butter. Cover all with buttered cracker crumbs. Bake in hot oven.

**MACARONI A L'ITALIENNE.**

$\frac{1}{4}$ pound of macaroni	$\frac{1}{2}$ pint of milk
$\frac{1}{4}$ pound of grated cheese	Butter the size of a walnut
Salt and white pepper to taste.	

Break the macaroni in convenient lengths. Put in a two-quart kettle and nearly fill the kettle with boiling water; add a teaspoonful of salt and boil rapidly twenty-five minutes; then drain; throw into cold water to blanch for ten minutes. Put the milk into a double boiler; add to it the butter, then the macaroni and cheese; stir until thoroughly heated, add the salt and pepper, and serve.

**MACARONI WITH BROWN SAUCE.**

$\frac{1}{4}$ pound of macaroni	2 tablespoons of Parmesan
1 quart of stock or water	Salt and pepper to taste

Break the macaroni in pieces two inches long. Put the stock or water on to boil. When boiling, add the macaroni and boil rapidly for thirty minutes. When done, put it in a colander to drain. Put one tablespoon of butter in a frying-pan; and when brown, add one tablespoon of flour, mix until smooth; then add a half-pint of stock and stir continually until it boils; add the cheese, then the macaroni, and let it boil up once. Season to taste, and serve.

**BOILED MACARONI WITH CHEESE.** Put the macaroni into salted boiling water, and cook it twelve to fifteen minutes, or until it is tender. When it is cooked, drain off all the water and cover the hot macaroni with grated cheese (Parmesan and Gruyère mixed). With two forks mix lightly the cheese with the macaroni. Turn it into the hot serving-dish, and pour over it the sauce given below. Serve at once.

**SAUCE FOR MACARONI.** Put into a saucepan one and a half tablespoonfuls of butter. Add a small onion chopped fine and a half clove of garlic. Cook until all are browned; then add three tablespoonfuls of water in which the macaroni was boiled and a teaspoonful of beef extract. Add, also, three or four soaked mushrooms and let it simmer for five minutes.

This amount of sauce is enough for a pound of macaroni.

The mushrooms given in this receipt are the dried ceps, which can be bought by the pound at Italian groceries. They are the best, after the fresh mushrooms, to use for sauces. They should not be cooked longer than five minutes to give their best flavor.

**MACARONI WITH TOMATO SAUCE.** Boil macaroni in water for thirty minutes; drain off the water and serve with tomato sauce and cheese.

**MACARONI CROQUETTES.**

1 cup cooked macaroni	$\frac{3}{4}$ cup milk or stock
4 tablespoons butter	Few drops onion juice
4 tablespoons flour	Salt and pepper
	$\frac{1}{2}$ cup cheese

Melt butter; add flour and cheese; when well blended add milk, onion juice, and seasonings. Cool, add macaroni; shape, dip in crumbs, egg and crumbs, and fry in deep fat.

**MACARONI CROQUETTES.**

6 ounces of macaroni	$\frac{1}{2}$ pint of milk
1 tablespoon of butter	2 tablespoons of flour.
2 tablespoons of grated cheese	Yolks of 3 eggs
Salt and pepper to taste	

Break the macaroni in pieces about two inches long. Put it in a kettle nearly full of boiling water, and boil rapidly twenty-five minutes. When done, put it in a colander to drain, then into cold water for fifteen minutes; drain again, and then cut it in pieces a half-inch long. Put the milk on to boil. Rub the butter and flour together until smooth; stir into the milk when boiling, and stir continually until it thickens; then add the cheese and macaroni, salt, pepper, and the yolks of the eggs; cook one minute longer; then turn out on a plate to cool. When cold, form into cone-shaped croquettes; roll first in egg and then in bread crumbs, and fry in deep hot fat. Serve with cream sauce.

**MACARONI TIMBALE.**

6 ounces of left over meat or vegetables	1 teaspoon of mushroom catsup
	1 teaspoon of Worcestershire sauce
4 tablespoons of bread crumbs	2 ounces of macaroni boiled and cut in pieces one inch long
1 tablespoon of stock	
1 egg	

Mix the crumbs and meat or vegetables well together; then add the stock, seasoning and sauces; mix, and add the egg, well beaten. Grease a plain pudding mould, and line it with the boiled macaroni; fill with the mixture, and press in compactly. Put the lid on the mould and fasten it. Then stand the mould in a kettle, with sufficient boiling water to about two-thirds cover it. Now put the lid on the kettle, and boil for one hour. When done, turn it from the mould, pour cream sauce around it, and serve.

**SPAGHETTI WITH TOMATO SAUCE.**

$\frac{1}{4}$ pound of spaghetti	1 large tablespoon of butter
1 tablespoon of flour	$\frac{1}{2}$ pint of stewed tomatoes
Salt and pepper to taste	

Take a handful of the long sticks; put the ends into boiling salted water; as they soften bend and coil the spaghetti in the water without breaking it. Boil rapidly twenty minutes. When done, put it in a colander to drain, then stand the colander in a pan of cold water for fifteen minutes. Put the butter in a frying-pan to melt; add to it the flour; mix until smooth; then add the tomatoes (strained), and stir continually until it boils. Now carefully add the spaghetti, let it boil up once, and serve without cutting.

**NOODLES.** Throw a few noodles at a time into boiling, salted water; boil them until they are done, separating them carefully with a fork to prevent their matting together. Skim them out when done, and keep them on a warm dish on the hot shelf until enough are cooked. Season with butter. Put them in the dish in which they are to be served, and sprinkle over them bread crumbs browned in hot butter to a golden color. This dish may be served with fish, with meat, or as a course by itself. Noodles may also be cooked like macaroni, with cheese.



## CHEESE

### CHEESE RELISH.

1 cup bread broken in small pieces	$\frac{1}{8}$ teaspoonful pepper
$\frac{1}{2}$ cup cheese	1 cup milk
1 teaspoonful salt	1 egg
1 tablespoonful butter	

Mix ingredients well, place in buttered baking dish and bake 25 minutes.

### CHEESE FONDUE.

1 cup scalded milk	1 tablespoon butter
1 cup stale bread crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ lb. mild cheese (in small pieces)	3 eggs

Mix first five ingredients; add yolks of eggs beaten until stiff. Fold in whites of eggs beaten until stiff. Pour into buttered baking dish and bake twenty minutes in moderate oven.

**CHEESE DREAMS.** Cut twelve thin slices of bread and remove crusts. Cut in halves, cover with a thin slice of American cheese, sprinkle with salt, paprika and cayenne; cover with another slice of bread and saute on both sides in butter. These are more easily prepared small than large.

### CHEESE SOUFFLE.

2 tablespoonfuls butter	$\frac{1}{2}$ teaspoon salt
3 tablespoonfuls flour	$\frac{1}{4}$ cup American cheese, grated
$\frac{1}{2}$ cup scalded milk	3 eggs

Melt butter, add flour, and when well mixed add gradually scalded milk. Add salt and cheese. Remove from fire; add yolks of eggs well beaten. Cool mixtures and put in whites of eggs beaten until stiff and dry. Pour into a buttered baking dish and bake twenty minutes in a slow oven. Serve at once.

**CHEESE CUSTARD.** Melt two tablespoons butter; add one teaspoon each of salt, mustard and paprika. Add two cups cheese, one half cup soft bread crumbs, and one cup milk. Cook five minutes. Add two eggs well beaten; when thoroughly blended, pour on to bread toasted on one side.

**CHEESE WITH RED PEPPERS.** Melt two tablespoons butter, add four tablespoons chopped pepper, one-half tablespoon chopped onion, one-fourth cup grated cheese, one-fourth cup milk or cream, four eggs slightly beaten. Cook until well blended and serve on buttered slices of toast.

**CREAM TOAST WITH CHEESE.** Make toast; make white sauce. To white sauce, just before taking from the fire, add  $\frac{1}{2}$  cup of grated cheese. When this is melted, pour over the toast.

**White Sauce**

2 tablespoons of flour	1 cup of milk
2 tablespoons of butter	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Rub flour and butter together until smooth. Add milk slowly. Stir over fire until it thickens (just to the boiling point). Remove from fire and add salt and pepper.

**CHEESE AND TOMATO RAREBIT.** Melt one tablespoon butter; add three sliced tomatoes, one-half cup milk, one teaspoon salt, two cups cheese. Stir continually until cheese is melted. Add three eggs well beaten. When hot, serve on hot buttered toast.

**CHEESE WITH TOMATO.** Place slices of buttered bread in pans. On top place a slice of tomato, grated cheese on this, a slice of bacon on this. Bake in a moderate oven.

**CEREALS****CEREAL WITH FRUIT.**

$\frac{3}{4}$ cup cereal	1 teaspoon salt
$\frac{3}{4}$ cup cold water	$\frac{1}{2}$ pound dates, stoned, and cut in pieces
2 cups boiling water	

Mix cereal, salt and cold water; add to boiling water placed on front of range. Boil five minutes, steam in double boiler thirty minutes; stir in dates, and serve with milk or cream. Prunes or any other cooked fruit may be used instead of dates.

**OATMEAL MUSH WITH APPLES.** Core apples, leaving large cavities; pare and cook until soft in syrup made by boiling sugar and water together, allowing one cup sugar to one and one-half cups water. Fill cavities with oatmeal mush; serve with sugar and cream or milk. The syrup should be saved and re-used. Berries, sliced bananas, or sliced peaches are acceptably served with any cereal.

**OATMEAL MUFFINS.**

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

Mix and sift flour, sugar, salt and baking powder; add one-half milk, egg well beaten, the remainder of the milk mixed with oatmeal, and beat thoroughly; then add butter. Bake in buttered muffin rings placed in buttered pan or bake in buttered gem pans.

**RAISED OATMEAL MUFFINS.**

$\frac{3}{4}$ cup scalded milk	$\frac{1}{4}$ yeast cake dissolved in
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup lukewarm milk
$\frac{1}{2}$ teaspoon salt	1 cup cold cooked oatmeal
	$2\frac{1}{2}$ cups flour

Add sugar and salt to scalded milk; when lukewarm, add dissolved yeast cake. Work oatmeal into flour with tips of fingers, and add to first mixture; beat thoroughly, cover, and let rise over night. In morning, fill buttered iron gem pans two-thirds full, let rise on back of range that pan may gradually heat and mixture rise to fill pan. Bake in moderate oven twenty-five to thirty minutes.

### RAISED HOMINY MUFFINS.

1 cup warm cooked hominy	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ yeast cake
1 cup scalded milk	$\frac{1}{4}$ cup lukewarm water
3 tablespoons sugar	$3\frac{1}{4}$ cups flour

Mix first five ingredients; when lukewarm add yeast cake, dissolved in lukewarm water and flour. Cover, and let rise over night. In the morning, fill hot buttered gem pans two-thirds full, let rise one hour, and bake in a moderate oven. Unless cooked hominy is rather stiff more flour will be needed.

## RICE

### SAVORY RICE.

2 tablespoons butter	3 tablespoons grated cheese
6 tablespoons boiled rice	2 chopped hard-boiled eggs
4 tablespoons chopped cooked carrots	Milk

Melt the butter and add the rice, carrots, cheese and eggs. Moisten with milk and season highly. Heap on a dish and brown in the oven.

**RICE BALLS WITH TOMATO SAUCE.** Make balls of undrained rice and dip them in grated cheese. Bake in a hot oven until cheese is brown. Serve with tomato sauce.

### CHEESED RICE.

1 can tomatoes	$\frac{1}{2}$ lb. cheese
1 cup cooked rice	Salt—paprika

Spread in a casserole dish in layers with cheese on top. Bake in a moderate oven until cheese is brown.

### RICE WITH CHEESE.

2 cups steamed rice	$\frac{1}{2}$ cup grated cheese
2 tablespoons butter	Few grains cayenne
$\frac{1}{2}$ teaspoon salt	Milk

Arrange rice and cheese in alternate layers in buttered baking dish, add remaining ingredients, adding sufficient milk to moisten. Cover with buttered bread crumbs. Bake until crumbs are brown.

**TURKISH PILAF.** Wash and drain one-half cup rice, cook in one tablespoon butter until brown, add one cup boiling water, and steam until water is absorbed. Add one and three-fourths cups hot stewed tomatoes, cook until rice is soft, and season with salt and pepper.

**RICE A LA RISTON.**

1 cup white stock or boiling water	$\frac{1}{4}$ cup boiled rice
2 thin slices bacon	$\frac{1}{2}$ teaspoon chopped parsley
$\frac{1}{2}$ medium-sized cabbage	Salt and pepper to taste

Chop the bacon finely; add cabbage finely chopped and moisten with the boiling water or stock. Cook slowly uncovered for 30 minutes. Add the rice, parsley, salt and pepper and cook 15 minutes longer.

**RICE AND CHEESE CROQUETTES.**

1 cup rice	Salt and pepper
4 cups milk	1 egg
1 cup cheese	1 cup thick white sauce

Cook rice in milk; when milk is absorbed add cheese, seasoning and egg and enough sauce to make of the consistency to shape. Shape, dip in crumbs, egg and crumbs, and fry in deep fat.

**RICE AND TOMATO CROQUETTES.** Cook two tablespoons chopped onion in two tablespoons butter five minutes; add one tablespoon red pepper, sprig parsley, four cloves, and one and one-half cups tomato; cook five minutes. Add one cup water or chicken stock, pour into double boiler, add one-half cup washed rice and cook until rice is tender and liquid absorbed. Season with salt, pepper and paprika. Add two egg yolks and four tablespoons grated cheese.

Shape, dip in crumbs, egg and crumbs, and fry in deep fat.

**BAKED RICE AND CHEESE.**

3 cups boiled rice	1 cup milk
$\frac{1}{2}$ pound cheese	$\frac{1}{2}$ teaspoonful salt
2 tablespoons flour.	

Make sauce by thickening milk with flour. Add cheese, stirring until it is dissolved. Arrange in baking dish layers of rice and sauce, cover with buttered crumbs and bake until brown.

**RICE WITH APPLE COMPOTE.**

$3\frac{1}{2}$ cups sugar	6 apples
$2\frac{1}{2}$ cups water	4 slices of lemon
2 cups cooked rice.	

Cook sugar and water together ten minutes. Pare, core and cut apples in thick round slices. Add lemon slices to syrup and cook apples, a few slices at a time, until all are cooked. Arrange rice in bottom of serving dish. Arrange slices of apples overlapping each other on top of rice. Boil the syrup until thick and pour over apples. Cool and serve. Pears, peaches or oranges may be substituted for apples.

**RICE MUFFINS.**

$2\frac{1}{4}$ cups flour	1 cup milk
$\frac{3}{4}$ cup hot cooked rice	1 egg
5 teaspoons baking powder	2 tablespoons melted butter
2 tablespoons sugar	$\frac{1}{2}$ teaspoon salt



Mix and sift flour, sugar, salt and baking powder ; add one-half milk, egg well beaten, the remainder of the milk mixed with rice, and beat thoroughly ; then add butter. Bake in buttered muffin rings placed in buttered pan or buttered gem pans.

**RAISED RICE MUFFINS.** Make same as raised hominy muffins, substituting one cup hot boiled rice in place of hominy, and adding the whites of two eggs beaten until stiff.

## NUTS

### NUT LOAF (No. 1).

2 cups soft bread crumbs	1½ teaspoons salt
1 cup chopped nut meats	¼ teaspoon pepper
½ cup melted butter	½ teaspoon Worcestershire sauce
½ cup hot water or stock	Few drops onion juice
	1 egg

Mix all ingredients ; taste, add more seasoning if needed ; shape in a bread pan and bake one hour in a moderate oven, covering with a tin cover for the first half of the time. Baste three times during the cooking with melted butter. Remove from pan and serve with brown sauce, to which one-fourth cup chopped nuts has been added.

### NUT LOAF (No. 2).

2 cups soft bread crumbs	1 egg
1 cup milk	1 teaspoon Kitchen Bouquet
2 cups chopped nuts	⅛ teaspoon pepper
½ teaspoon salt	1 tablespoon butter or bacon fat

Soak the crumbs in milk until soft, add remaining ingredients. Pour into bread pan, baste with water, butter, or pork fat, and bake one hour. Serve hot or cold with tomato sauce.

### NUT AND CHEESE ROAST.

1 cup grated cheese	1 tablespoon butter
1 cup bread crumbs	2 tablespoons onion
Juice ½ lemon	Salt
1 cup chopped nuts	Pepper

Cook chopped onion in the butter and a little water until tender. Mix other ingredients, moisten with water, using that in which onion was cooked. Pour into a shallow baking dish and brown in the oven.

### NUT SCRAPPLE.

2 quarts boiling water	1 cup hominy
2 cups corn meal	1 tablespoon salt
	2 cups nut meats.

Cook the hominy and corn meal in a double boiler until very thick. Add chopped nuts and pour in a greased dish. Keep in a cold place. Cut in slices and fry. Serve with syrup or plain.

**NUT AND CELERY SALAD, No. 1.** Mix equal parts of English walnut or pecan nut meats cut in pieces and celery cut in small pieces. Mix with French Dressing. Serve with lettuce.



**NUT AND CELERY SALAD, No. 2.** Mix one and one-half cups finely cut celery, one cup pecan nut meats broken in pieces and one cup shredded cabbage. Moisten with cream dressing.

**NUT MUFFINS (Without Eggs).**

2 cups flour	2 tablespoons butter
$\frac{1}{4}$ cup sugar	1 cup milk (scant)
4 teaspoons baking powder	$\frac{1}{2}$ cup nut meal
	$\frac{1}{2}$ teaspoon salt

Mix and sift dry ingredients; work in butter with tips of fingers; add milk and nuts. Bake in muffin pans for twenty to twenty-five minutes.

**PRUNES STUFFED WITH NUTS.**

$\frac{1}{2}$ pound prunes	$\frac{1}{2}$ cup nuts
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Soak prunes. Cook slightly. Remove stones and stuff with nuts broken in small pieces.

**CHESTNUTS WITH BROWN SAUCE.** Remove the shells from one pint of chestnuts, cover them with boiling water and let stand for fifteen minutes, then peel off the thin, brown skin. Put them into a saucepan, cover with boiling stock, and boil thirty minutes, or until you can pierce them with a fork. When done, drain, and save the stock in which they were boiled. Put one tablespoonful of butter into a frying-pan to brown; when brown, add one tablespoonful of flour, mix until smooth; then add a half-pint of the stock in which the chestnuts were boiled, stir *continually* until it boils, add salt and pepper to taste, pour over the chestnuts, and serve.

**CHESTNUTS EN CASSEROLE.** Remove shells from three cups chestnuts, put in a casserole dish, and pour over three cups highly seasoned chicken stock. Cover, and cook in a slow oven three hours; then thicken chicken stock with two tablespoons butter and one and one-half tablespoons flour cooked together. Send to table in casserole dish.

**STEWED CHESTNUTS.** Remove the shells from one pint of chestnuts, cover with boiling water and let blanch fifteen minutes, then remove the brown skin. Put them in a saucepan, cover with boiling water, boil fifteen minutes; then add a half-teaspoonful of salt and boil ten minutes longer, or until you can pierce them with a fork. When done, drain, turn into a heated dish, pour over them cream or white sauce, and serve.

**CHESTNUT PUREE.** Remove the shells; boil ten minutes; then drain and remove the skins. Put them in boiling salted water, and cook until tender; then drain, mash, and press them through a colander. Season with butter, salt, and pepper; moisten with cream, or milk, or stock.

## BANANAS

**MOULDED CEREAL WITH BANANA SURPRISE.** Turn any left-over breakfast cereal, while still hot, into cups rinsed in cold water, half filling the cups. When cold, scoop out the centres, and fill the open spaces with sliced bananas; turn from the cups on to a buttered

agate pan, fruit downward and set into a hot oven to become very hot. Remove with a broad bladed knife to cereal dishes. Serve at once with sugar and cream or milk.

**BAKED BANANAS, No. 1.** Remove skins from six bananas and cut in halves lengthwise. Put in a shallow granite pan or on an old platter. Mix two tablespoons melted butter, one-third cup sugar, and two tablespoons lemon juice. Baste bananas with one-half the mixture. Bake twenty minutes in a slow oven, basting during baking with remaining mixture.

**BAKED BANANAS, No. 2.** Arrange bananas in a shallow pan, cover, and bake until skins become very dark in color. Remove from skins, and serve hot sprinkled with sugar.

**BANANA FRITTERS.** Remove skins from four bananas. Cut each one in four equal parts. Sprinkle with four tablespoons sugar, four tablespoons lemon juice, or wine, and let stand one hour. Dip in Fritter Batter; fry in deep fat; drain on brown paper. Serve.

**BANANA FRIED IN CRUMBS.** Remove skin from six bananas, cut in halves lengthwise and crosswise. Sprinkle with salt and pepper and lemon juice, dip in flour, egg and crumbs, and fry in deep fat. Drain on brown paper, serve on folded napkin. Garnish with lemon and parsley. Serve with or without lemon sauce.

**SAUTED BANANAS.** Remove skins from bananas, cut in halves lengthwise, and again cut in halves crosswise. Dredge with flour, and saute in clarified butter. Drain, and sprinkle with powdered sugar.

**BANANA SANDWICH.** Slice the bananas and lay between slices of buttered bread. Salt lightly.

**BANANA AND NUT SALAD.** Cut bananas in half lengthwise; sprinkle with finely chopped nuts and serve on lettuce with mayonnaise dressing.

## PEAS

**PUREE OF PEAS.** Boil the peas until very tender; mash and press them through a sieve. Place them again in the saucepan, and stir into them enough hot milk, pepper and salt, to well moisten and season them; add also some butter, and a very little sugar.

Dried peas may be used in this way, but require soaking and long boiling.

**PEA TIMBALES.** Drain and rinse one can peas, and rub through a sieve. To one cup pea pulp add two beaten eggs, two tablespoons melted butter, two-thirds teaspoon salt, one-eighth teaspoon pepper, few grains cayenne, and a few drops onion juice. Turn into buttered moulds, set in pan of hot water, cover with buttered paper, and bake until firm. Serve with one cup white sauce to which is added one-third cup canned peas drained, rinsed and cooked slowly for fifteen minutes.

### CREAMED PEAS.

2 cups of boiled peas

$\frac{3}{4}$  cup white sauce

Cook the peas; add them to the white sauce and then cook gently for about two minutes. If left over peas are used, heat slightly before adding to the white sauce.

Peas may be prepared in the same ways as lentils. (See lentil recipes).

### SPRING SALAD.

Cold cooked green peas

Cold boiled potatoes

Cut potatoes into dice. Mix peas and potatoes together with mayonnaise dressing; then serve on lettuce leaves.

## BEANS

**BAKED BEANS.** Cook dried beans gently until skins begin to break. Place a layer of beans in a bean pot or deep earthen dish and on this layer on the center of the dish place a piece of salt pork (streak of fat and streak of lean), have rind side up. For each quart of beans use one-half pound pork; score the rind. Fill dish with beans, add seasoning and water to cover. (One tablespoon salt and one-half teaspoonful pepper to one quart beans.) Mix seasoning with the water. One tablespoon mustard may be added; also one-half tablespoonful molasses and one onion. Instead of pork, a piece of salt or fat beef or mutton may be employed. In this case use one and one-half to two pounds meat to one quart of beans. If fresh meat is used, add more salt. If all meat is used, one teaspoonful salt is sufficient. When mutton is used, trim off every particle of skin. Bake the beans in a very moderate oven eight to ten hours. Add a little boiling water from time to time, but never enough to bring the water above the beans. Any kind of bean may be baked in summer, but the small pea bean is the best for Boston baked beans. Lima and white beans are best for the deep earthen dish. Do not cover beans while baking.

**BOSTON BAKED BEANS.** Soak one quart of peabeans overnight in cold water. In the morning drain off the water and cover with fresh water. Heat slowly and let it simmer one hour. Place in an earthen bean pot. Scald one-half pound of salt pork; bury pork in beans, leaving only rind exposed. Mix one teaspoon salt, one-half teaspoon dry mustard, one tablespoon molasses, three tablespoons sugar; add one cup of boiling water and pour over beans; then add more water if necessary to cover them. Cover bean pot; bake slowly from eight to twelve hours, uncovering the last hour.

**PORK AND BEANS.** Soak a pint of small white beans overnight.

In the morning pour off the water, pour on a pint of cold water, and set at the back of the range to simmer slowly for three quarters of an hour.

Place the beans in a bean-pot with half a pound of scored salt pork in the middle, half a teaspoonful of dry mustard, salt, white pepper and a half pint of white sugar. Add water from time to time, as it grows dry, and bake twelve hours.

### BEAN POLENTA.

1 pint of small white soup beans

1 tablespoon of butter

1½ tablespoons of molasses

1 tablespoon of vinegar

½ teaspoon French mustard

Salt and pepper to taste



Wash the beans, and soak them over night in lukewarm water. In the morning, drain off this water, cover with fresh, cold water, bring slowly to a boil, and boil slowly one hour; drain again, cover with one quart of fresh boiling water, and boil slowly another hour. When done, press through a colander, return to the kettle, add the butter, molasses, mustard, salt, pepper and vinegar; stir, and boil ten minutes. Serve in a vegetable tureen.

### BEAN CROQUETTES.

1 pint of white soup beans	1 tablespoon of molasses
1 tablespoon of vinegar	1 tablespoon of butter
Salt and cayenne to taste	

Boil the beans as directed in preceding recipe. When done, drain and press the beans through a colander, then add the other ingredients, mix well and stand away to cool. When cold, form into small balls, dip first in egg and then in bread crumbs, and fry in deep hot fat.

**PUREE OF BEANS.** Boil the beans until tender; mash them through a colander. Season with butter, salt and pepper; and add enough milk or cream or stock to make them the right consistency.

**BEAN CROQUETTES.** To make croquettes add a beaten egg to the puree, form it into small croquettes, roll them in egg and crumbs, and fry in hot fat.

### BOSTON ROAST.

1-pound can kidney beans, or	½ pound grated cheese
Equivalent quantity cooked	Bread crumbs
beans	Salt

Mash beans or put through a meat grinder. Add cheese and enough bread crumbs to make a stiff roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce. The dish may be flavored with onions chopped and cooked in butter and water.

**KIDNEY BEANS WITH BROWN SAUCE.** Put one tablespoon of butter in a saucepan and brown until dark, but do not burn it. Add one tablespoon flour; stir and brown again. Add cupful good stock (beef is best); season with salt and pepper. Cook one pint fresh shelled beans in salted water until tender. Add the sauce, and cook one minute longer.

## LENTILS

### BAKED LENTILS.

1 quart lentils	6 ounces mixed salt pork
1 quart water	1 clove garlic, or
½ teaspoonful pepper	1 small onion
1 teaspoonful salt	

Pick over and wash lentils. Soak in water overnight. In morning, pour water off. Put lentils in stewpan with two quarts cold water and heat slowly. As water boils, the lentils will rise to the top. Remove them with a skimmer and place in a deep earthen dish with pork and onion in the center. Mix salt and pepper with one quart boiling water and add. Cook slowly in moderate oven four to five hours, adding a little water from time to time. If pork is not very salt, more salt should be added.

*Stewed lentils* are prepared in the same way, but using more water. Instead of pork, fat corned beef or the shank of a ham may be used.

### **CURRIED LENTILS.**

1 cup lentils	3 tablespoons butter
1 pint vegetable stock or water	3 onions
1 teaspoon salt	1 tablespoon curry powder

Wash the lentils and soak them. Drain and cook in the stock or water one hour. When done they should be a dry mass. Melt the butter, add sliced onions and curry powder. Fry until the onions are brown. Add lentils. Season and heat. Serve with boiled rice.

**LENTILS AND RICE.** Boil the lentils as directed in the preceding recipe. Wash and boil one cup of rice. Put two tablespoonfuls of butter in a frying-pan; when melted add one onion cut in slices, then the lentils and rice, and stir over the fire fifteen minutes; add salt and pepper to taste and serve.

### **LENTIL CAKES.**

1 cup lentils	$\frac{1}{2}$ teaspoon salt
2 tablespoons melted butter	2 egg yolks
1 tablespoon sugar	$\frac{1}{2}$ cup chopped nuts

Wash lentils in several waters and soak over night. Boil until soft, but not broken. Drain and add melted butter, sugar, salt, egg yolks and nuts. Shape in round cakes; lay on greased tins and bake in a hot oven fifteen minutes. Sprinkle nuts on top.

**LENTIL CROQUETTES.** Thoroughly soak one cup of lentils and one half cup red beans. Drain and add two cupfuls of water, half an onion, a stalk of celery or one-half teaspoon celery salt, one small carrot sliced and three sprigs of parsley. Cook until a pulp, strain through a sieve and add one cup grated bread crumbs, one beaten egg, pepper and salt to taste. Make a sauce by creaming two tablespoonfuls of butter and pouring on gradually two-thirds of a cup of milk or cream. Bring to the boiling point and add lentil mixture. Mix thoroughly. When cool form in balls, dip in egg and crumbs and fry in deep hot fat.

**LENTILS AND RICE CROQUETTES.** Rub one cupful of canned lentils through a colander. Mix with one cupful of cooked rice, one-half cupful of milk or cream, one beaten egg, sage and salt to taste. Form into croquettes, roll in beaten eggs and then in bread crumbs. Spread a little cream on top and bake to a nice brown.

**LOUISIANA LENTILS.** One cup lentils, one onion, two cups tomatoes, two tablespoonfuls butter, three red peppers. Soak the lentils about eight hours. Drain, cover with fresh water and cook very slowly for half hour. Bring to boiling point, drain, cover with hot water and simmer until they become tender; melt the butter in a casserole. Add the onion and red peppers chopped fine. Stir and cook until the butter is browned. Put in the tomatoes and salt and pepper to taste. Drain the lentils and add them. Cook uncovered for thirty minutes.

**MASHED LENTILS.** After the lentils have been soaked thoroughly, cook in water until they become a soft mass. Press through a sieve and season with butter and salt. They should be of the consistency of mashed potatoes. Just before serving put over them three

tablespoonfuls of minced fried onions. Pork may be used instead of butter in cooking lentils, if preferred.

**BUTTERED LENTILS.** Arrange one can lentils in tomato sauce on a hot platter, and sprinkle it with salt, pepper and dry mustard. Moisten with melted butter and season highly with grated cheese, well mixed in with a fork, and serve.

**FRIED LENTILS.** One can lentils in tomato sauce, two tablespoonfuls melted butter, two eggs, salt and pepper, butter for frying.

Pound the lentils in a mortar until quite smooth, then work in the melted butter and eggs, and season to taste. Form the mixture into small oval shapes, fry both sides until lightly browned, then serve.

**LENTIL GRAVY WITH RICE.** Rub a cupful of canned lentils through a colander to remove the skins, add one cup of rich milk, part cream if it can be afforded, and salt to taste. Heat to boiling, and thicken with a teaspoonful of flour rubbed smooth in a little cold milk. Serve hot on nicely steamed or boiled rice, or with well cooked macaroni.

**LENTIL PANCAKES.** Mash two cupfuls of canned lentils, and press through a sieve. Season with salt, pepper and butter, cool, and add two eggs beaten with a cupful of milk. Add a cupful of flour sifted with half a teaspoonful baking powder, mix thoroughly, and fry on buttered griddle.

**LENTIL SALAD.** To one can of lentils add a small onion and a small sweet pepper, chopped fine. Add a little vinegar and mayonnaise dressing. Salt and pepper to taste.

**LENTILS AS A SIDE DISH.** Heat canned lentils in a saucepan. Fry some finely cut onions in butter with a little flour, season with paprika if desired, and pour over the lentils and serve.

## POTATOES

### POTATOES AU GRATIN.

6 cold boiled potatoes	2 tablespoonfuls of butter
2 cups of milk	4 heaping tablespoons grated cheese
3 tablespoonfuls of flour	Salt and cayenne to taste

Put the butter in a frying-pan to melt; when melted, add the flour, mix until smooth; then add the milk, and stir *continually* until it boils. Take from the fire, add the cheese, salt, and cayenne. Put a layer of this sauce in the bottom of a baking-dish, then a layer of the cold potatoes, sliced, and so on, having the last layer sauce; sprinkle bread crumbs over the top, and put it in a quick oven ten minutes, to brown. Serve in the dish in which it was baked.

**SCALLOPED POTATOES.** Cut boiled potatoes into dice; put two tablespoons of butter in a frying pan, and when melted add two tablespoons of flour; then add one pint of milk, teaspoon salt and a little pepper. Put a layer of this sauce in the bottom of the baking dish, then a layer of potatoes; sprinkle with grated cheese. Then add another layer of sauce; sprinkle the top lightly with bread crumbs and put in oven for fifteen minutes to brown.



**POTATO CUSTARD.**

2 good-sized potatoes	1 teaspoon cinnamon
3 eggs	2 cups of milk
Piece of butter size of a walnut	½ cup of sugar.

Wash the potatoes and parboil them then stand away until quite cold. When cold, peel and grate them. Beat the butter, sugar, and the yolks of the eggs until very light, add the potatoes by degrees, stirring all the while, then add all the other ingredients. Bake in a baking dish for thirty minutes. Then beat the whites of the eggs to a stiff froth, with two tablespoonfuls of powdered sugar, heap this over the top of the custard, and put back into the oven until a light brown.

**POTATO SOUFFLE.** To two cupfuls of smooth, well-seasoned and quite moist mashed potatoes add the yolks of two eggs. When a little cooled stir in lightly the whites of two eggs beaten very stiff. Put the whole into a pudding-dish, and brown it in a quick oven.

**POTATO CROQUETTES.** To two cupfuls of well-seasoned mashed potatoes add the beaten yolks of two eggs, a tablespoonful of chopped parsley, one and a half tablespoonfuls of butter (if none has been used in seasoning), a dash of cayenne and nutmeg; stir over the fire until the potato leaves the sides of the pan. When cold, form it into small croquettes, roll them in egg and bread-crumbs and fry them in hot deep fat to an amber color.

**GERMAN POTATO SALAD (Six Persons).**

10 medium potatoes	4 tablespoons good olive oil
1 onion	5 tablespoons of vinegar
1 teaspoonful of salt	Chopped parsley
½ teaspoon of pepper	1 yolk of egg

Boil and peel the potatoes and slice them while still hot. Spread over the potatoes the onion, sliced fine, and then sprinkle on the salt and pepper. In a bowl mix the yolk of egg, the oil and vinegar, and then pour it over the potatoes.

Now pour over all three quarters of a teacupful of boiling water. This is the great point in order not to have the salad have the common fault of being too dry. After thoroughly mixing, cover the salad, and let it stand for a few hours. Garnish with parsley.

**POTATO SALAD.** Boil the potatoes with the skins on; when cold remove the skins and cut them into slices three-eighths inch thick, or into dice three-quarters inch thick, or cut the potatoes into balls with a scoop; sprinkle them with a little grated onion and parsley, chopped very fine. Turn over them a French dressing. They will absorb a great deal. Toss them lightly together, but do not break the potatoes, which are very tender. A mayonnaise dressing is also very good with marinated potatoes. A mixture of beets and potatoes with mayonnaise is also used. Garnish with lettuce, chopped yolk of hard-boiled egg and capers. In boiling potatoes for salad, do not steam them after they are boiled, as they should not be mealy. New or German potatoes are best for salad.

**POTATO AND NUT SALAD.** Mix two cups cold boiled riced potatoes and one cup pecan nut meats broken in pieces. Marinate with French dressing, and arrange on a bed of watercress or lettuce.

**POTATO AND EGG SALAD.** Hard boil three eggs thirty minutes, shell and cut fine with a silver knife. Boil three or four potatoes. Dice while hot, mix with cut eggs and add French dressing. Let stand till cold. Serve on bed of watercress or lettuce with more French dressing or boiled dressing thinned with vinegar.

## CABBAGE

**CREAMED BOILED CABBAGE.** Cut the cabbage into good-sized pieces, take off the outside leaves, and cut away the hard core. Wash it well in two changes of water, and place the pieces, open side down, on a colander to drain. Have a very generous amount of water in a large saucepan or pot; let it boil violently; add a tablespoonful of salt and one-quarter teaspoonful of baking soda; put in the cabbage, one piece at a time, so as to check the boiling as little as possible. Let it cook for twenty-five minutes uncovered and boiling rapidly all the time. Push the cabbage under the water every five minutes. Turn it into a colander and press out all the water. Put into a saucepan one tablespoonful of butter, a heaping teaspoonful of flour, one-half cupful of milk, and stir till smooth; then add the cabbage. Cut it into large pieces with a knife, and mix it lightly with the sauce. If the cabbage is free from water the sauce will adhere to it and form a creamy coating.

**CABBAGE WITH CHEESE (Very Good).** Boil the cabbage as directed above. Press out all the water and chop it. Make a white sauce of one tablespoonful each of butter and flour, one cupful of milk, one-half teaspoonful of salt and a dash of cayenne. Spread a layer of cabbage on the bottom of a pudding-dish; cover it with white sauce; then add a layer of grated cheese. Make a second layer of cabbage, sauce and cheese; cover the top with a layer of crumbs moistened with butter, and place it in the oven. When the sauce bubbles through the crumbs it is done. Serve in same dish.

**STUFFED CABBAGE.** For this select a nice head of Savoy cabbage. Pour over it boiling water, let stand fifteen minutes, drain, scald again and let stand thirty minutes. Drain and shake until dry. Make the stuffing as follows: Wash two heaping tablespoonfuls of rice in cold water, then mix it with a half-pound of sausage meat, add a tablespoonful of onion and a tablespoonful of chopped parsley; mix all well together. Open the cabbage carefully to the very centre; put in a half-teaspoonful of the mixture, fold over two or three of the little leaves; now cover these with a layer of the mixture, fold over this the next layer of leaves, and so on until each layer is stuffed. Press all firmly together, tie in a piece of cheese-cloth, put it into a kettle of salted boiling water, and boil two hours. When done, carefully remove the cloth, stand the cabbage in a deep round dish, pour over it cream sauce, and serve very hot.

## CABBAGE ROLLS.

One head cabbage

Stuffing made from:

1 cup boiled rice

1 small onion grated

½ pound chopped raw meat

Enough milk to moisten

Salt and pepper to taste.



Separate the leaves of the cabbage. Wash them and boil them in water for about ten minutes. Then drain off the water.

Mix the stuffing in the order given. Take one tablespoonful of the stuffing and roll it in each cabbage leaf and tie securely, forming rolls. Brown the cabbage rolls in hot dripping in a pot and then add a little water and cook slowly for about an hour; then take out the cabbage rolls. To the dripping in the pan add two level tablespoons flour and stir until it browns. Then add about one cup of boiling water and one-half teaspoon kitchen bouquet, and pour this sauce over the cabbage rolls.

## TOMATOES

### STUFFED TOMATOES

- |                             |                              |
|-----------------------------|------------------------------|
| 1 cup dry bread crumbs      | 1 teaspoon onion juice       |
| $\frac{1}{2}$ teaspoon salt | 1 tablespoon chopped parsley |
| A little pepper             | 2 tablespoons melted butter  |

Remove the inside of the tomato; fill with the dressing, and brown in the oven. Hominy, rice or other cooked cereals can be used instead of bread crumbs.

### CURRIED TOMATOES.

- |                          |                         |
|--------------------------|-------------------------|
| 1 qt. stewed tomatoes or | 1 teaspoon curry powder |
| 1 qt. can of tomatoes    | Salt to taste           |
| 1 cup boiled rice        |                         |

Wash the rice through several cold waters. Add the curry powder and salt to the tomatoes; mix well. Put a layer of the tomatoes in the bottom of a baking-dish, then a layer of the rice, then a layer of tomatoes, and so on until all is used, having the last layer tomatoes; sprinkle the top over with bread crumbs, place a few bits of butter here and there over the crumbs, and bake in a moderate oven for a half-hour. Serve in the dish in which it was baked.

**SCALLOPED TOMATOES.** Season a can of tomatoes with one teaspoonful of salt, and one quarter teaspoonful of pepper. Spread a shallow baking dish with a thin layer of boiled rice; pour in the tomatoes, sprinkle over them a tablespoonful of sugar, and a few drops of onion juice. Cover the top with a cupful of bread-crumbs which have been moistened with a tablespoonful of melted butter. Bake in a hot oven for fifteen minutes. Serve in the same dish.

## CORN

**CORN PUDDING NO. 1.** Take one can corn or one pint corn pulp cut from the cob; add one beaten egg, one-half cup of milk, one-half teaspoon salt, a little pepper; bake in a buttered pudding dish in a moderate oven for thirty minutes or until it is set, like a custard.

### CORN PUDDING NO. 2.

- |             |                          |
|-------------|--------------------------|
| 4 cups corn | 3 eggs                   |
| 2 cups milk | $\frac{1}{2}$ cup butter |
| Salt        | Pepper                   |

Beat yolks; add corn, milk, butter, salt and pepper. Pour into a buttered baking dish; add beaten whites and bake in moderate oven one hour.

**CORN, TOMATO AND CHEESE.**

$\frac{1}{2}$ pound butter	1 ripe pimento
$\frac{3}{4}$ cup canned or fresh grated corn	1 teaspoon salt
$\frac{1}{2}$ cup tomato puree	$\frac{1}{2}$ teaspoonful paprika
1 clove garlic	2 egg yolks
2 cups grated cheese	4 slices bread

Melt butter; add cheese, and stir until it melts. Add corn and pimento; stir for a moment, then add egg yolks beaten and mixed with tomato juice, salt and paprika. Toast bread on one side, rub lightly on the other with garlic cut in half. Pour mixture over untoasted side and serve at once. A poached egg is sometimes placed on top of each portion, making a very nutritious combination.

**CORN MOCK OYSTERS.** Cut down through the center of the grains, each row of green corn on the ear and with the back of a knife press out the pulp, leaving the hulls on the ear. To a pint of the pulp add two beaten eggs, one teaspoonful each of butter and salt, a dash of pepper, and enough flour to bind it. Roll it into small cakes, and saute them in butter; or it may be dropped from a spoon into hot fat, making fritters. These may be made of canned corn, in which case use a little milk and sugar.

**CORN FRITTERS.**

1 dozen ears of corn	$\frac{1}{2}$ pint of milk
2 eggs	1 cup of flour
1 teaspoon baking powder	$\frac{1}{2}$ teaspoonful of salt
2 dashes of black pepper	

Score the corn down the centre of each row of grains, then with the back of the knife press out the pulp, leaving the hull on the cob. Do not grate the corn, as in that way you get the hull. To this pulp add the milk, the yolks of the eggs, salt, pepper and flour; beat well. Beat the whites of the eggs to a stiff froth, and stir them and the baking powder carefully into the mixture. Put lard or dripping into a frying-pan; when hot, drop the mixture by spoonfuls into the deep fat. When brown on one side, turn and brown the other. Take out with a skimmer (do not pierce them with a fork, as it makes them heavy), drain on brown paper, and serve very hot.

Canned corn may be used, allowing one pint finely chopped.

**PEPPERS**

**HUNTINGTON STUFFED PEPPERS.** Parboil six green peppers six minutes. Cut in half, lengthwise, and remove all seeds. Stuff. Cover with bread crumbs and bake until they are brown.

Stuffing—

$\frac{1}{2}$ cup white sauce	$\frac{1}{2}$ cup corn chopped
1 teaspoon chopped green pepper	Salt
1 teaspoon chopped onion	Paprika

**STUFFED PEPPERS.** Use green sweet peppers of uniform size. Cut a piece off the stem end, or cut them in two lengthwise, and remove the seeds and partitions. Put them in boiling water for five minutes to parboil. Fill each one with a stuffing made of equal parts of softened bread-crumbs and minced meat well seasoned with salt, butter, and a few drops of onion juice. Place them in a baking dish with water, or better stock, half an inch deep, and bake in a moderate oven for half an hour. Serve them in the same dish if a suitable one is used; if not, remove them carefully to another dish.

**PEPPER TIMBAL.** Put a red pepper in the bottom of a cup. Pour in an unsweetened custard (made of one egg, one cup of milk and a pinch of salt). Bake in a moderately hot oven. Turn on a platter. Cover with a medium white sauce in which cheese has been melted.

**EGG PLANT BAKED IN SHELL.** Boil four egg plants twenty minutes. Cut in halves lengthwise. Scoop out centre. Drain in cheese cloth. Mix one-half cup bread crumbs, one-quarter cup minced chicken, or any left-over meat or vegetable, one-quarter cup egg plant, two tablespoons butter, salt, paprika, cayenne and one egg.

Fill egg plant shells with this mixture, cover with buttered and seasoned crumbs, and bake in a slow oven about one hour.

#### **VEGETABLE HASH.**

½ cup chopped carrots	2 cups chopped cabbage
1 cup chopped potatoes	1 cup chopped beets
½ cup chopped turnips	2 tablespoons beef fat
Few drops onion juice	¼ cup milk or hot water
Salt and pepper	

Melt the fat in a frying pan; when hissing hot, pour in the above ingredients spread evenly, cover, and cook slowly one-half hour. Fold, turn, and serve.

**STUFFED SPANISH ONIONS.** Peel the onions. Scoop out from the top a portion of the centre. Parboil them for five minutes, and turn them upside down to drain. Fill them with a stuffing made of equal parts of minced chicken, or any left-over meat, and soft bread crumbs, chop fine the onion taken from the centre, and add it to the mixture. Season it with salt and pepper, and moisten it with melted butter. Fill the onions heaping full and sprinkle the tops with crumbs. Place them in a pan with an inch of water; cover, and let cook in an oven for an hour, or until tender, but not so long as to lose shape. Take off the cover the last five minutes, so they will brown very slightly.

## **SAUCES**

#### **WHITE SAUCE.**

2 tablespoons flour	1 cup milk
2 tablespoons butter	½ teaspoon salt
⅛ teaspoon white pepper	

Mix flour and butter together until no flour can be seen. Add milk slowly and stir over moderate fire until it thickens. Remove from the fire and add salt and pepper.



**TOMATO SAUCE.**

$\frac{1}{2}$ can tomatoes	1 clove
1 slice onion	2 tablespoons flour
1 bay leaf	2 tablespoons butter

Cook tomatoes, onion, bay leaf and clove together for ten minutes; strain. Rub flour and butter together until smooth and add strained tomatoes. Cook over moderate fire until the sauce thickens.

**BROWN SAUCE.**

2 tablespoons butter	1 cup brown stock
$\frac{1}{2}$ slice onion	$\frac{1}{4}$ teaspoon salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour; then add stock gradually.

**LEMON SAUCE.**

2 teaspoons arrowroot or corn-starch	1 cup sugar
2 cups water	Grated rind and juice 1 lemon
	$1\frac{1}{2}$ tablespoons butter

Mix arrowroot or cornstarch with sugar. Add boiling water and cook twenty minutes. Add flavoring and butter. Serve hot.

**MAYONNAISE DRESSING.** Success in making a mayonnaise dressing generally depends upon all the ingredients being of the same temperature.

1 egg	1 tablespoon vinegar
1 teaspoon salt	1 tablespoon lemon juice
$\frac{1}{4}$ teaspoon cayenne	1 cup olive oil
1 teaspoon mustard	$\frac{1}{4}$ teaspoon paprika

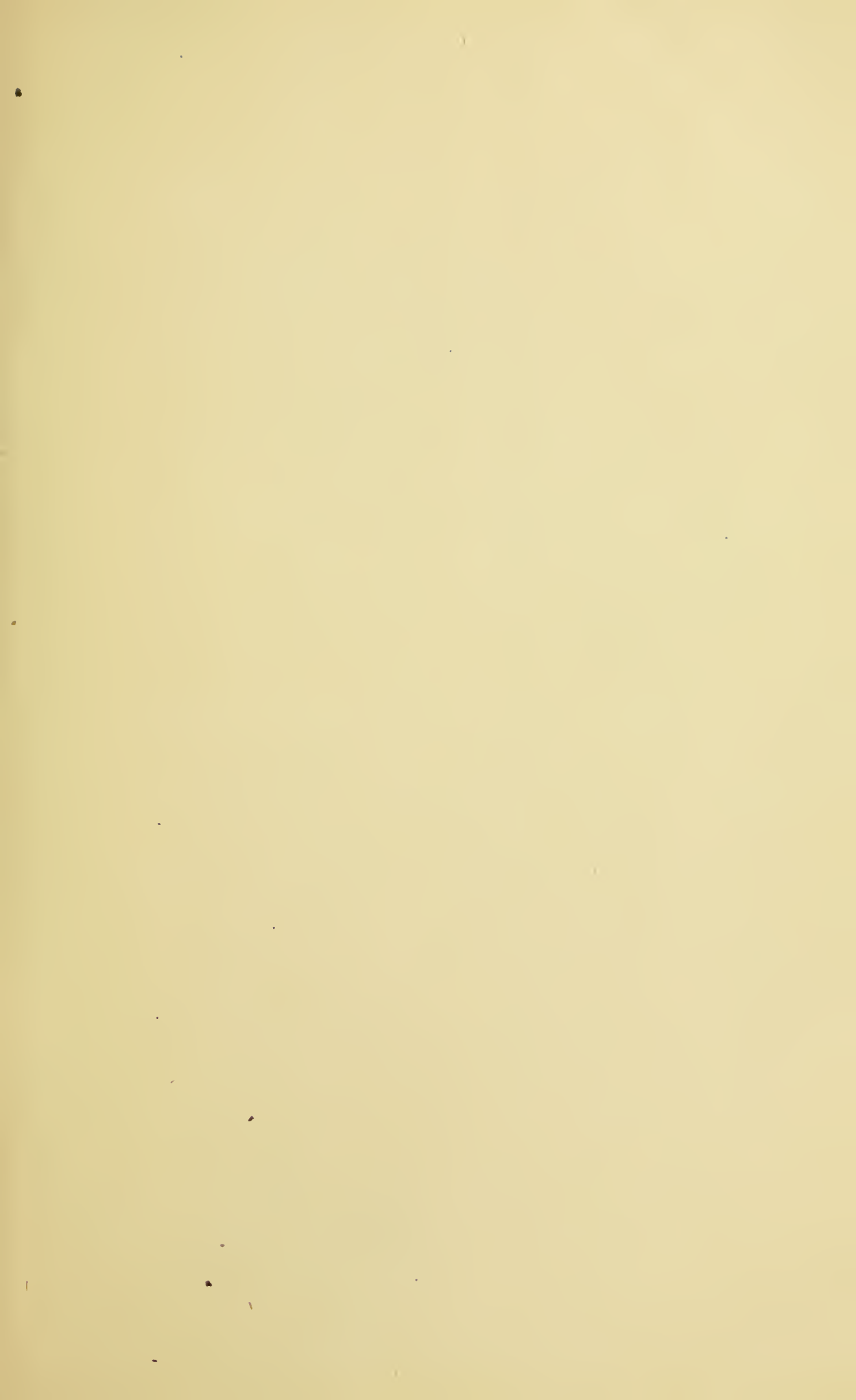
Mix salt, cayenne, mustard and paprika. Beat yolk well, and add to seasonings; beat until mixture is thick, adding olive oil, drop by drop, for the first four tablespoons, then more rapidly until oil is used, thinning as needed with lemon juice and vinegar. Beat up the white of the egg until perfectly stiff and dry, add to the above and mix thoroughly.

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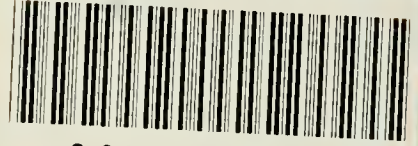
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