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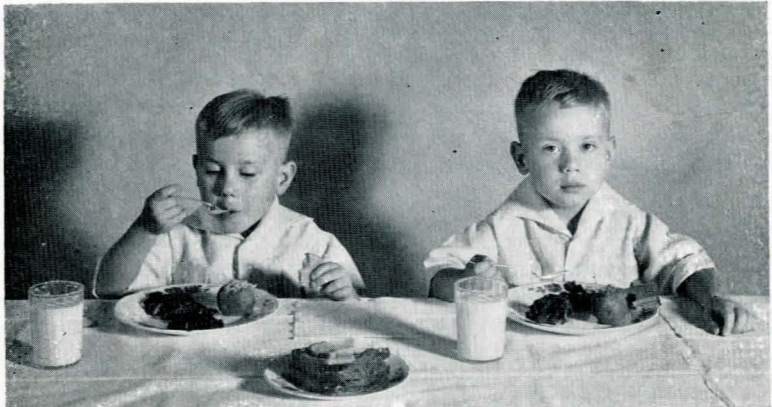
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New and Old Ways of Cooking Vegetables



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New and Old Ways of Cooking Vegetables

BY DR. MINNA C. DENTON*

"Don't buy your health in medicine bottles," pleads a packer of fresh vegetables. Certainly not, so long as health is for sale by Nebraska farmers, or may be dug up out of your own garden; for an ounce of prevention is worth a pound of cure.

Nebraska boasts a healthful climate, a fertile soil, and a vigorous people; but to have perfect health and to keep it, is an art that requires strict attention. How many Nebraska children reach the age of sixteen without their bodies having begun to decay somewhere—teeth, for example? Yet the Sioux Indians who once roamed our prairies, seem never to have known decayed teeth, and never to have needed tooth-brushes or dentists. But they did not live on a rich concentrated diet as we white Americans do. It takes twice as much antiscorbutic vitamin to keep teeth sound as to keep away scurvy, and the best place to go for this vitamin is to the vegetable garden and orchard.

We older people who have let ourselves suffer anemia, or accumulate over-weight, or high blood pressure, or over-worked hearts, or diseased kidneys, or a diabetic pancreas, hear the oft-repeated advice, "Eat less of other foods and more vegetables and fruits." Why not forestall these sorry predicaments by taking the vegetables and fruits before, instead of after such things happen to us?

SECRETS OF SUCCESS IN COOKING VEGETABLES

As Americans, we have not striven greatly for a reputation as vegetable cooks. A restaurant is famous for its sea food, its roast beef, and its beef steaks; or a tea room for its fried chicken and its rolls, or pastry. But who makes a specialty of asparagus timbales or spinach souffle, French fried onions, or English string beans, egg sauce on mixed greens, or broiled tomato slices? Or, better still, of delicious emerald-green young cabbage or peas, of foamy mashed potato or sweet onions boiled in milk or tiny beets cooked with their tops? Let us find the farm house where such delicacies can be properly served, fresh from the garden, and build a brand-new road to reach it, if need be!

Here are three rules which, if intelligently followed, would prevent fresh young garden vegetables from being spoiled in the kitchen. If you can prevent that, you will not have to work very hard to popularize vegetables with your household, for they will speedily become popular without any need for special publicity methods.

1. Prepare all boiled vegetables (except beets) in such a way that not more than twenty minutes cooking will be needed. If too large, cut into suitable pieces; if by mischance inclined to be somewhat fibrous, cut into thin slices *crosswise of the fibers*. Remember that five minutes cooking is

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Much of the experimental work upon which this bulletin is based was done by Minna C. Denton and Fanny Yeatman in the Bureau of Home Economics, Washington, D. C. Printed by permission of Dr. Louise Stanley, Chief, whose courtesy is very greatly appreciated.

often better than twenty minutes. How good raw cabbage and carrots are without any cooking at all, in salads! Why, then, can not two-minute or five-minute, or ten-minute cabbage or carrots be eaten as happily? The answer is, they can, when you get used to them! Especially if thinly sliced or finely shredded or diced, so that they heat quickly, and keep their mild sweet flavor.

2. Drop vegetables into boiling, lightly salted water, but only enough water to cover or almost cover them. Too much water draws out flavor, water-soluble vitamins and salts, and sweetness; at the same time it makes the stock or vegetable juice so dilute that nobody could think of tasting it more than once.

Keep the cover loosely over the pan for the first five or ten minutes, so that the water resumes its boiling promptly, and the top layer of vegetables becomes thoroughly heated through in short order. But during the last half of the cooking period it is usually best to remove the cover and let the juices boil back into the vegetables, or partly so. This insures real flavor in both the vegetable and its stock or juices. Think how much of potato cooking water with its iron salts goes down the sink drain, and then count how many children, even in Nebraska, are anemic and must take iron out of medicine bottles.

3. Use your choicest seasonings and your best arts to make vegetables really attractive, if you are in earnest about feeding your family to keep them well. Butter substitutes of various kinds may be quite suitable for making cookies, cakes, pies, and biscuits; but serve your vegetables with your best butter. And do not take the cream away from the vegetables and put it all in the dessert. If you are not grudging the twenty minutes it takes to mix a cake, which perhaps you ought not to eat too often, be as generous with the preparation of new peas, garden spinach or "string beans, English fashion", and the other green vegetables which the bread-and-meat-and-potato diet needs so desperately to round out its health values.

SAUCES AND THEIR USE IN VEGETABLE COOKERY

1. **Savory Butter, Bacon Fat, or Meat Drippings.** Use finely chopped or cut parsley, onion, garlic, green pepper, celery stems or leaves, sage or other herbs, fresh mushrooms; or a very little bay leaf or celery seed or good curry powder, or a few grains of spice or mustard or a few drops of Worcestershire sauce; or any preferred combination.

General Procedure. Choose a fairly heavy-bottomed utensil and place it over a gentle heat. Melt the butter or other fat, add the finely chopped or powdered seasonings, and cook gently two or three minutes, being very careful to avoid browning in most cases. Add this fat and seasonings to the vegetable sauce or stuffing, and mix well—but do not allow the vegetables to become mushy while stirring.

2. **Plain White Sauce and Real Cream Sauce for Creamed Vegetables.**

1 to 2 level tablespoons flour	Pepper as desired
2 to 3 level tablespoons butter	$\frac{1}{2}$ pint milk
$\frac{1}{8}$ level teaspoon salt (or more)	Other seasonings as desired

Place the butter in a saucepan, melt over a gentle heat, add seasonings (if these are to be used) and simmer a moment, then add the flour, let

bubble until the flour is yellow but not brown, stirring constantly, then pull off to a cooler spot for a moment. Add about $\frac{1}{4}$ cup of milk, stir until well blended, then return the pan to the heat, continue adding the milk gradually, stirring meanwhile until it bubbles vigorously.

The amount of flour to be used depends somewhat upon the amount and wetness of the material with which the sauce is to be served. The thinner sauce (one tablespoon flour to one cup of liquid) is more delicate, and is specially appropriate for serving over toast or in a side dish, but the thicker one (two tablespoons) may be necessary when the creamed vegetable is to be served on a plate with meat and other vegetables.

The common fault of too many white sauces is that they "taste of flour" or like a thickened milk, a fault which can be avoided only by attention to such details as those here mentioned.

If the cold milk is added all at once to the sizzling butter and flour mixture, it is too often the case that lumps appear.

If rich top milk can be used for making this sauce, or if 3 or 4 tablespoons of cream is added, it will have an unusually delicious flavor, and will then deserve to be called a *cream sauce*.

If a rich sauce is desired, add another tablespoon of butter in small pieces to the thickened sauce just before serving, beating well; it will be found that this uncooked butter adds greatly to the flavor.

These white sauces are commonly used for left-over meats, for potatoes, and for most kinds of cooked vegetables. Equal parts of sauce and vegetable may be combined, or a smaller amount of sauce may be used. In mixing, *do not* allow the vegetable to become mushy; this renders the dish most unattractive.

3. **Brown Sauce.** Like white sauce, but allow flour to brown in butter before adding liquid.

4. **Cheese Sauce.** Add to 1 cup of thin white sauce, from 2 to 10 tablespoons of grated cheese, according to flavor of cheese and proportion desired; stir until cheese is melted and serve at once. If the cheese is dry, rich, and of high flavor, (e.g., Parmesan), 1 or 2 tablespoons may be enough. A teaspoon of lemon juice and a little extra pepper adds piquancy.

5. **Tomato Sauce.** Make like Plain White Sauce, using a richly concentrated tomato juice instead of milk. If desired, add 1 tablespoon of browned onion or 4 of chopped celery, to each cupful; or 1 bud of garlic or 4 tablespoons of grated cheese or 1 clove if that flavor is fancied. Many savory combinations are good with tomato sauce.

6. **Egg Sauce.** Yolks of two hard-cooked eggs may be mashed, sifted and stirred into a cupful of white or cream sauce; the whites may be chopped or diced before adding. Or, the hard-cooked eggs may be cut into thick slices and added in that form to the creamed vegetable, care being taken not to mash the slices when stirring. A tablespoon or two of canned pimiento or green pepper or celery shreds adds greatly to this sauce. It may be used in almost all creamed or scalloped dishes; or in much the same ways as is cheese sauce. Hard cooked eggs may be added to tomato sauce or to cheese sauce. Raw egg yolks may be added to warm white sauce to enrich flavor and color.

7. **Scalloped Vegetables, Plain or Au Gratin.** Plain scalloped vegetables are usually prepared by baking the cooked vegetable in white sauce, brown sauce, cream sauce, cheese or tomato sauce, egg or cheese and tomato sauce. Combinations of several kinds of left-over vegetables are often used; they may be mixed together, or arranged in layers with a layer of sauce between and over them; or they may be alternated with layers of minced left-over beef or other meat. If covered with a layer or crust of buttered crumbs, scalloped dishes are said to be served "au gratin". The buttered crumbs may be spread between the vegetable layers as well as over them, with good effect. If the vegetable is somewhat moist, as for example in case of mashed turnips or parsnips to which a little cream has been added, it may be "scalloped" by baking with buttered crumbs, without the addition of any sauce.

8. **Buttered Crumbs.** The crumbs may be made from crisp dry bread or crackers, by rolling on a board with a rolling pin. Or, if the bread is not brittle enough to crumble as a result of rolling, it may be grated from the loaf. The crumbs may be sifted if desired.

Use 2 or 3 tablespoons of butter to each cup of crumbs. Melt the butter in a skillet, add the crumbs, stirring well until all the crumbs are well greased, let brown very slightly; sprinkle them over the vegetable, which should be heated in a saucepan before putting into the baking dish, in order to shorten the time necessary for baking. Let brown well in a hot oven, then serve.

Grated cheese, about 6 tablespoons for each cup of crumbs, may be spread over the top a few minutes before taking the dish from the oven, so that it remains barely long enough to melt the cheese. If the layer of cheese is heated too long in the oven it loses its flavor and becomes tough. However, it may be mixed with the white sauce and does not then readily become tough; or it may be spread over the top and covered well with buttered crumbs.

9. Vegetable Cream Soups.

1 to 2 level tablespoons flour	$\frac{1}{2}$ teaspoon salt (or more)
2 level tablespoons butter	$\frac{1}{4}$ teaspoon pepper (or less)
1 pint milk	

Combine as directed under Plain White Sauce, (p. 2) except that it is not well to add butter after thickening. Then add about 1 pint (more or less) of mashed and strained cooked vegetables, or of rich vegetable juice or stock, or a combination of both.

If a combination of vegetable stocks or juices is used, the water in which rice or pared potatoes have been boiled, or asparagus or cauliflower stock, or the stock from any vegetables of mild flavor may be substituted for part of the milk. These stocks must be rich in flavor, however, to be effective.

FOUR USES FOR VEGETABLE STOCKS

Vegetable stock is the water in which vegetables have been boiled. If a large excess of water has been used, the stock will be so watery and insipid that it can not be used, and its vitamins and salts must be thrown away. Yet there can be little doubt that we often lose half of the water-soluble vitamins and food iron by so doing. If the vegetable is finely cut and

cooked for a short time in a small amount of water, a tasty stock usually results, as well deserving to be consumed as is the vegetable itself.

1. One of the simplest and best ways of using vegetable stocks is to season them with salt, pepper if liked, cream or rich milk, and any other flavors which may be preferred, and serve them hot in coffee cups, as a beverage is served. They may appear with the main luncheon or dinner course or just before it. The amount of milk or cream to be added depends on the character of the stock. If strong in flavor it may need to have an equal amount of milk added. If very mild in flavor it may be seasoned with a few drops of celery or onion juice. In any case the use of a tablespoon or two of cream as with coffee will be a great improvement.

By saving the stock from boiled potatoes, one may always have at hand the basis for such a broth, for this stock combines well with that from any other vegetable.

2. Vegetable stocks may also be used singly or in well-selected combinations, as part or all of the liquid in making white sauces, which can be used for cooked meat or vegetable dishes of many kinds.

4. These stocks may be used when making omelets, scrambled eggs, souffle, or Welsh rarebit. Stock from new peas, young spinach, or asparagus is especially good for this purpose.

4. They add flavor to meat or vegetable loaf, croquettes, hash, stews, fritters, or stuffing; some of them may be used in mashed or stuffed baked potato.

ASPARAGUS

Good source of iron, vitamins A and B.

Preparation. Peel or trim off any tough ends, which may perhaps be sliced very thin and used in a vegetable or meat soup. Wash, brush carefully and scrape off the larger scales; be careful to remove all sand or soil particles which may have lodged under the scales.

Boiled Asparagus. Cut into inch lengths, cover with boiling salted water (about $\frac{1}{2}$ level teaspoon salt to each quart of cut asparagus), cook uncovered till tender, boiling the water down rapidly at the last. If very fresh or tender it may cook in 5 or 10 minutes; otherwise it may require 20 or 25 minutes. The short time of cooking needed by these cut asparagus stalks gives this method the preference over that of boiling whole stalks, since the flavor is much finer with short cooking.

Be sure to save all the juice even tho dark green or brown, use as suggested above.

Boiled Whole Stalks of Asparagus. This method of cooking is sometimes used for serving asparagus on toast or in salad or sauce. Tie from 4 to 8 stalks (according to size) in a bundle, stand the bundle in boiling salted water with the tips well above the water, since the tips will cook in steam; cover loosely and boil till tender, which will be anywhere from 10 to 25 minutes according to age and toughness. Remove cover toward end of cooking period.

Ways of Serving Boiled Asparagus. Season with salt, pepper and butter; or add a little cream and let stand in warm place a few minutes. It seems a pity to make any other addition to fresh green asparagus of first quality which has been properly cooked.

Asparagus Stock, Uses for (p. 5).

1. **Asparagus Soup.** The juice or stock (water in which asparagus has been cooked), if properly concentrated and rich, makes a delicious soup, with no other addition than a little cream or milk with salt and pepper seasonings. It may be thickened (see Cream Soups, p. 4) or left unthickened. It may also be used for soups in combination with other vegetable juices, especially those of peas, mild greens, cauliflower, vegetable oyster, or potatoes. Care should be taken, however, to add strong-flavored juices in small amounts only, in order not to overpower the asparagus flavor, that is, 3 or 4 tablespoons of tomato juice may be added to 1 cup of asparagus stock or juice, and 3 or 4 tablespoons of juice from boiled onions or stewed celery may be added to this.

To make a cream asparagus-and-mushroom soup, fry $\frac{1}{2}$ cup to 1 cup minced mushrooms in 2 or 3 tablespoons of butter, add $1\frac{1}{2}$ level tablespoon flour, stir a few moments, then add $\frac{1}{2}$ pint of rich milk; when it comes to the boil add $\frac{1}{2}$ pint to 1 pint of well-flavored asparagus juice or stock, season with salt and pepper, and serve as soon as flour is cooked.

2. For other ways of using asparagus stocks, see French toast, p. 21; fresh chipped beef ragout, p. 16.

Ways of Using Left-Over Asparagus and Canned Asparagus. In order to make the left-over go around the table once more, it may be combined with green peas, or with new potatoes cut in dice and served in cream, cream sauce or white sauce (p. 2). Fresh or canned asparagus is a welcome ingredients in almost all vegetable salads, stews, croquettes, fritters, timbales, or loaf (pp. 5, 6, 13, 24, 31). It may be used in almost any stuffed vegetable (pp. 27, 28, 30), or in sauces for vegetables or meat (pp. 2, 3). It may be added to omelets or scrambled eggs, either with the beaten eggs, or in a cream sauce filled with chopped vegetables, which is spread over the omelet. It makes a very nice soufflé. It may be served with butter or cream or other sauce in toasted bread cases or over French toast.

Remarks on Use of Canned Asparagus. Canned asparagus varies a good deal in flavor; high grade products are or should be made from the choice fresh vegetable by use of careful and appropriate methods. Its flavor is always somewhat different from that of the fresh vegetable. If it is desirable to heighten the flavor of canned asparagus, cook it a few minutes with a savory butter or other well seasoned sauce (p. 3). Or it may be used in a scalloped dish, either plain or au gratin (p. 4), with such additions as sliced hard-cooked eggs, shredded fried eggs, pimiento strips, grated cheese, or chopped meat.

Asparagus Timbales or Mold. For each cupful of freshly cooked asparagus use 1 cupful of white sauce (p. 2). If the asparagus is canned, use only $\frac{1}{2}$ cupful, and add a tablespoon of lightly browned butter, or of savory butter of some kind to enrich the flavor. It is well to toss the canned asparagus for a few moments in the hot butter, for improvement of flavor, and also to make sure that the canned vegetable becomes thoroughly heated. If the asparagus stock or juice has a good taste, it may

be substituted for half the milk in the white sauce. Make the sauce a little thicker than usual by using $2\frac{1}{2}$ tablespoons of flour to the cup of milk; when cooked add to each cupful of sauce, 3 eggs lightly beaten (or better, 2 whole eggs and 4 yolks). Season well, add cooked or canned asparagus, turn into 4 or 5 well buttered individual ramekins or custard cups; or into a large mold lined with thin paper heavily buttered. Bake until nearly firm in center, in a moderately hot oven, setting the mold or cups in a pan of very hot water. Let stand a few minutes after removing from oven, to shrink, then turn out of molds. The small timbales may be attractively placed on circles of toasted bread. A rich sauce may be poured over the timbales. (See p. 2).

Pea timbales and spinach timbales may be made from this same recipe. Cooked carrot and rutabaga may be used in the same way, but when using the strong-juiced vegetables, take only $\frac{1}{2}$ cup of strained or mashed vegetable to each cup of white cause, and add browned or savory butter as with canned asparagus.

When there is a plentiful supply of fresh asparagus, it may be made into timbales by use of the recipe given on page 27 for peas in ring mold.

BEANS, STRING

Beans, string, green or yellow. With most kinds of string beans, the younger they are gathered the more delicious they will be; if the beans inside the pod are not much larger than a grain of wheat, so much the more delicate in flavor. However, there are some varieties which increase in rich flavor as they mature.

String beans are necessarily rather low in protein so long as their seeds are small. Their fiber makes them useful as roughage, to stimulate intestinal action. They are fairly good sources of calcium or lime, iron, and vitamins A and B.

Boiled String Beans. Wash thoroly, trimming off all imperfections. Snip off ends and remove "strings", tearing them from either side; or if the beans are nearing maturity it is well to trim a strip from either side of the pod with a sharp knife. Do not let them stand long after stringing, but cook promptly.

The beans may be boiled whole in lightly salted water which covers them well. Use about $\frac{1}{2}$ teaspoon salt to 1 quart ($\frac{3}{4}$ pound) of beans. When cooked whole or broken into inch lengths they require 30 to 60 minutes according to size and maturity. When cut diagonally or lengthwise in halves so that each bean is split, "English Style", they cook much more rapidly, and should be done in 10 or 15 minutes; their flavor is then especially mild, sweet and delicious. The stock is worth saving in all cases where it has been concentrated by rapid boiling during the cooking period.

Ways of Serving String Beans. 1. Season with butter or cream, or add bacon fat and crisp diced bacon or use vinegar or tomato and a little sugar, if liked.

2. Add fried parsley or other savory sauces (p. 2); or white sauce, or tomato sauce (p. 3).

String Beans in Vegetable Loaf.

1 cup string beans cut fine	2 tablespoons chopped peanuts or pecans
½ cup celery cut fine	or cheese
½ cup diced carrots	1 egg, well beaten
3 to 6 tablespoons vegetable water	½ cup sifted bread crumbs
as needed	¼ cup buttered crumbs
2 tablespoons fat	Salt and pepper
	2 tablespoons flour

Cook beans 15 minutes in 1 cup boiling salted water, adding carrots and celery in time to cook 10 minutes with the beans. Boil down rapidly at close so that little water is left; thicken this with flour. Add ½ cup of crumbs and the egg, seasonings, and nuts to cooked vegetables. Shape with hands into a loaf, place on greased pan, cover with buttered crumbs. Bake in hot oven until browned. Thin bacon strips may be placed over top.

Garnish with parsley, watercress, or celery tops. A border of cooked carrots and beets makes the dish attractive. Serve with tomato or other sauce as desired.

Variations of Recipe.

1. When hot, freshly cooked vegetables are used, less liquid will be needed; when cold left-overs are utilized, more. White sauce or tomato sauce may be used.

2. Add or substitute for the string beans, other mild-flavored vegetables, as cooked or canned limas, asparagus, green peas, corn, spinach or other greens. When starchy corn, peas, or lima beans are used, omit the bread crumbs; or toast or fry crumbs in butter before adding to peas or beans. Also it may be well to increase amount of liquid sauce, and to double amount of celery and increase other seasonings.

3. The more succulent vegetables as celery, onion, and greens may be cooked in butter before adding, or even added raw. Especially when starchy vegetables are used it is an improvement to cook not only celery but also carrots in butter, to vary the flavor.

4. Add to, or substitute for the celery, small amounts of some of the strong-juiced vegetables, as onions, rutabagas, or parsnips.

5. Omit nuts; or substitute other nuts, or one tablespoon peanut butter.

6. Substitute cooked rice for the bread crumbs; or use mashed potato, cooked macaroni or spaghetti.

7. Parsley or other savory herbs may be cooked in butter and added to the loaf, or poured over it. Fresh or canned mushrooms cooked in butter make an especially nice sauce; or they may be substituted for the carrots in making the loaf. A very little chopped raw oyster (¼ cup or less) may be used, with or without the mushrooms; it will be found to combine well with celery, with the mild-juiced vegetables, or even with onion.

BEETS

The beet root is a good source of iron. The beet leaves or greens are a good source of vitamins A and B, and an excellent source of iron. Beets should not be allowed to grow too large, for they are of better quality when fairly small or of medium size. They may, of course, be pulled and eaten with the leaves when very small, hardly larger than the end of the thumb.

Preparation for Boiling Whole Beets. An inch or so of the leaf-stalks should remain attached to the top of the beet, and care should be taken not to cut the skin, since "bleeding" is to be prevented so far as possible. Scrub well.

Cooking Whole Beets. Fairly young or new beets should cook tender in 45 to 60 minutes, if kept well covered with boiling water. More mature ones may require 2 hours or more. Use of the pressure cooker may prove advantageous; beets weighing a pound each or nearly that, should cook tender in about an hour at 15 to 20 pounds of steam pressure (250° to 260° F.). However, it must not be expected that a beet which has become "woody" will ever cook tender by any possible method.

Method of Serving Cooked Beets.

1. If boiled whole, peel and slice or dice. Add salt, pepper, butter or other fat; possibly also a little sugar and vinegar. Thicken the juice with flour or cornstarch if so preferred.

2. Beets may be served in a rich cream sauce (p. 2); $\frac{1}{2}$ cup of sauce to 1 cup of sliced beets should be sufficient. A little grated horseradish, added just before serving, is often considered an improvement.

3. Left-over beets may be scalloped with white sauce.

4. They may be mixed with twice their own measure or chopped cooked potato and used in making corned beef hash.

5. Mix with twice or three times their measure of shredded cabbage, and use in making hot slaw.

Beets with Sweet-and-Sour Sauce.

1 pint cooked beets, finely cut
 $\frac{1}{2}$ cup vinegar (half water if very strong)
 $\frac{1}{3}$ cup sugar (or less if desired)

1 teaspoon salt
Few grains pepper
 $\frac{1}{2}$ tablespoon cornstarch or flour
2 tablespoons butter (if no cream is used)

Mix all ingredients, cook till thick, stirring constantly. Let stand 10 minutes over hot water to blend flavors. Sugar and vinegar must be properly balanced; if the amount of either be increased or decreased, the other must be increased or decreased accordingly. For variety, try adding 2 tablespoons freshly grated horseradish, just before serving; or a very few grains of nutmeg, ginger, or cinnamon may be cooked with the sauce. Addition of sufficient cream or rich milk to give a beautiful pink color, $\frac{1}{2}$ cup or more, imparts a most delicious flavor. There should be no curdling unless the vinegar be very sharp.

Apple Blossom Soup. Make sweet-and-sour beets as directed above, adding 3 cups of rich milk, or use half milk and half cream. There should be no curdling if the beets and sauce are poured into the milk, with vigorous stirring, rather than the milk into the beets. After the mixture has stood 15 or 20 minutes, pour through a coarse strainer to remove the beets, which are to be served separately, at some other meal. The soup may be served in cups with a teaspoon of whipped cream in the center, or a garnish of cooked beet cut in fancy shapes.

Beet Greens. If not dried, withered, or bruised, the leafy tops, even those taken from mature beets purchased in market, often make very

tasty greens Cook like other greens (p. 19). They are specially good when boiled with bacon; an ounce of bacon to the pound of greens should suffice.

Best of all, however, are the green tops of the very tiny beets which are pulled when thinning out the rows early in the season. Clean well, having the plants whole with beets attached; boil in small amounts of water for 10 to 20 minutes, or until tender; drain, peel, chop coarsely, serve with butter, and a little vinegar if liked.

CABBAGE

One of our most valuable vegetables for food values. A fair source of calcium (lime), iron, and vitamin B, if the juices are used; an excellent source of vitamin C, if eaten raw. The greener leaves have extra vitamin and iron value.

To cultivate a taste for raw cabbage or for that which has been cooked in as short a time as possible, or merely heated without cooking as in slaw, seems a matter of some importance. For certain of the vitamins in this vegetable suffer very severely from prolonged cooking by ordinary methods. Children should early be taught to recognize properly cooked cabbage, so that they may prize instead of despise it. The effort to popularize "Five-Minute Cabbage" is a worthy one.

Preparation of Cabbage. If wilted, soak in cold water till crisp. Trim as necessary, carefully removing the outer leaves; wash well, and then slice as thinly as is possible, yet leaving each slice in good shape for serving. Or better yet, shave or shred or chop finely with a sharp knife. Remove hard core, if any.

Delicate Creamed Cabbage, Five-Minute Cabbage. Prepare carefully and chop finely $\frac{1}{2}$ a small head, or enough cabbage to make 1 quart. Simmer for 2 to 6 minutes in 2 or 3 cups of hot milk, adding $1\frac{1}{2}$ teaspoons sugar, if liked. Use asbestos mat and stir the cabbage occasionally to prevent burning. Make a white sauce (p. 2), using 1 cup of cream or rich milk with the hot milk in which the cabbage was cooked, and thickening with 1 or 2 tablespoons of flour. If there is no cream, add 2 tablespoons butter. Season with salt and pepper. The vegetable should not entirely lose its crispness; it will have about the same texture as slaw. Its flavor should be milder than usual.

Shredded Raw Cabbage in Cream or Plain Stew. Add a little finely shredded tender cabbage to creamed oysters, just before serving. It may be added to creamed peas, potatoes, or hard-cooked eggs in the same way. The combination of 1 part shredded cabbage to 1 of stewed tomatoes is good.

Panned Cabbage. Use finely shredded cabbage, with about 2 teaspoons of butter for each cup of cabbage. Put the butter into a heavy, smooth skillet such as would be suitable for making omelets. When the butter has melted, add the cabbage, cover closely, and cook over low flame for 5 to 15 minutes, stirring frequently to prevent excessive browning. The time of cooking depends somewhat upon the tenderness of the cabbage and somewhat upon the amount in the dish. Two pounds should not require more than 20 minutes, even with winter cabbage.

When the mass has become thoroughly heated through, remove cover, season as desired, moistening with about 2 tablespoons of cream, rich milk, meat broth, or vegetable stock, to the pint of cabbage. Or 1 tablespoon each of vinegar, water and sugar cooked with a small pinch of mustard, may be used if liked. Let stand 3 or 4 minutes in warm place, then serve at once.

Sliced apples, chopped onions or peppers, minced celery, or any desired savory, may be cooked with the cabbage; each of these variations will be found distinctive and pleasing to most persons. Or the cabbage may be cooked in bacon fat, or that from sausage, or pork chops, and served with the meat, which has been kept warm and crisp on a separate dish. Or the frizzled green cabbage may be mixed with equal parts of creamy mashed potato; this is much like the dish the Irish term *colcannon*.

Boiled Cabbage. Plunge sliced or shredded cabbage into boiling salted water, using a pint of water and $\frac{1}{2}$ teaspoon salt to a quart of cabbage. Boil rapidly uncovered (or very loosely covered) for 10 to 20 minutes, or until the cabbage has lost its firmness and rigidity. If liked, 1 teaspoon of sugar for each quart of cabbage may be added to the cooking water. See that the water boils down well at the end.

Properly boiled cabbage should be sweet and mild tho not insipid in flavor; it should be fairly tender, tho it will still have a certain pleasing crispness in the midrib of the larger leaves; it should not be cooked to rags nor have its green and white color changed to brown or red. Its broth or stock should be of mild and pleasant flavor, and should be utilized in some one of many ways. (See pp. 4, 5.)

Ways of Serving Cooked Cabbage.

1. Serve panned or boiled cabbage with salt and butter or cream.
2. Serve it with any one of a number of sauces as white or cream or butter or savory sauces (pp. 2, 3), or a sour-and-sweet sauce (see hot slaw, p. 12). It may be scalloped with any of these sauces, or with tomato to cheese sauce. For this purpose it may be used alone, or in combination with peppers, sweet corn, carrots, and almost any other cooked vegetables which may be on hand.

Scalloped Raw Cabbage. Scalloped cabbage is quite as good when made from raw as when made from boiled cabbage, tho flavor and texture are somewhat different. Moreover, this method sends cabbage odor up the chimney instead of through the house.

To each pint of shredded cabbage, use about 1 to $1\frac{1}{2}$ cups of a thin, white sauce (pp. 2, 3), 2 tablespoons of butter if no cream is used, $\frac{3}{4}$ teaspoon of salt, and $\frac{3}{4}$ cup of buttered cracker or bread crumbs (p 4). Equal measure of grated cheese may be added to the crumbs. Place a thin layer of cabbage at the bottom of a pan or baking dish, then one of crumbs (or crumbs and cheese), then one of cabbage; over this pour the hot white or cream sauce, spread buttered crumbs over all, and bake for about 30 to 40 minutes in a moderately hot oven, or until the milk has been absorbed and the top is brown. Do not add cheese to the top layer until near the close of the baking period. Serve promptly before the crumbs become pasty with too much soaking.

For variety, use a thin hot cheese sauce, tomato sauce, or savory sauces (p. 3) in the same way with the raw cabbage as with the cooked. Cooked string or lima beans may be substituted for half of the raw cabbage.

Shredded or chopped cabbage may be baked with sliced tart apples, a little water and butter, and a very little sugar and nutmeg if liked. The top may be covered with a layer of buttered crumbs.

Cabbage, Winter. These firm heavy white heads with their solidly packed, crisp, sweet leaves are especially desired for use in slaw and salads. When cooked, the same methods are used as for green cabbages, except that they may require to be cut a little more finely in order to do away with the necessity for long cooking. The hard central core, which never cooks perfectly tender if left whole, should be cut out and chopped before cooking, or used for salad; also the coarser midribs.

Hot Slaw Recipes. This term is used for a great variety of products, but in all cases it involves the use of an acid dressing applied while hot to shredded raw or cooked cabbage. Occasionally other finely minced or shredded vegetables are combined in varying amounts with the cabbage. Raw celery or onion or green pepper, cooked carrots or beets are sometimes used in this way, 1 part of other vegetable to 4 or 5 parts of cabbage. Sometimes the cabbage is merely cooked for a few minutes with a little salt, vinegar and sugar; either sour or sweet cream, or a beaten egg, or both, may be added before serving.

Those slaws in which the hot dressing is poured over raw cabbage are particularly to be recommended from the standpoint of food values. They may be served either cold or hot.

Egg Dressing for Cold or Hot Slaw (Raw Cabbage).

2 eggs	1 teaspoon salt
4 tablespoons water or cabbage stock	Few specks dry mustard
3 tablespoons vinegar, or to taste	$\frac{1}{2}$ medium head cabbage (about 1 quart)
3 or 4 tablespoons shredded green pepper or 2 teaspoons onion juice, or $\frac{1}{8}$ teaspoon celery seed	1 tablespoon sugar

Beat eggs well, add salt, sugar, mustard, and water or stock; cook in double boiler until it coats the edge of the spoon, thickening like a soft custard; then add the vinegar, and pour while still very hot, over the shredded raw cabbage. Let stand a few moments to blend flavor of dressing with cabbage. This may be found even better on the second day than on the first.

Boiled Dinner with Short-Cooked Vegetables.

$2\frac{1}{2}$ lbs. corned beef, mostly lean	$\frac{1}{4}$ lb. onion
$\frac{1}{3}$ to $\frac{1}{2}$ lb. white turnips	$\frac{1}{4}$ lb. celery
$\frac{1}{2}$ to $\frac{1}{2}$ lb. carrots	$\frac{3}{4}$ lb. Irish potatoes
$\frac{1}{3}$ to $\frac{1}{2}$ lb. parsnips	$\frac{3}{4}$ lb. cabbage
3 or 4 quarts of water, or to cover	Salt if needed

Cut onions in halves, other vegetables in quarters if of small size, or eighths if larger; cut cabbage into slices suitable for serving. Some of these vegetables may be omitted, other kinds may be used.

In order to prevent over-cooking of the vegetables, it is best to cook the meat alone until done. If the meat be from an especially strong cure, or particularly high in salt, it may be well to parboil it by bringing it slowly

to the simmer and simmering 10 minutes; then pour off and discard this strong or salty broth, continuing to cook in fresh water. (The parboiling process does not injure the nutritive value of meats nearly as much as that of vegetables.) After the meat is done, remove it, and add the onions to the meat broth; cook 10 or 20 minutes, then add all other vegetables, except cabbage; cook 20 minutes longer; then add the cabbage and cook all together for 5 or 10 minutes.

CARROTS

Carrots make a fairly good contribution to the diet in regard to iron and calcium or lime, also vitamins A and B; raw carrots add C.

Like beets, carrots should not be allowed to attain too great a size, if regard is had for high table qualities.

Preparation of Vegetable. After washing and before cooking, carrots are usually pared if old or scraped if young. They are then sliced thin or cut into small dice, or even grated or run through a food chopper (coarse knife). However, if quite small they may be cooked whole in their skins and peeled after cooking; in this case they have a stronger flavor than otherwise.

Boiled Carrots. Cover with boiling salted water, using about $\frac{3}{4}$ teaspoon salt to the pound of carrots, and a teaspoon or two of sugar if liked. Boil down rapidly at the close. Whole young carrots should cook in 15 to 40 minutes. If sliced, diced, chopped, or shredded, young carrots should cook tender in from 10 to 20 minutes, older ones in 30 to 40 minutes at the very most. Do not attempt to cook very large carrots without cutting.

Ways of Using Boiled Carrots.

1. If sufficiently mild in flavor, serve in their own juice with butter and seasonings, and thicken if liked. If drained, be careful to save the stock, which should have a good flavor when the vegetable has not been overcooked. (For uses of carrot stock, see pp. 4, 5.)

2. Or if not too strong-flavored, they may be drained and browned in bacon fat, or with butter and a little sugar.

3. Addition of meat juices, stock, or meat extract gives especially good results with carrots. Simmer a few moments together.

4. Creamed carrots (p. 3) and scalloped carrots (p. 4) are much used. For variety try creamed carrots scalloped with alternate layers of sliced hard cooked eggs; or use cooked macaroni instead. Grated cheese may be added when liked.

5. Cream of carrot soup is good, but be careful not to use too much of the carrots if their flavor is strong (pp. 4, 6, 16).

6. Eggs poached in creamed carrots is a dish common to several nationalities.

7. Finely cut or mashed cold boiled carrots may be mixed with thick white sauce (pp. 2, 3), shaped in balls, rolled in egg, then in sifted and salted fine bread crumbs, then in egg again, and finally fried in either deep or shallow fat, as croquettes or patties.

8. Cooked carrots may be made into a moist cream stew either alone or with meat or other cooked vegetables. These should be simmered a few

moments together in a thin white sauce, or in meat gravy. The sauce may be flavored with $\frac{1}{4}$ teaspoon meat extract to the cup of liquid. A few grains of thyme or half a bay leaf or 1 tablespoon minced fried parsley may be used for additional seasoning.

9. Or omit the sauce from the stew described above, using the flavorings as desired; and cook in a greased skillet to a brown hash.

10. Cooked carrots may be used in soufflé (p. 21) or in timbales (p. 6).

11. Either raw or cooked carrots may be fried with onions or apples or both.

12. Raw or cooked carrots may be baked with a little water and butter; they are especially good baked with apples, or with canned pineapple.

13. They may be put through a fine strainer and used with spices, in a custard pie, pains being taken not to have too strong a carrot flavor.

14. Carrots cooked with syrup and lemon make a good marmalade.

15. Grated raw carrots and shredded pineapple in lemon gelatine make a nice salad. Raw carrots combine well in salad with most vegetables and fruits.

16. Cooked carrots may be cut into short "shoe-string" pieces, dipped into a thin fritter batter (p. 24), and fried in deep or shallow fat.

17. Cooked carrots make a nice salad, mixed with equal parts of shredded lettuce and moistened with a creamy salad dressing (p. 12).

Mashed Carrots with Cream. For 4 large or 6 small servings, prepare 1 pound of young carrots. Slice or put through the food chopper, using the coarse knife. Cook in 1 pint of boiling water to which $\frac{3}{4}$ teaspoon salt has been added. Boil about 10 to 20 minutes or until the carrots are tender; by this time most of the water should have evaporated. About 2 cups of cooked carrots should result from 1 pound of raw carrots.

Drain and mash carrots with a potato ricer, and add 1 tablespoon butter and 1 tablespoon cream to each cup of carrots, or 2 of cream if no butter is used. Add more salt if needed. Let simmer 5 minutes, or stand 10 minutes in a warm place before serving. The cooked carrots may be chopped instead of mashed; but the more intimately carrots and cream are mixed, the milder and better will be the blend. If the carrots are old and strong in flavor, use twice as much cream, with a teaspoon or two of flour for thickening if necessary.

Carrots Cooked in Milk. Chop or cut raw carrots very finely. Simmer gently in milk for about 10 minutes or a little less; season with salt, pepper, and butter, draining off the milk for other uses if so preferred. Or the liquid may be thickened slightly with a very little flour, about $\frac{1}{2}$ to 1 level tablespoon to the cupful of liquid. This makes an unusually good and nutritious dish or "creamed" carrots (pp. 2, 3), and the color is particularly attractive.

Sweet-and-Sour Carrots. Cut boiled carrots finely; for each cupful add about 1 teaspoon sugar, about $\frac{1}{2}$ tablespoon vinegar or lemon juice, 1 tablespoon butter or other cooking fat, salt and pepper. If drained dry, use a little additional butter; if moist with their own juice, it may be well to wet about $\frac{1}{2}$ teaspoon of cornstarch and stir it in for thickening; in either case, cook all ingredients together a few minutes. A teaspoon of minced

parsley is a desirable addition to this dish. Minced green pepper and some of the other savories may be used (p. 2).

Combinations of Carrots with Other Vegetables. Difficulties encountered in teaching children to eat carrots may sometimes be overcome by judicious mixing with other vegetables, particularly those of milder flavor, that is, carrots mashed in cream as above may be mixed with an equal amount, or more, of well-seasoned mashed potato, either white or sweet, or with squash if that is particularly liked.

Some of these combinations of mashed vegetables will be enjoyed by all the family even more than are the vegetables when served separately: and they are often more convenient and economic when using up odds and ends of vegetable supplies. Blends of two strong-juiced vegetables, as carrots with onions, parsnips, white turnips, or rutabaga, may often be successfully accomplished by boiling or baking equal parts of the vegetables together. It will be found that the flavor of each is milder and also richer than when cooked separately. Try adding a few onion slices or a little minced celery to the sliced carrots while cooking or try equal quantities of sliced rutabaga. Vegetables of less pronounced flavor may be combined with carrots either before or after cooking; as when shredded cooked carrots are mixed with peas, string beans, celery, new potatoes, or vegetable oyster.

Carrots are a welcome addition to most vegetable soups, hashes, and stews (pp. 4, 5, 17), to pot-pie of chicken and potatoes, to many kinds of meat soup and loaf, to salads and to cabbage slaw. They are an important part of most "boiled dinners" (p. 12), and pot roasts. They are browned with braised meats in fat, and then given a long, slow cooking in a little water and rich meat juices.

CAULIFLOWER

The white central portion of the cauliflower is believed to be a very good source of calcium, and a fairly good source of iron.

Preparation and Boiling of Vegetable. Trim as necessary, clean thoroughly all parts of the head. Remove the white center, cutting its branches apart to some extent so that they may more quickly cook in a small amount of water. Unless wilted, dried, or bruised, the leaf-stalks in the outer parts of the head, also, may be cooked; cut these leafy stalks and stems into very short lengths, being careful to cut crosswise with especial fineness in the tougher portions. Place in boiling salted water, using about $\frac{3}{4}$ teaspoon salt for each pound (about $1\frac{1}{2}$ quarts) of cut vegetables. (Salt does not darken cauliflower unless it is over-cooked.) Cauliflower should be tender in 15 to 20 minutes.

If the head is a small one with very tender green leafy parts, it may be boiled whole in well-salted water. The contrasting colors of its white center and the dark green leaves should be very attractive, tho pains must be taken not to over-cook.

Ways of Serving Cooked Cauliflower. Plenty of good butter added at time of serving is one of the very best of sauces for the white portion of flowerets; the cream and other rich sauces, such as cheese, drawn butter,

Hollandaise or other egg sauces are often used. Creamed and scalloped cauliflower are favorite dishes (pp. 3, 4).

CELERY

When as much as 3 or 4 ounces of this vegetable are used for a serving, it may be termed a fairly good source of calcium and a fair source of iron.

Celery Soups. The coarse outer stalks and branched ends of celery are often used for soup. The leaves are especially suitable for use with meats and other strong flavors. The root has a different flavor from the stalks, and may be eaten raw or cooked as is the stem.

Quick Celery Soup.

1 cup finely cut raw celery	2 tablespoons butter
1 tablespoon chopped onion	1 tablespoon flour
1 teaspoon chopped green pepper	$\frac{3}{4}$ teaspoon salt
1 pint milk	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup cream	1 tablespoon minced celery leaves

Cook onion, celery leaves and green pepper in butter for 2 minutes, stirring constantly. Add salt, pepper, and flour, cook a few minutes (pp. 2, 3, 4, 5, 6), and then add milk. Cook until thickened, then add celery and cream, and let stand for about one-half hour in hot (not boiling) water or in a warm place, to bring out the flavor. Reheat and serve.

Chopped Celery in Creamed Meats and Vegetables. Finely cut raw celery is a great addition when stirred into creamed oysters, beef, fish, crabmeat, potatoes, cabbage, or hard-cooked eggs. It may also be added to cream sauce for serving on croquettes, or to creamed canned peas or limas, stewed tomatoes, and similar preparations. Use from $\frac{1}{2}$ cup to 1 cup of chopped celery for each pint of creamed material, making the addition only a few minutes before serving.

Celery Tops with Meat and Tomato.

1 cup tightly packed shredded lamb or beef ($\frac{1}{2}$ lb.) with little fat	$\frac{1}{2}$ teaspoon salt (more if desired)
2 cups celery tops chopped or cut fine	1 inch piece of onion cut fine
1 cup canned tomato juice (strained)	1 tablespoon flour
	1 tablespoon butter

Shred the meat with scissors, and brown in its own fat in a frying pan. Add celery tops, onions, and salt. Cook 2 minutes, stirring constantly. Then add the flour and butter mixed together with a little cold liquid; stir well, then add the tomato juice, and cook briskly. Stir until thickened and serve on toast.

Variations of Recipe.

1. Celery stalks, finely cut, may, of course, be used with or in place of the tops; their crispness adds greatly to this stew. Finely shredded or chopped cabbage may be used in the same way. Minced sweet peppers may be added in any desired quantity or substituted for the onion or celery.

2. Vary the liquid by using only 2 or 3 tablespoons of tomato juice, adding hot water or vegetable stock to fill the cup and increasing the chopped onion to 1 cup. Little green onions with their tops may be used for this purpose.

3. Use 1 cup (or other convenient quantity) of fresh mushrooms, or even of dried mushrooms (after soaking); in either case brown in fat be-

fore adding to the stew. This makes a mushroom-celery stew or chop suey.

4. Another attractive addition is fried noodles; still another is French fried onions (p. 25). Either should be kept in a separate dish until the moment of serving, to prevent their becoming soaked.

Oyster and Vegetable Stew.

1 pint oysters	$\frac{1}{2}$ cup finely cut celery
1 cup potato water (or other mild vegetable stock)	$\frac{1}{2}$ small onion cut fine
$\frac{1}{4}$ cup chopped raw white turnips	1 tablespoon butter
$\frac{3}{4}$ cup shredded cabbage	Salt, pepper

Cook turnips 5 minutes in water in which potatoes have been cooked. Add cabbage and onion after 5 minutes, and cook them 10 minutes. Add oysters, butter, and seasonings, cook a few minutes longer, until oysters curl at edges. Add celery just before serving in soup dishes. Or thicken with 1 or 2 teaspoons flour if preferred, and serve on toast. This stew may be used to make an open-faced oyster sandwich, which should be served with pickles or with a piquant relish.

CORN, GREEN

The vitamin content of sweet or immature corn is not known. It is a fair source of iron and a good source of phosphorus if eaten in generous quantities. It is believed to be valuable also as a laxative. Provided it is thoroly digested, its fuel value is high, due to its starches and sugars.

Tho its flavor is not as perishable as that of asparagus, still it is important to use sweet corn while fresh, since its sweetness tends to disappear on standing.

Cooking Corn on the Cob. The flavor is never better than when cooked on the cob, provided its quality is good. It is usually husked for this purpose, and must, of course, have all the silk removed. Corn on the cob should steam tender in from 5 to 20 minutes, according to size and maturity of kernels. Care should be taken that plenty of steam circulates freely among the cobs.

It may also be satisfactorily cooked in 5 to 10 minutes in boiling water. There should be plenty of water, so that it resumes boiling promptly after the ears have been put in. They should not remain in the water one minute longer than is necessary, as the kernels may thus lose their sweetness.

Cooking Corn Cut from the Cob. Corn is often cut from the cob before cooking, or it may be grated from the cob. Or the rows of kernels may be slit lengthwise with a sharp knife, their contents being pressed or scraped out. This latter method is especially good when the sweet corn is approaching maturity so that the skins of the kernels tend to be a little tough; but of course, pains must be taken not to scrape the cob too closely.

1. This cut or grated or scraped corn may be boiled or simmered a very short time, about 5 minutes, with a little liquid and with seasonings such as butter, cream, or milk. Or, it may be stewed in milk without water.

2. It may be fried in butter or other fat for 10 to 15 minutes.

3. It may be baked with water, stock or broth, or milk in a hot oven. There may be addition of savories such as green or red pepper, pimiento

tomatoes, or onions. It should acquire a delicately caramelized flavor when baked, if the heat is just right.

Both freshly cooked and canned sweet corn lend themselves well to a large variety of combinations with other foods. A few are as follows:

A. Scallop or bake in milk or cream, *not* white sauce. Crisp, brown bacon is a nice addition.

B. Bake in custard, either sweet or savory. (For savory butter, see p. 2.)

C. Add chopped corn to meat or vegetable stew, loaf, hash, croquettes, or fritters (pp. 8, 9, 13, 15, 24, 31).

D. Add a little corn to pancakes and fry as usual.

E. Use it in salads.

F. It makes good timbales (p. 6). It is a good stuffing for sweet peppers or tomatoes or other vegetables.

G. It combines well with omelets or other egg dishes.

H. It is much used in peppery or sour relishes.

I. Cream of corn soup is very popular (pp. 4, 6, 16). Corn is good also in other soups, and in creamed or casserole combinations.

EGGPLANT

Eggplant is believed to be a fairly good source of iron.

Eggplant Baked with Bacon Strips. Wash, trim off stems and blossom, cut into halves lengthwise, lay in baking dish or on heavy plate. Gash pulp deeply with knife in checkerboard form, so that the seasonings may enter the flesh; then sprinkle with salt and pepper, and lay thin slices of raw bacon across each half, about 1 inch apart. Bake in moderately hot oven until tender, or about 25 to 40 minutes, according to size of vegetable. Before serving, the cooked bacon strips may be cut finely and crisped in a frying pan (if not already crisp), then powdered and spread over the surface of the eggplant, or mixed with the pulp.

Broiled Eggplant. Cut in halves, slice each half crosswise about $\frac{1}{4}$ inch thick, taking care to keep the thickness uniform in all parts. Salt, pepper, and butter or oil these slices, lay them on a greased pan, broil under the flame until well browned and tender (about 10 minutes), turning as necessary. They may be broiled without fat and served with melted butter or with savory parsley butter. Fried minced celery, mushrooms, green or red pepper, or onions may be sprinkled over the broiled slices.

Eggplant Boiled in Meat Broth or Tomato Juice. Wash, pare and dice the eggplant; fry for 5 minutes in butter or meat drippings, then boil it in meat broth to cover until tender, or about 25 minutes. Leave the vessel uncovered, and let the broth boil down rapidly at the close to insure rich flavor. Season with salt, pepper, and butter if desired.

Variations. The broth from fresh meat is best to use, though that from ham, tongue, or even salt pork may sometimes be liked. These broths must be of good flavor to give good results. Milk may be used instead of broth. Baking may be used instead of boiling. The juice of fresh or canned tomatoes may be used as the liquid. The addition of fried savory vegetables is often desirable; use chopped onion or green pepper, or fried minced

parsley, or combinations of these. Simmer in butter with the eggplant for 5 minutes before boiling (p 2).

Fried Eggplant. This vegetable may be peeled, sliced thinly, salted, rolled in flour or in fine crumbs, or used without either; and fried till tender (about 10 minutes) in butter, bacon fat, or savory fat. It is especially good when fried with chicken. Or the thin slices may be salted and dipped in fritter butter (p. 24) and friend in deep or shallow fat.

GREENS

Green leaves as a class are rich in vitamins, particularly in vitamins A and B. Also they are almost invariably good sources of calcium and of iron though not of phosphorus. In addition they give bulk to the food and presumably are more or less laxative. Thus they constitute a greatly valued addition to the diet. Indeed, spinach may stand at the head of the list of protective vegetables, especially if not too high in price. It is also highly prized among greens for its flavor, at once mild and yet rich, when the vegetable is at its best and properly cooked. Unfortunately, however, most of the spinach appearing on American tables is so greatly over-cooked as to have lost its savor almost completely.

Preparation of Greens for Cooking. If the stalks are juicy and tender, they should be cooked with the leaves; but if tough and fibrous, the leaves should be cut away from them. The tip which bears the roots must be removed, for it is apt to harbor soil particles.

Greens are sometimes very hard to clean thoroughly, especially if the leaves be much crinkled and covered with the dried splatterings of recent rains. Yet it must be remembered that a very few particles of grit will be enough to spoil the whole dish. It may be well to plunge the leaves for a moment into hot water to loosen the dirt, and then to wash in running water, or in half a dozen changes of water, using 2 pans. Lift the leaves from one pan to the other, rather than attempt to pour off the dirty water through the mass of leaves. If the leaves are large and coarse, shred with shears.

Cooking of Young Tender Spinach or Other Greens. The flavor of spinach is best when it is rapidly heated in fairly small quantities, so that it requires only about 5 to 10 minutes to draw out the rich juices and to heat the whole mass thoroughly. Young tender spinach needs no added water or only a few tablespoons, for that which clings to the leaves after washing will often be sufficient. The dish should be kept covered for the first few minutes, or until the juice begins to separate out as free liquid in the bottom; after that, remove the cover and let most of the juice boil down on the spinach. Shake the pan or toss the leaves frequently with a spoon to prevent burning.

Standards for Properly Cooked Spinach and Other Greens. When the spinach is cooked, its color should be bright green, not dark; the bits of stem and leaf should be perfectly distinct, instead of being merged into a mushy, not to say slimy, mass. As a rule, there will not be a great deal of juice, and it may be served with the greens; but if drained from them it

should be used later. Even though it turns brown on standing, it should be worth using because of its salts, vitamins, and its rich and pleasing flavor. It combines well with the stock from boiled potatoes or the water in which rice has been boiled (pp. 4, 5).

One pound of raw spinach usually measures 2 quarts or a little more, or about $\frac{1}{4}$ of a peck. It takes from 5 to 15 minutes to cook, makes about 1 pint when cooked, if there is no waste or very little; and serves 4 or 5 persons. When 2 pounds of spinach are to be cooked at once, 15 to 20 minutes may be required. Spinach should not be cooked until just before the dinner is served, as it loses in flavor if kept hot too long.

Cooking of Mature Spinach Greens. When spinach leaves have become old and mature, they lose somewhat in delicacy of flavor, partly because they then require longer cooking and therefore need more added liquid. In such cases use at least $\frac{1}{2}$ to 1 cup of liquid to the pound of greens, and chop or cut the larger leaves to shorten time of cooking. Under these circumstances the product may truly be said to be "boiled spinach"; though the boiling is a harsh measure to apply to tender greens. However, when it must be boiled it may be made very attractive by shredding with shears and cooking it in boiling milk or thin cream instead of water. (Use asbestos mat if necessary.) Thicken slightly if desired, 1 level tablespoon flour per cup of liquid.

Panned or Buttered Spinach. Like cabbage, kale, and other greens (pp. 9, 10), young, tender spinach may be cooked with little or no water in a little fat in a shallow pan or skillet. Use about 2 or 3 teaspoons of butter or other fat to the pint or quarter-pound of chopped greens. Keep the pan covered during the first few minutes of cooking. The flavor should be comparatively strong and rich; moisten with a little cream, milk, stock or gravy before serving. When cooked in this way it is specially well suited to use with white or other liquid sauces, or in stuffings, or with other vegetables or meat.

Ways of Serving Boiled or Panned Spinach or Other Greens. Chop the hot, cooked spinach coarsely with two sharp knives or cut it with shears; season with salt, pepper, and butter as needed, or cream, or both. One tablespoon of butter and one of cream or rich milk may be used to the cup of boiled spinach, or 4 teaspoons of cream and 2 of butter; or 4 to 6 teaspoons of butter without cream. A trace of sugar is sometimes liked; $\frac{1}{2}$ to 1 level teaspoon of sugar to the quart of spinach (measured raw) should be enough. A little vinegar may be used. Egg and mustard sauce may be used (p. 12).

Combinations of Spinach and Greens with Other Food Materials. Canned spinach or spinach which lacks the flavor of short-cooked fresh spinach, may be improved in flavor by various methods. Various sauces may be used (pp. 2, 3). Slices of hard-cooked eggs may be laid among the buttered and seasoned greens, covered well with the juice, and simmered a few minutes to blend flavors. A few spoonfuls of bread-crumbs fried in butter may prove a nice addition. Cooked spinach may be scalloped (p. 4) with creamed chopped onions, or with creamed peas, asparagus, or eggs. Half its own measure of finely chopped raw celery may be added to it just

before serving. Either raw or cooked spinach may be heated in butter with a very little minced onion and added to boiled spaghetti to make a stuffing for baked tomatoes or peppers. Cooked spinach may be mixed with various seasonings and added to mashed potato for stuffed baked potatoes.

Spinach or Greens with Crisp Salt Pork.

1 quart (½ lb.) finely cut spinach 2 ounces salt pork, fat streaked with lean

Cut salt pork into small dice, fry until crisp and well browned. Remove pork, add greens to pan, using about 2 to 4 tablespoonfuls of fat; cover tightly and simmer 10 minutes, stirring occasionally. Add meat to greens, serve. Vinegar may be added if desired. Do not use too much fat.

Most other greens or blends of greens may be used in the same way. However, lettuce or bitter greens may need to be simmered for only 3 to 5 minutes in the fat with the cover off.

French Toast with Spinach Stock or Cooking Water from Greens.

Beat 2 eggs well, add 4 to 6 tablespoons of spinach juice, or any kind of well-flavored juice or stock left from cooking vegetables, or any combination of such stocks. Add ½ teaspoon salt and ⅛ teaspoon pepper. Soak slices of stale bread in this liquid. When thoroughly wet (but not too soft), fry the slices in butter (or bacon fat, if liked) until golden brown. Garnish with parsley or greens and serve as a breakfast dish; or pour left-over vegetables in a well-seasoned sauce on the toast and use for a luncheon or dinner dish.

It will be found that strong flavored stocks such as those of carrot or onion, seem very mild when used as above, in French toast; also that even the milder-flavored stocks such as spinach, greatly enrich its flavor.

Spinach Souffle.

2 cups chopped cooked spinach (fried or boiled)	2 level tablespoons butter
2 egg yolks	2 level tablespoons flour
3 egg whites	Salt, pepper
	½ cup milk

Make a thick white sauce of butter, flour and milk (p. 3), add to spinach and well-beaten egg yolks; season with salt and pepper. Cook over hot water until stiff and smooth. Cool somewhat, beat egg whites stiff and dry, fold into other ingredients. Pile lightly in buttered individual molds or large baking dish, filling these only about two-thirds full. Set into pan of hot water, bake in moderately hot oven for 15 to 20 minutes. Serve promptly so that the souffle may not fall even if not quite firm.

Almost any other cooked vegetable may be used in this same way. With strong-flavored vegetables, the proportion used may need to be halved; addition of browned butter or savory butter may then be needed. (See discussion under Asparagus Timbales, p. 6). Various seasonings such as nutmeg or a little curry or other savory may be added if liked. Chopped fried or broiled mushrooms are a nice addition; use about ½ cup.

NEBRASKA GREENS OTHER THAN SPINACH

Young tender beet tops, chard, turnip tops, New Zealand spinach, some kinds of endive, mustard, and leaf lettuce may be gathered from the garden and cooked like "mature spinach" (p. 20) or like "young tender spinach" if specially juicy and not too firm.

Treatment of Greens Lacking in Flavor. When the cooked greens prove somewhat flat or insipid:

1. Add to the cooking water or fat, some finely minced savory vegetables or herbs, such as peppers, celery, onions, or parsley; or season with fat in which these savories have been cooked (p. 2).

2. Mix cooked greens with cooked vegetables of decided flavor, as asparagus, beets, carrots, celery, onions, peas, or turnips. Or add sliced hard-cooked eggs, minced cooked meat, buttered crumbs, diced crisp bacon, or salt pork (pp. 5, 21).

3. Season with a sauce (pp. 2, 3) or with vinegar, bacon, fat, and a little sugar.

4. Use in a vegetable loaf (p. 8).

5. Use in blends with strong-flavored greens, such as turnips or beet tops, dandelion or lamb's quarter, or mustard. These blends are often surprisingly popular, when the cook succeeds in mixing the right proportions of bitter, acid, or strong flavors with mild or insipid ones.

Treatment of Bitter Flavored Greens. Dandelions, lamb's quarter, some kinds of lettuce and radish or horseradish leaves, and curled endive if not blanched, may have a decidedly bitter flavor, which is intensified with boiling. Small amounts of these may be blended with milder greens such as young spinach or chard; or larger amounts with turnip tops or celery leaves. Or bitter greens may be cooked as described for dandelion below.

DANDELION GREENS

Some of the cultivated varieties of dandelions are far superior to the wild, being more tender and less bitter.

Wild dandelion greens are usually gathered early in the season, just before the flower opens, and when the leaves are not more than 2 or 3 inches long, since under these conditions they are somewhat less coarse and stringy than when full grown. The crown and roots, with the large outer leaves, should be cut away and discarded.

The usual method of long boiling and discarding the bitter juices is to be discouraged. Greens so treated can hardly have much value except for their stringiness or bulk, so why trouble to prepare them? Fortunately, it is possible to combine them with other foods so as to modify their bitter flavor very greatly.

The leaves will be found less bitter when raw, or when cooked without water, than when boiled. Vinegar or acid dressings will reduce bitterness; so do foods of strong flavor, such as celery and meat.

Crisp salt pork or bacon are much used for this purpose. Care should be taken, however, not to make the greens too greasy.

Wilted Dandelions with Bacon.

2 quarts (1 lb.) dandelion greens	$\frac{1}{2}$ cup water or less
$\frac{1}{4}$ lb. bacon (use only 4 tablespoons fat)	4 teaspoons sugar
$\frac{1}{2}$ cup vinegar or to taste	1 teaspoon salt

Clean the greens thoroughly. Cut rather finely with scissors, otherwise they may seem too stringy. Fry the bacon until crisp and brown; pour off

excess fat. Add water, vinegar, sugar, and salt to the remaining fat, bring to a boil, pour over the dandelions, simmer one minute, and serve.

Slices of hard-cooked eggs or boiled beets or carrots may be simmered a few minutes with these greens. If eggs are used, omit sugar.

This dish is especially nice if one takes pains to collect those tender light yellow dandelion leaves which have grown covered from light by a board, or which have been blanched by some other method. Thus it may be enjoyed at almost any season.

ONIONS

Onions are believed to be fair sources of vitamins B (or G) and C, and fair sources of calcium and iron. Young green onions are good sources of iron, if the green parts are eaten.

The uses of onions as flavoring material with other vegetables and in meat dishes and salads are well known. For such dishes as potato salad, cream of celery or potato soup, bread stuffing for meat or fowl, stewed tomato, and some of the meat stews, hashes, and croquettes, onion flavor seems to many cooks almost an essential ingredient. However, it may be so skillfully used as not to be at all obvious, even to those who profess violent dislike toward it. A slice of onion scalded with the milk and then removed before the cream soup is thickened, a few drops of onion juice added to the salad dressing, a bit of onion gently fried or simmered in the fat and removed before the meat or vegetables are browned—these may contribute much toward the success of the dish even though the onion flavor be not at once recognizable as such.

Cooking of Young Spring Onions. When very tiny, cut off and discard the tops. Boil a few minutes (not more than 5) in lightly salted water which cooks down almost dry at the close. Serve with butter, on toast, like asparagus; or in a cream sauce (p. 3).

Boiled Onions (Mature Bulbs). Trim and pare, taking off all the papery skin. Cut lengthwise or crosswise, dividing each onion into halves and cutting off the tip deeply enough so that none of the hidden dry leafy portions remain, for these may spoil the flavor of the whole dish. If the onions are very large, or rank in flavor, it is best to slice or better still to chop them before boiling. Cover well with plenty of water or milk, using $\frac{3}{4}$ teaspoon salt for each pound of onions. If the onions are very mild in flavor, the stock may be allowed to boil down rather closely at the end; but with strong-flavored onions, there should be plenty of stock to cover them well even when the cooking process is complete. It should not be necessary to discard the water in which they are cooked; for the onion stock may be used instead of plain water for the boiling of potatoes and a number of other purposes in meat or vegetable cookery (pp. 4, 5, 6). The time of boiling will be much reduced by cutting the onions in small pieces. When chopped or shredded, onions should cook tender in 15 minutes; when sliced, in 15 to 30 minutes; while in halves, or even the whole onions if not too large, should be done in 45 minutes or perhaps in half that time.

Ways of Serving Boiled Onions. After sliced onions have been boiled 10 or 15 minutes, drain and add butter. Or, if possible, add plenty of

cream, then simmer for 5 or 10 minutes longer, using salt and pepper as needed. A few grains of nutmeg in the cream lend a flavor sometimes liked. A few grains of a good mild curry powder cooked in the butter produces a tasty dish. Minced parsley, green pepper and other savories may be used with good effect (p. 2).

Baked Onions. Arrange slices or halves of carefully trimmed raw onions in single layer packed into saucepan, and boil 20 minutes in milk to cover, or till milk is absorbed. Season with salt and pepper, pour in hot cream or milk to cover them, add a little butter, if desired. Bake till the onions are tender and the liquid mostly absorbed. When almost done they may be spread with cheese, then covered with buttered crumbs and browned. If a thickened sauce is wanted, sprinkle flour over the slices before adding the milk. They may be baked in meat stock instead of milk.

Onions are specially good when well seasoned and baked with raw or canned tomatoes. Another good combination is onions and celery baked in milk.

Baken Onion Succotash. Butter a baking dish, put in a layer of sliced raw onions, a layer of cooked string or lima beans, a layer of raw or canned sweet corn, and a layer of fresh raw or of canned tomatoes; season each layer as it does in. Bake about 20 minutes in a moderately hot oven.

Broiled Onions. Slice large mild onions fairly thin, arrange on buttered pan or broiler, broil under the flame or over live coals until of a delicate brown on each side. Salt, butter, and serve; or use as suggested for boiled onions.

The sliced onions may be allowed to stand for 3 or 4 hours covered with a spicy tomato catsup, before broiling. This gives them an unusually nice flavor. They may be spread with grated cheese, either after broiling, or without broiling at all; then arrange on slices of toasted whole wheat bread, and put into a hot oven to crisp the cheese. This dish is suitable for serving with a green salad.

Sauted or Fried Onions. Slice onions thinly, fry in shallow fat in a skillet. Or bake with fat in a dripping pan placed in a hot oven; thus the odor is carried out of the kitchen. Cook until amber in color and tender, using moderate heat to prevent burning, and leaving them covered for the first 5 or 10 minutes. Season with salt and pepper, serve as a border around broiled steak or chops.

Onions may be fried in the same pan with pork or veal chops, sausage, apples, raw or boiled carrots or potatoes; also with raw cucumber, celery, cabbage, sweet corn, eggplant, radish, sweet pepper, summer squash, or green or ripe tomato; or with cooked string beans, or vegetable oyster.

Thin Fritter Batter for French Fried Onions.

1 cup milk

1 or 2 eggs

1 cup flour

½ teaspoon salt

Beat salt and eggs well together, adding flour and milk gradually and continuing to beat. This is a popover batter and should be of the consistency of cream. This amount should be sufficient for frying 1 to 2 pounds of onions. When used for sliced vegetables, add several tablespoons of flour to make thicker batter.

French Fried Onions. Shave onions crosswise into very thin slices, separate rings from each other. Dip rings in the thin fritter batter described above. Place a spoonful or two of the dipped onions in a frying basket, keeping the rings well separated, let drain thoroughly; then fry in deep fat at 400° F. for a minute or two, or until crisp and browned. Drain on soft paper, salt if necessary, and serve. The flavor is very mild and sweet.

These fried onions may be served hot or cold, and like potato chips they may be kept several days. However, if they are to be used when cold, they should be fried in oil, since lard or fat which is solid at room temperature will cause them to look cloudy when no longer hot enough to keep the fat melted.

PARSNIPS

Parsnips contain vitamin B, and fair amounts of calcium and phosphorus. Their fuel value is higher than that of most vegetables, due to presence of much sugar. The sweetness and mild flavor of this vegetable are most in evidence after the ground has been frozen.

Preparation. Clean, scrape, or pare, cut in halves or quarters lengthwise. If the parsnips are large the woody or fibrous ring which surrounds the center must be removed, but this may be most easily done after they have been boiled until tender.

Boiled Parsnips. Cover the halved or quartered vegetables with boiled salted water, using about $\frac{3}{4}$ teaspoon of salt for each pound of parsnips. Cook until tender, or about 15 to 20 minutes. The cooking water or stock will be suitable for use in most vegetable and meat dishes. It should be blended with other vegetable stock, mostly those of mild flavor, as potato, peas, string beans, spinach or other greens, etc. When parsnips are boiled whole in their skins, they will require from 20 to 40 minutes cooking. The stock is not used in this case.

After the parsnips are cooked, peel if necessary, and take out the central core, scraping the softer parts free of the stringy fibers if these are present. In the smaller parsnips, chopping or cutting crosswise either before or after cooking, may render the fibrous portions unobjectionable.

Ways of Serving Boiled Parsnips. Mash or slice or put through the potato ricer. Season with salt, pepper, butter and a little milk or cream. Or fry the slices or quarters till brown, first rolling them in flour or in egg and crumbs if so preferred. Or make patties or balls of the mashed parsnip and fry till brown.

To make croquettes, add salt, 1 egg and 2 teaspoons of butter to each cupful of mashed parsnip, and brown in a little hot fat. Serve with crisped parsley, white sauce (p. 2), or greens.

To make scalloped parsnips, place a layer of the mashed and seasoned parsnip in a buttered baking dish and cover with a layer of bread crumbs; repeat each layer, using buttered crumbs for the top; brown in the oven. Or bake creamed parsnips with buttered crumbs (p. 4).

Mashed parsnips, well seasoned, may be added to twice its measure of well-seasoned creamy mashed potato. This may make its characteristic flavor milder and more pleasing to those who may not have learned to like

it. It may be used with sweet potato or with mashed creamed carrots in the same way.

Baked Parsnips. Scrape or pare, cut in lengthwise slices, removing hard core if necessary. Place in baking dish, add 1 tablespoon butter for each quarter pound of parsnips, cover with hot water or stock. Bake in covered dish about 30 or 40 minutes or until tender, removing cover towards close to evaporate moisture until the juice is thick and rich.

Parsnips and carrots in equal parts may be baked together after the fashion just described; it will be found that each seems both milder and also richer in flavor than usual. The same thing is true of combinations of parsnips and sweet potatoes; parsnips and celery, parsnips and white potatoes, parsnips and onions. Use equal parts of each vegetable, or any other convenient proportions. Use milk or water.

PEAS, GREEN OR FRESH

Fresh green peas, like fresh lima beans, contain twice as much protein as do most vegetables, though less than when the peas are more mature. They are excellent sources of iron and good sources of vitamins A and B. Their fuel value, too, is high for fresh vegetables, because of their high sugars, starches, and proteins.

When peas are fresh from the garden and of good quality, the more plainly they are cooked, the better. Wash them in cold water, picking out the imperfect ones which float. Do not let them stand, but cook promptly. Cover them with boiling water, using $\frac{3}{4}$ teaspoon salt to the quart or pound of peas, measured after shelled. Salt should be added at close of cooking, as most table salt contains lime or other salts which toughen peas.

Peas of medium size often have the best flavor. The smallest size is apt to be somewhat lacking in flavor, especially when canned or long cooked; and the largest sizes may tend to be starchy or tough-skinned.

If the peas are of the early Alaska or Canada type, a little sugar may be added to the cooking water, about 1 level teaspoon to the pound or quart of shelled peas; but if of the sweet wrinkled type, no such addition will be needed.

Boil the water down rapidly at the last. Add more salt if needed, pepper if liked, and 2 or 3 teaspoons of butter to each cupful of cooked peas, or 1 or 2 tablespoons of cream, or some of both. Let simmer or stand in hot place a few minutes before serving. Never add a starchy white sauce to fresh young green peas, for it tends to mask their delicate flavor.

Ways of Serving Left-Over or Canned Peas. Left-over fresh peas may be combined with fresh asparagus or spinach or diced cooked young carrots or new potatoes. They may be served on toast or in timbale cases or in bread cases. They are good in or with omlet or scrambled eggs; or in salad; or with broiled or creamed mushrooms or sweet breads or chicken. They may be mashed and combined with other mashed or minced vegetables or used alone, for making soufflé (p. 21) or timbales (p. 6).

Canned peas, though their flavor has been changed considerably by the heat of processing, may be used in some of these same ways (p. 6). It may be well to combine them with small amounts of savory fat such as browned

onion butter (p. 2); or with other savory sauces such as crisped parsley white sauce (p. 2); or with meat, or with vegetables of marked flavor, as celery, tomatoes, carrots, or turnips. Finely shredded lettuce or chopped tender green cabbage or minced celery may be added to hot savory canned peas just before serving. Either fresh or savory canned peas may be used for making timbales or molds of the custard type described below; also for the less expensive, more starchy type of timbales described on page 6.

Peas in Ring Mold.

1 can peas (No. 2 or pint can)	$\frac{2}{3}$ teaspoon salt
2 eggs (yolks and whites separated)	$\frac{1}{8}$ teaspoon pepper
1 teaspoon to 1 tablespoon onion juice	2 tablespoons butter
1 teaspoon to 1 tablespoon celery juice	

Drain peas, mash through sieve or put through ricer. Season with salt, pepper, butter, and onion or celery juice. Stir in the yolks well beaten, then fold in the stiffly beaten whites. Fill the buttered ring mold about two-thirds full, set in pan of hot water, place in hot oven, bake until just firm in center. Take out, let stand a moment to shrink, turn out and serve with a good cream sauce (p. 3). One egg may be used instead of two; a tablespoon or two of milk may then be needed for moistening. Lima beans and other dry or starchy vegetables, or those which pack quite solidly, may be used in this same way.

SWEET GREEN PEPPER

Stuffed green peppers is a deservedly popular dish. The peppers may be parboiled for 2 or 3 minutes before baking, though this is not necessary if they are mild. Meat and bread stuffing, nut and bread stuffing, celery and other stuffings, are used. Chopped onion, either raw or cooked a minute or two in a little fat, is a good addition to starchy stuffings. Left-over cooked fish may be added to a bread-crumb stuffing. Savory rice or macaroni cooked in vegetable stock, or even in water, makes an especially nice stuffing. Sweet corn, canned or fresh, with or without meat or tomato or savory, is appropriate for this purpose; so is left-over hash, and so are creamed potatoes. Chopped peanut and bread crumb stuffing, seasoned with a little butter and cream, is good; chopped cooked string beans may be added, or substituted for the nuts.

POTATO, WHITE OR IRISH

This starchy vegetable is specially valuable as a source of cheap fuel. It has not quite as many calories per pound as sweet potato, sweet corn, green peas or fresh lima beans; yet its very reasonable price in most parts of the country is an ample offset for these slight differences. It contains vitamin C in fair amounts, and if eaten abundantly may be of great importance in this respect when the diet is a limited one. The past history of potato crop failures and scurvy epidemics abundantly demonstrates this fact. It should also be a good source of iron—provided half its iron be not thrown away when the cooking water is drained off.

Baked Potatoes. This is the best of all methods for cooking potatoes, if properly done. Cook those of the same size together, otherwise the smaller

potatoes will cook tender first and become soggy while the others finish baking. Scrub well, trim only if absolutely necessary. Put on grate in moderate oven; a very hot oven produces a hard dark crust. Bake 45 to 60 minutes according to size, or until they feel mealy and tender to the very center when pinched or pierced with a fork. Take out of the oven *immediately*, pinch between the fingers till mealy inside, then crack the potato skin open on one side and let out the steam. Press the flesh of the potato outwards so that it bulges a little through this crack, place a lump of butter on it to melt, sprinkle with paprika and serve at once.

Or when taken from the oven, the end of the potato may be cut off, the inside scooped out of the shells and mashed with butter and cream (see below, mashed potatoes). The stuffing may be mixed with a little chopped cooked meat, sausage, spinach, savory parsley or onion butter (p. 2); adding raw egg, if desired, or cheese, or both. This hot stuffing is then put back into the shells, piling it very lightly; the stuffed potatoes are put into a hot oven to brown, then sprinkle with paprika, and serve.

Creamed potatoes may be made as described on pp. 2, 3, or by the following very simple process: Sprinkle each cupful of diced cooked potato with 1 level tablespoon of flour; mix it in the skillet with 1 or 2 tablespoons of savory butter, adding $\frac{1}{2}$ or $\frac{3}{4}$ cup of milk, and cook until thickened. Care must be taken not to make creamed potatoes mushy by too much stirring; the pieces of vegetable should be small but perfectly distinct and of attractive shape. A tablespoon or two of cream added just before serving, or an extra tablespoon of butter, greatly adds to the flavor. Minced green pepper, chopped onion fried till yellow, or crisped parsley or celery leaves may be used as flavoring (p. 2).

Boiled Potatoes. Sort the potatoes, cooking those of about the same size together. They may be boiled in their jackets; a hot mealy potato sent to the table immediately after it has become tender and burst its skin makes a tasty dish for those who like good food simply cooked. Otherwise, however, peel or scrape off the skin. Put over to cook in boiling salted water, using about 1 teaspoon of salt for each pound of potatoes. Additions of a slice of onion or a sprig of celery gives the potatoes a specially good flavor and makes the potato stock attractive as a broth or beverage (p. 5).

Boil hard for about half an hour for medium-sized potatoes. If diced or sliced, 10 to 20 minutes will be sufficient. When tender pour off the water, which is good for many uses later on (pp. 4, 5). Sprinkle a little extra salt over the potatoes if needed, add butter (or cream if desired), put a piece of clean cloth over the sauce pan to catch the steam, then put the cover on tight and set in a warm place for 3 or 4 minutes, shaking the pan occasionally; this is to give the salt a chance to penetrate. Then take off the cover and move to a hot place for a minute or two to dry out, shaking frequently. Serve immediately, and while very hot.

Mashed Potatoes. Boiled potatoes must be mashed while still very hot. Add about $\frac{1}{4}$ cup of hot cream or rich milk, with 1 or 2 tablespoons of butter, for each pint of mashed potatoes; salt and pepper to taste. Beat hard, to make them very fluffy and creamy, keeping pan over heat while you work. A strong wire potato masher is suitable for this purpose.

Vary occasionally by addition of an egg yolk or two and a few tablespoons of grated cheese for each pint of mashed potato; pile lightly in a baking dish and brown delicately in a quick oven.

Boiled potatoes may be put through a potato ricer, sprinkled with salt, and sent to the table very hot without further seasoning; they should not be allowed to pack or to stand long.

Hashed Potatoes in Milk.

1 pound chopped raw potatoes	1½ teaspoons salt
2 teaspoons minced onion	½ 1 to 2 cups milk
2 teaspoons minced celery or parsley	2 tablespoons fat

Melt the fat in a heavy skillet, brown the potatoes, onion and celery in it, add milk and seasonings, cook slowly a long time, until milk is all absorbed, uncover pan toward close till potatoes form a brown crust on bottom. Turn one-half over the other half like an omelet, and serve.

SQUASH, SUMMER

Preparation of Summer Squash. This depends entirely upon the size and maturity. If very small and tender, like some of the little scalloped white squashes or cymblings, they may be washed, trimmed at the stem end, and fried, baked, or boiled whole. Or they may be cut into pieces without peeling, or even without taking the seeds out if these are still soft. When the rind has grown thicker they may be pared, and must be handled rapidly to prevent discoloration of the flesh; if the seeds have begun to harden these may be removed before cooking. Otherwise the boiled vegetable will need to be put through a colander to remove rind and seeds.

Fried Summer Squash. Cut the very young squashes into slices about ¼ inch thick, salt and pepper, and fry in butter, bacon fat, or with pork chops or fried chicken. If preferred, they may be dipped into salted flour or corn meal or bread crumbs before frying, or into egg and then crumbs. Or the slices may be salted and dipped into a fritter batter (p. 24) and fried in shallow fat; or in deep fat, though this makes a different dish of them.

Boiled Summer Squash. Prepare as usual, quartering or slicing or cutting into pieces about 2 to 4 inches square. Cook in a little boiling salted water till very tender, about 15 or 20 minutes; boil the water down well at the last, for the flavor is often delicate and easily lost. Put through a colander or ricer if necessary, or mash. Season with salt, pepper, a very little sugar if needed, and butter, or cream, or both; simmer until thick and rich. If of choice quality, they need no other seasoning.

Small squashes may be boiled whole till tender, then drained and diced or mashed; season as usual, and cook down a little to dry out if necessary.

Baked Summer Squash. Cut squash crosswise in slices about ½ inch thick, peel if necessary, place in single layer on a plate; sprinkle with salt and a very little sugar, dot with butter, pour in a very little water or stock, and bake until tender and well browned.

TOMATOES

Though not high in calories or fuel value, this is rightly considered one of our most highly prized vegetables. It contains all three of the best-

known vitamins, and is specially valuable for vitamin A and for the sensitive vitamin C, the antiscorbutic vitamin, which seems to survive to a considerable extent even in cooked and canned tomato. Some of the tomato salts and acids, also, are beneficial, as is the copper it contains, which helps prevent anemia.

Fried or Broiled Tomatoes. Slice without peeling, green or ripe tomatoes about $\frac{1}{2}$ inch thick, season the slices with salt, pepper, and butter, arrange them in a single layer on a hot buttered broiler or plate or skillet, and cook over the fire or in the oven, or under the flame, until tender and slightly browned, turning once.

If preferred the slices may be dipped in flour before frying, or rolled in egg and crumbs or cornmeal. Add seasonings before rolling in egg.

The seasonings may include mustard or sugar if liked. The cooked slices may be sprinkled with parsley or cheese, or savory browned onion or celery (p. 2). The slices may be served on the platter as a border around the meat or omelet. Fried tomatoes simmered in cream are very good. They are often fried or broiled with bacon and shredded green peppers, and may be used to make a sandwich.

Stewed Tomatoes (Canned or Fresh). Peel and slice or chop fresh tomatoes, cook with 1 or 2 teaspoons of sugar and $\frac{1}{2}$ to 1 teaspoon salt to each pound or pint of tomatoes. Boil for about 20 minutes, or until tender and fairly rich and thick. Use a heavy dish to prevent sticking or burning. Add 1 tablespoon butter with a few drops of onion juice if liked, and serve. Or add $\frac{1}{4}$ to $\frac{1}{2}$ cup of coarse cracker crumbs or a few coarsely broken pieces of stale bread to each pound of tomatoes; in this case the tomato need not be cooked down so much. The bread may be lightly toasted, or fried in butter, before adding. From $\frac{1}{4}$ to $\frac{1}{2}$ its own measure of finely shredded raw cabbage or minced raw celery is a very nice addition to this dish; omit bread, make tomato very hot and add minced vegetable just before serving.

Baked Stuffed Tomatoes. Select firm tomatoes of fair size. Cut a slice off the top and scoop out the contents, leaving a shell about $\frac{3}{4}$ inch thick. Salt the inside of this shell and set to drain. Add contents to well-seasoned savory bread-and-meat stuffing, substituting tomato juice for other liquid; a beaten egg is a nice addition. (For description of stuffings, see green peppers, p. 27). Fill tomato cups with stuffing, cover with the top slice or with buttered crumbs, and bake with stock or tomato juice (or without liquid) till browned, or about 20 to 30 minutes. Serve plain; or if no savory has been used in the stuffing, one may pour a cheese or savory sauce over the baked tomatoes (p. 3).

Chopped raw celery or cooked spinach may be added to the stuffing; buttered spinach (p. 20) is especially good for this purpose. Instead of meat, an equal amount of chopped nuts may be added to the bread crumbs. Highly seasoned, very finely chopped cooked meat may be used without crumbs. Savory rice may be used. Fresh or canned corn, with or without shredded green peppers, makes an acceptable stuffing.

Scalloped Tomatoes. Prepare like stewed tomatoes, seasoning well, either with sugar or else with some kind of savory, as onion or fried parsley

(p. 2). Pour into heavy baking dish and cover with buttered crumbs or with small rounds of buttered stale bread which have been dipped into the tomato juice. Bake until well browned.

Variations. Beaten egg may be added. Cheese and minced celery or cabbage are good in scalloped tomatoes; so are rice and bacon.

If desired, alternate a layer of fresh tomato slices or of canned tomatoes with a layer of buttered pieces of stale bread and grated cheese. Or scallop tomatoes by alternating them with layers of any kind of stuffing.

TURNIPS, WHITE OR YELLOW, AND RUTABAGA

Rutabaga and turnips are believed to have a considerable vitamin content, especially for A and C; and are thought to be fair sources of calcium and sometimes of iron.

In order to be worth cooking, yellow and white turnips should be young and tender; when larger, they tend to become pithy, and are often bitter, especially in the cortex or layer just under the skin. Baking may bring out the bitterness of turnips which would not otherwise seem bitter, for it concentrates all flavors by evaporation of moisture. Rutabagas are often large size, but should be sweet, juicy, and mild, not pithy nor bitter.

Boiled Turnips or Rutabaga. Wash, pare, and slice or dice. Cook in salted boiling water to cover, using about $\frac{3}{4}$ teaspoon salt and 1 teaspoon sugar to the pound of turnips. Boil the water down rapidly at the close. The turnips should be tender at the end of 15 minutes, and should be mild and sweet in flavor, as also should be the stock.

Diced or shredded turnips may be simmered gently in milk and served as creamed turnips (p. 2); or drained, the milk stock being used in some other way (p. 4, 5).

Grated raw turnip or turnip passed through the food chopper (coarse knife) is still better for cooking in milk, when creamed turnip or a cream of turnip soup is desired. The time of cooking will then be about 5 minutes (pp. 4, 5, 15).

Ways of Serving Boiled Turnips.

1. Season with salt, pepper, and a very little sugar if needed, about $\frac{1}{2}$ to 1 teaspoon sugar to the pint or pound; add butter or cream or both. Mash before seasoning, if preferred.

2. Savory parsley butter makes a good sauce for sliced or diced turnips (p. 2). Cream sauce or a savory sauce may be added (p. 3). Scallop or bake with any of the sauces, if preferred (p. 3).

3. Boiled turnip slices or dice may be seasoned, dipped in egg, then fine salted crumbs, and fried.

4. Mashed turnips may be made into croquettes (p. 24). Season each pint of mashed turnip with 3 tablespoons of grated cheese or 3 tablespoons chopped peanuts, or both; and add 1 or 2 eggs and 4 teaspoons butter. Shape in cakes, brown in fat.

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(7-32-15M)
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