

BOOK OF JEWISH RECIPES



*Published by*

THE JEWISH STANDARD







# BOOK OF JEWISH RECIPES

EDITED BY  
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*Published by*

# THE JEWISH STANDARD

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## FOREWORD

This book of Jewish recipes, edited by a qualified dietitian and published by The Jewish Standard, attempts to fulfill two purposes: to provide the young and comparatively inexperienced housewife with a manual of instruction in the art of Jewish cookery, and at the same time to provide the older and experienced housewife with a compendium of more or less complicated recipes suitable for special occasions.

While these two purposes may at first sight appear to contradict each other, nevertheless, the editress of this cook book has been eminently successful, the publishers believe, in achieving a harmony between them. In the first place, she has been at pains to write short introductions to the various sections of the book, which explain, in language simple enough for everyone to understand, the fundamental principles of cookery which apply to the respective sections; and in the second place, she has expressed even the most complicated recipes in language so lucid and simple that the veriest novice should have no difficulty in following them.

Although the introductions to the various sections are intended primarily for the inexperienced housewife, it is hoped that the older housewife also will find matter of benefit in them. Important advances have been made in recent years in our knowledge of the art of cookery; and in many instances a traditional result, such as mother was accustomed to achieve, may more successfully be attained by a modern method of preparation, such as mother had never heard of. Not that this cook book aims to provide a course in dietetics, or to safeguard the health of the nation: such an objective, laudable as this might be, is not included in its purpose. But, after all, this is a twentieth-century cook book, written for twentieth-century women; and it is obvious that, where different methods yield a result which tastes the same, the method which ought to be followed is the one which most efficiently conserves the food value of the dish prepared. This is a fact which the editress could not see fit to ignore, while retaining uppermost in her mind that the recipes

must yield the traditional results which Jewish taste demands. Of course, all the recipes in this cook book are kosher, and none of the ingredients specified are trefa.

Naturally, this book does not include all the recipes which may be used in Jewish homes: such a book would run into a volume many times the size of this, and its price would be commensurate with its size. Its purpose is not to supplant but only to supplement the general cook book which is no doubt to be found in every Jewish home. Nevertheless, we believe the housewife will find this book, despite its limitation of size, to be unusually comprehensive, and to include practically all the distinctively Jewish recipes which she might wish to use: in other words, the housewife who wishes to prepare a Jewish dish may look in this book for the recipe with confidence that she will not look in vain.

This book of Jewish recipes goes forth, then, to fulfill (the editress and publishers trust) a useful, if not indeed an indispensable service among the Jewish housewives of Canada. The satisfaction which Canadian Jewish housewives may derive from using this book, will be the measure of the satisfaction which the editress and publishers will derive from having edited and published it.

**THE PUBLISHERS.**

# APPETIZERS

An appetizer is a food served to introduce a meal. Its purpose is to stimulate but not to satisfy the appetite. It should therefore be a food of distinct flavour in itself, or one highly seasoned, so as to be tart and piquant; and it should be served in small portions, just enough for one bite. And since the appetite is stimulated first through the eye, special care should be taken to make the appearance of the appetizer attractive. The use of ingredients of contrasting colours is highly effective for this purpose.

There are two general classes of appetizers, *hors d'oeuvres* and *cocktails*. *Hors d'oeuvres* include an almost endless variety of savoury tidbits of this and that, ranging from such simple relishes as olives or crisped celery stalks to the most intricate combinations of ingredients. They may be served, especially those consisting of mixtures, on a variety of foundations, as on lettuce leaves, watercress, tomato slices, potato chips, crackers, slices of bread cut in plain or fancy shapes; or they may be served as stuffings in the scooped-out shells of such fruits and vegetables as lemons or tomatoes; or, if they are spherical like olives or strawberries, or if the mixture is firm enough to be rolled into balls, they may be served impaled on toothpicks.

A single variety of *hors d'oeuvre* or an assortment of *hors d'oeuvres* may be served. They may be placed on individual plates at the table, or an assortment may be placed on a tray and passed in the living room; and they may be served as an accompaniment to a beverage, such as a tomato or sauerkraut juice cocktail.

An *hors d'oeuvre* which consists of a mixture spread on a foundation of bread, is called a *canape*. A *canape* is therefore really a compromise between an *hors d'oeuvre* proper and a sandwich; and any *hors d'oeuvre* mixture which is suitable as a spread for a *canape*, is also suitable as a spread for a sandwich. It is not the mixture itself but the foundation on which it is served which determines whether the dish shall be called *hors d'oeuvre* or *canape* or sandwich. Accordingly, the recipes which follow give instructions chiefly for combining mixtures; and it is left to the good taste and judgment of the hostess in what form she will serve them. Because of their variety and the importance of their appearance, the preparation and arrangement of *hors d'oeuvres* offer wide scope for her creative ability.

## HORS D'OEUVRES

### CELERY CURLS

Select large, tender stalks which are not quite choice enough to serve as celery hearts. Cut into 2-inch pieces. Make parallel lengthwise slits close together in each piece, leaving about  $\frac{1}{2}$  an inch in the middle uncut. Place in ice-water for an hour. The slit ends will contract to form curls.

### STUFFED CELERY STALKS

Select small, deeply-grooved stalks of celery, cut in 1-inch pieces, place in ice water to crisp. Spread grooves of celery with mixture desired (see below). Serve with cocktails.

**HOT CHEESE BALLS**

2 teaspoons flour  
cayenne pepper  
½ teaspoon salt

1 egg white,  
stiffly beaten

1 cup grated cheese  
½ cup fine-ground  
dry bread crumbs

Mix flour, pepper and salt with grated cheese, and fold in the beaten egg whites. Mix well, roll into small balls, and roll balls in bread crumbs. Fry in deep fat heated to 375 degrees until golden brown. Serve hot on toothpicks.

**STUFFED EGGS****Number 1**

Cut hard-cooked eggs in half lengthwise, and remove yolks. Refill whites with mixture desired (see below). Press halves together to resemble whole eggs, if desired. Sprinkle with paprika, and serve on lettuce leaves.

Or refill whites with a mixture made as follows:

6 hard-cooked yolks	1 teaspoon salt	1 tablespoon catsup
2 tablespoons mayonnaise	1 teaspoon prepared mustard	pepper

Mash yolks, blend all ingredients together to make a smooth paste.

**Number 2: with Hot Sauce**

6 hard-cooked eggs	chopped parsley	1 tablespoon butter
2 tablespoons mayonnaise	1 tablespoon flour	2 cups milk
salt, cayenne pepper		1 egg yolk, beaten

Refill egg whites according to instructions in preceding recipe, using the egg yolks, mayonnaise, salt, cayenne pepper and parsley to prepare the filling. Make a sauce as follows: Heat the butter, stir in the flour, and let cook over a slow fire until the mixture bubbles. Add milk gradually, add salt and cayenne pepper to taste, and let cook, stirring constantly, until the mixture thickens. Pour very gradually over a beaten egg yolk, mix well. Cover the stuffed eggs with the hot sauce, sprinkle with chopped parsley, and serve immediately.

**STUFFED PINEAPPLE RINGS**

Place rings of canned pineapple on lettuce leaves. Fill centres with a cheese or other mixture. Top with a red or green garnish.

**STUFFED LEMONS**

Cut off tips of lemons, so that lemons will stand upright; cut off tops, set aside to use for covers. Remove pulp of lemons, put shells in ice water to crisp. Refill shells with mixture desired (see below), top with pimento for colour, and replace lemon tops. Serve on watercress.

**STUFFED SMOKED SALMON**

Cut smoked salmon in thin strips 1 inch wide, and spread with mixture desired (see below). Roll strips up, impale on toothpicks and serve.

**STUFFED TOMATOES**

Select firm tomatoes (they need not be ripe), and remove the pulp. Salt lightly, and invert for an hour to drain. Refill tomatoes with mixture desired (see below). Serve on lettuce or watercress.

**CANAPES****BREAD FOUNDATIONS FOR CANAPES****Number 1**

Cut bread in thin slices, ¼ inch or less in thickness. Remove crusts, and with a sharp knife or fancy cookie cutter cut the slices in desired shapes. Use bread

plain, toasted or sauted in butter on one side only, or use French Toast. When toasted or sauted canape bases are used, spread the mixture on the untoasted surface.

### Number 2: Rolled Foundation

Remove all but bottom crust from a fresh, unsliced loaf of bread. Spread bread lengthwise with any soft mixture. Cut slice off bread lengthwise  $\frac{1}{4}$  inch thick, and roll up tightly like a jelly roll. Wrap in waxed paper, and place in refrigerator to chill. Repeat until bottom crust of bread is reached. To serve, slice rolls  $\frac{1}{4}$  inch thick.

### GARNISHES FOR CANAPES

Canapes should be attractively but simply garnished. The red of pimento or paprika; the green of green pepper, chopped parsley, or watercress; the contrasting colours of sliced or shredded stuffed olives, riced hard-cooked whites and yolks of eggs, and tiny pearl onions — all these and others can be used to advantage as garnishes for canapes.

### SPECIMENS OF CANAPES

The following specimens of canapes are only a few of the many hundreds which have been devised. They are presented simply as suggestions. They may be prepared with any appropriate mixture.

#### Number 1

$\frac{1}{4}$ cup butter	1 teaspoon onion juice	1 hard-cooked egg,
1 tablespoon	1 teaspoon lemon juice	sliced thin
chopped parsley		canape mixture

Cream the butter, and mix with parsley, onion juice and lemon juice. Spread on rounds of toast. Place a slice of egg in centre of each round. Top each slice with a spoonful of mixture desired (see below).

#### Number 2

Cut a hard-cooked egg in slices, take out the yolk. Cut the foundations for the canapes in rounds, spread with butter, place the circles of egg white on them. Fill these circles with mixture desired (see below), and sprinkle mixture with onions chopped fine. Rice the egg yolk, and arrange in a border around the circles of egg white.

#### Number 3

Rice separately the yolk and the white of a hard-cooked egg. Take a 2-inch square of bread, and divide it diagonally by laying a thin strip of riced yolk from one corner to the opposite corner. Spread one of the triangles with mixture desired (see below), the other with tiny pearl onions; garnish with a border of riced egg white. A square of bread can also be divided diagonally by laying a thin strip of red or green pepper across it.

### CHOPPED WURST CANAPE

1 cup ground wurst	1 onion, chopped fine	salt and pepper
	5 eggs	

Preferably, use hard wurst, and the harder the better. Beat together all ingredients until frothy. Drop into a well greased frying pan by spoonfuls, and serve on canape bases spread with mustard.

### HOT PIMENTO CANAPE

2 hard-cooked eggs,	pinch of dry mustard	2 tablespoons
chopped	1 tablespoon	grated cheese
$\frac{1}{2}$ teaspoon salt	chopped pimento	melted butter

Blend ingredients together to form a paste. Spread on canape foundations, place in oven at 425 degrees for a few minutes to melt cheese. Garnish with watercress.

## MIXTURES FOR HORS D'OEUVRES, CANAPES, SANDWICHES

### FLAVOURED BUTTER SPREADS

Flavoured butter spreads are prepared from butter softened and blended with other ingredients chopped very fine or mashed to a paste: as Chili Butter, Horse-radish Butter, Mustard Butter, Olive Butter, Parsley Butter, Pimento Butter, Sardine Butter, Watercress Butter, and others. If desired, they may be seasoned with lemon juice, onion juice or any pungent sauce. Practically anything edible may be combined with butter to make a flavoured butter spread, providing it is first chopped very fine or mashed to a paste.

### GREEN PEPPER BUTTER

Boil the shells of 3 or 4 green peppers until soft, chop shells fine and rub through a sieve. Blend with  $\frac{1}{2}$  cup softened butter.

### SMOKED SALMON BUTTER

Put smoked salmon through the food chopper, blend with an equal quantity of softened butter. Add lemon and onion juice to taste.

### KOSHER CAVIAR MIXTURE

Caviar is strictly speaking the prepared roe of the sturgeon, which is said to be the most delicate of all fish roes. Although this caviar is not kosher, a delicious kosher caviar may be made from the roe of any kosher fish, especially from that of the mackerel. The roe of male fish is sometimes called *milt*. It is prepared in the same way as the roe of female fish. The milt of salmon has a blue vein running through it, and this should be removed before cooking. Roe is available only in the spring during the spawning season.

Simmer roe for 10 to 15 minutes in salted, acidulated water (2 teaspoons vinegar to 1 pint water). Drain, plunge into cold water, and drain again. Pick off the membrane in which roe is enclosed, and beat roe apart. Mash thoroughly, add 2 to 3 teaspoons salt to each cup of roe, and beat together well. Let stand in refrigerator a day or longer. Season with lemon and onion juice before using, or prepare according to the following recipe:

1 cup cooked roe	2 tablespoons
2 to 3 tablespoons mayonnaise	chopped stuffed olives or chopped pickles

Beat together the roe and mayonnaise, add chopped olives or pickles, and mix thoroughly.

### CELERY MIXTURE

2 cups chopped celery	2 tablespoons	2 tablespoons
$\frac{1}{4}$ cup mayonnaise	chopped olives	chopped walnuts

Chop ingredients very fine, and mix thoroughly.

### CHEESE MIXTURES

#### Number 1

1 cup cottage or cream cheese	$\frac{1}{4}$ cup chopped green peppers, or $\frac{1}{2}$ cup chopped nuts, or $\frac{1}{2}$ cup chopped pineapple,	or $\frac{1}{2}$ cup chopped olives, plain or stuffed paprika salt and pepper
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Work cheese and cream together until smooth, chop other ingredients desired very fine, and mix thoroughly.

#### Number 2

$\frac{1}{2}$ cup cottage or cream cheese	1 tablespoon cream $\frac{1}{2}$ cup marmalade	$\frac{1}{2}$ cup pecans, chopped very fine
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Work cheese and cream together until smooth, add marmalade and chopped pecans and mix thoroughly.

**CHICKEN MIXTURE**

1 cup cooked chicken	1 hard-cooked egg	1 tablespoon catsup or
¼ cup chopped	1 teaspoon horseradish,	prepared mild mustard
pickled cucumber	if desired	salt and pepper

Put chicken and egg through the food chopper, mix thoroughly with remaining ingredients.

**DATE-FIG-NUT MIXTURE**

Put through the food chopper equal quantities of pitted dates, dried figs and blanched almonds or walnuts, Mix, and add enough strained orange juice to bind the mixture.

**EGG MIXTURE**

Mash hard-cooked eggs with the back of a wooden spoon, adding enough melted chicken fat or mayonnaise to make a smooth paste. Season with salt and pepper. If desired, add 1 small onion, chopped fine, or 1 tablespoon chopped olives, for each egg.

**CHOPPED HERRING MIXTURE**

1 salt herring	1 slice bread,	1 teaspoon salad oil
1 onion	dipped in vinegar	1 hard-cooked egg,
1 sour apple	cinnamon and pepper	if desired

Soak herring in cold water a few hours, wash, clean and bone it. Chop ingredients fine, mix thoroughly. Add more oil (or mayonnaise) if the mixture is desired thinner.

**CHOPPED LIVER MIXTURES****Number 1**

1 cup cooked,	1 stalk celery	½ slice stale bread
diced liver	1 hard-cooked egg	salt and pepper
1 medium onion		chicken fat

Grind ingredients fine in food chopper, and mix. Use more or less chicken fat, according to whether the mixture is desired thinner or thicker.

**Number 2: with Mushrooms**

1 cup sliced raw liver	½ to 1 cup mushrooms,	lemon and onion juice
chicken fat	chopped fine	salt and pepper

Saute liver slowly in hot chicken fat until tender; remove, rub through a sieve. Saute chopped mushrooms in the chicken fat until tender. Mix liver and mushrooms, add lemon and onion juice and salt and pepper to taste. Add more or less chicken fat, according to whether the mixture is desired thinner or thicker.

**Number 3: Imitation Pate de Foie Gras**

1 cup raw	¼ cup chicken fat	salt and pepper
chicken livers	1 small onion,	mustard or celery salt
	chopped fine	

Saute livers and chopped onion in the chicken fat until livers are tender and onion yellowed. Chop livers and mash to a paste with back of a wooden spoon, add onion and fat, add salt and pepper and mustard or celery salt, and mix thoroughly.

**NUT MIXTURE**

Mix an equal quantity of various nuts, such as almonds, pecans, peanuts, brazils, walnuts, and put through the finest blade of the food chopper. Blend the mixture with enough creamed butter or salad oil to make a smooth paste. Or blend it with an equal quantity of cream or cottage cheese which has been moistened with thick cream. Or knead the mixture until it becomes a little soft, pack tightly into glasses, and chill. Just before using, dip glass in hot water and the mixture will slip out easily. Cut in slices.



**Number 2**

4 cups tomato juice	3 tablespoons	1 teaspoon horseradish
½ cup orange juice	lemon juice	1 teaspoon
¾ teaspoon salt	1 tablespoon sugar	Worcestershire Sauce

Mix ingredients thoroughly, chill, and serve ice cold.

**FRUIT COCKTAILS AND FRUIT JUICE COCKTAILS**

It is impossible to give more than a few of the many mixtures of fruit juices or fruits which will make savoury cocktails. In general, the juice of any fruit, fresh, cooked, or canned, may be mixed with the juice of any other fruit; and may be diluted with water, soda water, or ginger ale, or with a wine or liqueur. Sugar may be added to taste, and a little lemon juice to give the mixture tartness.

In preparing fruit mixtures, mild fruits should be combined with those of more distinct flavour, and soft fruits with those of firmer texture. Fresh fruits can be combined to advantage with canned or cooked fruits; and thought should also be given to the color scheme. Orange or grapefruit pulp or a little lemon juice should be included in the mixture to give it tartness.

Any recipe for a Fruit Cup may also be used for a fruit cocktail. A fruit cup is served in a dessert dish at the end of a meal instead of in a cocktail glass at the beginning of a meal, and is usually made sweeter than a cocktail; but otherwise the mixture is the same.

**CRANBERRY JUICE COCKTAIL**

2 cups cranberries	½ cup sugar	3 tablespoons
3 cups water	¼ cup orange juice	lemon juice

Cook cranberries in water without stirring until the skins break. Strain through cheesecloth. Add sugar to the cranberry liquid, and chill. Just before serving, stir in ice cold orange and lemon juice.

**SPICY GRAPE JUICE COCKTAIL**

2 cups grape juice	6 tablespoons sugar	2 tablespoons
2 cups water	1 3-inch stick cinnamon	lemon juice
	16 whole cloves	

Mix grape juice, water and sugar, and place in a pot. Tie the cinnamon and cloves in a bag, and add to mixture in pot. Heat, and let simmer 20 minutes. Chill thoroughly. Remove spice bag. Add lemon juice just before serving.

**PINEAPPLE JUICE COCKTAIL**

1½ cups pineapple juice	2 tablespoons lemon juice	1½ cups cold water
⅓ cup lime juice		3 tablespoons fruit sugar

Mix and chill thoroughly.

**CANTELOUPE, HONEYDEW or WATERMELON COCKTAIL**

Cut the heart of a ripe, ice-cold canteloupe, honeydew or watermelon into cubes or balls. Place 5 or 6 balls in each cocktail glass, and cover with ice-cold ginger ale or wine. Or mix together balls of each fruit, if desired.

**FRUIT COCKTAIL WITH FRUIT ICE**

Take equal parts of fruits in season, dice, and mix. Add sugar to taste. Place 1 tablespoon of orange, lemon or pineapple ice in cocktail glass, and fill with the fruit mixture. Pineapple and strawberries make an excellent combination. Garnish with mint leaves.

**GINGER COCKTAIL**

1½ cups diced canned or cooked peaches	2 tablespoons icing sugar	¾ cup orange juice
1½ cups diced bananas		2 tablespoons chopped, preserved ginger

Mix diced peaches and bananas. Mix orange juice and sugar, and pour over peaches and bananas. Place in glasses, and sprinkle with chopped ginger.

**GRAPEFRUIT COCKTAIL**

Dice an equal quantity of grapefruit pulp and orange pulp. Mix, add sugar to taste, and a little lemon or grape juice. Chill thoroughly, and place in ice-cold glasses. Garnish with maraschino cherries, whole or sliced. Pineapple may be used instead of orange pulp, if desired.

**ORANGE SHELL COCKTAIL**

6 oranges	2 slices pineapple,	juice of 1 lemon
1 banana, diced	diced	sugar

Slice off tops of the oranges, and scoop out the pulp. Place shells in ice water to crisp. Dice the pulp, mix with diced banana and pineapple, add lemon juice and sugar to taste. Refill orange shells. If desired, serve each stuffed orange in a small bowl filled with crushed ice.

**STRAWBERRY AND PINEAPPLE COCKTAIL**

1 cup orange juice	sugar	1 cup strawberries
$\frac{1}{3}$ cup lemon juice		1 cup diced pineapple

Mix orange and lemon juice, add sugar to taste. Chill thoroughly. Cut strawberries in halves, reserving 6 large ones uncut, and mix with diced pineapple. Place in glasses, and cover with the fruit juice. Top each cocktail with a whole strawberry.

**FISH COCKTAILS**

See Fish section for other recipes in addition to the one given below.

**Sardine Cocktail**

$\frac{1}{2}$ cup catsup	2 tablespoons lemon juice	$\frac{1}{4}$ teaspoon Tabasco Sauce
2 teaspoons prepared mustard	1 tablespoon Worcestershire Sauce	$\frac{1}{4}$ teaspoon horseradish
		1 tin sardines

Mix thoroughly all ingredients except sardines, and chill until ice cold. Skin and bone sardines, cut into small pieces, and place in cocktail glasses. Pour in chilled sauce, and serve immediately.

**SANDWICHES**

Use bread a day old for flat sandwiches. Bread for rolled sandwiches must be fresh. Dipping the knife in hot water occasionally will make slicing easier; and if you wish to slice the loaf extra thin, chill it in the refrigerator for a few hours before slicing. Soften or cream the butter before spreading; and, if desired, mix it with anything edible which has first been chopped very fine or mashed to a paste. Chill cold sandwiches in the refrigerator for an hour or longer, and press under a weight. Serve cold sandwiches on cold plates, hot sandwiches on hot plates. If the sandwiches are not to be served immediately, wrap each one individually in waxed paper, and throw a wet cloth over all. If you wish to cut the bread into fancy shapes, slice it lengthwise to give yourself a larger surface to deal with.

The mixtures specified in the following recipes are merely suggestions: use any mixture you wish.

**RIBBON SANDWICHES**

Remove crusts from a loaf of bread, and slice lengthwise  $\frac{1}{4}$  inch thick. Cover with sandwich mixture desired, or with a variety of mixtures of contrasting colors and flavours, leaving 1 slice unspread. Put slices together, laying unspread slice on top. Wrap tightly in waxed paper, and chill several hours. When ready to serve, cut in  $\frac{1}{4}$  inch slices, and cut each slice into quarters. Alternate slices of brown and white bread may be used.

**ROLLED SANDWICHES****Number 1**

Slice fresh bread crosswise  $\frac{1}{4}$  inch thick, and remove crusts. Cover with sandwich mixture desired, roll tightly, and fasten with a toothpick. Chill before serving.

**Number 2: Pinwheel Sandwiches**

Slice fresh bread lengthwise as thinly as possible, and remove crusts. Cover each slice with sandwich mixture desired, and roll tightly. Chill in refrigerator. When chilled, slice each roll  $\frac{1}{4}$  inch thick, and serve.

**LAYER SANDWICH LOAF**

Remove crusts from a loaf of bread, and cut into five lengthwise slices. Cream  $\frac{1}{2}$  pound butter, and divide into 4 parts. To the first part, add  $\frac{1}{2}$  cup Brazil nuts, ground fine, and 1 teaspoon prepared mustard. To the second part, add  $\frac{1}{2}$  cup parsley, chopped fine, 1 teaspoon onion juice, and 1 teaspoon lemon juice. To the third part, add  $\frac{1}{4}$  cup pimento, chopped fine. To the fourth part, add  $\frac{1}{4}$  cup olives, chopped fine. Spread four of the slices with the fillings, and place them on top of each other in the order given. Cover with the unspread slice.

If desired, cover the loaf with the following cream cheese mixture: Soften  $\frac{3}{4}$  pound cream cheese, and beat in  $\frac{1}{4}$  cup sweet or sour cream. Cover top and sides of loaf with mixture. Chill at least an hour. Garnish top and sides of loaf with sliced stuffed olives, if desired, and garnish plate with parsley or watercress. Slice loaf at table.

**STUFFED SANDWICH LOAF**

Slice one end off a crisp, narrow French loaf, and scoop out the inside with a long knife, leaving the crust intact. Stuff the loaf firmly with any sandwich mixture desired. Wrap loaf in waxed paper, and chill in refrigerator for several hours. Slice in the kitchen or at the table.

**CHECKERBOARD OR MOSAIC SANDWICHES**

Cut three slices of white bread and three slices of brown bread  $\frac{1}{2}$  inch thick. Spread and arrange in two groups, as follows:

*Number 1*

One slice of white bread  
Sandwich spread  
One slice of brown bread  
Sandwich spread  
One slice of white bread

*Number 2*

One slice of brown bread  
Sandwich spread  
One slice of white bread  
Sandwich spread  
One slice of brown bread

Press the slices of each group together well, and chill in refrigerator under a weight. When chilled, cut off crusts, slice each group  $\frac{1}{2}$  inch thick, and spread slices with sandwich mixture desired. Arrange as follows: One slice of Number 1, one slice of Number 2, one slice of Number 1, one slice of Number 2, one slice of Number 1, one slice of Number 2. Chill again in refrigerator under a weight. When chilled, cut into slices  $\frac{1}{4}$  inch thick, and serve.

# S O U P S

## MEAT SOUPS

### MEAT SOUP STOCKS

Meat soup stocks have practically no nutritive value, but are important because they stimulate the appetite and aid digestion. They can also be combined with vegetables or cereals to make a large variety of nutritive soups.

*The most suitable cuts of meat* to use in making stocks are the tough cuts, because these contain the most flavour. The proper way of extracting the flavour from the meat is to simmer it slowly for a few hours in water heated to just below the boiling point; and the meat should preferably be cut in rather small pieces so as to expose as much of its surface as possible to the action of the water. The pot should be tightly covered. If the meat is boiled, that will cause it to disintegrate and will eventually reduce the soup to a jelly.

*Bone* may be substituted for part of the meat specified in the following recipes, the weight of bone required being twice or three times the weight of the meat it replaces.

*The water* with which the stock is begun may be either hot or cold. Usually, it is recommended that a soup be begun with cold water, on the theory that this permits the juices of the meat to escape more easily into the stock. Although the theory is very doubtful, cold water is nevertheless specified in the recipes which follow, since, even if it does no good, it can do no harm. If a clear soup is desired, the scum which rises to the surface should be skimmed off when the water reaches the boiling point, although this scum contains some nutritive value. About one quart of water should be used for each pound of meat or its equivalent in bone: except that if the soup is made with a large amount of bone at least enough water should be used to cover the bone completely. If too much water evaporates during simmering, it should be replaced by adding hot water. Water in which vegetables have been cooked contains valuable vitamins and minerals: such water should be strained, saved, and used in making soups.

*The kinds and quantities of vegetables* used is largely a matter of individual taste, and may be varied practically at the housewife's discretion. The proportions given in the recipes which follow will satisfy most tastes. Since over-cooked vegetables will impart a disagreeable flavour to the stock, they should be added only an hour or half an hour before it is ready.

*The herbs, spices and seasonings* should be added at the same time as the vegetables. The seasonings are most important in the success of a soup; and the stock should be continually tasted and more seasonings added if necessary.

*The stock is ready* when the meat is tender. It should now be strained, and put in a cold place to chill. If a clear stock is desired, it should be strained through several thicknesses of cheese cloth.

*The fat* of the stock is lighter than the liquid, and if the stock is chilled will form a firm layer at the top. Since this layer will exclude the air from the stock and thus help to preserve it, it should not be removed until immediately before the stock is to be used. It may be removed by passing the blade of a thin knife

around it, and then lifting it off. If the stock must be used before chilling, skim off as much of the fat as possible with a spoon, then blot the surface of the stock with a sheet of absorbent paper, to which most of the remaining fat will adhere.

*Stock will keep* many days if kept ice-cold. Spoiled stock is as dangerous a food as spoiled meat.

*Stock may be clarified* and made sparkling and translucent by boiling in it for a few minutes the slightly beaten white and crushed shell of eggs. Allow one egg white and shell to one quart of stock. Heat the stock just enough to liquify it, if it is jellied. Thoroughly stir the egg white and shell into the stock. Heat to the boiling point, stirring constantly, then boil without stirring 2 to 5 minutes. Add a little cold water, and remove from the fire to settle. Strain through two thicknesses of cheesecloth. The purpose of egg in clarifying soup is the same as in coffee: the coagulated egg gathers round itself the particles of solid substance in the soup, which otherwise are fine enough to pass through a strainer.

### BROWN STOCK or BOUILLON

3 pounds beef, chuck and flanken mixed	1 tablespoon salt	3 whole cloves, if desired
2 beef bones	2 onion skins	½ cup each, diced
2½ quarts cold water	6 peppercorns	carrots, onions,
	1 bay leaf	celery, turnips
	2 sprigs parsley	

Bring the meat, bones and water to a boil, and let simmer three to four hours until the meat is almost tender. Add salt, herbs and vegetables, and let simmer another hour. Strain, and remove fat. Makes 3 pints of stock.

Bouillon is the same as Brown Stock, but should be perfectly clear. Skim continually, and clarify with egg.

### WHITE STOCK

3 pounds veal, chicken or turkey	2½ quarts cold water	2 carrots, diced
2 veal bones	1 tablespoon salt	6 peppercorns
	a few celery tops, diced	1 onion, diced

Follow instructions for Brown Stock.

### CONSOMME

3 pounds meat: lean beef, veal and chicken, mixed	1 bone, veal or beef	6 peppercorns
	2½ quarts cold water	¼ cup each, diced
	1 tablespoon salt	carrots, onion, celery
	1 bay leaf	

Follow instructions for Bouillon. Consomme, like bouillon, should be perfectly clear. Makes 3 pints of consomme.

### CHICKEN STOCK

#### Number 1: Old Fashioned Chicken Soup

3 to 4 pounds chicken, cut at joints	2½ to 3½ quarts water	1 tablespoon salt
a few extra chicken feet, if desired	1 medium onion	¼ teaspoon pepper
	1 medium carrot	⅛ teaspoon nutmeg, if desired
	2 stalks celery	

Place chicken in pot with water, cover tightly, and let simmer three hours or until chicken has begun to be tender. Add vegetables and seasonings, and let simmer another hour. Strain. Remove fat. Begin soup either with cold or boiling water. Extra chicken feet will give the soup flavour to spare: scald and skin chicken feet and remove nails before using. Brown chicken in oven at 500 degrees for a few minutes before serving.

#### Number 2

3 to 4 pounds cooked chicken	cold water to cover	½ cup diced celery
	1 onion, cut in shreds	salt and pepper

Use scraps of cooked chicken meat and bones, cut in pieces. Place in pot with

water, cover pot, heat to boiling point and let simmer an hour. Add onion and celery, let simmer another hour. Strain, and season to taste.

### FISH STOCK OR COURT BOUILLON

Recipes for this are given in the Fish section of this book.

### BARLEY or RICE SOUP

½ cup barley or rice	1 teaspoon salt	½ cup diced carrots
4 cups water	½ teaspoon pepper	½ cup diced onions
4 cups hot soup stock		or celery

Wash barley or rice, drain. Soak rice for 30 minutes, barley over night, in 4 cups water. Heat to boiling point, add carrots and onions, salt and pepper, and hot soup stock, and let simmer tightly covered 30 minutes or until all ingredients are tender. Serve with croutons. If celery is used instead of onions, it should be added 15 minutes after the carrots.

### BARLEY AND BEAN SOUP

½ cup navy beans	½ cup barley	3 pints soup stock
4 cups boiling water	2 teaspoons salt	salt and pepper

Soak beans in cold water several hours or over night. Place in pot with the boiling water and let boil until beans are tender but skins not yet broken. Add barley and salt, cover pot, and let boil gently until barley is tender. If too much water evaporates, replace with hot soup stock. When barley is tender, add rest of soup stock, bring to a boil, add salt and pepper to taste, and serve.

### BEEF BORSHT

#### Number 1

6 medium beets	1½ pounds fat beef	salt, sugar and lemon juice,
6 cups cold water	3 large onions	to taste

Peel beets and grate them or cut into fine shreds. Place meat in pot with cold water, add onions, and salt to taste. Cover pot, let simmer an hour. Add beets, let simmer an hour longer or until meat is tender. Remove onions and meat, add salt, sugar and lemon juice. Let simmer or boil gently 5 minutes longer.

#### Number 2

1 pound fat beef	10 medium beets	salt, sugar and lemon juice,
1 marrow bone	2 large onions	to taste
2 quarts cold water		2 yolks of eggs

Place meat and bone in soup pot with water, cover and let simmer an hour. Peel beets and grate them or cut into fine shreds, and add to soup; add onions. Let simmer another hour or until meat is tender. Add salt, sugar and lemon juice. Boil a few minutes, remove from fire, remove meat and onions. Beat yolks, place in a bowl, stir soup into beaten yolks very gradually so that they will not curdle, and blend well. Serve immediately.

#### Number 3

This is not really a soup but a compromise between a borscht and a stew.

1 bunch beets	1 small onion, diced	¼ cup sugar
1 cup strained tomatoes	½ pound brisket, diced	¼ teaspoon salt
4 cups cold water	1 tablespoon lemon juice	4 eggs

Peel the beets, and cut into strips. Add tomatoes and water, add onion and meat, cover pot tightly and let simmer 30 minutes. Add lemon juice, sugar and salt, and let boil gently 30 minutes more. Beat eggs with a pinch of salt, place in a bowl, and pour hot borscht into beaten eggs very gradually, stirring well. Serve immediately. The mixture should be thick, but if too thick it may be diluted with boiling water.

**BEET-CABBAGE BORSHT**

5 large beets	½ cup lima beans	2 cups strained tomatoes
3 pints cold water	1 medium onion	salt and pepper
1 pound breast flank	1 small head cabbage	2 tablespoons sugar
1 marrow bone	5 small potatoes	juice of 2 lemons

Peel and cut beets into strips. Place in soup pot with water, meat, bone, beans and onion. Cover tightly, let simmer an hour. Remove onion, chop and add cabbage, dice and add potatoes. Let simmer 30 minutes longer or until meat and cabbage are tender. Add tomatoes, salt and pepper, lemon juice, and sugar. Bring to a boil, and let boil gently 3 minutes longer.

**CABBAGE BORSHT**

1 medium head cabbage	1 pound fat beef	1 marrow bone
hot water	1 to 2 cups strained	salt, sugar and lemon juice,
3 pints cold water	tomatoes, if desired	to taste

Place meat and bone in pot with cold water, add tomatoes, if desired, instead of some of the water. Cover pot, and let simmer until meat is almost tender. Cut cabbage into fine shreds, or grate. Salt thoroughly, drench with hot water, chill with cold water, drain. Add to soup, cover, and let simmer 15 to 30 minutes longer or until meat and cabbage are tender. Add salt, sugar and lemon juice, let boil gently a few minutes, and serve.

**CHICKEN BORSHT**

2½ pounds chicken	½ cup lima beans	1 teaspoon salt
2½ quarts boiling water	2 potatoes, diced	⅓ teaspoon pepper
2 cups strained tomatoes	2 whole apples	2 tablespoons sugar
5 or 6 large beets, cut in strips	2 whole onions	2 teaspoons lemon juice
	1 celery root, diced	yolks of 3 eggs

Cut chicken at joints, and place in boiling water. Add the vegetables and salt and pepper, cover pot tightly, and let simmer 2 to 3 hours until chicken is tender. Remove chicken, apples and onions, add sugar and lemon juice, and let boil gently 3 minutes. Beat yolks, place in a bowl, and stir hot borsht into beaten eggs very gradually so that they do not curdle, blending well. If the mixture is too thick, dilute it with hot water.

**CHICKEN GUMBO OR CREOLE SOUP**

3 to 4 pounds chicken	1 small onion, chopped fine	5 fresh tomatoes, sliced
2 tablespoons fat	1 sprig parsley, chopped fine	2½ quarts boiling water
¼ cup diced corned beef	4 cups okra, sliced	salt and pepper
1 green pepper, chopped		1 cup cooked rice

Cut chicken into pieces as for stewing. Heat fat in pot, add chicken and corned beef, brown chicken lightly on all sides, add green pepper, onion and parsley, and brown a few minutes more. Add okra and tomatoes, mix ingredients in pot well, add boiling water, salt and pepper, and let simmer tightly covered two hours or until chicken is very tender. Remove chicken, cut meat in dice and return to pot. Add rice, and more salt and pepper if needed. If too thick, thin with boiling water. Should be served in a tureen. Use canned instead of fresh okra and tomatoes, if desired.

**CABBAGE AND TOMATO SOUP**

¾ pound chuck	3 pints cold water	2 cups strained tomatoes
1 marrow bone	1 medium head cabbage	salt and pepper
	2 apples	

Place meat and bone in soup pot with cold water, heat to boiling point, let simmer 45 minutes. Shred and add cabbage, slice and add apples, add tomatoes. Let simmer 30 minutes or until meat and cabbage are tender. Add salt and pepper, let boil gently 1 minute, and serve.



point again, and let simmer another 5 minutes. Strain soup. Rub vegetables through strainer. Add diced or shredded chicken meat to strained soup, bring to boiling point again, and serve. May be served with boiled rice.

**Number 2**

3 pounds raw chicken	¼ cup each, diced	½ green pepper,
3 quarts cold water	carrot and celery	chopped fine
1 cup strained tomatoes	1 teaspoon sugar	⅛ teaspoon mace
¼ cup fat	1 teaspoon curry powder	1 teaspoon
¼ cup sliced onion	1 tablespoon flour	chopped parsley
2 sour apples, sliced	2 cloves	salt and pepper

Heat fat in pot, brown the chicken and vegetables in the hot fat. Add water and tomatoes, and the rest of the ingredients, stir, bring to boiling point, cover pot, and let simmer until chicken is tender. Remove chicken, and dice the meat. Strain soup. Rub vegetables through strainer. Add diced chicken meat to strained soup, and bring to boiling point again. May be served with boiled rice.

**NOODLE BEEF SOUP**

2½ pounds beef,	1 stalk celery	1 teaspoon salt
neck or chuck	1 onion	¼ teaspoon pepper
2½ quarts cold water	2 potatoes	1 to 2 cups
1 cup stewed tomatoes	2 carrots	cooked noodles
	3 sprigs parsley	

Place meat in pot, add water and tomatoes and heat slowly to boiling point. Add remaining ingredients, and let simmer until meat is tender. Strain, chill, and remove fat carefully. Re-heat, add noodles, bring to a boil, and serve.

**FRESH PEA SOUP**

3 pints hot soup stock	1½ tablespoons	1½ tablespoons parsley,
3 cups fresh peas	melted chicken fat	chopped fine
	salt and pepper	

Mix peas, parsley and fat until peas are well coated. Place in pot, add 1½ cups of the soup stock, cover, and let simmer until peas are tender. As the stock evaporates, keep adding more stock, a little at a time, until all of it has been added. Add salt and pepper to taste. Serve with dumplings, if desired.

**SPLIT PEA SOUP****Number 1**

1½ cups split peas	1 quart hot soup stock	3 frankfurters, if desired
	salt and pepper	

Pick peas over, wash, and drain. Soak overnight in water to cover. Heat to boiling point, let simmer tightly covered four hours or until very soft. Rub through a strainer into hot soup stock, bring stock to a boil, season to taste, and serve.

Or, before rubbing peas into the soup stock, cut the frankfurters into eighths and boil in the soup stock until tender. Remove frankfurters, and rub peas into soup stock. Season to taste. Cut frankfurters into small dice, and place a few spoonfuls in each bowl of soup.

**Number 2**

1½ cups split peas	3 tablespoons celery,	1½ tablespoons flour
2 quarts cold water	diced	1½ teaspoons salt
2½ pounds smoked beef	1½ tablespoons fat	¾ teaspoon sugar
or tongue	1 small onion, cut fine	⅛ teaspoon pepper

Pick peas over, wash, and drain. Soak overnight in some of the water. Place in pot with meat, add rest of the water, cover pot, and let simmer steadily four hours or until meat and peas are almost tender. Add celery, cover pot, let boil gently another 10 to 15 minutes until meat, peas and celery are tender. Remove meat. Skim off fat of soup. Heat 1½ tablespoons of the fat in a frying pan,

add onion and let brown, stir in flour, add gradually  $\frac{1}{2}$  cup of the soup, and let cook, stirring constantly, until the mixture bubbles. Return mixture to the rest of the soup, stir in and blend well. Add sugar, salt and pepper. Serve soup with croutons. Serve the meat as the main course.

#### PURIM SOUP

1 pound beef	2 leeks	2 tablespoons sugar
2 bones	4 cauliflower buds	1 tablespoon lemon juice
4 cups cold water	$\frac{1}{4}$ teaspoon pepper	yolks of 2 eggs
1 cup strained tomatoes	1 teaspoon salt	3 tablespoons cold water

Place meat and bones in pot with water, cover pot, heat to boiling point and let simmer until meat is tender. Remove meat. Strain soup through two thicknesses of cheesecloth. Add strained tomatoes, cut leeks into shreds about as thick as a match and add, add cauliflower buds, pepper,  $\frac{1}{2}$  teaspoon salt, sugar and lemon juice. Cover pot, let simmer until leeks and cauliflower are tender. Beat yolks of eggs with  $\frac{1}{2}$  teaspoon salt and cold water, blending well. Place in a bowl, pour the hot soup very gradually into the beaten yolks, stirring constantly, and serve immediately.

#### SHALET OR TSHOLNT (SABBATH SOUP)

2 cups white beans	1 pound fat beef	1 teaspoon salt
2 cups barley	$\frac{1}{2}$ clove garlic, if desired	$\frac{1}{4}$ teaspoon pepper

This is an old fashioned soup, and in the days before the gas and electric range was cooked over night in the oven of a coal stove. All the ingredients were put in a pot together, placed in the oven Friday afternoon, and the soup was removed and eaten at noon Saturday. The soup may be cooked on top of the stove as follows:

Soak the beans and barley separately over night in water to cover. Place beans in pot with water in which they were soaked, add meat, add more water to cover, add garlic, salt and pepper. Cover pot, let simmer until beans are tender but skins not yet broken. Add barley with water in which it was soaked, cover pot again, and let simmer 30 minutes longer until barley is tender.

#### TOMATO BEEF SOUP

2 pounds beef	1 potato	1 stalk celery
4 cups cold water	2 onions	salt and pepper
3 cups tomatoes	1 turnip	1 tablespoon flour
2 carrots	2 or 3 sprigs parsley	3 tablespoons cold water

Place meat in pot with water, cover pot, and heat to boiling point. Let simmer three hours, add tomatoes and vegetables, cover and let simmer another hour until meat is tender. Strain. Add salt and pepper, re-heat to boiling point. Serve now, if desired; or thicken soup by blending flour and water to a smooth paste, adding it to the strained soup, and letting the soup simmer another 10 minutes.

#### VEGETABLE-BEEF SOUP

##### Number 1

2 pounds shin of beef	1 small carrot	$\frac{1}{2}$ cup chopped cabbage
3 pints cold water	1 sprig parsley	$1\frac{1}{2}$ cups strained tomatoes
2 teaspoons salt	1 piece celery root	$\frac{1}{2}$ cup green peas
1 small onion	$\frac{1}{2}$ green pepper	1 teaspoon sugar

Remove meat from bone, cut it into small cubes, place meat cubes and bone in soup pot with water and salt. Cover pot, let simmer four hours, remove bone. Chop and add onion, carrot, parsley, celery root and green pepper; add cabbage, tomatoes, peas and sugar. Let simmer an hour longer. Remove fat of soup before serving.

**Number 2**

2 tablespoons fat	3 pints soup stock	¼ cup each, diced
½ cup each, diced carrots, celery, onions	1½ cups strained tomatoes	mushrooms, turnips, string beans
½ cup cabbage, chopped fine	½ cup diced potatoes	¼ cup green peas
	1 tablespoon chopped parsley	salt and pepper

Heat fat in pot, add carrots, celery, onions and cabbage, and let brown in the hot fat for 5 minutes. Mix soup stock with tomatoes, heat to boiling point, and add to the browned vegetables. Add remaining ingredients, cover pot, and let all simmer an hour until tender. One or more of the vegetables named may be omitted, if desired.

**SOUPS WITHOUT MEAT (PARVE AND MILCHIK)****BEAN SOUP**

1¼ cups white beans	2 tablespoons butter	salt and pepper
3 pints water	2 tablespoons flour	1 cup strained tomatoes, if desired
1 medium onion		

Soak beans over night in some of the water. Place in pot with water in which they were soaked, add rest of the water, add onion, cover pot, and let simmer until beans are soft. Remove from liquid, and rub through a sieve back into liquid. Onion may or may not be rubbed through sieve with beans, as desired. If soup appears to be too thick, dilute it with boiling water. Heat fat in another pot, stir in the flour, and let cook, stirring constantly, for 5 minutes. Gradually add about 1 cup of the soup, and let simmer, stirring constantly, until smooth and thickened; add rest of soup. Add salt and pepper, and, if desired, tomatoes. Re-heat to boiling point, and serve.

**BEET BORSHT**

Serve borsht cold with slices of hard-cooked eggs, boiled potatoes, cucumbers or raw onions.

**Number 1**

Grate, dice or cut into shreds as many beets as desired. Place in pot with cold or hot water to cover, cover pot, and let beets cook until tender. Add lemon juice, salt and sugar to make sweet and sour to taste, and let simmer 5 to 15 minutes longer. Let cool, and when lukewarm add sour cream to taste. Chill thoroughly.

**Number 2**

6 large beets	3 tablespoons lemon juice	2 or more egg yolks
2 large carrots, if desired	¼ cup sugar	1 tablespoon cold water
3 pints (about) water	1 teaspoon salt	1 cup sour cream

Grate or dice beets and carrot, or cut into shreds. Place in pot with water, cold or hot, cover pot, and let cook until tender. Add lemon juice, sugar and salt, and let simmer 5 to 15 minutes longer. Beat yolks with tablespoon cold water, place in a bowl, and pour hot soup into beaten yolks very gradually, stirring constantly, so that they will not curdle. Add sour cream, and chill thoroughly. Or, instead of pouring the hot soup into the beaten yolks, chill the soup and, when ready to serve, beat the egg yolks with the sour cream, and add the cold soup.

**SPINACH BORSHT**

Wash 1 pound spinach carefully, changing the water several times. Cut spinach fine, place in pot with water, add a whole onion, let boil gently, uncovered, until tender, and remove onion. Otherwise, follow either recipe for Beet Borsht, omitting beets and carrots.

**SPINACH-RHUBARB BORSHT**

3 to 4 cups rhubarb, diced	1 pound spinach salt	yolks of 2 eggs 1 tablespoon cold water 1 cup sour cream
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1. Wash the rhubarb, peel or not as desired, and cut in dice. Put in saucepan with just enough water to prevent burning, as rhubarb provides its own moisture. If you wish the rhubarb to hold its shape, add the sugar now, and let cook slowly, uncovered, until tender; otherwise, add the sugar after the rhubarb has become soft, and let cook a few minutes until the sugar is dissolved. 2. Wash spinach carefully, changing the water several times. Cut spinach fine, place in pot with water, and let boil gently, uncovered, until tender. 3. Add the rhubarb to the spinach, add salt. Taste, and add more sugar if necessary. 4. Combine the borsht with the egg yolks and sour cream according to directions in recipe for Beet Borsht, Number 2.

**LENTIL SOUP**

2 cups lentils	1 onion, diced	1 teaspoon salt
2 tablespoons butter	3 pints hot water	¼ teaspoon pepper
	3 stalks celery, diced	

Soak lentils in water to cover several hours or over night. Drain. Heat butter in pot, add onion and let brown. Add lentils, and let cook with onion, stirring constantly, for 5 minutes. Add water, celery, salt and pepper, and let simmer until lentils are tender. Rub through a sieve. Return to pot, bring to a boil, and serve.

**SPLIT PEA SOUP**

2 cups split peas	3 sprigs parsley, diced	1 small onion, diced
3 pints cold water	1 large celery root, diced	1 small carrot, diced
1 potato, diced		1 small clove garlic

Pick peas over and wash, and soak in some of the water several hours or over night. Place in pot with rest of the water, heat to boiling point, add vegetables and garlic, and let simmer several hours until tender, stirring often to prevent burning. Remove garlic, pass soup with vegetables through a strainer, and re-heat. If thinner soup is desired, dilute with boiling water; if thicker soup is desired, add paste made of 1 tablespoon flour blended with ¼ cup cold water, and let soup simmer 10 minutes longer, stirring constantly. Serve with croutons.

**TOMATO AND RICE SOUP**

1 onion, chopped fine	1 cup water	1 tablespoon flour
1 tablespoon fat	salt and pepper	¼ cup cold water
4 cups stewed tomatoes	1 tablespoon sugar	1 cup cooked rice

Fry onion in fat until soft and slightly yellowed. Add tomatoes and water, add salt, pepper and sugar, cover, and let simmer 30 minutes. Pass soup through strainer with tomato pulp. Thicken with a paste made of the flour blended with the water, and let simmer 10 minutes longer. Add rice, re-heat, and serve.

**VEGETABLE SOUP**

4 tablespoons butter	⅓ cup shredded cabbage	1 tablespoon chopped green pepper or parsley
¼ cup sliced onion	¼ cup diced string beans	
½ cup green peas	1½ cups diced potatoes	
⅓ cup diced carrots	3 pints boiling water	1 teaspoon sugar
¼ cup diced celery	1 cup strained tomatoes	2 teaspoons salt

Fry onion in butter until glassy, add peas, carrots, celery, cabbage and string beans, cover pot, and let cook 10 minutes. Add potatoes, cover, and let cook 2 minutes longer, add boiling water, tomatoes, sugar and salt. Cover, and let boil gently until all vegetables are tender. Add green pepper or parsley just before serving.

**VEGETABLE SOUP WITH BARLEY**

3 pints water	½ cup barley	2 turnips
1½ teaspoons salt	3 carrots	1 green pepper
¼ cup each,	2 onions	3 sprigs parsley
whole kernel corn,	3 large tomatoes	salt and pepper
green peas, lima beans		2 tablespoons butter

Mix water and salt, and bring to a boil. Pour boiling water over barley, and let boil gently an hour. Add the corn, peas and beans, chop fine and add the carrots, onion, tomatoes, turnips, green pepper and parsley, add salt and pepper to taste. Let simmer or boil gently until all vegetables are tender. Add butter and blend with soup. If desired, thin soup with boiling water, and serve.

**CREAM SOUPS**

Cream soups are made by blending vegetable pulp with milk. The pulp is made by chopping cooked vegetables very fine, or by mashing them or rubbing them through a sieve. The water in which the vegetable has been cooked contains valuable vitamins and minerals, and some of it should be used in place of some of the milk. Recipes are also given below in which the vegetables are cooked in milk.

In order to bind the pulp and the liquid so that the pulp does not settle at the bottom of the liquid but is evenly distributed throughout, it is necessary to include a paste in the soup. This paste is made by blending flour or cornstarch with milk, water or melted butter. The flour-and-butter combination is the most convenient to use, and the butter adds flavour to the soup. After the flour and butter have been combined, they are blended with the milk of the soup to form a very thin White Sauce, then the rest of the liquid, if any, is added, and then the vegetable pulp. The method by which the flour, butter and milk are combined, is given in detail in the Standard Cream Soup Recipe, below.

The usual proportion of flour and butter used is an equal quantity of each; but if the vegetable is rich in starch, like potatoes, less flour than butter may be used. One tablespoon each of flour and butter is enough for 2 cups of liquid. Increasing the quantity of flour and butter will increase the thickness of the soup.

A little onion cooked with the soup greatly improves its flavour. If a double boiler is used, a whole peeled onion may be scalded with the milk. Otherwise, a slice or two of onion should be cooked with the vegetable. The onion may be removed before making the pulp, or may be included in it.

**STANDARD CREAM SOUP RECIPE**

**for Asparagus, Carrot, Cauliflower, Celery, Lettuce,  
Onion, Pea, Spinach and String Bean Cream Soup**

4 cups liquid (milk, or part milk and part vegetable water)	2 tablespoons butter	2 tablespoons flour
		2 cups vegetable pulp
		salt and pepper

1. Heat the milk until it is lukewarm or hot, but do not let it boil.
2. Melt the butter in a pan, and stir in the flour. Let cook for 1 minute until the mixture bubbles; or better, to make sure that there is no taste of raw flour in the soup, let cook for 5 minutes, stirring constantly.
3. Gradually add 1 cup of the hot milk, stirring constantly until the boiling point is reached. Do not let the mixture boil, however, but reduce the heat immediately, and let simmer just below the boiling point, stirring constantly, until the mixture is smooth and thickened. Gradually add the rest of the hot milk, then the vegetable liquid, and let simmer, stirring constantly, until the mixture is well blended.
4. Add the vegetable pulp, and mix well. Add salt and pepper. Re-heat to just below the

boiling point. 5. Serve now, or beat with an egg beater. This will ensure that the vegetable pulp will be well distributed. Also, the froth which results from the beating will protect the soup, in case it has been over-heated during any stage of its preparation, from a tendency to form a skin on the top as it cools. This latter purpose may also be served by placing a spoonful of whipped cream or beaten egg on top of each portion of soup.

#### CREAM OF ALMOND SOUP

½ pound almonds	1 tablespoon butter	1 tablespoon flour
3 cups hot milk		1 cup sweet cream

Blanch almonds, and grind or pound them until like coarse meal. Place in a pot, add 2 cups of the milk, and let simmer just below boiling point about 5 minutes, stirring constantly. Melt butter in another pot, add flour, and let cook until mixture is well blended and bubbles. Gradually add remaining cup of milk, stirring constantly until the mixture boils. Reduce heat, gradually add almond mixture and let simmer just below the boiling point, stirring constantly until mixture is thick and smooth. Remove from fire, add cream, re-heat to just below the boiling point, if necessary, and serve. Or omit cream, and serve with a whipped cream rose on top of a small round cracker in each bowl of soup.

#### CREAM OF ASPARAGUS SOUP

Follow Standard Cream Soup Recipe. Tips of the asparagus may be cut off 1½ inches from the top and reserved for table use. It is better to rub the asparagus through a sieve after it has been cooked, in order to remove the woody portions.

#### CREAM OF CAULIFLOWER SOUP

Follow either Standard Cream Soup Recipe or recipe for Cream of Celery Soup. Scald the head of cauliflower before using, to take away the strong taste, then drain, separate the buds, dice them, and proceed.

#### CREAM OF CELERY SOUP

3 cups hot milk	2 tablespoons butter	1 teaspoon salt
3 stalks celery, diced	2 tablespoons flour	¼ teaspoon pepper
1 slice onion		1 cup sweet cream

Place milk, celery and onion in upper container of a double boiler, and let cook about 20 minutes until celery is tender. Remove onion and celery. Melt butter in a pan, mix in the flour, let cook until mixture is well blended and bubbles. Add salt and pepper. Gradually add the celery broth and let simmer just below the boiling point, stirring constantly until smooth and thickened. Return the celery to the soup, add cream, re-heat to just below the boiling point, and serve.

#### CREAM OF HERRING SOUP

2 cups milk	1 small onion	¼ teaspoon pepper
2 cups water	½ teaspoon salt	2 herrings

Simmer together for 20 minutes the milk, water, onion, salt and pepper. Soak herrings a few hours, wash, clean and bone, and cut into small pieces. Add herring to hot liquid, cover pot and let simmer just below boiling point until herring is tender.

#### CREAM OF LENTIL SOUP

1 cup lentils	2 teaspoons salt	½ teaspoon sugar
2 tablespoons butter		3 cups hot milk

Soak lentils in water several hours or over night. Place in pot with water in which they were soaked, and let boil gently, stirring often, until very tender. Keep adding just enough hot water to keep lentils covered. Add butter, salt and sugar. Heat milk to just below the boiling point, rub lentils through a sieve directly into milk, and serve immediately.

**CREAM OF MUSHROOM SOUP**

½ pound mushrooms	2 cups water	1 cup milk (not hot)
2 tablespoons butter	yolk of 1 egg	salt and pepper
2 tablespoons flour	¼ cup sweet cream	chopped parsley

Wash mushrooms, and chop them. Place in pot with butter, cover and let cook slowly for 10 minutes. Stir the flour in, and let cook until mixture bubbles. Add water, and let simmer covered 15 minutes, or until mushrooms are tender. Beat egg yolk with cream until well blended, and add milk. Pour egg mixture slowly into mushroom mixture, stirring well, and re-heat to just below the boiling point. Add salt and pepper. Garnish with chopped parsley.

**CREAM OF ONION AND POTATO SOUP**

3 large potatoes	2 tablespoons butter	1 cup boiling potato water
3 cups hot milk	2 tablespoons flour	salt and pepper
2 or 3 large onions		chopped parsley

Boil potatoes until soft, mash carefully so that there are no lumps. Gradually add hot milk, stirring well. Slice onions, put in a pan, and fry in the butter until soft and slightly yellow. Stir the flour in, and let cook a few minutes until mixture bubbles and is well blended. Gradually add potato water, and let cook, stirring constantly, until mixture is smooth and thick. Gradually add milk-and-potato mixture, and let simmer, stirring constantly, until smooth and thickened. Add salt and pepper, add chopped parsley. Beat with an egg beater, and serve with croutons.

**CREAM OF POTATO SOUP**

1 teaspoon	½ tablespoon flour	3 large potatoes
chopped onion	2 cups hot milk	salt and pepper
1 tablespoon butter		chopped parsley

Fry onion in butter until soft and slightly yellowed. Stir the flour in, and let cook until mixture bubbles and is well blended. Gradually add hot milk and let simmer just below boiling point until mixture is smooth and thickened. Boil potatoes and mash carefully so that there are no lumps. Gradually add to milk mixture, with some of the potato water if desired, and let simmer, stirring constantly, until smooth and thickened. Pass soup, with onion and potatoes, through a strainer, add salt and pepper, and re-heat to just below the boiling point. Sprinkle with chopped parsley, and serve with croutons.

**CREAM OF TOMATO SOUP**

When tomatoes are combined with milk, the acid of the tomatoes is likely to cause the milk to curdle. Usually, baking soda is added to prevent this, but the practice is not advisable, since the baking soda adversely affects the flavour of the soup and also destroys its vitamin B and C content. The recipe which follows calls for 4 cups of milk and 2 cups of tomatoes, which is the proportion favoured by most people; but you may use any proportion you wish, provided you use a total of 6 cups of liquid.

2 tablespoons butter	2 cups strained tomatoes	1 teaspoon sugar,
2 tablespoons flour	2 slices onion	if desired
4 cups hot milk		salt and pepper

1. Combine the butter, flour and milk according to directions given in Standard Cream Soup recipe. Chill the mixture. 2. Pass stewed tomatoes, including juice and whole tomatoes, through a strainer, and measure 2 cups. Add sugar if desired, add onion, and heat tomatoes to boiling point. Remove onion, if desired, or pass through strainer back into tomatoes. 3. Stir the hot tomatoes slowly into the cold milk, heat as quickly as possible to just below the boiling point, add salt

and pepper, and serve immediately.

Or prepare according to the following method: 1. Combine the butter, flour and milk, but keep it hot instead of chilling it. 2. Heat the strained tomatoes to the boiling point with sugar, if desired, and onion. Blend 2 tablespoons flour to a smooth paste with a little cold water, and add the paste to the hot tomatoes, stirring constantly until the mixture is thickened. 3. Stir the hot tomato mixture carefully and very slowly into the hot milk mixture, add salt and pepper, and serve immediately.

Or, if you insist, combine the butter, flour and milk, and keep the mixture hot, heat the strained tomatoes to the boiling point, add  $\frac{1}{4}$  teaspoon baking soda, and when the tomatoes stop bubbling stir them into the hot milk mixture.

#### Tomato Pulp for Cream of Tomato Soup

For special occasions, prepare canned or home-cooked stewed tomatoes as follows, then follow directions given above:

2 cups stewed tomatoes	6 peppercorns	$\frac{1}{4}$ teaspoon celery salt
2 bay leaves	6 whole cloves	1 stalk celery, diced
3 sprigs parsley	3 sprigs thyme	1 medium onion, sliced
	1 teaspoon sugar	

Put tomatoes in pot, add remaining ingredients, and let simmer uncovered for 15 minutes or until celery is soft. Remove bay leaves, parsley, peppercorns, cloves and thyme, and pass rest of mixture through a strainer. Measure the liquid, and add enough strained tomatoes to bring the quantity to 2 cups.

### PUREES, BISQUES AND CHOWDERS

Purees, bisques and chowders are variations of cream soups. A puree is an extra-thick cream soup, made with an extra amount of vegetable pulp; a bisque is a cream soup made with fish instead of vegetable pulp; and a chowder is a fish stew made with milk and diced vegetables. A vegetable or, as it is sometimes called, mock fish chowder, is made like a fish chowder but with the fish omitted. Recipes for bisques and chowders are given in the Fish section of this book.

## SOUP ACCESSORIES

*Sift flour once before measuring.*

### MANDEL KLOESE (ALMOND BALLS)

2 eggs, separated	½ teaspoon parsley,	½ teaspoon
⅜ teaspoon salt	chopped fine	baking powder
pinch of white pepper	1 tablespoon	flour
	grated almonds	

Beat yolks of eggs until very light, add salt, pepper, parsley and almonds. Sift flour, and add enough to make a stiff batter. Beat egg whites stiff, add baking powder, and fold into the batter. Drop by teaspoons into boiling soup, and let boil 10 minutes. Test one ball in boiling water, and if it boils apart add more flour to the batter.

### ALMOND MACAROONS

1 egg, separated	2 teaspoons flour	½ teaspoon salt
	¼ cup ground almonds	

Beat yolk of egg well, and add flour and almonds. Beat white of egg stiff, and fold in. Drop by teaspoons into deep fat heated to 375 degrees. Remove, drain, and place in each bowl of soup.

### BAKING POWDER DUMPLINGS

1 cup flour	1 teaspoon	½ cup (not more)
¼ teaspoon salt	baking powder	milk or water

Mix and sift flour, baking powder and salt, stir in the milk or water, and mix to a smooth batter. Drop by teaspoons into boiling soup, cover pot tightly, let boil 5 minutes, uncover, and serve immediately.

### CROUTONS

Cut stale bread into ½-inch cubes and brown in any one of the following ways: 1. Place in pan and brown in oven at 350 degrees; if desired, butter the cubes before placing in pan. 2. Fry in deep hot fat until brown. 3. Saute in a little fat or butter until brown.

### DROP DUMPLINGS

3 eggs, separated	1 tablespoon butter	salt and pepper
½ cup (about) milk	1 cup flour	pinch of nutmeg

Break whites of eggs into a measuring cup, and add enough milk to fill the cup. Melt butter in frying pan, add flour, add milk mixture, and let simmer, stirring constantly, until the mixture leaves the sides of the pan. Let cool. Stir in yolks of eggs one at a time, add salt, pepper and nutmeg, and mix thoroughly. Drop by teaspoons into boiling soup, let boil 10 minutes, and serve immediately.

### DUMPLINGS FOR CREAM SOUPS

1 tablespoon butter	2 tablespoons flour	1 egg, separated
	¾ cup hot milk	

Melt butter in a pan, add flour, and let cook, stirring constantly, until the mixture bubbles and is well blended. Gradually add milk, and let cook just below the boiling point, stirring constantly, until mixture is smooth and thickened. Let cool. Beat egg yolk well, and add; beat egg white until stiff, and fold in. Drop by spoonful into boiling salted water, cover, and let boil 10 minutes. Drain, and serve immediately with soup.

**EGG BALLS**

2 hard-cooked eggs       $\frac{1}{4}$  teaspoon salt      pinch of nutmeg  
 $\frac{1}{2}$  teaspoon melted butter      1 egg yolk, slightly beaten

Separate whites and yolks of hard-cooked eggs. Rub yolks to a smooth paste with butter, using the back of a wooden spoon, add salt and nutmeg. Chop whites of eggs fine, and add. Add beaten egg yolk to bind the mixture, roll into marbles, and drop into boiling soup. Let boil 1 minute.

**EGG CUSTARD**

yolks of 2 eggs       $\frac{1}{8}$  teaspoon salt       $\frac{1}{2}$  teaspoon  
 2 tablespoons milk       $\frac{1}{4}$  teaspoon paprika      chopped parsley

Beat yolks slightly, add milk and salt. Pour into a small buttered cup, sprinkle with paprika and parsley, place in a pan of hot water, and let cook until firm. Cool, remove from cup, and cut into fancy shapes.

**EINLAUF (EGG DROP)**

1 egg, beaten       $\frac{1}{8}$  teaspoon salt       $\frac{1}{4}$  cup cold water  
    3 tablespoons flour

Mix egg, salt, flour and water, and stir until smooth. Pour slowly from end of a spoon into boiling soup, and let boil 2 or 3 minutes. If poured into soup from a considerable height, shape of drops will be improved.

**SPATZEN**

1 egg       $\frac{1}{2}$  teaspoon salt       $\frac{1}{8}$  cup water  
     $\frac{3}{4}$  cup flour

Beat egg well, add salt, flour and water, stirring to a stiff, smooth batter. Drop by teaspoons into boiling soup and let boil 10 minutes.

**FARFEL (EGG BARLEY)**

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

Beat egg slightly with salt, add enough flour so that mixture can be kneaded into a stiff ball. Chop dough into small bits with a sharp knife, or grate on a coarse grater, or rub well with the hollow of the hand until small grains are formed. Toss out lightly onto a board to dry. Store in a covered jar. When ready to use, drop gradually into boiling soup, and let boil 5 to 10 minutes.

**FARINA BALLS**

1 cup milk      2 eggs, separated      salt and pepper  
 1 teaspoon butter      pinch of nutmeg,       $\frac{1}{2}$  cup grated almonds,  
 $\frac{1}{2}$  cup farina      if desired      if desired

Scald the milk with the butter in a double boiler. Gradually add farina, stir until thick and smooth. Remove from fire, and let cool. Beat yolks of eggs well, and add; add salt and pepper; if desired, add nutmeg or almonds or both. Beat whites of eggs stiff, and fold in. Roll into marbles. Drop into boiling soup and let boil 10 minutes.

**FRITTER BEANS**

1 egg       $\frac{3}{4}$  teaspoon salt      2 tablespoons water  
     $\frac{1}{2}$  cup flour

Beat egg until light, add salt, flour and water; stir until batter is smooth. Pour through a strainer into deep hot fat, and let fry until brown. Drain, place in each soup bowl, add hot soup, and serve.

**LIVER KLOESE (LIVER DUMPLINGS)**

1 cup cooked liver,      1 cup bread crumbs      grated lemon rind,  
     chopped fine      1 teaspoon salt      if desired  
 1 cup water       $\frac{1}{8}$  teaspoon pepper      1 egg, slightly beaten  
     $\frac{1}{2}$  teaspoon grated onion

Boil water and bread crumbs until a paste is formed, stirring to prevent burning.

Let cool, add remaining ingredients, and mix. Roll into small balls or drop by spoonful into boiling soup, let boil 5 to 10 minutes, and serve.

#### MANDLECH

1 egg, slightly beaten       $\frac{1}{4}$  teaspoon salt       $\frac{1}{2}$  cup flour

Add salt to egg, gradually add flour, and form into a soft, smooth dough.

Flour the palms of the hands, and roll dough with palms into long strips as thick as a finger. Cut strips with a floured knife into pieces  $\frac{1}{4}$  inch wide. Place in greased baking pan, and bake in oven at 400 degrees until browned. Shake pan occasionally.

Or place dough on a well-floured board, pat out  $\frac{1}{4}$  inch thick, and cut with a floured thimble into tiny balls. Heat in baking pan enough fat to form a thin layer, and drop balls in carefully. Bake in oven at 325 degrees until lightly browned on one side, then turn with a pancake turner and let brown on the other side. Remove balls from oven, and drain.

The raw balls swell considerably when cooked, so be careful not to place them too close together.

#### MATZO AND MATZO MEAL DUMPLINGS

Recipes for these are given in the Passover section.

#### NOODLE DOUGH

1 large egg       $\frac{1}{4}$  teaspoon salt       $\frac{2}{3}$  cup (about) flour

Beat egg slightly with salt, add enough flour to make a very stiff dough. Knead well until dough is smooth. Place on slightly floured board, and roll out very thin. Turn sheet of dough out onto a cloth, and let dry until not in the least sticky and yet not too brittle to handle.

#### NOODLES

Fold sheet of noodle dough into a tight roll. Slice the roll in thin threads, toss the threads up lightly with the fingers to separate them well, and spread them out on the board to dry. Let stand until thoroughly dry, and store in a covered jar. When ready to use, drop by handfuls into boiling soup or salted water, and let boil 5 to 10 minutes.

#### PLAETSCHEN (NOODLE SQUARES)

Cut sheet of noodle dough into strips 3 inches wide, and place one on top of the other. Slice crosswise into  $\frac{1}{2}$ -inch strips, slice again in opposite direction to form  $\frac{1}{2}$ -inch squares. Dry like noodles, and cook like noodles.

#### MEAT CREPLECH

Roll noodle dough out thin, but do not let stand to dry. Cut into 2-inch squares. Prepare half the quantity of mixture given in recipe for Quennelles, Number 1. Place a tablespoon of this mixture on each square of noodle dough, then fold square into a three-cornered pocket, pressing the edges together well. Let stand an hour to dry. Drop into boiling soup or salted water, and let boil 15 minutes.

These creplech may be served as a dish in themselves. Boil in salted water, drain, brush with hot fat and garnish with chopped walnuts. Or serve with tomato sauce.

#### POTATO DUMPLINGS

1 large potato, grated      1 egg, separated       $\frac{1}{8}$  teaspoon salt

Put grated potato in a strainer, and run hot water through it until white. Turn into mixing bowl, add salt. Beat egg white stiff, and fold in. Drop by teaspoons into boiling soup, and let cook 15 to 20 minutes. If desired, beat yolk with 1 tablespoon cold water, and very gradually add hot soup to beaten yolk, stirring constantly so that it will not curdle.

**POTATO WAFERS**

1 cup hot riced potatoes	1 egg	1 teaspoon salt
½ cup butter, creamed	1 or 2 tablespoons milk	1 tablespoon
1⅓ cups flour		caraway seeds

Work together lightly with a fork the potatoes, butter and flour, to form a smooth dough. Chill for 30 minutes. Roll out ⅛ inch thick, place in greased pan, brush with egg beaten with milk, and sprinkle liberally with salt and caraway seeds. Cut with hot knife into strips 1 inch wide and 3 inches long. Place in oven pre-heated to 350 degrees, and let bake, while increasing heat gradually to 400 degrees, for 15 minutes or until crisp and light brown. May be served with soup or salad.

**QUENNELLES (MEAT MARBLES)****Number 1**

2 cups cooked meat, ground fine	1 teaspoon onion juice	pinch of ginger
	⅛ teaspoon pepper	1 egg, slightly beaten
	1 teaspoon salt	

Mix ingredients well, form into small balls, and roll balls in flour. Drop into boiling soup, and let boil 3 to 5 minutes.

**Number 2**

2 cups cooked meat, ground fine	½ cup fine bread crumbs	¼ teaspoon cinnamon
¼ cup chicken fat	salt and pepper	2 eggs, separated
	⅛ teaspoon nutmeg	flour

Mash ground meat to a paste with potato masher, add chicken fat. Soak bread crumbs, squeeze dry, and add. Add salt and pepper, nutmeg, and cinnamon. Beat yolks of eggs slightly, add, and mix well. Beat whites of eggs stiff, and fold into mixture. Form into balls the size of a walnut, roll balls in flour, and drop into boiling salted water. Cover tightly, and let simmer just below the boiling point for 15 minutes. Remove and serve with soup.

**Number 3**

2 tablespoons raw ground meat	1 teaspoon fat	1 teaspoon
¾ cup diced bread	½ teaspoon salt	chopped onion
1 egg, slightly beaten	pinch of pepper and ginger	½ teaspoon chopped parsley

Soak diced bread, and squeeze dry. Mix all ingredients well, form into small balls, and roll balls in flour. Drop into boiling soup, and let boil 10 minutes.

**SPONGE DUMPLINGS****Number 1**

3 eggs, separated	1 cup water	¼ teaspoon salt
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Beat yolks until light, add water and salt. Beat whites of eggs stiff, and add. Pour mixture into greased baking pan, set baking pan in a pan of hot water, place in oven at 350 degrees, and let steam until firm. Let cool, remove from baking pan, and cut into dumplings of size and shape desired. Cut with a teaspoon if rounded shape is desired. Place dumplings in each bowl, add hot soup, and serve.

**Number 2**

1 cup water	pinch of nutmeg	1 cup flour
½ teaspoon salt		2 eggs

Add salt and nutmeg to water, and bring to boiling point. Sift flour in all at once. Beat well until mixture forms a ball and leaves sides of pan. Let cool a little, add eggs one at a time, beating hard after each addition until mixture is smooth. Drop by teaspoons into boiling soup, let boil 5 minutes, and serve.

# FISH

Fresh fish have flesh which is firm and elastic, so that it springs back when pressed with the finger. The eyes are bright and clear, and the gills bright red. There is no strong, unpleasant odor.

Fish are divided into two classes: lean or dry-meated, like haddock, cod and halibut; and fat or oily-meated, like mackerel, salmon and shad. Lean fish are preferable for boiling, because they have less tendency to fall apart; fat fish are preferable for broiling. In general, however, any kind of fish may be cooked by any method. For this reason, no particular variety of fish is specified in most of the following recipes.

## BROILED FISH

*To broil a whole fish:* Cut off fins of fish and, if desired, head and tail. Wash, and dry well. Split fish down the back, and open it out flat. Sprinkle with salt and pepper, and (except in the case of salmon) with lemon juice if desired. Place fish on a well greased broiler, preferably a wire broiler, with flesh side towards the source of heat. If fish is of the dry-meated kind, brush flesh side well with oil or butter. Broil on flesh side until well browned, turn and broil on skin side just long enough to crisp the skin. Use a pancake turner to remove fish from broiler, loosening first one side, then the other. Small fish, like smelts, should not be broiled, but fried. If desired to broil them, broil them whole without splitting down the back.

*To broil fillets:* Have fillets cut 1 inch thick, and prepare each side according to directions just given for flesh side of a whole fish. Broil evenly on both sides.

## FRIED FISH

Wipe fish for frying as dry as possible. If fish is small, fry it whole, after removing fins and, if desired, head and tail; if it is large, cut it into thin slices or fillets.

### Pan-Fried or Sauted Fish

Sprinkle fish with salt and pepper, dip in flour or cornmeal, and fry on both sides in just enough fat to prevent sticking. Or dip fish in beaten egg diluted with 1 tablespoon cold water, then in bread crumbs, and fry.

### Deep-Fried Fish

Sprinkle fish with salt and pepper, dip in flour or cornmeal, then in beaten egg and fry in deep fat. Or dip fish in bread crumbs, let stand to dry, then dip in beaten egg, and again in bread crumbs, and let stand to dry, and fry in deep fat. Heat fat to 340 to 375 degrees before adding fish. (If a 1-inch cube of bread browns in deep fat in 60 to 40 seconds, the temperature is 340 to 375 degrees). The egg should be diluted with 1 tablespoon cold water.

Or prepare the following batter:

2 cups flour	1 egg, separated	pinch of salt
2 tablespoons salad oil		½ cup lukewarm water

Mix flour thoroughly with salad oil, yolk of egg and salt. Add the water, and stir until mixture is smooth and well blended. Let stand 30 minutes in a cool

place. Beat white of egg stiff, and fold into mixture. Sprinkle fish with salt and pepper, dip in the batter, then in bread crumbs, and fry in deep fat.

When cool, strain fat used in frying fish through several thicknesses of cheesecloth, and store in a covered jar. Use again only for frying fish.

### "BOILED" FISH

*Fish should not be boiled*, but should be simmered until done in water kept just below the boiling point. Boiling not only causes the flesh to fall apart, but also actually toughens it. Lean fish are preferable to fat fish for cooking in water, because they have less tendency to fall apart. A little salt and vinegar (or lemon juice) added to the water will help keep the flesh firm. It will also whiten and add flavour to it. Use just enough water to cover the fish, and add about 1 teaspoon salt and 1 tablespoon vinegar for each quart of water. However, vinegar should not be added to water in which salmon is cooked.

*The water* in which fish is placed to cook may be either cold or hot, but should not be boiling. Particularly if the fish is to be cooked whole, it should not be placed in boiling water, because that will cause its skin to break. The water should be boiled with spices and vegetables for some time before the fish is added, until the water is well flavoured. It should then be allowed to drop below the boiling point, and the fish added. The addition of the fish will further reduce the temperature of the water, but it can again be brought quickly to just below the boiling point, and the fish then simmered until done. In the case of fish balls, however, where egg is used to bind the mixture, the balls should be dropped into boiling water, and the water should be allowed to boil a moment or two so that the egg may set.

*For convenience in handling* a whole fish, or a large piece of fish, and to avoid the danger of breaking it, wrap the fish in cheese-cloth or tie it in a cloth bag. Or place the fish on a plate and then wrap or tie the whole. This will prevent the danger of burning the fish. Smaller pieces of fish may also be cooked in this way, or may be cooked in a strainer, or may be placed directly into the water.

*The fish is ready* when a fin can be pulled out easily, or when the flesh flakes easily and is firm and leaves the bones.

### FISH STOCKS and FISH SAUCES

A fish stock is the liquid which is left after fish has been boiled with spices and vegetables. It may be either white or brown, depending on the ingredients which have been used in preparing it. Brown fish stock is also sometimes known as *Court Bouillon*. Fish stock may be used in making a chowder; or a sauce may be prepared from it. Careful preparation both of the stock and of the sauce are most important, because either can make or mar a dish of boiled fish.

The spices and vegetables used in making a fish stock are largely a matter of individual taste, and may be varied practically at the housewife's discretion. The kinds and quantities specified in the recipes which follow will satisfy most tastes.

The simplest way of making a fish sauce is to strain the stock and thicken it with flour, or with a paste made of flour and water: for each cup of strained stock, add 1 tablespoon flour blended with 1 tablespoon cold water, and let the mixture cook until smooth and thickened. Or the stock may be thickened with

egg yolks, 2 egg yolks being used for each cup of strained stock. Pour the hot (but not boiling) stock over the beaten yolks, and let the mixture cook until smooth and thickened, stirring constantly. An egg sauce should not be allowed to boil, but should be cooked below the boiling point. A tablespoon of cold water beaten with the yolks will help to prevent curdling. Boiled fish may also be served with rich sauces like Bechamel, Drawn Butter and Hollandaise.

The taste of the sauce will of course depend to a large extent on what kind of stock the fish was cooked in. In the following recipes for boiled fish, the ingredients specified for the stock have been selected with regard also to the sauce which will be made from it.

### FISH IN COURT BOUILLON

This recipe may be used for boiling any fish but salmon. Omit the vinegar if boiling salmon.

3 pounds fish	2 tablespoons butter	2 cloves
3 pints water	¼ cup each, chopped	1 bay leaf
2 teaspoons salt	celery, carrot, onion	¼ cup chopped turnip,
2 tablespoons vinegar	4 peppercorns	if desired

Heat the butter in a pot, add the vegetables and let cook 1 minute. Add the rest of the ingredients except the fish, cover pot, bring to boiling point and let boil 15 minutes until water is well flavoured. Let cool slightly. Wrap fish in cheese-cloth or tie in a cloth bag, place in water, and let simmer just below boiling point 30 to 35 minutes until fish is done. Remove fish, and serve on a hot platter. Strain the stock, and serve it as a soup or make a sauce of it.

### BOILED FISH WITH CREAM SAUCE

3 pounds fish, whole	1 teaspoon salt	1 tablespoon flour
1 celery root, cut up	1 tablespoon vinegar	1 tablespoon cold milk
1 sprig parsley, cut up	1 cup sweet cream	salt and pepper
1 onion, sliced	1 tablespoon butter	2 hard-cooked eggs
hot water to cover		chopped parsley

Line bottom of pot with pieces of celery and parsley and slices of onion, lay fish over this, add hot water to cover, and salt and vinegar. Bring to boiling point, and let simmer until fish is done. Remove fish, but keep hot. *Sauce*: Scald the cream, add butter, blend flour and milk, and add to hot cream. Let cook, stirring constantly, about 5 minutes until smooth and thick. Add salt and pepper. Pour over fish. *Garnish*: Separate whites and yolks of hard-cooked eggs, and rice separately. Garnish fish with alternate rows of riced white and yolk, and surround with an oval of chopped parsley.

### BOILED FISH WITH EGG SAUCE

3 pounds fish, whole	12 peppercorns	1 tablespoon salt
4 cups hot water	1 tablespoon each, diced	yolks of 2 eggs
¼ cup butter	celery and parsley	1 tablespoon cold water
¼ lemon, sliced	root	2 tablespoons almonds,
1 onion, sliced		ground fine

Put water in pot, add butter, lemon, onion, peppercorns, celery, parsley and salt. Bring to a boil, and let boil gently a few minutes. Add fish, add hot water to cover, and let simmer until done. Remove fish, strain the liquid. *Sauce*: Beat egg yolks with cold water until light, add almonds. Pour strained fish liquid slowly over beaten eggs, and bring to boiling point, but do not let boil. Stir constantly. Pour sauce over fish, and chill. Serve cold.

**BOILED FISH WITH EGG SAUCE AND MAYONNAISE**

3 pounds fish, sliced	1 teaspoon salt	2 tablespoons sugar
4 cups water	$\frac{1}{4}$ teaspoon pepper	1 tablespoon flour
1 tablespoon vinegar	juice of 2 lemons	1 tablespoon cold water
1 tablespoon each, fine-	2 tablespoons raisins	yolks of 4 eggs
chopped onion	2 tablespoons	1 tablespoon cold water
and celery	chopped almonds	$\frac{1}{4}$ cup mayonnaise

Put water in pot, add vinegar, onion, celery, salt and pepper. Bring to boiling point, and let boil gently 15 minutes until water is well flavoured. Add fish, and let simmer until done. Remove fish. Strain liquid, and reserve 2 cups of it. *Sauce:* Bring fish liquid to boiling point, add lemon juice, raisins and almonds, and let boil gently until almonds are soft. Gradually add sugar. Blend flour to a smooth paste with tablespoon cold water, and add. Let simmer below boiling point, stirring constantly, until mixture is smooth and thickened. Beat egg yolks well with tablespoon cold water, and pour hot mixture very gradually into beaten yolks, stirring constantly. Let cool, and add mayonnaise. Pour sauce over fish, and serve cold.

**BOILED FISH WITH LEMON SAUCE**

3 pounds fish, sliced	6 peppercorns	1 tablespoon sugar
4 cups water	1 stick cinnamon	2 tablespoons almonds,
1 teaspoon salt	2 egg yolks, well beaten	ground fine
3 tablespoons vinegar	$\frac{1}{4}$ cup lemon juice	1 lemon, sliced
1 onion, sliced		chopped parsley

Put water in pot, add salt, vinegar, onion, peppercorns and cinnamon. Bring to a boil, and let boil gently a few minutes. Add fish, and let simmer until done. Remove fish, place on a platter, and keep hot. Strain fish liquid, reserve 1 cupful for sauce, and let cool a little. *Sauce:* Mix beaten egg yolks with lemon juice, sugar and almonds. Gradually add the cup of fish liquid, and bring mixture to boiling point, but do not let boil. Stir constantly. Taste, and if not sweet enough add more sugar. Pour over fish on platter, garnish with lemon slices and chopped parsley, and serve immediately.

**BOILED FISH WITH SAUCE PIQUANTE**

4 pounds fish, whole	2 teaspoons salt	2 tablespoons each,
1 quart water	1 cup vinegar	fine-chopped parsley,
4 stalks celery, cut up	1 tablespoon butter	capers, sour pickles,
3 sprigs parsley, cut up	$\frac{1}{2}$ teaspoon dry mustard	onions
2 onions, sliced	1 tablespoon vinegar	salt and pepper
	2 eggs, separated	

Put water in pot, add celery, parsley, onions, salt and vinegar. Bring to a boil, let boil 10 minutes. Add fish, and more hot water to cover. Let simmer until fish is done. Remove fish, but keep hot. Strain liquid, reserving 1 cup for sauce. *Sauce:* Put the cup of liquid in upper container of a double boiler, add butter, mustard, vinegar, and yolks of eggs, and let cook over boiling water until mixture is thick and smooth. Add chopped parsley, capers, pickles, and onions. Poach whites of eggs, chop them fine, and add. Add salt and pepper. Stir sauce well while cooking. Pour over fish, and serve.

**BOILED FISH WITH TOMATO SAUCE**

3 pounds fish,	2 carrots, diced	4 cups water
whole or sliced	celery and	2 tablespoons butter
2 large onions, sliced	parsley root, diced	1 cup strained tomatoes
salt and pepper		2 egg yolks, well beaten

Sprinkle fish well inside and out with salt and pepper, and let stand in refrigerator several hours or over night. Put onions and carrots, and celery and parsley root, in pot with water, bring to a boil and let boil gently a few minutes. Add fish,

butter and tomatoes, and more hot water if necessary to cover fish, and let simmer until done. Remove fish, strain fish liquid, and make sauce with yolks of eggs. Or make sauce by adding 1 cup sweet cream blended with 1 tablespoon flour to hot liquid, and letting cook until smooth.

### "SCHARFE" FISH

3 pounds fish, whole or sliced	celery and parsley root, diced	2 tablespoons butter
hot water to cover	12 peppercorns	2 tablespoons almonds, ground fine
salt	1 lemon, sliced	yolks of 2 eggs
1 large onion, sliced		1 tablespoon cold water

Sprinkle fish well with salt inside and out, and let stand in refrigerator several hours or over night. Line bottom of pot with celery, parsley and onion, add peppercorns, lemon, butter and almonds, add fish, add hot water to cover, and let simmer until fish is done. Remove fish, garnish as desired. Strain liquid and make sauce, using egg yolks beaten well with the cold water, and pour over fish.

### SWEET AND SOUR BOILED FISH

#### Number 1

3 pounds fish, sliced	12 cloves	2 or 3 tablespoons raisins
4 cups water	2 onions, sliced	3 tablespoons sugar
2 cups vinegar	2 lemons, sliced	2 tablespoons flour
4 bay leaves		¼ cup cold water

Put water in pot, add vinegar, bay leaves, cloves, onions, lemons and raisins. Bring to a boil, let boil gently a few minutes. Add fish, let simmer until done. Remove fish, but keep liquid hot. *Sauce:* Add sugar to hot liquid, stir, and let boil gently a few seconds until sugar is dissolved. Blend the flour with the water, add to liquid, and let boil gently 5 minutes, stirring well. Taste, and if not sweet enough add more sugar. Pour sauce over fish, and serve cold.

#### Number 2

3 pounds fish, sliced	¼ cup raisins	5 gingersnaps
3 cups water	1 onion, sliced	1 lemon, sliced
1 cup vinegar	½ cup brown sugar	chopped parsley

Salt the fish strongly, and let soak in water to cover an hour or longer. Drain, and rinse well. Put water, vinegar, raisins and onion in pot, bring to a boil, and let boil gently 30 minutes until onion is tender. Add brown sugar, gingersnaps and the fish, and let simmer until fish is done. Garnish fish with lemon and parsley, and pass gravy separately. It should taste strongly of vinegar and sugar, and more of either may be added to taste.

### GEFILLTE FISH, BOILED

#### Number 1: Whole

3 pounds fish, whole	salt and pepper	1 tablespoon butter
2 onions	1 egg, beaten	1 stalk celery, cut up
1 slice bread	1 cup cold water	2 sprigs parsley, cut up

Bone the fish, being careful not to break the skin, and leaving the head and tail intact. Put the flesh of the fish through the grinder with one of the onions. Soak the bread in cold water, squeeze it dry, and mix with ground fish and onion; add salt, pepper, egg and cold water, and mix thoroughly until smooth. Fill skin of the fish with this mixture, making it look natural. Sprinkle outside of fish with salt and pepper, place in pot with fish bones, cut the remaining onion into quarters and add, add butter, celery and parsley, and hot water to cover. Let simmer about an hour and a quarter until done. If desired, strain fish liquid and make sauce. To avoid burning and make removal easier, it is preferable to lay fish on a plate and place the whole in pot to cook.

**Number 2: Whole**

Follow exactly directions given in preceding recipe, but prepare filling for the fish as follows:

1 onion	yolks of 2 eggs	2 tablespoons
1 teaspoon salt	6 tablespoons butter	chopped parsley
$\frac{1}{4}$ teaspoon pepper	3 cups bread, diced	1 tablespoon grated almonds, if desired
pinch of nutmeg		

Put flesh of the fish through the grinder with the onion, add salt, pepper, nutmeg and egg yolks, and mix well. Soak bread, squeeze it dry, and mix with chopped parsley; heat the butter, and cook the bread-and-parsley mixture in it 1 minute; add to the fish mixture, and mix thoroughly.

**Number 3: Sliced**

3 pounds fish, sliced	salt and pepper	1 large carrot, sliced
4 large onions	$\frac{1}{2}$ cup cold water	2 stalks celery, cut up
1 slice bread	2 eggs	3 sprigs parsley, cut up

Use two or more varieties of fish in preparing this recipe, lean and fat fish mixed. Carefully remove flesh from the slices of fish, so as not to break the skin. Remove bones from flesh. Put flesh through grinder with 2 of the onions; soak bread, squeeze it dry, and add; add salt and pepper, cold water and eggs, and mix thoroughly. Fill skin of fish with this mixture, wetting the hands with cold water to facilitate handling. Slice remaining 2 onions, and line bottom of pot with a bed of sliced onions, carrots, fish bones, celery and parsley. Lay fish on this bed, and add hot water to cover. Cover pot, let simmer two hours; uncover, let simmer another hour or until fish is done. Serve hot or cold.

**Number 4: Russian Fish Balls**

3 pounds fish, sliced	$\frac{1}{2}$ cup soft bread crumbs	3 tablespoons
2 large onions	1 teaspoon salt	melted butter
$\frac{3}{4}$ cup cold water	$\frac{1}{4}$ teaspoon pepper	2 eggs, separated
	$\frac{1}{4}$ cup sugar, if desired	

Use two or more varieties of fish in preparing this recipe, lean and fat fish mixed. Remove skin and bones from flesh. Put flesh through grinder with one of the onions, and mix. Make a depression in centre of the chopped fish, and fill with the water. Add bread crumbs, salt and pepper, sugar if desired, 2 tablespoons of the butter, and the whites of the eggs. Mix all, gradually but thoroughly, until smooth. Form into small balls or cakes, wetting the hands with cold water to facilitate handling. Place head, skin and bones of fish in pot, slice and add remaining onion, add remaining tablespoon butter. Add fish balls, and hot water to cover. Cover pot, let simmer an hour; uncover, let simmer another hour or until done. Remove fish. If desired, strain fish liquid and make sauce, using the yolks of the eggs.

**FISH BOILED IN MILK**

Cut fish in portions for serving, soak in strongly salted cold water 5 minutes, place in hot milk, and let simmer until well done. Strain the milk, and prepare a White Sauce from it, using 2 tablespoons butter and 2 tablespoons flour for each cup of milk; add salt and pepper to taste. Serve the fish in the sauce.

**BOILED SALMON WITH HORSERADISH SAUCE**

3 pounds salmon	$\frac{1}{4}$ cup melted butter	1 cup cream,
salt	2 tablespoons	whipped stiff
4 cups hot water	chopped parsley	1 tablespoon lemon juice
	$\frac{3}{4}$ cup grated horseradish	

Sprinkle fish well with salt inside and out, and let stand in refrigerator several hours. Place fish in water, add 1 teaspoon salt, and let simmer until done. Remove fish, place on a hot platter, cover with melted butter, sprinkle with chopped

parsley, and keep hot. *Sauce*: Fold grated horseradish into whipped cream, add lemon juice, and salt to taste. Pass sauce separately with fish. Fish should be served very hot, sauce very cold.

### FISH CHOWDER

6 large potatoes, diced	salt and pepper	½ cup butter
6 large tomatoes, diced	6 cups water	1 cup sweet cream
2 large onions, diced	1½ pounds raw fish, boned and skinned	1 teaspoon paprika

Put vegetables in pot, add salt, pepper and water, cover pot, and let cook 45 minutes. Cut fish into small pieces, and add. Let cook 15 minutes longer or until fish is tender. Add butter and cream, add paprika. Stir, and let cook 5 minutes longer.

### FISH SUCCOTASH

1½ cups navy beans	2½ cups	2 cups cereal cream
1 onion, sliced thin	whole kernel corn	or milk
1½ pounds fish	1 teaspoon salt	2 or 3 tablespoons butter

Pick over and wash beans, soak until they have swelled. Place in pot, add onion, add more water to cover, and let boil until almost tender. Remove onion, if desired. Add corn, cut fish into small pieces and add, add salt. Let simmer until fish is done. Flake fish through beans and corn, so as to mix well. Add cream or milk (more than 2 cups may be added if a thinner succotash is preferred), add butter, and bring to boiling point. Serve immediately in soup bowls with crackers broken over the top.

If possible, use fresh beans and corn. Shell the beans. Cut kernels off corn, boil cobs until water is well flavoured, remove cobs, and use this water in boiling the beans and corn.

### FISH WITH RICE AND VEGETABLES

4 tablespoons butter	½ cup rice	salt and pepper
1 cup chopped onions	1 cup chopped celery	2 cups boiling water
2 cups grated carrots	2 cups grated potatoes	2 cups stewed tomatoes
2½ cups raw fish, diced		bread crumbs

Fry onions in butter until soft, and put in baking dish. Add a layer of carrots, then of fish, rice, celery and potatoes, all uncooked. Add salt and pepper. Add boiling water and tomatoes, and sprinkle with bread crumbs. Dot with butter, and bake in oven at 350 degrees an hour and a half or until done.

### SCALLOPED FISH ROE

roes of 3 large fish	yolks of	1 tablespoon
1 pint water	3 hard-cooked eggs	chopped parsley
2 teaspoons vinegar	juice of ½ lemon	1 cup soft bread crumbs
½ cup melted butter		salt and pepper

Put water in pot, add vinegar, bring to boiling point, add roe, and let simmer 10 to 15 minutes. Drain, plunge into cold water, and drain again. Remove membrane in which roe is enclosed, and beat roe apart. Mash yolks of eggs with back of a wooden spoon, blend with the butter, add lemon juice, parsley, bread crumbs, salt and pepper, and mix thoroughly. Add roe, mixing it in lightly. Add a little water to loosen mixture if it seems too stiff. Place in a greased baking dish, sprinkle with bread crumbs and dot with butter, and bake in oven at 350 degrees for 25 minutes or until browned.

## BAKED FISH

### Number 1: Oven-Frying or Spencer Method

Cut off fins of fish and, if desired, head and tail. Wash, and dry well. Split fish

down the back, and open it out flat. Grease a baking pan, and lay fish on it, skin side down. Sprinkle well with salt, then with finely sifted bread crumbs, then with oil or melted butter (about 1 tablespoon to each pound of fish). Bake quickly at 550 degrees until well browned, then reduce heat and bake at 425 degrees until done. Add no water, and basting will be unnecessary.

#### Number 2: Baked Stuffed Fish

Cut off fins of fish and, if desired, head and tail. Wash, dry well, and rub inside and out with salt. Stuff fish with any Bread Stuffing, and sew up opening. Sprinkle with paprika, place on greased baking pan, bake quickly at 550 degrees until browned, then reduce heat and bake at 425 degrees until done. When fish begins to brown, baste every 10 minutes with a mixture of 1 cup hot water and  $\frac{1}{4}$  cup melted butter. Oily-meated fish require no basting. Or place fish in oven at 425 degrees, and bake throughout at that temperature until done.

#### GEFILLTE FISH, BAKED

Prepare fish according to instructions in recipe for Gefillte Fish, Boiled, Number 1 or 2. When skin of fish has been filled, place in well greased baking pan, sprinkle with bread crumbs, and dot with butter. Bake in oven at 425 degrees for an hour or until done.

#### BAKED FISH WITH CREOLE SAUCE

3 pounds fish, filleted	1 green pepper,	salt and pepper
1 pint hot water	chopped fine	butter
1 cup stewed tomatoes	$\frac{1}{4}$ pound mushrooms,	2 tablespoons flour
1 onion, chopped fine	chopped	chopped parsley

Have fish filleted, but keep the bones. Put bones in pot with hot water, and let boil 15 minutes until water is well flavoured. Strain, reserve  $1\frac{1}{2}$  cups of the fish liquid, and discard the rest. Add tomatoes to fish liquid, add onion and green pepper, and salt and pepper. Saute mushrooms in a little butter for 5 minutes, and add. Brown flour by sprinkling it on a pie plate, placing plate over high heat, and stirring flour constantly as it browns. Add browned flour to the mixture, mix well, and let simmer over slow fire for an hour. Dry the fillets, sprinkle with salt and pepper, and brush with butter. Roll each fillet up like a jelly roll, and fasten with a toothpick. Place in a greased casserole, add 1 cup of the sauce, and bake in oven at 350 degrees for 15 minutes or until fish is done. Remove from oven, add rest of sauce, sprinkle with chopped parsley, and serve immediately. Mushrooms may be omitted if desired.

#### BAKED FILLETS OF FISH DRESSED WITH CHEESE

2 pounds fillets	1 cup hot milk	chopped parsley
2 tablespoons butter	1 tablespoon	2 cups old cheese, grated
$\frac{1}{2}$ cup flour	prepared mild mustard	salt and pepper

Make a White Sauce of the butter, flour and milk. Add mustard, cheese, salt and pepper, and mix well. Dry the fillets, and cut into portions for serving. Cover each with the creamed sauce, and sprinkle with chopped parsley. Place in well buttered baking dish, and bake at 350 degrees for 20 minutes. Recipe for White Sauce is given below in section on "Canned and Cooked Fish."

#### CANNED AND COOKED FISH

##### WHITE SAUCE FOR FISH

butter	flour	milk
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The exact quantities of butter, flour and milk required are specified in the recipes which call for a White Sauce. The following is the method of preparing it: Heat the butter, stir in the flour, and let cook until the mixture bubbles. Or

better, to ensure that the sauce will be free from any taste of raw flour, let cook for 5 minutes, stirring constantly. Gradually add the milk, and let cook, stirring constantly, until the mixture is smooth and thickened. The milk should be luke-warm or hot: it should not be ice-cold or boiling.

If the quantity of flour specified is greater than the quantity of butter, it is better to prepare the sauce as follows: Heat  $\frac{3}{4}$  of the milk. Mix remaining milk with the flour to make a smooth paste. Stir the paste into the hot milk, heat to the boiling point, and let simmer, stirring constantly, until the milk is thickened. Add the butter, and let simmer 3 minutes longer, stirring constantly.

#### CREAMED FISH WITH POTATO CHIPS

2 tablespoons butter	salt and pepper	2 cups cooked or
2 tablespoons flour	2 cups thin potato chips	canned fish, flaked
1 cup hot milk		bread crumbs

Make a White Sauce of the butter, flour and milk. Add salt and pepper. Add fish, and mix well. Grease a casserole with butter, line with alternate layers of creamed fish and potato chips. Season each layer with salt and pepper. Sprinkle top layer with bread crumbs, and dot with butter. Bake in oven at 350 degrees until the top is brown.

#### FISH CAKES

1 cup cooked or	1 cup hot or cold	salt and pepper
canned fish, flaked	mashed potatoes	1 egg, beaten

Mix fish and potatoes together lightly with a fork, add salt, pepper and egg. Form into cakes, and fry in a small amount of butter until brown.

#### FISH EN SURPRISE

cooked rice	2 cups cooked or	1 tablespoon
2 tablespoons	canned fish, flaked	chopped parsley
melted butter	1 egg, beaten	1 tablespoon grated onion
$\frac{1}{4}$ cup bread crumbs	2 tablespoons milk	salt and pepper

Grease timbale moulds with butter, and line with cooked rice. Mix remaining ingredients well, put into moulds. Cover with cooked rice, place in a pan of boiling water in oven, and let cook at 350 degrees for 30 minutes. Unmould on hot plates, and serve with tomato sauce.

#### FISH IN NOODLE RING

2 cups hot milk	$1\frac{1}{2}$ cups old cheese, grated	salt and pepper
3 eggs, beaten	1 cup soft bread crumbs	2 cups hot cooked fish
	2 cups cooked noodles	

Gradually pour hot milk into beaten eggs, stir, add cheese, bread crumbs, noodles, and salt and pepper. Mix well, and pour into a buttered ring mould. Place mould in a pan of boiling water in oven, and let cook at 325 degrees until done. Unmould on a hot platter, and place cooked fish in centre of ring. If desired, serve with any sauce.

#### FISH LOAF

##### Number 1

1 tablespoon butter	2 cups cooked or	1 hard-cooked egg,
1 tablespoon flour	canned fish, flaked	chopped
1 cup hot milk	2 eggs, beaten	3 tablespoons
salt and pepper	1 cup soft bread crumbs	chopped parsley
	1 pickle, chopped	

Make a White Sauce of the butter, flour and milk. Add salt and pepper. Add remaining ingredients, and mix well. Pour into a buttered baking dish or mould. Place in a pan of boiling water in oven, and let cook at 350 degrees for an hour. Unmould. Serve hot or cold.

**Number 2**

2 cups cooked or  
canned fish, flaked      2 eggs, beaten  
2 cups soft bread crumbs       $\frac{3}{4}$  cup milk  
salt and pepper      1 tablespoon onion,  
chopped fine  
1 teaspoon lemon juice

Mix ingredients well, place in a buttered loaf tin, dot mixture with butter, and bake at 350 degrees for 45 minutes or until loaf is firm and browned.

**FISH OMELETTE**

$2\frac{1}{2}$  pounds fish, cooked      1 teaspoon celery,  
3 large tomatoes      chopped fine  
salt and pepper      2 teaspoons parsley,  
chopped fine  
 $1\frac{1}{2}$  tablespoons onion,  
chopped fine  
3 eggs, well-beaten

Boil or steam the fish, and shred the flesh. Peel the tomatoes, and dice small. Mix all ingredients well with shredded fish, place in a greased pan, and bake in oven at 350 degrees until well browned.

**FISH SOUFFLE****Number 1**

3 tablespoons butter      1 cup hot milk  
4 tablespoons flour      salt and pepper  
 $1\frac{1}{2}$  cups cooked or  
canned fish, flaked  
3 or 4 eggs, separated

Make a White Sauce of the butter, flour and milk. Add salt and pepper, let cool, beat yolks of eggs and add, add fish. When sauce is cold, beat whites of eggs, and fold into creamed fish. Pour into a buttered baking dish, and bake in oven at 350 degrees for 30 to 40 minutes.

**Number 2: with Peas**

3 tablespoons butter      salt and pepper  
3 tablespoons flour      3 eggs, separated  
 $\frac{1}{2}$  cup hot milk       $1\frac{1}{2}$  cups cooked or  
canned fish, flaked  
 $\frac{1}{2}$  cup cooked peas

Make a White Sauce of the butter, flour and milk. Add salt and pepper. Beat yolks of eggs well, place in a dish, and gradually pour the hot sauce into the beaten yolks, stirring well. Add fish and peas, beat whites of eggs well, and fold into mixture. Pour into a buttered casserole, and place casserole in a pan of boiling water in oven. Let cook at 350 degrees until done.

**KEDGEREE**

2 cups cooked or  
canned fish, flaked      3 hard-cooked eggs,  
chopped      salt and pepper  
 $1\frac{1}{2}$  cups cooked rice       $\frac{1}{2}$  cup sweet cream  
chopped parsley

Mix together lightly with a fork all ingredients except parsley. Heat thoroughly in upper container of a double boiler. Sprinkle liberally with parsley, and serve.

**SCALLOPED FISH WITH VEGETABLES**

3 cups cooked vegetables,  
diced      1 teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper      3 tablespoons flour  
1 cup cooked or  
canned fish, flaked      3 tablespoons butter      1 cup hot milk  
1 cup vegetable water  
bread crumbs

Any kind of cooked, diced vegetables may be used. Place vegetables in a buttered casserole, add fish, salt and pepper. Make a White Sauce of the butter, flour, milk and a cup of water in which vegetables have been cooked; or if you have no vegetable water, use an extra cup of milk. Pour sauce over fish in casserole, sprinkle with bread crumbs, dot with butter, and bake in oven at 350 degrees until brown and hot.

**SALMON BISQUE OR CREAM OF SALMON SOUP**

1 cup canned salmon	2 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
or other cooked fish	2 tablespoons flour	4 cups hot milk
	1 teaspoon salt	

Remove skin and bones from the salmon, and rub through a sieve with its juice. Melt the butter, stir the flour into it, and let cook until the mixture bubbles. Add salt and pepper, gradually add the milk and let simmer, stirring constantly, until the mixture is smooth and thickened. Add the salmon pulp, and let simmer just below the boiling point until well blended. Stir often.

**SALMON CUTLETS****Number 1**

2 cups salmon, boiled or canned	1 tablespoon bread crumbs	1 tablespoon chopped parsley
$\frac{1}{2}$ cup mashed potatoes	1 teaspoon salt	pinch of mace
1 tablespoon flour	$\frac{1}{2}$ teaspoon pepper	1 egg, beaten

Shred the salmon, and mix thoroughly with other ingredients. Line a greased pan with bread crumbs, and press the mixture into it about  $\frac{1}{2}$  an inch deep. Let stand in a cool place an hour or longer to set. Cut mixture into cakes, dip cakes in beaten egg, then in bread crumbs, and fry in deep fat at 375 degrees until browned. Drain and serve.

**Number 2**

$\frac{1}{4}$ cup butter	2 cups canned salmon, flaked	2 teaspoons Worcestershire Sauce
$\frac{1}{2}$ cup flour	2 teaspoons lemon juice	1 tablespoon onion juice, if desired
2 cups hot milk salt and pepper		

Make a White Sauce of the butter, flour and milk. Add salt and pepper. Add flaked salmon (including crushed bones and oil). Add remaining ingredients, and mix. Let stand in refrigerator an hour or longer until well chilled. Form into cutlets, dip in beaten egg and roll in bread crumbs. Place on a buttered baking sheet, and bake in oven at 375 degrees.

**SALMON LOAF WITH COTTAGE CHEESE**

$\frac{1}{2}$ cup hot milk	1 cup cottage cheese	salt and pepper
$1\frac{1}{2}$ cups soft bread crumbs	2 cups canned salmon, flaked	3 tablespoons chopped parsley
1 egg, slightly beaten		3 hard-cooked eggs

Pour milk onto bread crumbs, mix well, and let stand a few minutes. Add egg, cheese, salmon (including crushed bones and oil), parsley, and salt and pepper. Place one third of the mixture in a buttered loaf tin, place hard-cooked eggs end to end in a line through the centre, and add rest of mixture. Bake in oven at 350 degrees for 50 minutes. Unmold, serve hot or cold.

**SALMON PUFF**

$1\frac{1}{2}$ cups cooked or canned fish, flaked	salt and pepper	1 tablespoon chopped celery, if desired
3 cups mashed potatoes	1 onion, chopped fine	2 eggs, separated
	1 tablespoon chopped parsley	

Mix fish and potatoes, add salt and pepper, onion, parsley, and celery if desired. Beat yolks of eggs, and add; beat whites of eggs, and fold into mixture. Place in a buttered casserole, dot mixture with butter, and bake in oven at 350 degrees until brown.

**SPRING CASSEROLE OF SALMON WITH PEAS**

2 cups canned salmon, flaked	2 cups cooked peas	salt and pepper
	$\frac{1}{2}$ cup cream or milk	dry bread crumbs

Flake the salmon, crush the bones, and mix well with juice of the salmon. Place

peas and salmon in alternate layers in a buttered baking dish, and season with salt and pepper. Pour cream or milk over all, sprinkle with bread crumbs, and dot with butter. Bake in oven at 350 degrees until crumbs are brown. If canned peas are used, the liquid of the peas may be combined with the cream, and a White Sauce made to pour over the fish and peas.

#### SWEET AND SOUR CANNED SALMON

1-pound tin salmon	3 tablespoons sugar	½ cup vinegar
3 medium onions, sliced	1 teaspoon salt	yolks of 2 eggs
2 tablespoons flour		1 teaspoon cold water

Remove skin and bones from salmon. Drain, but reserve the juice. Place salmon on platter. Put sliced onions in hot water to cover, and let boil gently, uncovered, for 20 minutes or until tender. Remove onions, and lay over salmon. Reserve 1 cup of liquid in which onions were cooked. Mix flour, sugar and salt, and put in a pot. Stir in the salmon juice, onion liquid and vinegar. Heat to boiling point, and let simmer, stirring constantly, for 5 minutes, or until no taste of raw flour remains. Beat yolks of eggs with water in a bowl. Gradually pour the hot liquid into the beaten yolks, stirring constantly to prevent curdling. Re-heat without boiling until smooth. Pour while hot over salmon and onions. Serve immediately, or chill and serve.

#### MACKEREL CROQUETTES

2 tablespoons butter	salt and pepper	1 egg, slightly beaten
5 tablespoons flour	2 cups cooked mackerel, flaked	2 tablespoons chopped parsley
1 cup hot milk	3 cups riced potatoes	

Make a White Sauce of the butter, flour and milk. Add salt and pepper. Mix fish well with potatoes, add the sauce and mix, add egg and parsley, and mix. Place by spoonfuls on a buttered baking sheet, and bake in oven at 400 degrees for 20 minutes.

#### MACKEREL TIMBALES

2 cups soft bread crumbs	2 cups cooked mackerel, flaked	1 egg, beaten
1 cup tomato juice	salt and pepper	macaroni

Mix together bread crumbs and tomato juice; add fish, salt and pepper, and beaten egg, and mix well. Boil a few sticks of macaroni at their full length in salted water, and when done drench with cold water. Grease timbale moulds, line each mould with macaroni, winding it around from bottom to top. Add fish mixture, cover with waxed paper, place in a pan of boiling water in oven, and let cook at 350 degrees for 20 minutes. Unmould on hot plates, and serve with tomato sauce. Canned pilchards may be used in this recipe instead of mackerel.

#### MARINIRTE (JELLIED) FISH

5 pounds lean fish	1 teaspoon salt	5 bay leaves, crushed
2 cups vinegar	20 peppercorns	½ lemon, sliced
2 cups water	18 allspice	5 onions, sliced

Boil vinegar, water, salt, peppercorns, bay leaves and 1 sliced onion, for 30 minutes. Add lemon slices, and let boil 5 minutes longer. Remove lemon slices. Add fish, and let simmer in the liquid until done, cooking only a few small fish or slices of fish at one time. Place fish as cooked in a stone jar in layers, with a layer of raw sliced onion between each layer of fish. Pour the hot liquid with seasonings over all. Cover, and let stand in a cool place. Liquid will form a jelly around fish in a few days.

**CHOPPED HERRING****Number 1**

Follow recipe for Chopped Herring Mixture in section of this book entitled "Appetizers."

**Number 2**

1 herring	1 tablespoon	1 caper
1 sour apple	chopped onions	1 tablespoon vinegar
1 boiled potato	1 teaspoon	2 teaspoons salad oil
2 tablespoons nuts	chopped celery	sugar and pepper
	1 hard-cooked egg	

Soak herring in cold water several hours, clean, skin, and bone it. Chop solid ingredients very fine, add vinegar, oil, sugar and pepper, and mix well.

**MARINIRTE (PICKLED) HERRING****Number 1**

12 milch herring, whole or sliced	3 cups vinegar	1 tablespoon sugar
4 large onions, sliced	2 tablespoons dry mustard	12 bay leaves
2 lemons, sliced	2 tablespoons pepper	1 large apple, grated, if desired

Soak herring over night. Drain, remove entrails, but reserve milch. Slice, if desired. Place in a stone jar in layers, with bay leaves and slices of onion and lemon between each layer of herring. Mix vinegar, mustard, pepper, sugar, and grated apple if desired, and pour over herring to cover. Rub milch through a sieve into the liquid. Cover jar, and let stand in a cool place 3 to 6 days until herring is pickled.

**Number 2: with Sour Cream**

6 milch herring	2 bay leaves	¼ cup vinegar
1 lemon, sliced	6 peppercorns	2 teaspoons sugar
2 onions, sliced		1 cup sour cream

Soak herring in cold water several hours. Clean, skin and bone them, and reserve milch. Slice the herring, if desired. Place in a stone jar in layers, with lemon and onion slices, and bay leaves and peppercorns. Mash the milch with the vinegar and sugar through a sieve onto the herring in jar. Add sour cream. Let stand in a cold place 48 hours.

**FRESH HERRING BAKED IN VINEGAR**

3 herrings	½ teaspoon salt	1 clove
1 cup vinegar	3 bay leaves	3 peppercorns

Split herrings in two lengthwise down the back, roll up and tie with string or fasten with toothpicks. Place in a pie-plate, add remaining ingredients, and bake in oven at 325 degrees for 20 minutes or until done.

**FISH AND ALMOND TIMBALES**

1 cup raw fish, ground	1 teaspoon onion, chopped fine	¼ cup almonds, ground
1 teaspoon salt	1 tablespoon lemon juice	2 egg whites, stiffly beaten
pinch of cayenne	1 cup cream, whipped	

Grind the fish very fine. Add salt, cayenne, chopped onion, and lemon juice. Fold in whipped cream, ground almonds, and egg whites. Grease timbale moulds, and fill with mixture. Place in a pan of boiling water in oven, and let cook at 350 degrees for 20 to 30 minutes or until firm in the centre. Unmould on hot plates and serve with Tomato or Hollandaise Sauce.

## M E A T S

Because hindquarters of meat are not available in kosher butcher shops in this country, the Jewish housewife who wishes to maintain a kosher household is restricted in her choice of cuts of meat. However, this fact should not cause her undue concern: for although it is true that the hindquarters include *most* of the tender cuts, they do not include them all; and the finest roast possible is a rib roast, and a rib steak is as tender and delicious as a sirloin or a filet mignon. It may be said in general, however, even of forequarter cuts, that meat which is kosher is less tender than meat which is not kosher. The reason for this is that kosher meat is not "ripened," as other meat almost invariably is. Meat is ripened by being allowed to hang at a low temperature for several weeks, until it is decomposed enough to be satisfactorily tender, but not enough to be actually spoiled. Most Jewish housewives will prefer meat which is fresh and therefore less tender to meat which has been ripened; and will compensate for their disadvantage by applying more care and skill to the cooking of their kosher meat than would otherwise be necessary.

Although hindquarters of meat are not available in kosher butcher shops in this country, the hindquarters are not *trefa* in themselves, but may be made kosher by the operation known as *porging*, in which certain sections of the hindquarters are removed. The operation is an extremely difficult one, which requires years of experience to learn and a great deal of time and effort to perform, and is not attempted in Canada or the United States. Kosher hindquarter cuts were sometimes available in Britain a few years ago, though naturally at very high prices.

According to the orthodox practice, meat is "kashered" before being cooked. To *kasher* meat means to make it ritually "fit" or "proper" for eating, and this requires that as much blood be removed from the meat as possible. The meat should be placed in a pan especially kept for the purpose, and should be covered completely with cold water. It should then be allowed to soak for half an hour, and every particle of blood which adheres to it should be washed off just before it is removed from the pan. It should then be placed upon a smooth board, and the board should be in a slanting position, or else should have numerous perforations in it, so that the blood may flow off it freely. The meat should then be salted liberally on all sides with coarse salt, and allowed to remain on the board for an hour. It should then be rinsed well with cold water three times, so that all the salt is washed off, and now it is ready to be prepared for cooking. Bones with no meat or fat adhering to them should be kashered by themselves and separately from meat. Organs like the liver and heart require a little different treatment, which is described in the sections dealing with methods of cooking them.

### GENERAL METHODS OF COOKING MEAT

There are two general methods of cooking meat: by *dry heat*, as in broiling, frying in fat, and roasting; and by *moist heat*, as in stewing. Cooking by dry heat changes the structure of the meat, and makes it palatable, but has little effect upon its tenderness. This is particularly true of broiling and frying; and it is also

true, though not quite to the same extent, of roasting; and meat which is tough before it is broiled or fried will be just as tough after it has been broiled or fried, and meat which is tough before it is roasted will be almost as tough after it has been roasted. The cuts of meat selected for cooking by dry heat should therefore be only such as are naturally tender in themselves.

Cooking by moist heat — that is, steaming meat or simmering it in water just below the boiling point — not only changes the structure of the meat and makes it palatable, but also, by softening tough muscle fibres and dissolving connective tissue, makes it tender. The cuts of meat selected for cooking by moist heat should therefore be the tougher cuts. Although much cheaper, these cuts are actually richer in flavour than the tender cuts. Cooking by steam (which is equivalent to braising or pot-roasting) is not as effective in making meat tender as is simmering in water (which is equivalent to stewing). More tender meat is therefore required for steaming than is required for simmering.

## B E E F

### BROILED STEAK

Use a rib steak  $1\frac{1}{2}$  to 2 inches thick, or the tender round portion in the centre of the rib section known to Jewish butchers as kosher filet mignon.

#### Number 1: Even-Temperature Method

Pre-heat the broiling rack and oven to 350 degrees. Grease the broiling rack lightly with fat trimmed off the steak. Lay the steak on the rack, and place it in the oven so that the top of the steak is 3 to 4 inches from the source of heat. Unless the directions for use of your range state otherwise, leave the oven door slightly open to allow steam to escape. Let the steak brown as desired on one side (by which time it will be cooked half way through), draw it out of the oven, and season the browned side with salt and pepper. Return the steak to the oven, let it brown on the other side, and season this side with salt and pepper. Serve immediately on a hot platter. The steak may be sprinkled with lemon juice or dry mustard just before serving, and may be brushed with melted hot fat.

No definite time can be given for broiling a steak because of differences in thickness and in the degree of done-ness desired. If the steak is desired rare, allow about 5 to 8 minutes for each side; if desired medium, allow 8 to 10 minutes for each side; and if well done, 10 to 15 minutes. These figures are given merely as a rough guide, the only sure method of knowing when a steak is done being to use a meat thermometer. However, with practice, you will be able to judge pretty well from the appearance of the steak how well done it is. In an emergency, because this will allow juices to escape from the meat, cut a little gash in it, preferably next to the bone, and observe the color of the meat. It is not advisable to try to broil a steak well done, because by the time the interior is well done the surface is likely to be burned.

The advantage of this method over the Searing method is that it permits the steak to be more evenly cooked throughout, and requires less fuel.

#### Number 2: Searing Method

Follow the directions for the Even-Temperature method, except for the following differences: Pre-heat the broiling rack and oven to 500 degrees, place the steak in the oven so that the top of the steak is 2 to 3 inches from the source of heat, and brown the steak a few minutes on each side, turning it only once. Then reduce the heat to 350 degrees (or place the steak further from the source of heat), and finish cooking at this temperature, turning the steak once. The

advantage of this method over the Even-Temperature method is that it permits the steak to be very nicely browned on the surface, while the interior may be rare or medium.

#### PAN-BROILED STEAK

Take a steak three-quarters of an inch to an inch thick, remove superfluous fat. Heat heavy frying pan until sizzling hot. Grease it lightly, place steak in it, brown quickly on both sides. Reduce heat, turn steak often until done, pouring off fat which may accumulate in pan, otherwise steak will fry, not broil. Remove steak when done to taste, 12 to 30 minutes, place on hot platter, season with salt and pepper, sprinkle with dry mustard or lemon juice and brush with melted hot fat, if desired, and serve at once.

#### MINUTE STEAK

Take steak  $\frac{1}{4}$  to  $\frac{1}{2}$  an inch thick, and follow directions as for Pan-broiled Steak. Pan-broil after searing 1 to 3 minutes on each side, according to degree of doneness desired.

#### MINUTE STEAK SANDWICHES

Pan-broil minute steaks  $\frac{1}{4}$  inch thick and 3 inches square. Brush slices of bread liberally with hot chicken fat. Make sandwiches, laying raw or fried onion slices over meat, if desired.

#### ROAST BEEF

Use a rib roast, either standing or rolled. A standing rib roast is one in which the bones have been left, a rolled rib roast is one in which the bones have been removed and the meat rolled up and tied around with string. The smaller the roast, the more it will shrink during cooking; for best results, therefore, use a roast which weighs at least 5 pounds and is at least 4 inches thick.

The roasting pan should *not* be covered. Many housewives do not realize it, but meat which is cooked in a covered pan is not roasted but steamed or pot-roasted; for even though no water is added, the moisture in the meat itself provides sufficient steam to cook it.

#### Number 1: Even-Temperature Method

Sprinkle the meat with salt, using about  $\frac{1}{2}$  teaspoon for each pound of meat. Sprinkle with pepper, or rub with an onion or clove of garlic cut in two. Preferably, sprinkle with flour. Place the meat in the roasting pan fat side up, and if a rolled roast slip a rack or trivet under it to keep the bottom from overcooking. Pre-heat the oven to 325 or 350 degrees, and let the meat cook at this temperature until done. Do not cover the roasting pan. Do not add any water. Basting will not be necessary unless the meat is very lean. If the oven is heated to higher than 350 degrees, the meat will cook more quickly, but will not cook as evenly and will shrink more.

As for broiling, no definite time can be given for roasting, because this depends not only on the shape and size of the meat and the proportion of bone it includes, but also on the type of animal from which the meat was cut. The following figures are for a standing rib roast cooked at an even temperature of 325 degrees and sliced immediately upon being removed from the oven. Allow 10 minutes longer per pound for a rolled rib roast. If the roast is not sliced immediately, its internal temperature will continue to rise and it will continue to cook for from 15 to 45 minutes after it has been removed from the oven, depending on its weight and thickness; in which case, a few minutes less will be required per pound for cooking *in the oven*.

*Rare*

Allow 25 minutes per pound for roasts under 5 pounds, and 21 minutes per pound for roasts over 5 pounds.

*Medium*

Allow 35 minutes per pound for roasts under 5 pounds, and 27 minutes per pound for roasts over 5 pounds.

*Well Done*

Allow 40 minutes per pound for roasts under 5 pounds, and 33 minutes per pound for roasts over 5 pounds.

The advantage of this method over the Searing method is that it requires less fuel, and the meat will be more evenly cooked throughout. It also will not shrink quite so much. The disadvantage of this method is that the meat will not be quite so nicely browned; but this disadvantage can be easily overcome by increasing the heat to searing temperature (500 degrees) during the last 20 to 30 minutes of roasting.

**Number 2: Searing Method**

Follow the directions for the Even-Temperature method, except for the following differences: Pre-heat the oven to 500 degrees, and brown the meat on all sides for 20 to 30 minutes. Then reduce the heat to 325 degrees, and finish cooking at this temperature. This method has nothing to recommend it over the Even-Temperature method, but is given for those who may wish to use it.

The following figures are for a standing rib roast cooked by the method just described and sliced immediately upon being removed from the oven. Allow 10 minutes longer per pound for a rolled rib roast.

*Rare*

Allow 20 minutes per pound for roasts under 5 pounds, and 18 minutes per pound for roasts over 5 pounds.

*Medium*

Allow 25 minutes per pound for roasts under 5 pounds, and 22 minutes per pound for roasts over 5 pounds.

*Well Done*

Allow 35 minutes per pound for roasts under 5 pounds, and 30 minutes per pound for roasts over 5 pounds.

**ROAST BEEF GRAVY**

Remove meat from roasting pan, and place pan over low heat on top of the stove. The liquid left in the pan after the meat has been removed will consist partly of meat juices and partly of melted fat. The meat juices will be at the bottom of the pan and around its sides. They should be a rich brown in color: but if so much liquid has remained in the pan that the juices have not been browned, the liquid should be cautiously boiled away until they are. Skim off all the fat from the liquid, leaving in the pan only the juices. Return to the pan 2 tablespoons of the fat for each cup of gravy you wish to make. Stir in an equal quantity of flour, and let cook, stirring constantly, until the mixture is well blended and the flour browned. Gradually add enough cold water or cold soup stock to make up the quantity of gravy you desire, and let cook, stirring constantly, until the gravy thickens and boils. Taste, to make sure no taste of raw flour remains, and add salt and pepper if necessary. While stirring, scrape the sides of the pan with the edge of the spoon, so that the browned meat juices adhering to the sides of the pan will be mixed with the gravy.

There are other methods of making gravy, but the one given here yields the most satisfactory result.

Cooked chicken giblets may be chopped and added to gravy. The water in which the giblets were cooked should be used in making the gravy.

**BAKED STEAK**

2 to 3 inch  
kosher filet mignon  
marrow or fat

salt and pepper  
1 large lemon  
1 large green pepper  
1 large onion

1 cup catsup  
½ pound mushrooms,  
if desired

Place steak in roasting pan. Spread thickly with marrow or fat or both. Fat cut

from other meat and ground may be used. Sprinkle with salt and pepper. Slice lemon thin, and spread with a layer of lemon slices; chop green pepper, and cover lemon with a layer of chopped green pepper; slice onion, and cover green pepper with a layer of onion slices. Over all pour the catsup. Roast uncovered according to the Even-Temperature method, basting frequently. If desired, add chopped or sliced mushrooms to gravy in pan 15 to 20 minutes before serving.

## POT-ROASTING

Pot-roasting is cooking meat by steam, and is applied to meat which is not tender enough to be oven-roasted. The more closely a pot-roast resembles an oven-roast when done, the more successful has been its preparation.

*The meat selected for pot-roasting* should be in a solid chunk, or else it should be tied tightly around with string so as to be compact. The cuts suitable for pot-roasting are the chuck, the first cut brisket and the end of steak. The end of steak includes a cut known to Jewish butchers as kosher tenderloin. This cut, when rolled up tightly like a jelly roll and tied around with string, makes a good pot-roast. Since cooking by steam is not as effective in making meat tender as is simmering in water, tough cuts cannot be successfully pot-roasted, but must be stewed.

*The first step* in pot-roasting, after the meat has been tied into shape, is to sprinkle it with flour. The flour is important, because it helps in developing the flavour not only of the outer surface of the meat but also of the drippings from which the gravy is made. *The next step* is to heat a small amount of fat in the pot in which the meat is to be cooked, and to brown the meat on all sides in the hot fat. This browning forms a delicious crust on the surface of the meat, which is identical with the crust formed on a roast browned at a high temperature in the oven. After the meat is browned, it should be sprinkled with salt and pepper. It is preferable not to sprinkle it with salt before browning, because this will retard the browning process.

*A small amount of hot or boiling water* should be added after the meat has been browned: from  $\frac{1}{2}$  to 1 cup, depending on the width of the pot. Care should be taken to use as little water as possible, lest the water dissolve the crust which has been formed by browning and the meat be stewed instead of being pot-roasted. It should always be borne in mind that it is not the water which cooks the pot-roast, but the steam which the water provides: and that the water has no other purpose except to provide steam to cook the pot-roast. For this reason, the pot should be one which can be covered tightly enough to prevent the steam from escaping. It may be necessary, as the water evaporates, to add more hot or boiling water from time to time: if so, the water should be added a little at a time. If desired, stewed tomatoes, strained or as they come out of the can, or tomato juice, may be substituted for the water.

*In order to protect the meat from burning* on the bottom, the pot used should be a heavy one. Preferably, a low rack or trivet should be slipped under the meat just after browning it. This will not only prevent burning, but will also allow the steam to reach the meat more easily. In this case, as much water may be added as will reach to the top of the rack.

*An onion* or two cooked with the meat greatly improves the flavour of the meat. The onion should be sliced or chopped, browned in the fat in which the meat is to be browned, and then cooked with the meat. A bay leaf or two, a

green pepper, a carrot, a turnip or a stalk of celery may be added at the same time as the water.

After the meat is cooked, the liquid which remains in the pot may be used in making gravy. See the recipe for Pot Roast Gravy. The flavour of a pot-roast is improved if the meat is allowed to stand in the gravy over night or until cold, then removed and sliced, and the slices returned to the gravy to be re-heated. The gravy should be re-heated first before the slices are added; and the slices should not be allowed to cook again, but should be served as soon as hot: otherwise, they will become tough.

*Vegetables may be cooked with the meat* and served at the table as an accompaniment of it. Such vegetables should be distinguished from the vegetables mentioned in a preceding paragraph, which are intended only to impart flavour to the meat and not to be served at the table. These vegetables should be removed, and the fat preferably skimmed off the top of the meat liquid, before the new vegetables are added. The new vegetables should be added only during the last hour of cooking, when the meat has already begun to be tender, in order that they may not be over-cooked but may be ready at the same time as the meat. Most housewives, when adding different kinds of vegetables, add them all at the same time; but better results will be obtained if the different vegetables are added separately and with regard to the difference in the time required for cooking by each.

A pot-roast may be prepared as described above, and then cooked in the oven at 325 to 350 degrees. This requires more fuel than cooking on top of the stove, and therefore is not advisable unless you have another dish to cook in the oven at the same time.

### POT ROAST

3 to 4 pounds beef	2 tablespoons fat	1 cup boiling water
flour, salt, pepper	1 onion, chopped	1 or 2 bay leaves

Sprinkle the meat with flour. Heat fat in pot, add chopped onion and let brown, add meat and brown on all sides. Season meat with salt and pepper. Add boiling water, add bay leaves, cover pot tightly and let simmer over slow fire three hours or until meat is tender. If necessary to add more water, add it a little at a time; or use stewed tomatoes or tomato juice instead of water.

### POT-ROAST GRAVY

#### Number 1

Remove meat from pot. Skim off fat from meat liquid, and, for each cup of gravy you wish to make, place 2 tablespoons of the fat in a pan over a slow fire. Stir in an equal quantity of flour, and let cook, stirring constantly, until the mixture is well blended and the flour browned. Gradually add the meat liquid, then as much water or soup stock as is necessary to make up the quantity of gravy you desire, and let cook, stirring constantly, until the gravy is smooth and thickened and no taste of raw flour remains. Add salt and pepper if necessary.

#### Number 2

Remove meat from pot. Skim off some of the fat so that the gravy will not be too fat. For each cup of liquid left in the pot, blend 1 tablespoon flour to a smooth paste with 1 tablespoon cold water, add the paste to the hot liquid, and let cook, stirring constantly, until the gravy is smooth and thickened and no taste of raw flour remains. Add salt and pepper if necessary.

**POT ROAST WITH CHILI SAUCE**

4 pounds beef	4 large onions, sliced	2 cups chili sauce
flour, salt, pepper	1 cup boiling water	lemon juice, if desired

Brown the onions and meat and add the boiling water according to directions in recipe for Pot-Roast. Cover pot, and let simmer over slow fire an hour and a half. Add chili sauce, and let simmer until meat is tender. Taste the sauce in pot, add more salt and pepper if necessary, and lemon juice if desired. Serve the meat with the sauce.

**POT ROAST WITH CRANBERRIES**

3 pounds beef	2 tablespoons fat	1¼ cups hot water
salt, pepper, flour	1 cup boiling water	2½ cups firm cranberries
	1 to 1¼ cups sugar	

1. Sprinkle the meat with flour. Heat fat in pot, and brown meat on all sides in hot fat. Season meat with salt and pepper. Add boiling water, cover pot tightly, and let simmer two and a half hours or until meat is almost tender. If necessary to add more water, add it a little at a time. 2. Combine sugar with hot water, and let boil 5 minutes. Wash cranberries and pick them over, add to boiling water and sugar, and let boil, without stirring, 5 minutes or until the skins burst. 3. Add cranberry mixture to meat, cover pot tightly and let simmer until meat is tender.

**POT ROAST DE LUXE**

3 pounds beef	flour	1 cup prunes
2 tablespoons fat	1 teaspoon salt	⅓ cup dried mushrooms
3 medium onions	¼ teaspoon pepper	1 cup hot water
1 or 2 cloves garlic	⅛ teaspoon ginger	2/3 cup ripe olives
	½ cup boiling water	

Heat fat in pot, slice onions thin and add, chop garlic fine and add, and let brown in the hot fat. Sprinkle meat with flour, place in pot with onions and garlic, and brown on all sides. Season meat with salt, pepper and ginger. Add boiling water, cover pot tightly and let simmer over slow fire an hour and a half. Meanwhile, put prunes and mushrooms in a bowl with the hot water, and let soak while meat is cooking. Add prunes and mushrooms with water in which they were soaked to meat in pot, add olives, and let simmer tightly covered an hour and a half longer or until meat is tender. Serve meat in a deep platter, with prunes, mushrooms and olives arranged around it. If desired, omit either the prunes or the olives.

**POT ROAST WITH OLIVES**

Follow directions in recipe for Pot Roast. Before browning, cut slits in the meat, and press stuffed olives into the slits.

**POT ROAST WITH POTATOES**

Follow directions in recipe for Pot Roast. Boil peeled potatoes in water for 10 to 15 minutes, drain, and add to meat for last 30 to 45 minutes of cooking, depending on size of potatoes. Potatoes cooked in this way with a roast are known as Franconia potatoes.

**POT ROAST WITH VEGETABLES**

Follow directions in recipe for Pot Roast. Add to the meat during the last hour of cooking a total of 2 to 4 cups (the exact amount depends on your individual taste) of diced vegetables, including all or any of the following: diced potatoes, carrots, turnips, onions, green peppers and celery, and green peas. Skim the fat off the top of the liquid in pot before adding the vegetables. If necessary to add more liquid to the meat during cooking, add stewed tomatoes or tomato juice.

**SAUERBRATEN (SOUR BEEF POT ROAST)**

- |  |                |                       |
|--|----------------|-----------------------|
| 4 pounds cross-ribs<br>or middle chuck | 6 peppercorns  | water to cover        |
| salt and pepper                        | 6 cloves       | sugar, if desired     |
| 4 bay leaves                           | 2 cups vinegar | 1 tablespoon fat      |
|  |                | 1 large onion, sliced |

Season meat liberally with salt and pepper, and rub in thoroughly. Place in a deep earthen jar, add bay leaves, peppercorns and cloves. Heat vinegar with water to a boil, adding salt and sugar if desired, and pour hot liquid over meat to cover. Cover jar tightly, and let stand in a cool place three to four days, turning meat once or twice a day.

Remove meat from liquid, and wipe it dry. Heat fat in pot, add sliced onion and let brown; sprinkle meat with flour if desired, and let brown on all sides in the hot fat. Add ½ cup of the vinegar liquid, cover pot tightly, and let simmer over slow fire three hours or until meat is tender. Add more vinegar liquid during cooking, a little at a time, as necessary. May be served with ordinary Pot Roast gravy (see recipe for Pot-Roast Gravy), or with Gingersnap gravy as follows:

Remove meat from pot, slice for serving and keep hot. Strain liquid in which meat has cooked, skim off and discard the fat. Melt a few tablespoons of sugar in a frying pan, gradually add the strained meat liquid, and blend well. Crumble and add a few gingersnaps, add a few tablespoons raisins, and let the mixture cook until smooth and thickened. Pour over hot meat slices, and serve.

**SWEET AND SOUR POT-ROAST**

**Number 1**

- |                      |                     |                          |
|----------------------|---------------------|--------------------------|
| 3 pounds fat brisket | dill and bay leaf   | ¼ cup sugar              |
| salt and pepper      | 1 thin-sliced onion | 1 tablespoon lemon juice |
|                      | 1 cup boiling water |                          |

Season meat with salt and pepper, place in a pan, add a little dill and bay leaf, add onion and boiling water, cover pot tightly and let simmer over a slow fire two hours or until almost tender. If necessary to add more water, add it a little at a time. Add sugar and lemon juice to taste, and let simmer 15 to 30 minutes longer. Use stewed or strained tomatoes or tomato juice instead of water, if desired.

**Number 2: with Honey**

- |                         |                     |                    |
|-------------------------|---------------------|--------------------|
| 2 pounds fat brisket    | 1 cup boiling water | 1 slice honey cake |
| salt and pepper         | ½ pound honey       | or rye bread       |
| 6 medium onions, sliced |                     | juice of 1 lemon   |

Season meat with salt and pepper, place in a pot, add onions and boiling water. Cover pot, and let simmer over a slow fire an hour and a half or until meat is almost tender, adding more water as necessary. Remove onions if desired, add honey and let cook with meat, stirring frequently to prevent burning. Soak honey cake or rye bread in a little water, mash when soft, and add to honey, mixing well. Add lemon juice. Let cook until meat is tender.

**MOCK DUCK OR ROLLED STUFFED STEAK**

- |  |                       |                       |
|--|-----------------------|-----------------------|
| 2 pounds kosher tenderloin, cut ½ inch thick | 1 tablespoon fat      | 1 small carrot, diced |
| 1 cup bread stuffing                         | flour                 | 1 bay leaf            |
|  | ¾ cup chopped celery  | 2 cups hot water      |
|  | 1 small turnip, diced |                       |

Lay the steak out flat on a board, and spread with any bread stuffing desired. Roll it up lightly like a jelly roll, and tie around with string. Be sure to roll with the grain, so that meat will slice across the grain when it is carved. Heat fat in roasting pan, sprinkle rolled meat well with flour, and brown on all sides. Remove

meat, put celery, turnips, carrots and bay leaf in roasting pan, and replace meat on top of them. Add hot water. Cover pan tightly, and let bake in oven at 325 degrees for three hours or until meat is tender. Or this may be cooked in a covered pot on top of the stove, if desired.

### BEEF BIRDS

Beef Birds are stuffed steaks rolled in individual portions. Use slices of steak  $\frac{1}{4}$  inch thick, 2 inches wide and 4 to 5 inches long, and prepare and cook them according to directions in preceding recipe.

### SWISS STEAK

#### Number 1

3 pounds shoulder steak, cut $1\frac{1}{2}$ inches thick	2 teaspoons salt $\frac{1}{8}$ teaspoon pepper	1 sliced onion 2 cups boiling water or hot tomato juice
1 clove garlic	$\frac{1}{4}$ cup flour 3 tablespoons fat	

Cut garlic in two, rub meat with cut surfaces. Sprinkle well on both sides with salt and pepper and coat thickly with flour, pound seasonings and flour in with a potato masher or edge of a heavy plate. The pounding makes the meat more tender and the flour absorbs the juices which exude from the meat. Heat fat in pot, add onion slices, let brown slightly, and set aside; add meat, brown on all sides. Add boiling water or hot tomato juice, add browned onion slices. Cover tightly and let simmer over slow fire two to three hours or until tender; or bake in oven at 350 degrees two to three hours.

If desired, add to the meat during the last hour of cooking a total of 2 cups of diced vegetables, including any or all of the following: diced potatoes, carrots, turnips, onions, green peppers and celery, and green peas.

#### Number 2

3 pounds shoulder steak, cut $\frac{1}{2}$ inch thick and 3 inches square	3 tablespoons fat 3 medium onions, sliced salt, pepper, flour 3 cups stewed tomatoes	1 green pepper, chopped 1 cup diced carrots 1 cup green peas
---	---	--

Heat fat in frying pan, brown onion slices until yellow, and set aside. Season meat squares on both sides with salt and pepper, coat thickly with flour, and pound seasonings and flour in. Brown each meat square on both sides in frying pan, then remove to baking pan, piling one square on top of the other. Add browned onion slices. Pour tomatoes into fat in frying pan, add green pepper, carrots, peas, salt and pepper, cover, and let simmer 10 minutes. Pour this mixture over meat in baking pan, cover tightly, and let cook in oven at 300 degrees for two and a half hours or until meat is tender.

## GROUND MEAT DISHES

Meat is ground in order to make it tender. It is as tender, after it has been ground, as the choicest steak or roast; and any method of cooking applicable to these is applicable also to it. The bread crumbs, mashed potatoes, cooked rice or left-over cereals which are sometimes added to ground meat are known as "extenders": they absorb the flavour of the meat and make a little of it go a longer way. They are thus the same in principle as stuffings in other meat and in poultry. If any quantity of an extender is used, an egg should also be added to bind the mixture. If bread crumbs are used they should be soft, not stale.

Ground meat has a tendency to settle in a compact mass, and, after it has been cooked, to produce a dish that is solid and heavy. This tendency can be overcome by not grinding the meat too fine, by handling it as little as possible

after it has been ground, and by mixing a little water with it. The water not only helps to bind the mixture, but the steam into which it expands when the meat is cooked acts as a leavening agent, forcing the ground particles of meat apart from one another.

### GROUND MEAT MIXTURES

Mix ingredients together with a fork, thoroughly but *lightly*. Wet the hands, and form into any shape desired. The kinds and quantities of the ingredients specified in the following recipes may be varied according to your individual taste. Directions for specific methods of cooking will be found immediately after the recipes for mixtures.

#### Number 1

1 pound ground meat       $\frac{3}{4}$  teaspoon salt       $\frac{1}{2}$  teaspoon pepper

#### Number 2

1 pound ground meat      1 tablespoon       $\frac{1}{2}$  cup bread crumbs  
 $\frac{3}{4}$  teaspoon salt      chopped onion       $\frac{1}{2}$  cup cold water or  
 $\frac{1}{2}$  teaspoon pepper      or horseradish      tomato juice

#### Number 3

$1\frac{1}{2}$  pounds ground meat       $1\frac{1}{2}$  cups bread crumbs      2 tablespoons each,  
2 teaspoons salt      1 egg, slightly beaten      parsley, celery, onion,  
 $\frac{1}{2}$  teaspoon pepper       $\frac{1}{2}$  cup cold water or      chopped fine  
tomato juice

#### Number 4

$1\frac{1}{2}$  pounds ground meat       $\frac{1}{2}$  teaspoon pepper      2 eggs, slightly beaten  
 $1\frac{1}{2}$  teaspoons salt      2 cups bread crumbs      1 onion, chopped fine

#### Number 5

$1\frac{1}{2}$  pounds ground meat      1 egg, slightly beaten      1 green pepper,  
 $1\frac{1}{2}$  teaspoons salt       $\frac{1}{2}$  cup cold water or      chopped fine  
 $\frac{1}{2}$  teaspoon pepper      tomato juice      1 or 2 cloves garlic,  
 $\frac{1}{2}$  cup bread crumbs      1 onion, chopped fine      chopped fine

#### Number 6

$1\frac{1}{2}$  pounds ground meat       $\frac{1}{4}$  cup bread crumbs      1 teaspoon chopped onion  
 $\frac{1}{2}$  teaspoon salt      1 or 2 eggs, slightly beaten      2 tablespoons melted fat  
 $\frac{1}{2}$  teaspoon pepper      2 tablespoons       $1\frac{1}{2}$  teaspoons lemon juice  
 $\frac{1}{2}$  teaspoon dry mustard      chopped parsley      grated rind of  $\frac{1}{2}$  lemon

### BROILED or PAN-BROILED HAMBURG STEAK

Form ground meat mixture into patties  $\frac{3}{4}$  to 1 inch thick, and broil or pan-broil for 4 to 10 minutes according to directions in recipe for Broiled or Pan-Broiled Steak. In order that the Hamburg steak may resemble a true steak as closely as possible, mixture Number 1 is usually used (with nothing added to the meat but salt and pepper), and the meat may be ground very fine.

### BAKED MEAT LOAF

#### Number 1

Form ground meat mixture into the shape of a loaf and place in greased roasting pan, or pack into a greased bread pan. Pre-heat oven to 375 degrees, and bake loaf at this temperature for 45 minutes or until cooked through. Baste frequently with melted fat diluted with three or four parts hot water, or lay a few strips of fat over top of loaf. Or pour 2 cups stewed tomatoes over loaf, and baste with this liquid.

#### Number 2: with Hard-Cooked Eggs

ground meat mixture      1 cup stewed tomatoes      1 tablespoon melted fat  
4 hard-cooked eggs       $\frac{1}{2}$  cup sliced onion      1 cup hot water

Use ground meat mixture Number 4, soaking the bread crumbs in water and squeezing them dry. Pat meat mixture out into a sheet, arrange hard-cooked eggs

end to end across centre, and roll sheet around them. Place in baking pan. Mix tomatoes, sliced onion, fat and water, and pour mixture over meat. Bake uncovered in oven at 350 degrees for two hours or until meat is cooked through. Baste often. In serving, slice the roll crosswise.

#### MEAT LOAF WITH BEANS

1 pound navy beans	2 eggs, slightly beaten	salt and pepper
cold water to cover	½ cup bread crumbs	4 tablespoons melted fat
1½ pounds minced beef	1 clove garlic, chopped	2 tablespoons catsup
¼ cup cold water	1 small onion, chopped	1 tablespoon sugar

Wash beans, soak over night. Let simmer in water in which they were soaked until tender but not too soft, adding more hot water if necessary. Drain, reserving ½ cup of the bean liquid. Mix meat with cold water, eggs, bread crumbs, chopped garlic and onion, and salt and pepper, and form into a loaf. Pour 2 tablespoons of the fat into baking pan, place loaf in centre, and surround it with the boiled beans. Pour over the beans the ½ cup of bean liquid, the other 2 tablespoons of fat, and the catsup, and sprinkle with the sugar. Bake at 350 degrees for an hour or until the meat is cooked through, basting often.

#### SAUTED HAMBURG STEAK

Form ground meat mixture into patties ½ to ¾ inch thick. Heat a small amount of fat very hot in a frying pan, add patties, and brown quickly on both sides. Reduce heat, and let patties cook until done, turning them occasionally.

#### BAKED HAMBURG STEAK

1½ pounds ground meat	salt and pepper	dry mustard
½ cup cold water		melted fat

Mix meat with water, form into a cake 1 inch thick, and place in greased baking pan. Sprinkle liberally with seasonings, until white with salt, yellow with dry mustard, and black with pepper. Sprinkle with melted fat. Bake in oven at 450 degrees 15 minutes or until cooked through.

#### POT-ROASTED MEAT BALLS

Form 1½ pounds ground meat mixture into balls, and let stand half an hour or longer to set. Sprinkle balls with flour, if desired. Heat 3 tablespoons fat in pot, add balls, and brown on all sides. Remove balls, and blend 1 tablespoon flour with fat in pot. Add 1 cup hot water, soup stock or strained tomatoes. Return balls to pot, cover tightly, and let simmer an hour and a half.

#### MEAT BALLS WITH BEANS

Follow recipe for Meat Loaf with Beans above, but form meat mixture into balls instead of into a loaf.

#### SWEET AND SOUR MEAT BALLS

1 pound minced beef	1 egg, beaten	¼ cup raisins
1 tablespoon matzo meal	salt and pepper	1 lemon, sliced
2 cups hot water	¼ cup sugar	1 tablespoon fat
1 onion, chopped		1 tablespoon potato flour

Place matzo meal in mixing bowl, and stir in ½ cup of the hot water. Mix together meat, onion, egg, salt and pepper, and add to mixture in mixing bowl. Form meat into small balls, place in pot, add rest of hot water, add sugar, raisins and lemon slices. Cover pot tightly, let simmer an hour or until the meat balls are done. Cream the fat with the potato flour, add to liquid in pot, and let simmer a few minutes longer until gravy is thickened and smooth. Very fine, sifted dry bread crumbs may be used instead of matzo meal and bread flour instead of potato

flour. Taste gravy before removing from fire to make sure no taste of raw flour remains.

### STUFFED CABBAGE

1 large cabbage	1 cup bread crumbs	$\frac{1}{2}$ teaspoon pepper
2 tablespoons fat	or cooked rice	2 eggs, slightly beaten
1 onion, chopped fine	1 pound ground meat	1 cup hot water
	1 teaspoon salt	

Remove wilted outside leaves from cabbage, and cut out inside of cabbage, leaving a shell half an inch thick. Chop inside of cabbage fine, discarding hard core in centre if desired. Heat fat in frying pan, add chopped onion, and let brown slightly. Soak bread crumbs, squeeze dry, and add; or add cooked rice. Add chopped cabbage and ground meat. Let cook until meat is browned, mixing ingredients in pan lightly with a fork while meat is browning. Remove from fire. Add salt and pepper, and beaten eggs. Mix with a fork lightly but thoroughly. Fill shell of cabbage with mixture, place in a pot, add water, cover pot, and let simmer over fire or bake in oven at 350 degrees for an hour and a half. If desired, uncover pot and brown in oven during last 15 minutes of cooking.

### STUFFED CABBAGE LEAVES

Soak a cabbage in hot water until the leaves separate and become soft enough to handle. Form a ground meat mixture into small balls, wrap each ball in a cabbage leaf, and fasten with a toothpick or tie around with thread. If desired, the cabbage leaves may be browned in hot fat after they have been stuffed. The liquid in which they are cooked may be either water or stewed tomatoes or tomato juice.

In preparing the mixture for the stuffed cabbage leaves, use any of the recipes which have already been given for ground meat mixtures, or use any of those given below. Usually, cooked rice is used instead of bread crumbs in preparing mixtures for stuffed cabbage leaves; and the recipes which follow specify cooked rice. However, the rice may be substituted by an equal quantity of bread crumbs, if desired; and similarly, the bread crumbs specified in the recipes already given may be substituted by an equal quantity of cooked rice.

#### Number 1

1 pound ground meat	1 cup cooked rice	cabbage leaves
1 teaspoon salt	$\frac{1}{2}$ cup bread crumbs	2 tablespoons fat
$\frac{1}{2}$ teaspoon pepper	1 onion, chopped fine	$\frac{1}{2}$ cup hot water
	1 or 2 eggs, slightly beaten	

Mix meat, salt, pepper, rice, bread crumbs, onion and eggs. Form mixture into small balls, and wrap in cabbage leaves. Heat fat in pot, brown stuffed cabbage leaves in hot fat, add water, cover pot, and let simmer over fire about two hours. Turn occasionally, and add more hot water if necessary. Or, after browning, remove stuffed cabbage leaves to baking pan, pour 2 cups stewed tomatoes over them, cover pan and let cook in oven at 300 degrees for two hours.

#### Number 2: Sweet and Sour

1 pound ground meat	1 onion, chopped fine	2 tablespoons brown sugar
1 teaspoon salt	cabbage leaves	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ teaspoon pepper	2 cups stewed tomatoes	2 tablespoons vinegar or
$\frac{1}{2}$ to 1 cup cooked rice	hot water	juice of 1 lemon

Mix meat, salt, pepper, rice and onion. Form mixture into small balls, and wrap in cabbage leaves. Line bottom of pot with leftover cabbage leaves, add stuffed cabbage leaves, add tomatoes and enough hot water to cover, and brown sugar, raisins and vinegar, cover pot, and let stew over slow fire about two hours, adding more hot water if necessary to keep stuffed leaves covered. When ready, taste the sauce. If desired, add salt and more brown sugar and vinegar and let simmer a few minutes longer before serving.

**VEAL BALLS**

1¼ pounds chopped veal	1 teaspoon salt	6 small onions, sliced
4 tablespoons fat	1 egg, well beaten	1 green pepper, chopped
½ cup soft bread crumbs	2 tablespoons flour	¼ teaspoon pepper
1 teaspoon	6 small potatoes,	1 teaspoon sugar
chopped parsley	cut in cubes	½ cup boiling water

Mix together the chopped veal, 2 tablespoons of the fat, the bread crumbs, chopped parsley, salt and egg. Form into balls, roll in the flour, and let stand half an hour or longer to set. Heat the other 2 tablespoons fat in a pan, brown the balls. Add the remaining ingredients, and a little boiling water, cover pan and bake in oven at 350 degrees for an hour and a half. Or this may be pot-roasted on top of the stove.

**CHILI CON CARNE (MEXICAN STEW)****Number 1**

½ pound chopped beef	1 clove garlic, chopped	1 green pepper, chopped
1 cup canned or	1 bay leaf	2 cups boiling water
cooked kidney beans	1 onion, chopped	2 teaspoons chili powder
2 cups stewed tomatoes		1 teaspoon salt

Mix together all ingredients, and let simmer over fire two hours or until thick. Serve piping hot.

**Number 2**

1½ pounds lean beef	1 clove garlic, chopped	1½ tablespoons
3 tablespoons fat	½ teaspoon salt	chili powder
1 large onion,	2 teaspoons paprika	2 cups canned or
chopped fine	1 cup hot water	cooked kidney beans

Cut meat into ½-inch cubes. Heat fat in pot, brown meat cubes on all sides. Add onion and garlic, and let cook about 5 minutes, stirring constantly. Add salt, paprika and chili powder, mixing well. Add hot water, cover pot, and let simmer until meat is tender, adding more hot water if necessary. Add kidney beans, heat thoroughly and serve immediately.

**M E A T   S T E W S**

Stewing is cooking in hot water just barely to cover. Stewing makes meat tender, since the action of the water softens the tough muscle fibres of the meat and dissolves the connective tissue. The cuts of meat selected for stewing should therefore be the cuts which are too tough to be made tender in any other way. Sometimes, however, for the sake of variety meat is stewed which is tender enough to be pot-roasted.

The water in which a stew is cooked should be kept just below the boiling point, and should not be allowed to boil: otherwise the meat will be made more tough instead of more tender. As the water evaporates, more hot water should be added to keep the meat just barely covered. A stew is usually begun with hot water, on the theory that hot water causes a coat of albumen to be formed around the meat, and that this coat tends to prevent the juices from escaping out of the meat; but this theory is doubtful. In any case, whether hot or cold water is used to begin the stew, a good deal of the flavour of the meat does escape into the water, so that the gravy of the stew is most important. This is an additional reason why tough cuts of meat should be used for stewing. These, though much cheaper, have much more flavour than have the tender cuts.

The meat may be browned or not in hot fat before the water is added, according to your personal preference. Sprinkling the meat with flour before browning facilitates the browning process and improves the flavour of the gravy.

The kinds and proportions of vegetables cooked with a stew are also a

matter of personal preference. These should be added to a stew in the same way as they are added to a pot-roast: see page 49.

### BEEF STEW

#### Number 1

2 pounds beef	1 teaspoon salt	1 cup diced celery
flour	$\frac{1}{2}$ teaspoon pepper	1 cup green peas
2 tablespoons fat	$\frac{1}{2}$ cup each, diced	2 cups diced potatoes
hot water to cover	carrots, turnips, onions	dumplings, if desired

Cut meat into 1-inch cubes, and sprinkle with flour. Heat fat in pot, and brown meat on all sides. Add hot water to cover, add salt and pepper, cover pot and let simmer an hour and a half or until meat is almost tender. Remove pieces of bone and fat. Add carrots, turnips and onions, and let simmer 10 minutes longer; add celery, peas, and potatoes, and let simmer until vegetables and meat are tender. Add more hot water as it becomes necessary. Stewed tomatoes or tomato juice may be used for all or part of the water. Any of the vegetables named may be omitted, or larger quantities than those specified may be used.

If desired to thicken gravy of stew, blend flour with an equal quantity of cold water, and stir into gravy. Let cook until no taste of raw flour remains. If desired, prepare dumplings and cook on top of the thickened stew.

#### Number 2

2 pounds beef	2 sprigs parsley	$\frac{1}{2}$ teaspoon pepper
1 tablespoon fat	4 cloves	$\frac{1}{2}$ cups diced carrots
4 cups hot water	1 bay leaf	1 cup diced celery
2 stalks celery	1 teaspoon salt	$\frac{1}{2}$ cup diced onions
1 whole carrot		dumplings, if desired

Cut meat into 1-inch cubes. Heat fat in pot, and brown meat cubes on all sides. Add water, celery stalks, whole carrot, parsley, cloves, bay leaf, salt and pepper. Cover pot, and let simmer over slow fire for an hour and a half or until meat is almost tender. Remove celery stalks, carrot, parsley, cloves and bay leaf, and any small pieces of bone and fat. Add diced carrots, celery and onions, and let simmer 30 minutes longer or until meat and vegetables are tender. Add more hot water as it becomes necessary. Stewed tomatoes or tomato juice may be used for all or part of the water. See last paragraph of preceding recipe as to thickening gravy of stew and as to dumplings.

#### Number 3: Picnic Stew

1 pound beef	2 cups diced celery	4 large potatoes, diced
salt and pepper	3 whole onions	1 teaspoon salt
4 tablespoons fat	1 marrow bone,	$\frac{1}{4}$ teaspoon pepper
2 cups diced carrots	cut into 6 pieces	$\frac{1}{2}$ teaspoon paprika

Season meat with salt and pepper, cut into small pieces. Heat fat in pot, add meat, diced carrots and celery, onions, and diced potatoes, and saute until meat is browned on all sides. Add pieces of marrow bone, add salt, pepper and paprika, and mix well. Cover pot tightly and let simmer an hour or until meat is tender.

### GOULASH

Hungarian Goulash is made with veal, Russian Goulash with beef. A goulash may be cooked either as a pot-roast in a small amount of water, or as a stew in water to cover. If it is cooked as a stew, the meat may be tough; if it is cooked as a pot-roast, more tender meat is required. Veal is always tender enough to be cooked as a pot-roast, but it may be cooked as a stew if desired. It is a matter of your own personal preference whether or not you wish to brown the meat in hot fat before adding the water. Stewed tomatoes or tomato juice may be used instead of all or part of the water.

**HUNGARIAN GOULASH****Number 1**

2 pounds veal	2 green peppers, diced	$\frac{1}{4}$ teaspoon pepper
1 tablespoon fat	1 teaspoon paprika	dumplings or
3 onions, sliced	1 cup hot water	2 cups cooked spaghetti
	1 teaspoon salt	

Heat fat in pan, add onions, green peppers and paprika, and let cook until onions are yellowed. Cut meat into 1-inch cubes, and brown on all sides in the hot fat. Add hot water, salt and pepper, cover pan tightly, and let simmer until meat is tender, adding more hot water if necessary. If desired, prepare dumplings according to directions in recipe for Dumplings for Stew, and serve with the goulash; or add cooked spaghetti or macaroni, heat thoroughly and serve immediately.

**Number 2**

1 pound lean beef	1 tablespoon fat	1 teaspoon salt
1 pound lean veal	1 large onion, diced	$\frac{1}{8}$ teaspoon pepper
flour	1 cup stewed tomatoes	4 medium potatoes
	1 green pepper, chopped	

Cut meat into 1-inch cubes, dredge with flour. Heat fat in pan, add meat cubes and diced onion, let brown on all sides. Add tomatoes, green pepper, salt and pepper, mix well. Cover pan tightly and let simmer over slow fire an hour or until meat is nearly tender. Cut potatoes into cubes and add, and let cook covered another 15 minutes or until meat and potatoes are tender. Add hot water if necessary.

**RUSSIAN GOULASH****Number 1**

$1\frac{1}{2}$ pounds lean beef	1 green pepper, chopped	stewed tomatoes
hot water	2 cloves garlic, chopped	$1\frac{1}{2}$ cups cooked spaghetti
1 onion, chopped	1 teaspoon salt	or macaroni
	$\frac{1}{4}$ teaspoon pepper	

Cut meat into 1-inch cubes, place in pot with hot water to cover, add onion, green pepper, garlic, salt and pepper. Cover pot, and let simmer until meat is tender. As water evaporates, keep adding enough stewed tomatoes so that meat is always covered. When meat is tender, add cooked spaghetti or macaroni, heat thoroughly, and serve immediately.

**Number 2**

$1\frac{1}{2}$ pounds lean beef	2 green peppers	2 teaspoons salt
$\frac{1}{4}$ cup fat	1 tablespoon paprika	salt and pepper
1 large onion, diced	3 peppercorns	4 medium potatoes
3 fresh tomatoes	1 teaspoon caraway seeds	boiling water

Heat fat in pan, add diced onion and let brown. Chop tomatoes, chop green peppers, mix with paprika, peppercorns, caraway seeds and salt, and add to onions in pan. Cover pan tightly, and let mixture simmer 10 minutes. Cut meat into 1-inch cubes, season with salt and pepper, add to mixture in pan. Cover pan tightly, and let simmer over fire an hour and a half or until meat is nearly tender, adding hot water if necessary. Cut potatoes into cubes and add, add boiling water to cover potatoes, and let cook with pan covered another 15 minutes or until meat and potatoes are tender.

**VEAL STEW**

Follow recipes for Beef Stew, substituting veal for beef. Omit the fat, and do not brown the meat. Veal has less flavour than beef, and should therefore be more highly seasoned. It requires less time to cook than beef.

**LAMB STEW (IRISH STEW)****Number 1**

Follow recipe for Beef Stew, Number 2, substituting lamb for beef and diced turnips for diced celery. If desired, the fat may be omitted and the meat need not be browned.

**Number 2**

1½ pounds lean lamb	½ cup diced onions	salt and pepper
hot water	¼ cup diced turnips	3 cups diced potatoes
½ cup diced carrots	1 green pepper, sliced, if desired	dumplings, if desired

Cut meat into 1-inch cubes, put in pot with hot water to cover. Cover pot. Let simmer half an hour, add diced carrots, onions and turnips. Let simmer half an hour longer, add potatoes, and green pepper, and let simmer half an hour longer or until meat and vegetables are tender. Season with salt and pepper. Add more hot water as it becomes necessary. If desired to thicken gravy of stew, blend flour with an equal quantity of cold water, and stir into gravy. Let cook until no taste of raw flour remains. If desired, prepare dumplings and cook on top of thickened stew, according to directions in recipe for Dumplings for Stew.

**BRISKET OF BEEF WITH BEANS****Number 1**

2 cups dried beans	2 pounds brisket	salt and pepper
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Soak beans over night. Place in pot with water in which they were soaked, and cover. Season meat with salt and pepper, and let stand while heating beans slowly to boiling point. When boiling point is reached, add meat, cover pot tightly and let simmer two and a half hours or until beans and meat are tender. If necessary, add more hot water during cooking.

**Number 2: with Beans and Vegetables**

Follow directions in preceding recipe, but use only 1 cup of beans, and add, during last hour of cooking, 1 cup stewed tomatoes, 1 cup whole kernel corn, ¼ cup diced celery, and 1 small diced onion.

**Number 3: with Baked Beans**

2 pounds brisket	1½ teaspoons salt	1 tablespoon molasses
2 cups navy beans	1 tablespoon prepared mild mustard	¼ cup brown sugar

Soak beans over night. Place in pot with water in which they were soaked, cover, add ½ teaspoon of the salt, heat slowly to boiling point, and let simmer until the skins break. Drain, but keep bean liquid at boiling point. Put the meat in a casserole, and add the beans. Blend together the remaining teaspoon of salt, the mustard, molasses and brown sugar with 1 cup of the hot bean liquid, and pour this mixture over the beans in casserole. Taste, and add more molasses and brown sugar if desired. Add enough hot bean liquid (or hot water) to cover the beans, cover the casserole tightly, and let cook in oven at 275 degrees for five hours or until meat is tender.

**BRISKET OF BEEF WITH CABBAGE**

2 pounds brisket	2 tablespoons fat	1 small onion
boiling water	1 small head cabbage	salt and pepper

Put meat in pot with boiling water to cover, cover pot, and let simmer until meat is almost tender. Heat fat in a frying pan, cut cabbage into shreds and add, chop onion fine and add, and let brown. Add browned cabbage and onion to meat, and let simmer until all are tender. This may be made sweet and sour by adding

vinegar and sugar to taste, about 2 tablespoons of each, at the same time as the browned cabbage and onion are added. If the broth is too thin when the meat is done, blend 1 tablespoon flour to a smooth paste with 1 tablespoon cold water, add paste to broth, and let cook, stirring constantly, about 5 minutes until smooth and thickened.

#### BRISKET OF BEEF WITH CARROT TZIMMES

2 pounds fat brisket	5 carrots, diced or sliced	½ cup brown sugar,
salt and pepper	2 tablespoons fat	if desired
	2 tablespoons flour	

Sprinkle meat with salt and pepper, and let stand for several hours. Place in pot, add water to cover, cover pot and let simmer two hours or until almost tender. Uncover, add carrots, cover again, and let simmer until meat and carrots are tender. Heat fat in frying pan, stir in the flour, and let cook until the mixture bubbles. Gradually add 1 cup of the liquid in which the meat and carrots cooked, and let mixture simmer in frying pan, stirring constantly, until smooth and thickened. Add salt and pepper, and, if desired sweet, brown sugar. Stir well until sugar is dissolved. If sauce is too thick, dilute with more meat liquid. Remove meat and carrots from pot, place in baking pan, cover with the sauce, and let bake in oven at 350 degrees until well browned.

#### BRISKET OF BEEF WITH POTATOES AND PRUNES

1 pound fat brisket	5 sweet potatoes, diced	½ cup sugar
1 pound prunes	salt and pepper	sour salt or lemon juice

Wash prunes and soak over night in cold water to cover. Sprinkle meat with salt and pepper, put in pot, add prunes with water in which they were soaked, add more water to cover meat. Cover pot, and let simmer an hour until meat is nearly tender. Remove meat and prunes, put potatoes in pot, and replace meat and prunes over them. Add sugar, add sour salt or lemon juice to taste, cover pot, and let simmer 30 minutes longer until potatoes and meat are tender.

#### BRISKET OF BEEF WITH SAUERKRAUT

4 cups sauerkraut	2 potatoes, grated	1 whole onion
3 pounds brisket	1 tablespoon sugar	boiling water
	1 teaspoon caraway seeds	

Spread half of sauerkraut in a pan, lay meat over it. Mix grated potatoes, sugar and caraway seeds with remaining sauerkraut, and spread over meat. Add onion, add boiling water to cover, cover pan tightly, and let simmer over slow fire three hours or until meat is tender. Remove onion before serving.

## TONGUE

#### STEWED FRESH TONGUE

1 fresh beef tongue	1 tablespoon salt	6 peppercorns
water to cover	1 onion, sliced	2 bay leaves
	6 whole cloves	

Place tongue in pot with hot or cold water to cover, add remaining ingredients, cover pot and let simmer three to four hours until tender. Remove from fire, let tongue stand in liquid until cool enough to handle. Remove tongue, peel off outer skin and trim off root, and return to liquid. If desired to serve hot, re-heat. If desired to serve cold, let tongue stand in liquid until lukewarm, then chill in refrigerator. If removed from liquid or allowed to cool in liquid at room temperature, tongue will shrink considerably. Keep adding hot water during cooking so that tongue is always covered. Slice, and serve. Cloves, peppercorns and bay leaves may be omitted, if desired.

**BRAISED TONGUE WITH VEGETABLES**

1 fresh beef tongue	$\frac{1}{4}$ cup fat	salt and pepper
$\frac{1}{2}$ cup each, diced	$\frac{1}{4}$ cup flour	2 tablespoons
carrots, celery, onions	2 cups tongue liquid	Worcestershire Sauce
	2 cups strained tomatoes	

1. Stew the tongue for two hours according to directions in recipe for Stewed Fresh Tongue. Remove tongue from liquid, peel off outer skin and trim off root. Place diced vegetables in roasting pan, and lay tongue over them. 2. Heat the fat in a frying pan, stir the flour into the hot fat, and let cook, stirring constantly, for 3 minutes. Gradually add 2 cups of the hot liquid in which the tongue was cooked, and let simmer, stirring constantly, until the mixture is thickened and smooth. Season tomatoes to taste with salt, pepper and Worcestershire Sauce, and add to mixture in frying pan. 3. Pour over tongue and vegetables in roasting pan, cover, and let cook in oven at 300 degrees for two hours or until tender. Serve the sauce with the tongue.

**SWEET AND SOUR STEWED TONGUE****Number 1**

1 fresh beef tongue	1 tablespoon flour	3 cloves
2 cups tongue liquid	1 tablespoon	2 tablespoons raisins
$\frac{1}{2}$ teaspoon salt	fine-ground almonds	$\frac{1}{4}$ cup brown sugar
1 tablespoon fat	1 stick cinnamon	1 tablespoon molasses
1 onion, chopped fine		juice of 1 lemon

Stew the tongue according to directions in recipe for Stewed Fresh Tongue. Slice the tongue. Add salt to 2 cups of liquid in which tongue was cooked, and heat until hot but not boiling. Heat fat in pan, add onion, and let brown slightly. Set onion aside. Stir flour into hot fat, and let cook until the mixture bubbles. Gradually add hot tongue liquid, and let simmer, stirring constantly, about 5 minutes or until mixture is well blended and thickened. Return browned onion to mixture, add almonds, cinnamon, cloves and raisins, and mix well. Blend brown sugar with molasses and lemon juice, and add to mixture. Let simmer, stirring constantly, about 10 minutes, or until well blended. Taste, and if desired add more salt, sugar and lemon juice. Add sliced tongue, let simmer only until heated thoroughly, and serve immediately in the sauce.

**Number 2: with Potatoes**

1 fresh beef tongue	juice of 1 lemon	2 cups tongue liquid
2 cups stewed tomatoes	$\frac{1}{4}$ cup sugar	small potatoes
	salt and pepper	

Stew the tongue for two hours according to directions in recipe for Stewed Fresh Tongue. Remove tongue from liquid, peel off outer skin and trim off root. Place in roasting pan. Mix tomatoes, lemon juice, sugar, salt and pepper. Taste the mixture, and if desired add more lemon juice, sugar and salt. Pour over tongue in roasting pan, and add 2 cups of liquid in which tongue was cooked. Peel small potatoes, and arrange in liquid around tongue. Cover pan, and let cook in oven at 300 degrees for two hours or until tender. Turn tongue once, and baste occasionally.

**Number 3: with Cranberries**

1 fresh beef tongue	1 cup stewed cranberries	1 tablespoon whole cloves
1 cup tongue liquid	1 cup brown sugar	$\frac{1}{2}$ lemon, sliced
	$\frac{1}{4}$ cup melted chicken fat	

Stew the tongue according to directions in recipe for Stewed Fresh Tongue. Slice the tongue. Mix 1 cup of the liquid in which tongue was cooked with remaining ingredients, put in pot, add sliced tongue, let simmer only until heated thoroughly, and serve immediately in the sauce.

## L I V E R

Liver is a most valuable food, for it is rich both in iron and in vitamins. Calf's liver is the most delicate in flavour, and is usually considered the choicest. Lamb's liver is just as tender, is cheaper, and may be substituted for calf's liver when available. Calf's liver can be distinguished from beef liver by its lighter color. Calf's and lamb's liver are tender enough to be broiled or fried; beef liver should be cooked by some other method.

Liver spoils quickly, so should be perfectly fresh and odorless when purchased, and should be cooked immediately. Be careful not to overcook liver, for it will become tough and dry if overcooked.

Liver must be kashered separately from other meat. It must be cut open in both directions, washed in cold water, then broiled lightly until seared on all sides. The drippings may not be used. Liver is not salted like other meat, but must be salted while being broiled. After being broiled, the liver must be washed by having water poured over it. It is then ready for use.

### BROILED LIVER

Have liver sliced  $\frac{1}{2}$  inch thick. Place on a greased broiling rack, and broil at moderate heat until brown on both sides, turning occasionally. Spread with chicken fat, sprinkle with salt and pepper, and serve.

### SAUTED LIVER

Have liver sliced  $\frac{1}{2}$  inch thick. Dip in flour, and fry over low heat in a well-greased frying pan until brown on both sides. Turn occasionally. Sprinkle with salt and pepper, and serve.

### BAKED LIVER (LIVER POT-ROAST)

1½ pounds liver, calf's or beef	3 onions, sliced flour, salt, pepper	2 bay leaves 8 cloves
2 tablespoons fat	1 cup hot water	5 peppercorns

Cut liver into portions for serving, or leave it whole. Heat fat in pot, add sliced onions, and let cook until yellow. Sprinkle liver with flour, and brown on all sides in the hot fat. Sprinkle with salt and pepper. Add water and remaining ingredients, cover pot tightly, and let simmer over slow fire only until liver is tender; or bake tightly covered in oven at 350 degrees. The spices may be omitted if desired.

### CHOPPED LIVER

#### Number 1

Follow directions given in recipes for Chopped Liver Mixtures in section of this book on "Appetizers." Chop the liver and eggs rather coarse.

#### Number 2

3 cups cooked liver, diced	3 onions	vinegar
3 hard-cooked eggs	salt and pepper	oil or chicken fat

Chop the liver and eggs rather coarse, the onions very fine. Mix, add salt, pepper, vinegar and oil or chicken fat to taste, and mix well. Serve on lettuce leaves.

### CHOPPED LIVER LOAF WITH CORNED BEEF

1½ pounds beef liver	1 egg, beaten	¼ cup cold water
1 cup bread crumbs	1 teaspoon salt	1 tablespoon lemon juice
1 onion, chopped fine	¼ teaspoon pepper	¼ pound fat corned beef

Simmer the liver in salted water to cover for 15 minutes. Drain. Remove the thin

skin in which liver is enclosed. Chop the liver, and mix well with remaining ingredients, except corned beef. Line a bread pan with slices of corned beef, pack the liver mixture into the bread pan, and cover with additional slices of corned beef. Bake uncovered in oven at 350 degrees for an hour.

## PICKLED MEAT

### CORNED BEEF or TONGUE

1 five-pound beef tongue or 5 pounds brisket	$\frac{1}{4}$ teaspoon saltpetre 2 tablespoons lukewarm water	2 cloves garlic, sliced $\frac{1}{2}$ teaspoon paprika 1 to 4 tablespoons mixed spices
1 cup salt		
3 pints water	2 tablespoons sugar	

Mix salt and water, and stir until salt is dissolved. Dissolve the saltpetre in the lukewarm water and add. Add remaining ingredients, and mix thoroughly. Place meat in a stone jar, pour in the liquid to cover the meat. Place a plate over the meat, and a heavy weight over the plate. Let stand in a cold place for 21 days. Turn the meat 4 times during this period.

To cook the meat, whether brisket or tongue, follow the directions given in recipe for Stewed Fresh Tongue. The spices specified in that recipe may be omitted. Wash the meat before stewing it. If it is too salty, soak it in cold water several hours or over night, and drain; if you wish to cook it at once, place it in a pot with cold water, heat to boiling point, drain, and add fresh water to cover.

### CORNED BEEF AND CABBAGE

$2\frac{1}{2}$ pounds corned beef	water to cover	3 pounds cabbage
	1 large onion	

Wash meat in cold water or, if too salty, let soak in cold water over night. Place meat in pot, add onion, add hot or cold water to cover. Cover pot, let simmer three hours or until meat is tender. Remove meat. Cut cabbage into serving portions, add to meat broth and let boil uncovered until nearly tender. Add meat again, and let simmer with cabbage until cabbage is tender and meat is hot.

### NEW ENGLAND BOILED DINNER

3 pounds corned beef	3 medium carrots	1 small head cabbage
water to cover	2 small turnips	6 medium potatoes
3 medium parsnips		4 medium onions

Wash meat in cold water or, if too salty, let soak in cold water over night. Place meat in pot, add hot or cold water to cover, cover pot, and let simmer four hours or until tender. An hour before serving, cut parsnips and carrots in quarters lengthwise and add, slice turnips and add, cut cabbage into quarters and add. Half an hour before serving, cut potatoes into quarters and add with onions. Arrange vegetables around meat when serving.

### STUFFED MILTZ (SPLEEN)

1 beef spleen	2 tablespoons fat	1 onion, sliced
kashe or bread stuffing		1 cup hot water

Have veins removed from spleen, and a pocket cut in it. Prepare kashe according to directions in recipe for Kashe. Fill pocket with kashe (or with stuffing), and sew up. Heat fat in pan, add onion and let brown slightly, add spleen, and brown on all sides. Add hot water, cover pan, and let simmer two and a half hours or until tender. Preferably, slip a rack under spleen. Add more hot water if necessary.

**STUFFED KISHKE**

1 cup flour	$\frac{1}{3}$ cup fat	beef casings
$\frac{1}{4}$ cup onions, chopped fine	$\frac{3}{4}$ teaspoon salt	3 onions, sliced
	$\frac{1}{4}$ teaspoon pepper	$\frac{1}{4}$ cup fat

Blend together the flour, fat, chopped onions, salt and pepper. Clean casings thoroughly, and cut in 4-inch lengths. Tie one end of each length with thread like a sack, or sew, stuff lightly with flour mixture, allowing room for stuffing to expand during cooking, tie or sew other end. Place in roasting pan, add  $\frac{1}{4}$  cup fat, add sliced onions, and let bake uncovered at 325 degrees until well browned. Baste frequently with fat in pan. Or, instead of baking in oven, let boil gently in water to cover for two hours or longer, then brown in hot fat in a frying pan. Or cook in pot with soup.

**LEFT-OVER MEATS****BLINTZES**

2 cups ground cooked meat	$\frac{1}{2}$ onion, chopped fine, if desired	2 tablespoons soup stock or water or tomato juice
1 egg, beaten	salt and pepper	

Mix ingredients lightly but well. Follow exactly directions given in recipe for Cheese Blintzes, using meat mixture instead of cheese mixture.

**MEAT CREPLECH AND QUENNELLES****MEAT STRUDEL**

For Creplech and Quennelles, see recipes in section of this book on "Soup Accessories." For Strudel, see recipe in section on "Pastries."

**CASSEROLE OF MEAT AND RICE**

2 cups cooked meat, cut in $\frac{1}{2}$ -inch cubes	2 medium onions, cut in shreds	1 tablespoon Worcestershire Sauce
2 cups soup stock	salt and pepper	2 tablespoons fat
1 cup stewed tomatoes		$\frac{1}{2}$ cup uncooked rice

Place meat cubes in pot, add soup stock, tomatoes, one of the onions, salt and pepper, and Sauce. Bring to boiling point, let simmer 10 minutes. Heat fat in frying pan, add the other onion and the uncooked rice, let brown slightly. Add browned onion and rice to meat mixture, turn all into a greased casserole, and let bake at 375 degrees 40 minutes or until rice is tender.

**CASSEROLE OF MEAT AND VEGETABLES**

2 tablespoons fat	$1\frac{1}{2}$ cups cooked meat, cut in $\frac{1}{2}$ -inch cubes	1 cup cooked rice
1 onion, sliced	1 cup soup stock or gravy	1 cup stewed tomatoes
$\frac{1}{2}$ cup cooked carrots, diced		salt and pepper
$\frac{1}{4}$ cup diced celery		2 tablespoons chopped parsley

Heat fat in frying pan, add onion slices and let brown. Add remaining ingredients, mix well, turn into a greased casserole, and let bake at 425 degrees 15 minutes or until mixture bubbles.

**STUFFED GREEN PEPPERS**

6 green peppers	salt and pepper	1 egg, if desired
$1\frac{1}{2}$ cups ground cooked meat	$\frac{3}{4}$ cup soft bread crumbs or cooked rice	1 tablespoon melted fat
		$\frac{1}{2}$ onion, chopped fine

Cut off stem end of peppers, and remove inner fibres and seeds. Scald peppers in boiling water for 3 or 4 minutes, and drain. Combine remaining ingredients, and fill peppers with the mixture. Place peppers upright in a greased pan, and bake in oven at 350 degrees until peppers are tender and meat is browned. Baste occasionally with melted fat diluted with 3 or 4 parts hot water.

**KNISHES**

2 cups ground cooked meat salt and pepper	$\frac{1}{2}$ cup mashed potatoes or other mashed cooked vegetables	1 egg, if desired 1 teaspoon onion juice pie dough
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Mix ingredients lightly but well. Roll out pie dough on a floured board into a thin sheet, and cut in squares. Place a mound of meat mixture on each square, and bring the opposite corners of the square up over the meat towards each other. Fold the end of each corner down, and press firmly, so that a little meat shows in the centre of the knishe. Place in a very well greased baking pan, and bake in oven at 350 degrees until well browned. Baste the knishes occasionally with the fat in the pan.

**MINCED MEAT POT-PIE**

2 cups ground cooked meat 2 tablespoons fat 1 onion, chopped fine	1 green pepper, chopped 2 tablespoons raisins $\frac{1}{2}$ cup olives, chopped	1 cup soup stock or water salt and pepper 2 hard-cooked eggs, sliced pie dough
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Heat fat in frying pan, and fry onion and green pepper until tender. Mix lightly but well with remaining ingredients, except hard-cooked eggs, and turn into a greased pudding dish. Cover meat mixture with slices of hard-cooked eggs, and then with pie dough. Press dough firmly over edges of pudding dish. Make several incisions in dough to allow steam to escape. Bake in oven at 450 degrees for 20 minutes or until crust is well browned.

**RISSOULES**

2 cups ground cooked meat 1 cup soft bread crumbs	$\frac{1}{4}$ cup water or tomato juice	1 onion, chopped fine salt and pepper 1 egg, slightly beaten
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Mix ingredients lightly but well, and form into small cakes. Place in greased baking pan, brush with melted fat, and bake in oven at 350 degrees until browned.

**SHEPHERD'S PIE**

With any left-over meat you may have grind a raw onion, bread crumbs, cooked left-over vegetables such as carrots, turnips, or celery, and season well with salt and pepper. If desired, mix in 1 or more beaten eggs, according to the quantity of the other ingredients. Spread a greased pan with a layer of mashed potatoes, spread ground meat mixture over this layer, and top with another layer of mashed potatoes. Brush with chicken fat, and bake at 350 degrees until potatoes are browned.

**MEAT TIMBALES**

1 cup ground cooked meat 4 eggs	salt and pepper 1 cup cold water or soup stock 1 onion, chopped fine	1 cup cooked vegetables, chopped fine 1 teaspoon paprika
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Beat eggs slightly with water or soup stock, add other ingredients, and mix. Pack into greased timbale moulds, set in a pan of hot water in oven, and let cook at 350 degrees until firm to the touch.

**STUFFED HELZEL (CHICKEN NECK)**

Prepare mixture for Stuffed Kishke, using  $\frac{1}{3}$  of the amount of each ingredient. Fill chicken neck lightly, allowing room for stuffing to expand during cooking, tie or sew ends, and scald in boiling water for a few moments. Scrape outside surface of neck clean. Cook with soup or roast.

**VEAL**

Although veal, being the flesh of a young animal, is tender, it includes a large proportion of connective tissue, and therefore requires long, slow cooking. For

this reason, it should not be broiled; and, if roasted, should be roasted for a long time at a low temperature. It should always be cooked well done. Veal is deficient in flavour, and should therefore be much more highly seasoned than beef. Otherwise, recipes for veal and beef are mostly interchangeable.

#### ROAST VEAL

Sprinkle meat with salt and pepper, and, if desired, with flour, and place on rack in roasting pan. Cut an onion into shreds, and sprinkle over top of meat. Place in oven pre-heated to 300 degrees, and roast at this temperature, allowing 25 to 30 minutes per pound. If the roast has been boned, allow 10 minutes more per pound. Do not cover roasting pan, and add no water. Since veal is lacking in fat, put 3 tablespoons of fat in the roasting pan, and baste frequently with the fat.

#### ROAST STUFFED SHOULDER OF VEAL

Have shoulder boned. Sew up edges on three sides, leaving one side open for stuffing. Rub inside and outside with salt and pepper. Fill cavity with any stuffing desired, and sew up opening or fasten with skewers. Sprinkle with flour, top with shredded onion, and roast according to directions in preceding recipe.

#### ROAST STUFFED BREAST OF VEAL

Have pocket cut in meat, and follow directions in preceding recipe.

#### BREADED VEAL CUTLETS

Have cutlets cut  $\frac{1}{2}$  inch thick. Season well with salt and pepper. Dip in flour or bread crumbs, let stand to dry, then in beaten egg diluted with 1 or 2 tablespoons cold water, and again in bread crumbs. Preferably, let stand in refrigerator 15 minutes so that crumbs may set. Fry in a small amount of hot fat until well browned on both sides. Pour a little water or tomato juice (not more than 1 cup) into frying pan, cover, and let simmer 45 minutes; or bake covered in oven at 300 degrees for 45 minutes. The cutlets may be simmered first, then breaded and fried.

#### DEEP-FRIED VEAL CUTLETS

Have cutlets cut in small pieces. Let simmer in water 45 minutes or until tender, dip in fritter batter and fry in deep fat at 375 degrees until well browned. (If a 1-inch cube of bread browns in deep fat in 50 seconds, the temperature is 375 degrees).

#### VEAL AND SPAGHETTI IN TOMATO SAUCE

1½ pounds veal	2 cloves garlic, chopped	1 teaspoon salt
4 cups tomato juice	2 bay leaves	½ teaspoon pepper
2 onions, chopped fine	2 teaspoons sugar	2½ cups cooked spaghetti

Cut veal into 1 or 1½-inch cubes, place in pot, add tomato juice to cover, add onions, garlic, bay leaves, sugar and salt, and let simmer covered an hour and a half or until meat is tender. Add cooked spaghetti, and mix well. Taste, and add more seasonings if desired. Heat thoroughly, and serve.

#### CURRIED VEAL

1½ pounds veal, cut in ½-inch cubes	1 or 2 cloves garlic	1 cup chopped sour apples
2 tablespoons fat	1 tablespoon curry powder	¼ cup ground almonds
2 onions, sliced	1½ cups boiling water or hot tomato juice	1 teaspoon salt
		3 cups cooked rice

Heat fat in frying pan, add onion, garlic, and curry powder, and let cook until onion is yellow. Remove garlic, if desired. Add meat, and brown lightly. Add water or tomato juice, chopped apples, ground almonds, and salt, and blend thoroughly. Cover, and let simmer over slow fire an hour or until meat is tender. Serve on a bed of hot, cooked rice.

**VEAL CHOP SUEY**

Follow directions in recipe for Chicken Chop Suey, using 1 pound raw veal cutlet, cut in 1-inch cubes, instead of the cooked chicken. Add the veal cubes to the fat with the onions, and brown the veal cubes lightly on all sides before adding remaining ingredients.

**PRESSED OR JELLIED VEAL**

veal, or half veal	hot water	1 bay leaf, if desired
and half chicken	½ teaspoon peppercorns	1 onion
knuckle of veal		salt and pepper

Have knuckle of veal sawed in pieces. Place in pot, add meat, add hot water to cover, add peppercorns, bay leaf if desired, and onion, cover pot tightly, and let simmer until meat is very tender. By this time, liquid in pot should be reduced to about 1 cup. Strain liquid, chill, and remove fat. Grind meat very fine until like powder, and season highly with salt and pepper. Prepare in either of the following ways:

**Number 1**

Add to the ground meat enough of strained liquid to bind it. Pack into a greased bread pan, and press with a heavy weight. Or form into shape of a loaf, place on plate, cover with another plate, and cover plate with a heavy weight. Chill loaf thoroughly. Serve whole, garnished with parsley and lemon slices. Slice at table, and serve with pickles and olives.

**Number 2**

Grease a large mould, or several small, individual moulds. Line bottom of mould with a layer of sliced, hard-cooked eggs, cover, if desired, with a layer of chopped parsley, then pack in a layer of ground meat. Repeat with another layer of eggs, parsley if desired, and meat. Pour strained liquid over meat. Press with a heavy weight, and chill thoroughly. When ready to serve, dip mould in hot water for a few seconds, and turn out onto a plate. Serve with pickles and olives.

**LAMB AND MUTTON**

Lamb is the flesh of sheep less than a year old; mutton is the flesh of older sheep. Mutton is rarely available. The fat of lamb and particularly of mutton has a strong, distinctive flavour, which many find unpleasant. It should be trimmed off the meat before using it for soups or stews, and it should not be rendered and used for frying other foods. Lamb and mutton should be cooked well done or medium, not rare.

**ROAST LAMB**

Follow directions in recipe for Roast Beef, using either the Even-Temperature or the Searing method.

**Number 1: Even-Temperature Method**

The following figures are for a roast of lamb cooked at an even temperature of 325 degrees throughout, and sliced immediately upon removal from the oven. Allow 10 minutes more per pound if the meat has been boned.

*Medium*

Allow 35 minutes per pound for roasts under 6 pounds, and 32 minutes per pound for roasts over 6 pounds.

*Well Done*

Allow 45 minutes per pound for roasts under 6 pounds, and 40 minutes per pound for roasts over 6 pounds.

**Number 2: Searing Method**

The following figures are for a roast of lamb seared for 15 to 20 minutes at 500 degrees, cooked during the remainder of the time at 325 degrees, and sliced immediately upon removal from the oven. Allow 10 minutes more per pound if the meat has been boned.

*Medium*

Allow 27 minutes per pound for roasts under 6 pounds, and 23 minutes per pound for roasts over 6 pounds.

*Well Done*

Allow 37 minutes per pound for roasts under 6 pounds, and 32 minutes per pound for roasts over 6 pounds.

**ROAST STUFFED BREAST OF LAMB**

Prepare meat according to directions in recipe for Roast Stuffed Breast of Veal or Roast Stuffed Shoulder of Veal, and roast by either the Even-Temperature or Searing method.

**ROAST STUFFED SHOULDER OF LAMB****BROILED LAMB CHOPS**

Have chops cut from  $\frac{3}{4}$  to 2 inches thick, and follow instructions for Broiled or Pan-broiled Steak.

**PAN-BROILED LAMB CHOPS****BREADED LAMB CHOPS**

Have chops cut  $\frac{3}{4}$  to 1 inch thick. Season with salt and pepper. Dip in flour or bread crumbs, let stand to dry, then dip in beaten egg diluted with tablespoon cold water, and again in bread crumbs. Preferably, let stand in refrigerator 15 minutes so that crumbs may set. Fry in a small amount of hot fat until well browned on both sides, then bake in oven in uncovered pan at 350 degrees for 15 minutes or until tender.

**BRAISED LAMB CHOPS WITH VEGETABLES**

4 shoulder chops	$\frac{1}{2}$ cup each, diced	1 cup diced carrots
1 tablespoon fat	turnips, celery, onion	1 cup water
salt and pepper		or strained tomatoes

Heat fat in frying pan, brown chops on both sides in the hot fat. Season with salt and pepper. Mix the diced vegetables together, season with salt and pepper, place in baking pan and lay the meat over the vegetables. Add the water, cover pan tightly and let bake at 325 degrees two hours or until meat is tender; or let simmer on top of the stove.

**STUFFED LAMB CHOPS**

Have chops cut  $1\frac{1}{2}$  to 2 inches thick. Slit lean meat in half, cutting to the bone. Fill slit with any stuffing desired. Broil stuffed chops; or braise them as in recipe for Braised Lamb Chops with Vegetables; or bread them and roast on a rack in a covered roasting pan at 325 degrees for an hour and a half or until tender.

**CURRIED LAMB****Number 1**

2 pounds shoulder	$\frac{1}{4}$ teaspoon thyme	$1\frac{1}{2}$ teaspoons
1 tablespoon fat	$2\frac{1}{2}$ teaspoons salt	curry powder
1 onion, diced	2 tablespoons flour	or 1 tablespoon
3 cups hot water	$\frac{1}{4}$ cup cold water	Worcestershire Sauce
or strained tomatoes		3 cups cooked rice

Cut meat into 1-inch cubes. Heat fat, brown meat cubes and onion in hot fat. Add hot water, thyme and salt, and let simmer an hour and a half or until meat is tender. Mix flour and curry powder, and blend to a smooth paste with the cold water. Stir into meat liquid, and let cook, stirring constantly, until well blended and thickened. Line a greased baking dish on sides and bottom with cooked rice, pressing rice firmly into place. Fill centre with meat mixture, and bake at 350 degrees for 20 minutes.

**Number 2**

Follow directions in recipe for Curried Veal, substituting lamb for the veal.

**LAMB AND SPAGHETTI IN TOMATO SAUCE**

Follow directions in recipe for Veal and Spaghetti in Tomato Sauce.

## POULTRY

In order to select a fowl — whether a chicken, duck, goose or turkey — it is necessary first to decide how you wish to cook it. If you wish to cook it by a dry heat method, as broiling, frying or roasting, you will need a fowl that is tender, since dry heat has little effect on tenderness; and you will need a more tender fowl for broiling or frying than for long, slow roasting. If you wish to cook the fowl by a moist heat method, as in stewing, tenderness will not be an objective, and you will bear in mind that the tougher the meat the more full of flavour it will be.

The tenderness of meat being directly related to age, the evidences which a fowl shows of its age will also be evidences of its tenderness. These evidences are as follows: The younger the fowl, the smoother and softer its skin: as it grows older, its skin becomes rougher and coarser. The younger the fowl, the shorter and more delicate its hairs; as it grows older, the hairs become longer and coarser. The younger the fowl, the smoother its legs, and its toes are easily bent; as it grows older, its legs become rough and scaly, and its toes brittle. Perhaps the best way to judge the age of a fowl is to press the end of the breast-bone farthest from the head: the more easily it bends, the younger the fowl; if it cannot be bent without breaking it, the fowl is old.

Any fowl, whatever its age, should be compact in shape rather than long; the skin should not be bruised or broken; and both skin and flesh should be firm but soft and elastic to the touch. Young fowl are lacking in fat; older fowl should be plump. Ducks and geese have much more fat than have chicken and turkey. Young fowl have a much larger proportion of bone to flesh than have mature fowl; which means that there is not so much to eat per pound of young fowl as there is per pound of old fowl.

The recipes which follow are given for chicken, but may be used for any fowl, including duck, goose, turkey and pigeon.

### BROILED CHICKEN

A chicken selected for broiling should be very young, weighing not more than 2½ pounds before it has been drawn. Split the chicken in half lengthwise, first down the back, then down the front, break the joints, and remove the ribs and breast-bone. If the chicken is lacking in fat, as it probably will be, brush the halves well with melted fat on both sides, and grease the broiler well. Pre-heat broiler to 350 degrees, insert chicken, placing it with flesh side towards the source of heat and about 4 inches away from it. Broil on flesh side about 12 minutes, until flesh side is delicately browned; then turn, and broil on skin side about 10 minutes, until skin side is delicately browned. Repeat, until chicken is done, 45 to 60 minutes. Baste as often as necessary. Season with salt and pepper, and serve on hot platter with skin side up.

### DELMONICO BROILED CHICKEN

1 broiling chicken	1 teaspoon vinegar	¾ cup soft bread crumbs
salt and pepper	½ teaspoon paprika	1 teaspoon
¼ cup chicken fat		prepared mustard

Broil chicken according to directions in preceding recipe until it is half done.

Sprinkle on both sides with salt and pepper. Blend together the chicken fat, vinegar, paprika and mustard, and spread mixture over chicken. Sprinkle with bread crumbs, and bake in oven at 350 degrees until crumbs are well browned.

### FRIED CHICKEN

There are two methods of frying, (1) in a small amount of fat, which really is not frying at all but saute-ing; and (2) in a large amount of fat, deep enough to cover or almost cover the food being fried.

#### Number 1: Sauted Chicken

A chicken selected for saute-ing need not be as young as for broiling, but should not be much older and should weigh not more than 3½ pounds before it has been drawn. Cut the chicken into pieces for serving, dip each piece quickly in cold water, then sprinkle with salt and pepper, and roll in plenty of flour; or roll in fine, dry bread crumbs, let stand 10 minutes to dry, then dip in slightly beaten egg diluted with 1 or 2 tablespoons cold water, and again in bread crumbs, and let stand another 10 minutes to dry; or use matzo meal instead of bread crumbs. Saute chicken slowly until well browned, and tender enough to admit a fork easily. Use drippings in pan to make gravy.

#### Number 2: Deep-Fried Chicken

Chicken fried in deep fat should be cooked by some other method either before or after being fried in deep fat. If this is not done, it will be necessary to take your choice between chicken which is nicely browned on the surface but raw inside, and chicken which is well-cooked throughout but soggy with fat. The recipe immediately following is given for those who do not mind the fat.

#### Fried Raw Chicken

Cut a tender young chicken (same age as for saute-ing) into pieces for serving. Prepare for frying according to directions in recipe for Sauted Chicken; or dip in fritter batter. Fry in deep fat heated to 350 degrees until browned, reduce heat considerably, and let cook until done. Drain, and serve immediately. (If a 1-inch cube of bread browns in deep fat in 75 seconds, the temperature is 350 degrees).

#### Fried Raw Chicken, Roasted

Cut a tender young chicken (same age as for roasting, or younger) into pieces for serving. Prepare for frying according to directions in recipe for Sauted Chicken; or dip in fritter batter. Fry in deep fat heated to 375 to 390 degrees until browned. Drain, transfer to baking pan, and roast uncovered in oven at 300 degrees or until tender. (If a 1-inch cube of bread browns in deep fat in 50 to 40 seconds, the temperature is 375 to 390 degrees).

#### Fried Cooked Chicken

Cut a cooked chicken (any age) into pieces for serving. Prepare according to directions in recipe for Sauted Chicken; or dip in fritter batter. Fry in deep fat heated to 375 to 390 degrees until browned. Drain and serve immediately.

### ROAST CHICKEN

A chicken selected for roasting should be young and plump, and should weigh not more than 5½ pounds before it has been drawn; unless it is a capon, in which case it may weigh up to 8 pounds. If the end of the breast bone farthest from the head is not flexible, the chicken is too old to be roasted.

#### Number 1: Even-Temperature Method

Rub the chicken inside and out with a clove of garlic cut in two, and with salt, pepper and ginger. Fill lightly with stuffing, allowing room for the stuffing to

expand during cooking, and truss. Brush skin well with melted fat. Place on rack in roasting pan breast side down, and, in order to ensure that skin will be brown and crisp, cover with a cloth moistened with melted fat. Put roasting pan in oven pre-heated to 325 degrees, and let chicken cook with breast side down for half the total cooking time. Do not cover the roasting pan, otherwise chicken will not be roasted but steamed (that is, braised). Turn chicken breast side up for second half of cooking time, and cover again with the cloth moistened with melted fat. As the fat dries out of the cloth, keep pouring more fat over it. If chicken is not well browned towards end of cooking time, remove cloth. Allow 30 minutes per pound for a chicken over 5 pounds, and 22 to 25 minutes per pound for a chicken under 5 pounds.

#### Number 2: Searing Method

Follow directions as for Even-Temperature method, but pre-heat oven to 475 to 500 degrees, brown chicken on all sides for about 20 minutes, reduce heat to 325 degrees, cover with a cloth moistened with melted fat, and let cook at this temperature until done.

### BRAISED AND STEWED CHICKEN

A chicken selected for braising (that is, for cooking in a small amount of water, as in pot roasting) may be mature (older than for roasting), and may weigh more than 5½ pounds before it has been drawn. It should be young enough, however, so that the end of the breast bone farthest from the head may be bent without being broken. A chicken selected for stewing (that is, for simmering in water to cover) may be as old as you like.

#### CHICKEN POT ROAST

1 chicken	salt, pepper, ginger	½ cup diced celery
1 clove garlic	2 cups hot water	1 bay leaf, if desired
	1 onion, sliced	

Rub chicken inside and out with a clove of garlic cut in two, and with salt, pepper and ginger. Fill with stuffing or not, as desired. Truss. Brush skin with melted fat. Place on rack in roasting pan, and brown on all sides for about 20 minutes in oven pre-heated to 475 degrees. Turn breast side up after browning, pour hot or boiling water into roasting pan, add onion, celery, and, if desired, bay leaf. Cover pan tightly, reduce heat to 350 degrees, and let cook at this temperature until chicken is tender. If chicken is not stuffed, onion and celery may be placed in its body. Remove chicken when tender, and use drippings in pan to make gravy.

#### FRICASSEE OF CHICKEN

##### Number 1: Pot Roast Fricassee

1 chicken	2 tablespoons fat	1 cup hot water
1 clove garlic	1 onion, diced	½ cup diced celery
flour, salt, pepper		1 bay leaf, if desired

Rub chicken inside and out with a clove of garlic cut in two, cut chicken in pieces for serving, and sprinkle well with flour. Heat fat in pot, add diced onion and let brown slightly, add chicken and brown on both sides. Add hot water and diced celery, and bay leaf if desired, cover pot tightly and let simmer until chicken is tender. As the water evaporates, keep adding more, a little at a time. Preferably, place chicken on a rack in pot, in which case water may be added with chicken to the depth of the rack. Remove chicken when tender, and use drippings in pot to make gravy. Pour over chicken, sprinkle with chopped parsley, and serve with dumplings or boiled rice.

**Number 2: with Orange**

Follow directions in preceding recipe, but omit garlic, and use orange juice instead of all or part of the water. Grate the shells of the oranges, and add to liquid in pot.

**Number 3: Fricassee of Cooked Chicken**

1 chicken	2 cups hot chicken stock	½ teaspoon
3 tablespoons fat	1 egg, slightly beaten	Worcestershire Sauce
4 tablespoons flour	½ cup cold water	chopped parsley
	1 teaspoon lemon juice	

Cut an old hen at the joints, and make chicken soup. Remove chicken when tender. Heat fat in a frying pan, stir in flour, and let cook, stirring constantly, for 5 minutes. Gradually add hot chicken stock, and simmer over slow fire, stirring constantly, until mixture is smooth and thick. Remove from fire. Beat egg slightly with cold water, add lemon juice. Add this mixture slowly to the flour-and-chicken-stock mixture, and stir well. Re-heat. Add Worcestershire Sauce, and salt and pepper if necessary. Pour over chicken, sprinkle with chopped parsley, and serve with dumplings or boiled rice.

**BRUNSWICK STEW**

1 four-pound chicken	2 onions, sliced	1½ cups green lima beans
1 veal bone, cracked	2 cups stewed tomatoes	1½ cups
4 cups (about) hot water	1 cup chopped okra,	whole kernel corn
1 tablespoon salt	if desired	2 tablespoons fat
¼ teaspoon pepper		2 tablespoons flour

Cut chicken into pieces for serving. Place in pot with bone, add hot water to half cover, add salt and pepper. Bring to a boil, cover pot tightly, and let simmer over slow fire for an hour. Uncover, add onions, tomatoes, okra if desired, and beans, and let cook uncovered 30 minutes. Add corn, and let cook 10 minutes, until chicken and vegetables are tender. Remove bone. Cream fat with flour until well blended, and stir slowly into hot liquid. Bring to a boil, let boil 2 minutes, and serve.

**PRESSED OR JELLIED CHICKEN**

Cut chicken into small pieces, then cook and prepare according to directions in recipe for Pressed or Jellied Veal. Remove skin and bones from chicken carefully before grinding meat.

**CHICKEN PAPRIKA WITH RICE**

1 five-pound chicken	¼ cup chicken fat	1 tablespoon paprika
salt	1 onion, chopped fine	1 cup rice

Cut chicken into pieces for serving. Sprinkle well with salt, and let stand several hours. Heat fat in pot, add onion, and fry until golden brown. Remove onion, and set aside. Add chicken, and brown well. Add hot or boiling water to cover, add paprika, cover pot, and let simmer until chicken is almost tender. Drain off from the chicken 4 cups of the liquid in which it has simmered, leaving about 1 cup in pot with chicken. Cover pot, and let simmer 20 minutes longer until chicken is tender. Meanwhile, put the 4 cups liquid in another pot, add the browned onion, 1 teaspoon salt, bring to a boil, wash and add rice, and let boil gently, uncovered, for 20 minutes or until tender. Drain off any excess liquid, and serve with the chicken.

**CHICKEN PORTOLA**

2 two-pound chickens	1 clove garlic, sliced	½ teaspoon sugar
¼ cup chicken fat	1 green pepper,	¼ cup shredded coconut
or salad oil	chopped fine	1 cup cooked or canned
1 onion, chopped fine	1 cup strained tomatoes	whole kernel corn

Heat fat in frying pan, add onion, garlic and green pepper, and let cook until

onion is browned. Remove garlic if desired, add tomatoes and sugar. Cover pan, and let simmer 10 minutes. Pass through strainer, add coconut and corn to strained sauce, and mix well. Cut chickens into pieces for serving, place in greased baking pan, and cover with the sauce. Cover baking pan, set in another pan half full of boiling water, place in oven preheated to 350 degrees, and let cook an hour or until chicken is tender.

### CHICKEN SPANISH

1 five-pound chicken	2½ cups stewed tomatoes	2 green peppers, diced
flour, salt, pepper	4 carrots, diced	2 cups
¼ cup chicken fat	1 stalk celery, diced	cooked mushrooms
1 large onion, sliced		2 cups cooked peas

Cut chicken into pieces for serving, and sprinkle with flour. Heat fat in frying pan, add onion and let brown, add chicken and brown on all sides. Sprinkle with salt and pepper. Turn into a casserole, cover, and let cook in oven at 300 degrees for an hour. Add tomatoes, carrots, celery and green pepper, cover again, and let cook until tender. Add mushrooms and peas 10 minutes before serving.

## COOKED CHICKEN DISHES

### CHICKEN POT PIE

1 four-pound chicken, stewed	¾ cup diced carrots, boiled	3 tablespoons flour
5 small onions, boiled	½ cup diced mushrooms, sautéd, if desired	2 cups chicken stock salt and pepper
¾ cup green peas, boiled	¼ cup chicken fat	2 egg yolks, beaten
1 cup potato balls, boiled		pie dough

Remove meat from chicken in as large pieces as possible. Invert a small cup in the centre of a deep, greased baking dish, and surround it with the pieces of chicken. Mix together the cooked vegetables, and spread over the chicken. Over all pour a sauce made with remaining ingredients, and cover with a crust of pie dough, ¼ inch thick, pressing dough well over the edges of the baking dish. Make several slits in the crust to allow steam to escape. Bake in oven at 425 degrees until crust is done.

Make sauce as follows: Heat fat in frying pan, stir in the flour, and let cook, stirring constantly, until the mixture bubbles. Gradually add chicken stock and let simmer, stirring constantly, until mixture is smooth and thickened. Season highly with salt and pepper. Beat egg yolks in a bowl, gradually add hot sauce, stirring constantly, so that yolks do not curdle. Pour over chicken and vegetables in baking dish.

### CHICKEN A LA KING

¼ cup chicken fat	¼ cup flour	1 pimento, diced
1 green pepper, chopped fine	1 cup hot chicken stock	salt and pepper
¾ cup sliced mushrooms	2 cups cooked, diced chicken	2 egg yolks
	¾ cup cooked green peas	1 cup cold chicken stock

Heat fat in a frying pan, add green pepper and mushrooms, and let cook until tender. Remove, and set aside. Stir flour into fat, and let cook until the mixture bubbles. Gradually add hot chicken stock and let simmer, stirring constantly, until mixture is smooth and thick. Add diced chicken, cooked green pepper, mushrooms, peas and pimento, and salt and pepper. Heat thoroughly. Remove from fire. Beat egg yolks, mix with cold chicken stock, and add to chicken mixture. Stir well, and serve immediately.

**CHICKEN CHOP SUEY**

1½ cups cooked, shredded chicken breast	1 cup shredded green pepper	2½ cups cooked or canned bean sprouts
3 tablespoons salad oil	1 cup shredded celery	2 tablespoons corn starch
1 teaspoon salt	1 cup shredded Chinese cabbage	1 tablespoon cold water
2 onions, sliced	4 cups chicken stock or water	2 tablespoons Soy sauce
1 cup sliced mushrooms		1 tablespoon sugar

Shredded ingredients should be the size of a match. Heat oil in frying pan, add salt, and blend well. Add onions, and let cook until glassy. Add chicken, mushrooms, green pepper, celery, cabbage and stock or water. Cover, and let simmer over a slow fire 20 minutes. Add bean sprouts. Blend cornstarch to a smooth paste with the cold water, add gradually to chicken-and-vegetable mixture, and let simmer, stirring constantly, for a few minutes until well blended. Add Soy sauce and sugar, and stir until sugar is dissolved. Serve hot with boiled rice.

**CURRIED CHICKEN**

¼ cup chicken fat	3 tablespoons flour	2 cups diced, cooked chicken
2 tablespoons chopped onion	2 teaspoons curry powder	1 teaspoon lemon juice
¼ cup green pepper, chopped fine	2 cups chicken stock salt	¼ cup diced sour apple, or diced raw celery

Heat fat in pot, add onion and let brown slightly, add green pepper, and let cook 3 minutes longer. Mix flour and curry powder, and stir into fat. Let cook, stirring constantly, for 5 minutes. Heat chicken stock until hot but not boiling, add gradually to mixture in pot and let simmer, stirring constantly, until mixture is smooth and thickened. Add salt, chicken, lemon juice and diced apple, or celery, and re-heat. Serve on a bed of hot, cooked rice. If desired, 1 cup of chicken stock may be substituted by 1 cup hot tomato juice.

**CHICKEN PILAF****Number 1: Turkish**

1 cup rice	1 small onion, chopped fine	salt and pepper
2 cups chicken stock or water	1 cup tomato juice	2 cups cooked, diced chicken
	¼ cup melted chicken fat	

Wash rice, and drain. Bring chicken stock or water to a boil with ½ teaspoon salt, add rice and onion, and let boil gently until rice has absorbed all of liquid. Bring tomato juice to a boil, add to rice, and let boil gently until rice is tender. Add 2 tablespoons of the chicken fat to rice, add salt and pepper, and mix lightly. Turn into a greased pudding dish, spread with diced chicken, pour remaining 2 tablespoons of chicken fat over chicken, cover dish, and bake in oven at 350 degrees for 20 minutes.

**Number 2: Persian**

4 cups boiled rice	⅔ cup seedless raisins	6 tablespoons cashews or almonds, chopped fine
2 cups cooked, diced chicken	½ cup green pepper, chopped fine	1 cup tomato juice

Mix together lightly rice, chicken, raisins and green pepper, and place in greased baking dish. Add tomato juice, cover baking dish, and let cook in oven at 300 degrees for 45 minutes or until thoroughly heated. Place on a hot platter, sprinkle with chopped cashews or almonds, and serve.

**GRIEBEN**

Cut the skin of any fowl into 1-inch squares and fry in the fat of the fowl until crisp and well browned. If desired, add chopped onion to the fat after skin has begun to brown. If onion becomes well browned before skin, remove onion. Serve with rye bread.



dish, and let brown in oven at 350 degrees. Add hot water, add fat, and mix well. If desired to add onions, brown them in hot fat, and add. Cover dish, and let bake 20 minutes or until tender. Use as a stuffing; or stir into gravy and serve with roast meat.

#### MISCELLANEOUS STUFFINGS

**APPLE STUFFING:** Follow recipe for Standard Bread Stuffing, but add 1 cup or more of chopped sour apples. **CELERY STUFFING:** Follow recipe for Standard Bread Stuffing, or follow recipe for Parsley Stuffing, but add 1 cup or more of fine-chopped celery. **MUSHROOM STUFFING:** Follow recipe for Standard Bread Stuffing, but fry 6 to 8 diced mushrooms in the fat, then stir the fat with the mushrooms into the bread crumbs. **PARSLEY STUFFING:** Follow recipe for Standard Bread Stuffing, but add 2 tablespoons or more of fine-chopped parsley. **PRUNE-APPLE STUFFING:** Follow recipe for Standard Bread Stuffing, but use only half the quantities specified, and add 1 cup cooked prunes, stones removed and cut in dice, and 1 cup diced sour apples. **RAISIN-NUT STUFFING:** Follow recipe for Standard Bread Stuffing, but add 1 cup seedless raisins, cut up, ½ cup chopped walnuts, and 1 teaspoon sage. **SAGE STUFFING:** Follow recipe for Standard Bread Stuffing, or follow recipe for Parsley Stuffing, but add 2 teaspoons crushed sage leaves or powdered sage.

#### PINEAPPLE-NUT STUFFING

4 cups stale bread, diced	½ cup walnuts,	pinch of cayenne
¾ cup celery,	chopped fine	1½ teaspoons salt
chopped fine	1 pimento or green	¼ cup melted fat
¾ cup pineapple, diced	pepper, chopped fine	2 eggs, not beaten
	1 teaspoon paprika	

Mix together lightly but well the bread, celery, walnuts, pineapple, pimento or green pepper, paprika, cayenne and salt. Stir the eggs into the melted fat, and add to bread mixture, tossing lightly.

#### POTATO STUFFING

2 cups hot mashed	1½ teaspoons salt	2 tablespoons
potatoes	½ teaspoon pepper	onion juice or
1 cup soft bread crumbs	1 teaspoon sage	fine-chopped onion
	¼ cup melted fat	

Mix ingredients lightly but well in order named.

#### RICE-APRICOT STUFFING

3 cups hot boiled rice	1 onion, chopped fine	1½ cups dried apricots,
¼ cup melted fat	salt, pepper, thyme	chopped fine
	1 cup chopped celery	

Mix ingredients together lightly but well.

#### RICE-WURST STUFFING

1 cup water	1 tablespoon fat	4 cups cold boiled rice
1 cup soft bread crumbs	1 teaspoon salt	½ pound ground wurst
1 onion, chopped	¼ teaspoon pepper	sage and parsley

Pour the water over the crumbs. Fry the onion in the fat until brown, add the rice, soaked crumbs, ground wurst, and sage and parsley. Mix lightly but well.

#### WURST STUFFING

½ pound soft wurst,	1 tablespoon or more	2 cups dried bread crumbs
ground	fine-chopped onion	1 tablespoon
salt and pepper		chopped parsley

Mix wurst and crumbs, and add remaining ingredients, mixing lightly but well.

# PASTRIES

*Sift flour once before measuring.*

## STRUDEL

### STANDARD STRUDEL RECIPE

2 cups flour	1 tablespoon vegetable oil	¼ teaspoon salt
½ cup lukewarm water	or melted butter	strudel filling
	1 egg	

1. Mix together the water, oil or melted butter, and egg and salt. Sift the flour onto a board, letting it pile up into a mound. Make a well in the centre of the mound, and slowly pour the liquid into the well. Mix quickly with a knife, then knead until dough is smooth and elastic and does not stick to the board. Flour another board well, and toss dough onto it. Cover dough with a hot bowl, and let stand in a warm place for 30 minutes.

2. Prepare a filling for the strudel while the dough is standing. Recipes for fillings are given below.

3. Roll the dough out and stretch it, working quickly. This is done as follows: Cover a table with a cloth, flour the cloth well, place dough in centre, and roll it out with a rolling pin just as thin as you possibly can without breaking it. Brush the surface of the rolled-out dough lightly with oil or melted butter (about ¼ cup). Place your hands, palms down, under the dough, and gently pull and stretch it towards yourself, being careful not to tear it. Shift your position, and repeat the procedure. Keep repeating until you have gone completely around the table. By this time the dough should be as thin as a sheet of paper, except the edges, which will be thicker. Trim the edges off. Trimming will be easier if the table you are working on is a little smaller than the sheet of dough, so that the edges of the sheet overlap the table.

4. Brush the surface of the sheet lightly with oil or melted butter again (about ¼ cup). Sprinkle the sheet evenly with a strudel filling, leaving about ¼ of it unspread. Sprinkle the filling with oil or melted butter (about ¼ cup). Fold the unspread ¼ of the sheet forward over the filling. Lift the tablecloth with both hands, and when you have lifted it high enough the strudel will begin to roll over upon itself. Keep lifting the tablecloth, and the strudel will roll over and over until it forms a large roll. Trim off the ends of the roll, and cut it in two or three to fit the pan in which you wish to bake it. The pan should be a shallow one, and greased. Place it at the edge of the table, and roll the strudel into it. Work quickly all the time.

5. Brush top of strudel with oil or melted butter. Bake at 375 degrees for 45 minutes or until brown and crisp, basting occasionally with oil or melted butter.

### ALMOND (MANDEL) STRUDEL

yolks of 4 eggs	¼ teaspoon cinnamon	½ pound almonds,
½ cup sugar	grated rind of 1 lemon	blanch and ground
	1 tablespoon lemon juice	

Beat eggs with sugar and cinnamon until light and thick. Add grated lemon rind, lemon juice and almonds, and mix. Prepare strudel according to directions in Standard Strudel Recipe.

**APPLE STRUDEL**

7 cups apples, chopped fine	1 cup seedless raisins, cut ½ cup currants 1 cup sugar	1 teaspoon cinnamon ½ cup ground nuts
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Mix ingredients, and prepare strudel according to directions in Standard Strudel Recipe.

**CABBAGE STRUDEL****Number 1**

¼ cup butter or fat	4 cups chopped cabbage, salted	1 onion, diced
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Heat the fat and fry the onion in it until tender and glassy. Add cabbage, and let cook, stirring constantly, 30 minutes longer or until cabbage is tender. Let cool, and prepare strudel according to directions in Standard Strudel Recipe.

**Number 2**

¼ cup butter or fat	½ cup raisins	1 teaspoon cinnamon
4 cups chopped cabbage	½ cup currants	½ cup ground almonds
	1 to 2 cups sugar	

Heat the fat, and fry the cabbage in it 30 minutes or until tender. Let cool, add remaining ingredients, mix, and prepare strudel according to directions in Standard Strudel Recipe.

**CHEESE STRUDEL**

2 pounds cottage cheese yolks of 4 eggs	whites of 2 eggs 2 tablespoons sour cream salt and sugar to taste	grated rind of ½ lemon, if desired
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Pass cheese through a sieve, and mix with remaining ingredients in order named. Prepare strudel according to directions in Standard Strudel Recipe.

If a richer strudel is desired, add more sugar, ½ cup seedless raisins, and 1 cup ground almonds.

**CHERRY STRUDEL**

½ cup bread, cracker or cake crumbs	8 cups cherries, stoned 1½ cups sugar ½ teaspoon cinnamon	1 cup ground nuts, if desired
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Mix ingredients, and prepare strudel according to directions in Standard Strudel Recipe. If a more tart mixture is desired, add the grated rind of ½ lemon, and reduce the sugar to 1 cup.

**FRUIT-AND-NUT STRUDEL**

Mix ingredients, or sprinkle them separately in layers one on top of the other, and prepare the strudel according to directions in Standard Strudel Recipe.

**Number 1**

½ cup bread, cracker or cake crumbs	1 teaspoon cinnamon	3½ cups diced pineapple
1½ cups sugar	½ cup maraschino cherries, cut fine, or shredded coconut	1 cup seedless raisins 1 cup ground walnuts

**Number 2**

½ cup bread, cracker or cake crumbs	1 cup seedless raisins	½ cup maraschino cherries, cut fine
¾ cup sugar	2 cups shredded coconut	juice of 1 lemon
1 cup ground walnuts	½ cup chopped citron	juice of 1 orange

**Number 3**

½ cup bread, cracker or cake crumbs	1 cup ground walnuts	½ pound Turkish Delight, cut fine
½ cup sugar	1 cup ground almonds	grated rind and juice of 1 lemon
½ cup fruit jam	1 cup shredded coconut	

**PRUNE STRUDEL**

½ cup bread, cracker or cake crumbs	2 cups stewed prunes or 1 cup stewed prunes and 1 cup stewed apricots	1 cup seedless raisins grated rind and juice of 1 lemon
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Stone the prunes and dice them, mix with remaining ingredients, and prepare strudel according to directions in Standard Strudel Recipe.

**RAHM STRUDEL**

4 cups thick sour milk	2 cups sugar	1 cup seedless raisins
1 cup fine bread crumbs	1 cup chopped nuts	1 teaspoon cinnamon

Drip the sour milk over the prepared strudel dough lightly with a large spoon, then sprinkle in succession, one ingredient on top of the other, with crumbs, sugar, nuts, raisins and cinnamon. Roll and bake according to directions in Standard Strudel Recipe.

**MEAT STRUDEL**

Put left-over meat through the grinder with a raw onion, and mix with mashed potatoes. Season highly with salt and pepper. If desired, add a chopped green pepper. A slightly beaten egg may also be added if desired. The onions may be chopped rather coarse instead of being ground, and browned in hot fat before being added to the mixture. Prepare strudel exactly according to directions in Standard Strudel Recipe, using the meat mixture as the filling.

**BLINTZES**

1 to 3 eggs	1 cup milk or water	1 cup (about) flour blintz filling
½ teaspoon salt		

Break the egg or eggs into a bowl, add salt, and stir the milk or water into the eggs, blending the yolks and whites. Gradually stir in enough flour to form a smooth thin batter. Pour onto a hot, greased frying pan, about 6 inches wide, just enough batter to form a very thin sheet, tipping the frying pan from side to side so that the batter spreads over it uniformly. Fry over a slow fire on one side only, until the top of the sheet is dry and blistered. Turn sheet out onto a cloth, fried side up.

Fry 5 or 6 sheets in this way. Place a heaping tablespoon of filling in the centre of each sheet, and fold the sheet in over the filling to form an envelope. Repeat, until all of batter has been used. Fry in a liberal amount of fat until the blintzes are golden brown on both sides. If desired, the blintzes may be filled, then kept in the refrigerator for several hours before frying.

**FILLINGS FOR BLINTZES****Number 1: Cheese Blintzes**

1 pound cottage cheese	salt, sugar and cinnamon to taste	1 tablespoon melted butter
1 egg, or 2 egg yolks, beaten		¼ cup raisins or ground nuts, if desired

Press cheese through a sieve, and mix with remaining ingredients. Serve cheese blintzes with sugar and cinnamon or with sour cream.

**Number 2: Apple Blintzes**

¾ cup apples, chopped fine	sugar and cinnamon to taste	white of 1 egg
1 tablespoon ground nuts		2 teaspoons lemon juice, if desired

Mix ingredients well. Serve apple blintzes with sugar and cinnamon.

**Number 3: Meat Blintzes**

See recipe in section of this book on "Left-over Meats."



will be tough and hard after baking. Push moistened portions of the mixture to one side before adding more water, so that a dry portion can be sprinkled each time. If allowed to do so, the mixture will absorb a great deal more water than should be used, so care must be taken to keep the moisture well distributed. Too much moisture makes the crust hard and brittle. Too little makes a crust which cracks at the edges while being rolled; it may crack open while baking, and the pie be difficult to serve.

4. When moist enough to hold together under slight pressure, divide dough into halves, press each half into a ball, flatten it out with the hands, and chill. If too little or too much water has been used, nothing can be done about it, except to profit by experience the next time. Sprinkle the board and rolling pin lightly with flour, and rub the flour into the wood. Be careful not to use too much flour, or the pastry will be hard. Roll quickly but lightly, since heavy pressure makes the pastry stick and breaks the surface. Start each stroke at the centre of the dough, and roll to the edge, keeping the pastry in as circular a shape as possible, and keeping the edges as thick as the centre. Lift and turn pastry occasionally to make sure it is not sticking, and rub extra flour over board if necessary. Keep all particles of dough cleaned from the rolling pin, since the pastry when being rolled will stick to these particles more readily than it will to the wood. Roll out to  $\frac{1}{8}$ -inch thickness for lower crust; roll slightly thinner for top crust.

5. Fold the dough for the lower crust in half, and lift it into the pie pan. Unfold, and fit into pie pan without stretching. Trim edges of crust, and moisten with water. Place filling desired in crust, and cover with top crust. One of the crusts should be trimmed  $\frac{1}{2}$  inch larger than the other. Fold this overhanging  $\frac{1}{2}$  inch of crust over the other crust, and press together with the prongs of a fork. Prick top crust with a fork, or make several slashes in it, to allow steam to escape during baking. Bake according to recipe for filling selected. This recipe makes two crusts for a 9-inch pie.

### PASTRY SHELLS

Crusts for pies may be baked unfilled, and then be filled after baking. Prepare crust as in preceding recipe, and lift into pie pan, but trim edges of crust so as to leave an overhanging border of 1 inch. Fold dough under and back to make an upright rim, then flute edges, using thumb and index finger of one hand and the index finger of the other hand. Prick crust thoroughly with a fork. To prevent crust from shrinking during baking, line the pastry shell with waxed paper and partially fill with rice or beans, and remove paper with rice or beans after first 10 minutes of baking. Or fit a second pie pan inside on crust, and remove after first 10 minutes of baking. Bake at 450 degrees for 15 minutes or until delicately browned.

Shells for tarts may be made in the same way as for pies, using muffin or tart pans instead of pie pans. The dough may be shaped over the backs of the muffin or tart pans instead of on the inside.

### BUTTERSCOTCH PIE FILLING

$\frac{1}{4}$ cup butter	2 cups milk	2 eggs, slightly beaten
$\frac{3}{4}$ cup brown sugar	$\frac{1}{3}$ cup bread flour	$\frac{1}{4}$ teaspoon vanilla
	$\frac{1}{2}$ teaspoon salt	

Mix butter and sugar, and cook 2 minutes until syrup is brown. Add  $1\frac{2}{3}$  cups of the milk, and scald over hot water. Mix flour and salt with balance of milk, add to the hot mixture, and cook for fifteen minutes. Add eggs, and cook below boiling point 2 minutes longer. Let cool, add flavoring, and pour into pastry shell.

**CHOCOLATE PIE FILLING**

1½ cups milk	3 tablespoons flour	1 tablespoon butter
6 tablespoons sugar	1 square chocolate, melted	½ teaspoon vanilla whipped cream
¼ teaspoon salt	1 egg yolk	

Scald 1 cup of the milk over boiling water. Mix sugar, salt, flour, chocolate, and rest of milk. Stir this mixture into the hot milk, and cook over boiling water, stirring constantly, until it becomes thickened. Cover, and cook 5 minutes longer. Add mixture slowly to egg yolk, and cook 1 minute longer. Add butter and vanilla. Cool, and pour into pastry shell.

**MERINGUE FOR PIES**

3 egg whites	6 tablespoons sugar
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Beat egg whites until foamy and almost stiff, add sugar by tablespoons, continuously beating until very fluffy and free from graininess. Pour it on the pie, and shape with back of spoon well over the pastry crust. Bake in oven at 275 degrees for 30 to 40 minutes until golden brown.

**APPLE PIE**

7 apples, sliced thin	1 teaspoon cinnamon	1 teaspoon lemon juice
1 cup sugar	½ teaspoon nutmeg	1 tablespoon butter
	⅛ teaspoon salt	

Mix sugar, cinnamon, nutmeg, salt and lemon juice. Lay apple slices in uncooked pie crust with slices overlapping each other, and sprinkle some of the sugar mixture over the layer. Add a second layer of apples, and sprinkle again with sugar mixture. Continue until pie crust is heaped high. Dot with butter. Moisten edge of crust and place a top crust on the pie. Press edges together well, and prick top crust in a few places. Bake at 425 degrees for 30 to 40 minutes until a rich brown.

**PASTIES**

pie dough	1 cup diced celery, if desired	1 cup raw diced potatoes salt and pepper
½ pound raw beef, diced		2 teaspoons fat
1 cup chopped onion		

Roll out the pie dough into two rounds, as though you were making crusts for a pie. Mix beef, onion, potatoes, and, if desired, celery. Spread half of this mixture as a filling over half of each round and to within 1 inch from its edge. Sprinkle filling with salt and pepper, and dot with fat. Fold the unspread half of each round over the filling, press edges together well, and trim. Place the two pasties in a pie plate, and cut a slit in the top of each. Bake in oven at 400 degrees for 45 minutes or until well-browned, then for 15 minutes at 350 degrees. Pour a teaspoon of hot water into each slit from time to time, to keep the pasties from becoming too dry.

**CAKES****ANGEL CAKE**

1¼ cups sugar	1 cup cake flour	¾ teaspoon vanilla
1 cup egg whites (8 to 10 eggs)	1 teaspoon cream of tartar	¼ teaspoon almond extract
	½ teaspoon salt	

Sift together four times ¼ cup of the sugar and the flour. Beat egg whites, cream of tartar and salt until a stiff foam is formed. Add the remaining sugar gradually, beating it in with a rotary beater. Add flavorings. Fold in flour, sifting gradually over egg-white-and-sugar mixture. Pour into large, ungreased tube pan, cut through batter to remove large air bubbles, and bake at 350 degrees for 45 to 60 minutes. Remove from oven, and invert pan for an hour before removing cake from pan.

**BUTTER CAKE**

½ cup butter	2 eggs, separated	3 cups cake flour
1 cup sugar	4 teaspoons	½ teaspoon salt
1 teaspoon vanilla	baking powder	1 cup milk

Cream butter, ¾ cup of the sugar, and vanilla. When fluffy, beat in the egg yolks. Mix and sift cake flour, baking powder and salt. Add the dry ingredients alternately with the milk. Beat egg whites until frothy, then beat in remaining ¼ cup sugar. Gently fold beaten whites into the batter, and bake in lightly oiled pan at 350 degrees.

*Filling for Butter Cake:*

2 tablespoons cornstarch	⅛ teaspoon grated rind	½ cup sugar
½ cup water	of lemon	¼ cup lemon juice
1 egg yolk		½ tablespoon butter

Mix the cornstarch and water, and add egg yolk, sugar and lemon peel. Cook over hot water until mixture is clear and thick, then remove from fire. Add lemon juice and butter, mix well, and let cool before spreading.

**CHEESE CAKE**

2 cups flour	⅛ teaspoon salt	¼ cup melted butter
¾ teaspoon	2 tablespoons sugar	2 eggs, beaten
baking powder		sour cream

Mix and sift the dry ingredients. Melt butter, and, when cool, add to it the beaten eggs. Add butter-and-egg mixture to dry ingredients. Add enough sour cream to form a very soft dough, and place in refrigerator for a few hours to stiffen. Separate into small portions, roll out as thin as possible, and line bottom and sides of cake pan with the dough. Prepare filling as follows:

1 pound cottage cheese	¾ cup flour	7 eggs
2 cups sugar	2 teaspoons vanilla	1 quart sour cream

Cream the cheese and sugar together, and add flour and vanilla. Beat eggs in one at a time, and add sour cream. Pour the filling into pan previously lined with cake dough and bake at 375 degrees for 15 minutes, then reduce heat, and bake very slowly for about two hours.

**CHOCOLATE NUT CAKE**

¾ cup butter	2 teaspoons	1 cup milk
1½ cups sugar	baking powder	4 squares unsweetened
4 eggs, separated	½ teaspoon cinnamon	chocolate, melted
1¾ cups cake flour	½ teaspoon allspice	1 cup chopped walnuts
½ teaspoon cloves		1 teaspoon vanilla

Cream butter, add sugar gradually, and beat until light and fluffy. Add unbeaten egg yolks, and beat vigorously. Sift the dry ingredients together three times, and add to the creamed mixture alternately with the milk. Stir in the chocolate, nuts and vanilla, and mix thoroughly. Fold in the egg whites, beaten stiffly. Pour into pan lined with waxed paper, and bake at 325 degrees for about 50 minutes. When cool, spread top and sides with icing.

**COFFEE CAKE**

¼ cup butter	2 eggs, separated	1 teaspoon baking powder
1 cup sugar	1½ cups flour	½ cup milk

Cream butter and sugar. Beat yolks of eggs well, and add. Mix and sift flour and baking powder, and add alternately with milk. Fold in beaten whites of eggs. Pour into greased, oblong pan, spread top with melted butter, sprinkle with sugar, cinnamon and grated almonds, and bake in oven at 350 degrees.

**DEVIL'S FOOD CAKE**

2 cups cake flour	1 1/4 cups sugar	3 squares unsweetened chocolate, melted
1 teaspoon soda	1 egg	1/2 cup thick sour cream
1/2 teaspoon salt	1 teaspoon vanilla	3/4 cup milk
1/3 cup butter		

Mix and sift flour, soda and salt three times. Cream butter thoroughly, add sugar gradually, and cream thoroughly together. Add egg, chocolate and vanilla, beat well. Add 1/4 of the flour, beat well, add sour cream, and beat well. Add remaining flour alternately with the milk, a little at a time, beating after each addition until smooth. Turn into two greased 9-inch layer pans, and bake at 350 degrees for about 30 minutes. Spread white frosting over tops and sides of cake, and top with glossy chocolate coating.

**FUDGE CAKE**

4 squares unsweetened chocolate	2 cups sifted sugar	1 teaspoon baking powder
1 cup milk	1 cup chopped walnuts	1/2 teaspoon salt
4 eggs, well beaten	1/2 teaspoon vanilla extract	1/2 teaspoon almond extract
	1 cup flour	

Melt the unsweetened chocolate in the milk in top of double boiler, then beat with rotary beater until smooth and thick. Remove from fire and allow to stand until cold. Beat eggs thoroughly until very light, and add to the chocolate. Stir in sifted sugar, walnuts, and vanilla extract. Sift flour with baking powder and salt, and stir into batter. Add almond extract. Pour into greased, square pan and bake for 25 minutes at 350 degrees. When cool, dust with powdered sugar.

**COOKIES****ALMOND MACAROONS**

1/2 pound powdered sugar	1/2 pound blanched almonds	2 egg whites, beaten stiff
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Grind and pound almonds to a paste, add sugar and egg whites. Work the mixture together with a spoon, then roll by hand into small balls. Lay the balls on paper in a cookie sheet, allowing an inch between each ball, and bake at 250 to 300 degrees until light brown.

**BROWNIES**

1/4 cup melted shortening	1 egg	1/2 cup chopped nuts
1 cup sugar	2 squares chocolate	1/2 teaspoon salt
	1/2 cup flour	

Melt the chocolate, and add to it the melted shortening. Add sugar, egg, salt, flour and nuts, and pour into greased baking pans. Bake at 350 to 400 degrees for about 20 minutes. The mixture will appear half done, but remove from oven, and mark it off into squares or strips: it will harden as it cools. Remove from pan when cool.

**CANDY WURST**

1 1/2 pounds honey	1/4 pound almonds, ground	4 ounces chocolate
	1/4 pound walnuts, ground	

Mix ingredients, and boil until very thick. Let cool until firm enough to roll into finger-lengths 1 inch thick. Roll in dessicated coconut, and freeze. Slice thin, and serve as candy.

**CHINESE CHEWS**

3/4 cup flour	1/4 teaspoon salt	1 cup chopped walnuts
1 teaspoon baking powder	1 cup sugar	1 cup chopped dates
		2 eggs, well beaten

Mix and sift flour, baking powder and salt, and add sugar, walnuts and dates. Mix well, and add eggs. Spread in well-greased, shallow pan, and bake at 325 degrees. When done, cut in "fingers," and roll in powdered sugar.

**CHOCOLATE ICE-BOX SNAPS**

chocolate snaps

1 pint whipping cream

Whip the cream with a little powdered sugar. Spread a layer of chocolate snaps on a large plate, cover with a layer of whipped cream. Spread another layer of chocolate snaps over whipped cream, and cover again with another layer of whipped cream. Repeat, until you have five layers. Chill over night in refrigerator. Cut in squares, and garnish with fresh fruit.

**KICHLACH**

3 eggs

 $\frac{1}{2}$  cup vegetable oil $\frac{7}{8}$  cup flour

1 tablespoon sugar

Beat together the eggs, oil, sugar and flour for about 20 minutes. Drop the mixture by teaspoons onto a greased cookie sheet, allowing an inch between each cookie, and bake at 300 degrees for 15 to 20 minutes.

**NUT COOKIES** $\frac{1}{4}$  cup shortening

1 cup flour

1 tablespoon milk

 $\frac{1}{2}$  cup sugar

2 teaspoons

1 cup chopped nuts

2 eggs, well beaten

baking powder

1 teaspoon flavouring

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

Cream the shortening and sugar, and add the eggs. Mix and sift dry ingredients, and add to creamed shortening alternately with milk. Add chopped nuts, and vanilla or almond flavouring, and mix thoroughly. Drop by teaspoons onto a greased cookie sheet, and bake at 375 to 400 degrees for 12 to 15 minutes.

**OATMEAL COOKIES**

1 cup sugar

 $\frac{1}{4}$  cup milk1 cup chopped raisins,  
sprinkled with $\frac{1}{2}$  cup molasses

2 teaspoons cinnamon

2 tablespoons flour

1 cup melted shortening

1 teaspoon cloves

2 cups rolled oats

2 eggs

 $\frac{1}{2}$  teaspoon soda

2 cups flour

Mix ingredients together in order named, after first sifting the spices and soda with the flour. Drop by teaspoons onto greased pans, and bake at 375 to 400 degrees.

**PEANUT BUTTER HERMITS**1 cup sweetened  
condensed milk6 tablespoons  
peanut butter $\frac{3}{4}$  cup graham cracker  
crumbs $\frac{1}{4}$  teaspoon salt $\frac{1}{2}$  cup raisins

Mix thoroughly condensed milk, salt, peanut butter, cracker crumbs and raisins. Drop mixture by spoonfuls onto a greased cookie sheet, allowing an inch between each cookie. Bake at 375 degrees for 15 minutes or until brown.

**RAISIN HERMITS** $\frac{1}{2}$  cup shortening

2 tablespoons milk

2 teaspoons

 $\frac{1}{2}$  cup sugar

1 cup chopped raisins

baking powder

2 eggs

1 tablespoon molasses

flour

1 teaspoon spices

Cream shortening, adding sugar gradually. Add eggs, molasses, milk and raisins. Sift baking powder and any spices desired with 1 cup flour, and mix everything thoroughly. Add enough more flour to make rather a stiff dough, and roll. Bake at 375 to 400 degrees.

**SCOTCH SHORTBREAD**

1 cup butter

 $\frac{3}{4}$  cup sugar

4 cups (about) flour

Cream the butter and sugar together well. Gradually add the flour, kneading to a smooth paste. Roll out  $\frac{1}{2}$  inch or less in thickness, and pat into two pie tins which have been lined with waxed paper. Pinch and flute the edges, and bake at 350 degrees for 25 minutes.



**JELLY ROLL**

4 eggs, separated	$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
grated rind of $\frac{1}{2}$ lemon or orange	$\frac{1}{2}$ cup Manischewitz cake meal	powdered sugar jelly or boiled frosting

Beat together well the egg yolks and the sugar until they are creamy and light. Add grated rind. Sift cake meal three times, and add. Add salt to egg whites, beat until stiff, and fold into dough. Line a pan about 8 by 12 inches with waxed paper, spread dough evenly in pan, and bake at 350 degrees for 12 minutes. When done, lift out cake with paper, and place on a damp cloth for a few minutes, then turn over onto waxed paper sprinkled with powdered sugar. Remove paper in which cake was baked, spread cake with jelly or boiled frosting, and roll up. Wrap in waxed paper, then in damp cloth, let stand 15 minutes. Remove wrapping, and dust cake with powdered sugar. Slice and serve.

**KOMISS BROT**

2 cups Manischewitz matzo meal	2 cups chopped nuts 2 cups sugar	1 teaspoon fat $\frac{1}{2}$ teaspoon salt
1 teaspoon potato flour	juice of $\frac{1}{2}$ lemon	6 eggs, well beaten

Mix together all ingredients to make a stiff dough. Place in greased bread pan, brushing top with beaten egg yolk. Bake at 325 degrees for an hour.

**MARSHMALLOW SPONGE CAKE WITH COCONUT FROSTING**

6 eggs, separated	juice and grated rind of $\frac{1}{2}$ lemon	6 tablespoons potato flour boiled frosting
$\frac{1}{8}$ teaspoon salt	6 tablespoons Manis- chewitz cake meal	grated fresh coconut
1 cup sugar		

Beat egg whites until foamy, add salt, and beat until stiff enough to stand in peaks, but not until dry. Gradually add sugar to beaten whites, beating after each addition. Beat egg yolks until thick, add to whites, add juice and grated rind of lemon. Mix and sift cake meal and potato flour, and fold in to egg mixture. Bake in a tube pan for about an hour. Remove cake from oven, invert pan, and let cake cool for a few hours. Remove cake from pan. Cover with boiled frosting, and top with freshly grated coconut.

**MUFFINS****Number 1**

3 small eggs, separated	2 tablespoons cold water	6 tablespoons Manis- chewitz matzo meal
$\frac{1}{4}$ teaspoon salt		

Add salt to egg whites, and beat until stiff. Add water to egg yolks, and beat until light. Fold yolks into whites. Fold in the matzo meal. Bake in greased muffin tins at 350 degrees.

**Number 2: Farfel Muffins**

2 cups Manischewitz matzo farfel	2 to 3 tablespoons Manis- chewitz matzo meal	1 tablespoon chicken fat
3 eggs	1 teaspoon salt	$\frac{1}{4}$ teaspoon cinnamon

Soak farfel in cold water for 5 minutes. Drain. Add eggs, matzo meal, salt, fat and cinnamon. Mix well. Pour into greased muffin tins, bake in hot oven 30 minutes. Serve same as other muffins, or as garnish for soup.

**ORANGE CREAM CAKE**

8 eggs, separated	grated rind of 1 orange	$\frac{3}{4}$ cup potato flour
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ cup Manischewitz cake meal	$\frac{1}{4}$ teaspoon salt
juice and grated rind of $\frac{1}{2}$ lemon		boiled frosting 1 orange, sliced

Beat together egg yolks and sugar until creamy and light; add juice and rind of the lemon, add rind of the orange. Beat egg whites until stiff. Mix and sift cake

meal, potato flour and salt. To sugar-and-yolk mixture, fold in alternately the beaten whites and the flour mixture. Bake at 325 degrees for an hour and a half. Remove cake from oven, invert pan and let cake cool. Remove cake from pan, cut in half crosswise. Spread lower half of cake with Orange Filling, lay upper half over filling. Spread with boiled frosting, and lay slices of orange over the frosting.

*Filling:*

2½ tablespoons	½ cup milk	juice of 1 orange,
potato flour	½ cup water	and, if desired,
½ cup sugar	yolk of 1 egg, beaten	grated rind

Mix flour and sugar, add juice of orange, and grated rind if desired. Mix milk and water, add slowly, add beaten egg yolk. Mix well. Cook over slow fire until mixture is thick, stirring constantly. Do not let boil. Let cool, and filling is ready for use.

**ORANGE NUT CAKE**

6 eggs, separated	1 cup sugar	½ cup ground nuts
2 tablespoons	½ cup Manischewitz	grated rind of ½ orange
potato flour	cake meal	¼ teaspoon salt

Beat together egg yolks and sugar until creamy and light. Mix and sift cake meal and potato flour, and add; add nuts and grated rind of orange. Add salt to egg whites, beat until stiff, fold gently into mixture. Line pan with waxed paper, and bake at 325 degrees for 45 minutes to an hour.

**FRESH FRUIT SHORT CAKE**

4 eggs, separated	juice and grated rind	½ cup Manischewitz
¾ cup sugar	of ½ lemon	cake meal
	¼ teaspoon salt	

Beat together yolks and sugar until very light. Add juice and grated rind of lemon, add salt, sift and add cake meal. Beat egg whites stiff, and fold into mixture. Bake in two shallow pans in moderate oven. Remove cakes from pan when cool. Spread one cake with any fruit filling desired, and lay the other over it. Top with whipped cream.

**SPONGE CAKE****Number 1**

6 eggs, separated	juice and grated rind	½ cup Manischewitz
1½ cups sugar	of 1 lemon	cake meal
¼ cup hot water	½ cup potato flour	¼ teaspoon salt

Beat together egg yolks and sugar until creamy and light. Add hot water and juice and grated rind of lemon. Mix and sift cake meal and potato flour, and add. Add salt to egg whites, beat until stiff, and fold into mixture. Line pan with waxed paper, and bake at 325 degrees for an hour and a half. After removing from oven, invert pan and let cake cool before removing from pan.

**Number 2: Nut Sponge Cake**

2 cups sugar	12 eggs, separated	1 teaspoon potato flour
juice and grated rind	1 cup Manischewitz	2 cups chopped nuts,
of 1 lemon	cake meal	if desired

Add sugar to egg yolks, beat until thick, about 30 minutes. Beat egg whites stiff, and fold into mixture. Add juice and grated rind of lemon. Mix and sift cake meal and potato flour, and fold into mixture gradually. If desired, fold in the chopped nuts. Bake at 325 degrees for an hour.

**WINE CAKE**

12 eggs, separated	1 cup sugar	$\frac{1}{2}$ teaspoon salt
1 cup wine or milk or water	1 cup Manischewitz cake meal	1 teaspoon cinnamon 1 cup ground walnuts

Beat together egg yolks and sugar until very light. Add wine, sift and add cake meal, add salt, cinnamon and nuts. Beat egg whites stiff, and fold in. Bake at 325 degrees for an hour. After removing from oven, invert pan and let cake cool before removing from pan.

**CHEESE DISHES****CHEESE BLINTZES**

3 eggs, beaten	$\frac{1}{2}$ cups water	$\frac{3}{4}$ cup Manischewitz cake meal
$\frac{1}{2}$ teaspoon salt		

To the beaten eggs add the salt, and alternately a little of the cake meal and water, mixing thoroughly. Pour into a small, hot, greased frying pan only enough batter to make a very thin pancake, tipping frying pan from side to side so as to cover bottom. Fry until brown on one side; toss out on a towel fried side up. Make a number of sheets this way. Place a heaping tablespoon of cheese mixture on each sheet, fold sides of sheet in over mixture to form an envelope, and fry again on both sides until brown.

*Filling:*

1 pound cottage cheese	$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon sugar
1 egg		1 tablespoon thick cream

Press cheese through a strainer, and mix all ingredients thoroughly.

**CHEESE CAKE**

5 or 6 Manischewitz matzos	1 pound cottage cheese	$\frac{1}{4}$ teaspoon salt
6 tablespoons butter	3 eggs	$\frac{1}{2}$ cup sugar, if desired 1 teaspoon lemon juice

Soak matzos in salted water until soft, then drain over a strainer without squeezing. Melt 4 tablespoons of the butter in a baking pan, put in a whole matzo and parts of another matzo cut so that bottom of pan is completely covered with a layer of matzos. Mix cheese, eggs, salt, sugar and lemon juice, and spread half of this mixture over the layer of matzos in baking pan. Cover with another layer of soaked matzos, and spread with other half of the cheese mixture. Top with a third layer of matzos. Brush with remaining butter, and bake at 325 degrees for an hour until golden brown. Cut into squares. Serve hot or cold.

**CHEESE CREPLECH OR KNOEDEL**

3 eggs	3 tablespoons milk	1 cup Manischewitz
3 tablespoons melted butter	1 teaspoon salt	matzo meal
	1 cup cottage cheese	$\frac{1}{2}$ teaspoon sugar

Beat eggs, add melted butter, milk and  $\frac{1}{2}$  teaspoon of the salt. Add matzo meal gradually, mixing well, and let stand 10 minutes. Mix cheese with sugar and remaining salt. Roll dough into balls, dip finger in water and press a hollow into each ball. Fill each hollow with 1 tablespoon of the cheese. Press edges of hollow together to hold in cheese. Drop balls into boiling salted water and let boil 15 minutes. Serve warm with sour cream.

**CHEESE PANCAKES**

$\frac{1}{2}$ pound cottage cheese	$\frac{1}{2}$ cup Manischewitz matzo meal	$\frac{1}{8}$ teaspoon pepper 2 teaspoons sugar, if desired
4 eggs, well beaten		
1 teaspoon butter		

Mix cheese with eggs, stir other ingredients in slowly. Fry in a liberal amount

of butter until light brown on both sides. Sprinkle with powdered sugar and cinnamon, if desired, and serve hot.

### CHEESE PIE

½ cup butter	juice of ½ lemon	pinch of pepper
¾ cup sugar	1 tablespoon potato flour	¼ teaspoon cinnamon
3 eggs, separated	⅓ cup chopped walnuts	1 cup sweet cream
1 pound cottage cheese		4 Manischewitz matzos

Cream butter and sugar, add egg yolks, cheese, lemon juice, potato flour, walnuts, pepper and cinnamon. Mix well. Add cream. Beat egg whites stiff, and fold into mixture. Soak matzos in salted water until soft. Drain matzos over a strainer, without squeezing. Line a buttered cake pan with a layer of soaked matzos, cutting some of them if necessary so that they fit bottom of pan and cover it completely. Spread the cheese mixture over the matzos and bake at 325 degrees for 45 minutes.

### CHEESE PUDDING

2 large onions, grated	5 Manischewitz matzos	2 eggs, beaten
2 tablespoons butter	½ pound cottage cheese	½ teaspoon salt

Fry the onions in the butter until brown. Crumble the matzos, soak in cold water 2 minutes, drain, and press out well. Mix browned onions, soaked matzos, cheese, eggs and salt. Place in greased pudding dish, and bake at 400 degrees for 30 minutes or until brown.

### MAMOURAS

Allow 1 matzo for each person to be served. Soak it in boiling salted water 1 minute, remove, and brush with olive or vegetable oil. Press cottage cheese through a sieve, season it to taste with salt and pepper or with sugar and cinnamon. Spread the soaked matzo with a layer of the seasoned cottage cheese. Place over this another soaked matzo, brush it with oil and spread with cheese. Repeat until all the matzos have been used. Slice and serve.

## COOKIES

### ALMOND COOKIES

½ cup Manischewitz cake meal	¼ cup potato flour	¼ cup chopped almonds
	½ cup sugar	2 eggs, slightly beaten

Mix and sift cake meal and potato flour. Add sugar, almonds and eggs. Roll dough out in potato flour mixed with sugar. Cut, and bake on a greased cookie sheet in hot oven.

### ALMOND MACAROONS

2 teaspoons Manischewitz cake meal	3 egg whites	¾ pound (2 cups) powdered sugar
½ pound blanched almonds, ground fine		grated rind of 1 lemon, if desired

Beat egg whites stiff; mix other ingredients, and fold in. Grease a cookie sheet, dust it thickly with cake meal. Drop batter by teaspoonfuls onto cookie sheet, allowing room for cookies to spread when baked. Bake at 300 degrees for 15 minutes, then increase heat to let macaroons brown. Remove from pan when cool.

### MOCK OATMEAL COOKIES

1 cup Manischewitz matzo meal	1 cup Manischewitz matzo farfel	2 eggs
¾ cup sugar	½ cup raisins	⅓ cup melted fat
	½ cup chopped nuts	½ teaspoon cinnamon

Mix together the dry ingredients, then beat the eggs and fat into the mixture. Drop in rough lumps (about the size of a small egg) onto a greased cookie sheet, and bake at 350 degrees for 30 minutes.

**NUT COOKIES****Number 1**

6 eggs  
1 cup sugar

1 cup Manischewitz  
cake meal

1 cup chopped nuts  
 $\frac{1}{2}$  teaspoon salt

Beat eggs well, adding sugar gradually while beating. Add other ingredients, mix well. Drop batter by teaspoonfuls onto a greased cookie sheet, allowing room for cookies to spread when baked. Bake at 400 degrees for 15 minutes.

**Number 2**

$\frac{3}{8}$  cup Manischewitz  
cake meal

1 teaspoon salt  
1 cup sugar

juice of 1 lemon, and,  
if desired, grated rind

$\frac{1}{8}$  cup potato flour

1 cup chopped nuts

2 eggs, beaten

Mix together ingredients in order named. Take a little of the dough and roll with the palms of the hands into a ball, then flatten out or form into any shape desired. Bake on a cookie sheet lined with wax paper at 350 degrees for about 35 minutes, then increase heat to let cookies brown.

**WALNUT PATTIES**

2 eggs

2 cups walnuts,  
ground fine

$\frac{1}{2}$  cup Manischewitz  
cake meal

2 cups powdered sugar

Beat together eggs and sugar until very light. Add walnuts and cake meal, mix well. Drop batter by teaspoonfuls onto a greased cookie sheet, allowing 2 inches between patties. Bake at 325 degrees for 20 minutes.

**PIE CRUST**

$1\frac{1}{2}$  Manischewitz matzos  
1 tablespoon fat

$\frac{1}{2}$  cup Manischewitz  
matzo meal  
2 tablespoons sugar

2 eggs  
 $\frac{1}{8}$  teaspoon salt

Soak matzos, and when soft press dry as possible. Heat fat in frying pan, add matzos, and cook until dry. Add remaining ingredients, and mix thoroughly. As it is impossible to roll this dough, press it into the pie plate with the hands, making it  $\frac{1}{4}$  inch thick.

**APPLE or PRUNE PIE**

$1\frac{1}{4}$  Manischewitz matzos  
 $\frac{1}{2}$  cup butter or fat  
yolks of 3 hard-cooked  
eggs  
1 cup sugar

1 teaspoon salt  
2 eggs, well beaten  
grated rind of 1 lemon  
1 cup Manischewitz  
matzo meal

3 apples, diced  
1 teaspoon lemon juice  
 $\frac{1}{3}$  cup sugar mixed with  
1 teaspoon cinnamon  
 $\frac{1}{2}$  cup chopped nuts

Soak matzos in water for 10 minutes, squeeze out excess moisture. Cream the butter or fat, add the matzos, and stir until thoroughly blended. Mash hard-cooked egg yolks with a fork until crumbly, and add to fat-and-matzos mixture. Add sugar, salt, beaten eggs, grated rind of lemon, and matzo meal, in order named, stirring mixture well after each addition. Grease a pie pan, and spread the pan with half the mixture. Sprinkle the lemon juice over the diced apples, and lay them over the mixture in pan. Sprinkle the apples with the sugar-and-cinnamon mixed, then with the chopped nuts. Over this spread remaining half of the mixture. Use a spoon to spread the mixture, and keep dipping the spoon in melted fat to prevent the mixture from sticking to it. Bake at 325 degrees for 30 to 40 minutes. If desired, use mashed cooked prunes for filling instead of apples.

**FRUIT KNOEDEL**

3 eggs, separated  
 $\frac{1}{2}$  teaspoon salt  
3 tablespoons melted fat

$\frac{3}{4}$  cup Manischewitz  
matzo meal

12 raisins  
12 almonds  
1 pound prunes, stewed

Beat egg whites stiff, beat and add egg yolks, add salt, melted fat and matzo meal. Wet hands and roll dough into balls the size of a walnut, press a raisin and an

almond into each ball. Place in a deep baking dish, add stewed prunes with the juice, so that the prune juice covers the knoedels. Bake in moderate oven 30 minutes.

## PANCAKES

### CHREMSEL

#### Number 1

6 eggs, separated	$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup chopped walnuts
juice and grated rind of $\frac{1}{2}$ lemon	1 cup Manischewitz matzo meal	6 tablespoons honey 6 tablespoons fat

Beat egg yolks and sugar until light. Beat egg whites stiffly, and fold into beaten yolks. Slowly fold in nuts, juice and rind of lemon, and matzo meal. Melt honey with fat in frying pan, drop batter by tablespoonfuls into hot honey and fat, and fry until brown on both sides.

#### Number 2

3 Manischewitz matzos	1 cup sugar	$\frac{1}{4}$ cup raisins
grated rind of 1 lemon	4 eggs, separated	$\frac{1}{4}$ cup chopped almonds
$\frac{1}{2}$ teaspoon salt		1 teaspoon cinnamon

Soak matzos in cold water until soft, then press out excess water. Stir matzos to a cream, add grated rind of lemon, salt, sugar and egg yolks. Mix well. Add raisins, almonds and cinnamon. Beat egg whites stiff, and fold into mixture. Drop batter by tablespoonfuls onto a hot, slightly greased frying pan and fry until light brown on both sides. Serve hot with stewed prunes, or with melted honey.

#### Number 3

1 cup Manischewitz matzo meal	1 cup soup stock or wine	1 tablespoon chopped almonds
1 teaspoon sugar	$\frac{1}{4}$ teaspoon salt	4 eggs, separated

Sift the matzo meal into a bowl. Bring the soup stock or wine to the boiling point, and stir it into the meal. Add almonds, sugar and salt. Beat yolks of eggs, and add. Beat whites of eggs stiff, and fold in. Drop by tablespoons into deep fat heated to 375 degrees, and fry until brown. Drain on brown paper. Sprinkle with powdered sugar and serve with Wine Sauce; or serve with melted honey.

### STUFFED CHREMSEL OR MATZO MEAL PANCAKES

1 cup prunes, stewed	$\frac{1}{4}$ cup chopped raisins	$\frac{1}{4}$ cup lemon juice
$\frac{1}{4}$ cup chopped nuts		$\frac{1}{4}$ cup sugar

Pit prunes, chop them fine, and mix with remaining ingredients. Prepare batter given in recipe for Matzo Meal Pancakes. Wet the hands with cold water, and form a thin patty of batter in the palm of one hand. Place on the patty a spoonful of the prune mixture. Roll the patty over the filling. Repeat, until the batter and prune mixture have all been used. Heat in a frying pan enough fat to cover it to a depth of  $\frac{1}{4}$  inch, and fry the patties in it until golden brown. Serve with stewed prunes.

### EIER-KUCHEN

$\frac{1}{4}$ cup Manischewitz matzo meal	$\frac{1}{2}$ cup water	1 teaspoon salt 4 eggs, separated
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Pour water over matzo meal; beat egg yolks very light, and add; add salt. Let stand 5 minutes. Beat egg whites until stiff, and fold gently into matzo meal mixture. Drop by spoonfuls onto hot, greased frying pan, and fry until brown. Serve with sugar and cinnamon, or with honey or syrup.

### FARFEL PANCAKES

2 cups Manischewitz matzo farfel	1 cup water	2 eggs, well beaten 1 teaspoon salt
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Pour water over farfel, add beaten eggs and salt. Mix well. Fry in hot fat until golden brown. Serve with honey or syrup.

**MATZO PANCAKES**

2 Manischewitz matzos	1 teaspoon salt	$\frac{3}{8}$ (about) cup
2 eggs	$\frac{1}{4}$ teaspoon pepper	Manischewitz
$\frac{1}{2}$ cup water	3 tablespoons fat	matzo meal

Cut each matzo into four parts, moisten them, and place in a strainer set over boiling water. Let steam until soft. Combine water and matzo meal to make a soft batter, add salt and pepper, and spread on one side of the pieces of matzo. Heat fat in frying pan, place pieces of matzo in frying pan batter side down. Fry until brown. Then spread batter over top of pieces of matzo, turn, and fry until brown on this side also. The matzos may be omitted, and the batter dropped into hot fat by tablespoonfuls.

**MATZO MEAL PANCAKES**

3 eggs, separated	$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup Manischewitz
$\frac{1}{2}$ cup water		matzo meal

Beat yolks of eggs until very light; blend matzo meal with water and salt, mixing well, and add to egg yolks. Beat whites of eggs until stiff, and fold in. Drop by spoonfuls onto a hot-well-greased frying pan, and fry until brown on both sides, turning only once.

**POTATO PANCAKES****Number 1**

2 cups mashed potatoes	$1\frac{1}{4}$ cups water	1 cup Manischewitz
4 eggs, well beaten	$\frac{1}{2}$ teaspoon salt	cake meal

Mix potatoes and eggs, stir in water, salt and cake meal. Mix well. Fry in hot fat until golden brown.

**Number 2**

3 cups raw potatoes, grated	2 eggs	$\frac{3}{4}$ cup Manischewitz
1 onion, grated	1 tablespoon salt	matzo meal
		$\frac{1}{2}$ teaspoon pepper

Drain grated potatoes, setting liquid aside. Mix potatoes with rest of ingredients, adding as much of potato liquid as necessary. Drop batter by tablespoonfuls into deep fat heated to 375 degrees. Fry until golden brown.

**P U D D I N G S****ALMOND PUDDING**

4 eggs	$1\frac{1}{2}$ tablespoons Manis-	$\frac{1}{2}$ teaspoon cinnamon
$\frac{3}{4}$ cup sugar	chewitz matzo meal	grated rind of $\frac{1}{2}$ lemon
	$1\frac{1}{2}$ cups chopped almonds	

Beat eggs for 15 minutes, then continue beating while adding sugar gradually. Stir in other ingredients, and mix well. Put in greased, shallow pans and bake at 325 degrees for an hour. Serve cold with whipped cream.

**APPLE PUDDING**

3 Manischewitz matzos	$\frac{3}{4}$ cup sugar	grated rind of 1 lemon
$\frac{2}{3}$ cup currants	$\frac{1}{4}$ cup melted fat	6 eggs, well beaten
$\frac{1}{2}$ cup raisins	3 large apples, diced	2 teaspoons cinnamon

Soak matzos, and when soft press water out. Mix well with remaining ingredients, and bake at 350 degrees for 45 minutes or until apples are tender.

**CARROT PUDDING**

8 eggs, separated	$1\frac{1}{2}$ cups powdered sugar	grated rind of $\frac{1}{2}$ lemon
$\frac{1}{2}$ cup Manischewitz	2 cups grated carrots	1 tablespoon wine
matzo meal	$\frac{1}{2}$ cup ground almonds	$\frac{1}{4}$ teaspoon salt

Beat together yolks of eggs and sugar until very light. Add remaining ingredients. Beat whites of eggs stiff, and fold in. Bake in a well-greased and floured pan at 300 degrees for an hour.

**FRUIT PUDDING**

4 Manischewitz matzos	2 teaspoons cinnamon	1½ cups seedless raisins
9 eggs	½ cup chopped almonds	2 apples, grated
1 cup sugar	grated rind of 1 lemon or orange	1 cup butter or fat

Soak matzos in water while beating together eggs, sugar, and cinnamon. Add nuts, grated rind of lemon or orange, raisins and apples. Drain matzos, and add to mixture gradually, then beat very light. Melt butter in pudding dish, and add the mixture. Bake at 375 degrees for an hour and a quarter. Serve hot with fruit or stewed prunes.

**MATZO CHARLOTTE****Number 1**

1 Manischewitz matzo	¼ teaspoon salt	¼ cup currants
2 eggs, separated	¼ cup raisins	¼ cup chopped almonds

Soak matzo in water, drain. Beat yolks of eggs, and add to soaked matzo; add remaining ingredients, and mix thoroughly. Beat whites of eggs stiff, and fold in. Bake in greased pudding dish at 350 degrees for 25 to 30 minutes.

**Number 2**

3 Manischewitz matzos	1 apple, grated	¼ cup chopped almonds
4 eggs, separated	juice and grated rind of 1 lemon	¼ cup raisins pinch of salt

Soak matzos, and when soft press dry. Beat yolks of eggs, and add to soaked matzos. Add remaining ingredients, and mix thoroughly. Beat whites of eggs stiff, and fold in. Bake in greased pudding dish at 350 degrees for 30 to 35 minutes.

**MATZO KUGEL**

3 Manischewitz matzos	1 cup Manischewitz matzo meal	1 large apple, grated
2 tablespoons fat	5 eggs, separated	½ teaspoon salt
¼ cup chopped almonds	grated rind of ½ lemon	½ cup hot fat

Soak matzos, and when soft press dry. Heat fat in frying pan, add matzos, and let dry further. Remove to a bowl when fairly well dried, add matzo meal, stirring it in well. Beat yolks of eggs and add, add almonds, lemon rind, salt, and grated apple. Beat whites of eggs stiff, and fold in. Transfer mixture to a greased pudding dish, and pour the hot fat over it. Bake at 350 degrees for 40 minutes or until brown. Serve with Wine Sauce.

**MOCK NOODLE PUDDING**

4 Manischewitz matzos	5 tablespoons melted butter	¼ pound chopped walnuts
3 eggs, well beaten	½ teaspoon salt	3 apples, sliced very thin
4 tablespoons sugar	½ teaspoon cinnamon	

Break matzos into strips, drench with boiling water, drain immediately, and let cool. Mix with eggs, butter, salt and 3 tablespoons of the sugar. Put half of this mixture into a greased pudding dish, spread with a layer of walnuts, then with a layer of apples, and sprinkle with the cinnamon and the remaining tablespoon of sugar. Cover with other half of the matzo mixture, and dot with butter. Bake at 325 degrees for 30 minutes.

**PINEAPPLE PUDDING**

5 eggs, separated	¾ cup Manischewitz matzo meal	1½ cups cooked pineapple, drained and mashed
1 cup sugar	½ cup chopped nuts	

Beat together yolks of eggs and sugar until light. Add matzo meal, nuts, and mashed pineapple. Beat whites of eggs stiff, and fold in. Turn into a greased

pudding dish, and bake at 350 degrees for 30 minutes. Serve cold with plain or whipped cream.

## SOUP ACCESSORIES

### MATZO MEAL DUMPLINGS

1 cup Manischewitz matzo meal	1 teaspoon salt ¼ teaspoon pepper 3 tablespoons chicken fat	2 eggs ½ cup (about) cold water
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Beat together all ingredients to form a loose batter, and let stand 30 minutes. Grease hands and roll into small balls. Drop into boiling salted water, and let boil 20 minutes.

### FLUFFY MATZO MEAL DUMPLINGS

2 eggs, separated	½ cup Manischewitz matzo meal	⅓ teaspoon salt
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Beat egg whites until stiff, then beat in yolks. Mix matzo meal and salt, and fold into eggs. Let stand 5 minutes, then form balls with a spoon and drop into boiling salted water. Cover, and let cook 45 minutes.

### LIVER KNOEDEL

½ pound liver 1 onion, sliced 1½ cups boiling water	1⅓ cups Manischewitz matzo meal 3 eggs	¼ cup fat 1 teaspoon salt ¼ teaspoon pepper
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Bake liver, and grind with onion. Onion may first be fried until brown, if desired. Pour boiling water over matzo meal, let cool. Add liver and onion, eggs, fat, salt and pepper, and mix thoroughly. Roll into balls the size of a walnut, drop into boiling salted water and let boil 20 minutes.

### MANDLECH

#### Number 1

3 eggs, beaten ½ teaspoon potato flour	⅓ teaspoon salt	⅔ cup Manischewitz cake meal
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Beat eggs, add cake meal, potato flour and salt. Knead, roll out ¼ inch thick and cut into ¼-inch cubes. Fry until brown in deep fat heated to 375 degrees.

#### Number 2

⅓ cup fat ⅔ cup water	1½ teaspoons salt ¼ teaspoon pepper 6 eggs	2 cups Manischewitz matzo meal
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Mix fat, water and seasonings, and bring to a boil. Pour the liquid gradually onto the matzo meal, mixing well with a fork. Beat eggs into mixture, and knead thoroughly. Grease hands, roll dough into marbles about ½ an inch thick. Place on greased cookie sheet and bake at 400 degrees until brown.  
hour.

### NOODLES

1 cup potato flour	½ cup Manischewitz cake meal	5 eggs
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Mix ingredients, and knead thoroughly. Roll dough out as thin as possible, and set aside for an hour to dry somewhat. Cut into any desired shape or size, and let dry. Set aside, and when needed boil in salted water for 20 minutes.

### POTATO KNOEDEL

1½ cups Manischewitz matzo meal 3 eggs	1 cup raw potato, grated ¼ cup chicken fat	¾ teaspoon salt ¼ teaspoon pepper ½ cup water
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Beat all ingredients together, let stand an hour. Grease hands, roll mixture into balls the size of a walnut. Drop into boiling salted water, and let cook about an hour.

# PURIM RECIPES

*Sift flour once before measuring.*

## POPPY SEED CAKE

$\frac{3}{4}$ cup poppy seeds	$1\frac{1}{2}$ cups sugar	2 teaspoons
$\frac{3}{4}$ cup milk	3 cups flour	baking powder
$\frac{3}{4}$ cup butter		whites of 4 eggs

Soak the poppy seeds in the milk for two hours. Cream butter and sugar thoroughly, add poppyseed mixture, and cream again. Mix and sift flour and baking powder, and add; beat egg whites stiff, and fold in. Bake in three layers in a moderate oven for about 25 minutes. Spread layers with the following filling:

2 tablespoons cornstarch dissolved in	$1\frac{1}{2}$ cups milk	yolks of 4 eggs
2 tablespoons milk	$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped nuts vanilla flavouring

Blend the cornstarch to a smooth paste with the 2 tablespoons of milk, add the paste to the rest of the milk, and let cook in upper container of a double boiler until the mixture is smooth and thickened. Beat egg yolks with sugar until light and creamy. Gradually pour the hot milk onto the beaten yolks, stirring constantly so that they do not curdle. Return the mixture to the double boiler, and let cook, stirring constantly, until it coats the spoon. Remove from fire, let cool, and add chopped nuts and vanilla.

## POPPY SEED COOKIES

### Number 1

1 cup poppy seeds	2 ounces sweet chocolate, melted	1 teaspoon baking powder
$\frac{1}{2}$ cup hot milk	$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup butter	1 cup currants	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ cup sugar		

Soak the poppy seeds in the hot milk. Cream the butter and sugar, and add to them the remaining ingredients, mixing thoroughly. Drop by teaspoons onto a buttered cookie sheet, and bake at 350 degrees for 20 minutes.

### Number 2

2 cups flour	2 tablespoons oil	1 pound honey
1 tablespoon sugar	4 eggs, slightly beaten	$\frac{1}{4}$ pound poppyseeds

Mix together flour, sugar, oil and eggs, and knead until the dough is smooth. Cut into 2-inch squares, and fold over diagonally to form triangles. Prick tops with a fork, place on a greased baking sheet, and bake in oven at 350 degrees until light brown. Bring honey to a boil, drop cookies into the honey, and let cook, stirring constantly, for 3 minutes. Add poppyseeds, and let cook, stirring constantly, until cookies are well browned. Turn out onto a wet board, pat out and separate the cookies with hands moistened with cold water. Chill in refrigerator.

## PFEFFERNUSSE

1 cup corn syrup	$\frac{1}{8}$ teaspoon salt	1 teaspoon cinnamon
$\frac{1}{2}$ cup butter	2 tablespoons chopped citron	$\frac{1}{4}$ teaspoon cloves
1 cup molasses	juice and grated rind of 1 lemon	4 cups flour
$\frac{1}{2}$ cup brown sugar		$\frac{1}{2}$ teaspoon baking soda
3 tablespoons ground almonds		1 egg white, slightly beaten

Heat syrup until lukewarm, stir in the butter, then molasses, brown sugar, salt,

almonds, citron, lemon, cinnamon, and cloves. Mix and sift flour and baking soda, and stir into the syrup mixture, blending well. Roll into balls size of a marble, place an inch apart on a greased baking sheet, brush with slightly beaten egg white, and bake in oven at 350 degrees until well browned. Almonds, citron and cloves may be omitted.

### TEIGLECH

2 cups flour	2 eggs	½ pound or more
½ teaspoon	2 tablespoons oil	chopped nuts
baking powder	½ pound honey	ginger
	½ cup sugar	

#### Number 1

Mix flour, baking powder, eggs and oil, and knead until dough is smooth. Form into a roll ½ inch thick, and slice into ½-inch pieces. Bring honey and sugar to a boil, add pieces of dough, and remove to oven pre-heated to 375 degrees. Let cook without stirring until dough is well puffed out and just beginning to brown. Add chopped nuts, and let cook, stirring occasionally with a wooden spoon, until dough is browned. Remove from oven, turn out onto a wet board, and let cool slightly. Pat out flat with hands moistened with cold water. Sprinkle with ginger, chill in refrigerator, and cut in squares.

#### Number 2

Follow directions in preceding recipe, but with the following differences: After slicing the roll of dough into ½-inch pieces, place the pieces on a greased baking sheet, half an inch apart, and bake in oven at 350 degrees until light brown. Bring honey and sugar to a boil, add chopped nuts, and mix well. Add baked pieces of dough, and let cook on top of stove until well browned, stirring constantly with a wooden spoon. Remove from fire, and pat out, chill and cut as in preceding recipe.

Instead of forming the dough into a roll and slicing it, roll the dough out ¼ inch thick with a rolling pin, and cut it into 1-inch squares, if desired. Bake the squares as in preceding paragraph, cook them in the honey-sugar-nut mixture, then separate them, place on a wet board, sprinkle with ginger, and chill.

## HAMANTASCHEN

Any of the Hamantaschen doughs given below may be used with any of the Hamantaschen fillings. The method of shaping Hamantaschen is given in the recipe immediately following.

### HAMANTASCHEN DOUGHS

#### Number 1

2¼ cups flour	1 teaspoon salt	¼ cup melted butter
2 teaspoons	½ cup sugar	1 egg
baking powder		¾ cup milk

Mix well the flour, baking powder, salt, sugar, butter, egg and milk, and knead well. Roll the dough out thin, and cut into rounds 2 inches in diameter. Place a spoonful of Hamantaschen filling in centre of each round, draw up three sides, and pinch sides together in the form of a triangle. Place on a buttered cookie sheet, and bake at 375 degrees for 45 to 60 minutes until delicately brown.

#### Number 2: Hamantaschen Cookie Dough

½ cup butter	2 cups flour	2 tablespoons milk
1 cup sugar	2 teaspoons	lemon or vanilla
1 egg	baking powder	flavouring

Cream together the butter and sugar, and add the egg. Mix and sift flour and

baking powder, and add a little of this mixture to the creamed butter and sugar. Add the milk. Add remainder of the flour mixture. Add flavouring extract. Roll dough out, cut into rounds, form into triangles and bake according to directions in preceding recipe.

**Number 3: Hamantaschen Cream Cheese Dough**

1 cup butter                      1 package cream cheese       $\frac{1}{4}$  cup powdered sugar  
2 cups flour

Cream the butter well with the cheese, add flour and powdered sugar, and mix well. Wrap in waxed paper, and place in refrigerator over night. Roll out in medium thickness, and cut into rounds. Fill, and form into shape, according to directions in preceding recipe. Place on a buttered cookie sheet, and bake at 400 degrees for 12 to 15 minutes until delicately brown.

**HAMANTASCHEN FILLINGS**

**Number 1: Poppy Seed Filling**

$\frac{1}{4}$  pound poppy seeds      1 egg                                       $\frac{1}{4}$  cup sugar

Pour boiling water over poppy seeds, let stand until seeds have settled at bottom, and drain. Put seeds through the finest blade of the food chopper. Add egg, stirring it in well, add sugar, and mix thoroughly.

**Number 2: Prune Filling**

$\frac{1}{2}$  pound prunes                      grated rind of 1 lemon      2 teaspoons lemon juice  
Soak prunes over night. Cook in water in which they were soaked until soft. Drain well. Remove stones from prunes, and cut prunes into small pieces. Mix with grated rind and juice of lemon.

**Number 3: Poppy Seed Nut Filling**

1 cup poppy seeds                      1 cup milk                                      1 tablespoon  
2 tablespoons butter                       $\frac{1}{2}$  cup seedless raisins                      chopped citron  
 $\frac{1}{2}$  cup chopped walnuts      2 tablespoons corn syrup      1 teaspoon vanilla

Put poppy seeds through finest blade of the food chopper, and mix with remaining ingredients, except vanilla. Let mixture cook over slow fire until thick, stirring often. Let cool, and add vanilla.

**CARROT TZIMMES**

1 cup brown sugar                      1 cup water                                      2 cups diced carrots  
2 tablespoons fat

Make a syrup of the sugar and water by boiling together for 10 minutes. Heat the fat, brown the carrots in the hot fat, and add them to the syrup. Cover, and let boil gently 15 minutes longer or until carrots are tender. Brown in oven, and serve.

**SWEET NOODLE PUDDING**

$\frac{1}{2}$  pound fine noodles,                      4 eggs, separated                                      2 tablespoons  
boiled                                      1 cup powdered sugar                                      ground almonds

Beat egg yolks with sugar until light, add almonds and noodles. Beat egg whites stiff, and add. Pour into a well-greased pudding dish, place dish in a pan of boiling water in oven, and bake at 350 degrees for 30 minutes.

**PURIM SOUP**

A recipe for this is given in section of this book on "Soups."





