EIGHT NEW PAGES FOR THE CALL'S COOK BOOK

CUT ON THIS LINE

SOME VERY FINE FISH DISHES

Marie Wright, 1378 Pacific Avenue, San Francisco

The welcome given to this small book,
The praise it has met
Has justified its friends to look
For more editions yet.

Now ladies young, and ladies old,
Be wise and use this book;
For men all o'er think less of gold
Than of a dainty cook.

A spoonful of vinegar added to the water in which fish is boiling will make the fish firm and tender. Put a pinch of bicarbonate of soda in the water when boiling salmon. This makes it a beautiful red color. Salt fish are quickly freshened by soaking in sour milk. Season bread crumbs with salt and pepper and a little chopped parsley if liked before using for fillets of fish. Anything fried in boiling fat is puffed up and made very light by lifting it three or four times out of fat during the process. This lets in the air and makes a great difference. Lemon juice is always an improvement to white fish.

Three ways of frying fish: First—Fillet fish; wash and dry. Egg and bread crumb. Fry in boiling fat.

Second way—Dip first in milk, then in flour. Fat must be even hotter for this than when egged and breaded.

Third way—Make a batter of flour, milk, a little salt and a tiny piece of baking powder about the consistency of thick cream. Dip fillets in batter and fry, without wire basket, as then they are apt to stick, which takes off batter.

Bass Boiled—Take as much water as would enable the fish, if alive, to just swim; add to each quart a teaspoon of salt, a half cup of vinegar, a blade of mace and a dozen black peppers with a sliced onion and a bay leaf. Cleanse and sew up the fish in muslin, fitted to its shape; when the water is boiling hot put it in and let it boil gently from 8 to 12 minutes per pound, according to thickness; boil faster at the end than the beginning. When done unwrap and serve with white sauce of the melted butter kind, well flavored, or with drawn butter mixed with lemon juice.

Clams Fried—Divide them if large and roll in egg and crumbs, or coat with batter and fry in the usual way, or cut the clams up and mix with stiff batter and fry by dropping from a tablespoon. In this way they are called clam fritters.

Cod a la Drusille—Required: One pound of crimped cod in slices, half a pint of sauce a la Drusille and some milk and water. Put enough milk and water in a pan to cover the fish (it should be laid for a short time in cold water with a little salt and lemon juice, then dried). When the liquid boils lay in the fish in a single layer; cook very softly, then drain and dish the slices in a row; take the skin off and pour the sauce over.

Sauce a la Drusille—Make a strong stock from the bones of any white fish in the proportion of a pound to a pint of water; after straining boil it down to a gill and mix it with a gill of cream; bring to the boil, then thicken with half an ounce of arrowroot and stir in an ounce of butter. Put in a saucepan a gill of wine, with some parsley stalks, a sprig of thyme and chervil and a few fresh leaves of tarragon; boil until reduced to half the quantity, strain and add to the sauce, with seasoning to taste, salt, pepper, a pinch of cayenne and a few drops of tarragon vinegar.

Cod With Hashed Potatoes—Take the remains of cold cod and its weight in mashed potatoes, remove the skin and bones and to every pound of fish allow one teaspoon of salt, half a teaspoon of white pepper and a few grains of cayenne; pound all together to a smooth paste with a little butter, oil or cream. Place the mixture in a well buttered dish, roughen the top with a fork and bake it in a moderate oven. As soon as brown it is ready. A little plain sauce of any sort improves it.

Crab Boiled—Put some water into a saucepan and to every quart add a tablespoon of salt. When it boils put in the crab. Boil briskly for 20 to 30 minutes or longer if the crab is large. When taken out rub a little sweet oil on the shell.

Crab Dressed—For a plain dish pick out the meat of a crab; mix it with half a wineglass of mild vinegar, half a teaspoon of white pepper, a little salt and mustard to taste; then add a tablespoon of salad oil or a bit of fresh butter. Put the mixture in the shell, put it on a napkin laid on a dish and garnish with the small cloves and some watercress or parsley. For a hot dish mix some bread crumbs in with the rest and moisten with a little fish stock or milk. Cover with crumbs, put bits of butter over and brown in a quick oven. Chopped parsley may be put in this, or a bit of cooked onion.

Smelts, Fried—Trim and dry them and flour them well, then cook them as they are, or coat them with egg and bread crumbs. Cook them in hot fat to a golden brown; dish and garnish with fried parsley, with slices of lemon in between.

Soles au Plat—Put a little fish stock in the baking dish or plate; lay in one sole, white skin down; on the side from which the black skin was taken sprinkle some bread crumbs, first brushing the fish with milk, warm butter or oil; sprinkle over some fresh parsley and mixed herbs or some chopped muskrooms, with seasoning to taste; pour a little butter over and bake.

Sturgeon, Roasted—This can be cooked plainly, but is better if larded. The skin should be taken off and a nice thick piece of several pounds chosen. After larding tie up in shape and roast it, basting often with the following, prepared beforehand: Supposing four pounds of fish, put in a saucepan a gill of good fish stock, the same of good brown stock, half a gill of sherry, a bunch of herbs and some bits of carrot and onion; leave for a time to blend, then bring to a boil, strain and use. When the fish is done put it near the fire to brown, and add a morsel of roux to the gravy; boil it up and serve.

Trout Fried—If for serving hot, egg and crumb them. Fry in hot fat. Garnish with fried parsley and slices of lemon.

Indian Puffs—Pick and chop finely one pint of freshly boiled shrimps, add a tablespoon of butter and a teaspoon of curry powder and as much cream or white stock as will make it a smooth paste. Roll sufficient pie crust very thin, cut into four inch squares, fill with this, fold in triangles and fry them in boiling fat. Garnish with parsley.

Lobster Omelet—Chop finely the meat of a lobster, two pounds; add one pint of white broth, thyme, bay leaf and parsley, the juice of a lemon and two tablespoons of cream. Cook for 10 minutes, season it and press through a fine sieve. Have ready a light omelet and pour this across it before folding it and around it when folded on the dish.

Broiled Fish (Normandy)—Clean and split a large fish, such as flounder, bluefish or mackerel; cover it with a mixture of sweet oil, vinegar, chopped onion, herbs, salt and pepper. Set in a cold place for an hour, turning it several times. Drain it, dip it in bread crumbs, then in egg and more crumbs, and broil until brown. Serve with tartare sauce.

Awarded a Silver Pickle Fork

A SPLENDID ASSORTMENT OF SOUPS

Miss Etta Marshall, 806 Ivy Street, Chico

There are many delicious soups served under the general name of puree, the flavor or vegetable used giving the specific name. Not only are they served at dinners and luncheons, but with a bread and butter accompaniment a well made puree is in itself enough for a good meal. The thickened soups require a little time and care for their preparation, but are worth the trouble.

Puree of Mushrooms—Cut a pint of canned mushrooms in small pieces and add them to the juice of two quarts of stock; place over the fire with an inch blade of mace, a teaspoon of parsley, a small onion cut up and a tablespoon of grated green celery, and cook for 20 minutes; add half a pint of stale bread crumbs (without crusts) and cook for five minutes longer. Rub through a puree sieve, mashing the mushrooms and pressing them through with a potato masher; return the strained soup to the fire and add a pint of rich milk; let the soup boil for five minutes, stirring all the time; add two teaspoons of salt and half a teaspoon of white pepper. The soup is now ready for the liaison of eggs, the crowning finish given by the French chef to his cream soups. This is made of the yolks of two eggs beaten until thick, and a cup of sweet cream is then added. The soup must be lifted to the back of the stove and allowed to stand for three or four minutes before the liaison is added. At the end of this time stir a little hot soup into the cream and eggs to heat them and add the mixture to the soup, stirring constantly while pouring it in. Serve as soon as it is mixed in the soup. Any soup in which a thickening of egg has been used should not be allowed to stand for an instant.

Cream of Leeks—Wash a scanty pint of young leeks and cut them in small pieces. Melt a tablespoon of butter in the soup pot, add the leeks and stir over a moderate fire; cook for five minutes. Do not brown the leeks or butter. When bright green and wilted add two quarts of stock, half a cup of rice well washed, a teaspoon of chopped parsley, two cloves and a bay leaf. Simmer very slowly for an hour, then rub through a puree sieve, moistening with more of the broth if necessary. Return to the fire, add a teaspoon of salt and a dash of cayenne pepper and just before serving a pint of rich, boiling hot milk. Pour over two dozen tiny croutons and serve.

Recamier Puree—Wash a quarter of a pound of pearl sago and cook it until clear in a pint of water, adding a bay leaf, a tablespoon of chopped green celery, a small green onion and a sprig of parsley. When the sago is clear add three pints of stock; cook for a few moments and rub through the puree sieve. Return to the soup pot and add a liaison of eggs and cream, as directed in the recipe for mushroom puree.

Soubise Puree—Peel six small Bermuda onions and cover them with a quart of hot water; add a tablespoon of salt and let them stand for an hour, then drain. This is to extract the strong flavor. Cut the onions small, put them in a sausepan with a tablespoon of butter and cook slowly for five minutes, but do not allow them to acquire a tinge of color. Add two quarts of beef stock, a cup of chopped celery, an inch stick of mace and a teaspoon of chopped chervil. Let the whole simmer gently for 30 minutes. Rub a heaping tablespoon of flour in a tablespoon of butter, add this to the soup and stir for five minutes; rub the whole through a puree sieve, then return it to the fire to heat; add a teaspoon of salt, a dash of cayenne and a teaspoon of lemon juice and pour into a tureen containing half a pint of cream whipped solid. Stir once and serve.

Cream of Chestnut (Creme de Marron)—Shell and blanch a pound of chestnuts. Cook them in a quart of water for a half hour, adding a teaspoon of salt. Drain, then put the chestnuts in two quarts of clear beef stock; add a teaspoon of celery salt, a tablespoon of chopped onion, a teaspoon each of pepper and chopped parsley and cook for 10 or 15 minutes until the chestnuts are soft. Add a teaspoon of grated lemon rind and pulp pressed through a puree sieve. Return to the fire; add a teaspoon of lemon juice, two teaspoons of salt and a pint of rich cream or milk and a tablespoon of butter. Serve at once.

Crecy Soup—Cook a cup of carrots cut in small dice and two tablespoons of onion in a tablespoon of butter. When a dainty brown add a cup of shredded lettuce, half a teaspoon of coarsely chopped marjoram, half a teaspoon of basil, a teaspoon of parsley, three quarts of stock and a cup of lentils that have been soaked in water over night, and allow the whole to cook slowly for an hour and a half. Rub through a puree sieve, reheat, add two teaspoons of salt and a dash of cayenne. Shave a washed lemon into wafer like slices, put it in the tureen and pour the hot soup over it. Serve at once.

Puree du Barry—This is an improvement on the old style potato soup. Chop six almonds fine, add to them a pint of potatoes cut small, two tablespoons of onion, two ounces of washed rice, a teaspoon of parsley and a teaspoon of grated nutmeg, and place the mixture in a soup pot; stir in a tablespoon of flour and when well mixed add three quarts of stock. Cook slowly for 30 minutes, rub through a puree sieve, reheat, add a teaspoon of salt, two cups of hot milk and serve. If properly made the puree will be of a velvety consistency and tempting aroma.

Poulet Allemand—Put two quarts of chicken stock to heat; add six chopped mushrooms, a tablespoon of shallots, a teaspoon of parsley and a small onion. Let this simmer gently for 10 minutes, then add a cup each of cooked rice and the white meat of a cooked chicken very finely minced. Cook for 10 minutes, then rub through a puree sieve, mashing the chicken and rice with a potato masher. Return to the fire and allow it to boil. Heat a pint of milk to the scalding point, have ready the whites of two eggs beaten to a solid froth and add them to the milk, stirring rapidly; let the milk come to a boil, then set aside. Add to the soup a teaspoon of salt and the beaten yolks of two eggs mixed with half a cup of cream. Stir in the milk and white of egg and pour into the tureen. The white of the egg will rise to the top like foam. Sprinkle over it a teaspoon of very finely chopped parsley and serve.

AN EXPOSITION PIE AND OTHERS

Miss O. C. Stevens, 1728 Pierce Street, San Francisco

1915 Game Pie—Take about two dozen woodcock, quail, snipe or other small birds. Split each one in half; put them into a saucepan containing about a gallon of cold water, although beef broth or soup stock would be preferable. See that the fire is hot, and when the boiling point has been reached carefully skim off all the scum from the surface and put in for seasoning a little pepper and salt with mace, ground cloves and one bay leaf, adding half a pound of sliced pork cut into squares, two small onions and a carrot. Boil until tender, being careful that there is enough broth to cover the game. Into another saucepan put four ounces of butter and two tablespoons of browned flour, mixing well and stirring into a part of the broth or gravy to make a thin sauce. Strain off what broth remains in the first saucepan, removing therefrom the vegetables and spices to go with the sauce. Slice and cut into dice shape potatoes equal in quantity to the meat and put into a deep baking dish; put on the top crust of dough and bake in an oven that is not too hot. If a separate pie is desired for each person the baking may be done in small vegetable dishes.

Roast Venison—Take the saddle of venison, pare it and trim off the fat; lard with salt pork and cut in small strips. Place the meat in a dish longer than the saddle and hollow, and pour over it a pickling made as follows: Two tablespoons of butter, two onions chopped fine, two carrots chopped fine, three bay leaves and a teaspoon of whole peppers. Cover with claret and let it remain in pickle for 36 hours. Then remove the meat and roast in a quick oven. Make a gravy by straining the pickle and adding two tablespoons of flour to thicken. Pour over the venison.

Cottontail Pie—Take a cottontail and cut into seven pieces; wash well, salt, pepper and roll in flour. Have frying pan medium hot. Put in frying pan one cooking spoon of butter and same amount of drippings. Put cottontail in the pan and fry until all sides are a nice brown. Slice over same one small onion, add one-third cup of hot water and cover. As this cooks down continue to add water until the meat drops from the fork. Then remove meat to a baking pan, make milk gravy in pan and pour over the meat. Now make a rich biscuit dough and put over the top. Put in a quick oven and bake a light brown.

Roast Quail—Pluck and dress like chickens, wipe clean and rub inside and out with salt and pepper; stuff with any good dressing and sew up with thread; spread with butter and place in an oven with a good steady heat, stirring and basting often with hot water seasoned with butter, salt and pepper; bake three-quarters of an hour. When about half done add a little hot water to the pan and it is well to place a dripping pan over them to prevent browning too much. Add to the gravy flour and butter rubbed together and water if needed.

Quail on Toast—Dry pick them, singe them with paper, cut off heads and legs at first joint; draw, split down back, soak in salt and cold water for 10 minutes, drain and dry with a cloth. Lard them with bacon or butter and rub salt over them; place on a broiler and turn often, dipping two or three times in melted butter; broil about 20 minutes. Have ready as many slices of buttered toast as there are birds and serve a bird, breast upward, on each slice.

Wild Turkey (Roasted)—Select a young fowl, clean and wash well. Roast slowly. Carve the body of the turkey and place the flesh aside. Melt into a saucepan two tablespoons of butter, add one chopped onion, fry a while, sprinkle over two tablespoons of flour, add two glasses of madeira wine and two glasses of stock; let boil a while, add the bones and the paring of the turkey broken fine in a mortar and cook the whole for an hour. Pass the sauce through a colander and pour over the turkey, which you have placed in another saucepan. Warm the whole for about five minutes and serve in a deep dish.

Prairie Chickens—Cut out all shot, wash well, but quickly, using some soda in the water; rinse and dry, fill with dressing, sew up with thread and tie down the legs and wings; place in a steamer over hot water until done; remove to a dripping pan, cover with butter, sprinkle with salt and pepper, dredge with flour, place in the oven and baste with the melted butter until a nice brown. Serve with either apple sauce, cranberries or currant jelly.

THE WAY THEY COOK IT IN FRANCE

Mrs. H. Lipman, 1733 Post Street, San Francisco.

Swan of Savoy Biscuit, a la Chantilly—One pound of the finest quality of sugar (pounded), 14 eggs, four and a half ounces of the finest flour and four and a half ounces of potato flour. First separate the yolks from the whites of the eggs, taking care not to drop the least portion of the yolks in the whites, as any mixture of these renders it impossible to whisk the whites firm. Add the sugar to the yolks, and some vanilla essence. Work these together with a wooden spoon until the whole presents the appearance of thick, creamy batter. The whites must now be whisked into a firm, substantial, snowy froth. Let both the wheaten and potato flour be well mixed in the batter. As soon as the whites are whisked mix them also in with the batter. The batter must now be gently poured into a plain, oval mold. Smear the mold with sweet oil. When the cake is done and has become cold shape it with a sharp knife in the rough outline of the body of a swan. The wings, tail and the neck and head must be made of: One pound of flour, eight ounces of pounded sugar, two whole eggs and two yolks. The bill should be dipped in high colored boiled sugar. The eyes may be formed with a little of the same, with a currant stuck in the center for the pupil. Cover the bird entirely with a thick coating of whipped cream; first smooth this over with the blade of a knife, and then with the point of a small knife; imitate the feathers about the wings, tail and body.

Chicken Custard, a la Chambord—Cut a young fowl into quarters; place it in a stewpan with a little parsley, chervil, celery and a turnip; pepper and salt. Fill the stewpan with three pints of cold water; place it on the fire; as soon as it boils skim it thoroughly and set it by the side of the fire to boil until soft, after which strain the broth into a basin through a napkin, and use it in the following manner: According to the number of custard cups to be filled, place so many yolks of eggs in a basin; to these add the same number of custard cups of prepared chicken broth, and with a spoon beat these together, in order to mix them thoroughly; then pass them, by pressure, through the tammy; fill the custard cups; steam them in the usual manner. These custards should be eaten very soon after being made, as they become heavy when warmed a second time.

SOME GREEN TOMATO RECIPES

Mrs. W. Batterton, 225A Hickory Avenue, San Francisco

Fried Green Tomatoes—Cut green tomatoes in thick slices and soak in salt water for an hour. If there is not time, they may be used without soaking. Then drain, sprinkle with salt and pepper, dip each slice in beaten egg, roll in sifted bread or cracker crumbs and fry in hot butter until a delicate brown on both sides. Dredge them with powdered sugar. Take up on a hot dish and pour the gravy over them. Serve hot.

Stuffed Green Tomatoes—Wash and drain large, round green tomatoes. Cut a thick slice from the stem end, scoop out the seeds and place in salt water for an hour. To one pint of bread crumbs add a spoon of finely minced celery or parsley, three tablespoons of soft butter, salt and pepper to taste and enough hot water to moisten. Mix well and fill the tomato cups. Set them in a pan containing a little boiling water, cover and bake slowly for one hour; then remove the cover and brown slightly.

Green Tomato Pies—Peel and slice the tomatoes and pour boiling water over them. Let them stand for a few minutes, then drain. Line a pie tin with nice pastry, fill with the tomatoes, add one-half cup of sugar, one tablespoon of lemon juice, one of water; sprinkle over one teaspoon of flour and dust with cinnamon. Cover with a top crust and bake. A tablespoon of butter cut in bits and added to the pie is an improvement.

Green Tomato Lemon Meringue Pie—Peel and slice the tomatoes, then take one or two lemons, according to the size of pie, peel them, removing carefully all the bitter white skin, and cut into slices, rejecting the seeds. Line a pie tin with pastry, put in a layer of tomato, then a layer of lemon, then another of tomatoes; add a cup of sugar on top, dot with bits of butter and bake. Then cover with a meringue made of the whites of one or two eggs beaten stiff with one or two tablespoons of powdered sugar. Return to oven and brown slightly.

Green Tomato Mince Pie—One quart of finely chopped green tomatoes, six large apples peeled and chopped fine. Mix thoroughly with three cups of sugar, three tablespoons of flour (mixed with the sugar), one teaspoon of salt and one cup of vinegar. Bake with two crusts.

Green Tomato Catsup—Seven pounds of green tomatoes chopped fine, four red peppers and one quart of vinegar. Boil together for one and one-half hours. Then add one pound of brown sugar, two tablespoons each of mustard and salt, one tablespoon each of ground allspice and cinnamon and one teaspoon of ground cloves. Boil for three hours or longer, then seal in cans or bottles.

Japanese Chowchow—Take 12 medium sized green tomatoes and 12 small pickled limes. Put both through the food chopper, using the medium sized cutter and removing the seeds from the limes. Add six cups of sugar and let cook slowly for three hours. Put into jars or glasses and when cool cover with paraffin.

Green Tomato Mincemeat—For a large quantity of mincemeat take one peck of green tomatoes; slice them, sprinkle with salt and let stand for 24 hours. Then drain, chop fine and add 24 apples chopped fine, five pounds of brown sugar, three pounds of seeded raisins, two pounds chopped citron, one tablespoon of cinnamon, one tablespoon each of cloves and grated nutmeg. Add one pint of vinegar and cook one and one-half hours; then put away as any mincemeat. It will keep until used.

Tomato Mince Without Apples—For those who do not have apples the following recipe is given: Chop fine one peck of green tomatoes, drain for one hour in a colander, then put in a porcelain kettle with five pounds of brown sugar, two cups of boiled cider (or water may be used), one-half cup vinegar, two pounds of seeded raisins, one tablespoon each of cinnamon, cloves, allspice, nutmeg and salt. Boil all together until as thick as desired.

Green Tomato Pickles—Slice one peck of green tomatoes and sprinkle them with one cup of salt. Let stand over night, then pour off the liquid and chop the tomatoes fine. Add five green peppers chopped fine. Scald two quarts of vinegar with one pint of sugar, put in the tomatoes and peppers one ounce of whole cloves, one tablespoon each of cinnamon and allspice and one grated nutmeg. Let them boil until tender, put in glasses and when cold cover with paraffin.

Green Tomato Preserves—For one peck of green tomatoes allow six pounds of sugar, six lemons, one tablespoon of ginger and one cup of water. Cover the tomatoes with boiling water for five minutes, then drain and slice. Slice the lemons, removing the seeds; put them with the tomatoes, sugar and ginger into a porcelain kettle, pour over them a cup of water, cover and cook slowly for one and one-half hours. Skim off any scum that rises while boiling. Remove from fire and let get perfectly cold, then set over again and let simmer gently for one hour longer. Put in jars and keep in a cool place.

TO UTILIZE LEFTOVERS

Mrs. W. G. Little, 151 Buena Vista Terrace, San Francisco

For Remnants of White Fish—Simmer a pint of milk and flavor with a slice of onion, a few sprigs of parsley and celery. Add butter size of an egg and one tablespoon of flour moistened with water. Season with salt and pepper. In a baking dish pour some of the sauce, then a layer of fish, more sauce and so on, having sauce on top. Cover with cracker or bread crumbs and brown in oven.

Remnants of Salmon may be made into a delicious salad. Remove bones and shred. Place in nests of lettuce leaves. Use French or mayonnaise dressing or simply salt, pepper, oil and vinegar. Finely chopped celery improves it.

For Cold Potatoes—Make a sauce by melting a slice of butter and thicken with flour. Gradually add half a pint of milk. Season with salt and pepper. Add potatoes cut into small pieces. Butter a baking dish. Place a layer of the potatoes and sauce, then some grated cheese, more potatoes and so on. Have grated cheese on top and a few pieces of butter. Bake until nicely browned.

Vegetable Hash—Cold yellow or white turnips, carrots, beets and potatoes may be mixed. Chop up vegetables, also an onion. Add any pieces of cold meat if desired. Season well with salt and pepper. Fry until browned. Fried eggs may be served with this dish.

Fragments of Cold Meats—Fry a finely chopped onion until browned. Add half a can of tomatoes seasoned to taste and slices of a bell pepper. When hot add the meat cut into small pieces. Cook until tomato sauce permeates the meat.

CUT ON THIS LINE

DIRECTIONS: Run your scissors along the entire left edge of the page to separate it from the paper. Cut along the dotted lines across top and bottom of the page. Cut along the dotted line across the middle of the page. Slip the upper half down upon the lower half of the page. Fold so that pages 1 and 8 form the outsides and each of the eight pages of the booklet will be in place. Each Sunday an eight page booklet will be published in this section of The Sunday Call. Use large needle and coarse thread to stitch each new booklet in place upon the others. Thus you will make for yourself the most interesting cook book ever put together.