

START A GREAT COOK BOOK WITH THESE PAGES

2 THE SAN FRANCISCO CALL, SUNDAY, NOVEMBER 3, 1912.

Awarded a Silver Sugar Sifter An Assortment of Good Things

Mrs. Florence West, 131 Wool Street, San Francisco.

Hot Cooked Tongue—Take a smoked tongue and cook it in cold water for 12 hours, then place it in a pot to boil; cover it with water, adding one carrot, two onions, two cloves and a few peppercorns. Let this boil for three and a half hours, then remove the tongue from the liquor, skin it and trim the root of the tongue. Then serve with hot cherry sauce, made as follows: One tablespoon of red currant jelly (one tin), one wine glass of port wine, one of claret, two large spoons of brown sauce, the juice of three oranges and one of lemon and a little cayenne pepper; boil all together for half an hour. When reduced to one-half the quantity strain through muslin and add some stoned bottled cherries. Put it in a sauce boat and serve hot with the tongue.

Rabbits a la Creme—Truss a pair of young rabbits, soak them in milk and water to keep them white, drain and dredge them with flour, pepper and salt. Baste well with butter. When nearly cooked add half a pint of cream to the butter you have basted with. Dredge over with flour until it forms a crust. Dish and pour the hot cream round.

Spareribs—In roasting spareribs or loins of fresh pork try sweet cider in the pan in place of the necessary bit of vinegar. It will give it a delicious flavor.

Cheese Puffs—This is a good way to use up odd pieces of pastry and stale scraps of cheese. One egg and one extra yolk, two ounces of butter, three ounces of grated cheese, salt and pepper to taste and a quarter of a pound of pastry. Break the egg and extra yolk into a basin and beat them well. Melt the butter and add it slowly to the eggs, also the grated cheese and a pinch of salt and pepper. Roll out the pastry very thin, then stamp it with a cutter the size of a wine glass top. Spread a little of the cheese mixture over one round, leaving a narrow border of pastry around; brush the edge of a second round with a beaten egg or water, lay it over the mixture and press the edges together. Lay on a slightly greased baking tin, bake in a quick oven about 10 minutes. Sprinkle them over with grated cheese and serve.

French Layer Cake—Take eight eggs, half a pound of sugar, half a pound of flour, a quarter pound of melted butter, a spoonful of vanilla extract. Beat the eggs with the sugar, heating near a mild fire until the mixture is a little warmer than blood heat. They may be heated in a pan of warm water or on the back of the range. When well warmed remove from heat, continuing to beat until they are quite cold. This makes the cake short and tender. Add the flour, a wood spoon, then the butter. Put into a buttered mold and bake in moderate oven for 25 minutes. Cut into three layers with a sharp knife. Fill with vanilla, chocolate, caramel, vanilla or any other cream.

Mocha Cream—Beat half a pound of fresh butter with half a pound of powdered sugar until light. Add three eggs, one by one, add half a cup of thick sweet cream. Continue whipping until light and fluffy, then add enough coffee extract to color the cream the desired shade. Spread between the layers and decorate the top.

Potato Puffs—Take a quarter pound of butter, a cup of water, a cup of milk, four eggs, a cup of flour and a cup of mashed potatoes, strained through a sieve. Heat the butter, milk and water. When boiling remove from the fire and add the

flour, then the potatoes, mixing with a wooden spoon. Add the eggs, one by one, last, a pinch of salt, a pinch of sugar and a little grated nutmeg. Make into small balls about the size of a dollar in diameter. Place on greased papers, then fry in hot lard. They will puff up considerably. Very nice to serve with fried chicken or turkey or used as a garnish with baked meats.

WAYS TO PREPARE FRUIT AND VEGETABLES

A. C. Jochnus, Pacific Grove

Escalloped Squash—Cut the squash into small pieces and boil until tender, but not soft enough to mash. Butter a baking dish and cover the bottom with a layer of squash, over which sprinkle a little salt, a little sugar and a few bits of butter. Keep doing this until the dish is full. On top, in addition to the seasoning, add a little grated nutmeg. Pour in about two-thirds of a cup of milk and bake in a moderate oven. Serve hot.

Egg Plant Salad—Cut the egg plant in quarter-inch slices, pare, sprinkle with salt and pepper and saute them quickly in hot butter. Drain on cheese cloth; when cold, cut them in dice, sprinkle on them some minced watercress and cover with a cream salad dressing made by stirring three teaspoons of grated horseradish, three tablespoons of lemon juice, one-half teaspoon of salt and a dash of paprika into one cup of thick whipped cream.

Baked Quinces—Core and pare eight ripe, juicy quinces. Put them into a buttered baking dish and fill the cavities with sugar. Sprinkle the remains of three-quarters of a cup of sugar over them and add one and a half cups of water. Cover and bake until soft in a moderate oven, basting often. Quinces require a long time for cooking. Serve hot with butter and sugar.

Red and White Pickles—Select one large or two small heads of cauliflower, break into bits. To this add one-half pint of small onions, two red peppers. Dissolve one-quarter pint of salt in sufficient vinegar to cover vegetables. Let stand over night, drain in morning. Heat one quart of vinegar and two tablespoons of mustard until it boils, put in vegetables, boil 15 minutes, bottle and seal.

MOCK WILD DUCK

Mrs. Henderson, 543 Charter Oak Avenue, San Francisco

To those who do not like the wild game taste, here is a good substitute for wild duck: Take choice liver, cut into pieces the size of half a breast; fry with slice of lean salt pork till brown, then add water; thicken gravy with browned flour, add onion and garlic chopped fine, ground cloves, allspice, cinnamon, pepper and a little salt. Boil till tender, add sherry wine and lemon juice to taste and serve.

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THE FRUIT OF THE VINE

Mrs. Marie Wright, 1378 Pacific Avenue, San Francisco

Grape juice combined with olive oil acts as a tonic and is said to be fattening and beneficial to the system when run down, and the grape is really a healthful food if only the pulp is eaten. Among the various ways of preserving grapes for winter use none is more delicious than unfermented grape juice. The uses of unfermented grape juice are many.

Grape Cakes—Very ripe black grapes are best for it. Wash them twice on the bunches and after picking. Line a deep plate with a half inch crust and put in the grapes, with all the sugar that will lie between them, heaping the fruit a little in the middle. Put on the top crust, cut cross slits in the middle and fold back the corners to leave an open square. Set the dish in a quick oven and while the pie bakes make a sauce, using a quarter of a pound of butter, half a pound of sugar and one tablespoon of boiling water. Stir well over hot water and flavor with lemon juice, claret or grated nutmeg, according to taste. When the pie is nearly done, take it out, pour in the sauce through the opening in the crust and return it to the oven. Do not overbake it, but keep it hot until ready to serve.

Grape Jelly—For this use ripe Concord, Isabella or Clinton grapes. They should be freshly picked, washed and stemmed. Put the grapes into a stone jar. Stand it in a kettle of cold water, cover and heat slowly until the fruit is soft. Now put a small quantity at a time into a jelly bag and strain. Measure, and to each pint allow two cups of granulated sugar. Pour the juice into a porcelain kettle and stand over a brisk fire. Put the sugar into earthen dishes and stand in the oven to heat. Boil the juice rapidly and continuously for 20 minutes, then turn in the sugar, hastily stirring all the while until the sugar is dissolved. As soon as it comes to a boil take from the fire and fill tumblers that have been quickly dipped in hot water. If the fruit is over ripe it will never jelly, no matter how long you boil it.

Grape Water for Invalids—Two breakfast cups of grapes and three-quarters of a pint of boiling water. Wash and mash grapes, add the water, simmer for 10 minutes, strain, chill and serve.

Grape Juice Parfaits—Beat one cupful of whipping cream, one gill of grape juice and the strained juice of one lemon until thick to the bottom of the bowl. Cook a cupful of sugar in three tablespoons of water to the thread stage. Then pour in a fine stream on to the whites of two eggs beaten until foamy. Beat until cold and light; then fold the cream mixture into the meringue. Turn the mixture at once into the ice cream cylinder and let it stand one hour or more.

Grape Catsup—Grape Catsup will be found useful for the winter table. Wash and stem the grapes. Put five pounds of the fruit into a kettle and heat very slowly. When soft, rub through a sieve, return to the kettle and add three pounds of granulated sugar, two cups of vinegar, one teaspoon each of ground black pepper, cinnamon and allspice. Boil for one hour and bottle while hot.

Grape Pudding—Wash, pick and flavor well before putting into the batter. A heaping pint of grapes makes a fair sized pudding. For the batter beat four eggs very light, beating the yolks and whites separately, mix smoothly with one and a half cups of milk and two cups of flour sifted twice. Add a quarter of a pound of butter beaten until creamy, then a cup of all the whites of two eggs, stirring them in with long, swift strokes, all the same way. The grapes go in at the very last, and the bag or pan ought to be ready before they

are added. Boil the pudding for three hours and serve with the richest possible wine sauce.

Grape Mousse—To two cups of thick cream add three tablespoons of sugar, one teaspoon of vanilla extract and one cup of grape juice. Beat all with an egg beater, put into closely covered mold and pack in broken ice and rock salt for fully two hours.

Grape Water Ice—One quart of water, two cups of grapes and one pound of sugar. Boil the water and the sugar together for eight minutes. Put the grapes and add the pulp and skins to the syrup, then press through a sieve, being careful not to mash the seeds. When cold, turn into a freezer and freeze.

Grape Sauce—One cup of sugar, one cup of grape juice, one tablespoon of orange or lemon juice and three tablespoons of water. Boil all together until it forms a syrup. Serve hot or cold.

Grape Surprise—Two tablespoons of powdered gelatin, one cup of grapes, one cup of sugar, half a cup of powdered sugar, grated rind and strained juice of one lemon and two and a half cups of grape juice. Put the gelatin into a saucepan and add a pound of lemon juice and the sugar; then dissolve and add the lemon rind and the powdered sugar. When beginning to set, add the grapes, one by one, and seeded. Pour into a wet mold. Turn out when set and serve with the grapes around it.

Grape Jam—Separate the skin from the pulp of the grapes, keeping them in separate dishes. Put the pulp in the preserving kettle with a teaspoon of water. When thoroughly heated, run the grapes through a colander to separate them from the seeds; then put in the skins with them and weigh. To each pound of fruit add three-quarters of a pound of sugar and add merely enough water to keep from burning. This is a delicious jam and worth the trouble.

Spiced Grapes—Choose grapes full colored, but not too ripe—black and white ones in equal quantities. Wash the clusters well, then clip off the sound grapes in little clusters, leaving short stems as possible without breaking the skin. Pack the clusters in a glass jar in inch thick layers, alternating the black and white. Cover each layer with granulated sugar, well shaken down, and strew it thickly over the top with cloves, ginger, nutmeg, dried orange peel and dried lemon peel, powdered and well mixed in equal quantities. An ounce of each is enough for a half gallon jar. When the jar is full, cover the grapes with good brandy or whiskey, let it stand for eight hours and fill up again. The fruit will absorb about half the first filling. Lay wax paper over the top and screw on the lid.

BAKED QUAIL

L. J. Cook, 2212 Street, San Francisco

Procure one dozen quail, two loaves baker's milk bread, 5 cents' worth beef suet. Cut the bread in slices one-quarter inch thick, toast in oven quite dry, break up quite fine; chop the suet very fine, add two teaspoons of salt, one of pepper, one and a half or two of sage; then pour on boiling hot water and mix thoroughly, rather soft, and when it is quite cool add two well beaten eggs, fill the quail with this dressing. If some is left, put it in the corner of a granite ware dripping pan and place in a hot oven, but not too hot, let it cook one and a half hours, basting often. When cooked tender, take off cloth and burn and serve the quail hot.

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DAINTY MAPLE SUGAR RECIPES

Mrs. Marie Wright, 1378 Pacific Avenue, San Francisco

Maple Charlotte—One cup of grated maple sugar, one heaping teaspoon of powdered gelatin, one pint of milk, two eggs, two tablespoons of granulated sugar, one teaspoon of vanilla extract and a half cup of chopped walnut meats. Dissolve the maple sugar in a cup of hot water. Dissolve the gelatin in the milk and set on the fire. When boiling, add the egg yolks, beaten with the sugar. Stir over the fire till it begins to thicken, then remove from the fire and stir into it the stiffly beaten whites of the eggs. Add the dissolved maple sugar, vanilla extract and the walnuts, chopped. Pour into a wet mold and turn out when firm. This is delicious with whipped cream.

Maple Blaque—One cup of maple syrup, four eggs, two cups of whipping cream and a few chopped nuts. Beat the eggs with the sugar, heating near a mild fire until the mixture is a little warmer than blood heat. They may be heated in a pan of warm water or on the back of the range. When well warmed remove from heat, continuing to beat until they are quite cold. This makes the cake short and tender. Add the flour, a wood spoon, then the butter. Put into a buttered mold and bake in moderate oven for 25 minutes. Cut into three layers with a sharp knife. Fill with vanilla, chocolate, caramel, vanilla or any other cream.

Maple Ruseau—One cup of maple syrup, two cups of whipping cream, the yolks of four eggs, a half cup of boiling water, one and a half tablespoons of powdered gelatin, a few ladyfingers. Line a charlotte russe mold with the ladyfingers split in halves. Dissolve the gelatin in boiling water and whip the cream. Scald the maple syrup and pour it in a fine stream on the beaten yolks of the eggs, stirring constantly. Cook over hot water until the mixture will coat the spoon. Add the dissolved gelatin, strain and cool. Beat thoroughly, add the whipped cream and pour the whole into the prepared mold. Turn out when firm.

Maple Pudding—Heat two cups of milk, stir in two tablespoons of fine talc, cook for 30 minutes and remove from fire. Add the well beaten yolks of three eggs and a pinch of salt. Stir again over the fire till it thickens, then allow it to get cold. Add one cup of chopped nut meats and two-thirds of a cup of maple syrup. Pipe the stiffly beaten whites on the top and serve.

Maple Cake—Sift two cups of flour with one and a half teaspoons of baking powder into a basin; rub in one tablespoon of butter and add two well beaten eggs, half a cup of milk and one cup of maple syrup. Mix and add a half cup of chopped raisins and one cup of chopped English walnuts. Bake in buttered and floured cake tins in a moderate oven.

Maple Puffs—Put two tablespoons of butter into a saucepan add one cup of water and bring to a boil. Add quickly one cup of sifted flour and a pinch of salt; stir well with a wooden spoon until the mixture leaves the side of the pan, remove it from the fire and allow it to cool, but not to become cold. Add four eggs, beating each one in thoroughly, and put away in cool place for one hour. Put into a forcing bag with a plain tube and force on to a baking tin into small rounds. Brush the tops with a well beaten egg and bake in a hot oven for 30 minutes. When cold, split them open on one side, fill with maple cream filling and sprinkle sugar on the top. To make the maple cream filling, put into a double boiler two cups of cream and allow the liquid to come to a boil; then add one tablespoon of butter and one teaspoon of flour beaten together. Put in one cup of grated maple sugar, stir and cook for five minutes. Remove from the fire, add one well beaten egg and one teaspoon of vanilla extract; stir and cook till it thickens. Remove from the fire and cool. Fill

the prepared shells with this maple cream and sprinkle powdered sugar on the top.

Maple Custard—Beat four eggs, then add four cups of milk, saltspoon of sugar and half cup of maple syrup. Pour in wet custard cups and set in pan of hot water to bake. This makes a delicious filling for pie. Make the ordinary pie crust, pour in the filling and bake in a moderate oven.

Maple Mold—Four tablespoons of cornstarch, a half cup of maple syrup, two and a half cups of milk, one egg and one teaspoon of rose extract. Blend the cornstarch with a cup of milk, boil the remaining milk and add the cornstarch. Boil for 15 minutes, stirring all the time; then add the maple syrup and remove from the fire. Add the egg, well beaten, and the rose extract; mix well and pour into a wet mold to firm. Turn out when cold and serve with whipped and sweetened cream.

Maple Sauce for Puddings—Three-quarters of a cup of maple syrup, a half cup of water, one and two yolks of eggs. Beat the yolks until thick, add maple syrup and cook until it thickens. Remove from fire, add the whipped cream, chill and serve.

Maple Sugar Candy—Put three cups of grated maple sugar in a saucepan, then cover it with water; boil till it forms a soft ball when tried in cold water and remove from fire. Add two tablespoons of cream, one and a half cups of water, one teaspoon of vanilla extract and stir till cold. Pour into buttered tins, when cold mark into squares.

Maple Cookies—Melt one cup of butter with two and a half cups of maple syrup. Remove from the fire, add the well beaten yolks of four eggs, one cup of milk, and finally, enough flour into which two teaspoons of baking powder has been sifted, to roll into a soft dough; add the whites of the eggs (stiffly beaten) before putting in the last half of the flour. Roll out, cut into forms, lay on a greased tin and bake.

PANCAKES AND AN APPRECIATION

Mrs. Ella Kleinbeck, Sausalito

Allow me to express to you my appreciation of your cooking recipes published weekly in your good paper. I consider the collection of same, which I have preserved, exceedingly valuable. The new book form is quite an improvement. I herewith inclose recipe for German Potato Pancakes—Eight medium sized potatoes (peeled raw), four eggs (more if you wish). Grate potatoes (on grater, do not put through meat grinder), salt to taste, and let stand about 10 minutes, then dip with spoon as much water from them as possible; add yolks of eggs, beat thoroughly; beat the whites of eggs to a stiff froth and add, beating thoroughly, just before frying. No flour should be used. These are excellent.

POPOVERS

Juan E. Arrallo, 1680 Grove Street, San Francisco. (By Request)

I am glad to give you a recipe for popovers, as asked for in Sunday's Call, October 20. Their success depends upon having the oven very hot. Two eggs, one cup of flour, one cup of milk, half a teaspoon of salt, or a little less. Beat eggs well, stir in a little of the milk, then the flour, alternating until all is used. Add the salt. Beat thoroughly just before baking. Bake in a rather quick oven about 20 minutes. The secret of good popovers is the vigorous beating. One can use egg beater entirely.

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JELLIES AND JAMS

A. C. Jochnus, Pacific Grove

Many of the jellies found in the shops are made with glucose syrup, cane sugar, gelatin, artificial flavorings and colors and extracts made by boiling the refuse of canning establishments. Jams likewise are largely fictitious, being made with glucose syrup, favorings, colors, various kinds of seeds and nearly tasteless vegetable tissues, such as summer squash and boiled white turnips. Knowing this, how much more satisfaction comes to us after the heat of a hot kitchen and the labor of jelly making to realize that our home made jelly is made up only of pure, healthful ingredients.

Selection and Handling of Fruit for Jelly Making—An acid fruit is the most suitable for jelly making. When soft, rub through a sieve, the strawberry, for example, the quantity of the jelly making substance is so small that it is difficult to make a quantity of jelly. In the case of some current juice be added to the strawberry juice, a pleasant jelly will be the result; yet, of course, the flavoring of the strawberry will be modified. Here is a list of the most desirable fruits for jelly making. The best are given first: Currant, cranberry, apple, quince, grape, blackberry, raspberry, peach, apples make a very mild jelly and it may be flavored with fruits, flowers or spices. If the apples are acid it is not advisable to use any flavoring.

Jelly fruits, such as currants, raspberries, etc., should not be gathered after a rain, for they will have absorbed so much water as to make it difficult, without excessive boiling, to get the juice necessary to wash them, but the work should be done very quickly, so that the fruit may not absorb much water. Large fruits, such as apples, peaches and pears, must be boiled in water until soft. The strained liquid will contain the flavoring matter and pectin. It requires more work and skill to make jellies from the fruits to which water must be added than from the juicy fruits. If the juicy fruits are gathered at the proper time one may be nearly sure that they contain the right proportion of water. If gathered after a rain the fruit must be boiled a little longer, that the superfluous water may pass off in steam. In the case of the large fruits a fair estimate is three quarts of strained juice from eight quarts of fruit and about four quarts of water. If the quantity of juice is greater than this it should be boiled down to three quarts. Apples will always require four quarts of water to eight quarts of fruit, but juicy peaches and plums will require only three or three and a half quarts. The jelly will be clearer and finer if the fruit is simmered gently and not stirred during the cooking. It is always best to strain the juice first through a cheese cloth and without pressure. If the cloth is double the juice will be quite clear. When a very clear jelly is desired the strained juice should pass through a flannel or felt bag; the juice may be pressed from the fruit left in and used in marmalade or for a second quality jelly. To make jelly that will not crystallize (and this is the property of some) the fruit must be added to the fruit juice. If the fruit contains a high percentage of sugar the quantity of added sugar should be a little less than when the fruit is added. That is to say in a season where there has been a great deal of heat and sunshine there will be more sugar in the fruit than in the cold wet season; consequently one pint of currant juice will require but three-quarters of a pint of sugar. But in a cold, wet season the pint of sugar must be measured generously.

Care of the Hands in Jelly Making—When strain-

ing the jelly use the flour sifter, and in this way the stain from the berries or fruits does not stain the hands as in the old way. In case a clearer jelly is desired, tie a piece of cheese cloth on the sifter.

Heat rubbers for fruit jars to prevent unpleasant taste.

OLD TIME RECIPES

Mrs. B. K. Smith, 2731 Grant Street, Berkeley

Grape Pickles—Take ripe grapes; remove all imperfect or broken ones; divide the large bunches, as they will pack more closely; put in two large cups of water, one of lemon juice, one of leaves (the tannin in the leaves helps to preserve the firmness of the grapes). Muscats are best. To four quarts vinegar take two pints white sugar, one ounce cinnamon and one-half ounce cloves; let the vinegar, sugar and spices all boil together a few moments and let cool. When quite cold, pour over the grapes. By so doing you avoid cracking the grapes and they retain their natural form and color to the last.

Fruit Cake Without Eggs—One and a half cups sugar, one-half cup lard, one cup sour milk, two and a half cups flour (perhaps a little more), all kinds of spices, one tablespoon salt dissolved in a little water, one teaspoon soda, one cup seeded raisins, one little salt, one cup dried apples soaked over night in water, drain and chop fine with fruit. Mix and pour in a long bread pan. Bake till done.

Brown Bread—Two cups sweet milk or water, one cup of sour milk, two cups of cornmeal, one cup of flour, one cup molasses, one teaspoon salt, one teaspoon soda. Always use hot water instead of the milk. Have it real hot and stir into the meal. Mix all together. Bake or steam till done.

Suet Pudding—One cup chopped suet, one-half cup molasses (black strap), one-half cup raisins, two-thirds cup sour milk, one teaspoon soda, a little salt. Stir in four quarts thick, put in two cans (one quart cans) and boil one hour.

Sauce for Above—One cup sugar, one tablespoon flour, butter size of walnut, pinch of salt. Mix thoroughly and pour over this: One pint boiling water, one cup vinegar to suit the taste.

Doughnuts—Two eggs, one cup milk, two tablespoons lard (melted), one-third teaspoon salt, one-half teaspoon spices, one cup sugar, about four cups flour; if sweet milk is used, add one teaspoon baking powder, if sour milk one-half teaspoon soda. Roll thin. Fry in lard.

Cookies—One cup sugar, one-half cup butter or lard, one-half cup sour milk, one-half teaspoon soda, add flavoring and just flour enough to roll without much molding. No eggs are required, so don't imagine I left them out. These are nice if made in a prepared coconut is added.

Ginger Snaps—One cup molasses, one cup brown sugar, one cup melted lard, two large spoons of firm dissolved in hot water, one teaspoon salt, five teaspoons soda. Mix with flour to form a stiff batter. Roll thin and bake in a quick oven.

Pop Overs—One quart flour, two and a half teaspoons baking powder, one teaspoon salt. Sift all together thoroughly, then add enough sweet milk to make a batter (just a little stiffer than cake batter), drop in gem pans. The less you stir them the better they will be.

As I have been called on by neighbors to give some of these recipes, I thought perhaps The Call would like them. They are old, as I can remember, and well liked.