

rooms. It may also be used with patty shells instead of toast.

EGGS BENEDICTINE

(Individual Serving)

- 1 round hard roll or English muffin
 - 1 slice of cooked ham cut in julienne strips
 - 1 tablespoon butter
 - $\frac{1}{2}$ cup tomatoes, diced
 - 1 egg (poach)
 - 2 tablespoons Hollandaise sauce
- Season to taste with sugar, salt, white pepper and a sprinkle of grated cheese.

Split hard rolls or English muffin in half, hollow into cup shape, and toast. Cut a slice of ham in julienne strips and saute in butter. Fill toasted roll cups with ham. Saute sliced tomatoes, season with sugar, salt, and white pepper, and place on top of ham. Place poached egg on top of roll, ham and tomatoes. Cover with Hollandaise sauce, sprinkle with grated

cheese. Place under broiler until cheese is melted. Serve hot.

WELSH RAREBIT

(Serves 6)

- 1 pound aged American cheese, grated
- Make Roux
- 4 tablespoons butter
- 4 tablespoons flour
- $1\frac{1}{2}$ teaspoons salt
- 2 eggs
- 4 cups hot milk
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1 teaspoon paprika

Make the roux. Add hot milk gradually to the roux. Beat eggs well and whip into cream sauce. Fold in grated cheese, season and cook in double boiler until firm.

This same welsh rarebit may be made with beer instead of milk and the addition of a dash of Tabasco sauce.

Vegetables

Vegetables contain important vitamins and minerals essential to well-balanced meals. At their best vegetables are abundantly supplied with these vitamins and minerals. However, they cannot be at their best if they are wilted, old, and partly decayed. Here again—in the case of vegetables—freshness is essential.

Cooking Vegetables

Many vegetables may be eaten raw, and whenever possible should be so used in order that they may give the highest nutritive value. In cooking vegetables it should always be remembered that the **food value is the important thing**, and food value can only be preserved by proper cooking. All vegetables should be cooked in as little water as possible. If vegetables are fresh, as they should be, the time required for cooking will be very short.

No vegetables or foods of any kind can possibly be cooked and served with 100 per cent food value. Careless cooking, however, is responsible for reducing the value of most foods far below their normal level. If cooks, or people who cook, would stop to think long enough they would realize the fact that in the prepa-

ration of food they are dealing with values that are far greater than dollars and cents. Should this happen cooking and food preparation would soon be elevated to the plane to which it belongs.

This observation is more important in the cooking of vegetables than in any other branch of cookery. The short cooking time required for vegetables correspondingly reduces the time in which their food values can be destroyed.

Extensive recipes for cooking vegetables at this time are unnecessary. There are already many good recipes on the market. To my knowledge, one of the best sources is "Secrets of Profitable Vegetable Cookery" of the Little Gold Business Books Series, published by J. O. Dahl, Haviland Road, Stamford, Conn.

All leafy vegetables should be fresh, crisp, and thoroughly cleaned by washing in running water. In the case of spinach and cabbage—they should be cooked in practically no water at all. Spinach should be cut in pieces about one-half to one inch in length. Cabbage should be shredded. A little butter—about one tablespoon per quart—should be added to the stew pan placed on the hot stove. As soon as butter is melted add the cut vege-

table. Stir vegetable until the juice appears. Reduce heat and simmer until done. Cooking time should not be more than ten minutes. Spinach will sometimes cook in as little time as three minutes. These directions apply to all leafy vegetables.

We often read or hear the term buttered carrots, buttered cabbage—or buttered some other vegetables—used. In most cases the term is merely an expression that bears no relation whatever to the method of preparation. The method described above in which butter is placed in the stew pan and the vegetables stirred into it conforms quite fully to my conception of preparing buttered vegetables.

The common method of boiling leafy vegetables in water and draining off the goodness and food value that has been destroyed is extremely wasteful and should be carefully avoided.

Potatoes, carrots, parsnips, onions, beets, and such tubers and roots may be baked or broiled by simply adding a little butter and seasoning. Bake at 300° F. These vegetables are much better when cooked that way. This process preserves the goodness that nature supplied in these foods.

In the case of roots and tubers, instead of boiling, cook as directed above by dredging and baking in low temperature.

Cook at low temperature in little water, and in as short cooking time as possible.

This general rule for cooking vegetables might well be modified by regional or sectional conditions. For example, in the South or southern United States, turnips, turnip greens, collards, kale, and mustard greens are both common and favorites.

Whenever these vegetables are fresh, young, and tender they may be cooked the same as spinach or new cabbage. However, extreme and continued hot weather tend to toughen them. Their quality might remain good; but lacking tenderness such vegetables require a longer cooking period.

Cook at simmering temperature with hog jowl, ham shank, bacon fat, or if desired, with butter.

There is another notable exception to the general rule of short cooking time for vegetables; that is in the case of dried vegetables such as beans.

BAKED BEANS

(Carson Gulley's own method)

- 1½ pounds dry navy beans
- 1 cup tomato puree
- ½ cup brown and white sugar combined (2/3 brown)
- 1 tablespoon dry mustard
- ½ cup onion, cut fine
- 1 teaspoon savory
- 2 teaspoons salt
- ½ pound salt pork, diced
- 4 cups water

Wash beans, soak overnight. Combine puree, sugar, mustard, salt, onion, savory, and water. Heat together until boiling. Place diced salt pork in 3 quart bean pot; add beans. Pour in tomato mix and add water to about two inches above beans. Cover and cook in the oven at simmering temperature or about 250° F., overnight or at least for 12 to 18 hours. If oven gets hotter during that time it may be necessary to add more water. Watch to see if the under side of the lid becomes darkened or burned. If so, when steam condenses on the lid it will cause the beans to become strong flavored and taste burned. Therefore, any signs of burn on the lid should be cleaned off.

This recipe might look simple, but it must be given a chance—it takes time to prove its value. If properly prepared it will win many friends that have long been lost to the hearty and healthful dish of Baked Beans.

The reason for such long cooking as recommended in this recipe is that fermentation of raw bean hulls in the stomach causes gas; shorter cooking may tenderize the inside, but leave the hull raw. But with long, slow cooking the whole bean is thoroughly cooked, becomes butter tender, and also keeps its shape. The flavor of all ingredients is thoroughly diffused, and the whole texture is smooth.

By the use of proper temperature controls and correct cooking methods this recipe brings out the flavor and palatability of the basic ingredient—plain navy beans—as no addition of herbs, spices, or other seasoning could do. In any use of the oven, but especially in such a long, slow process as this recipe calls for, it takes double checking to assure that your oven temperature is correct—oven thermostats sometimes go out of control, but you can check with another oven thermometer.