APPENDIX

SOME WAR TIME RECIPES

The following recipes illustrate some of the practical applications of the principles discussed in the foregoing pages. They have been selected from various publications, a list of which is given below. The numbers following the titles of the recipes correspond with the numbers of the publications in this list.


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4. Food, Bulletin of the Life Extension Institute, 25 West 45th Street, New York City
7. Meat Substitutes, Connecticut Agricultural College, Emergency Food Series, No. 10
8. Ninety Tested, Palatable and Economic Recipes, Teachers College, Columbia University, Technical Educational Bulletin No. 34
9. Recipes of New York City Food Aid Committee, 280 Madison Avenue, New York City
11. Some Sugar Saving Sweets for Every Day, Teachers College, Columbia University, Teachers College Record, November, 1917
12. War Economy in Food, Bulletin of the United States Food Administration
13. Waste of Meat in the Home, Cornell Reading Course for the Farm Home, Lesson 109
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BREAD AND MUFFINS

Corn Meal and Wheat Bread (9)

Corn meal, 1 cup
Wheat flour, 2 cups
Fat, 1 tablespoon
Corn syrup, 1 tablespoon

Salt, 1½ teaspoons
Cold water, 1¼ cups
Lukewarm water, ¼ cup
Yeast, 1 cake

Pour cold water gradually over corn meal and salt. Cook over water for 20 minutes. Add fat and syrup. Allow to cool to room temperature. Add yeast which has been softened in the lukewarm water. Add flour gradually, stirring or kneading thoroughly after each addition of flour. Knead lightly for 10 or 15 minutes. Shape into a loaf. Let rise until double in bulk. Bake in a moderate oven (360-380°) for about an hour. (The amount of corn meal may be reduced if one desires a loaf with the characteristics of wheat bread.)

Corn Meal and Rye Bread (9)

Lukewarm water, 2 cups
Yeast, 1 cake
Salt, ½ tablespoon
Molasses, ½ cup

Rye flour, 1 cup
Corn meal, 1 cup
Flour, 3 cups

Soften yeast cake in water, add remaining ingredients, and mix thoroughly. Let rise, shape, let rise again and bake.

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Sour Milk Corn Bread (8)

Corn meal, 1 pint
Soda, 3/4 teaspoon
Baking powder, 1/4 teaspoon
Sour milk, 1 pint
Salt, 1/2 teaspoon
Egg, 1
Lard (melted), 1 1/2 tablespoons

Slightly beat the egg, add milk, salt, and soda. Stir in the meal. Beat well. Add melted lard and baking powder. Bake in hot greased pan. Cut in squares and serve. Do not have batter too stiff.

Eggless Corn Muffins (8)

Corn meal, 1 cup
Pastry flour (sifted), 1/2 cup
Sugar, 3/4 cup
Melted butter, 2 tablespoons
Salt, 1 teaspoon
Baking powder, 2 teaspoons
Milk, 1 cup

Mix dry ingredients and add milk and melted butter. Put in greased muffin pan and bake 30 minutes in a moderate oven.

Oat Bread (4)

Boiling water, 2 cups
Salt, 1/2 tablespoon
1/2 yeast cake, dissolved in 1/2 cup lukewarm water
Rolled oats (dry), 1 cup
Molasses, 1/2 cup
Fat, 1 tablespoon
Flour, 4 1/2 cups

Add boiling water to the rolled oats, stir well and let stand for one hour. Add molasses, salt, fat,
dissolved yeast cake, and flour; let the dough rise to double its bulk, beat well, and turn into greased bread pans, let rise the second time, and bake about one hour in a moderate oven.

Oatmeal Muffins (8)

Cooked oatmeal, 1 cup  
Flour, 1½ cups  
Sugar, 2 tablespoons  
Baking powder, 4 teaspoons  
Salt, ½ teaspoon  
Milk, ½ cup  
Egg, 1  
Melted butterine, 2 tablespoons

Mix and sift flour, sugar, baking powder, and salt. Add the egg well beaten and one-half the milk. Mix the remainder of the milk with the cereal, and beat in thoroughly. Then add the butter. Bake in buttered muffin or gem tins about 30 minutes in a moderate oven.

War Time Boston Brown Bread

Rye meal, 1 cup  
Corn meal, 1 cup  
Finely ground oatmeal, 1 cup  
Milk, 1½ cups  
Soda, ¾ teaspoon  
Salt, 1 teaspoon  
Molasses, 1 cup  
Baking powder, 2 teaspoons

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well-greased mold, and steam three and one-half hours. The cover should be greased before being placed on
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mold. The mold should never be filled more than two-thirds full. A one-pound baking powder box makes the most attractive shaped loaf for steaming; place mold on a trivet in kettle containing boiling water, allowing water to come half-way up around mold; cover closely and steam, adding as needed more boiling water. One cup chopped peanuts and 1 cup of cut dates may be added.

**Rice Bread (10)**

<table>
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<th>Quantity</th>
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<tr>
<td>Milk</td>
<td>½ cup</td>
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<tr>
<td>Sugar</td>
<td>6 tablespoons</td>
</tr>
<tr>
<td>Fat</td>
<td>4 tablespoons</td>
</tr>
<tr>
<td>Salt</td>
<td>1½ teaspoons</td>
</tr>
<tr>
<td>Compressed yeast</td>
<td>½ cake, softened in ¼ cup liquid</td>
</tr>
<tr>
<td>Boiled rice</td>
<td>7 cups</td>
</tr>
<tr>
<td>Flour</td>
<td>8 cups</td>
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</tbody>
</table>

This proportion makes two loaves of bread.
Scald the milk with sugar, salt, and fat. Let cool until lukewarm and pour over the boiled rice. Add yeast which has been softened in one-quarter cupful warm water. Stir in flour and knead. Let rise until double its bulk. Knead again and put into pans. Let rise until light and bake 50 minutes to one hour in a moderate oven.

*The rice should be boiled in a large quantity of boiling water,* in order to insure a dry rice. At least eight or ten times as much water as rice should be used.
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Eggless Rye Muffins (8)

Rye flour, 2 cups  Sugar, 4 teaspoons
Baking powder, 4 teaspoons  Milk, 1 cup
Salt, ½ teaspoon  Melted butter or other fat, 1 tablespoon

Mix and sift the dry ingredients; add the milk and melted fat. Mix quickly, do not beat. Bake in greased muffin pans 20 minutes in a hot oven.

Rye Corn Meal Muffins (9)

Corn meal, ½ cup  Melted butter, 1 tablespoon
Rye flour, 1 cup  Salt, 1 teaspoon
Baking powder, 3 teaspoons  Milk, 3/4 cup
Sugar, 2 tablespoons  Egg, 1

Mix and sift dry ingredients, beat egg, add to it milk and molasses, then stir liquid mixture into dry ingredients. Do not beat. Place in well-greased muffin tins and bake in moderate oven 25 to 30 minutes.

Rye Rolls (9)

Milk, 1 cup  Yeast cakes, 2
Water, 1 cup  Water, 6 tablespoons
Fat, 3 tablespoons  Rye flour, 4 cups
Sugar, 2 teaspoons  White flour, 4 cups
Salt, 2 teaspoons

Scald the milk with the salt, sugar, and fat. Soften the yeast in the six tablespoonfuls of water.
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Cool the milk by adding the rest of the water cold, stir in the yeast and flour, and knead. Let rise until double in bulk. Knead again and shape into rolls. Let rise until very light and bake.

CAKE AND COOKIES

Apple Sauce Cake (4)

Sugar, 1 cup
Butter, 2 tablespoons
Apple sauce, 1 cup
Flour, 2 cups
Raisins, ⅓ cup

Soda, 1 teaspoon
Cinnamon, ½ teaspoon
Cloves, ½ teaspoon
Salt, ¼ teaspoon
Nutmeg, ¼ teaspoon

Sift together the soda, spices, salt, and flour. Cream the butter, add sugar, apple sauce, dry ingredients, and seeded raisins. Bake in a moderate oven.

Buckwheat Cookies (8)

Butterine, ½ cup
Sugar, 1 cup
Eggs, 2
Clove, ½ teaspoon

Buckwheat, 1¼ cups
Salt, ¼ teaspoon
Cinnamon, ½ teaspoon

Beat the eggs, add the sugar and melted butter, and beat until thoroughly mixed. Sift the buckwheat, spices, and salt together and add very slowly. Mix well; roll on a floured board one-eighth to one-sixteenth inch thick. Cut the cookies and bake on a
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greased baking sheet in a moderate oven about 10 minutes.

**Honey Bran Cookies (5)**

Bran, 3 cups  
Sugar, \( \frac{1}{2} \) cup  
Soda, \( \frac{1}{4} \) to \( \frac{1}{2} \) teaspoon  
Cinnamon, \( \frac{1}{4} \) teaspoon  
Ginger, \( \frac{1}{4} \) teaspoon  
Honey, \( \frac{1}{2} \) cup  
Milk, \( \frac{1}{2} \) cup  
Melted butter, \( \frac{1}{2} \) cup

**Soft Honey Cake (5)**

Butter, \( \frac{1}{2} \) cup  
Honey, 1 cup  
Egg, 1  
Sour milk, \( \frac{1}{2} \) cup  
Soda, 1 teaspoon  
Cinnamon, \( \frac{1}{2} \) teaspoon  
Ginger, \( \frac{1}{2} \) teaspoon  
Flour, 4 cups

Rub the butter and honey together; add the egg well beaten, then the sour milk and the flour sifted with the soda and spices. Bake in a shallow pan.

**Molasses Cakes (4)**

Sugar, \( \frac{1}{2} \) cup  
Fat, \( \frac{1}{2} \) cup  
Molasses, 1 cup  
Ginger, 1 teaspoon  
Cinnamon, \( \frac{1}{2} \) teaspoon  
Egg, 1  
Flour, 2\( \frac{1}{2} \) cups  
Soda, 2 teaspoons  
Hot water, 1 cup  
Salt, \( \frac{1}{2} \) teaspoon

Sift together the salt, sugar, flour, soda, and spices. Melt butter in hot water, add molasses, egg well beaten, and dry ingredients. Mix well. Bake in small cup cake tins in a moderate oven for about 25 minutes.
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Molasses Cookies (11)

Flour, 2 3/4 cups  
Salt, 1 teaspoon  
Soda, 1 teaspoon  
Ginger, 1 tablespoon

Molasses, 1 cup  
Hot water, 1 tablespoon  
Hardened vegetable fat, 1/4 cup

Sift together the flour, salt, soda, and ginger. Melt fat; add hot water and molasses; stir this liquid gradually into the dry ingredients. Chill. Roll on floured board to one-eighth inch thickness. Cut. Bake about 10 minutes in a moderate oven (360-380°F.).

Nut Molasses Bars (9)

Oleomargarine, 1/4 cup  
Hardened vegetable fat,  
Boiling water, 1/4 cup  
Brown sugar, 1/2 cup  
Molasses, 1/2 cup  
Soda, 1 teaspoon

Flour, 3 3/4 cups  
Ginger, 1/2 teaspoon  
Cloves, 1/8 teaspoon  
Salt, 1 teaspoon  
Cocoanut, 1/2 cup  
English walnuts, 1/2 cup

Pour boiling water over fat; add sugar and molasses; add flour, soda, spices, and salt sifted together. Chill. Roll one-eighth inch thick. Cut in strips about three and a half by one inch. Sprinkle with cocoanut and English walnuts cut in small pieces. Bake about 10 minutes in a moderate oven.
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Oatmeal Cookies (4)

Egg, 1
Sugar, 1/4 cup
Milk, 1/2 cup
Water, 1/4 cup
Flour, 2 cups
Fine oatmeal, 1/2 cup

Baking powder, 2 teaspoons
Salt, 1 teaspoon
Raisins, 1 cup
Melted fat, 5 tablespoons

Sift together the flour, baking powder, and salt. Add the oatmeal. Beat the egg, add sugar, water, and milk, dry ingredients mixed together, raisins, and melted fat. Drop from spoon on greased baking sheet and bake in moderate oven.

Oatmeal Macaroons (12)

Fat, 1 tablespoon
Corn syrup, 3/8 cup
Sugar, 2 tablespoons
Egg, 1
Almond extract if desired, 2 teaspoons

Oatmeal, 1 1/2 cups
Salt, 1/4 teaspoon
Baking powder, 1/2 teaspoon
Flour, 1 1/2 tablespoons

Combine the melted fat and sugar and syrup, add the beaten egg, and stir in the other ingredients. Drop from a teaspoon on greased baking sheets or pans and bake in a moderate oven about 15 minutes.

Potato Drop Cookies (13)

Hot mashed potatoes, 1 1/2 cups
Sugar, 1 1/4 cups
Beef or mutton fat, 1 cup
Flour, 1 3/4 cups
Baking powder, 2 teaspoons

Cinnamon, 1 teaspoon
Cloves, 1/2 teaspoon
Nutmeg, 1/2 teaspoon
Raisins, chopped, 1/2 cup
Nuts, chopped, 1/4 cup
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Combine the ingredients in the order given and drop the mixture by spoonfuls on a slightly greased tin. Bake the cookies in a moderate oven.

Spice Cake (9)

Hardened vegetable fat, 3½ tablespoons
Sugar, ¼ cup
Egg, 1
Corn syrup, ¼ cup
Milk, ¼ cup
Flour, 1 cup (plus 1½ tablespoons)

Baking powder, 1 ¼ teaspoons
Chopped citron, 2 tablespoons
Raisins, cut in half, ½ cup
Cinnamon, ¾ teaspoon
Clove, ¼ teaspoon
Nutmeg, ⅛ teaspoon

Cream fat; add sugar gradually, syrup, egg well beaten; mix and sift dry ingredients; add alternately with milk to first mixture. Add raisins (which have been rolled in a little of the flour), mixing them through the cake thoroughly.

Bake about 30 minutes in a moderate oven (about 380° F.).

JAMS AND SANDWICH FILLINGS

Banana and Nut Paste for Sandwiches (11)

Banana, 1
Shelled peanuts, ¼ cup

Mix the banana with the shelled peanuts, which have been crushed. Salt to taste. Use as a filling for sandwiches.
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Carrot Marmalade (3)

Carrots, 3 pounds
Sugar, 3 pounds
Lemon, 1 (juice and grated rind)
Oranges, 2 (juice and grated rind)

Wash, scrape, and steam carrots until soft; chop fine and mix with fruit and sugar. Cook gently one hour.

Date and Cranberry Marmalade (3)

Cranberries, 1 quart
Dates, stoned, 1 pound
Water, 1 pint
Brown sugar, 2 cups

Simmer together for 20 minutes cranberries, dates, and water; put through a sieve; add sugar and cook 15 minutes longer.

Dried Apricot Conserve (11)

Dried apricots, \(\frac{1}{2}\) pound (1\(\frac{2}{3}\) cups)
Cold water, 2 cups
Raisins, 1 cup
Juice of 1 lemon
Whole orange, 1
Nuts, \(\frac{1}{2}\) cup
Corn syrup (light), 1 cup

Soak apricots over night in cold water. When soaked add raisins, lemon juice, orange sliced very thin, with slices cut in small pieces, and corn syrup. Bring to boiling point and simmer for about one and one-quarter hours. Add nuts 15 minutes before taking from fire.
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Fruit and Peanut Butter (for Sandwiches) (11)

Dates, ¾ cup
Figs, ¼ cup
Peanut butter, ½ cup
Salt, ½ teaspoon
Lemon juice, ½ tablespoons
Raisins, ¼ cup
Corn syrup (light), 2 tablespoons

Wash figs, raisins, and dates, and put through food chopper. Add salt, peanut butter, lemon juice, and corn syrup, and mix well.

Plum Conserve (without sugar) (11)

Pitted plums, 1 pound (2 dozen plums)
Raisins, ⅓ pound
Cold water, ½ cup
Walnuts, ⅛ pound (¼ cup)
Oranges, 2
Corn syrup, ⅓ cup

Wash and cut plums in pieces: add chopped raisins, orange pulp and peel, cut very fine; corn syrup and water; boil until it is of the consistency of marmalade (about one and one-half hours of slow cooking). Add walnuts five minutes before removing from fire.

Substantial Hot Dishes

Baked Barley (4)

Barley, ½ cup
Boiling water, 3 cups
Salt, ½ teaspoon
Left over gravy, ¾ cup

Soak barley over night. Drain. Cook in boiling salted water until tender. Drain. Add left
over gravy and bake for 20 minutes in a moderate oven. If one has a meat bone, or left over bits of meat, these may be boiled with the barley to give it flavor.

**Beef and Bean Stew (6)**

- Beef, lower round, 1 pound
- Red kidney beans, 1 cup
- Onion, 1
- Canned tomatoes, 1 cup, or 2 or 3 fresh tomatoes
- Salt pork, 2 ounces

Wash the beans and soak them over night. Cut the pork into small pieces and try out the fat. Cut the beef into small pieces and brown it in the pork fat, then add the vegetables with water enough to cover. Cook just below the boiling point for about three hours.

**Cheese Fondue (2)**

- Milk (hot), 1 1/2 cups
- Bread crumbs, 1 1/3 cups
- Butter, 1 tablespoon
- Eggs, 4
- Cheese, 1/3 pound (1 1/3 cups grated or 1 cup cut in pieces)
- Salt, 1/2 teaspoon

Mix the water, bread crumbs, salt, and cheese; add the yolks thoroughly beaten; into this mixture cut and fold the whites of eggs beaten until stiff. Pour into a buttered dish and cook 30 minutes in a moderate oven. Serve at once.
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Corned Beef Hash with Vegetables (4)

Corned beef (cold, left over), 1½ cups
Dice potatoes (cooked), 2¼ cups
Turnips (cooked), 1 cup
Onion, chopped fine, 1 small
Carrots (cooked), ½ cup
Water, ¾ cup
Fat, 3 tablespoons

Cut the meat into small pieces. Add cooked vegetables cut into small cubes, onion and water. Put fat into hot frying pan, add hash and cook for about 20 minutes, allowing the hash to brown. Other left over meat may be added to corned beef, or used instead of corned beef.

Corn Meal Scrapple (3)

Shin of beef, 2 pounds
Salt, 1 teaspoon
Onion, 1 medium
Pepper, ⅛ teaspoon
Cold water, 2 quarts
Corn meal, 1 cup

Cook onion thinly sliced in beef marrow or suet. Add to water with meat and bone and cook until meat is tender. Let cool, skim off fat, and remove bone. To liquid remaining, add enough water to make one quart. Add corn meal and salt and cook one hour. Turn into a mold, cool, cut in slices, and fry in pork fat until brown. Serve with or without gravy.
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Corn Chowder (4)

Corn, \( \frac{1}{4} \) can
Salt pork, \( \frac{3}{4} \) inch cube
Potato cut in slices, 1 medium
Milk, 2 cups

Boiling water, \( 1 \frac{1}{2} \) cups
Butter, 2 tablespoons
Sliced onion, \( \frac{1}{8} \)
Sugar, \( \frac{1}{4} \) teaspoon
Salt and pepper

Cut the pork into small pieces and try it out. Add the onion and cook for about five minutes. Strain the fat into a stew pan. Cook the potatoes for about five minutes in boiling salted water. Drain, and add the potatoes to the fat. Add the boiling water and cook until the potatoes are soft. Then add corn and milk and heat to the boiling point. Add the salt, pepper, sugar, and butter. Serve immediately after adding butter.

Cottage Cheese and Nut Loaf (12)

Cottage cheese, 1 cup
Nut meats (use those locally grown), 1 cup
Stale bread crumbs, 1 cup
Juice of \( \frac{1}{2} \) lemon
Salt, 1 teaspoon

Pepper, \( \frac{1}{4} \) teaspoon
Chopped onion, 2 tablespoons
Oleomargarine, meat drippings or vegetable oils, 1 tablespoon

Mix the cheese, ground nuts, crumbs, lemon juice, salt, and pepper. Cook the onion in the fat and a little water until tender. Add to the first mixture the onion and sufficient water or meat stock to moisten. Mix well, pour into a baking dish, and brown in the oven.
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Dried Fish Chowder (7)

Salt fish, ½ pound
Potatoes, cut in small
  pieces, 4 cups
Salt pork, 2 ounces

Small onion, chopped, 1
Skim milk, 4 cups
Crackers, 4 ounces

Salt codfish, smoked halibut, or other dried fish
may be used in this chowder. Pick over and shred
the fish, holding it under lukewarm water. Let it
soak while the other ingredients of the dish are
being prepared. Cut the pork into small pieces and
fry it with the onion until both are a delicate brown;
add the potatoes, cover with water, and cook until
the potatoes are soft. Add the milk and fish and
reheat. Salt, if necessary. It is well to allow the
 crackers to soak in the milk while the potatoes
are being cooked, then remove them, and finally add
to the chowder just before serving.

Gevec (Roumanian Recipe) (9)

Shredded cabbage, 1¼
cups
Chopped onion, ¼ cup
Rice, ¼ cup
Diced potatoes, ¾ cup
½ green pepper cut into
  strips

Fish, ¾ pound
Canned tomato, ¾ cup
Water, 3 tablespoons
Salt, ¾ teaspoon
Paprika, ¼ teaspoon
Pepper, ⅛ teaspoon

Parboil cabbage, onion, rice, potatoes, and green
pepper together in salted water for 20 minutes.

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Drain. Clean fish, cut into small pieces, and mix with parboiled vegetables, canned tomatoes, water, and seasonings. Bake in a moderate oven for about 40 minutes. Baste occasionally while cooking. Serve with a garnish of sliced lemon.

**Kidney Bean Stew (3)**

<table>
<thead>
<tr>
<th>Kidney beans, 1 cup</th>
<th>Fat or drippings, 2 tablespoons</th>
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</thead>
<tbody>
<tr>
<td>Onion, 1 small</td>
<td>Flour, 2 tablespoons</td>
</tr>
<tr>
<td>Rice, 2 tablespoons</td>
<td>Salt and pepper to taste</td>
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<tr>
<td>Canned tomatoes, 2 cups</td>
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Soak beans over night in cold water to cover. In the morning place beans over fire, adding water to cover if necessary. Add onion, rice and tomatoes and cook slowly until beans are soft. If too thick, add water. Mix flour and fat, and use to thicken stew.

**Baked Oatmeal with Cheese (9)**

<table>
<thead>
<tr>
<th>Cooked oatmeal, 4 cups</th>
<th>Soft bread crumbs, ¼ cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grated cheese, 1 cup</td>
<td>Fat, 1 teaspoon</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td></td>
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</tbody>
</table>

Put into an oiled baking dish a layer of left over oatmeal, then a sprinkling of grated cheese, pepper and salt, another layer of oatmeal, then cheese and seasonings; continue until the dish is full. Melt the fat and mix with this the bread crumbs. Sprin-
kle over the top of the dish. Bake in a moderate oven until the crumbs are golden brown.

**Green Pea Loaf with White Sauce** (9)

- Dried green peas, 1 cup
- Cold water, 4 cups
- Boiling water, 2 quarts
- Soft, stale bread crumbs, 1½ cups
- Milk, 1½ cups
- Salt, 1 teaspoon
- Pepper, ⅛ teaspoon
- Paprika, ⅛ teaspoon
- Grated onion, ½ teaspoon
- Egg, 1
- Fat, 3 tablespoons

Soak peas in cold water over night. Cook in boiling water until soft. Rub through a sieve. To one cup of this pea pulp add bread crumbs, milk, seasoning, egg (slightly beaten), and melted fat. Turn mixture into a small, oiled bread pan. Set pan into a second pan, containing water. Bake mixture 40 minutes or until firm. Remove loaf from pan. Serve with white sauce. One-half cup of cheese may be added to one and one-half cups of the sauce.

**Mock Sausage** (8)

- Lima beans, dried, ½ cup
- Bread crumbs, ⅔ cup
- Butter, 3 tablespoons
- Egg, 1
- Pepper, few grains
- Salt, ¼ teaspoon
- Sage, ⅛ to ⅜ teaspoon

Pick over and wash beans, cover with water, and let soak over night. Drain; cook in boiling salted water until tender, about one and one-half hours.
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Force through a strainer, add remaining ingredients. Shape into form of sausages, roll in crumbs, egg, and crumbs again. Sauté in fat until brown. It requires about two-thirds cup crumbs and one-half egg for dipping sausage. May be garnished with fried apples.

Baked Soy or Togo Beans (6)

Soy beans, known in the retail market as togo beans, resemble navy beans in some ways. They contain, however, a considerable amount of fat. For this reason neither pork nor other fat is used in cooking them unless it is wanted for flavor. They are considerably richer in protein also.

Wash and pick over one quart of soy beans. Cover with boiling water, boil for 10 minutes, and soak over night in the same water. In the morning pour off and save the water. Pour cold water over the beans and rub them between the hands to remove the skins, which will float off in the water. Removing the skins in this way takes only two or three minutes and greatly improves the quality of the dish. If a few skins are left on, they will do no harm, unless the dish is being prepared for a person of poor digestion. Drain the beans, pour over them the water in which they were soaked, and cook
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until tender at a temperature just below the boiling point. Pour off the water, put the beans into a bean pot, cover with cold water, add one and one-half tablespoonfuls of salt, and bake four or five hours in a covered dish. Remove the cover and bake one hour more.

Peanut Loaf (10)

Chopped peanuts, 1 cup  Salt, 1/2 teaspoons
Bread crumbs, 2 cups  Paprika, 1/4 teaspoon
Egg, 1  Melted fat, 1 tablespoon
Milk, 1 cup

Mix dry ingredients, add beaten egg and milk. Put into a greased pan, pour the melted fat on top, bake. Turn on a hot platter and serve with sauce.

Sauce for Loaf

Hot water, 1 cup  Flour, 2 tablespoons
Beef cube, 1  Salt, 1/2 teaspoon
Juice 1 lemon  Paprika, 1/8 teaspoon
Fat, 2 tablespoons  Few grains nutmeg

Melt fat, add flour with seasoning, add hot water in which beef cube has been dissolved. Just before serving add lemon juice.

This nut loaf with its accompanying sauce is a highly nutritious dish and is excellent for lunch or supper. Serve no meat or potatoes with it.
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**Peanut Butter Bean Loaf (10)**

Peanut butter, ½ cup  
Cooked beans, 1 cup  
Soft bread crumbs (toasted), 1 cup  
Milk, 1 cup  
Salt, 1 teaspoon  
Pepper, ½ teaspoon

The beans should be soaked over night and cooked in fresh water until tender. Press through a sieve, add other ingredients, mix well. Shape into a loaf, place in pan, and bake about two hours, basting with melted fat and hot water.

**Peanut Butter Cream Soup (10)**

Milk, 1 quart  
Onion (grated), 1 small  
Flour, 1 tablespoon  
Melted fat, 1 tablespoon  
Peanut butter, 1 cup  
Bay leaf, 1  
Celery (chopped) 3 stalks  
Celery salt, 1 saltspoon  
Salt, ½ teaspoon  
A little white pepper  
Dash of paprika

Heat milk in a double boiler, add peanut butter, onion, bay leaf, chopped celery, and other seasoning. While the milk is heating, melt fat in a separate sauce pan, stirring in flour as for cream sauce. When smooth add the hot milk, after straining through a sieve. Serve at once with croutons or tiny squares of bread browned till crisp.

**Peanut Fondue (8)**

Peanuts, shelled, 1 cup  
Bread crumbs (soft), 1 cup  
Milk, 1½ cups  
Egg, 1  
Salt, 1½ teaspoons  
Cayenne

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Grind peanuts in a meat grinder. Mix all ingredients except the white of the egg. Beat the egg white stiff and fold in. Turn into a buttered pudding dish and bake in a moderate oven 30 to 35 minutes.

**Peanut Soup (10)**

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<thead>
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<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
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<td>Blanched shelled peanuts,</td>
<td>2 cups</td>
</tr>
<tr>
<td>Onion, ¼ cup</td>
<td></td>
</tr>
<tr>
<td>Celery, ¼ cup</td>
<td></td>
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<tr>
<td>Carrot, ¼ cup</td>
<td></td>
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<tr>
<td>Water, 2½ cups</td>
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</tr>
<tr>
<td>Fat, ¼ cup</td>
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<tr>
<td>Flour, 2 tablespoons</td>
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<tr>
<td>Salt, 1 teaspoon</td>
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</tr>
<tr>
<td>Paprika, ½ teaspoon</td>
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</tr>
<tr>
<td>Milk, 2 cups</td>
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</tbody>
</table>

Chop and crush the nuts until very fine; add the vegetables and water; simmer 20 minutes. Make a white sauce of the other ingredients, mix the two mixtures thoroughly and serve.

**Potato Soup with Carrots (4)**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes, 3 medium</td>
<td></td>
</tr>
<tr>
<td>Water, 2 cups</td>
<td></td>
</tr>
<tr>
<td>Flour, 4 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Soup greens</td>
<td></td>
</tr>
<tr>
<td>Onion, 2 slices</td>
<td></td>
</tr>
<tr>
<td>Sprigs of parsley</td>
<td></td>
</tr>
<tr>
<td>Milk, 1½ cups</td>
<td></td>
</tr>
<tr>
<td>Carrot, 1</td>
<td></td>
</tr>
<tr>
<td>Fat, 1½ tablespoons</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper</td>
<td></td>
</tr>
<tr>
<td>Stalk of celery</td>
<td></td>
</tr>
</tbody>
</table>

Wash and pare potatoes. Cook in boiling salted water until they are soft. Rub through colander. Use water in which potatoes were cooked to make up the two cups of water for the soup. Cook carrot
APPENDIX

cut in cubes in boiling water until soft; drain. Scald milk with onion, celery, and parsley. Add milk and water to potatoes. Melt fat in sauce pan, add flour, and cook for three minutes. Slowly add soup, stirring constantly. Boil for one minute, season with salt and pepper. Add cubes of carrots and serve.

Salmon en Casserole (1)

Cook one cup of rice. When cold line baking dish. Take one can of salmon and flake. Beat two eggs, one-third cup of milk, one tablespoon of butter, pinch of salt, dash of paprika. Stir into the salmon lightly, cover lightly with rice. Steam one hour, serve with white sauce. (This may also be made with barley instead of rice.)

Scalloped Salmon (1)

Salmon, 1 can  
Egg, 1  
Milk, 1 pint

Flour, 2 rounding tablespoons  
Butter, 1½ tablespoons

Put the milk on stove in double boiler, keeping out one-half cup. Mix butter and flour to a smooth paste, and add the egg well beaten, then the one-half cup of cold milk. Mix well and then stir into the milk, which should be scalding. Stir until
APPENDIX

smooth and thick like gravy. Season with salt and pepper and set aside to cool. Butter a baking dish and fill with alternate layers of flaked salmon and the cream dressing. The top layer should be of the dressing. Sprinkle with cracker crumbs and bake one-half hour in moderate oven.

Salmon Loaf (1)

Salmon, 1 small can  Paprika
Egg, 1  Nutmeg
Cracker crumbs, 1 cup  Salt
Sweet milk, 2 tablespoons

Remove bones from salmon; break into small pieces, add well beaten egg, seasoning, and cracker crumbs; bake in a well buttered dish for 15 minutes; serve hot for lunch.

Tamale Pie (12)

Corn meal, 2 cups  Tomatoes, 2 cups
Salt, 2½ teaspoons  Cayenne pepper, ½ teaspoon, or
Boiling water, 6 cups  Chopped sweet pepper, 1 small
Onion, 1  Salt, 1 teaspoon
Fat, 1 tablespoon
Hamburger steak, 1 pound

Make a mush by stirring the corn meal and one and one-half teaspoons salt into boiling water. Cook in a double boiler or over water for 45 minutes. Brown the onion in the fat, add the Hamburger
steak, and stir until the red color disappears. Add the tomatoes, pepper, and salt. Grease a baking-dish, put in a layer of corn meal mush, add the seasoned meat, and cover with mush. Bake 30 minutes. Serves six.

**Turkish Pilaf (3)**

Washed rice, 1 cup
Raw lean beef or lamb, 1 pound
Salt, 1 teaspoon
Boiling water, 2 cups
Small onion or garlic, 2 cloves
Tomatoes, 2 cups
Olive oil or any fat, 2 tablespoons

Fry onion cut in small pieces or the garlic in the fat until slightly brown; add rice, seasonings, water, tomatoes, meat, and cook in a covered dish until the rice is soft. The meat may be omitted, the rice cooked in the tomatoes and water, and the whole covered with grated cheese and baked until cheese is melted.

**Vegetable Stew**

Beef, ½ pound
Mutton, ½ pound
Carrots, diced, ½ cup
Potatoes, diced, 2 cups
Tomatoes, canned, ¾ cup
Fat, 2 tablespoons
Carrot, 1 whole
Onion, sliced, 3 tablespoons
Cabbage, chopped, 1 cup
Flour, ¼ cup
Bay leaf, ½ leaf
Clove, 6
Peppercorns, 6
Parsley, chopped, 2 tablespoons
Salt, 2 teaspoons
Thyme, 1 sprig
Water, 7 cups
APPENDIX

Cut meat in small pieces, brown with onion in fat, add water, one carrot in which cloves have been imbedded, and other vegetables. Tie bay leaf, thyme, and peppercorns together in a piece of cheesecloth and cook with stew about two hours (till vegetables are done). Remove bag of seasonings, thicken stew with flour. Add more salt if needed.

PUDDINGS

Apricot Tapioca Pudding (4)

| Apricots, 6 | Salt, ½ teaspoon |
| Sugar, ½ cup | Boiling water, 3 cups |
| Pearl tapioca, 1 cup |

Cover the tapioca with cold water and soak for one hour. Drain off the cold water, add the boiling water and salt, and cook over water (in a double boiler if you have one) until the tapioca is transparent, and no hard center portion remains. This will require about 30 minutes. Place the apricots in a buttered baking dish. Add sugar to the tapioca, pour this over the apricots, add apricot juice, and bake in a moderate oven for about 20 minutes. Cool and serve. If dried apricots are to be used, they should be soaked over night or several hours in cold water sufficient to cover them. Cook in the water in which they have soaked until they are tender.
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Cereal Pudding (8)

Left over cereal, 3½ cups
Apple sauce, ½ cup or
Apple, 1
Sugar, 1 tablespoon
Butter, 1 tablespoon
Bread crumbs, 2 tablespoons

Put a layer of cereal in the bottom of a buttered baking dish, then a layer of apples or sauce, then sugar if the sauce has not been sweetened. Then put in another layer of cereal, cover with buttered crumbs. Bake 30 minutes if it has apple sauce in it, one hour if raw apples are used. Serve with cream.

Cereal Date Pudding (11)

Cereal (half corn meal and half farina), ¾ cup
Boiling water, 3 cups
Salt, ¾ teaspoon
Chopped dates, 1 cup
Oleomargarine, 1 tablespoon
Corn syrup (light), ½ cup
Egg, 1

Stir the cereal mixture gradually into the boiling water, to which the salt has been added. Cook directly over the flame for about five minutes, stirring constantly, and then cook over water for one and one-half hours. Add oleomargarine, syrup, egg, well beaten, and chopped dates. Turn into a greased baking dish and bake for about 30 minutes in a moderate oven (360-390° F.).
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Chocolate Bread Pudding (11)

Bread, broken in small pieces, 2½ cups
Corn syrup (dark), ½ cup
Brown sugar, ¼ cup
Egg, 1
Salt, ¼ teaspoon
Chocolate, 2 squares
Milk, 1½ cups
Hot water, 1½ cups
Vanilla, ¾ teaspoon

Soak bread in milk; add syrup, brown sugar, egg, well beaten, and salt. Melt chocolate in water; add gradually to bread mixture. Add vanilla. Bake in custard cups, set in hot water, in a moderate oven.

Eggless Steamed Pudding (11)

Flour, 1½ cups
Soda, ½ teaspoon
Salt, ¼ teaspoon
Cloves, ¼ teaspoon
Allspice, ¼ teaspoon
Nutmeg, ¼ teaspoon
Cinnamon, ½ teaspoon
Hardened vegetable fat, 3 tablespoons
Molasses, ½ cup
Milk, ½ cup
Raisins (seeded and cut in pieces), 1 cup

Sift together the flour, soda, salt, and spices; add the raisins. To milk add molasses and melted fat; add liquid mixture gradually to dry ingredients. Stir thoroughly. Turn into greased molds, filling them a little over half full; cover and steam for about two and one-half hours. Serve with pudding sauce or milk. (Baking powder cans are satisfactory molds for steamed puddings.)

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APPENDIX

Honey Pudding (5)

Honey, $\frac{1}{2}$ cup
Bread crumbs, 6 ounces
Milk, $\frac{1}{2}$ cup
Rind of half a lemon

Ginger, $\frac{1}{2}$ teaspoon
Eggs, 2
Butter, 2 tablespoons

Mix the honey and the bread crumbs and add the milk, seasonings, and yolks of the eggs. Beat the mixture thoroughly and then add the butter and the whites of the eggs well beaten. Steam for about two hours in a pudding mold which is not more than three-quarters full.

Indian Pudding (3)

Milk, 1 quart
Molasses, $\frac{1}{2}$ cup
Corn meal, $\frac{1}{3}$ cup

Ginger, 2 teaspoons
Salt, 1 teaspoon
Cold milk, 1 cup

Pour milk, scalded, over meal, and cook 20 minutes; add salt, ginger, and molasses. Cook slowly in a buttered baking dish two hours. When half done, add the cold milk and finish cooking.

Baked Indian and Apple Pudding (8)

Corn meal, $\frac{1}{4}$ cup
Milk, 2 cups
Salt, $\frac{1}{2}$ teaspoon

Ginger, $\frac{1}{2}$ teaspoon
Molasses, $\frac{1}{4}$ cup
Apple, 1

Sift corn meal slowly into the scalded milk, stirring constantly. Cook in double boiler 30 minutes,

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stirring occasionally. Add salt, ginger, and molasses. Put into greased baking dish and bake one hour in a slow oven, stirring occasionally. Slice apple and stir into pudding. Bake until apple is tender.

**Prune Brown Betty (11)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Cooked prunes, stoned and cut into halves</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td>Bread crumbs (dry)</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Corn syrup (dark)</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Grated rind of 1/4 lemon</td>
<td></td>
</tr>
<tr>
<td>Cinnamon</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Oleomargarine</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Prune juice</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

Mix together heated prune juice, fat, salt, corn syrup, lemon juice, lemon rind, and cinnamon. Moisten bread crumbs with part of this mixture. Into a greased baking dish put alternate layers of bread crumbs and prunes, pouring part of liquid mixture over each layer of prunes. Bake in a moderate oven about 45 minutes.

**Rice Pudding (11)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>Rice</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Milk</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Corn syrup (light)</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Raisins</td>
<td>3/4 cup</td>
</tr>
</tbody>
</table>

Cook the rice in boiling salted water, until soft. Pour off water, add milk, syrup, nutmeg, and raisins. Bake in a moderate oven (370-380° F.) for 40 minutes.
Spiced Pudding (11)

Browned crusts of bread, 1 cup
Scalded milk, 2 cups
Molasses, 1/2 cup
Raisins, 1/2 cup
Salt, 1/2 teaspoon
Nutmeg, 1/4 teaspoon
Cinnamon, 1/4 teaspoon
Clove, 1/4 teaspoon

Soak the crusts in the milk until soft. Add molasses, salt, spices, and raisins. Bake in a moderate oven (360-380° F.), stirring occasionally at first. Serve with milk or cream.
Printed in the United States of America.