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The Thrift Dish Cook Book

Mary A. Dolve

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THE THRIFT DISH COOK BOOK

**South Dakota State College
Extension Service
Brookings, S. D.**

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The Thrift Dish Cook Book

By Mary A. Dolve

Extension Nutritionist and Supervisor, Home Extension Work

A thrift dish must supply a nutrient at less cost than other dishes. It must be palatable and attractive and fit nutritionally into the daily menu.

To provide an adequate low cost diet for the coming year the homemaker should:

1. Take stock of what she has both as to kind and quantity.
2. Determine which of these are protective foods, that is rich in vitamins and minerals.
3. Determine the amount of various food groups necessary for an adequate diet for the family. (Ext. Circ. 326—"Low Cost Foods.")
4. Determine to what extent the foods available from the farm can be supplemented by purchased foods.
5. Determine how best to proportion the foods available to maintain the best nutrition of the family.

To illustrate.—A family finds it has available from the farm generous supplies of milk, butter, meats, some potatoes and corn and enough money to buy the usual amount of flour, cereals, sugar and coffee but nothing for vegetables and fruits commonly purchased. How can this family secure the best nutrition possible?

This family might well practice the following:

1. Use all the milk possible, at least 1 quart for each member.
Use for:
Beverage, plain and in cocoa.
Soups and creamed dishes.
Cottage cheese.
Cooking cereals in milk.
Making bread.
Buttermilk cheese or "prime."
Cooking whenever possible.
2. Cook the potatoes with peeling on and peel after cooking. When potatoes are baked eat peeling. (The part under the skin is richest in vitamins and minerals.)
3. Select the best quality corn from the crib and substitute for some of cereals usually bought. Also use some whole wheat.
Whole or cracked corn can be used in breads, muffins and griddle cakes. It can also be used in place of:
Breakfast cereals
Macaroni and spaghetti
Rice
Vegetable
(For directions to make see Food Economy leaflet No. 20—"Corn a Good Low Cost Food.")

4. Reduce the amount of sugar to the minimum in keeping with palatability.
5. Reduce coffee and tea to minimum
6. Use money released through 3, 4 and 5 to purchase canned tomatoes, dried fruit, and cabbage, (eaten raw.) Do not throw away outer cabbage leaves. (Carefully wash and trim and use for soup or creamed cabbage.)
7. Use meat generously but do not let it replace the milk.
8. Use butter generously. Do not skimp the family on butter or cream to provide money to buy less nourishing foods. The price of butterfat in relation to other foods should be carefully watched.

The following in a general way indicates the foods available this winter to the South Dakota farm homemakers directly from the farm:

Milk—Generous to limited.

In certain sections the supply of milk may be limited due to selling off cows for lack of feed.

Cream—butter (same as above).

Meat—for the most part in generous quantity as fresh canned or cured.

Beef
Pork
Poultry
Mutton

Eggs—generous to limited.

Potatoes—limited.

Tomatoes, canned—limited in some sections.

Vegetables—limited to scarce.

Wheat—limited to scarce.

Corn—most areas available.

To supplement this for best nutrition spend the money available for:

Tomatoes, canned
Vegetables and fruits to be eaten raw
Carrots
Cabbage
Yellow turnips and rutabagas
Apples or bananas, depending on price
Dried fruits

The following recipes feature especially the foods available on the farms and the least expensive foods to supplement these. These recipes are intended to make for greater variety and satisfaction. They have been assembled for use all over South Dakota in town as well as in the country. They therefore cover considerable range and variety of materials. It is not expected that all homemakers should find all the recipes suitable to their supplies and needs but all homemakers should find some that will be helpful.

Main Dish Recipes

Kidney Bean and Rice Stew

1½ c. dried kidney beans	½ c. rice
2 quarts water	Salt
¼ pound salt pork, diced	Pepper
2 onions, chopped	2 c. canned tomatoes

Wash the beans thoroughly and soak overnight in the water. Simmer the beans in the water in which soaked until nearly tender, about 1 hour. Fry the salt pork until crisp, remove, and brown the onions in the fat. Wash the rice and add with the onions to the beans and boil gently for about 20 minutes. Stir in the tomatoes, salt pork, with salt and pepper to taste, heat to boiling and serve.

Chili con Carne

2 c. cooked beans	¼ c. chopped onion
¼ pound salt pork	2 c. tomatoes
½ pound ground lean beef	1 T. chili powder

Cut the salt pork into ½ inch cubes and brown in a skillet. Add these cubes to the beans. Brown the chopped onion in the salt pork fat. Add the ground beef and cook slowly for 5 minutes. Combine with the beans and other ingredients. Cook until meat is tender and the flavors well blended.

Baked Mashed Beans

1½ pounds navy beans	½ pound salt pork, diced
6 c. water	2 small onions, chopped
2½ t. salt	4 T. molasses

Wash and soak the beans overnight in the six cups of water. In the morning, drain, add 2 quarts of fresh water, 1½ t. of the salt, cover, and simmer until the beans are very tender. Drain and reserve the liquid and press the beans through a colander. Cook the salt pork until crisp, remove the pork and cook the onions in the fat. Add the pork, onions, molasses, and the remaining salt to the bean pulp with enough of the liquid to moisten. Put into a shallow pan and brown in a hot oven. Serve from the pan.

Hopping John

1½ c. dried beans	1 large onion, chopped
¾ c. rice	2 t. salt
Boiling water	Tabasco
1½ c. diced salt pork	Pepper

Wash the beans well and cook in a covered pan in 3 or more cups of water with 1 teaspoon of salt until tender, but not broken. Wash the rice and cook for about 20 minutes in 2 quarts of boiling water to which 1 teaspoon salt has been added. As soon as the grains of rice are soft to the center, drain, and run water through to wash off surplus starch and keep the grains whole and separate. Brown the diced salt pork, then remove it from the skillet and cook the onions in the fat for 2 or 3 minutes. Add the

rice, beans, fried salt pork, and seasonings and stir until hot and well mixed. Serve with horseradish or chili sauce.

Bean and Cheese Sandwiches

2 c. bean pulp	1 T. lemon juice (or vinegar)
1 c. grated cheese	Salt
2 T. minced onion	Pepper

Thoroughly mix the bean pulp with the cheese, then add the remainder of the ingredients. Spread this mixture generously between thin slices of graham or whole-wheat bread. Toast. May be served untoasted.

Pork and Beans—Summer Style

2 T. butter or meat drippings	1 t. salt
1 quart shredded snap beans, young and tender	1 pint shredded cooked pork

Melt the fat in a heavy skillet. Add the beans and salt. Cover and cook for 20 to 25 minutes, turning the beans frequently. Add the pork. Stir until well mixed with the beans, and cook for about 5 minutes longer, until the meat is thoroughly heated. Serve on buttered toast. You always need young tender beans for this method of cooking.

Snap Beans Au Gratin

Drain the liquid from cooked or canned snap beans, and put them in a shallow greased baking dish. Cover with white sauce, sprinkle with buttered bread crumbs mixed with grated cheese, and bake in a moderate oven (350 F) until the sauce bubbles and the crumbs are brown.

Cottage Cheese Patties

2 T. finely chopped onion	1 c. cooked rice and 1 c. bread crumbs
2 T. fat	
2 c. cottage cheese	$\frac{1}{4}$ c. peanut butter
2 c. dry bread crumbs or	Salt, pepper

Cook the onion in the fat until tender, but not brown. Mix with other ingredients and salt, and pepper to season. Form into flat cakes and dust lightly with fine bread or cracked crumbs, or corn meal. Fry a delicate brown in a little fat in a hot frying pan. The mixture should be stiff since the cheese tends to soften during the cooking.

Cottage Cheese Salads

With Prunes: Remove the stones from cooked prunes. Stuff the prunes with cottage cheese which has been seasoned with salt. Serve on lettuce leaves with cooked salad dressing. Dates or figs may be used instead of prunes if desired.

With Pineapple: Seasoned cottage cheese balls served on a slice of pineapple, make a delicious salad with cooked dressing.

With Green Pepper: Remove pulp and seeds from a green pepper. Stuff pepper with cottage cheese, seasoned with salt; or a little onion may be added to the cheese. Let the stuffed pepper stand in a cool place for one hour, slice, and serve on lettuce leaves.

Cottage Cheese with Raw Carrot and Onion

- | | |
|---|--|
| 1 lb. cottage cheese | $\frac{1}{4}$ t. salt |
| 1 c. finely chopped or grated raw carrot | A dash of pepper |
| 1 c. shoestring carrots (carrots cut into pieces $1\frac{1}{2}$ inches long and $\frac{1}{8}$ inch wide by $\frac{1}{16}$ inch thick) | 2 T. finely chopped onion |
| | 2 dill pickles (may be omitted) |
| | $\frac{3}{4}$ c. cooked salad dressing |

Mix the cheese with chopped carrot, salt, pepper, onion, and dill pickle. Arrange this mixture in a mound in a ring of shoestring carrots and serve with dressing.

Cottage Cheese Sandwich Filling

- | | |
|--|--|
| Cottage cheese and pickles | peppers |
| Cottage cheese and chopped dried fruit | Cottage cheese and relish |
| Cottage cheese and jelly | Cottage cheese and tomatoes |
| Cottage cheese and nuts | Cottage cheese on brown bread or nut bread |
| Cottage cheese and chopped | Cottage cheese and celery |

Cheese Dreams

Prepare sandwich using any kind of sharp flavored cheese. Dip in milk and egg as for French toast and brown in frying pan using butter. Take care that the butter does not become so hot that it browns the sandwiches before the bread heats through and before the cheese is melted. Serve as soon as made. They are good with a tart fruit salad. Also with vegetable and fish salad.

Custard Cheese Sandwich

Prepare cheese sandwiches cut in quarters, place in pan with small space between, cover well with a custard. Bake till firm in slow oven.

Buttermilk Cheese (Prim Norwegian)

Put buttermilk in kettle and let boil till it thickens; add a little sugar to suit taste. Serve as cottage cheese or use on bread like peanut butter.

Cheese, Tomato and Corn on Toast

- | | |
|---------------------------------|---|
| 3 T. flour | 2 c. canned corn |
| 3 T. melted butter or other fat | 2 t. salt |
| 1 onion, sliced | $\frac{1}{4}$ pound sharp cheese, shaved thin |
| 2 c. tomatoes, canned or fresh | |

Brown the flour in a heavy skillet, remove the flour from the skillet, and blend with 2 tablespoons of the fat. Brown the onion in the remaining fat, add the other ingredients except the cheese, and cook for about 10 minutes. Stir in the cheese and when melted serve on thin crisp toast.

Quick Potato Soup

$\frac{1}{2}$ c. grated raw potato	1 thick slice onion
3 c. milk, whole or skimmed or	1 T. butter or other fat
3 c. milk and water	Salt or celery salt

Mix the first three ingredients and bring them quickly to the boiling point, cooking until the liquid thickens. Now remove the onion and add the salt and fat. Serve the soup strained or unstrained, and if you like add a little very finely chopped parsley for additional flavor.

Cream of Potato Soup

6 medium size potatoes	1 quart milk
2 medium size onions	Salt and pepper

Pare and cut potatoes in small pieces. Cook in small amount of water until tender, force through sieve, season. Heat milk, add potato puree and cook until well blended.

Cream of Navy Bean Soup

$\frac{1}{2}$ lb. dried navy beans	1 t. salt
4 c. water	$\frac{1}{2}$ t. pepper
1 t. grated onion	2 c. milk

Wash beans and soak overnight in 4 cups of water. Add grated onion and simmer until tender, from 1 to 2 hours. Put through a sieve to make a puree. Add seasoning and milk to puree, heat to boiling point and serve hot.

Milk Vegetable Soup

2 T. of finely chopped turnip	1 T. flour
2 T. of finely chopped carrots	1 quart milk and
2 T. of finely chopped onion	$1\frac{1}{2}$ t. salt
2 T. melted butter or other fat	

Cook finely chopped vegetables, in a saucepan in the hot fat for 10 minutes. Next add the flour and stir until all are well blended. In the meantime, heat the milk in double boiler, add a little of it to the vegetable mixture, and stir well. Combine this mixture with the rest of the milk, add salt and cook for 10 minutes. The flavor is improved if the soup stands for a short time to blend before serving. Reheat it and serve.

Thick Dried Pea Soup

2 c. dried peas	2 t. flour
Cold water	1 pint milk
1 large onion, sliced	2 t. salt
4 tablespoons butter, margarine or other fat	Dash of pepper

Pick over the peas, wash well, and soak overnight in 1 quart of cold water. In the morning, add 1 more quart of water and the onion, cover, and simmer for about 1½ hours, or until the peas are soft. Press the peas and onion through a sieve, and save all the liquid. Blend the fat and flour, add the milk, and stir until thickened. Mix with the pea pulp and liquid, season, and serve hot. If the soup becomes too thick, add more milk to give the right consistency.

Peanut Butter Soup

1 quart milk	2 t. salt
4 t. flour	1 t. finely chopped onion
½ c. peanut butter	

Heat 3 cups of the milk in a double boiler. Mix the remaining cup of milk with the flour and peanut butter, and when this mixture is smooth pour some of the hot milk into it; then combine with the hot milk in the double boiler. Add the salt and onion and stir until the soup has thickened. Cook a few minutes longer and serve with crisp toast.

Rice and Onion Soup

2 T. broken rice	2 c. milk (fresh, evaporated, or dried)
½ t. salt	
2 c. water	¼ c. salt pork cut in small pieces
1 onion (cut in half)	

Wash the rice and sprinkle slowly into the boiling salted water, add the onion, and cook until the rice is tender. Brown the pork until crisp, remove from the fat. Mix all of these ingredients except the pork with the milk and heat the mixture. When hot remove the onion, add the crisped salt pork and serve.

Mashed Potatoes with Milk

Cook potatoes but do not drain. Just before they are done sprinkle a handful of flour over the potatoes and steam through. Add salt and mash thoroughly. These are eaten with hot milk and butter added.

Baked Corned Beef Hash

2 c. finely chopped cooked corned beef	2 T. chopped onion
2 c. boiled diced potatoes	2 T. fat
4 tomatoes	4 T. grated cheese
2 T. butter	Salt and pepper

Melt fat in frying pan, add the meat, potatoes and seasonings. Moisten with milk and mix well. Place in a neat mound on a fireproof platter or other low dish from which it can be served. Place around it tomatoes cut in halves, sprinkled with cheese and dotted with butter. Bake in a slow oven (325 F) until meat is slightly browned. Garnish with parsley.

Pressed Corned Beef

Cook several pounds of corned beef in water that is just below boiling for 3 or 4 hours or until the meat is tender. If the corned beef is very salty

change the water several times. While the meat is hot separate gristle and excess fat from the lean. Lay the pieces of lean meat in a bread pan so that the grain of the meat runs lengthwise, and add a little of the meat broth. Cover the meat with heavy paper or cheese cloth, and press it down with a heavily weighted pan or board. Chill overnight in the coldest part of the refrigerator. Turn the pressed meat out of the pan, slice very thin across the grain, and serve with horseradish or a spicy relish.

Boiled Dinner

4 pounds corned beef	3 parsnips
4 quarts cold water	5 carrots
3 large onions	3 large potatoes and
2 large turnips	1 small head cabbage

Wash the beef, and prepare the vegetables and cut them in halves or quarters. Cover the beef with the water, bring to the boiling point, and drain. Cover the meat again with 4 more quarts of water and let it simmer until tender. Take the meat out of the water. If the liquid is too salty, pour off part of it and add sufficient fresh water to have at least 3 pints of well flavored broth. To this broth add the onions first, then 30 minutes later the rest of the vegetables, and cook for 25 to 30 minutes longer, or until the vegetables are tender. Serve the boiled dinner on a large platter, with the reheated meat in the center and vegetables drained and placed neatly around it. By this method the vegetables are tender and yet not overcooked, as is sometimes the case in a boiled dinner. The broth may be used for soup the next day.

Poached Egg on Greens

Cook the greens and season them with salt, pepper and butter. Canned greens may be used. Poach the eggs. Then take a flat pan and spread the seasoned greens across the bottom. Set the poached eggs on top of the greens. Cover them, sprinkle a mixture of grated cheese and bread crumbs. Set the dish in the oven just long enough for the cheese to melt and the crumbs to brown. Serve in the baking dish.

Baked Eggs and Rice in Tomato Sauce

1½ c. uncooked rice or cooked whole corn	6 cloves
3 c. canned tomatoes	3 T. fat
1 t. salt	3 T. flour
1 bay leaf	7 eggs
½ chopped onion	½ c. grated cheese
	1 c. buttered crumbs

Cook the rice in a large quantity of boiling salted water about 20 minutes. Drain. Prepare a sauce by cooking the tomatoes and seasoning for 10 minutes, strain, (may be left unstrained, remove bay leaf and cloves) and thicken with the blended fat and flour. Place layer of rice in a shallow greased baking dish, drop the raw eggs carefully on the rice, pour the hot sauce over the eggs, sprinkle over the top grated cheese mixed with bread crumbs, and bake in a moderate oven until the eggs are set. Serve at once.

Squaw Dish

Cut about $\frac{1}{2}$ pound bacon in cubes and place in frying pan. Let cook until brown. Beat 3 eggs very well until nice and light and add one can of corn. Salt, pepper to taste. Add corn and eggs to bacon and cook until eggs are done. Serve in place of meat.

Beef Loaf

2 pounds lean beef	1 c. chopped parsley
1 c. diced salt pork (about $\frac{1}{2}$ pound)	$\frac{1}{4}$ c. chopped onion
4 T. flour	1 c. fine, dry bread crumbs
$1\frac{1}{2}$ c. milk	2 t. salt
	$\frac{1}{8}$ t. pepper

Put the meat through a grinder. Fry the diced salt pork until light brown and crisp and remove the pieces from the pan. Make a sauce of the flour, milk and 3 tablespoons of the pork drippings. Cook the parsley and onion for a few minutes in the rest of the pork drippings, and add to this the bread crumbs and seasoning. Combine all the ingredients, mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper. Bake the loaf in a moderate oven (350 F.) for $1\frac{1}{4}$ hours. Do not cover the pan and do not add water. Remove the meat loaf from the paper and serve hot, or chill it and serve in thin slices.

Wheat and Beef Loaf

3 T. diced salt pork	1 c. milk
4 T. chopped onion	$2\frac{1}{2}$ t. salt and
1 pound of ground beef	$\frac{1}{4}$ t. pepper
$1\frac{1}{2}$ c. cracked wheat	

To prepare the loaf, first cook the salt pork in the frying pan until it is golden brown. Then add the onion and cook it for a short time. Now mix all the ingredients together. Cook them in a greased baking dish, covered, in a slow oven (250 degrees to 300 degrees F.) for an hour. Serve this dish hot either with or without tomato sauce.

Meat Loaf

$1\frac{1}{2}$ lbs. hamburger	$\frac{3}{4}$ c. cold water
2 tsp. chopped onion	1 egg
1 T. melted fat	1 t. salt
$\frac{1}{2}$ c. bread crumbs	

Mix ingredients in order given. After thoroughly mixed, press into loaf. Bake one hour in moderate oven.

Ground Beef and Bacon

2 pounds ground beef	1 onion, diced
12 slices bacon	Salt and pepper

Mix ground meat with onion and pat into small flat cakes. Wrap with bacon, season and place in frying pan. Turn when thoroughly browned on one side. When thoroughly browned on the other, the meat will be done. Serve with chili sauce.

Potato Korf (Swedish)

1 part ground beef	1 part ground raw potatoes
1 part ground pork	Salt and pepper to taste
Ground onions to taste	

Mix well and stuff into casings not too full. Tie ends and place in kettle. Cover with salted water. Boil slowly one hour. Prick coverings from time to time to keep from bursting. Good served hot or cold. (May be baked in loaf but not as good.)

Russian Meat Balls

1 pound ground beef	2 T. lard
$\frac{1}{2}$ c. rice	$\frac{1}{2}$ c. tomatoes
2 medium sized onions, minced	Salt and pepper

Boil the rice in salted water. Mix with ground meat, minced onion, and tomatoes, and season with salt and pepper. Shape into balls. Brown in hot fat, add water, cover and simmer until done, about twenty minutes. Whole corn can be used in place of rice.

Broiled Hamburger Steak on Onion Rings

2 c. ground lean raw beef	3 T. butter or other fat
$\frac{1}{4}$ c. ground suet	2 t. onion juice
1 c. soft fine bread crumbs	$\frac{1}{2}$ t. salt
7 slices Spanish onion $\frac{1}{2}$ inch thick	$\frac{1}{2}$ t. pepper
1 T. chopped parsley	1 T. water

Lay the slices of onion in a buttered shallow baking dish. Pour over them 2 tablespoons of melted butter, or other fat, sprinkle with salt and pepper, add the water, cover closely, and bake in a moderate oven (350 F.) for 30 minutes, or until tender. In the meantime, cook the chopped parsley in one tablespoon of butter or other fat, and combine with the beef, suet, crumbs, and seasonings. Knead until thoroughly mixed. Mold into seven flat cakes. Place each cake on an onion slice in the baking dish, and broil under direct heat for five minutes on each side. Baste occasionally with the drippings. Serve at once from the baking dish.

If it is not convenient to broil the meat cakes by direct heat, pan-broil them in a hot skillet, and serve on the onion slices.

Hamburger and Macaroni

Fry crisp a few strips of bacon ends. Add one pound of loose hamburger. When thoroughly cooked, add 2 c. of cooked macaroni or boiled whole corn. Bind together with tomato sauce or canned tomatoes.

Ground Beef Broiled on Toast

1 pound ground raw beef	Butter
8 slices bread	Salt and pepper to taste

Toast the bread on one side. Butter the untoasted side, spread to the edge with a layer of the ground beef, dot with the butter, and broil under a flame for about 5 minutes. Season with salt and pepper, and serve at once with a garnish of parsley or pickles.

Force meat Stuffing

Ground lean meat from the foreshank	2 or 3 sprigs parsley, cut fine $\frac{1}{4}$ t. celery seed or savory sea-
2 c. fine, dry bread crumbs	soning
2 T. fat	1 t. salt
1 small onion, chopped	$\frac{1}{8}$ t. pepper

Melt the fat in frying pan, add the onion, and cook for two or three minutes. Add the ground meat, and stir until the juice evaporates and the meat browns slightly. Then add the bread crumbs and seasonings and stir until well mixed.

Savory Meat

2 or 3 c. chopped cooked lamb, beef or pork	1 t. salt Pepper
4 c. chopped celery stalk and leaves	2 T. butter or other fat 2 T. flour, and
1 small onion, chopped	Toast
2 c. canned tomatoes	

Combine the celery, the onion, the tomatoes, and the salt and pepper, and cook for about 10 minutes. Add the blended fat and flour and stir until the mixture is thickened. Add the cooked meat and heat in mixture thoroughly. Serve on slices of thin crisp toast.

French Beef Hash

2 c. cold cooked beef	$\frac{1}{2}$ c. grated cheese or cottage cheese or omit
6 potatoes	Salt and pepper
2 T. grated onion	
$1\frac{1}{2}$ c. thin white sauce	

Slice the potatoes and arrange in a buttered baking dish. Season and cover with a thin white sauce. Grind the cold cooked beef and place on top potatoes. Sprinkle with grated cheese. Cover and bake in a slow oven (300 F.) for forty-five minutes. Dot with parsley and serve in baking dish.

Escalloped Liver and Whole Wheat

4 slices bacon	2 c. cooked whole wheat or corn
1 onion sliced	Tabasco sauce, may be omit-
Salt and pepper	ted
Flour	$\frac{1}{2}$ c. hot water
$\frac{1}{2}$ pound liver	

Fry the bacon until crisp, remove it and brown the onion in the fat. Push the onions to one side of the skillet. Salt, pepper, and lightly flour the liver and fry it slowly in the bacon fat until the red color disappears, turning it frequently. Cut up the liver and bacon, mix with the onion, add more salt if needed, and a few drops of tabasco sauce if desired. Make a layer of the wheat or corn in a greased baking dish. Add the liver mixture and continue to alternate the layers until all the ingredients are used. Pour the water around the sides of the dish, cover, and heat about 30 minutes. Serve from the dish.

Liver in Baked Apples

1 c. ground cooked liver	$\frac{1}{2}$ c. raisins
6 apples	$\frac{1}{4}$ c. chopped nuts
2 T. lemon juice	

Core apples but do not peel. Combine ground liver, raisins, nuts, and lemon juice. Fill the centers of the apples and bake in a moderate oven (350 F.) until the apples are tender.

Liver Baked in Sour Cream

$1\frac{1}{2}$ pound liver	1 c. sour cream
$\frac{1}{8}$ pound salt pork	1 t. salt
$\frac{1}{4}$ t. pepper	

Select veal, beef or pork liver. Cut salt pork into slender short strips and insert them into top surface of liver, equal distances apart. Let liver stand for $\frac{1}{2}$ hour in 2 or 3 tablespoonfuls of french dressing or lemon or tomato juice turning once or twice.

Place liver in deep baking dish or casserole and add salt and pepper. Pour over it sour cream and bake in a moderate oven (325 F.) until tender, about $1\frac{1}{2}$ hours for veal and 2 hours for beef and pork.

When done, remove from dish, thicken liquid in the pan with flour, adding water, milk or stock to thin if necessary and season. Slice liver, place on a deep platter, pour gravy over the meat and serve with a border of mashed potatoes. Serves six.

Liver Cheese

Sandwich filling for school lunch or club meeting

Grind together 3 pounds of liver, and $1\frac{1}{2}$ pounds fresh fat pork. To this add 2 tablespoonfuls salt, 1 teaspoonful pepper, $\frac{1}{2}$ cupful sweet milk, 1 teaspoonful ground cloves, 1 finely chopped onion, $\frac{3}{4}$ cupful cracker or dry bread crumbs, 3 eggs well beaten. Fill baking powder can $\frac{2}{3}$ full of this mixture, set in a pan of hot water and steam for 3 hours. Let cool, turn out and slice. May also be served hot as a meatloaf, or canned for future use in pint jars.

Macaroni, Tomato, Liver

Boil one pound of macaroni, whole cooked corn may be used, with one teaspoonful of salt. Drain and add 2 cups of canned tomatoes and one small onion chopped fine. Put one pound of pork liver in boiling water and boil 3 minutes. Remove liver and grind or chop. Add to tomato and macaroni and cook or bake 15 minutes.

Liver Loaf

$1\frac{1}{2}$ pounds beef or pork liver, ground	1 t. salt, $\frac{1}{2}$ t. pepper
$1\frac{1}{4}$ cup raw rice or $1\frac{1}{2}$ cups soft, stale bread crumbs or whole boiled corn	$\frac{3}{4}$ c. milk or water (the liquid in which the rice was cooked may be used)
	1 egg (may be omitted)

Cook the rice until half done, combine it with the liver, add the other ingredients and mix well. Bake in a greased loaf pan in a moderate oven (350-375 F.) for one and one-quarter hours.

Liver and Rice

One cup rice boiled in salted water until tender, or whole corn cooked may be used. Drain. Boil 1 lb. pig liver in salted water 20 minutes. Put through grinder. Thoroughly mix liver and rice, season with salt and pepper. Place in mold or bowl and press until cold and firm. Slice $\frac{1}{2}$ inch thick and fry brown in butter or lard. Serve at once. This can also be served cold.

Salt Pork as a Savory Seasoning

Cut mild-flavored salt pork into small cubes or thin strips, fry at moderate heat until light brown and crisp, and remove at once from the drippings. Cooked in this way the crisp pieces, together with all or part of the salt-pork drippings, add flavor to greens and other vegetables to soups and chowders, to meat loaf, and to stuffing for peppers, tomatoes, egg-plant, and boned cuts of lean meat.

Add uncooked salt pork to beans before baking. For larding, cut salt pork into long, thin strips and insert into lean meat with a larding needle.

Ham and Potato Cakes

3 c. ground cooked ham	Salt
3 c. seasoned mashed potatoes	Tabasco sauce, may be
3 T. chopped parsley	omitted

Mix the ham, mashed potatoes, and parsley, and season to taste with salt and tabasco sauce. Mold into flat cakes, flour them lightly, and fry in hot bacon drippings or other fat until brown.

Ham En Casserole

Place a thick slice of ham in a baking dish. Add thinly sliced raw potatoes which have been sprinkled lightly with flour. Pour over them enough milk to cover. Put the lid on the dish and bake slowly for about an hour and a half—or until the potatoes and ham are thoroughly cooked. The salt and fat of the ham are sufficient to season the potatoes. If necessary, add a little milk from time to time during cooking. Toward the end of the baking, remove the lid from the dish and let the potatoes brown on top.

Creamed Ham

3 T. butter or other fat	$\frac{1}{2}$ c. chopped green pepper,
4 $\frac{1}{2}$ T. flour	may be omitted
3 c. milk	Salt and pepper
3 c. ground cooked ham	

Make a white sauce of the fat, flour, and milk. Add the ham and green pepper and cook the mixture about 10 minutes. Season to taste with salt and pepper. Serve hot on toast, on waffles or in rice ring or whole boiled buttered corn ring.

Ham with Noodles

3 T. butter or other fat	3 c. ground cooked ham
3 T. flour	Salt and pepper
3 c. milk	1 c. buttered bread crumbs
2 c. cooked noodles	

Make a white sauce of the fat, flour, and milk, and add about one-half teaspoon of salt, depending on the saltiness of the ham. Make alternate layers of noodles and ham in a shallow baking dish, pour on the white sauce, sprinkle buttered crumbs over the top, and bake about 20 minutes in a moderately hot oven (375 F.). Whole boiled corn can be used in place of noodles.

Ham Mousse

1½ T. gelatine	Paprika
¼ c. cold water	Cayenne, few grains
¾ c. boiling water	2 T. minced parsley
3 c. boiled ham minced	1 c. whipped cream.

Soak gelatine in cold water for 5 to 10 minutes. Add boiling water until dissolved. Add ham and seasoning. Fold in whipped cream and pour into mold or molds. Chill until stiff, unmold. May be served with mustard horseradish sauce.

Creamed Bacon and Potatoes

1 c. finely chopped cooked bacon	¾ c. milk
2 c. potatoes, cut in dice	1 T. chopped parsley
3 T. bacon drippings	Paprika
3 T. flour	Salt and pepper

Add flour to bacon drippings and brown. Stir in the milk gradually and cook until thick and smooth. Add bacon and seasoning, then potatoes. Cover and heat over very slow fire. Sprinkle with chopped parsley and

Curry Pork

1 c. sliced onion	1 c. thin gravy
2 T. pork drippings	1 t. curry powder
4 c. diced tart apples	2 T. lemon juice
2 c. chopped lean cooked pork	Salt to taste

Cook the onion in the pork drippings for a few minutes. Then add the apples, cover them and cook until tender. Now add the pork, gravy and seasoning. Stir and heat the mixture thoroughly. Serve it hot with flaky rice—this is a good way to use up the last of a pork roast or any other left-over pieces of cooked pork.

Pilau

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| 2 thick slices of salt pork,
finely diced | 2 medium sized onions, cut fine |
| $\frac{3}{4}$ c. uncooked rice | 2 c. tomato juice and pulp |
| 3 c. hot water | 4 T. minced parsley |
| | Salt, pepper, and paprika |

Fry the salt pork until it is slightly browned. Add the rice which has been washed and drained and stir until the rice is a golden brown, adding the onions meantime. Add the hot water gradually, cover and cook. When the rice is tender, add the remaining ingredients. Place the mixture in a greased baking dish and bake 30 minutes in a moderate oven.

Suggestions for Using Sausage

- Baked Squash stuffed with sausage.
- Green peppers stuffed with sausage.
- Cottage pie with sausage.

Norwegian Scrapple

Boil hogshead until very tender. Remove the bones and run through a meat chopper. Put back in the liquid it was boiled in and add enough water to make quite thin. Season with salt and pepper and a pinch of sage, if desired. Let come to a boil. Then thicken with cornmeal and lastly a cup of flour. When cold slice off and fry.

Roast Stuffed Spareribs

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| 1 c. fine dry bread crumbs | $\frac{1}{2}$ t. pepper |
| $\frac{1}{4}$ c. diced salt pork | 5 tart apples, diced |
| $\frac{1}{2}$ c. chopped celery | $\frac{1}{2}$ c. sugar |
| $\frac{1}{2}$ c. chopped onion | $\frac{3}{4}$ t. salt |
| $\frac{1}{2}$ c. chopped parsley | |

Select well-fleshed rib sections that match. Have the breast bone cracked so you can carve between the ribs. Prepare stuffing as follows: Fry the salt pork until crisp. Then remove the pieces from the skillet. Cook the celery, onion and parsley in the fat for a few minutes. Remove them. Put the apples into the skillet. Sprinkle them with sugar, cover and cook until tender. Remove the lid and continue to cook until the juice evaporates and the pieces of apple are candied. Mix the apples with the crumbs, the crisp salt pork, the cooked vegetables, salt and pepper. Lay one section of the ribs out flat. Sprinkle with salt and pepper, spread with hot stuffing. Cover with the other section and sew the two together. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed ribs on a rack in an open roasting pan and sear in a hot oven for 20 minutes or until the meat is lightly browned. Reduce the temperature to a very moderate heat and cook for about an hour. Remove strings and serve on a hot platter.

Salmon Chowder

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| 2 c. diced potatoes | 2 T. flour |
| 1 c. diced carrots | 1 pint milk |
| 1 large onion, chopped | $\frac{1}{2}$ pound canned salmon |
| 1 quart water | Salt and pepper |

Cook the potatoes, carrots, and onion in the water for 15 minutes. Mix the flour with a little cold milk, add to the vegetables and stir. Add the remaining milk, salmon, season with salt and pepper, and simmer about 10 minutes longer. Serve over cracker or toast.

Shepherd's Pie

Grease a baking dish and cover the sides with a thin layer of seasoned mashed potato. Fill the center with well-seasoned creamed salmon or left-over cream meat. Cover the top with mashed potato and bake until the pie is hot through and lightly browned on top.

Salmon and Potato Puff

2 c. or 1 pound of salmon	3 eggs
2 T. butter	1 t. salt
2 T. chopped celery, may use celery salt	1 t. minced onion
2 T. chopped parsley	1 T. lemon juice
2 c. seasoned mashed potatoes	few drops tabasco sauce

Drain the fish, flake it with a fork and remove all bones. Melt the fat and cook the celery and parsley in it for a few minutes. Combine with the salmon, mashed potatoes and seasonings. Add the beaten egg yolks. And beat the mixture until very light. Fold in the well-beaten whites of eggs. Pile the mixture lightly at once in to a greased baking dish. Bake in a moderate oven over (350 degrees) for 1 hour—or until set in the center and lightly browned. Serve in the dish.

Salmon Cakes

1 pound can of salmon	Fat for frying
1 quart of seasoned mashed potatoes	

Remove the skin and bones from the salmon and flake into very small pieces. To the hot seasoned potatoes, add the salmon, a little pepper and more salt, if needed. Beat until well blended, form into cakes, and brown on both sides in the fat. Serve at once.

If you wish, use less salmon to the mashed potatoes, and make your pound can of salmon serve you two meals instead of one.

Sardine and Cabbage Salad

1 can California sardines	$\frac{1}{2}$ t. mustard
3 cups cabbage sliced	dash cayenne
$\frac{1}{2}$ t. salt	1 T. sugar
2 t. cooking oil	$\frac{1}{4}$ c. hot vinegar

Mix salt, cayenne, mustard and sugar in small sauce pan. Mix with oil and vinegar. Stir over low fire until combined. Pour over the cabbage and mix well. Flake the sardines and mix thoroughly with the cabbage. Serve cold, add salad dressing if desired.

Beef Pot Roast with Vegetables

- 1 chuck roast weighing 3 to 4 pounds
- 6 carrots, cut in quarters lengthwise
- 12 small onions
- 1 small turnip, cut in half-inch slices
- 8 medium potatoes
- $\frac{1}{4}$ c. flour, 2 teaspoons salt, pepper

Wipe, trim, and tie or skewer the meat into a compact shape. Dredge it with salt, pepper, and flour, rubbing the mixture well into the meat. Brown the meat all over in some of meat fat in a skillet (or in the kettle in which the meat is to be cooked). Place the browned roast in a deep pan or kettle; add hot water to one-quarter the depth of the meat; cover; simmer slowly until tender. This will require $3\frac{1}{2}$ to 4 hours for a three-pound roast. Add vegetables during the last 35 minutes of cooking. Remove meat and vegetables and thicken the broth for gravy using $1\frac{1}{2}$ T. flour for each cup of broth.

Brown Beef Stew

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| 4 T. flour | 1 quart of water |
| 2 lb. lean beef | $\frac{1}{2}$ c. chopped parsley |
| Salt | Pepper |
| 1 small onion, chopped | |

Brown the four tablespoons of flour either in the oven or in a heavy skillet over low heat. Wipe the meat with a damp cloth, cut it into small pieces, sprinkle it with salt and roll it in flour that has not been browned. Try out some of the fat in the skillet. Add the meat and onion. Sear until brown, add the water, cover, and simmer until the meat is tender. Stir in the brown flour, season with pepper, cook for five minutes. Sprinkle the chopped parsley over the top just as you serve it.

Pot-au-feu

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| Large soup bone with meat
(6 pounds) | 8 or 10 sprigs parsley, tied together |
| 3 quarts cold water | 4 medium sized onions |
| 5 carrots—scraped and cut in
half | 5 cloves |
| 4 turnips—pared and cut in
half | 1 teaspoon sugar |
| 1 bay leaf | 2 tablespoons salt |
| | Pepper |
| | Small rounds of crisp toast |

Cover the well-washed soup bone with water, allowing 1 pint of cold water to each pound of soup bone. Heat slowly to boiling and remove the scum. Add 1 cup of cold water, again slowly bring to the boiling point, remove the scum. Add the vegetables and the seasonings and simmer for 4 or 5 hours. When the meat is tender, remove and cut the meat from the bone. Discard the parsley, drain the vegetables, and serve around the meat. Allow the soup to boil rapidly. Take up the soup from center of the boiling mass, and serve over small rounds of crisp toast. Use remainder of soup stock next day.

Braised Heart

Wash the heart in warm water; remove veins, arteries, and clotted blood. Simmer $1\frac{1}{2}$ hour in salted water to cover (2 t. salt for each quart of water.) Fill with breadcrumb dressing and tie with string. Sear outside in frying pan or baking dish. Add $\frac{1}{4}$ c. water. Cover tightly and cook at a low temperature until tender. Vegetable may be added.

Time: Lamb, pork or veal— $1\frac{1}{2}$ to $2\frac{1}{2}$ hours.

Beef— $2\frac{1}{2}$ to $3\frac{1}{2}$ hours.

More water may be needed during braising. Heart may be simmered in the water until tender (2 to 6 hours) and baked after stuffing for $\frac{1}{2}$ hour or longer. Heart, simmered in water until tender may be cut in thin slices and served hot or cold with horseradish sauce.

Casserole of Beef

3 cups raw lean beef cut into 1 inch cubes	1 c. sliced raw carrots
2 tablespoons chopped beef suet	2 onions, thinly sliced
2 T. flour	2 cups chopped cabbage
1 c. boiling water	2 t. salt
1 c. canned tomatoes (left over from yesterday morning's tomato juice)	A dash of pepper

"Try out" the beef suet; add the cut beef and flour. Cook until the meat begins to brown. Add water and tomatoes and simmer for 20 minutes on top of the stove. Add carrots and onions, salt and pepper, and simmer 15 minutes longer. Turn mixture into a casserole or other baking dish. Add cabbage and finish cooking in the oven.

Veal in Sour Cream

Cut 2 pounds veal steaks into cubes, and brown in butter. Place the browned cubes of steak in a casserole. Add 3 tablespoonfuls water to the frying pan and stir. Blend 2 tablespoonfuls flour with the frying pan mixture, and slowly add 1 cupful sour cream, stirring constantly. Add seasoning to taste. When thickened, remove from the stove, add 1 tablespoonful onion juice. Pour over the veal in the casserole and bake in a slow oven for $\frac{3}{4}$ of an hour. The oven temperature should be about 275 degrees. This is excellent served with boiled whole corn buttered.

Boneless Beef Rolls

2 pounds round steak	1 T. milk
6 small carrots	3 T. butter
1 c. bread crumbs, sifted	Salt and pepper
1 egg	

Cut into thin pieces suitable for individual servings. Season with salt and pepper. Place a carrot in each piece and roll. Fasten each roll secure-

ly with string or toothpicks. Roll in egg beaten with milk and fine bread crumbs. Brown in butter. When nicely browned, add 1 cup water and simmer until rolls are done, about one hour. Thicken liquid for gravy. Serve with baked potatoes, which have had the centers taken out, mashed and replaced. Decorate with paprika.

Rule Polse (Roll Sausage)

Beef flank (mutton can be used) broaden, sprinkle with salt, pepper, ginger and finely cut up onion. Roll, sew, cook in boiling water till tender. Take out and press until cold. Serve cold. Very good for sandwiches.

Hot Meat Toasted Sandwich

Toast bread on one side. Butter and place meat on untoasted side. Place in dripping pans. Baste meat slightly. Place in quick oven to heat. For other main dish recipes see:

Food Economy leaflet No. 6	Serve Wheat to Your Families
Food Economy leaflet No. 9	Homemade Hominy
Food Economy leaflet No. 10	Fish an Economical Food
Food Economy leaflet No. 18	Using Cottage Cheese in the Menu
Food Economy leaflet No. 19	From the Egg Basket
Food Economy leaflet No. 20.	Corn, a Good Low Cost Food.

Vegetable Recipes

Savory Sauerkraut

$\frac{1}{4}$ c. of butter or other fat	$\frac{1}{4}$ t. of celery seed or caraway seed.
1 quart of sauerkraut	

Heat the fat in a skillet until golden brown. Then add the sauerkraut and the seasoning. Mix well, using a fork to separate the sauerkraut. Cover and cook for five minutes. Serve hot.

Sauerkraut and Potatoes

6 medium size potatoes	$\frac{1}{2}$ T. fat
2 cups sauerkraut	Seasoning
$\frac{1}{4}$ lb. bacon diced or salt pork	

Pare and boil potatoes in salted water until tender. Drain. Cook the bacon until crisp, add the sauerkraut, seasonings, and cook about 10 minutes. Put the sauerkraut on a hot platter, arrange the potatoes in the bed of sauerkraut, cover the potatoes with half tablespoon melted fat.

Scalloped Cabbage and Apples

Grease a baking dish, then add a layer of shredded cabbage and a layer of pared, cored and sliced apples. Season the layers with a little sugar and salt, dot with butter and cook in the oven until the cabbage and apples are tender.

Baked Cabbage, Spaghetti and Cheese

Grease a baking dish and alternate layers of shredded cabbage, cooked spaghetti, and cheese. Cover the top with buttered bread crumbs and bake until the crumbs are golden brown.

Cabbage in Sour Cream Dressing

1 small head cabbage	$\frac{1}{2}$ c. sour cream
1 egg	1 t. melted butter
$\frac{1}{2}$ c. vinegar	1 t. chopped green pepper
1 t. sugar	Paprika
Salt and pepper	

Chop the cabbage fine, cook in boiling water 15 minutes. Drain and season with salt and pepper. Mix the egg, cream, butter and sugar; bring to a boiling point and pour over cabbage. Sprinkle with paprika.

Savory Vegetable Stew

2 c. diced salt pork	1 t. sage
4 c. diced rutabaga or turnip	4 c. hot water
2 small onions	1 t. salt
4 diced potatoes	$\frac{1}{4}$ t. pepper

Fry the diced salt pork until crisp. Remove the pork and some of the fat from the skillet and brown the onion and turnip in the remaining fat. Add the potato, salt, sage, and water. Cover and simmer until the vegetables are tender. Remove the cover and cook until the stew has thickened somewhat. Add the crisped salt pork, pepper, and more salt if needed. Serve with crisp toast.

Creamed Mixed Vegetables

1 c. diced potatoes	2 T. melted butter
1 c. diced carrots	2 T. flour
$\frac{1}{2}$ c. chopped onion	1 $\frac{1}{2}$ t. salt
1 c. diced turnips	1 c. milk
2 c. finely chopped cabbage	

Cook the potatoes, carrots, onions, and turnips in three cups of boiling water until almost tender. Add the cabbage, allowing about five minutes for cooking. Prepare a sauce of the melted butter, flour, salt, and milk. Cook until thickened and stir this sauce into the vegetables. Cook a few minutes longer, until the desired consistency is reached and then serve.

Beet Hash

2 c. diced beets, boiled or canned	2 T. fat
6 boiled potatoes, chopped or diced	Seasoning
1 T. vinegar, if desired	

Mix beets and potatoes, season to taste. Heat the fat, which may be bacon fat, beef drippings, etc., in a frying pan, add the vegetables. Brown thoroughly and serve piping hot.

French Fried Onions

To French-fry onions, cut them in very thin slices and separate the slices into rings. Now make a thin cover batter by mixing thoroughly a cup of milk, a cup of flour, an egg and a quarter of a teaspoon of salt. Dip the onions into this batter. Onions fixed this way will keep a week.

Stuffed Onions

Parboil, take out center, and stuff, (center may be added to stuffing or saved for other uses).

- a. force meat dressing
- b. bread crumbs and cheese

Scalloped Onions and Peanuts

6 medium-sized onions	1 c. milk
1 c. peanuts, ground	$\frac{1}{2}$ t. salt
1 T. melted butter or other fat	1 c. bread crumbs
1 T. flour	

Skin the onions, cook in boiling salted water until tender, drain and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish.

Savory Spring Dish

Allow six or seven finger-sized onions for each serving. Trim off the green tops. Then cook the onions in lightly salted boiling water until just tender. Use no lid on your kettle. You'll probably need to cook fresh young onions about twenty minutes. When they are tender, drain, add more salt, if needed, and season with melted butter. Now toast slices of bread, spread the toast with butter and arrange the hot onions in the same way as asparagus on toast.

Raw Potato Dumplings

Peel and grate raw potatoes. Add salt to taste and flour enough to make stiff batter. Add $\frac{1}{4}$ t. baking powder to every cup of flour used. Drop by large spoonfuls into boiling soup stock of any kind, ham bone stock is unusually good, plain salted water may be used. Cook till done or about $\frac{3}{4}$ of an hour.

They are good eaten as part of a soup. They are fine eaten warm with butter. Delicious warmed over in milk, seasoned with salt and butter to taste. They are also good the next day sliced, fried in butter or drippings and eaten with crisp bacon.

Potatoes in Tomato Sauce

1 quart potatoes, sliced	3 c. tomato juice of strained
1 onion, sliced	tomato
4 T. butter or other fat	2 t. salt; pepper

Cook the potatoes and onion in the fat for 20 minutes, add tomato, salt, pepper, cover, and simmer for 30 minutes, or until the potatoes are tender. The potato thickens the tomato juice so that other thickening is unnecessary.

Potato and Oatmeal Soup

9 c. water	2 T. fat
2 c. rolled oats	1 c. tomatoes
5 potatoes sliced	3½ t. salt
2 onions chopped	½ t. pepper

Heat the water to boiling and sprinkle the oatmeal slowly into the water and boil 5 minutes. Add the sliced potatoes and cook in a double boiler for about 1 hour. Brown the onions in the fat and add with the salt, pepper and tomatoes to the soup. Cook for about 10 minutes and serve.

Potato-Corn Chowder

1 pint milk	1 onion or more, if desired
1 pint boiling water	1 quart potatoes, diced
2 c. canned corn	Salt, pepper
2 T. salt pork, diced	

Cut the pork into small pieces and chop the onion. Boil the diced potatoes in the pint of boiling water for 15 minutes. Fry the salt pork and onion for 2 minutes and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk, season to taste with salt and pepper, and bring the mixture to the boiling point. Serve very hot in soup dishes.

Potato Pancakes

10 medium sized potatoes	1 t. salt
peeled and grated raw	2 T. flour
2 eggs, may be omitted	

If too thick add a little milk to make it like pancake batter. Beat up good and fry like pancakes.

Potato Bread
(Potato Kager Norwegian)

Boil potatoes. Drain, then mash as for mashed potatoes. Let cool. Add enough flour to make a stiff dough. Divide in parts as large as a turkey egg. Let stand 20 minutes, then roll very thin and bake on top of stove that is moderately heated. Turn when first side is baked. A long spatula or thin wooden stick may be used to turn.

Escalloped Carrots

7 large or 10 medium sized carrots	4 T. fat
3 T. flour	Salt and pepper
	Milk (about 1½ c.)

Scrub the carrots; scrape them, and cut into thin slices. Place a one inch layer of the sliced carrots in a baking dish, season with salt and pepper, and sprinkle a portion of the flour on top. Repeat until the required amount is used. Divide the fat into small pieces and spread them over the carrots. Add milk until it can be seen among the slices of carrot. Cover and bake in a moderate oven (350-400) until carrots are tender when pierced with a fork (about 1½ hours).

Mashed Carrots with Cream

For 4 large or 6 small servings, prepare 1 pound of carrots. Slice or put through the food chopper, using the coarse knife. Cook in 1 pint or less of boiling water to which $\frac{1}{4}$ teaspoon salt has been added. Boil about 10 to 20 minutes or until the carrots are tender; by this time most of the water should have evaporated. About 2 cups of cooked carrots should result from 1 pound of raw carrots.

Drain and mash carrots with a potato ricer, and add 1 tablespoon butter and 1 tablespoon cream to each cup of carrots, or 2 of cream if no butter is used. Add more salt if needed. Let simmer 5 minutes or stand 10 minutes in a warm place before serving. The cooked carrots may be chopped instead of mashed; but the more intimately carrots and cream are mixed, the milder and better will be the blend. If the carrots are old and strong in flavor, use twice as much cream, with a teaspoon or two of flour for thickening if necessary.

Carrot Loaf

1½ c. ground carrots	1½ c. strained tomatoes
1½ c. bread crumbs	$\frac{3}{4}$ t. salt
½ c. chopped nuts	½ t. pepper
2 eggs	1 T. minced onion

Mix ingredients in the order given. Shape the mixture into a loaf and put into a well oiled baking pan. Steam one hour, then brown in oven.

Diced Beets with Crisp Bacon

2 c. diced beets, boiled or canned	Salt
6 slices bacon	Pepper

Fry the bacon until crisp, remove from the pan and chop fine. Heat the beets in the bacon fat, add the crisped meat and salt, pepper to taste. Serve with vinegar if desired.

Carrots Cooked in Milk

Chop or cut raw carrots very finely. Simmer gently in milk, just enough to cover, 10 minutes or a little less; season with salt, pepper, and butter or drain off the milk for other uses if so preferred. The liquid may be thickened slightly with a very little flour, about $\frac{1}{2}$ to 1 level tablespoon to the cupful of liquid. This makes an unusually good and nutritious dish of "Creamed" carrots and the color is particularly attractive.

Bean Salad

2 c. cooked beans	1 c. carrot cubes
½ c. diced celery or shredded cabbage	1½ t. finely minced onion
1 c. diced cheese	½ c. French dressing

Mix the ingredients with the salad dressing. Chill thoroughly and serve on crisp lettuce or cabbage leaves. Beans will not become mushy if boiled until tender and then washed in cold water to set them.

Inexpensive Salad Combinations

Cabbage and grated raw carrots in equal parts, mixed with a well-seasoned salad dressing and served on crisp lettuce. Chopped peanuts add a nice flavor to this salad.

Shredded cabbage with onions sliced in very thin rings, seasoned with salt, celery seed, pepper and paprika, and then mixed with salad dressing.

Cabbage, chopped peanuts, diced celery or celery seed, and chopped onion.

Cold slaw on sliced tomatoes or a stuffed tomato salad with cold slaw prepared with your favorite recipe.

An extra-dressy cabbage salad is made with whipped cream dressing, seasoned with tabasco sauce, grated horseradish, scraped onion, salt and a little sugar.

Grated raw carrot, turnip, onion, radish, and green pepper. Grated rutabaga and chopped celery.

Jellied Vegetable Salad

3 T. gelatin	1½ c. cooked peas
½ c. cold water	2 c. shredded raw cabbage
1 quart can tomatoes	1 c. cooked spaghetti
2 t. salt	

Soften the gelatin in the ½ cup of cold water for 5 minutes. Add the salt to the tomatoes and heat to the boiling point and then press through a sieve to remove the seeds. Pour the hot tomato pulp and juice over the gelatin and stir until the gelatin has dissolved. When the gelatin mixture is partly set, add the vegetables. Stir well. Pour the mixture into a wet mold and put in a cold place until firm. Turn out on crisp lettuce or cabbage leaves and serve with salad dressing.

Potato Salad with Snap Beans

4 medium-sized potatoes	1 t. grated onion or more
1 c. cooked snap beans, cut diagonally in small pieces	1 c. cooked salad dressing (or French dressing, if preferred)
1½ t. salt	

Cook the potatoes in their jackets in boiling salted water. As soon as tender but not soft, drain, remove the skins. After they are cold, cut the potatoes in small uniform cubes and pour the salad dressing over them while it is hot. The potato absorbs the dressing and has a better flavor. When cool, add the beans and onion. Mix together lightly so as not to break the potato and make a mush. Chill thoroughly and serve on crisp lettuce or cabbage leaves.

Potato, Cabbage, and Egg Salad

5 medium sized cold potatoes, cooked in their skins	5 or 6 small cabbage leaves
1½ cups shredded cabbage	¾ t. mustard
¼ c. mild vinegar	3 T. melted butter, bacon fat or other fat
1½ t. salt	About ½ c. top milk or cream
½ t. pepper	1 clove, garlic (may be omitted)
1 T. chopped onion	
2 T. sugar	
3 or 4 hard cooked eggs	

Cut potatoes in one-third inch cubes. Add the chopped onion and two chopped eggs and mix lightly. Shred the cabbage finely. Mix salt, pepper, mustard, sugar, and fat with the vinegar and pour this mixture over the cabbage. Combine the cabbage mixture with potatoes and eggs, tossing lightly to avoid mashing the potatoes. Add enough top milk or cream to give the desired consistency. Arrange individual portions of this mixture on crisp cabbage leaves and garnish with hard cooked egg cut in slices.

Sauerkraut and Carrot Salad

2 c. sauerkraut	$\frac{3}{4}$ c. cooked salad dressing
1 c. grated or finely chopped raw carrot	$\frac{1}{4}$ c. peanuts (may be omitted)

Mix carrot, sauerkraut, and dressing. Arrange on lettuce or cabbage leaves. Garnish with nuts.

Sour Cream Slaw

1 head cabbage (about 3 lb)	$\frac{3}{8}$ c. thick sour cream
3 T. vinegar	2 t. sugar
2 eggs	1 sweet green pepper (may be omitted)
Salt and pepper	

Select a firm white head of cabbage, chop fine, also green pepper. Put cream, eggs, vinegar, salt and pepper in a dish, and beat well. Then add chopped cabbage. Mix well and serve cold.

Turnip Salad Combination

- a. raw turnips, and apples
- b. raw turnips, raw carrots
- c. raw turnips, onions
- d. raw turnips, cooked peas and carrots
- e. raw turnips, cooked potatoes

For other vegetable recipes see:

Food Economy leaflet No. 16 Serve Tomatoes Often in an Economical Diet.

Food Economy leaflet No. 14 Wild Plants that make Excellent Greens.

Desert Recipes

Creamy Rice with Apricots

$\frac{1}{2}$ c. rice	$\frac{1}{2}$ c. sugar
1 c. boiling water	2 c. chopped fresh fruit or dried fruit soaked and cooked
$1\frac{1}{2}$ c. milk	
$\frac{1}{2}$ t. salt	

Cook the rice over direct heat in the cup of boiling water. When the water has been almost absorbed put the rice in a double boiler, add the milk, salt and sugar. Cover and cook until the rice is tender. Mix the rice and fruit and when chilled serve with top milk. Canned grated pineapple gives an excellent flavor.

English Carrot Pie

1 lb. raw grated carrots	4 T. sugar
$\frac{1}{2}$ lb. each raisins and currents	$\frac{1}{2}$ t. baking soda
8 T. flour	$\frac{1}{2}$ t. salt
$\frac{3}{4}$ lb. chopped suet	

Steam 4 hours, serve with whipped cream or fruit sauce. All the ingredients may be put through a food chopper.

Apple Upside-Down Cake

$\frac{1}{4}$ c. butter or other fat	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. milk
1 egg	2 to 4 firm-fleshed apples
1 t. vanilla	2 t. cinnamon mixed with
$1\frac{1}{2}$ c. sifted soft-wheat flour	$\frac{1}{4}$ c. sugar
2 t. baking powder	

Cream the fat, add the sugar, well-beaten egg, and vanilla. Sift the dry ingredients together and add alternately with the milk to the first mixture. Spread a thick coating of fat on the bottom and sides of a square or oblong baking dish or a very heavy pan. Pare, quarter, and slice the apples thin; spread in a single overlapping layer on the bottom of the baking dish, sprinkle with the mixture of cinnamon and sugar, and add another layer of apples and the remaining cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife. Bake in a very moderate oven (300 to 325 F.) for 45 minutes. Loosen the sides of the cake, turn it out carefully, upside down, and the top will be covered with a neat layer of transparent apples. Serve hot with hard sauce or whipped cream.

Danish Apple Cake

1 qt. apple sauce	1 t. cinnamon
4 c. water	1 T. sugar
4 c. bread crumbs	$1\frac{1}{6}$ lb. butter
4 T. cornstarch	

Put stale bread through meat chopper. Melt butter in a frying pan, add bread crumbs, cinnamon and sugar. Let brown over slow fire, stirring to prevent burning. Mix cornstarch with water and pour into hot apple sauce, stirring constantly and let boil 2 or 3 minutes. Cover the bottom of a deep glass or china dish with $\frac{1}{2}$ inch bread crumbs, then a sheet of apples and then bread crumbs and top off with whipped cream or a cream puff filling.

Apple Crisp

Put 2 c. sliced apples in greased baking dish. Sprinkle with 1 t. cinnamon, add $\frac{1}{2}$ c. water. Work together with fork, $\frac{3}{4}$ c. flour, $\frac{1}{2}$ c. shortening and 1 c. sugar. It will be crumbly. Sprinkle over apples. Bake in moderate oven 30 or 40 minutes. Serve hot with sauce or cream.

Apple and Date Roly-Poly

3 medium-sized apples	3 t. baking powder
1 c. stoned dates	1 c. chopped suet
2 c. flour	about $\frac{1}{2}$ c. water
$\frac{3}{4}$ c. salt	

Pare and core the apples, and chop with the dates. Sift together the flour, salt, and baking powder and rub in the chopped suet, using the finger tips. Add enough water to make a stiff dough and roll out to a sheet about $\frac{1}{4}$ of an inch thick. Cover with the fruit, leaving an inch margin. Dampen the edges and roll like a jelly-roll. Sew up the pudding in a cheese cloth bag, allowing for swelling. Steam 2 hours. Serve hot with a lemon sauce.

Peach Dumpling

First, roll out pastry dough in rounds about the size of fruit plates. In the center of each, place sliced canned peaches. Then sprinkle them with a mixture of sugar, cinnamon and a few grains of salt. Dot the fruit with butter. Lift up the elges of the dough and press them together. Place the dumplings in a greased muffin pan and bake in a moderate oven for 30 minutes. Then serve hot with hard or liquid sauce.

Norwegian Fruit Soup

1 $\frac{1}{2}$ qts. water	$\frac{1}{2}$ c. sugar
1 $\frac{1}{2}$ c. sago	1 T. vinegar or lemon juice
1 c. prunes	few sticks of whole cinnamon
1 c. raisins	

Cook very slowly till fruit is done. If too thick add more water.

Fruit Flummery

2 c. berry juice from canned berries	3 T. cornstarch
$\frac{1}{2}$ c. sugar (if juice is unsweetened)	$\frac{1}{4}$ t. salt
	2 T. lemon juice

Heat the juice in a double boiler, add the sugar, cornstarch, and salt which have been thoroughly mixed, stir until the mixture thickens, cover, and cook for 15 to 20 minutes. Remove from the stove, add the lemon juice, beat well, and pour into a serving dish and chill. Serve with plain or whipped cream.

Pandowdy

$\frac{3}{4}$ c. dried apricots	2 c. cold water
1 T. sugar	

Soak the fruit 1 to 2 hours in 2 cups cold water, then simmer gently 10 minutes. Add the sugar and pour the mixture into a greased baking dish. Cover the fruit while hot with a baking powder biscuit crust made as follows:

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| 1 c. sifted flour | 2 T. cold, hard fat |
| $\frac{1}{2}$ t. salt | $\frac{7}{8}$ to 1 c. milk (or water and |
| 1 T. sugar | milk combined) |
| $1\frac{1}{2}$ t. baking powder | |

Mix and sift the dry ingredients and work in the fat with the fingers or cut it in with a knife. Add all the milk at one time and stir until well mixed. Drop this stiff batter in tablespoonsful on the hot fruit and bake in a hot oven (425 F) until the crust is thoroughly baked and the fruit tender. Apples or other fruit may be substituted for the apricots.

Rhubarb or Prune Kuchen

Cover the bottom of a baking dish with thick rhubarb sauce or cooked and stoned prunes; make a soft, rich biscuit mixture (do not have it stiff enough to knead) and spread this over the prunes. Let bake until done (400 to 425) about 20 minutes. Cut in squares and serve with cream and sugar. Sliced apples or peaches or canned apricots may also be used.

Sour Cream Prune Whip

- | | |
|------------------------------------|-----------------------------------|
| 2 c. cooked prunes | $\frac{1}{2}$ t. lemon extract |
| 2 T. sugar | or juice from $\frac{1}{2}$ lemon |
| $\frac{1}{2}$ c. shredded cocoanut | 1 c. sour whipping cream |

Remove pits from prunes and beat to a pulp. Add sugar, cocoanut and extract and mix thoroughly. Whip cream until stiff, add prune mixture in small amounts and mix thoroughly, chill. Serve with topping of sweet whipped cream, if desired. Serves six.

Parisian Sweets

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| $\frac{1}{2}$ pound dried figs | $\frac{1}{2}$ pound nut meats and powdered sugar |
| $\frac{1}{2}$ pound dried apricots or seedless raisins | |

Wash and pick over the fruits. Combine them with the nut meats. Then grind them through the meat chopper, using the medium knife. Roll the mixture out, about a half inch thick, on a board sprinkled with powdered sugar. Cut the mixture in small pieces, roll them in the powdered sugar and store them in a tin box or a tight jar.

Sugared Popcorn

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| $1\frac{1}{2}$ c. sugar | 1 t. salt |
| 1 c. water | 2 qts. freshly popped corn |

Cook the sugar, water and salt until the sirup forms a soft ball when dropped in cold water—or until a candy thermometer registers 238 degrees F. Remove from the fire. Beat with a spoon until it is creamy. Drop in the popcorn and stir quickly until each kernel is coated with sugar. Put on a greased platter and separate the grains of corn.

Lemon Suet Pudding

1 c. flour	1 ¼ c. chopped suet
½ c. sugar	1 egg
1 ½ t. baking powder	¾ c. milk
½ t. salt	2 T. lemon juice and grated
3 c. fine dry bread crumbs	rind of 2 lemons

Sift the dry ingredients. Add the bread crumbs, the chopped suet and mix thoroughly, using the finger tips. Stir in the beaten egg and milk. Add the lemon juice and rind. Put the mixture into a well-greased mold. Cover and steam for 3 hours. Serve hot with clear lemon sauce.

Steamed Suet Pudding

1 c. graham flour	½ c. chopped suet
¾ c. flour	½ c. sour milk
½ t. cinnamon (ground)	½ c. molasses
½ t. cloves (ground)	½ c. raisins
½ t. soda	½ t. salt

Mix and sift spices, soda and salt with the flour; stir in the graham flour; add the finely chopped suet and the raisins and mix well. Combine sour milk and molasses and add them to the dry ingredients. Turn the mixture into greased pudding moulds, filling them two-thirds full. (Empty baking powder cans make good moulds.) Cover and steam 2 ½ hours if moulds are large or 1 ½ hours if individual service size. Serve with hard or lemon sauce.

Custard Bread Pudding

1 qt. milk	2 T. butter
2 c. soft bread crumbs	1 c. seedless raisins
½ c. sugar	1 t. vanilla
¼ t. salt	4 eggs

Scald the milk, bread crumbs, sugar, salt, and butter in a double boiler. Pour some of the hot mixture into the beaten eggs, reserving 2 whites for the meringue. Combine all the other ingredients, pour into a greased baking dish, and set in a pan of hot water. Bake in a moderate oven (350 F.) for about 1 hour, or until the pudding is nearly firm in the center. When the pudding has partially set, stir well so the raisins will be through the pudding rather than at the bottom of the dish. To make the meringue add 2 tablespoons of sugar to each well beaten egg white, and add a dash of salt and vanilla. Cover the pudding with the meringue and put in a very moderate oven (about 325 F.) for 15 to 20 minutes, or until lightly browned. Serve hot or cold garnished with bits of red jelly.

Sour Cream Pie

1 c. sugar	1 c. seedless raisins
½ t. cinnamon	1 c. sour cream
½ t. cloves	½ t. salt
2 eggs	2 T. vinegar

Pastry

First mix the sugar and the spices. Add these to the beaten eggs. Then add the raisins the cream the salt and the vinegar. Beat well. Pour the mixture into a deep, pastry-lined pie pan. Add the top sheet of dough and bake in a moderate oven (350 degrees F.) until the crust is golden brown.

Cottage Cheese Pie

1 lb. cottage cheese	$\frac{1}{2}$ c. chopped raisins
$\frac{1}{8}$ c. sugar	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ c. milk	rind and juice of 1 lemon
3 eggs, beaten	1 T. melted butter

Pastry

Press the cheese through a fine sieve. Add the other ingredients and stir until well mixed. Line a deep pie tin with pastry and bake until a delicate brown. Fill with the cheese mixture. Bake in a moderate oven until firm in the center, about 15 to 20 minutes. Raisins may be left out if desired.

French Curd

This is uncooked curd or French cottage cheese. The sour milk is not heated. It is simply poured into earthenware molds with holes in the bottom. A very fine sieve may be used instead of the molds. The whey drips out and the curd assumes a custard-like consistency and takes the shape of the mold. When sufficiently stiff the cheese is chilled and is eaten with sweet cream and sugar, fruits or preserves.

Dutch Cheese Cake

$3\frac{1}{2}$ t. cornstarch	1 c. cottage cheese
$\frac{2}{3}$ c. sugar	lemon juice and rind
$\frac{1}{2}$ c. milk	mace or nutmeg
2 eggs	

Mix the cornstarch thoroughly with the sugar, slowly add the milk and cook until thickened, stirring constantly. Take from the stove and stir in the cottage cheese, well beaten eggs and flavoring. Bake in a shallow greased dish for 25 minutes in a moderate oven. This makes a very firm custard. Serve cold.

Cheese Torte

6 slices oven toasted bread (dry)	$\frac{1}{2}$ t. salt
1 c. of sugar	grated rind of lemon
1 T. cinnamon	1 t. vanilla
4 T. melted butter	1 c. cream
4 eggs	1 $\frac{1}{2}$ lbs. cottage cheese
1 c. sugar	$\frac{1}{4}$ c. flour

Roll or grind the toast very fine. Add the sugar and cinnamon, reserving about $\frac{1}{2}$ cup for the top of the torte. To the remainder add the butter and mix well. Grease a deep pan and line the bottom and sides with this mixture, pressing to form a smooth, even layer. Beat the eggs, add the sugar, salt, lemon rind, cream, cottage cheese, and flour. Mix thoroughly and then pour in the lined pan. Sprinkle the remaining crumbs over the top and bake in a very moderate oven about 325 F. for 1 hour. Let cool in oven with the door open.

Ginger Pudding

2 c. flour	2 T. sugar
4 t. baking powder	1 $\frac{1}{4}$ c. chopped suet
1 t. salt	4 T. molasses
3 t. ginger	$\frac{3}{4}$ c. milk
$\frac{1}{2}$ t. cinnamon	

Sift the dry ingredients, then add the suet. Mix well, using the finger tips. Stir in the molasses and milk. Put the mixture into a well-greased mold, cover, and steam for 3 hours. Serve hot with ginger sauce.

Gingerbread

$\frac{1}{3}$ c. fat	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ t. salt
1 c. molasses	1 t. ginger
1 egg	$\frac{1}{2}$ t. cloves
3 c. sifted flour	$\frac{1}{2}$ t. cinnamon
4 t. baking powder	1 c. milk

Cream together the sugar and fat. Add the molasses and beaten egg. Sift together twice the dry ingredients. Add them to the first mixture alternately with the milk. Bake in two shallow pans in a moderate oven (350 F) for 30 to 40 minutes.

You can use one cup of sour milk instead of the sweet milk. In that case use 1 scant teaspoon of soda instead of the half teaspoon now called for, and use only 2 teaspoons of baking powder instead of four.

A blend of three spices—ginger, cinnamon and cloves—gives gingerbread the flavor most people like best.

Bread and Crumb Cake

Tastes something like macaroons

3 eggs	$\frac{1}{4}$ t. cinnamon
1 c. sugar	$\frac{1}{4}$ t. salt
2 c. crumbs from very dry, oven toasted bread	$\frac{1}{4}$ t. almond extract
	1 t. vanilla

First beat the eggs. Then add the sugar. Then stir in the other ingredients. Pat the mixture evenly into a shallow greased pan and bake in a very moderate oven. The temperature of the oven should be 300 degrees.

One-Egg Cake

1 $\frac{1}{8}$ c. milk	5 t. baking powder
3 c. flour	1 $\frac{1}{4}$ c. sugar
$\frac{1}{3}$ c. fat	$\frac{1}{4}$ t. salt
1 egg	$\frac{1}{2}$ t. flavoring

Place the fat in a warm place until it becomes soft though not melted, so that it may be combined easily with the sugar. Blend the fat and the sugar thoroughly, stir in the beaten egg, and add alternately the dry ingredients, which have been mixed and sifted together, and the liquid. Add only a small quantity of liquid at a time. Add flavoring. Pour the batter into lightly greased floured pans, taking care that it is spread evenly. If baked in a thick loaf the oven temperature should be very moderate (about 325 F) but if baked as cup cakes or thin layers the oven should be about 375 F.

Rolled Oats Cookies

$\frac{3}{4}$ c. sugar	$\frac{1}{4}$ t. ground cloves
3 T. molasses	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. melted fat	$\frac{1}{8}$ t. soda
1 egg	1 $\frac{1}{2}$ c. flour
$\frac{1}{3}$ c. milk	1 $\frac{1}{2}$ c. rolled oats
1 t. ground cinnamon	$\frac{1}{2}$ c. chopped raisins

Mix the first 5 ingredients in the order given. Sift flour, spices, salt and soda together and stir in the rolled oats. Next add the raisins to the dry ingredients. Combine the two mixtures, beaten thoroughly. Drop the batter by spoonfuls on greased baking sheets and bake in a moderate oven 375-400 F.

For other desert recipes see:

- Food Economy leaflet No. 13 Dried Fruits
Food Economy leaflet No. 15 New Ways of Using Rhubarb

Dressing and Sauce Recipes**Dressing**

Made by beating 8 egg yolks until light and lemon colored. To them add $\frac{1}{2}$ teaspoon mustard which has been dissolved in 1 tablespoonful boiling water, 1 cupful sugar, 2 tablespoonfuls flour, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ cupful rich sour cream. To this mixture add 1 cupful hot vinegar. Cook in a double boiler until thick. Remove from heat and beat with a rotary type egg beater. This salad dressing is unusually delicious with potato salad. Beating with the rotary egg beater is quite essential to the creaminess of the dressing, and should not be overlooked.

Sour Cream Dressing

1 c. thick sour cream	$\frac{1}{4}$ t. mustard
1 egg	$\frac{1}{4}$ t. paprika
$\frac{1}{2}$ t. salt	1 T. lemon juice (if desired)

Beat egg, salt, mustard and paprika together. Beat sour cream until thick. Add to egg mixture and beat until creamy. Add lemon juice slowly.

Cottage Cheese Dressing

Cottage cheese may be added to mayonnaise and mixed thoroughly or to a cooked salad dressing. This gives a nice texture and delicious flavor.

Mustard Horseradish Sauce

1 T. vinegar	dash cayenne
2 T. horseradish	$\frac{1}{2}$ c. heavy cream
1 t. mustard	3 T. mayonnaise
1 t. salt	

Mix vinegar, horseradish, mustard, salt, and cayenne, then add stiffly beaten cream and mayonnaise. Keep cool till ready to use.

Clear Lemon Sauce

3 T. cornstarch	2 c. water
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ c. lemon juice and a little of the grated rind	1 T. butter

Mix the sugar and cornstarch thoroughly to prevent lumping. Then add the water. Stir until the mixture thickens. Cook in a covered double boiler 20 minutes. Remove from the fire. Add the butter, 1 lemon juice and salt. Stir together and serve hot over the pudding.

Ginger Sauce

2 T. cornstarch	2 c. water
$\frac{1}{2}$ c. sugar	1 t. vanilla
$\frac{1}{2}$ t. salt	1 T. butter
$\frac{1}{8}$ t. ginger	

Mix the cornstarch, sugar, salt, and ginger thoroughly. Add the water and cook over direct heat until thickened. Cover and continue the cooking over hot water for 15 or 20 minutes. Stir in the vanilla and butter. Serve hot.

For lemon sauce—leave out vanilla and ginger. Add 1 or 2 tablespoons lemon juice and some of the grated rind.

For vanilla sauce—follow recipe for ginger sauce, leaving out the ginger.

Soft Custard Sauce

5 egg yolks, slightly beaten	$\frac{1}{3}$ c. sugar
2 c. milk	$\frac{1}{4}$ t. salt

Heat the eggs with the milk and sugar until they thicken slightly. Add salt, and flavoring, if desired. Serve on a chocolate soufflé or a chocolate bread pudding thoroughly chilled. To make a fluffy custard sauce fold in a small amount of whipped cream just before using. This custard has the advantage of keeping well for several days after it is made if it is kept in a fairly cool place.

Miscellaneous Recipes

Yorkshire Pudding

1 c. milk	$\frac{1}{2}$ t. salt
2 eggs	$\frac{1}{4}$ c. beef drippings
$\frac{1}{2}$ c. flour	

Beat together thoroughly until smooth, the milk, the eggs, the flour and the salt. Now pour the batter into a hot roasting pan which contains about $\frac{1}{4}$ c. of the beef drippings. Bake for 15 to 20 minutes in a moderately hot oven (400 degrees F.). Cut the pudding in squares and serve it at once with the roast.

Grape Nuts

3 $\frac{1}{2}$ c. graham flour	1 c. brown sugar
1 t. salt	1 c. honey or sorghum
1 t. soda	2 c. sour milk or butter milk

Roll thin, bake, cut in pieces, turn over and rebake.

Sandwich Spread

14 medium-sized cucumbers	1 c. cream
6 green and 4 red sweet peppers	1 c. vinegar
1 qt. ground onion	3 T. flour
Hot pepper to taste (cayenne)	2 T. ground mustard seed
4 eggs	2 T. tumeric
	$\frac{1}{2}$ c. butter
	Salt to taste

Cook until thick and seal while hot.

Savory Sandwich Fillings

Mix ground or minced cooked ham with salad dressing, chopped hard-cooked eggs, parsley, and celery, or with salad dressing and chopped pickles. Ham with cream cheese and shredded lettuce, chopped watercress, or thin slices of crisp cucumber makes another savory sandwich filling.

Bacon Muffins

3 T. hot crisp bacon, diced	2 T. sugar
2 T. bacon drippings	2 well-beaten eggs
2 c. flour	1 c. milk
4 t. baking powder	$\frac{1}{2}$ t. salt

Sift together flour, baking powder, salt, and sugar, then add well-beaten eggs, milk, hot bacon drippings, and hot crisp bacon. Pour into buttered muffin tins and bake twenty-five minutes in a hot oven (400 F.). paprika. Serve very hot.

Extension Service

**South Dakota State College of Agriculture and Mechanic Arts
Brookings, South Dakota**

Published and distributed under Acts of Congress, May 8 and June 30, 1914, by the Agricultural Extension Service of South Dakota State College of Agriculture and Mechanic Arts, Brookings, A. M. Eberle, director, U. S. Department of Agriculture cooperating.