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Soups and Their Accessories

by

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Extension Nutritionist

In meal planning there are many problems which the homemaker must take into account if she is to feed the family an adequate diet at low cost. If she has a small amount of money to spend she must plan the meals very carefully. She must attempt to get variety by clever combination of foods and the use of few seasonings.

The following gives an idea of the division of the food dollar in meal planning:

Twenty-five cents is spent for dairy products, milk and cheese (protein, vitamins, minerals).

Twenty-five cents for fruits and vegetables (vitamins and minerals).

Twenty cents for lard, butter and sugars (energy producing foods).

Fifteen cents for bread and cereals (minerals, some vitamins and energy producing foods).

Fifteen cents for meat, eggs and fish, (protein, minerals and some vitamins).

In the above table, the kind of food, what it furnishes in nutrients and the comparative cost is considered.

The food needs of all the family members must be planned for. Young children and elderly people must have easily digested foods as well as those that will satisfy their body needs. The more active growing boys and girls must have more muscle building and energy producing foods.

Family Food Guide to Low Cost Balanced Diet*

Every Meal

Milk for Children, Bread for All

Every Day

Cereal in porridge or pudding

Potatoes

Tomatoes (or oranges) for children

A green or yellow vegetable

A fruit or additional vegetable

Milk for all

Two to Four Times a Week

Tomatoes for all

Dried beans and peas or peanuts

Eggs (especially for children)

Lean meat, fish, or poultry or cheese

Menus

Breakfast

Tomato juice

Oatmeal with whole milk

Poached eggs

Toast — Butter

Coffee Milk

Lunch

Hamburger Baked potatoes

Raw cabbage salad

Bread Butter

Rhubarb pie

Milk for children

Coffee

* Bureau of Home Economics, U. S. Dept. of Agriculture.

Supper

Corn and Meat Chowder
 Hot baking powder biscuit — Butter
 Jelly
 Canned peaches Cookies
 Milk for all

During the week the foods required less frequently will be served. These will include a variety of protein foods as meat, fish, poultry, cheese, eggs; especially for children, and dried beans, peas, peanuts. A second day's menu might include:

Breakfast

Sliced oranges
 Crushed wheat — milk
 Hot muffins — Jam — Butter
 Browned corn beef hash
 (Toast and eggs for young
 children)
 Milk for children — Coffee

Lunch

Brown beef and vegetable stew
 Raw carrot gelatin salad
 Graham bread Butter
 Coffee Milk

Supper

Cream tomato soup
 Scrambled eggs
 Bread Butter
 Apple sauce
 Milk for all

It may be difficult to follow the food guide absolutely but with it in mind the homemaker will be able to feed her family a more satisfying diet that will meet their daily body needs.

In the low cost diet soups are valuable. They are inexpensive because they may be made of any combination of meat, vegetable or cereal that the homemaker has on hand. The less expensive cuts of meat are valuable for soups because they contain the most extractives. The leaves of raw vegetables such as young turnips, celery, lettuce, spinach, cabbage and raw carrots and onions, as well as left-over cooked vegetables can be ground and used to make fine-flavored vegetable soups.

With very slight change in seasoning a great variety of soups can be made from the same foundation recipe. If they are made of meat stock, milk or water with one or more cooked or raw vegetables, they furnish a simple meal when bread, butter and a drink are added. Clear soup stock served at the beginning of a dinner is only an appetizer because of its high stimulating flavors and its lack of food value.

It is important to know how to make good soups, because they are a means of conserving food material that might be wasted. If carefully made and well seasoned they are appetizing. Soups add to the attractiveness of a meal if so planned as to fit into the color scheme.

Soups may be divided into two classes—those with stock and those without. Liquid from cooked vegetables is often combined with meat stock for soups.

Soups from Stock (clear).—

1. Brown soup stock is made of about $\frac{2}{3}$ lean beef, and $\frac{1}{3}$ fat and

bone highly seasoned with vegetables and herbs. Bones with marrow are especially fine for making soup stock.

2. White soup stock is made of veal or chicken delicately seasoned.

3. Boullion is made from lean beef. It is delicately seasoned with spices and vegetables and served clear.

4. Consomme is a clear soup made generally of a combination of beef, veal and fowl seasoned with vegetables and spices. Plain consomme can be made of clarified brown soup foundation. If an attractive consomme with vegetables is desired the vegetables are cut into uniform cubes or strips, cooked and then added to the stock. Rice, macaroni or noodles are cooked, rinsed in cold water and then added to the consomme.

5. Lamb or mutton stock has a distinct flavor. For that reason the fat is always discarded.

Cream Soups (soups without stock generally).—

1. Cream soups are made of milk, thickened with vegetables, poultry or fish and seasonings.

2. Purees are made of milk with meat, fish or vegetables, forced through a sieve and seasoned. White stock is used in purees.

3. Bisques are thicker than cream soups and generally are made of milk, shell fish and seasonings. Diced vegetables or meat may be added.

4. Chowders are generally made with milk. They are made thick with small pieces of fish, salt pork, potatoes, onions or other vegetables and crackers.

Principles of Making Soup Stock

The value of soup stock depends upon the juices, extractives and flavor drawn from the meat. The meat is put into cold water and brought gradually to a boil. It is cut into small pieces in order to expose as large amount of surface as possible. "If meat is put into cold water, part of the mineral salts, the soluble albumen and the extractives will be dissolved out. At the same time small amounts of lactic acid are formed which act on the meat and make some of the insoluble matter into soluble material. The extent of this action depends on the surface, the temperature of the water, and the length of time of exposure. The smaller the pieces, the longer the time and the hotter the water, the richer will be the broth, and the poorer the meat. If the water is heated gradually, more and more of the soluble materials are extracted in the broth. At 134° Fahrenheit the soluble albumen coagulates, and at 160° Fahrenheit it rises to the top in a brown scum. As the temperature rises, the connective tissues begin to change to gelatin and are partly dissolved out. The longer the action of the water continues, the richer the stock will be, but the meat will be tasteless and tough. The meat will often lose as much as 40 per cent of its weight, but this loss is chiefly water, although from 5 per cent to 8 per cent of this loss may be soluble protein, gelatin, mineral matter, organic acids, muscle sugar, and flavoring materials. Part of the melted fat also goes into the broth."—Woods, Chas. D.—Meats; Composition and Cooking, U. S. Dept. of Agr. bulletin No. 34.

Brown Soup Stock

3 lbs. shin bone of beef with meat	½ c. celery ½ c. onion
3 qts. cold water	1½ t. mixed spices
½ c. turnips	3 t. salt
½ c. carrots	

Cut the meat into small pieces. Cut the bone to expose the marrow. Brown $\frac{1}{2}$ of the meat in fat to develop flavor and color. Combine all the meat, add the water and salt. Simmer until meat is tender. Add the chopped vegetables and spices about an hour before the meat is cooked. Strain the soup. Allow it to cool. Skim off the grease. Clarify the soup if desired. The stock may be used or canned immediately.

White Soup Stock

3 lbs. shin bone of veal with meat	3 t. salt
3 qts. water	$\frac{1}{4}$ bay leaf
1 c. onion	2 sprigs parsley
1 c. celery	$\frac{1}{4}$ t. white pepper

Prepare white stock the same way as the brown stock except omit browning of the meat. White soup stock is more delicate than the brown stock but it is not as commonly used. White stock is often used in cream soups.

Soup stock is served clear or used with water, milk, tomato juice or other vegetable liquid as a basis for many kinds of soups in which one variety of vegetables or meat or a combination of vegetables and meat is used. Cereals, such as barley, rice, oatmeal or toasted bread are combined with stock for nutritious soups.

To clarify soup stock beat the white of an egg slightly in a tablespoonful of cold water and add it, with the shell, to a quart of stock. Heat slowly. Stir constantly through five minutes of boiling. Add a cup of cold water. Allow soup to stand ten minutes. Strain through cheesecloth. The stock will be clear.

Ways of Utilizing left-over Soup Meat and Vegetables.—

The following recipes illustrate ways in which soup meat, which still has food value but little flavor, may be used in palatable dishes.

Savory Meat Loaf

1 lb. left-over soup meat	1 t. grated onion
1 c. stock or stewed tomatoes	$\frac{1}{2}$ t. salt
1 t. celery salt	$\frac{1}{2}$ t. paprika
Nutmeg (very little)	

Grind the meat. Moisten with stock and season. Make into a loaf and pack in a greased pan. Bake in a moderate oven 30 minutes. Serve with tomato sauce made according to the white sauce recipe for cream soups except use tomato juice instead of milk.

Forcemeat

Used for stuffing poultry, or vegetable shells such as tomatoes and green peppers. It may be made into balls and served in soup.

1 c. ground cooked beef	2 T. minced olives or pickle
3 c. bread crumbs	2 T. minced parsley
2 T. melted butter	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ t. celery salt	Pepper

Combine all ingredients. If used to stuff vegetable shells bake 20 minutes in a pan with a little water. For meat loaf add 1 c. of milk, shape and bake.

Soup vegetables may be served hot as they come from the kettle as a mixed vegetable dish. Bread and butter with milk will complete a very simple, nourishing meal. Two cups of tomato juice or milk and one teaspoonful of salt may be added to four cups of mixed soup vegetables and meat brought to a boil, and served as a vegetable chowder. A small amount of bacon or ham fat will improve the flavor.

The vegetables may be served with the stock in which they were cooked if it is desired to have a rich, thick soup.

The vegetables and meat may be seasoned and baked as vegetable meat hash.

Principles of Making Soups Without Stock (creamed soups).—

"Cream soups have many points in their favor. In the first place they combine two of our best foods in a nourishing hot dish suitable for everyone—young and old. Second, they are popular with everyone when they are well cooked and seasoned. Third, they make an excellent hot dish for luncheon or supper, especially in cold weather. Fourth, they are inexpensive and a good way to use many left-overs. Fifth, they are easy to make. And sixth, they allow a wide variety because so many different foods will make excellent cream soup."

White Sauce Foundation for Cream Soup

4 c. milk	4 T. fat
4 T. flour	1½ t. salt

Cream the butter and flour. Add it to the hot milk in a double boiler. Add the salt, cook ten minutes. Two cups of vegetable water or meat stock may be substituted for two cups of the milk. A cup of ground cooked or raw carrot, lettuce, cabbage, celery stalk or leaves, onion or meat such as ham and beef, may be added to the cream foundation for variety.

Cream soup is made with one vegetable, or a combination of vegetables. The vegetables may be strained juice or pulp of tomato, pea, potato, spinach or beans. The vegetables may be in pieces and the soup served as cream of celery, corn or asparagus soup. Cooked meat, fish, eggs or cheese may be diced or forced through a sieve and added to the cream sauce.

Soda destroys the vitamins in tomatoes. For that reason it is not used in tomato soup. The hot tomato juice is added to the hot white sauce and the soup served immediately.

Garnishes for Soups.—

Cream soups that are colorless may be made more attractive by the addition of two teaspoonfuls chopped parsley, chives, finely chopped green onion tops, green pepper, pimento, grated carrot, cheese or hard cooked egg yolk to two cups of cream soup. A beaten egg improves a cream soup. Blend a small amount of the hot soup with the egg and then add the mixture to the soup.

Seasoning is important if soups are to be enjoyed by the family. One-half teaspoonful salt is used in every two cups of soup.

Chopped peanuts, buttered popcorn, dumplings, plain meat or cereal, spaghetti, macaroni, homemade noodles or cereals as barley, rice, wheat, tapioca, and whipped cream, may be used as a garnish for soups.

Accompaniments for Soup.—

Crisp toast—bread cut in thin slices of various shapes and toasted.

Croutons—bread cut in small squares buttered and toasted in oven or fried in deep fat.

Crisp crackers—crackers, spread with butter and browned in oven.

Cheese crackers—cheese sprinkled on crackers or bread sticks and toasted.

Cheese sticks—made of left-over pastry and cheese.

Spun egg may be used in clear soup. Pass a beaten egg through a colander into the soup, just before removing it from the fire. The egg will form in thread-like shapes.

Meat Balls

1 c. ground cooked meat	1 t. onion juice
$\frac{1}{4}$ t. salt	1 egg yolk beaten
1 t. lemon juice	2 T. flour
1 t. minced parsley	2 T. fat

A very little mixed spices.

Combine the meat and seasoning with egg. Make into tiny balls. Roll in flour. Fry. Add to soup just before serving.

Dumplings*

$\frac{1}{3}$ c. milk and water (half and half)	$\frac{1}{2}$ t. salt
	2 T. melted butter
$\frac{1}{2}$ c. sifted flour	

Add the milk to the flour and salt, stir in the butter and beat until well mixed. Drop the batter quickly into the gently boiling soup by one-half teaspoonfuls. When the dumplings come to the top, serve the soup at once.

Liver Dumplings*

1 lb. liver	$\frac{1}{4}$ t. pepper
2 T. chopped parsley	2 t. lard or bacon drippings
2 T. chopped onion	1 c. farina
1 t. salt	1 can beef consomme

Grind the liver. Add chopped parsley and onion. Then add the salt, pepper, fat and farina. Shape into small balls about $1\frac{1}{2}$ inches in diameter and drop into the boiling consomme to which one cup of water has previously been added. Simmer slowly for 5 minutes. Serve hot. The broth should be saved and used as soup stock.

Egg Balls

1 hard cooked egg	2 grains paprika
1 raw egg yolk	$\frac{1}{8}$ t. salt

Flour

Rub the yolk of the cooked egg smooth. Add seasonings and raw yolk. Form into tiny balls and roll in flour. Boil five minutes in the soup before serving.

* Dumplings and liver dumplings from the Bureau of Home Economics, U. S. Dept. of Agriculture.

Canning Soup Stock and Combinations.—

Bring the soup to a boil. Fill clean glass jars with the boiling hot soup. Partially seal. Process one hour at 15 pounds pressure in the steam pressure cooker. If the water bath or oven must be used for processing, continue the time to four hours at boiling temperature with water two inches over the tops of the jars. Remove jars and seal.

Any combination of vegetables or meat with stock or foundation white sauce may be canned. The time for processing is the longest time required for any one product in the combination.

Saving Time With Canned Soup Stock.—

If the homemaker has but one kind of canned soup stock she can secure wide variety in flavor by using different kinds of seasonings at the time of serving.

To 2 cups of stock add 1 cup of canned tomato juice, 2 T. of any kind of vegetables (onion and celery very good) browned in 2 T. of butter. Bring to a boil. Serve.

To 2 cups of mashed canned peas or baked beans, add 2 T. each of sauted diced onion, green pepper and celery. Thin with stock. Salt to taste. Bring to a boil. Serve.

Combine 2 cups each of canned tomato juice and stock with $\frac{1}{2}$ cup of onion. Salt to taste. Bring to a boil. Serve.

Add $\frac{1}{2}$ cup of left-over rice, macaroni, navy or kidney beans, or potato to 4 cups of canned tomato juice or stock. Salt to taste. Bring to a boil. Serve.

Make a quick soup by adding $\frac{1}{2}$ cup of onions sauted in 2 T. of butter and $\frac{1}{2}$ cup of left-over oatmeal, cream of wheat, or broken bread to 3 cups of canned tomato juice or stock and 1 cup of water.

A $\frac{1}{4}$ cup of grated cheese or left-over meat may be added to 4 cups of stock. Salt. Bring to a boil. Serve.

Change flavor of canned vegetable soup or stock by adding a drop of Tobasco or Worcestershire sauce.

The following soup recipes are from the Bureau of Home Economics Market Basket, U. S. Dept. of Agriculture.

Bean Soup

1 pt. dried, navy or black beans	4 celery stalks
cold water	1 T. flour
$\frac{1}{2}$ lb. salt pork	2 T. water
1 onion	Salt and pepper

Wash and soak the beans over night in two quarts of cold water. The next morning add two more quarts of water, the salt pork, onion and celery. Cook until the beans are soft. Remove the salt pork, cut into small pieces; press the beans through a sieve. Save the liquid. Combine ingredients, reheat, add the flour and the water. Add the salt and pepper and cook for a few minutes. Serve a thin slice of lemon on the top of each portion.

Corn Soup

2 c. canned crushed corn	1 T. flour
1 c. water	4 T. butter
1 qt. milk	Salt to taste
1 onion cut in halves	Pepper

Combine the corn and the water, cook for 10 minutes. Stir constantly to keep it from sticking to the pan. Press the corn through a strainer. Heat the milk and onion in the double boiler and thicken with flour and fat which have been well blended. Add the corn pulp, salt and pepper. Heat, remove the onion, and serve.

Corn Chowder

1 qt. diced raw potatoes	2 c. canned corn
1 pt. boiling water	1 pt. milk
4 T. diced salt pork	$\frac{1}{2}$ t. salt
1 onion chopped	Pepper
	2 T. chopped parsley or celery leaves

Boil the diced potatoes in a pint of boiling water for 10 minutes. Fry the salt pork and onion about 5 minutes. Add these and the corn to the potatoes and cook until the potatoes are done. Add the milk, salt and pepper. Bring the mixture to the boiling point. Add parsley or celery leaves. Serve very hot.

Onion Soup Au Gratin

6 medium sized onion	4 T. flour
2 T. butter	4 T. cold water
1 pt. boiling water	Salt and pepper
1 qt. meat broth	Toast
	Cheese, finely grated

Cook the chopped onions in the fat until yellow. Add them to the hot water and simmer until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well and stir into soup. Add seasonings and cook for a few minutes. Serve the soup with a slice of toasted bread floating on top of each. Sprinkle the cheese over the bread.

Onion Soup

8 c. beef broth	$\frac{1}{2}$ c. butter
2 c. water	1 c. chopped onion

Brown onions in butter. Add the broth and water.

Potato Soup

2 c. diced raw potato	2 T. finely chopped parsley
1 qt. boiling water	4 T. butter
1 pt. milk	1 t. salt
1 onion	1 T. Flour
	Pepper

Cook the potato in the boiling water until soft. Drain. Keep two cups of potato water. Rice the potato. Heat the milk in double boiler with onion. Cook the parsley in the fat. Add the flour. Stir until well blended, combine with the milk, potato, and potato water. Stir until smooth. Cook for two to three minutes, add salt and pepper. Remove the onion before serving.

Quick Potato Soup

1 c. grated raw potato	2 slices onion
6 c. milk	1 T. butter
	Salt or celery salt

Mix the ingredients, stir and bring quickly to the boiling point, cooking until the liquid thickens and the potato is tender, with no starchy flavor. Remove the onion and add salt and fat. A little finely chopped parsley may be used for additional flavor.

Cream of Canned Pea Soup

3 c. canned peas	2 T. flour
1 medium onion	1 t. salt
3 c. stock or vegetable water	$\frac{1}{4}$ t. pepper
2 c. milk	1 t. mint may be used
	2 T. butter

Cook peas, onions, stock and vegetable water for 20 minutes. Press all together through sieve. Blend the butter and flour, add milk gradually, stir until boiling. Add to salt, pepper and sifted peas.

Peanut Butter Soup

1 qt. milk	2 t. salt
4 T. flour	2 t. finely chopped onion
	$\frac{1}{2}$ c. peanut butter

Heat 3 c. of milk in double boiler. Mix the remaining cup of milk with the flour and the peanut butter. 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 the onion and stir until the soup has thickened. Cook a few minutes and serve with crisp toast.

Salt Pork Stew

Cut one pound of raw lean salt pork into small pieces, soak and parboil. Cook until tender in one quart water. Then add one pint each of diced raw potatoes, turnips and carrots. Cook until the vegetables are tender. Thicken the stew slightly with flour mixed with cold water. Season to taste with pepper and salt if needed.

Cream of Spinach Soup

1 c. raw ground or finely chopped spinach	2 T. melted butter or other fat
1 qt. milk	1 t. salt
	2 T. flour

If the spinach is ground, place a bowl to catch the liquid which runs from the grinder and add to the spinach. Heat the milk in a double boiler and add to it the flour and fat, which have been well blended, and the ground spinach and salt. Stir until thickened and cook for about 10 minutes.

Soup Supreme

4 c. milk	1 lemon rind grated
2 T. butter	1 c. whipped cream
2 eggs cooked	4 T. flour
1 c. chicken	$\frac{1}{4}$ t. salt
	$\frac{1}{4}$ t. pepper

Cream the butter, flour, salt and pepper and add to hot milk. When thick, add two hard-boiled eggs that have been pressed through a sieve. Add one cup diced chicken and grated rind of one lemon. Boil. When ready to serve, beat in one cup whipped cream.

Vegetable Soup

1 large soup bone with meat (cracked)	1 c. finely diced turnips
3 qts. cold water	2 c. finely diced potatoes
4 T. fat	2 c. tomato juice and pulp
1 green pepper chopped	3 t. salt (or to taste)
1 c. chopped onion	$\frac{1}{4}$ t. pepper
$1\frac{1}{2}$ c. chopped celery and leaves	1 c. finely diced carrots.

Wash the soup bone. Remove loose pieces of bone. Put the bone into a large kettle, cover with cold water, and simmer for two hours. Remove the bone from the broth. Cook all the vegetables, except the tomatoes in the fat in the skillet for 10 minutes, stirring frequently. Add the vegetables, tomatoes, salt and pepper to the broth and simmer until the vegetables are tender but not broken.

Milk Vegetable Soup

2 T. finely chopped turnip	2 T. butter
2 T. finely chopped carrot	1 T. flour
2 T. finely chopped onion	1 qt. milk
2 T. finely chopped celery	$1\frac{1}{2}$ t. salt

Cook the finely chopped vegetable in the fat for 10 minutes. 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 vegetable mixture, stir well, combine with rest of milk, add the salt and cook for 10 minutes. The flavor is improved if the soup stands for a short time to blend before serving. Reheat and serve.

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 c. 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 somewhat thickens. Add the crisp salt pork, pepper and more salt if needed. Serve with crisp toast.

Oyster Soup

1 qt. oysters	1 T. onion
$\frac{1}{2}$ c. celery	5 T. flour
5 T. butter	1 qt. milk
	1 t. salt

Chop the vegetables fine. Cream the flour and butter and add it to the hot milk in a double boiler. Add the vegetables and salt. Strain off the liquid from the oysters and add to the milk. Examine the oysters for pieces of shells. Add the oysters to the hot liquid and cook about 10 minutes. Serve. Oyster soup may be made with only milk, butter, salt and oysters. The milk is brought to a boil before the oysters are added.

Fish Chowder

2½ lbs. fish	½ c. salt pork
½ c. onion	4 c. potatoes
2 c. boiling water	4 c. milk
2 T butter	12 crackers
1 t. salt	pepper

Cook the fish until tender. Save the liquid for the chowder. Dice the pork and vegetables. Fry the pork and onions until the pork is crisp. Add the potatoes and water and simmer five minutes. Cut the fish into small pieces. Combine all ingredients. Bring just to a boil and serve. Any kind of fish may be used—salt fish will need to be freshened.

Cheese Cream Soup

4 c. milk	2 T. onion
2 T. carrot	¼ c. butter
2 T. flour	1 c. grated cheese
2 egg yolks, beaten	Salt, pepper

Grind the onion and carrot and bring them to a boil in the milk. Add the creamed butter and flour. Add the other ingredients. Serve over thin toast. Cottage cheese may be substituted for the American cream cheese. Cabbage may be used in place of the other vegetable.

Other Recipes**Borsch (Russian Stew)†**

(50 portions)

2 lbs. beets (cut ¼ of an inch thick and 1 inch long)	1½ lbs. onions (cut in dice)
1½ lb. celery (cut ¼ of an inch thick and 1 inch long)	1 qt. beet juice
1 lb. red cabbage (cut in dice)	1 qt. sour cream
1 lb. white cabbage (cut in dice)	1 lb. small sausages (sliced)
2 lbs. carrots (cut ¼ of an inch thick and 1 inch long)	½ lb. butter
6 stalks leeks (cut ¼ of an inch thick and 1 inch long)	2 lbs. lean beef
	Necks, wings, and carcasses of ducks or chickens
	6 gals. beef broth

Roast necks, wings and carcasses of fowl until brown. Pour the broth over it. Cook for one hour. Fry vegetables lightly for five minutes in the butter. Add beef and broth, cook until done—about two hours. Thicken with a little cornstarch diluted with water. Combine sour cream and beet juice and add it to the soup. Slice beef and sausage and serve one or two pieces to each portion of soup.

Bortsch (Beet Soup, Russian)

2 qts. soup stock	2 c. ground raw beets
1 T. sugar	¾ c. sour cream
	Salt

Combine the first three ingredients, and bring to a boil. Add the cream and salt, stirring constantly.

Cabbage Soup

4 c. milk	1 c. ground cabbage (raw)
2 T. butter	2 T. flour
	Salt

Cream the butter and flour and add it to the hot milk. Combine ingredients. Bring to a boil. Serve.

Apricot Soup

4 c. apricot pulp	3 c. water
¼ t. grated orange rind	½ c. sugar
1½ T. cornstarch	¼ c. orange juice
1 t. lemon juice	Salt

Cook apricots until tender. Force through a sieve. Sift the sugar and cornstarch together and make into a paste with ¼ cup of water. Add mixtures to fruit pulp, water, fruit juices and rind. Bring to a boil. Serve hot or cold with whipped cream as a garnish. Peaches or prune pulp may be used in place of apricot.

† Savarin Cook Book.

Tomato Soup (clear)

2 c. tomato juice	2 c. water
2 T. sugar	2 T. butter
3 T. flour	Seasonings

Make a paste of the flour and $\frac{1}{4}$ cup of water. Add the paste to the hot water and tomato juice. Add the other ingredients. Bring to a boil. Serve.

Tomato Soup (cream)

1 c. milk	$\frac{1}{2}$ c. tomatoes
$\frac{1}{2}$ t. sugar	1 T. flour
	1 T. butter

Cream the flour, sugar, butter and add it to the hot milk in a double boiler. Bring to a boil. Combine with the tomato. When hot serve.

These leaflets may be secured upon request to the Extension Service, Brookings, South Dakota:

1. Home Canned Soups for the School Lunch
2. Hot Sandwiches for the School Lunch
3. One Dish Meals
4. Canning Veal and Recipes
5. Inexpensive Menus

Extension Service

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