

# SUNSET ALL-WESTERN COOK BOOK

BY Genevieve A. Callahan

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To help you who live in the West to enjoy more fully the glorious products of these Western states; to introduce you, perhaps, to some of the less well-known foods of particular localities; in short, to help you to live more abundantly here in the West—that is the purpose of this Sunset All-Western Cook Book.



# SUNSET ALL-WESTERN COOK BOOK

How to select, prepare, cook, and serve  
all typically Western food products.  
Recipes included for favorite regional  
and foreign dishes peculiar to the West

By

**GENEVIEVE A. CALLAHAN**

Home Economics Editor  
SUNSET MAGAZINE

1933

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## ABOUT THIS BOOK

**C**OOK BOOKS and cook books there are in great abundance—collections of old Southern recipes, New England recipes, Chinese recipes, recipes for entrées, for meat dishes and meatless dishes, and so on in uncounted number. Strange to say, in all this profusion of excellent cook books, general or specific in purpose, the West and its products have been largely ignored.

This is strange when one remembers that Western hospitality and Western cookery have been noted throughout the land since the early days of gold. It is particularly strange when one considers that our Western states produce such a profusion of unusual, and unusually good, fruits and nuts and vegetables and fish. Many of these are, of course, shipped to other sections of the country. A good many others, however, cannot well be shipped, and so are enjoyed in all their deliciousness right here at the source of supply. Of those products that are shipped East, we of the West have greater abundance at lower prices, and we have them at their best, fresh from ranch garden or orchard or from the Pacific itself.

This *Sunset All-Western Cook Book* makes no pretense of being a complete cook book that will answer all your questions about ordinary cooking and baking. There are too many good general cook books on sale now for us to attempt to gather into one volume all the wisdom of that sort. Instead, we have, so far as possible, omitted the ordinary recipes and information that are found in every other cook book, and have endeavored to make this an extremely useful handbook on the preparation and serving of typically Western food products. And in spite of the fact that it does not lay claim to being a general cook book, we suspect that it will be used more frequently in every Western home kitchen into which it finds its way than the regulation cook book ordinarily is used.

This *Sunset All-Western Cook Book* has grown out of five years' direct contact with homemakers of the Pacific Coast states. You who have contributed to the Kitchen Cabinet recipe

exchange of *Sunset Magazine*, you who have asked questions, or offered advice and friendly comment, have furnished the inspiration for this book, and much of the information contained in it.

If you discover that some excellent recipe or bit of information about some Western product is lacking from this "anthology" of Western recipes, will you please sit right down and write it to us, so that we may possibly incorporate it in the next edition of *Sunset All-Western Cook Book*? And if you should find any errors or misinformation (which heaven forbid!) will you please call our attention to that, also? This book is the first step toward a thoroughly complete reference book on the source, description, preparation, cooking, and serving of every Western food product, and we ask your kindly help in achieving it.

We are grateful for the aid of a number of Western home economists, homemakers, and market men in the preparation of this material. Special thanks are extended to Bertha E. Shapleigh, Marjorie Black, Jeannette Cramer, Helen Wells, Mrs. A. S. Baldwin, Gladys Mason, Charlotte Sloan, and Ruth B. Lane. For reference, the following books have been found especially useful: *Food and How to Cook it*, by Helen M. Wells and Belle De Graf; *Recipes You'll Enjoy*, by Julia Lee Wright; *Food Purchasing for the Home*, by Ruetta Day Blinks and Willetta Moore; *Roeding's Fruit Growers' Guide*; *Five Hundred Ways to Prepare California Fish*; *Vegetables in the California Garden*, by Ross H. Gast, published by Stanford University Press; *California Fruits*, by Edward J. Wickson; and *The Normal Diet*, by Dr. W. D. Sansum, published by the C. V. Mosby Company, St. Louis.

GENEVIEVE A. CALLAHAN  
Home Economics Editor  
*Sunset Magazine*



# TABLE OF CONTENTS

Page

I. Western Vegetables . . . . .	1
Artichokes, 2; Asparagus, 6; Bamboo Shoots, 8; Beans, 9; Beets, Bracken, Broccoli, Cardoon, 12; Brussels Sprouts, Cabbage, 13; Carrots, Cauliflower, 15; Celery, 16; Celery Root, 17; Chard, Chayote, Cress, Dasher, Eggplant, Endive, 18; Garbanzo, Fennel, Herbs and Flavorings, 19; Kohlrabi, 20; Mushrooms, Onions, 21; Peas, Peppers, 22; Pimientos, 23; Rice, 24; Salsify, 26; Spinach, Squash, 27; Sweet Potatoes, Tomatoes, 32; Vegetables—General, 33; Sauces for Vegetables, 35	
II. Western Fruits and Nuts . . . . .	39
Apples, 40; Apricots, 43; Avocados, 45; Berries, 51–59; Cherries, 59; Citrus Fruits, 61; Grapefruit, 62; Lemons, 64; Limes, Oranges, 68; Tangerine, 74; Dates, Figs, 76; Grapes, 78; Melons, 80; Nectarines, Olives, 82; Peaches, 85; Pears, 88; Persimmons, 89; Pineapples, Plums and Prunes, 91; Pomegranates, Quinces, 93; Fruit Combinations, 94; Salad Dressings, 96; Sub-tropical Fruits, 98; Wild Fruits of the West, 102; Dried Fruits, 104; Raisins, 112; Western Nuts, 114; Almonds, 114; Chestnuts, 115; Filberts, Lychee Nuts, Pecans, Pinons, 116; Pistachio, Walnuts, 117	
III. Western Fish and Game . . . . .	121
Abalone, 129; Alaska Black Cod, 130; Albacore, Anchovies, Barracuda, Bass, 131; Blue Fish, Catfish, Chilipepper, Clams, 132; Codfish, Crabs, 137; Ecrevisses, Flying Fish, Frogs, Geoducks, 140; Game Fish, 141; Grayfish, Halibut, 143; Herring, Kingfish, Lobster, 144; Mackerel, Mussels, 146; Oysters, 147; Pike, Pompano, Rock Cod, 149; Salmon, Sand Dabs, 150; Sardines, Scallops, 151; Sea Bass, Shark, Sheepshead, Shrimps, 152; Skate, Smelt, Sole, Squid, 154; Steelhead, Swordfish, Tuna, Trout, 155; Turbot, Whitefish, Yellowtail, Kipper and Pickled Fish, 156; Western Game, 159; Wild Ducks, 160; Coot, Wild Goose, Prairie Chicken, Sage Hens, 162; Roast Grouse, Partridge, Quail, Pigeons, 163; Wild Turkey, Venison, 164; Bear, Moose, Mountain Sheep, Rabbit, 167; Squirrels, Reindeer, Sauces for Fish and Game, 168	
IV. Favorite Foreign Dishes . . . . .	173
Albondigos, Chiles Rellenos, Bitki, 174; Chili con Carne, Chop Suey, Chow Mein, 175; Curried Lobster, Shrimps, Oysters, Eggs Foo Yung, 176; Enchiladas, Frijoles, 177; Italian Macaroni, Italian Sauce, Minestrone, Polenta, 178; Ravioli, 179; Risotto, Sukiyaki, Tagliarini, 180; Tamales, 181; Hominy Tamale Pie, 182	
V. Western Canning, Preserving, Pickling . . . . .	183
Jellies and Preserves, 184; Pickles, 195; Canning Information, 199	
Index . . . . .	203

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Marketing? Nothing short of a trip through an art gallery is this daily duty, presenting as it does such a feast to the eyes. Fat artichokes, quite "art moderne" in their beautiful symmetry of leaf arrangement; blunt asparagus; purple varnished globes of egg plant; deep green zucchini and lettuce-green patty pans (squash is a too prosaic word entirely for their loveliness); where is the homemaker who does not revel in the daily display of beauty in every market from Seattle to San Diego, from the blue Pacific to the Rocky Mountains?

Don't let yourself fall into a routine of cooking just a few old familiar vegetables. Explore! Experiment! Enjoy to the full the wealth of edible beauty that is your Western heritage.

## ARTICHOKES

Introducing the artichoke to visiting Easterners or Middle-Westerners is one of the joys of living in the West! This remarkable vegetable—the “Globe” or “Paris” artichoke as distinguished from the so-called Jerusalem or American artichoke—which is in reality the flower bud of a giant thistle, is a typically Western product, being grown exclusively in California.

In recent years the artichoke has become a shipping vegetable, and acreage and production have increased rapidly. Thousands of boxes are shipped East in iced cars each month during the season, which runs from October to May inclusive. With the exception of a comparatively small number of persons in the larger centers such as New York and Chicago, however, few Easterners know the artichoke and fewer still know how to eat it.

### About the Artichoke

Artichoke production is confined to the central California coast, from San Francisco Bay south to Santa Barbara County. It seems to favor a narrow strip of land along the ocean; few plantings are over five miles from the shore. Fields of the gray-green, coarse, lacy foliage of the artichoke present a beautiful sight throughout the winter and spring months, as one drives along the Coast around Half Moon Bay, Carmel, and other fog-kissed points. It is startling to the newcomer to observe an artichoke patch running out to the very edge of a sheer cliff along the ocean. The plants are cut down to the ground in July, thus stimulating their growth, causing them to produce an abundance of flower buds later. Incidentally, artichoke plants are becoming more and

more popular as decorative garden plants; the flower buds should be cut off as soon as they are well formed and before the scales open, otherwise they are tough and tasteless. Never allow the flowers to mature, or the plants will dwindle and die.

### How to Select

The uninitiated cook will invariably search the market for the largest artichokes. Her wiser sister will look for small to medium sizes, for several reasons: they are usually more tender than the coarser, more mature buds; and they are less expensive because they look less imposing. Whatever size you choose, look (and feel, for the fingers help always in buying vegetables) for tightly formed heads with scales clinging close, not opened back, and for a crisp, fresh appearance. Avoid brownish-spotted, unattractive little nubbins of artichokes, unless you wish to use only the hearts, or bottoms. Even so, avoid dry buds, no matter how cheap they may be.

### How to Prepare

Allow one small or one-half a large artichoke for each person. Examine each bud carefully for signs of worms (not often found, but should be looked for nevertheless). Wash thoroughly under running cold water. Cut off the stem about an inch from the base (this is to keep the flavor sealed in), and if desired, cut off about an inch of the top, straight across, using a sharp knife on a cutting board. Some cooks prefer to trim off all the sharp thorny ends of the leaves. This may be done with scissors. If preparing artichokes ahead of time for cooking, rub lemon juice over the cut surfaces to prevent blackening, and

let stand in cold water until needed. (Do not, however, soak the vegetable for hours before cooking.)

### How to Cook

To boil artichokes, put into a large kettle of boiling salted water, cover, and boil from 30 minutes to an hour, depending upon size and tenderness. When the bottom may be pierced easily with a fork, or when a leaf can be pulled out easily, the vegetable is done. Pour off water, and turn each artichoke upside down to drain briefly. Cut off stem close to base, and place upright on plate, if whole artichoke is being served, or cut in half lengthwise.

Many Westerners prefer to add a slice or two of onion or a small clove of garlic, and a few slices of lemon or a tablespoonful of lemon juice or vinegar, to the water in which the buds are boiled. Some persons add two or three tablespoonfuls of salad oil, which gives the vegetable added flavor and an appetizing glossiness.

If the artichoke is to be stuffed, either hot or cold, the fuzzy choke may be removed with a teaspoon, measuring spoon, or French ball vegetable cutter. It is not necessary to do so.

### How to Serve

Plain boiled artichokes are delicious, served either with melted butter, mayonnaise, mustard-mayonnaise, French dressing, or Hollandaise sauce. (See Index for Sauces.)

The sauce, if stiff enough, may be placed in a crisp lettuce-leaf cup, or in a tiny cup made by placing two or three of the large artichoke leaves together on the plate. Small paper crinkle-cups are satisfactory to hold "runny" sauces at informal meals; or tiny Chinese bowls or nut cups may be pressed into service. It

is always advisable to serve a large artichoke on a separate plate, for the waste leaves do clutter up a dinner plate badly. Halves of artichokes may, however, be served on the dinner plate, with a dot of butter dropped into the hollow of each.

### How to Eat

To eat this vegetable gracefully, pluck off a leaf (or petal, to be truthful) in the fingers, dip the base of it into the sauce provided, then bite off the tender portion and discard the tough end. Eventually you will come to a small, compact cone of light-colored leaves. Lift this cone out with the fingers and discard. When the bottom, or button, or heart, is reached, use the fork (sometimes the knife is needed, too) to remove the fuzzy "choke," which is discarded. Cut the remaining heart into bits with the fork, dip into the sauce, and eat. After the first one, you won't consider the artichoke "a total waste of time," as one hungry Middle Westerner dubbed the proceedings!

Artichokes are obtainable canned plain, and also in the form of spiced hearts, as well as in the fresh green state. The spiced artichokes, put up in oil, make a charmingly decorative garnish for vegetable, fish, or chicken salads.

### FRIED ARTICHOKES

Select a few tender artichokes, wash, and remove the tough outer leaves until the white, tender heart appears. Trim tips a little and cut into quarters lengthwise. Dip into beaten egg, then roll in flour which has been seasoned with a little salt and pepper. Fry in a pan with salad oil or butter, cooking very slowly for about 20 minutes.

## ARTICHOKES DRY SAUTE

Cut off points of artichokes, remove all hard outer leaves, and cut each bud into four or six pieces lengthwise. Fry in olive oil or butter, with garlic and little shallots or onions, pepper and salt. Serve hot.

## STEWED ARTICHOKES

Remove all hard outer leaves and points, and cut lengthwise into four or six pieces. Put into a casserole with pepper, salt, salad oil or butter, and a few leaves of mint. Cook slowly by steam, which is held in the casserole by putting a sheet of heavy paper under the cover. No water is needed; however, a very little quantity (2 or 3 tablespoonfuls) can be put in for precaution. A half-hour's baking in a moderate oven (375°) is sufficient for cooking them.

## QUARTERED ARTICHOKES

Cut four large artichokes in quarters, remove the fuzzy parts on the inside, and immediately rub the quarters with lemon so they will not become black. Boil in salt water until soft.

STUFFED ARTICHOKES  
(ITALIAN)

4 medium-sized artichokes

*Stuffing*

2 cupfuls of dry bread crumbs  
1 small package of Italian or  
Parmesan cheese  
1 clove of garlic (minced)  
1 sprig of parsley (minced)  
½ cube (4 tablespoonfuls) of  
butter

Parboil artichokes 15 minutes, spread leaves, and tuck bits of the mixture in between all of the leaves. Set them in a pan of salted water, having water come up around the artichokes to the depth of about 1

inch. Bake uncovered half an hour, having oven quite hot (425°). Serve on lettuce leaves as salad, with plain or mustard-mayonnaise. They should be served hot and are a prime favorite with everyone.

## STUFFED ARTICHOKES

4 artichokes, cooked tender  
½ cupful of cracker crumbs  
1 onion, chopped  
4 tablespoonfuls of butter  
½ teaspoonful of salt  
2 tablespoonfuls of American  
cheese, grated

Cut the cooked artichokes in half lengthwise and remove the chokes. Mix the other ingredients together, adding a tiny amount of water if needed to bind the mixture. Fill the cavities of the artichokes with the dressing, put into a baking dish, and bake in a hot oven (400°) until the tops are nicely browned.

## STUFFED BAKED ARTICHOKES

(Serves 6)

6 large, firm artichokes  
½ pound of fresh mushrooms or  
1 No. 1 can  
4 tablespoonfuls of butter  
1 clove of garlic, minced fine  
Few sprigs of rosemary, thyme,  
and sweet marjoram  
2 tablespoonfuls of flour  
1 cupful of minced chicken or  
turkey  
1 cupful of chicken or turkey stock  
¼ cupful of buttered crumbs

The artichokes may be parboiled the day before or early in the morning. Cut off about one inch of the tops before boiling in salted water with one clove of garlic and 2 tablespoonfuls of salad oil. When nearly tender turn upside down to drain, and when cold, carefully separate the leaves so as to remove the choke with a teaspoon. This leaves a nice

cavity for stuffing. Sauté the mushrooms in the butter with the garlic and herbs. When done add flour and blend well. Then add the chicken stock and chicken. Cook until thick, season to taste with salt and fill artichokes. Cover with buttered crumbs. Bake for half an hour in a covered baking dish in a 375-degree oven with 1 cupful of water and  $\frac{1}{4}$  cupful of salad oil in bottom of dish.

### ARTICHOKE CASES FOR CREAMED FOODS

Wash and trim good-sized artichokes, and cut off the tops about 2 inches deep, so that all that remains may be eaten with a fork. Cook as directed previously. When tender, remove and drain upside down until cool enough to handle. Separate the petals to form a cup, and with a spoon remove the fuzzy choke. Place artichoke cups in a pan with a little salad oil in the bottom, and fill each case with well-seasoned creamed mushrooms, shrimp, oysters, chicken, or the like. Sprinkle the top with buttered crumbs, or crumbs and grated cheese, and bake in a moderately hot oven (400°) 15 to 25 minutes. These make a festive dish for a party luncheon.

### ARTICHOKE BOTTOMS

The button or bottom part of the artichoke (when the thistle-like portion is removed) combines well with other vegetables for salads. Celery root, artichoke buttons, tomatoes, and mayonnaise make an excellent combination. Artichoke buttons in themselves are considered a delicacy and are often eaten with mayonnaise or Hollandaise sauce; or sautéd (fried) delicately brown on both sides, and seasoned with salt and pepper and lemon juice.

### FRIED ARTICHOKE HEARTS

Drain the desired quantity of cooked or canned artichoke hearts. Make a batter as follows:

1 cupful of flour  
 $\frac{1}{4}$  teaspoonful of salt  
 $\frac{2}{3}$  cupful of milk  
 2 tablespoonfuls of melted butter  
 1 egg white, stiffly beaten

Sift flour and salt, add milk and butter and beat smooth. Fold in beaten egg white just before using. Dip artichoke hearts in the batter and fry in deep fat (390°).

### ARTICHOKE OMELET

Trim and clean—that is, remove hard leaves and points—and wash. Cut in small pieces lengthwise, then crosswise. Fry in oil in a pan until well done, adding salt and pepper to taste. Then beat up some eggs and put in with artichokes, mixing all together. (Use your own discretion as to quantities.) Fry until brown on both sides.

### MARIE'S ARTICHOKE OMELET

In the kitchen of a French boarding-house this recipe was extricated with difficulty from the practically non-English-speaking cook. But is it good!

First (to serve two) you have perhaps two artichoke hearts ready, cooked and chopped. Into a skillet put a little oil and butter, and in this fry one clove of garlic, one small onion, and a little parsley, all chopped fine. When these are limp but not brown, add the chopped artichoke hearts, and stir until well heated. Then add two or three slightly beaten eggs, with salt and pepper, and scramble or cook as a French omelet, as you wish. Serve immediately, with hot French bread and a green salad.

**ARTICHOKE SOUFFLE**

1 tablespoonful of butter  
 1 tablespoonful of flour  
 1 cupful of milk  
 Salt and pepper  
 3 eggs, yolks and whites separated  
 8 to 12 cooked artichoke hearts,  
 chopped fine

Make a cream sauce of the butter, flour, and milk, and season well. Beat the egg yolks light, and stir into the cream sauce, then add the chopped artichokes. Lastly, fold in the egg whites, beaten stiff, pour into a buttered baking dish, set this in a shallow pan of hot water, and bake in a moderate oven (350°) 30 to 35 minutes. Serve without delay.

**ARTICHOKE CRAB COCKTAIL  
SUPREME**

$\frac{1}{4}$  cupful of tomato catsup  
 $\frac{1}{2}$  cupful of well-seasoned mayonnaise  
 $\frac{1}{2}$  cupful of whipped cream  
 $\frac{1}{2}$  cupful of shredded crabmeat  
 $\frac{1}{2}$  cupful of hearts of artichokes,  
 diced

Mix lightly, put into cocktail glasses and top with half a sweet pickle or a stuffed olive. Makes four servings.

**COMBINATION ARTICHOKE  
SALAD**

6 artichoke hearts boiled and cooled  
 1 tomato peeled and sliced  
 1 cupful of string beans cooked and cooled  
 2 hard-boiled eggs, sliced  
 $\frac{1}{2}$  cupful of celery, cut fine  
 1 can of asparagus tips

Arrange on lettuce leaves, top with a spoonful of mayonnaise, and decorate with strips of pimiento.

**STUFFED ARTICHOKE SALAD**

Cooked artichokes, chilled, and the petals opened out to form a cup, make beautiful salads. One of the most interesting fillings is a combination of diced cooked celery root and diced avocado, both marinated in tart French dressing. Crab or other fish salad will be found excellent also.

**MOLDED ARTICHOKE SALAD**

6 or 8 artichokes, cooked tender  
 2 tablespoonfuls of gelatine  
 $\frac{1}{2}$  cupful of cold water  
 $\frac{1}{2}$  cupful of boiling water  
 $\frac{1}{2}$  cupful of lemon juice  
 Salt and paprika to taste  
 1 cupful of whipped cream  
 1 cupful of mayonnaise

Remove the leaves from the cooked artichokes and scrape the tender part from each leaf with a spoon. Soften the gelatine in the cold water, then dissolve in the boiling water, and add seasonings. Cool, then combine with the whipped cream and mayonnaise which have been mixed, and add the artichoke scrapings. Place an artichoke heart in the bottom of each cup or mold, pour the gelatine mixture over, and chill in the refrigerator. Serve garnished with a little mayonnaise.

**JERUSALEM ARTICHOKE**

The Jerusalem artichoke bears no resemblance at all to the Globe artichoke. It is a knobby tuber, produced underground like the potato, and used much the same way in cooking. The French people prize this vegetable highly; they use it in stews, soups, and salads. No special recipes are needed. Simply cook until tender in boiling salted water to cover, drain, and prepare as desired.



## ASPARAGUS

While asparagus is grown all over the United States, it is a Western crop, for something like 90 per cent of that canned commercially is grown and put up in the state of California. The famous Delta country of the Sacramento River is the chief asparagus-growing section. An interesting sight it is driving along the levee during the spring months to see swarms of men cutting the fat stalks with sharp, spade-like knives that sever the shoot with a diagonal cut several inches below the surface of the ground.

This method of harvesting accounts for the white "asparagus tips" of commerce, for the tiny shoots are barely given time to puncture the top soil when they are cut off. The green asparagus is green because it is permitted to grow up into the sunlight. Until a few years ago the white bleached asparagus was more popular than the green, but the public taste is changing fast. The white tips are better for canning, because they keep their shape better, but for eating fresh, the green asparagus is much to be preferred.

A bed of asparagus, which requires almost no care, should be included in every home garden. The woman who can gather this vegetable from her own garden has a tremendous advantage over those who must buy at a market, for fresh asparagus has a delicacy and a sweetness that is lost when the vegetable is older. Since asparagus is a body-regulating food that supplies roughage, it well deserves a welcome on our tables. It may be used in soups, omelets, soufflés, gelatine salads, cocktails, hot vegetable dishes, on a crisp lettuce leaf with a favorite dressing, or it may be served on

toast with melted butter, cream, or Hollandaise sauce.

### How to Prepare and Cook

One pound of asparagus, cut into inch lengths for creaming, yields about two cupfuls when cooked, and will serve three or four persons. When boiled whole, to be served with butter or Hollandaise sauce, allow one pound for two or three persons, depending upon the rest of the menu.

In preparing asparagus for cooking, first wash very thoroughly in cold water. A metal sponge or a brush will aid in removing the scales which harbor dirt. Break off the lower part of the stalks as far down as they will snap, then tie into bundles for individual serving, using white cord. Asparagus is usually cooked standing up, in boiling salted water over the thick part of the stalk only, so that the tender tips merely steam. Or it may be started standing up, then laid flat in the water to finish cooking the tops. Be sure the water is actively boiling when the vegetable is put in, and that it is salted (1 teaspoonful to the quart of water). Cook the asparagus uncovered, to preserve its fresh green color. It may, however, be cut or broken into one-inch pieces, cooking the stalks first and adding the tender tips during the latter part of cooking.

The time allowed depends upon the asparagus, but 20 to 25 minutes should be sufficient for the butts of young and tender asparagus, and 5 to 10 minutes for the tips. Liquid left in the pan should be saved for use in good and nutritious soups and sauces.

Another most interesting way of cooking asparagus is to use only enough water to keep the asparagus from burning, and to add the butter

when the vegetable is put on to cook. The water should be all absorbed when the asparagus is tender. It may be necessary to add a little water from time to time during the cooking.

### ASPARAGUS AND CHEESE DELIGHT

- 1 can of asparagus tips (or 1 bunch of fresh green asparagus, cooked)
- 1 cupful of blanched almonds
- 1 cupful of grated American cheese

Cream sauce, made with

- 3 tablespoonfuls of butter
- 3 tablespoonfuls of flour
- 1 cupful of milk
- Juice from the asparagus
- 6 patty cases or pieces of hot buttered toast

Open the can of asparagus tips from the bottom, to avoid breaking the stalks; or use the fresh-cooked stalks. Drain and cut the tips into short lengths. Blanch the almonds and cut them into lengthwise strips if desired. Grate the cheese. Make the cream sauce in the usual way, using the asparagus juice for part of the liquid. Cook, stirring, until thick; season well, then add the asparagus, almonds, and cheese, and let stand over hot water until heated thoroughly. Do not stir, as that would mash the asparagus tips. Serve in hot patty cases or on crisp buttered toast.

### ASPARAGUS WITH CHEESE

Cook the asparagus in salted water, until tender, or use canned asparagus; drain. Butter a shallow baking dish and lay the asparagus in it. Sprinkle thickly with grated cheese, dot with butter and add a little pepper. Brown slightly in a hot oven (425°) and serve at once.

Remember that canned asparagus is packed in the can with the tips at

the top. When opening a can of asparagus turn it upside down and remove the bottom. This protects the tender tips from the can opener and permits the spears to slide out easily without breaking.

Try creaming peas (canned or fresh) with asparagus tips. Serve on hot buttered toast, or for more elaborate occasions in patty shells, rosettes, or Dresden patties. These last are made by hollowing out 2-inch-thick triangles or squares of white bread, and browning them slowly in the oven, not under the broiler.

Asparagus is excellent creamed with new potatoes, or combined with corn or peas or tomatoes to make a delicious casserole. No particular recipes are needed. Use your imagination, taste the mixture frequently while combining, and the results will be good.

## BAMBOO SHOOTS

Young bamboo shoots constitute an important article of diet in Oriental countries, particularly China and Japan. Considerable quantities of the canned shoots are imported into this country, chiefly for use in Oriental recipes.

It is only after a bamboo grove has become well established and is sending up culms 20 to 30 feet high that shoots suitable for food are available. These are allowed to reach a height of 6 to 10 inches, when they are cut off below the ground, like asparagus. The usual practice is to dig down and cut off the young shoots at the rhizome which bears them.

To cook, remove sheaths and cut the shoots into pieces, crosswise, lengthwise, or diagonally, or into cubes or oblong pieces. Soak for 30 minutes in cold water, then boil in

a small quantity of salted water (adding more water as needed) 30 minutes or more, until fairly tender. Shoots of suitable age when properly cooked are always firm and somewhat crisp rather than soft. Pieces from the base of a shoot may require more cooking than those from nearer the tip, but they generally have a better flavor.

Bamboo shoots may be served with plain butter, butter sauce, or cream sauce. The flavor somewhat resembles very young field corn, with a slight bitterness, which is made entirely unobjectionable by the addition of the butter or other dressing. Cut small, the cooked shoots make an acceptable addition to a salad.

### BAMBOO SHOOTS, JAPANESE STYLE

Slice and cook the bamboo until tender, as directed above. Then put into a sauce made as follows: mix 1 cupful of soy sauce (this is the basis of Worcestershire sauce and is obtained only at Chinese or Japanese groceries or at some of the largest groceries in our large cities),  $\frac{1}{4}$  cupful of water, and 1 tablespoonful of sugar; let simmer for half an hour in this sauce, and serve.

## BEANS

### Bean Sprouts

Bean sprouts are used chiefly in Chop Suey, Chow Mein, soups, stews, etc. They may be boiled in a small amount of water, well salted, and combined with white, Béchamel, tomato, or tart sauce.

### Lima Beans

While lima beans of some sort are grown in many sections of the United States, principally as garden

crops, their greatest and practically only commercial success is confined to a very small area in California's fertile valleys and coastal plains.

These valley soils are both deep and strong—primary requisites for limas of highest quality, for the lima plant is deep-rooted.

Furthermore, limas require high humidity in dry seasons—much moisture in the air. And, though wet and dry seasons are well marked in this coastal portion of California, the needed moisture for lima cultivation is amply furnished by frequent heavy fogs which roll in over this area during the hot summer months.

Perhaps it is a whim of Nature that such an ideal growing condition should be centered within such a limited area. However, California lima growers have not questioned Nature's mood—instead, they have accepted the fact. And they have centered in this favored region all the skill at their command to produce the highest quality limas. It is no wonder then that California limas (large or baby limas) are richer and more delicate in flavor than those grown elsewhere.

The lima bean is the most alkaline food known. In recent years, to meet Dr. W. D. Sansum's demand for a highly alkaline bread for use in basic diets, the California Lima Bean Growers Association has developed a lima-bean flour of a high degree of fineness. This flour, which can be obtained at numerous grocery stores throughout the West, is used in muffins, pancakes, or waffles, as well as in bread. A good muffin recipe is given on page 11.

### How to Cook Green Limas

Shell the green lima beans shortly before cooking. (You sacrifice flavor when you buy those already

shelled, besides paying for the labor.) Wash, but do not let stand in water. Drop into briskly boiling salted water to cover, and cook fast, without a lid, until the beans are just tender—about 30 to 40 minutes usually. Remove from the fire, drain, add butter and a little cream if desired, let boil up, and serve at once. Or, better yet, add butter and just enough hot water so that it can be seen through the beans, and cook until water is all absorbed and beans tender. The cooked beans may, of course, be combined with other fresh vegetables, such as corn or tomatoes.

### How to Cook Dry Limas

To revive the fresh, juicy tenderness of dried California limas, pick over, wash, and soak them in cold water from 6 to 8 hours, or over night. Drain. Cover with boiling water and cook slowly until tender (about 30 minutes). Add salt after 20 minutes' cooking. (This basic recipe applies to either large or baby limas.)

### LIMA BEAN SOUP

- 1 cupful of lima beans
- 1½ quarts of cold water
- 4 slices of carrot
- 2 slices of onion
- 4 sprigs of parsley
- 1 teaspoonful of peppercorns
- 2 cupfuls of evaporated milk
- 1 tablespoonful of A-1 or Worcestershire Sauce
- Few drops of Tabasco Sauce (if desired)
- 2 teaspoonfuls of salt

Wash beans, cover with water and soak several hours. Drain. Add the cold water and cook slowly until very tender, about one hour. After cooking one-half hour, add vegetables and peppercorns. When beans are tender, rub through a sieve.

There should be 3 cupfuls of pulp and liquid; if not, add water to make that quantity. In the meantime have evaporated milk heated to scalding point. Combine bean pulp and seasonings with milk just before serving. Yield: 6 servings (5 cupfuls).

### LIMA BEANS AU GRATIN

- 1 cupful of milk
- 1 four-ounce package of pimiento cheese
- 1 teaspoonful of salt
- 1 teaspoonful of celery salt
- ½ teaspoonful of onion salt
- 1 teaspoonful of paprika
- 1 teaspoonful of allspice
- 1 teaspoonful of A-1 Sauce
- 3 cupfuls of cooked dried lima beans

Cook milk and cheese in double boiler until cheese is melted. Add seasonings, and beans, put into oiled ramekins and bake in a quick oven until brown.

### LIMAS OXNARD

- 2 cupfuls of cooked dried lima beans
- ½ pound of little pork sausages
- 2 tablespoonfuls of chopped onion
- 1 teaspoonful of sugar
- ¼ teaspoonful of mace
- 1 teaspoonful of salt
- ¼ teaspoonful of poultry seasoning
- 1 cupful of milk
- Bacon fryings
- Shredded green pepper

Soak the beans in water over night, drain, cover with boiling water and cook until tender, about 30 minutes. Add salt after 20 minutes' cooking. Parboil the sausages 5 minutes; drain. Combine the lima beans, onion, sugar, mace, salt, and poultry seasoning. Place in an oiled baking dish, arrange sausages over top, add the milk, then add the bacon fryings and shredded green pepper. Bake in a moderate oven (350°) for 30 minutes. This is a one-dish meal.

## LIMAS IN CREAM

2 cupfuls of cooked dried limas  
 1 cupful of cream or rich milk  
 1 tablespoonful of butter  
 $\frac{1}{2}$  teaspoonful of salt  
 $\frac{1}{8}$  teaspoonful of pepper

Mix all ingredients in a double boiler and cook over hot water until thoroughly heated.

## LIMA BEAN MUFFINS

Sift together:

$\frac{1}{2}$  cupful of white flour  
 $\frac{1}{2}$  cupful of lima-bean flour  
 4 teaspoonfuls of sugar  
 2 teaspoonfuls of baking powder  
 $\frac{1}{2}$  teaspoonful of salt

Add:

$\frac{3}{8}$  cupful of milk  
 $\frac{1}{2}$  tablespoonfuls of melted butter

Beat together just enough to mix well, pour into muffin pans, and bake in a moderate oven ( $375^{\circ}$ ) about 20 to 25 minutes. Makes 10 muffins. Nuts, raisins, or dates, chopped, may be added if desired.

(Recipe taken from *The Normal Diet*, by Dr. W. D. Sansum, published by the C. V. Mosby Company, St. Louis.)

## BABY LIMAS, SOUTHERN CALIFORNIA STYLE

Wash and soak one pound of baby limas (dried) over night in water to cover. Cook for one hour over low heat. Put into a baking dish or casserole half the beans, cover with brown sugar and dots of butter, and lay strips of bacon across the beans, completely covering them. Then put in the rest of the beans, and cover them in the same way with brown sugar, butter, and bacon. Bake in a moderate oven ( $350^{\circ}$ ) for half an hour. This dish has a most unusual and enticing flavor. It is the kind men will smack their lips over, and the children will love it for lunch.

## SCALLOPED SUCCOTASH

Combine canned or fresh-cooked green lima beans and canned corn, half and half. Cover with milk, and season with butter, salt, and pepper. Cover with buttered cracker crumbs and bake about 20 minutes in a hot oven ( $400^{\circ}$ ).

## STRING BEANS WITH TOMATOES

3 pounds of green string beans  
 6 medium-sized tomatoes  
 1 medium-sized onion  
 Salt and pepper to taste  
 $\frac{1}{4}$  cupful of butter

Cut the beans into suitable-sized lengths. Wash and drain. Add the tomatoes which have been peeled and cut into pieces, and the onion, peeled and cut fine. Add salt and pepper to taste, and cook without the addition of water until the beans are very tender. Add the butter and let stand about 15 minutes over a very low blaze or on the back of the stove until time to serve. Serves 10 to 12. These are delicious.

## STRING BEANS, SPANISH STYLE

1 No. 2 can of string beans  
 $\frac{1}{2}$  a small onion, chopped  
 2 pimientos, chopped  
 $1\frac{1}{2}$  cupfuls of cream sauce  
 Salt and pepper

Do not drain the liquor from the beans, but place on the fire in a saucepan, with the chopped onion added. Cook until nearly dry, and the onion is well done. Prepare a medium thick cream sauce, using 2 tablespoonfuls of butter, 2 tablespoonfuls of flour, 1 cupful of evaporated milk, and  $\frac{1}{2}$  cupful of water. Add the pimientos, let cook 10 minutes, then pour over the beans and serve.

## BEETS

### NEW BEETS, CALIFORNIENNE

Put into a frying pan half a cube of butter, 3 cloves, 1 teaspoonful of tarragon vinegar,  $\frac{1}{2}$  teaspoonful of sugar, and some freshly cooked and peeled small beets. Simmer for a few minutes until thoroughly heated through, and serve at once.

### Quick Method of Cooking Beets

Peel young beets as you would potatoes, then slice them with a fine vegetable slicer, or put through a food chopper. Add a very small amount of water (about  $\frac{1}{4}$  to  $\frac{1}{2}$  cupful) and cook the beets 15 minutes. Add butter, lemon juice, and salt and pepper to taste, and serve at once.

## BRACKEN

The fresh, green stalks of brakes or of ferns, picked before they straighten out, and cooked like asparagus. The earliest "greens" in Oregon, and delicious creamed, buttered, or otherwise.

## CARDOON

A plant related to the Globe artichoke. The leaves and roots are cooked and eaten with butter or other sauce. Hardy, easily grown all year in coast regions.

## BROCCOLI

Broccoli and cauliflower, so far as growers and shippers are concerned, are one and the same thing. The only true differences are in details of plant growth and seasonal adaptation, for there is the white broccoli (which we call cauliflower), as well as the green plant with purple, bright green, or grayish green buds, which we know as Italian broccoli, or sprouting broccoli.

This vegetable is not a newly dis-

covered one, having long been familiar to French and Italian households in Europe, but it has only recently become popular in this country. It is now grown extensively in central and northern California, and southern Oregon. One advantage of broccoli is its appearance on the market when the cauliflower season is over, and it has a long season. It is not ordinarily grown in the home garden. Analyses show that sprouting broccoli is a good source of calcium, phosphorus, and iron in the diet. It is an excellent vegetable for roughage, and probably, like other green vegetables, is a good source of one or more vitamins.

### How to Purchase and Prepare

Broccoli is usually purchased by the head and paid for by weight. An average bunch, weighing from  $1\frac{1}{2}$  to  $2\frac{1}{2}$  pounds, serves from 3 to 6 persons. The flower heads and the more tender parts of the long, branching stalk are eaten. This is a surprising fact to the uninformed Easterner; one woman cut off and discarded all the flower heads when she first attempted to cook this strange vegetable!

The plant should be cut and eaten when the stem is covered with swollen buds, just before they break into flower. The tough, stringy lower end of the stalk should by all means be trimmed off before cooking. The thick, tender stalks may be split part way so that they will cook quickly, without overcooking the tender top portions.

Wash the broccoli well, and, if it is limp, let it stand for a short time in cold water to crisp it. It may be cooked whole, or cut into 2-inch lengths. Plunge into plenty of boiling salted water and cook rapidly, uncovered, for 10 to 20 minutes, or until tender but not mushy. Drain

and serve at once, with melted butter or Hollandaise sauce. If it is to be served cold in salad, plunge the hot drained broccoli immediately into ice water, to arrest further cooking instantly, and to preserve its bright fresh color and its flavor. When cool, drain and chill.

### BAKED BROCCOLI

Broccoli for six servings (2 to 3 pounds)  
 2 tablespoonfuls of butter  
 2 tablespoonfuls of flour  
 1 teaspoonful of salt  
 Pepper  
 1 cupful of evaporated milk diluted with  
 1 cupful of water or meat broth  
 $\frac{1}{2}$  cupful of buttered crumbs  
 $\frac{1}{4}$  cupful of grated cheese

Soak broccoli, heads down, in cold water. Cook, heads up, in boiling salted water in uncovered kettle until barely tender—about 7 minutes. Prepare white sauce of butter, flour, salt, pepper, and diluted evaporated milk. Put broccoli in a buttered baking dish, cover with white sauce and sprinkle with crumbs mixed with cheese. Bake in moderate oven (325°) until crumbs are brown. Sprinkle top with chopped parsley and pimienta before serving. Yield: 6 servings.

### BRUSSELS SPROUTS

Brussels sprouts look and taste like tiny cabbages. In fact, they are just that! In buying choose green ones; yellow sprouts are likely to be too mature or to have been kept too long, and therefore of too strong flavor. Look carefully for worm holes as you wash the sprouts, trimming and removing imperfections at the same time. Brussels sprouts are sold by the pound, one pound yielding about three cupfuls when cooked, and serving four to five persons.

Cook in a large quantity of boiling salted water, uncovered, 10 to 15 minutes; drain and serve buttered or creamed or with vinegar.

### BRUSSELS SPROUTS WITH CELERY

Remove wilted leaves from one quart of Brussels sprouts and soak in cold water 15 minutes; drain. Cook in boiling, salted water 20 minutes, or until easily pierced with a fork. Again drain. Wash celery and cut into small pieces. There should be  $1\frac{1}{2}$  cupfuls. Melt 3 tablespoonfuls of butter, add celery, and simmer 5 minutes. Then add 3 tablespoonfuls of flour and pour on gradually  $1\frac{1}{2}$  cupfuls of scalded milk. Bring to the boiling point. Add sprouts. Season with salt and pepper, and serve as soon as sprouts are reheated.

### CALIFORNIA GREEN SPROUTS A LA MILANAISE

Cook the required quantity of Brussels sprouts in the usual way. Heat a spoonful of butter in a frying pan and in it brown white bread crumbs. When fried to a high-brown color, drop the cooked sprouts into the brown butter and bread crumbs; add 2 or 3 chopped hard-cooked eggs, grated Parmesan cheese, chopped parsley, salt and pepper, and serve piping hot.

### CABBAGE

Ordinary white cabbage is, of course, known and grown the country over, and so deserves and receives scant attention here. Certain varieties of cabbage, however, are more generally popular on the Pacific Coast, among them red or purple cabbage, Savoy or curly cabbage, and Chinese cabbage.

### Directions for Preparing

*Chinese Cabbage.*— This vegetable, known also as Chinese lettuce, wong bok, or pet sei, comes in long, compact, pale green heads. It is very tender, and is excellent shredded fine, raw, and served with French or Cheese French Dressing. It is also good cooked briefly (in boiling salted water, uncovered) and served hot with seasoned butter. Allow plenty for shrinkage. It is to be had in Western markets all winter long.

*Red Cabbage.*— Red cabbage cooked in ordinary hard (alkaline) water turns an ugly, unappetizing purple. The addition of a little vinegar while cooking preserves or restores the bright red color. Red cabbage needs longer cooking than white, usually 30 to 40 minutes. It is frequently prepared with spices, German style—a favorite dish at the States Hof-Braü in San Francisco. Red cabbage is good also in the form of a raw salad, with a sharp French dressing.

*Savoy or Curly Cabbage.*— These heads, with their dark green, crinkly leaves, are usually found in Italian vegetable markets. They have a pungent flavor, and are used in Italian vegetable soups. Cut up and cook as white cabbage, and serve buttered or creamed.

*White Cabbage.*— Shred and cook quickly, uncovered, in large quantity of boiling salted water. Allow 8 to 15 minutes, depending on tenderness of cabbage. Drain. Season with butter or butter and cream, salt and pepper; or prepare in any other desired way, as scalloped or au gratin. One pound of uncooked cabbage makes  $3\frac{1}{2}$  cupfuls when shredded for slaw, or  $2\frac{1}{2}$  cupfuls after cooking (3 servings).

### RED CABBAGE SALAD

Slice a head of red cabbage very thin, put in a salad bowl, season with salt, pepper, one spoonful of oil, and 3 spoonfuls of vinegar. This salad requires more vinegar than oil.

### SWEET-SOUR RED CABBAGE

(Simplest way of preparing)

1 small head of red cabbage  
1 cupful of water or stock  
1 small onion, if desired  
1 small tart apple  
3 tablespoonfuls of savory fat or butter  
3 tablespoonfuls of vinegar  
1 tablespoonful of brown sugar  
 $\frac{1}{4}$  teaspoonful of allspice  
2 whole cloves

Brown the onion lightly in the fat, add the stock and the shredded cabbage and diced apple. Cover and simmer until nearly done (about 30 minutes). Add the vinegar, sugar, and spices; cook a few minutes more and serve. A little salt may be needed if the fat is not very salty.

### RED CABBAGE

(More elaborate German style)

4 tablespoonfuls of bacon drippings  
1 large onion, chopped fine  
1 clove of garlic (may be omitted)  
1 small head of red cabbage, chopped  
1 apple, chopped but unpeeled  
A very little water, if needed  
4 tablespoonfuls of white cooking wine (sweet or salt)—may be omitted  
4 tablespoonfuls of cider vinegar  
 $\frac{1}{2}$  cupful of sugar  
Salt and pepper to taste  
Flour if needed

In a saucepan melt the bacon drippings, and in it cook the onion and garlic until a golden brown. Add the chopped cabbage and apple. Cover tight, and let simmer for 30 minutes, stirring occasionally. Add the wine, vinegar, sugar, salt, and



pepper, and again simmer, and if not thick enough you may sprinkle a little flour over the top.

### SWEET-SOUR CABBAGE SALAD

No set rule has been figured out for the seasoning of this salad, for so much depends upon one's individual taste. Anyone with a good sense of what a "sweet-sour" should be will make no mistake. Just remember that the finished salad should taste just a little more sour than sweet. Here are the proportions to guide you:

Chop one medium-sized head of white cabbage very fine, and sprinkle with salt to taste. (It is insipid without salt.) Now sprinkle with enough sugar so that it will taste sweet, and then add vinegar, little by little, until sour enough to taste good even if nothing more were added. (Do not use pepper.) Arrange the cabbage flat in a wide, rather shallow salad bowl—a deep platter or shallow vegetable dish may be used. Now whip half a pint of whipping cream stiff, and add sugar to make it quite sweet. Then add vinegar, little by little, until it is sour enough to "match" the sourness of the cabbage. Pour the sweet-sour cream over the cabbage, but do not stir them together. Serve in the salad bowl. This is delightful.

### SOUR-CREAM COLE SLAW

(6 servings)

½ cupful of mayonnaise  
 ½ cupful of sour cream, whipped  
 ½ cupful of lemon juice  
 ¼ cupful of sugar  
 1 teaspoonful of salt  
 Pinch of pepper  
 8 cupfuls of shredded cabbage

Fold the whipped cream into the mayonnaise and beat until it becomes very creamy. Add the lemon juice, sugar, salt, and pepper, and

mix thoroughly. Then pour dressing over shredded white cabbage and work in well. Serve on crisp lettuce.

### CARROTS

(See Vegetables—General, pages 33-35.)

### CAULIFLOWER

Cauliflower (or white flowered broccoli) is one of the important truck crops of the West Coast, being marketed not only in Western centers but shipped East by thousands of carloads every winter. One who has eaten cauliflower fresh-cut from the ranch, cooked quickly to just the right stage of tenderness, and served in simplest fashion, dressed with butter and top milk with plenty of salt and pepper, will never ask for a better vegetable dish.

#### How to Select

Choose a firm head of cauliflower, snowy white and free from discolored spots. The head should be tightly compact, as looseness indicates over-maturity and strong flavor. A yellow color also indicates strong flavor due to exposure to the sun. The leaves surrounding the head should be bright green and fresh.

Cauliflower is usually sold at a flat rate per head. A two-pound head will yield about 3 cupfuls cooked, and will serve four or five persons.

#### How to Prepare and Cook

Trim off all green leaves, and wash thoroughly. It is better always to cut the head into portions for serving, in order to be certain that the stalk is perfect and that the cauliflower may be evenly cooked throughout. Have a good-sized kettle of salted water boiling rapidly. Drop in the cauliflower, bring

quickly to boiling and cook rapidly, uncovered, until the stalk can be pierced easily with a fork. Drain carefully to avoid mashing, season, and serve; or prepare with cheese sauce or otherwise, as desired.

If one wishes to cook the cauliflower in advance of using, plunge it into ice water immediately after draining, then remove from water and chill. It will not discolor when treated thus, and can be used for salads or other dishes hours later.

### CAULIFLOWER GOLDEN

Easily made, attractive to serve, and good to eat is this simple vegetable dish. Cook separately a medium-sized cauliflower and one cupful of rice. Place the cauliflower, unbroken, in a buttered baking dish. Around it and over the top arrange alternate layers of the rice, and thin slices of American cheese (or a thick sprinkling of grated cheese), finishing with a layer of cheese. Season with salt and pepper, moisten slightly with milk or a bit of the cauliflower stock, and place in the oven just long enough to melt the cheese. Serve in the baking dish.

### CAULIFLOWER A LA CREOLE

3 tablespoonfuls of butter  
 1 small minced onion  
 2 tablespoonfuls of flour  
 $\frac{1}{2}$  teaspoonful of salt  
 $1\frac{1}{2}$  cupfuls of canned tomatoes  
 2 cupfuls of cooked cauliflower  
 $\frac{1}{2}$  chopped green pepper (may be omitted)  
 1 teaspoonful of chopped parsley  
 Buttered toast

Melt the butter, add the onion, and cook on medium heat until the onion is a golden brown. Add the flour and stir until well blended. Add the salt and the tomatoes and bring to the boiling point, stirring

constantly. Put in the cauliflower and the green pepper, and let cook gently for 5 minutes. Add the parsley and serve on buttered toast.

### CAULIFLOWER OYSTERS

1 head of cauliflower  
 2 eggs  
 $1\frac{1}{2}$  cupfuls of broken crackers

Wash cauliflower, break into flowrets, and cook in boiling salted water until almost tender. Drain and let cool. When cool, dip each small piece in beaten egg, then in cracker crumbs, and fry in plenty of hot fat in a frying pan. Keep turning until all sides are a golden brown. Serve plain or with a hot cream sauce, with or without cheese added.

### CAULIFLOWER CUSTARD

1 medium-sized head of cauliflower  
 2 eggs, beaten  
 $\frac{1}{4}$  teaspoonful of salt  
 Pepper to suit taste  
 1 tablespoonful of butter, melted  
 1 cupful of evaporated milk or cream

Boil the cauliflower 15 minutes in salted water, uncovered. Drain and chop fine, and add the other ingredients in order given. Stir well, pour into a buttered casserole, set the casserole into a pan of hot water, and bake in a slow oven ( $325^{\circ}$ ) until brown and set like a custard. It will require from 45 minutes to an hour. This is delicate and delicious. Cabbage may be used instead of cauliflower if desired.

## CELERY

### CELERY VICTOR

4 bunches of celery hearts  
 2 quarts of soup stock (either chicken or brown stock)  
 Sour French dressing (made with  
 1 part of tarragon vinegar to  
 3 parts of salad oil)

Wash the heads of celery without separating, and cook in the strained soup stock until tender, and let cool in the stock. (Stock may be made with bouillon cubes or essence, and cooked with a few slices of onion and carrot, and a bay leaf and a few sprigs of parsley for added flavor.) Drain. Marinate for at least half an hour in sharp French dressing with ground black pepper added. Serve very cold.

### GLADYS MASON'S STUFFED CELERY

Cut off the tops of a bunch of celery hearts evenly, separate the stalks, wash, and dry well. Season cream cheese or pimiento cream cheese to taste, and stuff one of the smallest stalks. Fill one of the next larger stalks and place it against this, forming a ring. Continue filling and adding more celery stalks, "rebuilding" the head of celery as it was originally, but holding it together, of course, with the cheese. Tie with string, and chill thoroughly. Just before serving, cut in slices, using a sharp knife, and serve on a plate as an appetizer or relish or on lettuce as a salad if desired, passing French dressing with it. The slices of stuffed celery make a beautiful rosette pattern.

### CELERIAC OR CELERY ROOT

Celery root, or celeriac, is rather a rough-looking customer, especially when brought to market untrimmed. One good big one will serve six. It is a member of the celery family, but the enlarged root is eaten rather than the leaves. The outer layer is tough and stringy, so a generous peeling must be taken off, either before or after cooking.

Celery root makes most delicious salads as well as being good as a vegetable. Simply wash well (do not peel) and cook in boiling salted water until tender—about an hour. Cool and peel as used, otherwise it will turn dark. Cooked celery root diced with tomatoes and allowed to stand in French dressing, and served on lettuce, is delicious. Cooked celery root may also be creamed, or creamed and placed in a casserole with grated cheese and bread crumbs and baked 45 minutes at moderate heat (350°).

### CELERY ROOT COCKTAIL

Boil celery root till tender; dice and chill. Serve in tomato cocktail sauce combined with mayonnaise and much lemon, and seasoned with green pepper or Worcestershire sauce as desired.

### DANISH CELERY ROOT BALLS

1 large celery root  
1 pound of round steak, ground  
1 small onion, chopped fine  
Salt, pepper, and sage  
1 egg  
4 tablespoonfuls of flour  
1 cupful of water

For gravy:

2 tablespoonfuls of butter  
2 tablespoonfuls of flour

Pare and cut the celery root into rather large pieces, and boil in enough salted water to cover until tender. Remove the celery root to a bowl and keep hot, saving the liquid in the saucepan.

While the celery root is cooking, chop the onion, add the ground meat, seasonings, egg, and flour, mixing well, and adding the cupful of water gradually. Form the mixture into balls, using a tablespoon, and drop them into the boiling liquid in which the celery root was

cooked. Cook slowly about 30 minutes, until done. Arrange the cooked celery root in the center of a hot platter and the meat balls around the edge and keep hot while you make a gravy by rubbing together the 2 tablespoonfuls each of butter and flour, and gradually adding the hot liquid in which the vegetable and meat were cooked. Cook, stirring, until smooth and thickened to the right consistency. Pour this gravy over the meat and vegetable on the platter, and serve at once. Will serve four persons.

### CHARD

A member of the beet family. Foliage used for greens. (See Vegetables — General, pages 33–35.) Similar to cardoon and used for same purposes.

### CHAYOTE

(See Squash, pages 27–31.)

### CHINESE RADISHES

Chinese radishes, very long and white, are often sold by the piece; by the yard, one might almost say. We use them sliced or diced in salads, and sometimes cook them in a very little water, to use as a hot vegetable with an exceptional, mildly pungent flavor. In cooking them it is well to remember that they shrink a great deal and to allow extra bulk accordingly. Since these radishes are to be had from early fall all through the winter, they may be counted upon to give frequent interesting variety.

### CRESS

Garden cress is a salad plant easily and quickly grown as a win-

ter plant. Water cress, a wild plant found in streams, is used as a garnish and salad accompaniment. Do not use unless you know that it comes from an unpolluted stream.

### DASHEEN

A bulb-like vegetable grown to some extent locally. It resembles a potato in composition and flavor, and practically any recipe for potatoes may be adapted to its use.

### EGGPLANT

Purple eggplant, shining as though varnished, is one of the most beautiful of vegetables. It has always seemed too bad that the glossy dark skin must be discarded when eating. Eggplant is best known when slices of it have been batter- or crumb-dipped and fried. But it combines well with the versatile tomato, when cubes of the eggplant are seasoned in alternating layers with the sliced tomato, buttered crumbs topping the whole, to be baked with an entire oven dinner. The eggplant makes a wonderfully fine main dish for the vegetable dinner when prepared as directed here. It shrinks a good deal, so generous estimates should be made when buying.

In buying, select plump fruits of good color, 6 to 9 inches in diameter. Eggplants are of good flavor after they are one-third grown, but when over-ripe they are pithy and poor in flavor.

### ENDIVE

Endive is really a chicory, and slightly bitter in flavor. It is blanched and used as a salad, or cooked as chard or spinach. It is

grown very little in the West because of the greater ease with which lettuce is cultivated.

### Escarole

A variety of endive more suited to cooking. Less bitter than chicory. Cook it like spinach.

## GARBANZO

A legume called the chick pea, used by Mexicans and now being grown rather extensively in southern California. Cook and use like other dried beans (see page 34).

## FINNOCHIO, OR FENNEL

Fleshy stalks, bulbous at base. Cut in small pieces and add to vegetable salads (do not use too much); or slice crosswise in very thin slices, dip in fritter batter, and fry very quickly in deep fat. Anise is rather similar in appearance but different in taste. Cut in quarters lengthwise, it is a frequent addition to Italian hors d'œuvre plates.

## HERBS AND FLAVORINGS FROM THE GARDEN

Every Western homemaker ought to take advantage of the heritage of flavor brought to this land by peoples of all races. In other words, every Western home should have an herb garden, whether in the form of a real bed of various aromatic plants, or a scattering of such plants among the flowers in the perennial border, or in a decorative strawberry jar or two in the rear garden, or merely in a kitchen windowbox. They are quite easy to grow, most of them being raised from seeds

with the exception of tarragon, which is grown from roots or cuttings. Mint, watercress, and chervil like cool, shady beds; the others prefer as much sun as possible, to develop their oils.

If green, fresh herbs are lacking, the dried herbs can be used very nicely.

One caution is worth repeating: the use of herbs will give variety to one's cooking, but do not use too many in one dish or in one menu, nor serve them too often.

*Basilica, or sweet basil.*—Much used by Italian cooks in soups and sauces, especially tomato sauce.

*Chervil.*—Has delicate parsley flavor. Add, chopped with chives and tarragon, to potato salad. Use in soups. Sprinkle over buttered cauliflower or string beans.

*Chives.*—Tiny plants with delicate flavor of onion. Use green tops, cut off close to ground and chopped fine. Sprinkle over sliced tomatoes; add to any vegetable salad; add to buttered new potatoes, with or without parsley.

*Dill.*—Fresh dill, that is in the markets in the autumn, is fine with new boiled potatoes. It is something like tarragon.

*Fennel.*—Use in fish sauces; chop and add to mayonnaise for a different cold sauce for fish.

*Garlic.*—Onion flavor magnified several times, plus a pungency all its own. An excellent addition to many dishes used with great discretion. Tiny slivers inserted in leg of lamb before roasting help the flavor wonderfully. Crush a clove of garlic and add to a cupful of salad or cooking oil; let stand a while, then dip lamb chops in this oil before broiling. Drop a clove of garlic into the jar of French dressing for vegetables, meat, or fish salad; or rub the salad bowl with a cut clove

of garlic. When in doubt, use less than you are first inclined to!

*Marjoram*.—Add to stuffings for vegetables, as eggplant, summer squash, tomatoes, etc.

*Mint*—that is, spearmint. Use in sauces (hot or cold) and gravies with lamb; use to flavor jellies (apple jelly is good), ices, and dessert sauces.

*Oregano*.—This is Spanish sage, and is used with dried chili peppers, cumin seed, rosemary, and saffron, in Spanish cooking.

*Parsley*.—Excellent for flavoring as well as garnishing dishes. Add a sprig to various soups or sauces, and remove before serving; sprinkle chopped parsley over cream soups after serving, to add color and flavor as well. To make parsley vinegar, for salads, etc., wash and put into a jar, and cover with any good vinegar. Let stand at least a week. You will find a parsley mincer practically indispensable for chopping any of these fresh green herbs. Use it on a board, of course.

*Rosemary*.—Particularly good with lamb: mix minced garlic, parsley, and rosemary, and tuck into slashes in leg of lamb before roasting. Drop a sprig of rosemary into cream of chicken and other soups while cooking, and remove before serving.

*Sage*.—One of our most familiar herbs. Comes to us from England. Sage is extremely easy to grow in the garden, and a few plants will supply the entire neighborhood.

*Summer Savory*.—Good to add to numerous made dishes, as croquettes, meat balls, rolled steak, veal birds, meat stuffings for peppers, onions, tomatoes, and so on.

*Tarragon*.—Mince and add to green salads, or to tartar sauce. Mince with chives and fresh thyme and spread over an omelet before

folding it. Cream with butter and chopped chives and parsley and spread over broiled hamburger steak. Tarragon vinegar, used in salad dressings, fish sauces, and numerous dishes that need a touch of tartness and flavor, is expensive to buy but easy to make: simply gather perfect leaves before the heat of the day, wash well, put into a jar, and cover with ordinary good cider or wine vinegar. Will be ready for use in about a week and will keep indefinitely.

*Thyme*.—Use in stuffings for turkey or chicken, with sage and marjoram.

*Watercress*.—Not merely a salad green. Is an excellent garnish. Mince watercress fine and cream with butter, for spreading sandwiches; fill with cheese or boiled ham or other meats, if desired.

Soup Bouquet: Tie together with thread a sprig each of thyme, parsley, and bay, and a few cloves. A stalk of celery, a carrot, and a leek may be added. Drop into soups or stews while cooking; remove before serving. This is the *bouquet garni* of French cookery.

## KOHLRABI

Kohlrabi is hard to classify. It looks like a root, but grows above the ground, in pale green globes, with leaves sprouting from the sides. It is a distant cousin of the turnip, and may be cooked in much the same way, giving its own contribution to vegetable soups and meat stews, and adding not only its flavor but delicate green cubes to many a vegetable plate. Kohlrabi may be creamed, or seasoned very simply, or used as a component of raw vegetable salad. Only a thin peeling need be taken off in preparing it.

## MUSHROOMS

Mushrooms, fresh, canned, or dried, are favorites indeed. In preparing the fresh ones, wash lightly, remove bad spots, but do not peel unless the skin is very tough. Slice lengthwise if large, and cook in butter for 5 to 10 minutes before adding to sauce. When using canned mushrooms, drain, and use the liquid in making the sauce.

As for dried mushrooms, wash them quickly, then put them to soak for half an hour in warm water to cover. Lift out mushrooms, strain the remaining liquid to remove sediment, and use in the sauce.

Add mushrooms to almost any combination of meats, vegetables, or eggs, to improve the dish decidedly. Italian pot roast with dried mushrooms added is a delicious dish.

## ONIONS AND THEIR RELATIVES

Many members of the onion family are used more commonly in the West than throughout the nation generally. Leeks, for example. Almost all year bunches of leeks, looking like overgrown green onions, may be found in Western markets. Unlike the green onions, whose mild-flavored cousins they are, leek tops are tender and mild. Usually leeks may be cut into two tender sections, each three or four inches long. When stewed, seasoned with butter, salt and pepper or paprika, and served on crisp toast, they make a delicious addition to the steak dinner, or to one featuring roast chicken or duck. Many who frown on salads with green onions will welcome the same salad mixture when sliced leeks are used instead. Then there are chives; those cun-

ning, tiny little onions whose tops, chopped, add such a delicate flavor touch to salads, cheese mixtures, and such. Ordinary green onion tops, chopped in about quarter-inch lengths, are used by clever Western cooks in potato and other salads, in tomato sauces, and the like, and to sprinkle over such meat dishes as pot roast, as a flavorful bit of garnish, before bringing to the table.

### FRENCH ONION SOUP EN CASSEROLE

6 medium-sized onions, sliced  
 2 tablespoonfuls of butter  
 3 cupfuls of plain stock (or bouillon made from cubes or beef extract)  
 $\frac{1}{2}$  teaspoonful of salt  
 1 teaspoonful of A-1 sauce or kitchen bouquet  
 $\frac{1}{8}$  teaspoonful of celery salt  
 Dash of pepper  
 6 slices of French bread  
 Grated Parmesan cheese

Fry the onions light brown in the butter, then add the other ingredients, and cook gently for 10 or 15 minutes. Pour into a large casserole, or into six individual ones. Place the French bread on top, sprinkle generously with the cheese, and put into a hot oven until the cheese is melted and well browned. Serve in the casserole, with more cheese.

### FRIED ONIONS

Onions may be fried in various ways. In any case, the onions must first be peeled and then cut in slices. To fry onions in deep fat, as is done in the better restaurants, cut the peeled onions in slices about a third of an inch thick. Then slash each slice to the center, so that the onion will be in strings. Roll these pieces in slightly beaten egg white, diluted

with  $\frac{1}{4}$  cupful of milk or water to each egg white, dust them with salt and pepper and toss in fine, dry bread crumbs. Have a frying kettle half-filled with oil, and heat this so that it will brown a bit of bread in a minute ( $375^{\circ}$ ). Put the prepared onion in a frying basket, plunge this in the hot fat and cook until the onion is golden brown. Drain on crumpled paper. To pan-fry them, pour in just enough oil barely to cover the bottom, then add the sliced onions, dusting them with a little salt and a trace of pepper, and fry them gently, lifting them occasionally with a broad-bladed knife so they will not be burned. When done, they should be light brown and very tender.

### POTAGE SOUBISE

6 large onions  
3 tablespoonfuls of butter  
2 tablespoonfuls of flour  
 $1\frac{1}{2}$  teaspoonfuls of salt  
 $\frac{1}{8}$  teaspoonful of pepper  
Slight grating of nutmeg  
1 quart of white stock (veal or chicken)  
1 pint of rich milk  
1 egg  
2 tablespoonfuls of butter

Peel and slice the onions and cook in the three tablespoonfuls of butter for 5 minutes, being careful not to brown the butter or onions. Add flour and seasonings, and when the flour is well mixed with the onions, add stock and cook for 30 minutes. Rub through a sieve, add milk, and boil one minute. Add egg slightly beaten and mixed with a little cold milk or cream, and the two tablespoonfuls of butter a little at a time. Be careful that the soup does not boil after the egg is added. Season as necessary until it tastes just right. Serve with croutons or bread dice sautéed in butter.

### A SIMPLE ONION SOUP

3 onions  
2 tablespoonfuls of bacon fat  
3 tablespoonfuls of flour  
2 cupfuls of boiling water  
2 medium-sized potatoes, boiled and mashed  
1 quart of hot milk  
2 teaspoonfuls of salt  
 $\frac{1}{8}$  teaspoonful of pepper  
2 tablespoonfuls of parsley chopped fine

Peel and slice the onions, and cook in the bacon fat until they are soft; add flour, mix, then slowly add the boiling water, and stir until the mixture is smooth. Add the mashed potatoes to the hot milk. Add seasonings, and combine the potato and onion mixtures. Bring to boiling point, strain, add chopped parsley, and serve with fried bread dice.

In place of the potato, if desired, you may use 3 slices of stale bread.

### PEAS

(See also Vegetables—General, page 33)

### PEAS A LA MADAME

Cut into quarters one small head of lettuce. Place in a casserole with a No. 2 can of small peas (or 2 cupfuls of fresh peas and  $\frac{1}{4}$  cupful of water) and 1 small onion, chopped. Add salt, pepper,  $\frac{1}{2}$  teaspoonful of sugar, and 2 tablespoonfuls of butter. Cover tightly, and bake slowly for 45 minutes to an hour, with an oven meal. Two tablespoonfuls of cream may be added before serving.

### PEPPERS

Peppers, which belong to the nightshade family, are of many types.



*Sweet Peppers.*—There are two groups of peppers: the hot or pungent varieties, classed as spices, and the large, sweet peppers used as vegetables or in salads, pickles, and relishes. These sweet peppers are grown for market in California in quantities. For use as a fresh vegetable peppers should be full-grown but not turned red. Brown discoloration is a sign of decay. Perfect shapes are more desirable for stuffing, but for mincing or cutting the misshapen ones are often usable.

*Anaheim Chili.*—The best-known hot pepper. Long pods. Used for chili con carne, tamales. Alternate spellings—chile and chilli.

*Bell.*—A sweet green or red pepper used for seasonings, salads, and for stuffing:

*Cayenne.*—A hot variety from which cayenne pepper is made.

*Mexican Chili.*—A long, hot pepper similar to the Anaheim.

*Pimiento.*—A mild, sweet pepper with thick meat used for canning. Often confused with pimento, which is allspice from the allspice tree.

*Tabasco.*—A hot seasoning made from small, red, pungent "bird peppers."

### CHILI PEPPER FRITTERS

Chili pepper fritters are attractive and delicious. Use the long, green chili peppers. Wash, cut, and take out seeds and veins. Place in a pan in hot oven until they blister. Remove from the oven and plunge in cold water, then peel. Cut a narrow piece of American cheese the length of the pepper, and place it inside the cavity. Dip the pepper in batter and fry until brown. Make the batter by sifting together  $1\frac{1}{3}$  cupfuls of flour, 2 teaspoonfuls of baking powder, and  $\frac{1}{4}$  teaspoonful

of salt. Mix with  $\frac{2}{3}$  cupful of milk, and 1 egg, beaten until light.

(See also "Chiles Rellenos," in chapter, "Favorite Foreign Recipes.")

### GREEN PEPPERS A LA SEATTLE

This unusual way of stuffing green peppers provides an entire dinner in one kettle. Most men enjoy it very much.

6 green peppers  
 $\frac{1}{2}$  pound of sausage  
 $\frac{1}{2}$  pound of hamburger  
 1 medium onion, chopped  
 1 head of cabbage

Wash cabbage, cut not too fine, and put into a kettle, ready to cook, but do not add water. Wash the peppers and remove the seeds. Mix the sausage, hamburger, onion, and salt and pepper. Then stuff the peppers with this meat mixture and place in the kettle on top of the cabbage. Pour in enough water to cook the cabbage, add salt, and cover with a tight lid. Cook until the meat is cooked (about an hour). This served with salad and dessert makes a very good supper.

### PIMIENTOS

The true pimientos, looking like small, very smooth sweet red peppers, too often are known only as they come from the can. They lend themselves to use both raw and cooked. Rings of their bright, fresh scarlet, linked together across the crisp, white fringed leaves of an endive salad, present a picture that is almost too lovely to disturb. Seeded and parboiled, perhaps 8 or 10 minutes, until tender, they may be used as most delightfully colored and flavored cups for golden buttered corn. Small sizes make a truly beautiful garnish for the pork roast platter.

## RICE

California rice, grown under irrigation in the interior valleys of the state, differs from the chubby long-grain southern rice and the slender-long grain Japan rice in that its grains are short and rounded. Both polished (white) and unpolished (natural brown) rice are on the market.

This California-grown cereal may be cooked in any of the ways recommended for rice generally. The first step toward cooking it really well is thorough washing and then more washing of the rice grains. A mere half-hearted rinsing under the faucet is not at all sufficient. A good procedure is to measure the rice into a fine wire strainer and place this over a bowl under the cold water faucet. As the water runs, rub and scrub the rice grains between the hands, until at last the water runs clear. Then, and only then, is it ready to be cooked.

Cooks who know rice do not add salt to the cooking water, as this yellows the cereal. Take your choice of the following methods of cooking rice:

### BOILED RICE

In order to have about 2 cupfuls of cooked rice, sprinkle  $\frac{1}{2}$  cupful of well-washed rice into 2 quarts of briskly boiling water, so that water does not stop boiling, and cook rapidly, uncovered (to avoid boiling over) for 15 to 20 minutes, or until a kernel is tender when rubbed between the fingers. Lift or stir occasionally with a fork if necessary, to prevent sticking. Drain through a strainer and pour boiling water through to rinse away loose starch. Return to kettle and place over very low heat or in open oven to dry out

slightly. The grains should be separate and fluffy. Serve hot with butter or creamed meat or fish, or use as desired.

### STEAMED RICE

(Oriental style)

Allow at least 2 cupfuls of hot or cold water for each cupful of well-washed rice. Put into a large kettle, cover tightly, and put over quick heat. Cook briskly for 10 minutes after water reaches boiling. Turn down heat, or set kettle where it will have heat enough to cook without actively boiling. In 20 to 30 minutes the rice should be soft and dry, with each grain separate.

### BROWN RICE

Add 1 cupful of well-washed brown rice to  $2\frac{1}{2}$  cupfuls of boiling water; shake pan to level rice, cover tightly, and cook over very low heat for 40 to 45 minutes. The rice will then be dry and ready to serve.

### RICE CROQUETTES

2 cupfuls of cooked rice  
1 tablespoonful of butter  
2 egg yolks  
Beaten egg  
Sifted bread crumbs  
Tart jelly

Into the hot rice, which should be cooked very soft, beat the butter and egg yolks; spread on a platter, and set aside to cool. Cut or mold into round or oval cakes with a depression in the top of each. Roll in slightly beaten egg with a little water, then in fine crumbs, and fry in deep hot fat ( $390^{\circ}$ ) for about a minute, or until delicately browned. Drain, put a dot of jelly in the depression of each croquette, and serve on the platter with game or poultry.

## WILD RICE

Wild rice grows in the swamps of the West, but is not harvested to any great extent. It is, however, a favorite accompaniment for wild duck during the Western hunting season. To cook it, look over and wash in cold water, then put into boiling salted water or into boiling meat stock to cover, and cook briskly for about 30 minutes. Drain; add butter and salt and pepper to taste, and serve piping hot.

## BROWNEED RICE CAKES TO SERVE WITH MEATS

Cook 1 cupful of rice with 3 cupfuls of hot milk in double boiler for 45 minutes. When nearly done, add butter the size of a walnut, and salt to taste. Pack tightly in small pan. When cold, turn out, slice, roll in flour, and fry brown in butter.

## RICE OMELET

Add 1 teaspoonful of minced parsley and  $\frac{1}{2}$  cupful of cooked white or brown rice to the beaten yolks of 3 eggs, with 3 tablespoonfuls of milk or water. Fold in the beaten whites and cook slowly in a buttered frying pan; finish in a hot oven to dry off the top. Fold, turn out, and serve with a well-seasoned tomato sauce.

## RED RICE

- 1 small can of tomatoes (2 cupfuls)
- 1 cupful of steamed rice
- $\frac{1}{2}$  tablespoonful of salt
- 2 slices of bacon, finely chopped
- Dash of cayenne pepper
- 1 green pepper, chopped

Stew tomatoes, and stir in rice with a fork. Add the other ingredients and simmer for about 30 minutes, or place in a baking dish in the oven for the same length of time, if preferred.

## GREEN RICE

This rice dish is unusual and very good. Cook 1 cupful of rice. Add 1 cupful of milk, 1 egg, 1 cupful of grated cheese, half a large green pepper (minced),  $\frac{1}{2}$  cupful of parsley (minced), and half a clove of garlic. Mix thoroughly, put into a baking dish, and pour over it  $\frac{1}{2}$  cupful of salad oil. Bake about one hour in a moderate oven ( $350^{\circ}$ ).

## BAKED ITALIAN RICE

- 4 cupfuls of cooked rice
- 1 cupful of stoned olives, cut in pieces
- $\frac{1}{2}$  cupful of onions, cooked and cut in pieces
- $\frac{1}{2}$  can of chilies, cut up
- $\frac{1}{2}$  pound of grated cheese
- 1 large can of tomatoes and juice
- 1 tablespoonful of butter

Put rice, olives, and onions in a casserole and mix with a fork. Add chilies and half of cheese, and mix. Then over all pour tomatoes (which have been mashed fine) and juice. Sprinkle cheese over top and dot with butter. Bake from  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour in a moderate oven ( $375^{\circ}$ ).

This is a fine substitute for meat, and is as good cold as hot.

## RICE BUTTERSCOTCH

- $\frac{1}{3}$  cupful of rice
- $1\frac{1}{2}$  cupfuls of scalded milk
- 1 cupful of brown sugar
- $\frac{1}{4}$  teaspoonful of salt
- 2 tablespoonfuls of butter

Wash the rice very thoroughly, put into a double boiler, and add the milk. Cover and cook until nearly tender. Mix in a saucepan the brown sugar, salt, and butter, and stir over a slow fire until the sugar is melted. Stir into the rice and finish cooking. Pour into molds, cool, and serve with either plain or whipped cream.

**TUNA FISH AND RICE**

- 1 can of tuna fish or 1 cupful of salmon
- 1½ cupfuls of steamed rice
- 3 tablespoonfuls of butter
- 1½ tablespoonfuls of flour
- 2 cupfuls of milk
- ½ cupful of grated cheese
- 1 teaspoonful of salt
- ⅛ teaspoonful of pepper
- ⅛ teaspoonful of paprika

With a fork, just roughly blend together fish and rice. Melt butter, add flour, add milk slowly and stir until smooth. Add cheese, salt, pepper, and paprika. Place rice and fish in an oiled baking dish, pour cheese sauce over, and bake in a moderate oven (350°) until a delicate brown.

**OLD-FASHIONED BAKED RICE PUDDING**

Add ½ cupful of washed rice to 1½ quarts of milk, ¾ cupful of sugar, and ½ teaspoonful of vanilla in a baking dish. Bake for 2 to 3 hours very slowly (at 250°), occasionally stirring in the brown crust that forms.

**CHOCOLATE RICE PUDDING**

- ½ cupful of uncooked rice
- 4 cupfuls of milk
- ⅔ cupful of sugar
- ½ teaspoonful of salt
- ¼ cupful of ground chocolate

Mix ingredients and turn into a buttered casserole and bake in a moderate oven (375°) until a golden brown on top.

**BROWN-SUGARED RICE**

This dish is boiled rice, either with or without raisins. After the rice is cooked, and is still steaming hot, pour it into a deep dish which has in the bottom of it a cupful of brown sugar. When this is cooled,

turn out and serve with rich cream. The brown sugar melts and settles into the rice, lending a sweetness and a delicate flavor that makes a new dish out of boiled rice.

**SALSIFY**

Salsify, looking somewhat like a small parsnip with rough, brown skin, darkens quickly when scraped, so should be protected by being cleaned under water, then dropped as cut into salted or slightly acidulated cold water. (Use 1 tablespoonful of vinegar to each quart of water.) Though the flavor is good when salsify is cooked and seasoned with butter, salt, and pepper, the grayish color is somewhat against it. A better appearance is given by a cream or cheese sauce, or when it is used in combination with corn in a scalloped dish. Cream soup, flavored with salsify, really resembles that made with oysters.

**SCALLOPED SALSIFY**

This makes a nice substitute for scalloped oysters for holiday menus.

- 3 tablespoonfuls of butter
- 3 tablespoonfuls of flour
- 2 cupfuls of milk and water

Scrape and cut enough salsify into half-inch slices to measure 1 quart. Cook tender in a small amount of salted water. Add the salsify to a thin cream sauce made by melting 3 tablespoonfuls of butter, smoothing 3 tablespoonfuls of flour into it, and adding 2 cupfuls of milk, part of which may be the water drained from the cooked salsify. Cook slowly and stir until smooth. Add the salsify, season with salt and pepper to taste, pour into a buttered baking dish and cover generously with buttered bread or cracker crumbs. Bake in a mod-

erate oven of 350 degrees for 25 minutes. Serves six.

## SPINACH

(See also Vegetables—General, page 33.)

### SPINACH LOAF WITH TOMATO SAUCE

Drain  $1\frac{1}{4}$  cupfuls of cooked or canned spinach. Chop fine and add 1 cupful of sifted dry bread crumbs, 1 cupful of grated cheese, 1 well-beaten egg, 1 teaspoonful of salt, a dash of pepper, and 1 tablespoonful of lemon juice. Pour into a buttered bread pan and bake in a moderate oven ( $350^{\circ}$ ) about 25 minutes, or steam over boiling water about the same length of time. When cooked, unmold on a platter and pour 2 cupfuls of hot tomato sauce around the loaf.

## SQUASH

Squash, as such, is scarcely a "Native Son of the Golden West"; yet in what Eastern-written cook book will you find mention of zucchini, the little green Italian summer squash so much used throughout the West?

There are several types of summer squash (really summer pumpkins, used green) that are popular here: Crook-neck, usually deep yellow but sometimes white with warty skin, and a long, crooked neck; cushaw, smooth, with curved or straight neck and enlarged "body"; vegetable marrow or English marrow (which zucchini resembles), about the shape of a cucumber, cream color to dark green with lighter stripes running lengthwise; the patty pan, quaintly scalloped, pale green or white, and shaped like a small shallow bowl; the cream

squash, round with thin, white skin and yellow meat, bordering slightly on the winter type of squash. There is also the New Guinea Bean, a novelty vine which develops a fruit two to three feet long. The "bean" may be sliced or diced and cooked as directed for summer squash generally.

A "new" variety of squash for the American table but one which has been a staple food for centuries in some Central American countries is the chayote (*chä-yō'-tay*), a one-seeded squash sometimes called vegetable pear, mango squash, or mirlition. In the last few years there has been increasing interest in the growing of chayotes for home use and local markets in the West. The fruit varies in size from three ounces to three pounds.

The chayote may be plain boiled, mashed, fried, stuffed and baked, used cold in salads, in fritters, or made into sweet pickle. Unlike most other squash, the chayote holds its form perfectly after being cooked. Its flavor is delicate—to some persons it tastes like stewed oysters. The root, which becomes tuberlike after the first season, is starchy and may be boiled and eaten.

Common summer squash is so easily grown in the home garden that every home in Sunset Land might well have six or eight hills of squash—which number will undoubtedly be sufficient to supply the entire neighborhood! It is at the same time one of the least expensive vegetables to buy in the market, and is the simplest thing possible to cook.

In choosing summer squash of any variety, select those that are not too large, for the seeds in large ones will be coarse and unpleasant. The skin should be so tender as to be easily cut by the thumb nail. Small firm squash is best always, except possibly for stuffing.

### How to Cook

All shapes and sizes of Western summer squash may be cooked whole, without peeling, in a covered saucepan with just enough boiling salted water to keep them from burning. (If seeds are coarse, remove them before cooking.) The vegetable may then be mashed and seasoned and served at once, or served without mashing. This vegetable may also be quartered or diced and cooked as directed above, then mashed if desired, or may be added to a small amount of well-seasoned cream sauce. Other ways of preparing the different varieties are given below.

#### SUMMER SQUASH, BOILED

Pare and cut in slices three summer squashes, remove the seeds if coarse, and cut the slices into cubes. Put them into a saucepan, barely cover with boiling water, add a teaspoonful of salt, and boil 15 to 20 minutes. When done, drain in a colander and press gently; then mash fine, turn into a strainer cloth, and squeeze until the squash is dry. Now put into a small saucepan a table-spoonful of butter and the squash, add salt and pepper to taste, stir until thoroughly heated, and serve.

#### FRIED SUMMER SQUASH, SIMPLICITY

Cut into slices, dust with salt and pepper; dip first in beaten egg and then in bread crumbs, and fry in a small amount of hot fat in a skillet. Serve as egg plant, with tomato sauce or cream sauce.

#### SUMMER SQUASH, FRIED IN BATTER

Wash and slice squash, sprinkle with salt, and let stand until time

for cooking. Make a batter of 1 egg, 3 tablespoonfuls of flour, 4 tablespoonfuls of corn meal, and just enough milk to make a thick batter. Beat thoroughly, then dip slices of squash into the batter and drop into a frying pan of deep hot fat (370°). Let brown, drain on crumpled paper, and serve hot.

#### SUMMER SQUASH AND CATSUP

Boil quartered summer squash uncovered till just tender. Add butter, salt and pepper to taste. Serve with tomato catsup.

#### SUMMER SQUASH, NATIVE SON

Cut off the corn from four ears. Wash one pound of summer squash, and cut in one-inch cubes. Put them, with the corn, in a bowl and add 3 peeled tomatoes cut in cubes. In a casserole put 1 chopped onion with half a cube of butter, and simmer until yellow, then add the corn, tomato, and squash, season with salt and pepper, cover, and simmer for 30 minutes.

#### STUFFED SQUASH

Parboil whole 15 minutes. Remove a slice from blossom end of flat squashes; cut long squashes in half lengthwise. Remove seeds and fill the center with:

$\frac{1}{4}$  cupful of cooked rice  
 $\frac{3}{4}$  cupful of soft crumbs  
 $\frac{1}{2}$  teaspoonful of salt  
 2 teaspoonfuls of lemon juice  
 3 tablespoonfuls of butter or  
 bacon fat

An egg may be added  
 A slice of bacon may be placed on  
 each squash

Cover bottom of the pan with water, put in squash, and bake until tender, basting occasionally.

## BAKED SQUASH

Steam or parboil the whole squash 15 minutes. Cut long squash in half lengthwise; remove a slice from end of flat squashes. Place salt, sugar, and butter on each squash. Bake in a slow oven till tender. Instead of sugar and butter, a strip of bacon may be placed on each squash.

## SUMMER SQUASH CUSTARD

2 pounds of summer squash  
 ½ pound of well-flavored American cheese  
 Pepper  
 ½ teaspoonful of salt  
 2 eggs  
 ¾ cupful of milk  
 Corn flakes  
 1 tablespoonful of butter

Boil the summer squash until very tender, drain, and put into a deep baking dish. Add the cheese, except a little which should be reserved for the top, cut in small pieces. Add a bit of pepper and the salt, the eggs beaten just enough to blend yolks and whites, and the milk. Sprinkle the remaining cheese over the top of the squash, then cover all with crushed corn flakes. Dot with butter and bake slowly (at 325°) for 30 minutes, or until the top becomes a delicious brown and the mixture is firm when tested with a silver knife.

### Italian Squash

Here are eight favorite ways of preparing Italian summer squash, or zucchini.

### FRENCH FRIED ZUCCHINI

6 zucchini or more  
 3 eggs  
 1 cupful of salad oil  
 1 teaspoonful of salt

Cut the zucchini lengthwise in thin slices, and dip first in salted

flour, then in the 3 eggs beaten up well. Heat the cupful of oil in a heavy skillet. When hot, put in the zucchini a few slices at a time and fry until golden brown on both sides. Pile on a hot platter and sprinkle with salt. Serve hot. Delicious with steak.

### ZUCCHINI WITH CHEESE

6 or 8 small Italian squash, sliced thin without peeling  
 1 small onion, sliced thin  
 3 tablespoonfuls of butter  
 3 tablespoonfuls of salad oil  
 Pinch of salt  
 Sprinkle of pepper and allspice  
 Tomato sauce (if desired)

Fry the squash and onion with the butter and oil until a nice brown. Sprinkle with salt and allspice. Put on a hot platter, sprinkle with grated Italian cheese, and serve at once. If tomato sauce is desired, a small amount may be added after the squash is fried. It should then be heated through thoroughly, or put into the oven for a few minutes before serving.

### BROILED ZUCCHINI

Slice the squash lengthwise, about one-quarter-inch thick. Sprinkle the slices with salt and pepper, and dredge very lightly with flour. Sprinkle generously with salad oil. On a baking sheet which has been rubbed with a cut clove of garlic and then oiled lightly place the slices of squash, and bake in a hot oven (450°) for 20 to 30 minutes, or until very tender when tried with a fork. If not sufficiently brown, they may be slipped under the broiling flame for a few minutes. Serve with broiled lamb chops, baked potatoes, and a green salad, for a delicious meal.

### ESCALLOPED ZUCCHINI WITH CHEESE

- 2 tablespoonfuls of fat
- 1 medium-sized onion, sliced
- 1 clove of garlic
- 4 medium-sized zucchini or summer squash, cut into 1-inch cubes without peeling
- 1 can of tomatoes
- 1 tablespoonful of finely chopped parsley
- $\frac{1}{2}$  cupful of cracker crumbs
- Seasonings
- $\frac{1}{2}$  cupful of cheese

Place fat in skillet and, when hot, add onion and cook for 5 minutes, then add garlic, slightly bruised and mashed. Cook for a few minutes, then remove the garlic. Add the zucchini or squash, together with tomatoes, parsley, and cracker crumbs. Season well, and pour into a casserole, sprinkle cheese over the top, and bake in a moderate oven ( $350^{\circ}$ ) with cover on casserole for 45 minutes, or until tender, then remove cover and let brown nicely.

### STUFFED ZUCCHINI

(With meat)

- 1 pound of hamburger
- $\frac{1}{4}$  cupful of uncooked rice, washed thoroughly
- $\frac{1}{4}$  cupful of milk
- $\frac{1}{2}$  onion, cut in small pieces
- 1 teaspoonful of salt
- $\frac{1}{2}$  teaspoonful of pepper
- 6 or 8 medium-sized squash
- 1 can of tomato puree

Mix hamburger, rice, milk, onion, salt, and pepper well together. Cut off stem ends of squash and scoop out centers. Fill with meat mixture packed loosely to give rice room to expand. Put the tomato puree into a large kettle or waterless cooker; heat, then lay the stuffed squash carefully in the warm tomato sauce. Let simmer slowly for an hour, or until rice is soft. Serve with tomato

sauce over the top. Any left-over meat may be cooked, dropped into the tomato sauce around the squash, and also the squash that was scooped out from the centers. This all makes a very delicious one-dish meal.

### BAKED STUFFED ZUCCHINI

(Without meat)

- 6 Italian squash, medium size
- $\frac{1}{2}$  a small loaf of dry bread
- 1 teaspoonful of salt
- $\frac{1}{2}$  teaspoonful of pepper
- $\frac{1}{2}$  teaspoonful of thyme or sage
- 1 small onion, chopped fine
- 1 egg, beaten

Wash the squash and cut off both ends. Boil 20 minutes, or until tender, then drain. When cool, cut in halves lengthwise and with a teaspoon scoop out the centers. Crumble the bread into small pieces, add the salt, pepper, thyme, onion, centers of squash, and the beaten egg. Mix thoroughly. Place the squash shells in a well-oiled baking pan and then fill them with the mixture. Sprinkle with grated American or Italian cheese and a little oil, and bake in a moderate oven ( $375^{\circ}$ ) for 20 minutes or until tender and brown. Serves six persons, allowing two halves to each person.

That same convenient little hollow may hold any one of several kinds of meat. Small sausage balls, link sausages, pork chops, bacon strips, and small cubes of salt pork all serve to make a good vegetable taste still better.

### SIMPLE ESCALLOPED ZUCCHINI

Steam zucchini or chayotes. Place in baking dish in layers alternating with grated cheese and soft crumbs, seasoning each layer. Bake until brown in a moderate oven ( $375^{\circ}$ ).



## ZUCCHINI BAKED WITH BACON

Zucchini about the size of salad cucumbers may be split in half, unpeeled, the cut side covered with a slice of bacon, the two halves put together and held in place with toothpicks, then baked until brown and tender, about half an hour in a moderate (375°) oven.

### Danish Squash

The Danish squashes begin to arrive late in summer, and then their fine yellow meat resembles the more firm varieties of summer squash. When fully ripe the texture is much drier, but still has the same fine quality. At any time these little squash will steam or bake with remarkable speed; 15 to 25 minutes is sufficient cooking time.

The convenient size (a half squash usually making one good serving) adapts it to ever so many forms of serving. Coming as the first ones do, in the height of the tomato season, suggests fitting half a tomato into the hollowed-out squash. Seasonings and buttered crumbs top off both, and half an hour in a moderate oven brings to the table a very good-looking and delicious vegetable, a fine one for the vegetable dinner.

### Winter Squash

Besides the old national favorite, the Hubbard squash, at least two other varieties of winter squash are popular here in the West: the small Danish or Table Queen squash, green to orange in color, and the banana squash, large and long, and a soft orange in color as to both shell and flesh. The cream squash, mentioned under summer squash, is also treated as a hard-shell squash.

## STEAMED WINTER SQUASH

Put prepared pieces of squash into perforated upper part of steamer, cover tightly, and fit into lower part of steamer in which are about three inches of boiling water. Cook until squash is just tender, allowing  $\frac{1}{4}$  to  $\frac{1}{3}$  longer time than that advised above for baking. Remove from steamer, add salt and butter or other seasonings, and serve at once; or scrape from the shell, mash and season and serve in a bowl.

## WINTER SQUASH, BAKED

Buy any amount desired (your grocer will cut off a piece the size you wish); cut into serving-size pieces, scrape off fiber and seeds, sprinkle with salt and pepper, dot with butter, and bake until tender (15 to 25 minutes for banana squash, 45 to 60 minutes for Hubbard) in a moderate to hot oven (375° to 425°). Serve at once, with butter.

## SQUASH SOUFFLE

2 cupfuls of hot, steamed squash  
 $\frac{1}{4}$  cupful of butter  
 2 tablespoonfuls of brown sugar  
 1 teaspoonful of salt  
 $\frac{1}{8}$  teaspoonful of pepper  
 $1\frac{1}{2}$  cupfuls of half milk and cream  
 2 beaten egg yolks  
 2 egg whites, beaten stiff

Force squash through a sieve, add the brown sugar, butter, salt, pepper, milk, cream, and egg yolks beaten. Fold in the beaten egg whites and place in a buttered baking dish. Bake in a moderate oven of 350 degrees until firm and lightly browned. This makes a delicious dish for the Christmas dinner.

**SWEET POTATOES****SWEET POTATOES FRIED  
IN MARMALADE**

- 4 or 5 sweet potatoes (canned ones may be used)  
2 tablespoonfuls of butter  
3 tablespoonfuls of orange marmalade  
Seasonings of salt and pepper to taste

Boil sweet potatoes with skins on. When tender, drain, peel, and slice. Heat the butter in a skillet, add the marmalade, then the sliced potatoes, and fry until brown. Add seasonings of salt and pepper to taste.

**MISS SHAPLEIGH'S SWEET  
POTATOES IN CASSEROLE**

Pare raw sweet potatoes and cut them in sticks as for French fried potatoes. Put into a casserole a layer of the potatoes; sprinkle over them about 2 tablespoonfuls of brown sugar and distribute about a tablespoonful of butter in dots, then dust with a mere suspicion of cinnamon. Repeat until potatoes are used. Pour about  $\frac{1}{4}$  cupful of water into the casserole, put on the cover, and bake slowly (at  $325^{\circ}$ ) for from an hour to an hour and a half, stirring once or twice; remove the lid the last 30 minutes in order to dry off and brown the potatoes slightly.

**TOMATOES****STUFFED TOMATO SALAD**

- 6 firm tomatoes  
1 cupful of celery, cut fine  
 $\frac{1}{2}$  cupful of minced ripe olives  
 $\frac{3}{4}$  cupful of shredded shrimp  
Mayonnaise  
Seasonings

Peel tomatoes. Scoop out a small quantity of pulp from the center of each. Sprinkle the inside with salt, invert and let stand to chill. Mix

celery, olives, shrimps, and seasonings with mayonnaise to moisten. Fill tomatoes with mixture, garnish with mayonnaise, and serve on crisp lettuce.

**FRIED TOMATOES**

- 6 medium-sized, solid tomatoes  
Flour, salt, pepper, and sugar  
 $\frac{1}{2}$  pint of cream

Wash the tomatoes, but do not peel them. Cut in halves crosswise, dredge with flour, and season with salt and pepper and a little sugar. Fry in butter until a nice brown, let simmer a few minutes, then pour the cream over and cook a few minutes longer. Serve on rounds of hot toast. These make a delightful main dish for lunch, or may be served at dinner if the menu is not otherwise very rich. Whether this is an expensive dish or not depends upon the current price of cream.

**TOMATO SANDWICH SALAD**

Put slices of tomatoes together with filling of mashed avocado, or cottage cheese, mixed with chopped chives or onions. Top with mayonnaise.

**BROILED TOMATOES**

Wash but do not peel tomatoes; cut them in halves crosswise, and dip cut surfaces in salad oil or melted fat, then in seasoned flour and cornmeal. Place in a baking pan, skin side down, and broil gently until tomatoes are tender and nicely browned on top. Tomatoes prepared thus may be fried in oil or butter instead of being broiled.

**JELLIED TOMATO SOUP**

An interesting, different appetizer with which to start a dinner on a sultry day is jellied tomato soup.

This is nothing more than tomatoes to which gelatine has been added. When firm and cold, the jelly is put through a ricer or sieve and served in cold soup dishes with a garnish of salted whipped cream. Here is a good recipe to use:

### TOMATO JELLY

- 1 quart of canned tomatoes
- 1 cupful of water
- 2 teaspoonfuls of sugar
- 1 sliced onion
- 3 cloves
- 1 tablespoonful of vinegar
- 1 teaspoonful of salt
- 2 tablespoonfuls of granulated gelatine
- ½ cupful of cold water

Combine the tomatoes, water, and seasonings and simmer 20 minutes. Strain. There should be about 3 cupfuls of the juice. Soak the gelatine 5 minutes in the cold water; add it to the hot tomato mixture, stirring until dissolved. Place in a large dish and chill in the refrigerator until needed.

### TOMATO CUSTARD

- 3 eggs
- 1 No. 2½ can of tomatoes
- ½ onion, grated
- ½ cupful of cracker meal
- Salt and pepper

Beat eggs slightly, add to tomatoes with seasonings and cracker meal. Bake in individual molds in a pan of water in a moderate oven (350°) until set, about 30 minutes. Turn out on squares of hot toast and serve with cheese sauce.

Little red or yellow pear-shaped tomatoes, abundant in September and October, are much used for pickles and preserves. They are equally good for salads, especially those of fish or chicken where a tomato garnish is desired.

## VEGETABLES (GENERAL)

Vegetables, in general, fall into a few definite classes, according to the way in which they should be cooked. It is easy to remember these general rules, and, once they are learned, it is rarely necessary to look in a cook book to find out how to cook even an unfamiliar vegetable.

First of all, we want to preserve the attractive fresh appearance as well as the flavor of the vegetable, whatever it may be. Slow cooking and over-cooking are to be avoided. Always put fresh vegetables to cook in rapidly boiling water, which has been boiling several minutes to drive out the air. This is to reduce oxidation of precious vitamins to a minimum. Always remove from fire and drain immediately when the vegetable is tender. Here are specific rules for the various groups of vegetables.

1. *Cook tender, leafy greens in just the water that clings to them when they are lifted from their final bath of cold water.* Put into a kettle with a cover to start cooking, until the juices run. Lift or stir occasionally to prevent scorching. Cook until *barely* tender. Time necessary: spinach, 8 to 15 minutes; Swiss chard, 20 to 30 minutes. Stronger-flavored greens, as dandelion, mustard, beet or turnip tops, require water to cover, and should be cooked 20 to 30 minutes. Water in which ham has been boiled is excellent for cooking greens, if not too salty. Drain and chop greens before serving.

2. *Cook young, sweet-flavored vegetables (carrots, celery, peas, summer squash, tomatoes) in barely enough boiling salted water to keep them from scorching.* To preserve the color of green peas, cook with-

out a lid. A pinch of sugar added helps the flavor.

3. *Cook strong-flavored vegetables* (all the cabbage family; onions, turnips, rutabagas; kale, turnip tops, beet greens, dandelion greens, mustard greens; old beets or carrots) *in a large amount of boiling salted water, uncovered*, so that the odor will not be unpleasantly strong in the kitchen or the rest of the house.

4. *Cook all other fresh vegetables* (green and wax beans; young beets, asparagus, artichokes, limas, parsnips, potatoes, sweet corn) *in enough boiling salted water to cover*.

5. After washing and picking over, soak dried vegetables overnight in water to cover; drain, cover again with cold water and heat slowly to boiling, then cook gently until tender, adding more water from time to time if necessary, and adding salt and other seasonings if desired during the cooking. Dried beans of all varieties (navy, kidney, black, marrow, lima, and garbanzos or Mexican beans), dried whole or split peas, and lentils belong to this class. The time required runs from about 30 minutes for limas to 3 or 4 hours for navy beans and others. Test by mashing one or two with a fork. Salt pork or a ham bone are favorites for adding flavor to these hearty vegetables.

### Vegetable Plate Meals

(Suggested Combinations)

Tomato Custard                  Cole Slaw  
Buttered Artichoke          Rice au Gratin

Baked Stuffed Zucchini (with ham)  
String Beans                  Creamed Carrots  
Sliced Tomatoes

Eggplant Creole  
Corn Fritters                  Mashed Zucchini  
Buttered Cauliflower

Asparagus with Hollandaise Sauce  
Buttered Carrots and Peas  
Creamed New Potatoes          Broccoli

Mashed Rutabagas  
Creamed Celery Root  
Baked Sweet Potato          Spinach

Asparagus and Pea Timbales  
Cabbage au Gratin  
Stuffed Baked Summer Squash  
Buttered Carrots

Tomato Stuffed with Halibut  
Sliced Cucumbers  
French Fried Zucchini  
Buttered Rice Mold

Bell Peppers Stuffed with Corn  
Mashed Sweet Potato  
Creamed Celery Root and Celery  
Pickled Beets

Zucchini Creole  
Mashed Banana Squash  
Baked White Potato  
Lima Beans

Corn Creole  
Cauliflower au Gratin          Swiss Chard  
Buttered Onions

Cauliflower with Mock Hollandaise  
Sauce  
Broiled Tomatoes          Buttered Peas

Chopped and Buttered Spinach  
Carrot Balls  
Baked Onion Stuffed with Buttered  
and Seasoned Crumbs

Green Corn  
Glazed Sweet Potato  
Buttered String Beans

Baked Peppers Stuffed with Rice  
Grilled Eggplant          Buttered Beets  
Cole Slaw with Russian Dressing

Baked Carrots Stuffed with Onions  
Broccoli  
Baked Potato in Half Shell

Fried Macedoine of Tomatoes,  
Onions, and Green Peppers  
Beans  
Asparagus with Browned Butter

### Vegetable Salads

(For salad dressing recipes, see Index)

#### SAN JOSE RAW VEGETABLE SALAD

Combine approximately equal parts of raw spinach, lettuce, cauliflower cut or chopped fine, and shredded raw carrots. Marinate for 30 to 45 minutes (not longer) in French dressing, and serve on lettuce. Especially suitable for serving a large number of persons.

#### GREEN COMBINATION SALAD (With French Dressing)

- 1 head of lettuce
- 1 head of romaine
- 1 head of chicory
- 1 bunch of watercress

Wash carefully, separate, and then tear in shreds. Serve in a bowl with French dressing or mayonnaise thinned with lemon juice and highly seasoned with mustard and black pepper.

#### JELLIED COMBINATION VEGETABLE SALAD

- 2 tablespoonfuls of gelatine
- $\frac{1}{2}$  cupful of cold water
- 2 cupfuls of boiling water
- $\frac{1}{2}$  cupful white, mild vinegar
- 2 tablespoonfuls of lemon juice
- $\frac{1}{2}$  cupful of sugar
- 1 teaspoonful of salt
- 1 No. 2 can "vegetables for salad"  
(or 1 pint of mixed fresh cooked vegetables)
- 1 pimiento, cut fine

Soak gelatine in cold water for 5 minutes, then add boiling water, vinegar, lemon juice, sugar, and salt. Set aside until cool. When almost congealed, add vegetables, cutting string beans and asparagus tips

in three or four pieces; pour into either one large mold or individual molds. To serve, turn out on lettuce and garnish with mayonnaise, olives, and radishes.

### SAUCES FOR VEGETABLES

French dressing and mayonnaise are as delightful sauces for hot vegetables as they are for cold. Young beets and greens, asparagus, spinach, string beans, Brussels sprouts, broiled tomatoes, and a number of others are excellent with French dressing poured over them. Mayonnaise is fine with hot artichokes and asparagus as well as with cold or with any other vegetable with which Hollandaise is used. Mustard mayonnaise (made by mixing prepared mustard and lemon juice, to taste, with mayonnaise) is splendid with either hot or cold artichokes. Melted butter, plain or with lemon juice added, is good with artichokes; or it may be mixed half-and-half with chili sauce and heated together to make a delicious sauce.

#### QUICK HOLLANDAISE

- 4 egg yolks
- $\frac{1}{2}$  cupful of melted butter
- $\frac{1}{4}$  teaspoonful of salt
- $\frac{1}{8}$  teaspoonful of paprika
- $\frac{3}{4}$  cupful of boiling water
- 2 tablespoonfuls of lemon juice

Stir egg yolks, adding melted butter gradually. Season with salt and paprika. Add boiling water, stirring constantly. Put into double boiler and cook just until thickened. Remove from fire and add lemon juice. Serve hot or cold with hot artichokes or other vegetables, or with fish. (Serves six.)

## REAL HOLLANDAISE SAUCE

$\frac{1}{2}$  cupful of butter  
 2 egg yolks  
 1 tablespoonful of vinegar or  
 lemon juice  
 $\frac{1}{4}$  teaspoonful of salt and few  
 grains of cayenne

Divide the butter into three pieces. In a double boiler or saucepan place one piece of butter, the egg yolks and vinegar or lemon juice. Place over steaming (not quite boiling) water and stir constantly until the mixture thickens; add a second piece of butter, and as it melts, the third and last piece, stirring steadily the entire time. When butter is all melted, remove from heat, add seasonings, and beat until smooth and glossy.

This sauce should be served as soon as made as it cannot be reheated without danger of separation. If the butter does separate from the egg, add one or two tablespoonfuls of boiling water or cream, and stir vigorously until the mixture blends and is smooth. One hears how difficult it is to make a Hollandaise sauce, but it is easy if care be taken to prevent separation during the first cooking before all the butter has been added. Do not allow the saucepan to stand in the boiling water, even when the sauce is finished. This is one of the finest sauces made, and is a great addition to fresh asparagus or artichokes.

## MOCK HOLLANDAISE

Into 1 cupful of medium-thick white sauce stir the beaten yolks of 2 eggs; add, a piece at a time,  $\frac{1}{4}$  to  $\frac{1}{2}$  cube of butter, and stir until melted. Lastly, stir in 1 tablespoonful of lemon juice, add a dash of cayenne, and serve at once.

## EASY HOLLANDAISE SAUCE

2 tablespoonfuls of butter  
 1 tablespoonful of flour  
 $\frac{1}{2}$  teaspoonful of salt  
 Yolks of 2 eggs  
 Pepper  
 1 cupful of water  
 1 tablespoonful of lemon juice

Melt butter and add flour. Bring to the boiling point, then add slowly to beaten egg yolks. Add salt and pepper and lemon juice, and cook, with constant stirring, over hot water until thickened. Serve immediately.

## CHANTILLY SAUCE

Fold into Hollandaise sauce, made as above,  $\frac{1}{2}$  cupful of whipped cream. Very rich.

## BROILED MAYONNAISE

1 cupful of mayonnaise  
 1 egg white, beaten stiff  
 Lemon juice, salt, and pepper to  
 taste

Fold the beaten egg white into the mayonnaise, season well, pour into a shallow oven-proof casserole or pie plate, and brown lightly under the broiler. Do not attempt to bake this. Serve with asparagus, spinach, etc. Delicious and different.

VICTOR SALAD DRESSING  
FOR VEGETABLES

2 pinches of salt  
 1 pinch of fresh ground black  
 pepper  
 1 tablespoonful of tarragon vinegar  
 2 tablespoonfuls of olive oil  
 1 teaspoonful of chopped chervil

Mix and serve on salad greens or on vegetables, as cooked celery.

**NEVER-FAIL HOLLANDAISE**

$\frac{3}{4}$  cupful of water

Juice of 1 lemon

Pinch of salt

1 tablespoonful of cornstarch

2 egg yolks

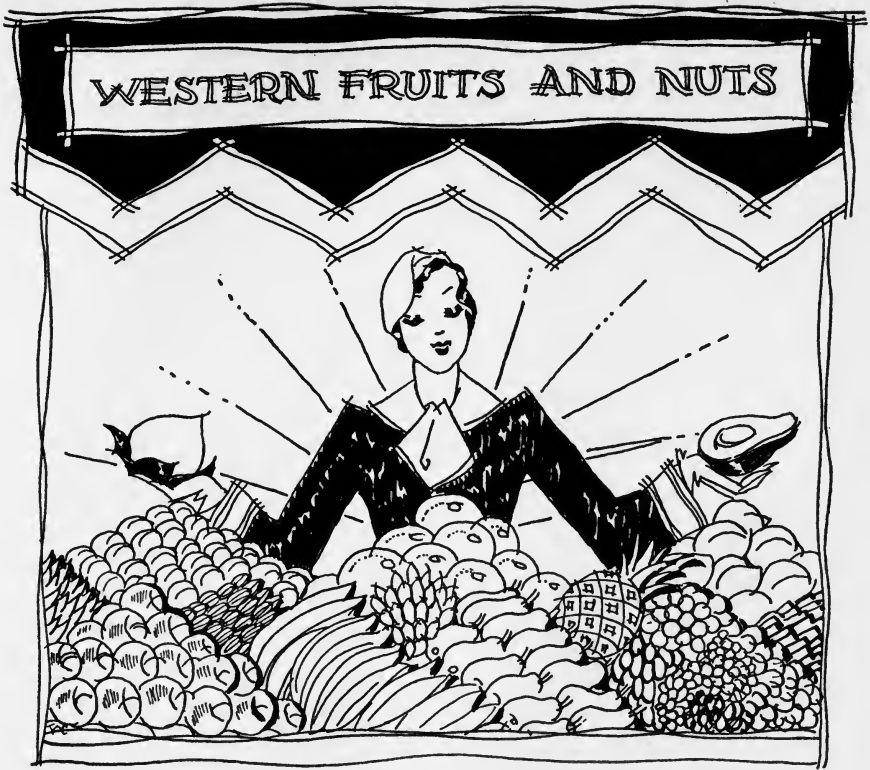
2 tablespoonfuls of butter

Heat water, lemon juice, and salt

in upper part of double boiler. Add the cornstarch dissolved in a little cold water, and cook, stirring, until smooth and thick (about 10 minutes altogether). Remove from stove and pour over unbeaten yolks of eggs; put back into double boiler, add butter, and reheat. This will not curdle.







The West is still a land of gold. If you doubt it, look about you on your next trip to market. Golden oranges, grapefruit, lemons, apples, apricots, peaches, pears—edible gold, nestled among the rich green of avocados, the crimson of cherries, the red-purple of grapes, the rich brown of nuts. Best of all, these are riches we can all share, whether we have much or little money to spend. Was ever mere eating such an adventure, such a thrill?

## WESTERN FRUITS

Fresh or cooked, in salads, relishes, and desserts, our Western fruits occupy a highly important place in our daily menus.

### APPLES

Early apples are not so important here in the West as in some other parts of the country, probably owing to the fact that peaches, grapes, and other luscious summer fruits compete too strongly for favor. Fall and winter apples, however, are tremendously important, from the famous Wenatchee Valley of Washington to southern California. Gravenstein and Yellow Bellflower, for fall, and Yellow Newtown Pippin and White Winter Pearmain are perhaps the most common and most popular California apples, while Delicious, Jonathan, Northern Spy, and Grimes Golden are among the general favorites in the Northwest.

### OLD-FASHIONED APPLE SALAD

Tart apples, diced  
Pineapple, cubed  
Oranges, cut small  
Celery, cubed  
Bananas, cubed  
Marshmallows, cut small  
Nuts  
Dates  
Boiled dressing, mixed with whipped cream

Mix any desired quantity of the fruits listed; pineapple or orange will keep the apples from turning dark, even though the salad stands for some time. Mix lightly with boiled dressing made fluffy with whipped cream.

### BAKED APPLE DELIGHT

In a baking dish put alternate layers of sliced Gravenstein or other

firm apples (peeled or not, as you wish) and sugar. Cover and bake in a very slow oven (300°) for 2 or 3 hours, depending on the quantity of apples. Serve cold with whipped cream. This is an extremely delicate dish, the texture being much like that of jelly.

### APPLE SAUCE CAKE

(Grows better with age)

1 cupful of brown sugar  
½ cupful of shortening  
1 cupful of thick, unsweetened apple sauce  
1 egg  
1 teaspoonful of cinnamon  
½ teaspoonful of nutmeg  
¼ teaspoonful of cloves  
¼ teaspoonful of allspice  
½ teaspoonful of salt  
1½ cupfuls of flour  
2 teaspoonfuls of baking powder  
½ teaspoonful of soda  
½ cupful of chopped walnuts

Cream shortening and sugar. Add applesauce and beaten egg. Sift and measure flour; sift several times with other dry ingredients. Add nuts and combine with first mixture, mixing thoroughly. Bake in a loaf pan or in 2 layers in a moderate oven: loaf (350° to 375°) 45 to 60 minutes; layer (375°) for 20 minutes. Half a cupful of raisins may be added if desired. Serve plain or with caramel or cream cheese icing.

### MINT APPLES

(For leg of lamb)

Small Jonathan apples, peeled  
(Pippins or Roman Beauties can also be used)  
1 cupful of sugar  
½ cupful of water

As soon as sugar and water boils, drop in apples. Cover with syrup and turn apples. Keep covered and cook gently. Add 1 drop of green coloring and mint flavoring. Cook

until apples are done (don't let them get too soft). They will have a wonderful glazed appearance and make a lovely garnish around a leg of lamb. This takes the place of mint sauce.

### APPLE CARAMEL PUDDING

Fill a shallow baking dish with 5 or 6 thinly sliced raw apples. Pour over all the following:

- ½ cupful of water
- ½ teaspoonful of cinnamon

Mix together as for pastry:

- 1 cupful of brown sugar
- ½ cupful of flour
- ½ cupful of butter
- ¼ teaspoonful of salt
- 1 cupful of grape nuts (may be omitted)

Cover apples with mixture. Bake uncovered at 375 degrees for one hour. Serve hot with cream.

### GRAHAM-APPLE PIE

- 2 cupfuls of finely ground or rolled graham cracker crumbs
- ½ cupful of softened butter
- 2 cupfuls of thick, sweetened apple sauce
- ¼ teaspoonful of cloves
- 1 cupful of cream, whipped
- 3 tablespoonfuls of sugar

Rub the softened but not melted butter with the cracker crumbs to mix thoroughly. Line a nine-inch pie plate with mixture by packing in very firmly with finger tips. Bake in moderate oven (350°) for 15 minutes. When thoroughly cold, fill shell with the apple sauce seasoned with cloves and cover with sweetened whipped cream. Serve *at once*. Care should be taken in cutting the tart, and a wide spatula or server should be used, because the crust is very tender.

### APPLE RELISH

To one package of lemon-flavored gelatine, prepared according to the directions on the package, add 1 cupful of spiced, tart applesauce. When it hardens, serve it as a relish with roast pork or broiled pork chops. It is also a delicious salad, topped with a cream dressing, for an informal bridge luncheon.

### GREEN APPLE PIE

Plain pastry (for a two-crust pie)

- 2 cupfuls of flour
- 1 teaspoonful of salt
- ¾ cupful of shortening
- 4 to 6 tablespoonfuls of ice water

Mix and sift dry ingredients; add shortening, cutting it in with a pastry flaker or two silver knives, leaving shortening in pieces the size of an almond. Add water, a tablespoonful at a time, mixing with a spatula, being careful not to add too much water, as that will toughen the pastry. It is best to chill pastry dough for an hour before rolling, and handle as little as possible. Roll out to 1/16 inch in thickness. Fit in bottom crust, let it slip into position, and do not stretch; fill with:

- 5 or 6 tart apples
- 1½ cupfuls of sugar
- ½ teaspoonful of cinnamon
- 3 tablespoonfuls of flour
- 1 teaspoonful of vanilla
- 2 tablespoonfuls of butter

Dice apples; mix well together with sugar, cinnamon, and flour, then add vanilla and pour into the pie pan. Dot with butter, and put on the top crust, which has been well slit, then brush with cream, and sprinkle with granulated sugar. Bake in a hot oven (450°) for 10 minutes, then reduce heat to moderate (350°) and bake for 45 minutes. Serve warm, with cheese.

## APPLE HORSERADISH SAUCE

½ pint of cream, whipped  
1 cupful of apple sauce  
1 small jar of horseradish

Combine, and serve at once. Delicious with ham.

## APPLE COFFEE CAKE

2 cupfuls of flour  
½ teaspoonful of salt  
2 teaspoonfuls of baking powder  
¾ cupful of sugar  
1 egg  
3 tablespoonfuls of salad oil  
⅔ cupful of milk  
3 or 4 apples  
2 tablespoonfuls of lemon juice  
4 tablespoonfuls of melted butter  
½ teaspoonful of cinnamon

Sift the flour, measure 2 cupfuls, then add salt, baking powder, and ¼ cupful of sugar and sift again. Beat the egg, add the salad oil and beat until blended, and add the milk, then mix together the dry and the liquid mixtures. Spread the batter in two greased layer-cake pans or one larger shallow pan. Pare and core apples and cut lengthwise into rather thick slices, then cover the batter with these slices, pressing the sharp edges deeply into the batter. Sprinkle a tablespoonful of lemon juice and 2 tablespoonfuls of melted butter over surface of each of the two cakes, then cover each with ¼ cupful of sugar mixed with ¼ teaspoonful of cinnamon. Place in a hot oven (400°) and bake until cakes begin to brown at edges (15 to 20 minutes), then reduce heat to moderate (350°) and bake until apples in center of cake are soft when pierced with a sharp-pointed knife, about 20 to 30 minutes longer. Serve as a breakfast coffee cake, an afternoon tea cake, or as a dessert with whipped cream.

## WESTERN APPLE DUMPLINGS

To be truthful, the recipe for these dumplings came from Kentucky, but it has been used here in Sunset Land, and made with Western apples, long enough to become Western itself! I assure you these dumplings are the way to any man's heart—but don't give them to him after too hearty a dinner. Here are the necessary ingredients.

For the filling:

6 cooking apples  
Sugar, cinnamon, and nutmeg

For the syrup:

3 cupfuls of sugar  
¼ cupful (½ cube) of butter  
¼ teaspoonful each of cinnamon and nutmeg  
2 cupfuls of water

For the pastry:

2 cupfuls of flour  
2½ teaspoonfuls of baking powder  
1 teaspoonful of salt  
¾ cupful of shortening  
Milk to make a soft dough

Put the ingredients for the syrup together first, and let them boil down rather thick while paring and coring the apples and cutting them in eighths and preparing the pastry. For the pastry, sift the flour, baking powder, and salt together, and cut or rub in the shortening as for biscuits; add just enough milk to make a soft dough. Roll out medium thin on a lightly floured board and cut into 5-inch squares. In the center of each square arrange 5 or 6 pieces of apple, sprinkle generously with sugar, add a dash of cinnamon and nutmeg and a dot of butter, and fold the corners over so that all the apple is covered. Place these as made into a large, flat pudding pan which has been buttered. When all the dumplings are arranged, pour the heavy syrup over them and bake until slightly browned in a moderate oven

(375°) about 30 minutes. When this stage is reached, pour a tablespoonful of undiluted evaporated milk over each dumpling and return to the oven until flaky on top. Serve hot or cold as desired (we like them hot) with thin cream, whipped cream, or a caramel sauce as preferred or convenient, or with no sauce at all. You will delight in this old-fashioned recipe.

### HAM-APPLE PIE

3 slices of ham, cut from center  
4 or 5 tart apples  
Brown sugar  
Half a lemon

Have the ham sliced about  $\frac{3}{4}$ -inch thick. Cut into convenient pieces for serving. Peel and slice the apples. Place a layer of ham in bottom of a baking dish, cover with sliced apples, and sprinkle with brown sugar—about 1 teaspoonful to each layer, though the amount must be governed by the tartness of the apples. Repeat the layers until the dish is full, having apples on top. Squeeze over the dish the juice of half a lemon, and bake in a moderately hot oven (375°) for 45 minutes, having the dish covered until the apples begin to cook; then remove the cover and brown the apples, allowing the juice to cook down until it is thick. Serves six to eight. To serve a smaller number of persons, use an oven-glass pie plate and smaller quantities of ham and apples. If the apple slices on top are arranged to overlap neatly in concentric rings, a very attractive dish for guests is prepared.

### EXTRA-SPECIAL APPLE SAUCE

Pare and quarter Gravenstein apples, remove cores, and cut in fairly thick slices. Add just a little water, and cook, covered, until the apple

slices are almost tender. Remove cover, add sugar to suit taste, and sprinkle generously with ground cinnamon. Cook just long enough for the syrup to go through the apples, cool slightly, and serve with pork chops, ham, or any other meat. One apple will serve two persons.

## APRICOTS

The Pacific slope has a world monopoly on commercial apricot-culture. California leads in production (furnishing from 90 to 95 per cent of the total crop), but Arizona, eastern Washington and Oregon, Idaho, and Utah are also growing this fruit.

A relatively small proportion of the fruit is used fresh. Canning and drying take the great bulk of the crop, with drying much more important than canning.

Most of the varieties grown for the market are freestones, and can accordingly be peeled by dipping in boiling water to loosen the skins. For most purposes, however, it is not necessary to peel the apricot, as the skin is tender and thin.

The fragrant, fresh fruit, halved or diced, is a welcome addition to cottage cheese salads, fruit salads, and fruit mixtures generally. Special uses for dried apricots will be found in the section devoted to dried fruits (see pages 105–107). Also see chapter on canning, preserving, and pickling.

Apricots, mashed and sweetened, either cooked or raw, are a splendid fruit to use in Bavarian Cream and similar desserts, or as a sauce for ice cream. Apricot and pineapple are a favorite combination for various purposes, from Upside-Down Cake to Pinocot Jam. Don't be afraid to try using this delicious fruit in different and original ways.

**SACRAMENTO SUNSHINE**

1 cupful of ripe apricot jam  
 ½ teaspoonful of salt  
 1 cupful of cream, whipped

Beat jam until soft and smooth, add salt, and fold into the whipped cream. Put into tray of mechanical refrigerator and freeze 4 hours or longer; or pour into a mold, cover with waxed paper, press cover down tightly over paper, and pack in equal parts of ice and salt for 4 hours or more. This makes 1½ pints of moussé.

**SUNDAY NIGHT SUPPER SALAD**

No. 1 can of crushed pineapple  
 1 package of lime or lemon gelatine  
 2 cupfuls of liquid (pineapple juice and water)  
 Fresh apricots peeled and halved  
 Chopped celery  
 1 pound of cottage cheese  
 Mayonnaise, cream, paprika

Dissolve the gelatine in 1 cupful of boiling water, and add juice from pineapple with enough water to fill cup. When cool add crushed pineapple. Line bottom of ring mold with peeled, halved apricots, then a layer of chopped celery, and enough gelatine mixture to cover; continue with layers of apricots, celery, and gelatine until mold is full. Chill, and when firm, turn out on a bed of lettuce and fill center with cottage cheese. Top with a generous spoonful of mayonnaise thinned with cream and a dash of paprika.

**APRICOT MERINGUE PIE**

Drain the juice from one No. 2 can of apricots into a small saucepan, add 1 cupful of sugar (more or less according to desired sweetness, of course), and heat together. Stir 3 level tablespoonfuls of cornstarch with a small quantity of

the syrup and when the juice in the saucepan is hot add this to it, stirring until thick and clear. Add 1 teaspoonful of lemon juice, remove from the fire and let cool. Carefully arrange the apricot halves in a baked pie shell, and pour the cooled fruit syrup over them. Lightly add a delicate meringue made by beating 3 egg whites stiff, and beating in 6 tablespoonfuls of sugar and a dash of lemon flavoring. Brown very slowly in the oven (at 300°). This is delicious and tempting.

**APRICOT DAINTY**

(Serves four persons)

2 cupfuls of mashed cooked apricots (fresh, canned, or dried)  
 1 cupful of diced marshmallows  
 ¼ teaspoonful of almond flavoring  
 ½ cupful of shredded cocoanut or blanched almonds

After the apricots have been cooked until they are tender, cool them slightly. Add the flavoring and the diced marshmallows, and when they melt, fold the mixture until the texture is uniform. Serve in sherbet glasses, chilled, and garnish with the nuts or cocoanut. Little crisp wafers should accompany this.

**APRICOT BAVARIAN CREAM**

1 package of lemon flavored gelatine  
 1 cupful of boiling water  
 1 cupful of apricot pulp, fresh or canned  
 1 cupful of apricot juice  
 ¾ cupful of whipping cream

Dissolve the gelatine in the boiling water. Add the fruit juice, and let stand until it begins to thicken. Beat with a rotary egg beater until light and fluffy, then fold in the fruit pulp and whipped cream. Chill in molds, then unmold and serve with apricot sauce.

### APRICOT SAUCE

- 1 cupful of apricot syrup (from canned fruit)
- 2 tablespoonfuls of sugar
- 1 teaspoonful of cornstarch
- 1 teaspoonful of lemon juice
- 1 teaspoonful of butter

Mix the sugar and cornstarch, add the fruit juice, and boil until clear, about 5 minutes. Add the lemon juice and butter. Serve cold with cold desserts, or hot with baked or steamed puddings.

### RICE A LA APRICOTS

Cook 1 cupful of washed rice in 1 quart of milk, using the double boiler. When tender, add  $\frac{1}{2}$  teaspoonful of salt and 2 tablespoonfuls of butter. Butter a baking dish and in it spread alternate layers of rice and hot stewed apricots. Bake in a slow oven ( $350^{\circ}$ ) about 20 minutes, and serve warm with cream and sugar. Other fruits may be used in place of the apricots if desired. Plums, apples, peaches and other kinds of dried or fresh fruit will give very good results also.

## AVOCADOS

One of the most interesting of Western tree fruits is the avocado, or alligator pear as it used to be called. This tropical fruit is like nothing else that I know of. Pear-shaped to rounded oval in form, the tough green to purplish black skin encases rich, soft flesh, with a single large round pit in the center. Out of hundreds of varieties and varietal strains growing in Mexico and Central America, a limited number have been selected for growing in the West. Southern California is the

chief producing area with a few scattering orchards in various "thermal belts" or warm, frost-free pockets in other sections of the state.

Avocados must be sun-ripened on the tree in order to be flavorful. It is a strange fact, however, that avocados never soften on the tree, and so they are never ready to eat when freshly picked. They are ready to serve only when the flesh is thoroughly softened. To test, press the fruit gently in the full hands. Do not poke an avocado with the finger to test it. This is likely to bruise and discolor it. They soften naturally in a few days when kept at room temperature. If it is desired to hold them back for a few days, keep them in a cool place. On the other hand, to hasten softening, keep in a warm room or wrap each fruit in soft paper. Do not overheat. After avocados are soft enough to be eaten, they may be stored temporarily on the upper shelf of the refrigerator, since this is the least-cold spot in the box. Do not place them directly on ice or too near the freezing coils. Unused cut portions should be tightly wrapped in waxed paper to prevent darkening.

Avocados are marketed under certain trade names as "Calavo," "Caligator Pear," "Calif," and the like, which represent certain standards of quality. Calavo, for example, indicates that the fruit stamped with this name (a contraction of *California avocado*) has passed laboratory tests which prove that the flavor is fully developed, and that there is enough of the delicate fruit-oil to establish maturity.

Good avocados are an easily digested, high-energy food, rich in calcium, phosphorus, iron, and other minerals, as well as furnishing vitamins A, B, D, E, and G.

### How to Prepare

Avocados are simple to prepare, but a pointer or two may be helpful.

If you wish to obtain neat-looking peeled halves of avocado, it is best to cut the avocado in half and remove the seed before peeling, for the soft flesh mashes badly if one peels it first and then attempts to separate the flesh from the seed. A slight twisting motion separates the halves much more readily than does any attempt to pry them apart.

On the other hand, if you wish good-looking long strips or slices, peel it first, then slice lengthwise on the seed, and remove in sections.

### How to Serve

Probably the simplest service, and certainly one of the prettiest and most enjoyable, is to cut the unpeeled avocado lengthwise, take out the seed, sprinkle with salt and paprika, and serve on a lettuce leaf, with quarters of lemon. The lemon, of course, is to be squeezed over the fruit. A spoon rather than a fork is provided for eating.

Another highly favored way of enjoying the avocado is to mash the well-softened fruit with a fork, or press it through a strainer, season well with lemon juice and salt, and serve spread on hot buttered toast. It makes a gorgeous and unusual breakfast or an equally good supper or lunch dish. It is nice to pile this mashed avocado mixture in a rough mound on a plate and serve with assorted crisp crackers as the perfect ending to a dinner; or spread on crackers and serve with tomato juice or other cocktails before dinner.

The avocado is so good and so pretty in its original state that it seems rather a shame to make it into too elaborate dishes. A number of fairly simple suggestions for various combinations follow.

### AVOCADO COCKTAIL SALAD

Take medium-sized avocado, cut in half lengthwise, remove pit and fill cavity with catsup cocktail sauce. Arrange on bed of shredded lettuce and serve as the opening course with salted wafers. An interesting variation of this service is to fill the cavities with oyster or crab or other seafood cocktail.

If avocados are large, cut in small cubes (about  $\frac{1}{2}$  inch), arrange in cocktail glasses and pour cocktail sauce over the cubes. Almost any fruit or vegetable may be combined with the cubed avocado: artichoke hearts, celery, grapefruit, tomato, and so on. Any cocktail sauce may be used, or French or Thousand Island dressing.

### ARTICHOKE-AVOCADO COCKTAIL

1 can of tiny artichokes  
1 medium-sized avocado

Drain the juice from the can of artichokes, then cut them either in halves or quarters. Dice the avocado. Have both well chilled. Serve with Sauce Supreme.

#### *Sauce Supreme*

$\frac{1}{2}$  cupful of mayonnaise  
 $\frac{1}{2}$  cupful of whipped cream  
 $\frac{1}{2}$  cupful of tomato catsup  
1 teaspoonful of A-1 or Worcestershire sauce  
1 teaspoonful of horseradish  
1 teaspoonful of lemon juice

Blend all ingredients for sauce, having everything well chilled in advance. Arrange artichoke and avocado attractively in cocktail glasses, sprinkle a little chopped celery over them, then add sauce, and garnish each with parsley, chopped fine, and a slice of lemon.



## AVOCADO AND CELERY COCKTAIL

2 avocados, peeled and cut in  
small cubes  
 $\frac{1}{2}$  cupful of celery, diced small  
 $\frac{1}{4}$  cupful of mayonnaise  
 $\frac{1}{2}$  cupful of chili sauce  
 $\frac{1}{4}$  cupful of whipped cream  
 2 tablespoonfuls of catsup  
 1 tablespoonful of tarragon vinegar

Combine the avocados and celery, and add to the other ingredients which have been blended together. Chill and serve in cocktail glasses set in a bed of cracked ice.

## CALAVO COCKTAIL SAUCE

(From CHEF JOSEPH MEYER,  
of Hotel Mark Hopkins)

4 teaspoonfuls of mayonnaise  
 2 teaspoonfuls of chili sauce  
 1 soup-spoonful of French dressing  
 1 teaspoonful of chopped pimientos  
 $\frac{1}{2}$  teaspoonful of chopped olives

Add salt and pepper to taste and mix well. Serve poured over diced Calavos in cocktail glasses.

## BOUILLON WITH AVOCADO

You may think this sounds a bit "queer" but it is as delicious as it is simple to make. The ingredients are:

1 can of chicken broth  
 1 can of water  
 $\frac{1}{2}$  can of clear clam bouillon  
 Avocado, cubed  
 Salted cooking sherry  
 Additional salt to taste  
 Whipped cream  
 Parsley and paprika

Mix the chicken broth, water, and clam broth, and heat piping hot. Peel and cube the avocado, and put a spoonful into each bouillon cup. Just before removing the broth from the fire, add a tablespoonful

or two of salted cooking sherry, and a little more salt if necessary. Pour the very hot broth over the avocado cubes, top with whipped cream, and sprinkle with paprika and a bit of parsley, chopped fine. Serve with crisp salted wafers.

## AVOCADO WITH CLAM AND TOMATO BROTH

(Serves 5)

Heat separately one can of minced clams and one can of tomato soup, diluting each with one can of water. (Do not bring the clams to the boiling point but only simmer until heated thoroughly.) Then mix the clams and tomato soup and, just a minute before serving, add a little over half a cupful of finely diced avocado. Should you prefer tomato without clams, use the tomato soup diluted, add a little butter, and then add the diced avocado just before serving.

## Avocado Canape

Fry slowly or broil thin slices of bacon until crisp but not brittle. Mix together  $\frac{1}{2}$  cupful of mashed avocado,  $\frac{1}{2}$  cupful of grated American cheese,  $\frac{1}{4}$  teaspoonful of salt, and pepper to taste. Put thin slices of day-old bread into the oven, near the top, until thoroughly hot but not toasted. On each slice of bread place 2 slices of the broiled bacon, and over the bacon spread the avocado-cheese mixture. Place under a low broiling flame until the cheese is melted and the edges of the bread toasted. Serve at once, with a raw vegetable salad, or a tomato and lettuce salad with chopped celery added. No butter is required for these, as the mixture is very rich.

**AVOCADO CANAPE**

$\frac{1}{2}$  cupful of mashed avocado  
 $\frac{1}{3}$  cupful of sweet canned red pepper  
 1 tablespoonful of mayonnaise dressing  
 $\frac{1}{4}$  teaspoonful of Worcestershire sauce  
 Salt and pepper  
 Hard-cooked egg, chopped fine  
 Chopped parsley

Put the avocado and red pepper through a sieve, add mayonnaise and other seasonings. Spread on rounds of toast or bread and garnish with hard-cooked egg and parsley.

**BACON AND AVOCADO SANDWICH**

Make a club sandwich, using crisp bacon in one layer, and lettuce covered with a thick layer of mashed avocado in the other. Simply salt the avocado to taste, and add a little mayonnaise or lemon juice if desired. The bacon and avocado seem to be born affinities in flavor. Toasted wholewheat bread is especially good for this sandwich.

**AVOCADO, GRAPEFRUIT, AND PERSIMMON SALAD**

Remove grapefruit in sections, and slice peeled persimmon and peeled avocado lengthwise in about  $\frac{1}{4}$ -inch slices. Arrange alternating slices of grapefruit, persimmon, and avocado, and serve with tart French dressing made with grapefruit juice.

**AVOCADO AND SHRIMP SALAD**

1 can of shrimp (cleaned)  
 1 celery heart, cut fine  
 1 avocado, diced

Mix the ingredients above with French dressing and serve in a let-

tuce cup, as a first course or appetizer salad.

**AVOCADOS STUFFED WITH CRABMEAT**

Pit and peel avocados, preparing as many halves as there are persons to be served. Pick over and flake either fresh or canned crabmeat, and mix with Thousand Island dressing made by blending mayonnaise and chili sauce in equal parts. Place each avocado half on a lettuce leaf on a salad plate, and fill centers heaping up with crabmeat. This is delicious served as a main dish for a luncheon, chilled, on a plate with creamed new potatoes, and accompanied by hot rolls.

**AVOCADO-PINEAPPLE SALAD**

Shred a head of lettuce and place on the salad plates. Arrange a slice of pineapple with cottage cheese, mayonnaise, and dash of paprika on one side, and place fan of avocado slices on the other.

**AVOCADO SURPRISE**

Peel carefully a firm, ripe avocado. Cut in halves lengthwise, and remove the seed, being careful not to crush the flesh of the fruit. Fill the cavity in each half with any soft cheese (cottage, Neufchatel, or pimento) mixed with finely chopped nuts, ripe olives, and chopped chives, using your own discretion as to quantities. (Two ounces of cheese, 3 nut kernels, 2 ripe olives, and 1 tablespoonful of chives will suffice for 1 avocado.) Put the halves together, wrap with wax paper to hold in place, and chill. When ready to serve, cut in thick crosswise slices and serve on lettuce with French dressing.

## CHRISTMAS SALAD

(Avocado pear and red apple)

Wash, pare, and cut apples into eighths. Simmer in cinnamon candy syrup until they absorb the pink color and are tender but not mushy. Cool and place in refrigerator to chill. Chill the avocado pear thoroughly, too. To serve, place alternate wedges of apple and peeled avocado on a nest of lettuce leaves and pass French dressing with the salad. (To make the cinnamon syrup, boil together  $2\frac{1}{2}$  cupfuls of water, 1 cupful of sugar, and  $\frac{1}{4}$  pound of red cinnamon candies.)

## CALAVO TREASURE-CHEST

Cut a medium-sized Calavo in half. Carefully scoop the Calavo out of one of the halves, leaving a shell which can be filled with a vegetable, meat, or fish salad. We suggest chicken, tuna, or the like. Every housewife will make her own combinations. Now peel the other half of the Calavo, using a fluted knife, if possible. Use the peeled half for a cover to the filled treasure chest. Place on a lettuce leaf or a bed of very finely shredded snowy cabbage. Or to make a salad plate, garnish with potato salad. Cross strips of red pimiento over the top as a garnish for your treasure chest. This meal in itself can be served for a complete luncheon with a light dessert.

## AVOCADO-TOMATO-CRAB SALAD

Choose small tomatoes, one for each person. Remove the skin and with a sharp knife scoop out the center. Chill in a well-seasoned French dressing for an hour. Drain and fill with equal parts of finely-diced avocado and crab flakes generously sprinkled with lemon juice.

## STUFFED AVOCADOS

Cut avocados in halves and remove the meat from them with a ball cutter, leaving the skins whole. To 1 cupful of avocado balls add 1 cupful of pineapple tidbits, 1 cupful of orange sections, and 1 cupful of grapes, from which the seeds have been removed. Marinate with a little French dressing made with lemon juice rather than vinegar. Fill the avocado shells with the fruit mixture and garnish with fresh mint. Serve with crisp leaves of lettuce.

## CALAVO CREAM DRESSING

This pale-green dressing is delicious for fruit salads, and is just as attractive and good as a topping for open pies, peaches, baked apples, and various other desserts. Beat 1 cupful of whipping cream, and fold in  $\frac{1}{2}$  cupful of powdered sugar, a dash of salt, and  $\frac{3}{4}$  cupful of sieved Calavo. If desired, a drop or two of green vegetable coloring may be added, but do not make the cream too green.

## CALAVONNAISE

1 medium-sized Calavo, or 1 cupful of sieved Calavo  
 1 egg yolk  
 $\frac{1}{4}$  teaspoonful of dry mustard  
 $\frac{1}{2}$  teaspoonful of salt  
 $1\frac{1}{2}$  to 2 tablespoonfuls of lemon juice

Add seasonings and lemon juice to well-beaten yolk, combine with sieved Calavo, and beat well. This dressing will keep safely for two days in the refrigerator. Calavonnaise is only one-third as fattening as mayonnaise, tablespoon for table-spoon. Serve with fruits or vegetables, or on salad greens.

### AVOCADO DRESSING

When an avocado is too ripe to cut neatly, rub a bowl with a cut clove of garlic, mash the avocado in the bowl with a fork, mix with an equal amount of mayonnaise, and serve generously on head lettuce cut in quarters. Or use as a sandwich filling.

### AVOCADO MOUSSE (SALAD)

This is a very rich salad, and should therefore be the main feature of a luncheon or supper, rather than a "side issue." It is beautiful when molded in a ring mold, and served turned out on a large chop plate, garnished with long strips of avocado and the center filled with a salad of fresh fruits. To make it, first soak for 5 minutes or longer

1½ tablespoonfuls of granulated gelatine in  
6 tablespoonfuls of cold water

Set the cup in a pan of hot water, and stir until the gelatine is dissolved. Keep it warm, while you mash through a sieve

2 large or 3 small, very soft avocados, peeled

Add to these at once

3 tablespoonfuls of lemon juice  
1 teaspoonful of salt  
A generous dash of cayenne  
1 tablespoonful of Worcestershire sauce

¼ to ½ cupful of mayonnaise  
½ cupful of cream

Cool the liquid gelatine slightly (do not let it congeal, however) and add to the mixture above, mixing well. Lastly fold in 1½ cupfuls of cream, whipped, and pour into a mold which has been rinsed with cold water. Chill until firm. If a ring mold is used, any interesting combination of fresh fruits, as grapefruit and pineapple, may be

used, or avocado cut in cubes or balls may be mixed with grapefruit for the center. Long strips of avocado and pimiento make a good decoration for the outside of the ring, with, of course, crisp hearts of lettuce also. Pass French dressing separately.

### CREAMED CRAB BAKED IN AVOCADO SHELLS

A most interesting and unusual dish is this. First prepare very well-seasoned creamed crab, shrimp, or other sea food. About 15 minutes before serving time, fill the cavity of unpeeled avocado halves with the creamed food, cover with buttered crumbs, and put into a hot oven (425°) to brown the tops lightly. The avocado will not be cooked, merely heated through. Delicious and beautiful, served with a green salad and crusty hot rolls.

### AVOCADO NOVEL

Halve and peel the fruit and remove the seed; or peel, then cut thick circles around the pit, and remove carefully. Dip the pieces in beaten egg and then in fine cracker crumbs. Drop into very hot butter or cooking fat and brown lightly on either side. Serve while hot to enjoy the full flavor.

### SCRAMBLED EGGS WITH AVOCADO

Peel and dice 1 medium-sized ripe avocado. In a frying pan heat a little butter or bacon fat. Break 2 or 3 eggs into a bowl, beat slightly with a fork, add 2 or 3 tablespoonfuls of milk or evaporated milk, and salt and pepper. Pour into the hot fat, and scramble as usual; add the diced avocado and toss together lightly. Serve as a main dish for luncheon.

## AVOCADO SOUFFLE

Put the meat of 1 ripe avocado through a sieve. Beat the whites of 3 eggs very stiff; add  $\frac{1}{2}$  cupful of sugar and the avocado pulp, and mix thoroughly. Put into a lightly buttered baking dish, and bake in a moderate oven ( $350^{\circ}$ ), preferably setting the baking dish in a shallow pan of boiling water, for about 25 minutes, or until firm. This is a perfectly gorgeous dish when baked in individual glass custard cups. A few slices of ripe olives or a sprinkle of grated egg yolk can be added before serving, to give a more festive touch. Also, if wished, a few drops of lemon juice may be added to the mixture before baking. Serve at once, as an entrée.

## CALAVO MOUSSE

(Dessert)

1 Calavo  
 $\frac{1}{2}$  pint of whipping cream  
 4 tablespoonfuls of maple syrup  
 $\frac{1}{2}$  cupful of almonds or other nuts  
 $\frac{1}{4}$  teaspoonful of salt

Mince Calavo fine and put on ice until cream is whipped. Sweeten cream with syrup. Fold in minced Calavo and nuts. Place freezing tray in refrigerator or pack in salted ice for about an hour before serving in sherbet cups. Sufficient for six or eight persons.

## MOLDED AVOCADO SALAD

1 package of lime-flavored gelatine  
 1 No. 2 can of grapefruit  
 1 avocado, diced

Drain juice from the grapefruit, and add water to make 2 cupfuls. Heat almost to boiling, pour over the gelatine, and stir until dissolved. Cool. When partially congealed (like heavy syrup) fold in the grapefruit and avocado, and chill. Serve with mayonnaise.

## BERRIES

No special instructions are needed for making use of Western berries, with the exception of those discussed below, which are either of Western origin or are different from their Eastern relatives, and are more widely used here in the West than elsewhere in the country. Of the common berries, some are available at reasonable prices for a much longer period here in the West than in the Middle West or East. Strawberries, for example, are available in San Francisco markets from April to November. Others are blackberries, blueberries, cranberries, currants, dewberries, gooseberries, raspberries, huckleberries, loganberries, mulberries, and youngberries.

Of raspberries, the red variety is the only one available in California markets; in the Northwest, both red and black are to be had.

Remember that, generally speaking, one berry may be substituted for another in the following recipes. Don't be afraid to use your own judgment in making changes, adding or subtracting sugar as your taste dictates.

Theoretically, berries to be at their best should never be washed; however, if they are not gathered in one's own garden, they need thorough cleansing. Because berries crush easily, they should be washed carefully. Place berries in a colander or large strainer and lower into a bowl of fresh water, then drain. If necessary this can be repeated several times. Running water from the faucet over the berries bruises and mashes the tender fruit. Strawberries should be hulled after they have been washed and drained in order to retain all of their juice.

Fresh berry pie is delightful always. In spite of all precautions

taken to keep the juice from boiling over and burning on the floor of the oven, it usually does so anyway, but the pie is well worth it. About the most satisfactory way of preventing this is to add  $1\frac{1}{2}$  to  $2\frac{1}{2}$  tablespoonfuls of quick-cooking tapioca to the fruit, and sugar (about  $1\frac{1}{4}$  cupfuls of sugar to  $3\frac{1}{2}$  cupfuls of fruit), and let stand 15 minutes while preparing the pastry. This will fill a 9-inch pie.

(See also chapter on Canning, Preserving, and Pickling.)

### GERMAN BERRY CAKE

$1\frac{1}{2}$  cupfuls of flour  
 $\frac{1}{2}$  cupful of sugar  
 2 teaspoonfuls of baking powder  
 $\frac{1}{4}$  teaspoonful of salt  
 1 egg, broken into measuring cup  
 Milk to fill cup  
 2 tablespoonfuls of salad oil or  
 melted shortening  
 1 cupful or more of berries  
 1 cupful of sugar

Sift together the dry ingredients twice. Break the egg into the measuring cup, beat slightly, then fill the cup with milk. Add to the dry ingredients with the shortening and mix well. Put into an oiled shallow cake pan, and cover with a layer of loganberries or blackberries, or the two combined, and sprinkle 1 cupful of sugar over the top. Bake slowly (at  $375^{\circ}$ ) until a golden brown. This may be served hot or cold, with whipped cream, hard sauce, or plain.

### BERRY RICE PARFAIT

$\frac{1}{2}$  cupful of raw rice, cooked  
 1 box of berries (any kind desired)  
 $\frac{1}{2}$  cupful of powdered sugar  
 $\frac{1}{3}$  cupful of sugar  
 1 cupful of whipped cream

Wash the rice, cook rapidly in boiling water until tender, then

drain and chill. Prepare and wash the berries, drain, spread on a shallow dish, and sprinkle with the powdered sugar. Place in the refrigerator for an hour. Just before serving mix lightly the rice, whipped cream, sugar, and the berries, which have been drained free from juice. Pile lightly in sherbet glasses, and garnish with whipped cream and whole berries. Strawberries and raspberries are delicious in this.

### BERRY COBLER

2 cupfuls of flour  
 $\frac{1}{4}$  cupful of sugar  
 4 teaspoonfuls of baking powder  
 $\frac{1}{2}$  teaspoonful of salt  
 $\frac{1}{3}$  cupful of shortening  
 $\frac{1}{2}$  cupful of milk  
 1 egg  
 1 pint of berries (canned or fresh  
 cooked, sweetened to taste)  
 2 tablespoonfuls of flour

Sift flour once before measuring, then mix and sift first four ingredients together. Cut in the shortening with a pastry flaker or two knives; beat the egg well, add the milk, and stir lightly into the dry ingredients. Mix a little of the berry juice with the 2 tablespoonfuls of flour, then stir it into the berries. Put them into a pudding dish, pour, or rather drop, the batter over the berries, and bake in a hot oven ( $400^{\circ}$ ) for about 30 minutes. The syrup will boil up between the dough. This recipe serves eight.

### BLACKBERRY CRUMB PUDDING

Into a buttered casserole or deep glass baking-dish place alternate layers of blackberries, or other tart berries, and bread crumbs, dotting the crumbs with butter and sprinkling the berries with sugar as each

layer is added. The top layer should be crumbs, sprinkled with sugar and dotted with butter. Cover and bake in a moderate oven (375°) until berries are well cooked, then uncover, let brown, and serve warm with hard sauce or whipped cream.

## CRANBERRIES

Cranberries a Western fruit? Yes, indeed. The low-lying moist bogs and marshes of western Washington and Oregon are producing this tart fruit in commercial quantities.

Cranberries are so good-tasting that few persons inquire into their actual value as food. It is interesting to note that the cranberry is mildly laxative, that its iodine content approaches that of some sea foods, that it has a small amount of vitamin A, and that its vitamin C content is relatively high. Concerning the last-mentioned factor, whole-cranberry sauce as usually prepared contains about 80 per cent of the original vitamin C content, whereas the strained sauce, as usually prepared, retains less than 10 per cent. The way to avoid much of this great vitamin loss is simple: cool the cooked cranberries before putting them through the strainer, thus largely preventing oxidation of vitamin C.

Authorities seem to agree that, though cranberries leave an acid residue after digestion, ordinary servings of the fruit do not appreciably affect the alkali reserve of the body, and so can be eaten without concern. There is no doubt at all as to their being a most appetizing accompaniment to many meats—pork and lamb as well as the usual turkey and chicken.

One quart of cranberries equals one pound.

## CRANBERRY FRUIT GARNISHES

Canned pears and canned peaches, with their centers filled with cranberry jelly, may be served either as accessories to the meat course or as a salad. Crisp hearts of lettuce may be filled likewise, and used to border a meat platter.

## CRANBERRY GELATINE IN ORANGE SHELLS

Boil 2 cupfuls of cranberries in 1 cupful of water until they burst their skins; let cool, then put through a strainer. Sweeten to taste, using about 1 cupful of sugar. Bring to a boil, stirring constantly. When the sugar is dissolved remove from the stove and add  $\frac{1}{2}$  tablespoonful of granulated gelatine which has been softened in  $\frac{1}{4}$  cupful of cold water. Cool and pour into orange shells (oranges cut in half and pulp removed). Chill thoroughly. Just before serving, cut each shell in half and garnish a meat platter with these jelly-filled orange quarters.

## TEN-MINUTE CRANBERRY SAUCE

(Stewed Cranberries)

$1\frac{1}{2}$  to 2 cupfuls of sugar  
2 cupfuls of water  
1 pound or quart (4 cupfuls) of  
cranberries

Boil sugar and water together 5 minutes; add cranberries and boil without stirring (5 minutes is usually sufficient) until all the skins pop open. Remove from the fire when the popping stops, and allow the sauce to remain in vessel undisturbed until cool. Easy and good.

**CRANBERRY JUICE COCKTAIL**

The appetizing flavor of cranberries makes cranberry juice cocktail a superb drink. You can drink it "straight." You can mix it with ginger ale or other beverages. You can use it as a base for fruit punches and fruit cups. It is economical and easy to make.

4 cupfuls of cranberries  
4 cupfuls of water  
 $\frac{3}{8}$  cupful of granulated sugar

Cook cranberries and water until all the skins pop open (about 5 minutes). Strain through cheesecloth. Bring the juice to boiling point, add sugar, and boil for 2 minutes. Serve cold. For future use pour hot into sterilized bottles, well-corked and sealed.

**JELLIED CRANBERRY SAUCE**

4 cupfuls of cranberries  
2 cupfuls of water  
2 cupfuls of granulated sugar

Boil cranberries with water until berries stop popping. Cool, then strain through fine sieve; add sugar and stir; then boil rapidly for 8 to 10 minutes—or until a drop jells on a cold plate. Turn at once into a wet mold, and cool.

**CRANBERRY ORANGE RELISH**

1 pound of cranberries  
1 to  $1\frac{1}{2}$  oranges  
2 cupfuls of sugar

Put raw cranberries through meat grinder. Discard orange seeds and white core, and put rind and pulp through grinder. Mix with sugar and berries, and let stand a few hours before serving. For future use pour into glasses, and cover with paraffin. This is particularly good with all meats, hot or cold.

**GROUND CRANBERRY SAUCE**

1 pound of cranberries  
1 cupful of water  
2 cupfuls of sugar

Grind the berries with coarse blade in grinder; add water and boil 5 minutes, then add sugar and boil 3 minutes more. Pour into glasses and seal for future use.

**CRANBERRY HORSE RADISH RELISH**

Mix chopped raw cranberries with grated horseradish in proportions of  $\frac{2}{3}$  cranberries to  $\frac{1}{3}$  horseradish. Serve with cold meats.

**CRANBERRY SHERBET**

4 cupfuls of cranberries  
 $2\frac{1}{2}$  cupfuls of water  
2 cupfuls of sugar  
Juice of 2 lemons  
1 teaspoonful of gelatine dissolved in  
 $\frac{1}{2}$  cupful of cold water

Cook cranberries with water until the berries stop popping; strain, add sugar, and cook until dissolved. Add gelatine; cool; stir in strained lemon juice. Pour into tray of mechanical refrigerator, stirring occasionally. Allow 2 or 3 hours. This makes six portions. If the gelatine is omitted this becomes cranberry ice, which is not so smooth a texture. Sherbet does not require as much stirring.

**CRYSTALLIZED CRANBERRY RELISH**

4 cupfuls of cranberries  
4 cupfuls of sugar  
1 tablespoonful of vinegar

Pick over and wash the cranberries; drain, put into a large saucepan with the sugar and vinegar, and



heat, stirring until the sugar is melted and the mixture boils. Boil gently, stirring occasionally to prevent burning, for exactly 10 minutes, then turn into a bowl. Serve cold, with meats or salads. This is a delicious and different thick sweet relish, and keeps well.

## HUCKLEBERRIES

Western huckleberries differ materially from Eastern ones. They are much larger and sweeter, and have fewer seeds.

The huckleberry is not black, nor always an extremely dark blue fruit. It is often a deep, rich red, or an azure blue. Generally speaking, the darker and larger the berry the better it is, better in flavor and easier to handle. When the berries are small it is quite a task to remove the tiny stems which cling to them, but even under that time-absorbing condition the result warrants the effort.

The huckleberry grows on low bushes having a smooth green leaf and smooth branches which makes picking them a pastime rather than an ordeal. Often the bushes bear so heavily that it is possible literally to strip the branches while the fruit drops with amazing steadiness into the waiting container. The bushes which are partly shaded usually bear the larger berries, but it is a rare delight to sit in the warm sun on pine-needle-strewn ground and pick fruit of any size. The berries grow as large as a person's thumbnail.

Huckleberries ripen through July and August and are on the market until almost Christmas time, giving a long season in which to enjoy them. There are none produced in large quantities in California, but they grow quite plentifully on the Oregon and Washington coasts and

are found in large numbers in eastern Washington and Idaho. In gardens of the Northwest the huckleberry is used rather extensively as an ornamental shrub.

## HUCKLEBERRY GRIDDLE CAKES

- 2 cupfuls of flour
- 1 teaspoonful of salt
- 1 teaspoonful of combination type baking powder, or 1½ teaspoonfuls of other baking powder
- 1 egg
- 1½ cupfuls of sour milk
- ¾ teaspoonful of soda
- 1 tablespoonful of melted butter
- 1 cupful of huckleberries, washed and drained

Sift the flour, salt, and baking powder together. Beat the egg; add the soda to the sour milk. Combine the dry ingredients with the egg and milk and add the melted butter and berries. Bake on an oiled griddle and serve with syrup or thick huckleberry sauce. These make a whole meal in camp.

## HUCKLEBERRY MUFFINS

- 1 cupful of huckleberries sprinkled with
- 3 tablespoonfuls of sugar
- 2 cupfuls of flour
- 3 teaspoonfuls of baking powder
- ¼ teaspoonful of salt
- 4 tablespoonfuls of sugar
- 4 tablespoonfuls of shortening
- 1 cupful of milk
- 2 eggs, well beaten

The fruit must be washed, drained, and sprinkled with the 3 tablespoonfuls of sugar. Sift the dry ingredients; add melted shortening, milk, and eggs, well beaten. The berries should be folded in at the last. Fill

greased muffin tins half full and bake 30 minutes in a moderate oven (375°).

Another delightful and rather unusual way to use huckleberries is for shortcake. This is especially nice if the shortcake is baked in individual portions the size of large biscuits.

### HUCKLEBERRY ORANGE PUDDING

1 pint of cooked huckleberries  
1 tablespoonful of butter  
½ cupful of brown sugar  
Pinch of salt

Drain the huckleberries, and cook with the butter and brown sugar for 10 minutes. Add a little of the drained juice if the berries get too thick. Keep warm until used.

#### *pudding Batter*

¼ cupful of shortening  
½ cupful of sugar  
1 egg  
¼ cupful of orange juice  
1 cupful of flour  
¼ teaspoonful of salt  
1 teaspoonful of baking powder  
1 teaspoonful of grated orange peel  
2 drops of almond extract

Cream the shortening and sugar together, then add the beaten egg. Sift together the flour, salt, and baking powder, and add to this mixture the grated orange peel. Add the flour to the first mixture, alternating with the orange juice. Mix well. The consistency will be fairly dry. Put the huckleberry mixture into a buttered baking dish and cover with the cake batter. Bake in a moderate oven (350°) for 45 minutes, or until the cake is golden brown. Serve hot with whipped cream, flavored with a few drops of almond extract. Serves six.

## LOGANBERRIES

The loganberry, originated by Judge J. H. Logan, of Santa Cruz, in 1881, is one of the popular and characteristic fruits of the West Coast states, being grown commercially throughout the territory. The berry is large, purplish-red in color, and has a tart flavor that endears it to most persons. In the form of pie or cobbler, or in jelly, jam, or juice, the loganberry is justly a favorite. Be sure to use plenty of sugar with this tart berry.

Originally supposed to be a cross between the blackberry and the red raspberry, horticultural authorities now state their belief that the loganberry is a red-fruited sport of the Western dewberry.

A near relative of the loganberry is the Phenomenal, a less sharply acid, exceedingly large crimson berry which comes on the market about a week later than the loganberry. It originated with Luther Burbank, of Santa Rosa, and is supposed to be a cross between the California dewberry and the red raspberry.

### LOGANBERRY JELLY SAUCE

1 glass of loganberry jelly  
1 tablespoonful of orange juice  
1 teaspoonful of grated orange rind

Melt the jelly in the top of a double boiler. Add the orange juice and rind and beat well. Let cool to serve with custard desserts, or serve hot with steamed puddings.

### LOGAN-GINGER PUNCH

2 cupfuls of loganberry juice  
Juice of 4 lemons  
½ cupful of sugar  
1 quart of ginger ale

Mix the fruit juices and sugar. Chill and let the sugar dissolve. Just before serving add chilled ginger ale. This is pretty served in tall glasses.

## LOGANBERRY SAUCE FOR DESSERTS

- 1 cupful of sugar
- 2 tablespoonfuls of butter
- 1 tablespoonful of cornstarch
- $\frac{1}{2}$  cupful of water
- $\frac{1}{2}$  cupful of loganberry juice

Cream the sugar and the butter, and add the cornstarch mixed with the cold water. Boil, stirring, for 5 minutes. Add the berry juice and cook for 5 minutes longer, this time over hot water. Serve with custards, cottage pudding, or bread puddings.

## LOGANBERRY PUNCH

(Serves 25)

- $1\frac{1}{2}$  cupfuls of water
- $1\frac{1}{2}$  cupfuls of sugar
- 1 quart of sweetened loganberry juice
- 6 lemons, juice and a little grated rind
- 6 oranges, juice only
- 2 cupfuls of black tea infusion  
(made as for serving hot)
- 2 cupfuls of shredded pineapple  
(juice and pulp)
- 2 quarts of chilled or charged water, and chipped ice

Boil the sugar and water for 10 minutes. Cool and add the fruit juices and tea. Let stand one hour. Add the chilled water and ice, and serve.

## LOGANBERRY MUFFINS

- $\frac{1}{4}$  cupful of butter
- $\frac{1}{2}$  cupful of sugar
- 1 egg, white and yolk beaten separately
- $1\frac{1}{2}$  cupfuls of cake flour
- $2\frac{1}{2}$  teaspoonfuls of baking powder
- $\frac{1}{4}$  teaspoonful of salt
- $\frac{1}{3}$  cupful of milk
- $\frac{1}{2}$  cupful of canned loganberries  
(well drained)

Cream butter and sugar together and beat in egg yolk. Sift all dry ingredients together and add alter-

nately with milk to butter mixture. Add loganberries and fold in egg white. Bake in tiny muffin pans at 375 degrees. Serve hot with butter. Serves six.

## MULBERRY

The Persian mulberry is a highly favored fruit among those Westerners who have become acquainted with it. The large, luscious fruit, which ripens from the last of May until October, makes excellent pie. Combined with rhubarb it makes a good dessert sauce.

## STRAWBERRIES

Though strawberries are a national rather than a Western favorite, nevertheless a few special recipes that were originated here in the West deserve to be included in this collection of good things to eat.

### STRAWBERRIES, WESTERN STYLE

To serve at table, pile lovely red berries in a glass dish lined with grape leaves, and sprinkle lightly with lemon juice and powdered sugar, and, if you like, shaved almonds also. This is a pleasant change from berries with cream, or strawberry shortcake, good as those are.

### STRAWBERRIES IN SPONGE CAKE RING

Hollow out the center of a round sponge cake, and fill with freshly sugared, beautiful strawberries, raspberries, or sliced peaches. Cover with whipped cream or vanilla ice cream, and serve at once, garnishing the outside of the loaf with mounds of pretty berries.

**RING MOLD SHORTCAKE**

Drop soft biscuit dough into a well-buttered ring mold, and bake as usual. Turn out, fill center with sweetened berries, and serve at once, at the table.

**BEST-OF-ALL STRAWBERRY SHORTCAKE**

Make your regular baking-powder biscuit recipe, filling two round cake tins (buttered) with the soft dough. Bake just before dinner, butter the top of each cake lightly when done, and leave in the oven with the door open. The cakes will then be warm and tender and not cold and hard when ready to serve. Have ready also a sauce made by creaming together  $\frac{1}{2}$  cupful of butter and 1 cupful of powdered sugar, and adding enough crushed strawberries to thin the sauce and color it. It should be thin enough to pour. When ready to serve the dessert put one cake on a large, pretty plate, cover it with berries which have been sweetened with powdered sugar, and put on the other layer. Cover this also with berries and pour the sauce over all. Serve at the table, cutting as you would a cake, and putting a few extra berries beside each piece. This makes a very pretty dessert and a filling one, so the rest of the meal should be light.

**STRAWBERRY MOUSSE**

Hull, wash, and drain 1 box of fresh berries. Crush with  $\frac{3}{4}$  cupful of sugar. Add 1 tablespoonful of lemon juice, a pinch of salt, and fold in 1 cupful of cream, whipped stiff. Put into a tray in electric refrigerator for about 2 hours, stirring once, or if freezer is used pack in

two parts of ice to one part of coarse salt and let stand 4 hours, stirring and repacking once.

**ROD GROD**

(Serves 4)

This Danish recipe is a delightful one, in spite of its queer name, which literally means "red mush"! Wash and stem 1 basket of strawberries and put on to boil with 2 cupfuls of water. When boiled until juice is extracted, put through a strainer and sweeten to taste. Clean another basket of strawberries (or a glass of strawberry preserves may be used) and cook in the strained juice until tender. Adding  $\frac{1}{2}$  teaspoonful of vanilla in the boiling juice will give an excellent flavor. Stir 2 tablespoonfuls of potato flour into some of the juice in a bowl, return all to the hot juice, and thicken the whole mixture as desired. Cool slightly and pour into sherbets or into one large bowl. Sprinkle with sugar on top to prevent forming of a crust. Eat warm or cold with cream or whipped cream. It is interesting to add finely chopped almonds to the mixture, for variety. Any kind of berries, or even rhubarb, may be used in place of strawberries.

**YOUNGBERRIES**

The Youngberry, a cross between the Phenomenal berry (see Loganberry) and one type of dewberry, is attaining amazing popularity in California. The very large berries, deep wine color to black, have an exquisite flavor suggesting a combination of raspberry, blackberry, and dewberry, with a dash of loganberry for "zip" to contrast with their superior sweetness. The seeds are few

and soft, and the cores also are tender. For eating fresh, for pies, and for jams and jellies, the fruit is certainly to be recommended. The Youngberry is an excellent choice for home planting, for the berries are so easily picked, and ripen through a long season.

## CHERRIES

The Easterner who moves to the West Coast has to learn about cherries all over again, for Western cherries are decidedly different from those grown elsewhere.

East of the Rockies, 90 per cent of the cherries are of the sour variety largely used for canning, while sweet varieties predominate on the

West Coast. Climate is an important factor in growing cherries. California and Oregon are among the seven states which lead in cherry production nationally.

In Western markets, cherries are always obtainable by the pound, in bulk; for with all of the packing and shipping, most of the crop remains at home, to be made use of fresh or to be canned within a few miles of the home orchards. And, too, thousands of barrels are brined right in the orchards, later to appear as candied or maraschino fruit (see chapter on Canning, Preserving, and Pickling for recipe).

The sweet red or black Western cherries are so good eaten fresh, out of hand, that it scarcely seems nec-

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### PRINCIPAL VARIETIES OF WESTERN CHERRIES

NAME	CHARACTERISTICS (Color, Size, Texture, Flavor, Quality)	KEEPING QUALITY	USES	
			Dessert	Culinary
Bing . . . . .	Dark red, almost black. Very large, roundish, heart-shaped. Firm and meaty. Sweet.	Excellent	Excellent	Excellent
Black Republican . . . .	Black. Very large, roundish. Firm. Sweet. Fair.	Fair	Good	Good
Kentish . . . . .	Shining scarlet, becoming darker when fully ripe. Medium. Tender and juicy. Acid and faintly bitter. Fair.	Poor	Fair	Excellent
Lambert . . . . .	Dark amber to rich magenta. Large to very large, obtusely heart-shaped. Firm and juicy. Sweet, rich, and good.	Good	Good	Excellent
May Duke . . . .	Dark red. Large, roundish oblate. Tender and juicy. Sub-acid. Good.	Good	Good	Excellent
Montmorency..	Light red to dark red. Medium to large. Juicy. Sour. Good.	Excellent	Poor to good	Excellent
Napoleon . . . . (Royal Ann)	Handsomely mottled, red and yellow. Large. Firm and meaty. Sweet. Excellent.	Excellent	Excellent	Excellent

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essary to do anything else with them. They are, however, equally delicious served in the following ways, as well as in jams and preserves (see Index).

## CHERRY AND NUT UPSIDE-DOWN CAKE

### *Part I*

$\frac{1}{3}$  cupful of butter  
 $\frac{1}{2}$  cupful of sugar  
 1 cupful of chopped pecans  
 2 cupfuls of pitted cherries  
 (canned or fresh cooked),  
 drained (save juice for sauce)

### *Part II*

$\frac{2}{3}$  cupful of butter  
 $1\frac{1}{2}$  cupfuls of sugar  
 2 eggs  
 1 teaspoonful of vanilla  
 $\frac{2}{3}$  cupful of milk  
 $2\frac{1}{2}$  cupfuls of flour  
 3 teaspoonfuls of baking powder

Part I: Heat the  $\frac{1}{3}$  cupful of butter in a heavy frying pan, sprinkle with the sugar, nuts, and cherries, and set aside while mixing the cake batter.

Part II: Cream the butter, and add the sugar gradually, creaming together. Add the eggs, one at a time, and the vanilla, beating thoroughly, then add alternately the milk and the flour sifted with the baking powder. Pour this batter over the mixture in the skillet, and bake in a moderately slow oven ( $350^{\circ}$ ) 45 to 60 minutes. Turn out immediately on a large plate, and while it is cooling make a sauce as follows:

### *Sauce for Upside-Down Loaf*

$1\frac{1}{3}$  cupfuls of cherry juice  
 1 tablespoonful of cornstarch  
 $\frac{2}{3}$  cupful of sugar  
 $\frac{2}{3}$  cupful of whipping cream  
 6 maraschino cherries or 24 rubyettes for garnishing

Put 1 cupful of cherry juice in a sauce pan with the sugar and bring

to boiling, then thicken with the cornstarch which has been dissolved in the remaining juice. Boil 5 minutes, stirring, then cool. Shortly before serving, whip the cream, add the cherry syrup, and spread on the cake. Garnish with the rubyettes or the maraschino cherries, quartered. This will serve eight persons generously.

## CHERRY PIE

1 quart of seeded pie cherries  
 (Kentish or Montmorency)  
 2 tablespoonfuls of cornstarch  
 $1\frac{1}{4}$  cupfuls of sugar  
 $\frac{1}{4}$  teaspoonful of salt  
 1 tablespoonful of butter

Mix the cornstarch with the sugar and salt. Heat with the cherries until the mixture thickens and the juice is transparent. (A double boiler is good for this.) Line a pie-pan with uncooked paste and fill with the cooked fruit. Place over this a well-pricked upper crust, and press the crusts together well, so that the juice may be kept in. Bake in a hot oven ( $450^{\circ}$ ) for 15 minutes, then reduce the heat to 400 degrees and bake for 30 minutes more.

## BLACK CHERRY CAKE

3 eggs  
 1 cupful of sugar  
 $1\frac{3}{4}$  cupfuls of flour  
 Pinch of salt  
 2 teaspoonfuls of baking powder  
 2 tablespoonfuls of water  
 $\frac{1}{2}$  teaspoonful of vanilla  
 1 cupful of black cherries, stoned

Cream the eggs and sugar, and add the flour, salt, and baking powder sifted together; add the water and vanilla, and beat well to mix. Pour batter into two oiled layer-cake tins, and drop the cherries into the batter one at a time, distributing them evenly over the cakes. Bake

in a moderate oven (375°) about 25 minutes, or until done. Cut in wedges and serve fresh, with or without whipped cream.

### FAVORITE CHERRY ROLLS

2 cupfuls of flour  
4 teaspoonfuls of baking powder  
2 tablespoonfuls of sugar  
½ teaspoonful of salt  
4 tablespoonfuls of butter  
⅔ cupful (or more) of milk  
1 pint of any cherries, seeded,  
drained, and sweetened

Sift dry ingredients, cut in the fat, add the milk all at once and stir just enough to mix the dough as for biscuits. Turn out on a lightly floured board, knead lightly for a few seconds, then roll ¼ inch thick. Spread dough with melted butter and cover with 1 pint of cherries which have been seeded, drained, and mixed with 1 cupful of sugar. Roll up tight like a jelly roll, and cut in ¾-inch slices. Place slices in a shallow pan containing a syrup made of 1 cupful of water and ½ cupful of sugar. Bake about 20 minutes, having the oven hot (425°) at first, then reducing the heat to 350° after the first 5 minutes. Serve with cherry sauce, made as follows, or with whipped cream.

#### *Cherry Sauce*

1 cupful of cherry juice  
1 cupful of water  
½ cupful of sugar  
1 tablespoonful of cornstarch

Heat the cherry juice and water; mix the sugar and cornstarch with a small quantity of the liquid, then return all to the hot juice and cook, stirring, until clear. Pour the sauce over the cherry rolls and garnish with whole cherries.

### CANTA-CHERRY CUP

Fill cantaloupe halves with black cherries which have been seeded, stuffed with filberts, and rolled in powdered sugar, for a most attractive first course for a summer luncheon or dinner.

### ALL-WESTERN CHERRY SALAD

2 cupfuls of cherries  
½ pound of filbert meats  
6 marshmallows  
¼ cupful of fruit salad dressing  
1 cupful of whipping cream  
1 head of lettuce  
2 medium oranges

Pit the cherries and insert a filbert meat in the cavity of each. Arrange the stuffed cherries on crisp lettuce leaves with the cut marshmallows and sections of orange sliced thin. Whip the cream and fold into the salad dressing. Pile lightly on top of each salad. Serve with salted wafers or Melba toast. Makes eight small servings.

### CHERRY-PEACH DESSERT

Combine equal amounts of seeded sweet cherries and sliced fresh peaches, sugar well and allow to stand in the refrigerator for at least an hour before serving. An ideal early summer dessert!

## CITRUS FRUITS

Oranges, grapefruit, and lemons, to children of the nation at large, are interesting yellow or golden fruits that come out of a box at the grocery shop. To Western children, particularly those of Arizona, and southern California, and the San Joaquin and Sacramento valleys of the state, citrus fruits are gorgeous

globes of color that follow heavily fragrant blossoms on beautiful, dark, green, shiny-leaved trees.

Oranges, lemons, and grapefruit are extremely valuable in the diet. In addition to their mineral content and their high food value, furnishing quick energy, they are excellent sources of vitamin C, which plays such an important part in good health; and they are highly important for their alkalizing effects in the body. Although they are distinctly acid in taste, they have an alkaline reaction in the blood which offsets the acidity caused by such good foods as meat, fish, and eggs. It is advisable, therefore, to eat plentifully of these fruits and drink freely of their juices, either "straight," as orange juice or grapefruit juice, or in various "ades" and punches made with lemon and the other juices as foundations.

## CITRON

The citron of commerce, as distinguished from the citron melon, is grown to a small extent in California. The fruit, which resembles a monstrous lemon, has only one use, the making of candied rind, and this is not done on a sufficiently large scale to compete with the imported candied citron. The California product is, however, highly acceptable.

## GRAPEFRUIT

The grapefruit, or pomelo, was brought to Europe by sailors who are thought to have found it first on Mauritius, a small island in the Indian Ocean. Spanish adventurers introduced it to America. It is said to have received the name "grapefruit" because the fruit grows in clusters resembling bunches of grapes.

Although a comparatively new fruit to America, grapefruit is really more than 4,000 years old. The Chinese mention it in a book written 2,000 years before Christ.

Western markets absorb most of the immense harvest of the California and Arizona groves. The principal variety grown in these states is the Marsh Seedless. This variety is almost seedless, is of very good flavor and abundant juice, and has a clean, waxy-textured skin. It ripens in California and Arizona throughout the twelve months of the year, giving that section the distinction of being the only part of the world that produces a summer-ripening grapefruit.

Like the orange and lemon, the grapefruit is an excellent source of vitamin C, and a good source of vitamin B. It provides quick energy in the readily assimilable fruit sugar; stimulates appetite and so promotes digestion through its pleasing fruit acids; and helps correct acidosis through its mineral salts. Its use in reducing diets is justly popular.

The most common breakfast service of grapefruit is merely to cut it in halves crosswise. No further attention is necessary, with Western grapefruit, for the flesh is easily slipped out of the sections by means of a spoon without too great casualty to eyesight and clean collars. It is nice to remove the center core before serving, using kitchen scissors for the purpose. The practice of cutting all the section membranes with a rounded knife is nothing short of pernicious, in my estimation; for unless it is done well and completely, the result is that one becomes involved with stringy membrane that cannot possibly be severed with a spoon. Better let well enough alone!



Grapefruit juice has a pleasing tang all its own. It is ever so good "straight," for breakfast, or mixed half-and-half with orange juice or grape juice. For afternoon or evening refreshment, or for a strictly temperate before-dinner cocktail, combine chilled grapefruit juice and ginger ale in two-to-one proportions. It is delicious.

### Grapefruit Serving Ideas

When serving halved grapefruit the core should be removed, leaving a small space which affords opportunities for any number of changes in appearance and flavor. For grapefruit that needs no sugar, this space in the center may support a dainty small stick of green mint or red peppermint candy; a piece of sweet pickled watermelon rind; half of a small preserved fig or spiced pear. If the fruit does need sugar, pack the space with cube sugar, plain or tinted. This makes a lovely dish. For "company" occasions, the flowers made of tinted sugar are lovelier. All these must be added at the last instant before the guest sees it, so that he receives the impression of it before the candy melts.

### CANDIED GRAPEFRUIT PEEL

(2 grapefruit)

Remove grapefruit peel in quarters. Cover with water to which 1 teaspoonful of salt has been added. Boil 20 minutes. Drain. Repeat process twice, omitting salt. Cut with scissors into strips. Cover with fresh water and boil until peel is tender, 20 to 30 or more minutes longer. Drain. Bring 1 cupful of sugar and  $\frac{1}{2}$  cupful of water to boil. Add peel. Boil gently until syrup is nearly absorbed. Drain. Roll in sugar and store in boxes.

### How to Peel Grapefruit

You will appreciate the ease of peeling grapefruit when you make salads, desserts, or cocktails. The firm, juice-retaining meat permits grapefruit to be peeled like an apple. Use a sharp knife, cutting away all thin inside membrane. Remove sections by slipping the knife blade down beside a partition, and turning it; the section will drop out beautifully whole.

### GRAPEFRUIT MACEDOINE

(Serves 8)

4 grapefruit  
1 cupful of diced bananas  
 $\frac{1}{2}$  cupful of dates, cut small  
 $\frac{1}{2}$  cupful of grapes (or cherries  
or diced pineapple)  
Powdered sugar

Cut grapefruit in halves, remove meat, and make cups of shells. Let shells chill on ice. Mix grapefruit meat with other fruits, sweetening to taste with sugar. Serve very cold.

### GRAPEFRUIT AVOCADO CANAPE

Pare grapefruit, removing all enveloping tissue. Cut in  $\frac{1}{3}$ -inch slices. Allow one slice to a serving. Arrange on glass plate and cover with avocado whipped to a cream with grapefruit juice and a dash of mustard and salt. Garnish with sliced stuffed olives. Serve very cold.

### GRAPEFRUIT AND POME- GRANATE CUP

Put 4 or 5 sections of grapefruit (all membrane removed) in glass cups and pour over each a tablespoonful or two of pomegranate juice. Cranberry juice may be used similarly.

## GRAPEFRUIT JUICE DRESSING

Grapefruit juice alone, or with a sprinkling of salt and perhaps pepper, makes an excellent dressing for a sliced tomato salad, a lettuce salad, and so on, in a reducing menu. Grapefruit juice may also be used to improve flavor and prevent discoloration in other fruits used in salads. The fruit pieces are dipped in the juice or allowed to stand in it. Fruits that may be so marinated include avocados, bananas, apples, pears, and peaches.

### GRAPEFRUIT PIE

(Serves 6 to 8)

- 1 cupful of grapefruit juice
- $\frac{1}{4}$  cupful of orange juice
- 1 tablespoonful of lemon juice
- 1 cupful of sugar
- $\frac{1}{4}$  teaspoonful of salt
- $\frac{1}{2}$  cupful of cold water
- 3 tablespoonfuls of cornstarch
- 2 egg yolks
- 1 tablespoonful of butter
- 1 teaspoonful of grated grapefruit rind
- 2 egg whites
- 4 tablespoonfuls of sugar

Heat fruit juice, sugar, and salt in double boiler. Mix water and cornstarch. Pour hot juice and sugar over the cornstarch and return all to double boiler. Stir till thickened and cook 10 minutes. Add beaten egg yolks and butter. Cook 1 minute. Remove from fire and stir in the grated grapefruit rind. Pour into baked pie crust and cover with a meringue made of the egg whites and 4 tablespoonfuls of sugar. Bake in a slow oven ( $300^{\circ}$ ) for 15 minutes or until meringue is delicately browned. For pudding, bake filling and meringue without crust in individual pudding dishes.

## KUMQUAT

The kumquat is a very small, decorative citrus fruit, orange in color. The entire fruit, rind and all, is edible and is used fresh, sliced very thin, for salads, or for preserves and spiced fruit.

## LEMONS

The lemon, like the tree that produces it, is never off duty. The yellow fruit, so acid in flavor yet so alkaline in reaction in the body, is useful in the preparation of all sorts of dishes from first course to last—to say nothing of their indispensability in before-dinner cocktails, tomato juice, or otherwise. Rarely is a fruit concoction of any sort complete without at least a dash of lemon juice. This holds true for hot and cold drinks, ices and ice creams, salads, and preserves. Not merely fruit combinations but dozens of hearty dishes are decidedly improved by the addition of lemon. Fish positively demands its garnish of lemon slices or quarters—and it is evidence of good taste in more ways than one to eat the garnish.

Many a home in frostless sections of California has its own constant lemon supply growing in the back yard, for the lemon, with proper pruning, is an interesting if not always ornamental tree. It is particularly interesting because it never rests. Each tree exhibits at one time fruit in all stages of development, from the bud to the mature lemon.

In commercial orchards, the fruit is clipped off when it reaches the required size, the size being determined by rings which are slipped over the fruit as it hangs. After picking, lemons must be cured before marketing, for they are not in condition for use when taken from the tree. Strange to say, to allow

the fruit to hang on the tree until it becomes "lemon color" produces a fruit that is over-size, deficient in juice, likely to develop bitterness, and prone to decay. Picked before they turn color, and properly cured, lemons will keep for months, and will actually improve in quality by a thinning and toughening of the skin and an increase in content of juice.

### BEST LEMONADE

Juice of 6 lemons  
 $\frac{3}{4}$  to 1 cupful of sugar  
 6 cupfuls of cold water

Put sugar in pitcher; add iced water. Stir until sugar is dissolved; add lemon juice and serve immediately.

### LEMON SAUCE

2 tablespoonfuls of butter  
 3 tablespoonfuls of flour  
 $\frac{1}{2}$  teaspoonful of salt  
 $\frac{1}{4}$  teaspoonful of paprika  
 $1\frac{1}{2}$  cupfuls of water or meat stock  
 3 tablespoonfuls of lemon juice  
 1 tablespoonful of finely chopped parsley

Melt butter; add flour, salt, and paprika; and when well-mixed add water or meat stock. Bring to boiling point, stirring constantly; add lemon juice and parsley and serve. This sauce is used for meat, fish, and vegetables.

### LEMON-PARSLEY BUTTER SAUCE

3 tablespoonfuls of butter  
 $\frac{1}{4}$  teaspoonful of salt  
 $\frac{1}{8}$  teaspoonful of pepper  
 2 tablespoonfuls of lemon juice  
 1 tablespoonful of finely chopped parsley

Work butter until creamy; add salt and pepper, then lemon juice and parsley. Serve on hot fish, steak, or vegetables.

### LEMON SAUCE FOR DESSERTS

$\frac{1}{3}$  cupful of butter  
 1 cupful of sugar  
 1 egg  
 $\frac{1}{4}$  cupful of boiling water  
 Juice of 1 lemon and  $\frac{1}{2}$  the grated rind  
 1 teaspoonful of nutmeg

Cream the butter. Add the sugar gradually and the egg slightly beaten. Beat. Add the water and cook until the mixture thickens. Add the lemon juice and rind and nutmeg.

### LEMON CREAM PATTIES

2 cupfuls of sugar  
 $\frac{1}{4}$  cupful of water  
 $\frac{1}{4}$  cupful of lemon juice  
 Yellow coloring

Mix sugar, water, and lemon juice and boil without stirring until a little dropped in cold water forms a firm ball. Set in a pan of cold water and beat until the mixture begins to look cloudy; add yellow coloring and drop on waxed paper to form wafers of delicious fondant.

### LEMON GELATINE

1 tablespoonful of granulated gelatine  
 2 tablespoonfuls of cold water  
 $1\frac{1}{2}$  cupfuls of boiling water  
 1 cupful of sugar  
 Few grains of salt  
 $\frac{1}{4}$  cupful of lemon juice

Soak gelatine in cold water 5 minutes; add boiling water, sugar, salt, and lemon juice. Turn into cold molds and chill. For Lemon Sponge, when lemon jelly begins to stiffen, beat with egg-beater until light and frothy. For Lemon Snow, add to lemon sponge the stiffly beaten whites of 2 eggs.

**LEMON-JUICE DRESSINGS**

For salad dressings using lemon juice, see Index.

**LEMON BAVARIAN CREAM**

- 1 tablespoonful of granulated gelatine
- $\frac{1}{2}$  cupful of water
- 1 cupful of sugar
- $\frac{1}{2}$  cupful of lemon juice
- 2 eggs, separated
- 1 cupful of pastry cream

Soak gelatine in 2 tablespoonfuls of cold water 5 minutes. Put  $\frac{1}{2}$  cupful of sugar, remainder of water and lemon juice in double boiler; when heated, add egg yolks beaten with remaining  $\frac{1}{2}$  cupful of sugar. Cook, stirring occasionally, until thickened. Add gelatine; turn into cold mold and stir occasionally until cold. Fold in stiffly beaten egg whites and whipped cream.

**LEMON MILK SHERBET**

- $\frac{1}{2}$  cupful of lemon juice
- 2 cupfuls of sugar
- 4 cupfuls of milk

Add sugar to strained lemon juice. Add milk, stir until sugar is dissolved, and freeze in rotary freezer.

**LITTLE LEMON CAKES**

- $\frac{1}{3}$  cupful of shortening
- $\frac{2}{3}$  cupful of sugar
- $\frac{1}{2}$  teaspoonful of grated lemon rind
- 3 tablespoonfuls of lemon juice
- 2 eggs
- $1\frac{1}{4}$  cupfuls of flour
- $\frac{1}{4}$  teaspoonful of salt
- $2\frac{1}{2}$  teaspoonfuls of baking powder

Cream shortening, work in sugar, and add lemon juice and rind and beaten egg yolks. Add flour sifted with baking powder and salt. Fold in stiffly beaten egg whites. Bake in greased and floured muffin tins in a

moderate oven (350°) 25 minutes. Cool and cut into two layers. Spread lemon filling between layers and dredge each with powdered sugar.

**LEMON FILLING**

- 1 egg
- 1 cupful of sugar
- $\frac{1}{4}$  cupful of lemon juice
- Grated rind of 1 lemon

Add sugar, lemon juice, and rind to beaten egg; cook over hot water until very thick. Cool, beat until smooth, and spread between layers of cake.

**LEMON ICE**

- $1\frac{1}{2}$  cupfuls of sugar
- 3 cupfuls of water
- $\frac{1}{2}$  cupful of lemon juice

Boil sugar and water 5 minutes; add lemon juice, cool, and strain into freezer. Pack with 3 parts ice to 1 part salt; let stand 5 minutes; then freeze until stiff. Excellent to serve with meat course.

**LEMON FROSTING**

- 1 cupful of sugar
- $\frac{1}{4}$  cupful of water
- $\frac{1}{4}$  cupful of lemon juice
- 2 stiffly beaten egg whites

Boil sugar, water, and lemon juice without stirring until syrup spins a permanent thread (244°). Remove from heat and let stand while beating egg whites. Pour syrup slowly over beaten egg whites, beating until frosting is stiff enough to spread.

**LEMON BUTTER ICING**

- $\frac{1}{2}$  cupful of butter
- $\frac{1}{4}$  teaspoonful of grated lemon rind
- 3 tablespoonfuls of lemon juice
- Sifted powdered sugar

Cream butter until very soft and add grated rind. Alternately add

lemon juice and sugar, beating until light, and adding sugar until icing is thick enough to spread.

### LEMON CAKE PIE

$\frac{1}{4}$  cupful of butter  
1 cupful of sugar  
Juice and grated rind of 1 large  
lemon  
1 cupful of milk  
2 eggs, separated  
2 tablespoonfuls of flour

Cream the butter and sugar, add the lemon juice and rind and the egg yolks, and cream the mixture well. Now add the flour and milk, and lastly fold in the egg whites, beaten stiff. Pour into an unbaked pie shell, put into a hot oven (450°) for 10 minutes, then reduce the heat to 325 degrees and bake until "set," as a custard pie. It will require about 45 minutes. Makes one 8-inch pie. The bottom part will be like a custard, the top part something like cake.

### CRUMBLY PIE CRUST

$1\frac{1}{2}$  cupfuls of flour  
1 teaspoonful of salt  
6 tablespoonfuls of shortening  
Cold water

Sift the flour and salt, and cut in the shortening with a pastry blender or rub lightly with finger tips until mixture is somewhat coarser than cornmeal. Add water gradually. When dough barely clings together, chill in refrigerator. To roll out, divide dough in two parts and roll very lightly on a slightly floured board, keeping paste as nearly circular as possible. Fit into pie pan, prick to prevent air bubbles beneath crust, and bake in a hot oven (450°) until nicely browned. Makes two 8-inch shells, or one 2-crust pie.

### LEMON MERINGUE PIE. I

(Thickened with cornstarch and egg)

5 tablespoonfuls of lemon juice  
1 teaspoonful of grated lemon  
rind  
 $\frac{3}{4}$  cupful of sugar  
 $\frac{1}{4}$  teaspoonful of salt  
 $1\frac{1}{2}$  cupfuls of cold water  
5 tablespoonfuls of cornstarch  
1 tablespoonful of butter  
2 eggs, separated

Mix lemon juice, rind, sugar, salt, and 1 cupful of water in top of double boiler. Heat and add slowly to cornstarch mixed with the remaining  $\frac{1}{2}$  cupful of cold water. Return to double boiler and cook 10 minutes, stirring frequently. Add butter and slightly beaten egg yolks, and cook 2 minutes.

Pour into a baked pie shell, and cover with a meringue made of the egg whites and 4 tablespoonfuls of sugar. Bake 15 minutes in a slow oven (325°). Makes one 8-inch pie.

### LEMON MERINGUE PIE. II

(Thickened with flour and egg)

1 cupful of sugar  
 $\frac{1}{4}$  teaspoonful of salt  
 $\frac{1}{2}$  cupful of flour  
 $1\frac{1}{2}$  cupfuls of boiling water or  
milk  
2 eggs, separated  
2 tablespoonfuls of butter  
5 tablespoonfuls of lemon juice  
1 teaspoonful of grated rind

Mix  $\frac{3}{4}$  cupful of sugar thoroughly with the salt and flour, and add  $\frac{1}{2}$  cupful of boiling water slowly, stirring. Add the remaining water, and cook in a double boiler till thickened. Add the remaining  $\frac{1}{4}$  cupful of sugar to the beaten egg yolks, and add this, with the butter, to the cooked mixture. Lastly

add the lemon juice and rind. Stir and cool before putting into baked pie shell. Cover with meringue, made by beating the egg whites with 4 tablespoonfuls of sugar, and bake in a slow oven (325°) for 15 minutes. Makes one 8-inch pie.

### HOT WATER PIE CRUST

½ cupful of shortening  
¼ cupful of boiling water  
1½ cupfuls of flour  
½ teaspoonful of baking powder  
1 teaspoonful of salt

Put the shortening into a bowl, add the boiling water, and beat with a fork until creamy. Sift the flour, baking powder, and salt into this mixture and stir until smooth. Mold into a smooth ball, chill in the refrigerator until firm, and roll out as directed for Crumbly Pie Crust. This is very easy for even an inexperienced cook to make. The dough keeps well in the refrigerator, if wrapped thoroughly in waxed paper to prevent drying out. Bake in hot oven (450°) until nicely browned. Makes two 8-inch shells, or one 2-crust pie.

### LIMES

Limes are grown to a limited extent only in southern California, and in a few entirely frostless spots in the San Francisco bay region, as they are extremely tender trees. The West Coast markets are, however, well supplied with Mexican limes.

Limes are used chiefly in iced fruit drinks, and for garnishing meats and fish. The flavor of the small green or yellow-green fruit is similar to that of the lemon, with of course its own characteristic difference, which is scarcely describable.

### ORANGES

Two varieties of oranges—the Navel, winter-ripening, and the Valencia, summer-ripening—make it possible for the West to furnish oranges to the nation as a whole every day of the year.

This tremendous business of orange growing and marketing really was started in 1873, when Mrs. Eliza C. Tibbets, of Riverside, California, received from the United States Department of Agriculture, at Washington, D.C., two trees of a new seedless orange, then but recently introduced from Brazil.

The trees were planted in the Tibbets yard and, water being scarce, Mrs. Tibbets irrigated them with her dishwater. Fruit from these trees was of such excellent eating quality that it attracted widespread attention. The pioneer colonists hastened to plant the new orange, and so started California's citrus industry. Now, something like eight million Navel orange trees are growing in the state.

As a result of their success with the Navel, the California growers introduced a summer-ripening orange, the Valencia, which came to us from the Moors or Arabs by way of Spain.

Thus the orange, once a rare and costly luxury, has become a common and inexpensive daily health necessity. Nowhere else in the country are oranges eaten or drunk in such quantities as here in the West where they are grown. Perhaps there is some connection between that fact and the numbers of sturdy, straight-legged youngsters and the outstanding football teams that the West Coast produces!

It would seem scarcely necessary to provide recipes for using oranges,

for they are so good in their natural state. They do, however, make many a good thing better, and so you will find here a number of specially selected favorite dishes in which oranges are an important part.

### Orange Juice Don'ts

On chilly winter mornings the appetite naturally craves a substantial breakfast, often composed of ham and eggs, hot breads, and some form of hot cakes. It is important that heavy morning meals should be accompanied by some form of fresh fruit. Orange juice is the common favorite, but it should be well prepared.

Do not make quantities of orange juice "in advance." Orange juice is one of the items which must be made just before using. If allowed to stand it loses the fine edge of its flavor.

Do not strain out the pulp. It has real food and health value. The juice of California seedless Navels can be served without straining.

Do not serve too cold. Set glass in a bowl of ice, if desired, but do not put ice in the glass.

Do not sweeten. The juice is just right for the average taste. Let each person add sugar if he wishes.

Do not be "stingy" with your servings. Give a full eight-ounce tumbler. Citrus fruit juices are rich in the anti-scorbutic vitamin C which medical authorities state must be replaced daily in the system. Sixteen ounces of orange juice with the juice of one or two lemons in it provides the proper daily supply of this important element.

### ORANGE JUICE WITH FRUIT ICE

To orange juice, lemonade, or other fruit beverages add a spoonful

of lemon or orange ice, placed in the glass at serving time. The beverage should be cold, and the fruit ice replaces the service of crushed ice in the glass. A rounded spoonful of vanilla ice cream added to a glass of orange juice makes a delightful and nutritious beverage.

### How to Bake Oranges Successfully

Soaking oranges over night is not necessary. Slightly grating the skin and boiling 30 to 40 minutes greatly reduces the baking time and gives a more tender product.

If one has not yet acquired a taste for a little of the bitter tang common to all citrus fruits when cooked, then repeated boilings in salt water are necessary to remove all bitterness.

A casserole of glass or earthenware is to be preferred for baking. Lacking that, one of enamelware will do. In all cases have a close-fitting lid, since the amount of evaporation affects the result.

Basting several times, when syrup does not completely cover the fruit, is advisable; the oranges are more tender, however, if completely immersed in syrup.

The longer the fruit is baked, the darker the color and the stronger the taste will be. If sufficiently par-boiled first, then 1½ to 2 hours will be just right for an amber product. If part corn syrup is used, the syrup will not recrystallize as it cooks down. It is wise economy to bake two or three times the amount needed for one service and to seal the surplus in jars. Some recipes call for the whole orange baked. It is evident that the syrup cannot penetrate to the inside in this length of time and so the pulp may be bitter and too sour. For that reason it is better to section or puncture the

orange, rather than to bake it whole. Baked halves of oranges are delightful.

### BAKED ORANGE SLICES, MAPLED

Boil 6 oranges till tender. Cut into slices  $\frac{1}{2}$  inch thick and place in a large casserole or baking pan. Cover with a syrup made of

2 cupfuls of sugar  
 $\frac{3}{4}$  cupful of corn syrup  
 $2\frac{1}{2}$  cupfuls of water  
 2 teaspoonfuls of maple flavoring

Cover and bake at moderate heat 1 to  $1\frac{1}{2}$  hours. Place under the direct flame of the broiler a few minutes if slightly browned slices are desired. Maple flavoring blends particularly well with oranges.

### BAKED SPICED ORANGES

Prepare oranges as for Mapled Slices. Add to the syrup one 2-inch piece of stick cinnamon, 12 cloves, and several slices of lemon rind. Bake as directed in first recipe. Adding  $\frac{1}{2}$  teaspoonful of red coloring gives a pleasing color variation.

### BAKED STUFFED ORANGES

Select small uniform-sized oranges. Parboil till tender after lightly grating the skin to break the oil cells. Parboiling may take 30 to 40 minutes. Remove from water and with a sharp knife or apple corer make a hole almost through each orange. Stuff each with 1 teaspoonful of butter and as many raisins or pitted dates or candied cherries as can be forced in. Place in a deep baking dish and cover with a syrup made in the following proportions:

1 cupful of sugar  
 1 cupful of water  
 $\frac{1}{8}$  cupful of corn syrup

Bake, closely covered,  $1\frac{1}{2}$  hours, basting occasionally if necessary.

Variations: Stuff oranges with crushed pineapple or cocoanut or nuts. Just before serving whole or sliced baked oranges, brown a marshmallow on each.

Baked oranges are good with ever so many different main dishes. With baked ham they make a most interesting combination, and they are equally good with chicken or other fowl, and with chops.

The Mapled Orange Slices are delicious with ice cream. When planning to use them in that way it is well to cut the slices into small sections before baking.

Baked Orange Salad is an unusual though very simple dish to prepare. For a large plate of the salad to be served at the table, arrange narrow strips of baked orange on a bed of shredded and marinated lettuce. Center with a mound of cottage or cream cheese. Halves of small baked oranges filled with cheese make attractive individual salads.

### BAKED PICKLED ORANGE SLICES

Boil large, whole oranges in a generous amount of water 1 hour or until tender, changing water twice and adding 1 teaspoonful of salt to the first boiling. Drain. Cut into half-inch slices. Insert 6 cloves in each slice. Prepare the following spiced syrup:

2 cupfuls of sugar  
 $\frac{3}{4}$  cupful of corn syrup  
 1 cupful of vinegar  
 $\frac{1}{2}$  cupful of water  
 12 bruised coriander seeds  
 Contents of 2 cardamom seed pods  
 1 two-inch piece of stick cinnamon

Boil 5 minutes, add orange slices, and boil 15 minutes. Transfer to a casserole or other covered baking-dish, and bake 45 minutes in a



slightly hotter than moderate oven (400°). If syrup does not completely cover the fruit, baste occasionally. Seal in sterilized jars. Serve with hot or cold meats.

### BAKED ORANGE RELISH

1 orange  
 2 slices of pineapple  
 ½ teaspoonful of cinnamon  
 4 cloves, whole  
 ⅛ teaspoonful of nutmeg  
 1 tablespoonful of pineapple juice  
 3 tablespoonfuls of sugar  
 1 tablespoonful of lemon juice

Wash orange thoroughly and slice very thin, leaving skin on. Add other ingredients. Put in oven glass or enamel dish. Place in cooker and turn to high heat until mixture is thoroughly heated, then turn heat to low and cook until relish is thick. From 2 to 3 hours time will be necessary. Delicious with meats.

### SUNKIST RAISED ORANGE ROLLS

These are ever so easy to make, though they appear otherwise in their finished form. Serve them to accompany fruit salad in cantaloupe halves for a summer luncheon, if you wish to make a real impression on your guests! This recipe makes about thirty medium-sized rolls.

1 cake of compressed yeast  
 ¼ cupful of lukewarm water  
 1 egg, well beaten  
 6 tablespoonfuls of melted shortening  
 1 teaspoonful of salt  
 ½ cupful of sugar  
 ¾ cupful of orange juice  
 1 teaspoonful of grated orange rind  
 3 cupfuls of flour, or more

Combine ingredients in order given and beat until smooth, adding more flour if necessary. Knead until

smooth and elastic, but not extremely stiff. Let rise in a warm place until double in bulk, then knead again and shape like Parker House rolls, placing a half segment of orange in the fold of each roll. Let rise again until double in bulk, then bake in a hot oven (450°) for 15 to 20 minutes. While warm, cover liberally with icing made as follows:

#### *Orange Butter Icing*

3 tablespoonfuls of butter  
 3 tablespoonfuls of orange juice  
 2 tablespoonfuls of lemon juice  
 1 teaspoonful of grated orange rind  
 1½ cupfuls of powdered sugar, free from lumps

Cream together thoroughly and spread on the warm rolls. This icing is excellent also on cinnamon rolls; a dash of powdered cinnamon may be added to the icing in that case.

### ORANGE BREAD

Rind of 3 oranges, cut small  
 Water  
 ½ cupful of sugar  
 ½ cupful of water

Boil the cut rind 10 minutes in water to cover; drain and repeat; drain again, add the sugar and water, and boil 5 minutes. Set aside. Now combine the following in the order given, sifting the dry ingredients together, and adding liquid.

1 cupful of sugar  
 3 cupfuls of flour  
 3 teaspoonfuls of baking powder  
 ½ teaspoonful of salt  
 1 egg, beaten  
 1 cupful of milk  
 1 tablespoonful of melted butter  
 Orange peeling as prepared above  
 ½ cupful of chopped candied citron

Pour mixture into an oiled bread-tin and bake in a moderate oven (375°) 40 to 45 minutes.

## ORANGE RUSKS

- 1½ cakes of yeast, crumbled
- ½ cupful of warm water
- 2 cupfuls of orange juice
- ½ cupful of shortening, melted
- ⅔ cupful of sugar
- 2 teaspoonfuls of salt
- 2 eggs, beaten
- 1 teaspoonful of mace or
- ¼ teaspoonful of nutmeg or cardamom
- 2 tablespoonfuls of grated orange peel or shredded candied peel
- 8 cupfuls of flour
- Raisins, citron, or nuts, or all three, if desired

Soak the yeast (either dry or compressed) in the warm water. While it is softening, mix together all the other ingredients except the flour; add the yeast and the flour, and beat well. Let rise in a warm place until very light—doubled in bulk—then stir the dough to break down the gas bubbles. Drop the dough by spoonfuls into well-buttered muffin tins, turning it over with a spoon and fork to butter all surfaces. Let rise until very light, and bake in a hot oven (450°) for about 10 minutes, or until a pretty golden-brown. Turn out of pans, cool slightly, and spread tops with orange butter icing as directed above. Serve fresh. Excellent with a fruit salad or cottage cheese and fruit combination, and coffee.

## HAM WITH ORANGE

Most popular and famous of American breakfast dishes perhaps is "ham an'," which may be deliciously varied as "ham an' oranges."

- 6 servings of fried breakfast ham
- 2 tablespoonfuls of flour
- 2 cupfuls of orange juice
- 2 oranges, sliced

Add flour to 2 tablespoonfuls of fat from frying ham and cook until lightly browned. Add orange juice,

stirring well to avoid lumps. Cook 5 minutes or until sauce is thick. Pour sauce around ham on serving dish. Garnish with sliced oranges and parsley. Serves six.

## MARMALADE GINGERBREAD

- 1 cupful of orange marmalade
- 3 tablespoonfuls of butter
- 1 egg, well beaten
- ½ cupful of molasses
- 1¾ cupfuls of sifted cake flour
- ½ teaspoonful of salt
- ½ teaspoonful of soda
- ¾ teaspoonful of double-acting baking powder
- 1 teaspoonful of ginger
- 1 teaspoonful of cinnamon
- 4 tablespoonfuls of boiling water

Sift flour once, measure, and sift with salt, soda, baking powder, cinnamon, and ginger. Cream butter thoroughly. Add marmalade, beaten egg, and molasses and blend thoroughly. Add flour sifted with other dry ingredients. Gradually add hot water to mixture, beating until smooth. Pour into a greased pan, 8×8×2 inches, and bake in a moderate oven (350°) 20 to 25 minutes. Remove from pan and cool on cake cooler.

## ORANGE SPONGE CAKE

- 4 eggs, yolks and whites separated
- ½ cupful of orange juice
- 1 teaspoonful of grated rind
- 1½ cupfuls of sugar
- 1½ cupfuls of flour, sifted 6 times
- ⅛ teaspoonful of salt
- ½ teaspoonful of baking powder

Beat the egg yolks thoroughly with a rotary beater; add orange juice and rind, and beat again. Add sugar gradually, continuing to beat hard. Fold in the sifted flour gradually. Add salt to egg whites, beat until foamy, then add baking powder and continue beating until stiff

but not dry. Fold into cake mixture, pour into an ungreased tube cake pan, and bake in a slow oven (325°) for 1 hour. Frost with Orange Butter Icing (see page 71).

### ORANGE SOUFFLE PIE

1 cupful of orange juice  
Grated rind and juice of 1 lemon  
4 tablespoonfuls of flour  
1 cupful of sugar  
3 eggs, yolks and whites separated

Heat the orange and lemon juice and rind in a double boiler. Combine the flour with  $\frac{3}{4}$  cupful of sugar, mix to a paste with a little of the juice before it is hot, stir in, and cook, stirring, until thickened and smooth, then let cook 10 minutes longer. Add the egg yolks, well beaten, and cook, stirring, until thick. Beat the egg whites stiff, and beat in the remaining  $\frac{1}{4}$  cupful of sugar. Fold the hot mixture into the whites, pour into a baked crust, and let cool. Serve topped with whipped cream.

### ORANGE CREAM SAUCE

Try this, spread over slices of sponge or other plain cake. Your family will call for more, I feel sure.

Juice and grated rind of 1 orange  
 $\frac{1}{2}$  cupful of sugar  
2 egg yolks, beaten  
1 cupful of heavy cream

Heat the orange juice, grated rind, and sugar together for 10 minutes in the upper part of a double boiler, then strain. Cook again about 2 minutes, and carefully add the beaten egg yolks. Cook 5 minutes, stirring constantly; let cool, then chill in the refrigerator. Fold in the whipped cream just before serving. This is truly delicious.

### ORANGE AND RICE PUDDING

2 cupfuls of boiled rice  
 $\frac{1}{2}$  cupful of peanut brittle  
 $\frac{1}{4}$  pint of whipping cream  
1 teaspoonful of vanilla  
1 orange

Whip the cream stiff, add a few grains of salt, flavor with vanilla, then add ground peanut brittle and diced orange. Mix together well and then mix thoroughly with the cold boiled rice.

### SUNKIST ICE-BOX CAKE

1 cupful of orange juice  
2 tablespoonfuls of granulated gelatine (1 envelope)  
 $\frac{1}{2}$  cupful of water  
 $\frac{1}{2}$  cupful of sugar  
12 marshmallows, cut into eighths  
 $\frac{1}{2}$  cupful of orange pieces  
1 cupful of whipping cream

Soak gelatine and  $\frac{1}{4}$  cupful of orange juice 5 minutes, then liquefy over hot water. Dissolve sugar in  $\frac{1}{2}$  cupful of boiling water and add to gelatine with  $\frac{3}{4}$  cupful of orange juice. Let stand while gelatine mixture cools. When gelatine begins to stiffen, beat till fluffy. Fold in orange pieces and marshmallows, and lastly 1 cupful of whipping cream, beaten stiff. Line bottom of spring form with halves of ladyfingers. Cut one round end from enough halves of ladyfingers to stand up around edge of form, letting the cut ends touch the bottom of the pan. (Allow 24 ladyfingers.) Pour in half the filling. Lay on any pieces or extra ladyfingers and cover with rest of the filling. Leave in ice-box over night or until thoroughly chilled. Remove sides of spring form when ready to serve. Decorate, if desired, with additional whipped cream and orange sections around top and base of cake. Serves eight to ten, and looks very pretty.

**ORANGE DELICIOUS**

2 cupfuls of sugar  
 1 cupful of water  
 2 cupfuls of orange juice  
 1 cupful of milk  
 2 egg yolks, well beaten  
 1 pint of cream, or half cream  
 and half evaporated milk

This ice cream, which is frozen in a rotary freezer, is a truly delicious dessert.

Boil the sugar and water together to a thick syrup, remove from the fire, add the orange juice, and let cool. Meanwhile, scald the milk, pour over the well-beaten egg yolks, stirring constantly; return to the fire and cook slowly, stirring, for about 3 minutes, or until slightly thickened as for custard. Cool, then stir in the cream, or cream and evaporated milk (these are not to be whipped), mix with the orange syrup, and freeze in a rotary freezer, using 1 part of coarse ice-cream salt to 8 parts of ice. When stiff, drain off the water, remove the dash from the freezer, cork the top, and pack the freezer well, using 1 part of crushed ice to 3 parts of salt. Let stand a couple of hours to ripen, before serving. Makes about 2 quarts.

**CANDIED ORANGE OR LEMON PEEL**

Remove peel from 6 oranges (or 8 lemons) in quarters. Cover with water to which 1 teaspoonful of salt has been added. Boil 30 minutes. Drain. Boil in fresh water until tender, about  $\frac{1}{2}$  hour longer. Drain. Divide peel into 2 equal parts. Bring 1 cupful of sugar and  $\frac{1}{2}$  cupful of water to boil. Add one portion of peel. Boil gently until syrup is nearly absorbed. Drain. Roll in sugar. Cut with scissors into bits.

Repeat process for remaining peel. This should make somewhat more than a pound of candied fruit.

**SOUR ORANGE**

In some parts of the West the sour orange is being used for its decorative quality. There is a growing tendency to experiment with these oranges to see the use to which they can be put as food. Already it has been proved that their juice makes a good substitute for lemon juice, and the experimentally inclined homemaker can, doubtless, figure out many other uses for them such as marmalade, lemon milk sherbet, and others.

**GIANT SHADDOCK**

The Cuban Giant Shaddock, a freak variety of citrus fruit, is a huge, rough-skinned yellow ball, delicious in flavor. Use as other citrus fruits.

**THE TANGERINE**

"Tangerine" is the trade name for a variety of Mandarin orange, a Chinese fruit, supposed to have received its name because only the nobles or Mandarins were rich enough to buy it or because it was ranked among the noblest fruits of the Flowery Kingdom.

In America, it has been nicknamed "kid-glove orange" because of the ease with which it is peeled and the fruit segments separated and eaten.

It is a smaller fruit than the common or sweet orange, deep, reddish orange in color, with a flavor that is different and of a pleasing, aromatic, tangy quality.

California's citrus groves include some commercial plantings of tan-

gerines. The fruit ripens during January, February, March, and April and is to be found in many Western markets during those months.

Tangerines, when obtainable, offer an unusual treat to the menu-planner who wishes "something different" for they are not only delicious eaten out of hand, but they lend themselves to many flavorful beverage, cocktail, salad, and dessert combinations.

Remember that tangerines may be used in practically any recipe that calls for oranges or grapefruit. Don't be afraid to experiment with original combinations and substitutions. That is the way that all delicious new recipes are originated, you know.

### To Prepare for Eating

*Juice.*—Cut fruit in halves. Extract juice on reamer or mechanical extractor as with oranges or lemons.

*Segments.*—Peel fruit and separate segments, retaining membrane. Cut out seeds with scissors, if desired. The peeled fruit with segments spread apart at one end makes an attractive cup to hold cheese or chopped fruits or vegetables in a salad.

*Pieces.*—Cut segments in two with scissors.

*Peel.*—Grate peel and use for flavoring cakes, pies, breads, biscuits, frostings, and fillings.

### Tangerine Beverages and Appetizers

Serve for first course or as beverage with any meal:

1. Small glass of tangerine juice, chilled if desired.
2. One-third cupful each of tangerine and grapefruit juice, sweetened to taste.

3. Two-thirds cupful of tangerine juice and one-third cupful of ginger ale, chilled.
4. Add tangerine juice to grapefruit or orange sections or other fruits for a different fruit cup.

### Tangerine Salad Suggestions

Serve on lettuce-covered salad plate.

1. Tangerine with segments separated to make a cup; cup filled with cottage cheese. Surround with double row of grapefruit segments. Serve with sweet French dressing.
2. Tangerine cup with cottage cheese as above. Place each cup on a pineapple ring. Serve with sweet French dressing.
3. Tangerine cup filled with avocado cubes, sprinkled lightly with salt and paprika. Tangerine juice or sweet French dressing.
4. Tangerine pieces, banana cubes, quartered marshmallows, equal parts. Any dressing.

### JELLIED TANGERINE COCKTAIL

1¾ cupfuls of tangerine juice  
 1 package of lemon gelatine  
 1 tablespoonful of lemon juice  
 1 cupful of tangerine sections  
 with skin removed  
 Finely chopped mint

Heat tangerine juice almost to boiling point, pour over gelatine, and then add lemon juice. Set in a pan of ice water to congeal and when thick, like molasses, add tangerine sections and pour into an oblong pan. Set in refrigerator to chill thoroughly. When ready to serve, cut into half-inch squares, pile into cocktail glasses and then sprinkle with finely chopped mint blended with a little fruit juice.

## DATES, FRESH

New in the field of fresh winter fruits are dates, from the Coachella Valley of California and the golden desert valleys of Arizona. Cured dates have, of course, been on the market for years, and are a justly popular sweet addition to dozens of desserts. The fresh ripe date, picked fresh, packed fresh, and shipped under refrigeration as any other perishable, is a new treat.

Plump and inviting, and not at all sticky, fresh dates are delightful to nibble after meals or between meals. Pitted and sliced, they are deliciously rich served with cream; naturally they are fine with cereals, hot or cold. Halved or chopped, they furnish splendid notes of color and flavor to fruit salads, fruit cups or cocktails, and desserts. Fresh dates are valuable from the standpoint of nutrition because of their natural fruit sugars, and the vitamins, A and B, which they contain.

The date palm, grown for centuries in the arid regions of Asia and Africa, was brought to California by the Padres. The oldest date trees in the state, survivors of their plantings, are found at the old San Diego Mission. It is only in comparatively recent years that the fruit has been produced in quantities to make it commercially profitable. It is successfully grown in any of the interior regions that have a sufficiently high summer temperature. The Deglet Noor is the leading variety grown.

Date palms bloom from March to May. Like the holly, the trees are dioecious—that is, some are male and some are female, and both must be planted to secure fruit. Dates ripen from August to November. According to modern practice, they are pasteurized or incubated, to free

them of obnoxious insects that naturally infest the date. This controlled heating also improves the flavor of the ripe fruit. (For date recipes see "Dried Dates," page 107.)

## FIGS

One of the most fascinating of characteristic Western fruits is the fig. Whether fresh, canned, preserved, pickled, or dried, the fruit is most versatile in its uses. Moreover, it may be grown in a wide range of climates and soils, a fact interesting to the home gardener who has considerable space at his command. To produce the finest dried figs, with thinnest skin and richest sugar content, a warm, dry climate is an important factor.

The first figs brought into the United States, like the first dates, were brought from Mexico by the Spanish Padres, probably about 1769, and planted at the San Diego Mission.

There are two main types of figs: Adriatic and Smyrna. The former (the type introduced by the Padres) matures its fruit without the aid of the fig wasp, while the latter does not. So far as general appearances go, the Adriatic and the Smyrna fig are alike, but there is one important difference: the seeds of the Adriatic fig are hollow, while in the Smyrna each seed contains a kernel, giving the fig a nutty flavor and a syrupy sweetness found in no other fig.

An interesting fact about the fig is that it produces two distinct crops each season. The first, in June, comes from fruit buds on last season's growth, and is known as the "Breba." The second crop, from new wood growth, ripens from August to October.

Trees of the Smyrna fig could not be grown in this country until the

late George C. Roeding, of Fresno, after years of study and experiment, found that the Smyrna needed two aids in order to produce mature fruit. It needed the wild, or Capri fig, planted near by to furnish pollen; and then, in order to deposit that pollen inside the almost closed eye of the fig blossom, the tiny Blastophaga, or Fig Wasp, must be present. In April, 1899, Mr. Roeding, through the aid of the United States Department of Agriculture, received a supply of Blastophagas from Algiers, and the growing of the true Smyrna fig in California became a reality. Mr. Roeding gave the name Calimyrna to the fig he thus produced.

### Varieties of Figs

There are several hundred varieties, varying from onion-shaped to pear-shaped, and differing in flavor. Those most important in the West are:

*Calimyrna (California Smyrna).* The largest and finest fig grown. Has greenish-yellow skin and coarse reddish-amber pulp. This is very rich and meaty, is excellent fresh, and is the standard fig for drying.

*Mission.*—The well-known California black fig, the oldest variety in the country. Has purplish-black skin, coarse, dull red or brownish amber pulp. Used fresh and for drying.

*San Pedro White.*—Very large, round fig, with thick, but tender, yellow or greenish skin; amber pulp. Suited only for table use.

*White Adriatic.*—Thin, yellow or greenish skin; bright strawberry red or white pulp, with violet streaks in meat.

*Kadota (White Endrich).*—One of the finest figs for all purposes.

Most persons prefer it for eating fresh, for it is extremely sweet and rich. Also good for canning, drying, and pickling. Has smooth, yellowish-white skin and pale amber pulp.

### How to Prepare

Figs become soft and are likely to ferment rather soon after being picked. For eating fresh, they should be fully grown but picked just before turning soft; therefore, select those that are just turning soft and buy only for immediate use. Fresh figs can be stored for a few days only and must be handled with great care because they are very easily bruised. All figs are ordinarily peeled before serving.

If you are peeling a large quantity of figs, rub your hands lightly with lard or other shortening, and they will not smart.

### How to Serve

Sliced fresh figs are a delicious breakfast dish, or dessert for luncheon or dinner. Serve with cream or lemon.

Fresh fig pie is made by filling a baked pie shell with peeled and sliced figs, and covering with sweetened whipped cream, or topping each piece with a spoonful of ice cream at serving time.

The flavors of vanilla ice cream and sliced figs blend beautifully. An interesting dessert is made by covering slices or squares of sponge cake with sliced figs, and covering with a layer or mound of ice cream. Canned Kadota figs may be used for this when fresh figs are out of season.

Fresh figs, peeled and halved, are delightful and pretty in fruit salad plates. Use them in practically any way that you make use of other fresh fruits.

### FIG FRYING-PAN CAKE

Melt 3 tablespoonfuls of butter in a heavy skillet and sprinkle  $\frac{1}{2}$  cupful of brown sugar over it. Mix 2 cupfuls of stewed or preserved figs (fig conserve may be used for this) and 1 cupful of chopped walnuts. Spread over the sugar, and let stand while you make a batter:

1 beaten egg  
 $\frac{1}{2}$  cupful of brown sugar  
 $\frac{1}{4}$  teaspoonful of salt  
 $\frac{1}{2}$  cupful of hot milk  
 1 cupful of flour  
 $1\frac{1}{2}$  teaspoonfuls of baking powder

Mix thoroughly in the order given, pour over the fruit in the skillet, and bake in a moderate oven ( $350^{\circ}$ ) about 30 minutes. Turn out of the pan at once, and serve hot with whipped cream.

For recipes using dried figs, see pages 108-109.

### GRAPES

Grapes, like plums, grow in almost every locality in America; but again, nearly two-thirds of the entire market crop is produced in California. The season runs well over half the year, from late June to January or February.

In this state, practically the entire output consists of tight-skinned grapes, the chief purposes of which are for making raisins and wine, and for table use. In the Northwest, the slip-skin grapes such as the familiar Eastern Concord are in evidence.

The two main varieties of raisin grapes are the round, firm, white-skinned Muscat (White Muscat of Alexandria) with pronounced flavor, from which the standard seeded raisins are made, and the small, delicious, golden-yellow Thompson Seedless, or Sultanina, which make the seedless raisins of commerce.

For table use, the two grape varieties mentioned above are popular; in addition there are the large, oval, firm-fleshed Tokay, or Flame Tokay, with reddish skin; the Malaga — the large, meaty, yellowish-green grape, covered with white bloom, longer than the Muscat, and of lower flavor; the purple, black, or white Cornichon; the dull purple Emperor; the large, black Ribier; and many others, of local or wider fame and popularity. The "Isabella Regia," or California Concord, an exceedingly large and sweet purple slip-skin grape, is attaining considerable prominence in the state.

Few directions are needed for using Western grapes of any description. For cooking, since the pulp and skin cannot be separated as in the slip-skin varieties, it is best to cut the grapes in halves to remove seeds, and proceed as in using any berry, in making pie or other desserts. Definite directions for canning and jelly-making from Western grapes are given in the chapter on Canning, Preserving, Pickling (see page 183).

### OLD-FASHIONED GRAPE PIE

(Two-crust)

Pick from the stems 2 cupfuls of grapes, of any tight-skinned variety. Remove seeds if present. Put into a covered saucepan with a tablespoonful of water and simmer gently to start the juice. Cook about 15 minutes, then add 2 or 3 tablespoonfuls of lemon juice and 1 cupful of sugar, or a little less if the grapes are very sweet. A tiny pinch of salt will help to emphasize the grape flavor also. Let cook a few minutes to dissolve the sugar. Mix together 2 level tablespoonfuls of cornstarch (or 4 level tablespoonfuls of flour) with 2 tablespoonfuls



of sugar. Blend to a paste with a small amount of the hot grape syrup, then stir this into the boiling-hot grapes, and cook, stirring until smooth. Cornstarch will require a little longer cooking than flour to remove the starch taste.

Line a pie-pan with rich pastry, pour in the grapes (omitting part of the syrup if there is too much), dot with butter, sprinkle with cinnamon if you like it, and put on the top crust, decorated with a pattern of slits in the pastry to allow steam to escape, or use lattice strips. Crimp the edges well together, and put into a hot oven (450°) for 10 minutes, then reduce the heat decidedly (to 350°) to finish baking. Allow 30 minutes for baking. Serve warm or cold.

#### THOMPSON SEEDLESS GRAPE PIE

Line a pie-pan with rich pie crust. Wash and drain 2 to 3 cupfuls of grapes—enough to fill the pan. Blend 3 level tablespoonfuls of flour with  $\frac{3}{4}$  cupful of sugar, and spread over the grapes. Dot with butter and add 1 teaspoonful of lemon juice. Cover with lattice strips and bake for 10 minutes in a hot oven (450°), then reduce heat to 350 degrees and bake 20 to 30 minutes longer, or until done. This pie is delicious made with green Thompson Seedless grapes or green Malagas, picked about ten days before they are ripe. No lemon need be used. The resulting pie is much like that made from sour cherries.

#### GRAPE HAM

When baking ham, cover the roast with a generous quantity of grapes, any kind, halved and seeded. Add 1 cupful of brown sugar and  $\frac{1}{2}$  cupful of white sugar for each

2 pounds of grapes. Cover and bake until done. Add no water after the grapes are put in. When done, remove the ham to a platter, thicken the juice in the pan with thin flour paste, and serve in a grape boat.

#### GRAPE TAPIOCA

5 tablespoonfuls of quick-cooking tapioca  
 $\frac{1}{2}$  teaspoonful of salt  
 1 pint of hot grape juice, white or red  
 $\frac{1}{2}$  cupful of sugar  
 1 cupful of shredded pineapple  
 1 cupful of quartered marshmallows  
 Macaroon crumbs

Cook the tapioca and salt in the hot grape juice in a double boiler for 15 minutes, stirring frequently. Stir in the sugar. Remove from heat and add pineapple. When partially cooled, stir in the marshmallows. Place a few spoonfuls of macaroon crumbs in a glass bowl or individual glasses, pour in mixture, chill, and serve with whipped cream.

#### GRAPE COMBINATION SALAD

1 pound of Malaga or Muscat grapes, seeded  
 1 pint of canned pineapple, diced  
 $\frac{1}{2}$  cupful of pecans  
 $\frac{1}{2}$  pound of marshmallows diced  
 1 pint of whipped cream

Combine the ingredients fifteen minutes before serving. It makes a good luncheon salad, or it may be served as a dessert.

#### GRAPE REFRESHMENT

Stir into 1 pint of lemon ice, 1 cupful of halved and seeded Tokay grapes. Serve in tall glasses topped with an emrelette, accompanied by crisp chocolate cookies, for summer afternoon refreshment. This is truly refreshing.

### GRAPE ICE

- 1 package of lemon gelatine
- 1 pint of boiling water
- 1 cupful of green Malaga grapes,  
halved and seeded

Dissolve the gelatine in boiling water. Chill. When slightly thickened, fold in grapes. Pour into freezing tray of automatic refrigerator, and chill 1½ hours. Break with a spoon and pile lightly in sherbet glasses. The irregular mass looks like ice. Serves six.

### MELONS

Muskmelons and watermelons are the two main classifications under this heading, but of Western-grown muskmelons there are many kinds.

The small muskmelons with a heavily netted skin are commonly called cantaloupes. Those having smooth, or wrinkled, or only slightly netted skins are sometimes called winter muskmelons. They include the large, white Honeydew, and the smaller Honey Ball, with thick, sweet, greenish-yellow flesh; the Casaba; and the Persian, or Santa Claus melon, which acquires the latter name owing to its long-keeping qualities. The citrus melon is not used fresh but makes excellent preserves.

Some of the netted melons have orange-pink flesh, some greenish-yellow. Choice is largely a matter of personal taste, and what the market affords.

#### When Selecting Melons

The best muskmelons, regardless of variety, are well-formed, large, heavy for their size, and heavily netted with veins which stand out—unless they are smooth-skin varie-

ties. When fully ripe, the ground color under the netting becomes yellow or golden, the melon yields noticeably to slight pressure at the blossom end, and has a pleasant fragrance. In fact, odor is the surest guide to ripeness. Muskmelons picked before they are mature never ripen to a full sweetness. They can often be detected because the stem readily separates from the melon, leaving only the scar. Small melons are often picked from dead or diseased vines and are inferior. Ill-shaped and badly scarred melons seldom have a normal flavor.

Melons, like most other fruits, should not be placed in the refrigerator except for the time necessary for chilling before serving. When putting them into the refrigerator, it is well to wrap them tightly in waxed paper, or to put them into tin coffee or syrup cans, in order to prevent their characteristic odor from invading other foods.

Watermelons, grown throughout the West, vary in size and shape and characteristic markings. They may be round or oval, deep or light green in color, and plain or striped. To test for ripeness, thump the melon. A dull, hollow sound indicates ripeness—but, of course, plugging is the surest test.

#### Simple Ways with Muskmelons

Large muskmelons, as Honeydew, Casaba, and Persian, are usually cut in lengthwise wedges three or four inches wide, and served with lemon and salt. Small cantaloupes are merely cut in half and the seeds removed; they are lovely filled with fresh berries, or sliced peaches, or with a fruit salad, garnished with chopped mint. Balls or cubes of several varieties of melons are pretty and good, combined in fruit cups or salads.

**CANTALOUPE COCKTAIL**

- 4 small cantaloupes (to be cut in halves)
- 1 grapefruit
- 2 oranges
- 2 or 3 very red plums
- 1 bunch of grapes (to be divided and hung over the side of each cantaloupe shell)
- 8 maraschino cherries for the top
- 16 grape leaves, to use as doilies on the plates

Have all the fruits well chilled. The cantaloupes, freed of seeds, make charming "cocktail glasses." The grapefruit and oranges are peeled and sections cut out, the plums are cut in neat pieces. (When cantaloupes are out of season, grapefruit or orange shells may be used to hold the cocktail mixture, and other fruits may be substituted for the plums and grapes.)

**CANTALOUPE COCKTAIL RINGS**

Slice and peel rings of cantaloupe one inch thick. Place rings on glass salad plates and fill centers with seedless white grapes. Dress lightly with orange juice, sweetened with a little powdered sugar, and serve well chilled.

**ARTISTIC FRUIT SALAD IN MELON BOWL**

First prepare the salad dressing, as follows, and put to chill in the refrigerator:

- 2 tablespoonfuls ( $\frac{1}{4}$  cube) of butter
- Yolks of 2 eggs, beaten
- 1½ tablespoonfuls of sugar
- Juice of 1 large lemon, strained
- Pepper and salt to taste

Mix the first three ingredients in a double boiler and cook over hot water, stirring constantly, until sugar is dissolved. Take from fire

and add the lemon juice and seasonings. Put back on stove and cook until stiff, stirring constantly. Cool and chill thoroughly. Stir into a cupful of whipped cream to serve. Cut into not-too-small balls with a cutter made for that purpose, the following fruits:

- 1 cupful of red heart of water-melon
- 1 cupful of Persian melon
- 1 cupful of Honeydew melon

To these add:

- 1 cupful of diced fresh pineapple
- $\frac{1}{2}$  cupful of diced fresh peaches
- $\frac{1}{2}$  cupful of diced fresh pears
- $\frac{1}{2}$  cupful of ladyfinger grapes, peeled and seeded

Select a good-sized, well-shaped watermelon and cut lengthwise. Scoop out all the red part and notch the edges of the rind, saw-tooth fashion. Keep this and all the fruit cold until serving time, then place the melon shell on a platter decorated with flowers or greens, fill with the mixture, and serve from one end of the table. (Have a bowl of crisp, ice-cold lettuce leaves brought in with the salad.) The salad dressing may be passed, letting each guest help himself, or it may be poured over the mixed fruits just before the salad is brought to the table. Serves six or seven.

**MELON AND GRAPE-JUICE APPETIZERS**

Scoop out little watermelon and cantaloupe balls with a vegetable scoop. Squeeze the juice of 1 orange and  $\frac{1}{2}$  lemon into a cup and fill the cup with red or white grape juice. Pour mixture over the melon balls, then put in refrigerator to chill. A little fresh mint, chopped fine and sprinkled over the top, adds a pleasing flavor.

## NECTARINES

There is a mistaken impression that the nectarine is a cross between a peach and something else. As a matter of fact, it is nothing other than a smooth-skinned peach, with an especially rich, aromatic flavor all its own. It can be served in exactly the same ways as the peach, and is very fine for canning and drying. It is in season in June, July, and August. Substitute nectarines in any of the recipes given under "Peaches" (see page 85).

## OLIVES

Like so many others of our Western fruit trees, the olive was brought into California from Mexico by the Padres, being planted first at the San Diego Mission by Father Junipero Serra and his Franciscan missionaries in 1769.

While olive oil and green olives have been produced for centuries in the Mediterranean countries, California alone in the world produces the ripe canned olive. Thus the ripe olive is a product of the West Coast exclusively.

The silvery gray foliage of the olive tree is beautiful the year round. The fruit ripens and is gathered from September to December, or even January in the case of olives for oil-making.

After being sorted and graded for sizes, the olives are placed in curing vats to undergo a mild alkaline treatment for about a week. This develops the bland, nut-like flavor of the olives, and also the uniform, rich brown color desired. They are then brined for a short time in a very light brine, and then canned. The ripe olive is not a pickle, but a ripe canned fruit.

Green olives are picked green,

cured, brined, and packed in brine. They are a true pickle.

There are more reasons for eating ripe olives than the simple one that they are good-tasting. The Bureau of Home Economics of the Department of Agriculture has tested commercially packed ripe olives of the Manzanillo variety by means of a series of feeding experiments, and has found them to be rich in vitamin A.

A jar of ripe olives is almost as essential on the shelf of the Western housewife as salt. There are so many ways of using them. Minced, mixed with chopped celery and nuts, and moistened with mayonnaise, they make an ideal sandwich spread. They are good chopped and mixed with the stuffing for peppers and tomatoes. The addition of olives to escalloped potatoes is pleasing. Sliced or whole, they are an excellent garnish for salads, sandwiches, and stuffed eggs. In meat gravies, dressings, and stuffings, ripe olives add the richness of mushrooms. Have you tried warm ripe olives served with the meat course? Heat them gently in olive oil in a double boiler. Garlic may be added if you wish.

## ITALIAN OLIVES

Pour into a pint jar about half or three-quarters of the liquid from a can of ripe olives. To this add about  $\frac{1}{4}$  cupful of salad or olive oil, and 1 or 2 buds of garlic, sliced; put in the olives, seeing that the liquid covers them. Let stand several hours, then remove garlic and keep olives in the liquid until used. Keep in cool place, but not cold. The oil makes the olives glistening black in color, and the garlic gives them a most delicious flavor.

## OLIVES IN BLANKETS

Choose large ripe olives. Heat them in their juice, remove the stones, and stuff the cavities with minced onion. Wrap each olive in a slice of bacon just long enough to lap over so that it may be secured with a toothpick. Place under the broiler until bacon is crisp, turning once during cooking. Place 2 or 3 together on rounds of toast garnished with tartar sauce, inserting a fresh toothpick in each to simplify eating, and serve as an appetizer or canapé.

## OLIVE SANDWICHES

Chop pitted ripe olives rather fine; add  $\frac{1}{2}$  teaspoonful of onion juice and dash of paprika; mix with heavy mayonnaise that has been made with tarragon vinegar. If chives and fresh tarragon leaves are at hand, mince and use them instead of the onion juice, making the mayonnaise with lemon juice instead of tarragon vinegar.

## WINDSOR SANDWICH SPREAD

$\frac{1}{3}$  cupful of butter  
 $\frac{1}{2}$  cupful of cold boiled ham  
 $\frac{1}{2}$  cupful of cold chicken  
 2 tablespoonfuls of olives, chopped  
 Salt and pepper to taste

Cream the butter, and add the ham, chicken, and olives, all chopped fine. Season with salt and pepper. To make fancy tea or luncheon sandwiches, cut  $\frac{1}{4}$ -inch slices of very fresh bread, spread with the filling given above, then roll the bread as you would a jelly cake. Place a dampened napkin in the bottom of the pan and stack rolls in rows with loose edges down so that they will stay rolled. When all

have been placed in the pan, fold the edges of the napkin across the top and allow them to stand for a few hours before serving. When served in a decorated sandwich tray or basket, these tiny rolled sandwiches give a very dainty touch to the luncheon or tea.

## CREAMED HAM AND MUSH- ROOMS WITH OLIVES

$1\frac{1}{2}$  cupfuls of diced cold cooked ham  
 $1\frac{1}{2}$  cupfuls of thin cream sauce  
 1 tablespoonful of chopped green or ripe olives  
 1 tablespoonful of minced pimiento  
 $1\frac{1}{2}$  cupfuls of button mushrooms  
 $\frac{1}{2}$  teaspoonful of salt and pepper mixed

Add all ingredients to the cream sauce and heat thoroughly over hot water. Fill patty shells of either plain or puff paste with this mixture and serve at once, garnished with parsley and stuffed olives. Serves five.

## CREAMED OLIVES ON TOAST

1 tablespoonful of butter  
 1 tablespoonful of flour  
 1 cupful of milk  
 $\frac{1}{4}$  teaspoonful of salt  
 $\frac{1}{2}$  cupful of ripe olives, pitted and cut  
 $\frac{1}{2}$  teaspoonful of kitchen bouquet sauce

Melt the butter in a saucepan; add flour and salt and blend thoroughly. Add the milk slowly and cook, stirring, until smooth and creamy. Put in the cut olives and cook 3 minutes, then add the kitchen bouquet sauce, and serve at once, on slices of crisp toast or on toasted crackers. This makes a satisfying luncheon. The foregoing recipe will serve two persons; increase measurements as needed, following these proportions.

### SUNDAY NIGHT SAND- WICHES

Spread rounds of graham bread (sliced not too thin) with pimiento cheese, and in the center of each set a small pickled onion with long strips of ripe olives radiating from it like the petals of a daisy. These are open sandwiches, of course.

### SCALLOPED OLIVES AND CORN

2 cupfuls of canned corn  
2 cupfuls of finely diced celery  
 $\frac{1}{2}$  cupful of minced ripe olives  
 $\frac{1}{2}$  cupful of milk  
 $\frac{1}{4}$  cupful of buttered bread crumbs  
2 tablespoonfuls of butter  
1 teaspoonful of salt  
 $\frac{1}{2}$  teaspoonful of pepper

Put the corn, cooked celery, and olives in alternate layers into a buttered baking-dish. Add seasonings, butter, and milk. Cover with buttered crumbs and bake in a moderate oven 30 minutes.

### MACARONI AND OLIVES

2 cupfuls of macaroni, broken into 1-inch pieces  
1 tablespoonful of fat  
1 tablespoonful of flour  
 $1\frac{1}{2}$  cupfuls of milk  
1 teaspoonful of mustard  
1 teaspoonful of salt  
 $\frac{1}{2}$  cupful of minced ripe olives  
 $\frac{1}{2}$  cupful of chopped cheese  
 $\frac{1}{2}$  cupful of cooked green peppers, chopped  
2 tablespoonfuls of chopped pimientos  
 $\frac{1}{4}$  cupful of buttered crumbs  
Pepper

Cook macaroni in boiling salted water until tender. Drain. Make a white sauce of the fat, flour, milk, and seasonings. Add chopped pepper and cheese and cook slowly until cheese is melted. Put a layer of

macaroni into a buttered baking-dish, then a layer of cheese mixture and olives. Repeat until ingredients have all been used. Cover with buttered crumbs and bake in a moderate oven 20 minutes. One and one-fourth cupfuls of raw rice may be substituted for the 2 cupfuls of uncooked macaroni. Cook in double boiler the  $1\frac{1}{4}$  cupfuls of raw rice in 4 cupfuls of boiling salt water.

### "MORE"

1 pound of round steak  
 $\frac{1}{4}$  pound of salt pork  
1 tablespoonful of butter  
1 small onion, minced  
 $1\frac{1}{2}$  cupfuls of spaghetti  
1 large can of tomatoes  
1 small can of peas  
1 small can of pimientos  
1 small can of ripe olives  
 $\frac{1}{2}$  pound of American cheese, grated

Have the meat man grind the round steak and pork together. Melt the butter in a large frying pan and in it lightly brown the minced onion. Add the meat and cook until done, stirring frequently. Meanwhile, cook the spaghetti in boiling, salted water. Drain thoroughly and add it to the meat. Add the tomatoes and peas, and half the pimientos and olives (both chopped fine) and half the grated cheese. Mix all ingredients lightly together with a fork and put into a large oiled baking-dish. Sprinkle the remaining cheese, olives, and pimientos over the top, place the dish in a hot oven ( $400^{\circ}$ ) and bake until the cheese is melted—about 20 minutes. This is an excellent beach supper dish. With a simple vegetable salad, hot rolls, a dessert of fruit, and hot coffee made over the glowing campfire, one has a complete and satisfying meal. The reason for the name of the dish is obvious when you have sampled it.

## CARROT AND RIPE OLIVE SALAD

½ cupful of cold cooked carrots  
 1 cupful of cooked peas  
 ½ cupful of diced celery or  
 shredded cabbage  
 ½ cupful of chopped ripe olives  
 1 small white onion, minced  
 French dressing  
 Seasonings  
 Mayonnaise

Mix the vegetables lightly, pour a slightly sweetened French dressing over them, and let stand for half an hour in the refrigerator. Just before serving, drain off the French dressing, season the vegetables nicely with salt and pepper, and pile them lightly in lettuce cups, topping with a little puff of stiff mayonnaise sprinkled with chopped parsley or tiny strips of green pepper.

## SWISS STEAK WITH OLIVES

Two or three pounds of round steak cut 1½ or 2 inches thick. Pound in as much flour on each side as steak will hold. Season with salt and pepper, and sear in hot fat until each side is well browned. Cover with boiling water, put lid on skillet, and simmer 1 to 2 hours. Thirty minutes before steak is ready to serve, add 2 cupfuls of strained tomato, 2 tablespoonfuls of minced onion, and ½ cupful of finely minced ripe olives.

## OLIVE AND TONGUE

1½ cupfuls of cold boiled tongue,  
 diced  
 ½ cupful of minced ripe olives  
 1 cupful of finely cut celery  
 2 tablespoonfuls of minced onion  
 Seasonings

Mix ingredients and marinate with French dressing. Serve in lettuce cups with boiled salad dressing.

## PEACHES

Produced up and down the West Coast, the peach is one of the summer stand-bys. A few varieties come on as early as May, in the southern interior valleys, and from then until late October peaches are on the market in all their lusciousness.

Cling peaches, which are used almost exclusively for canning and pickling here in the West, cannot be peeled by simple scalding as can the freestone varieties. Dipping in boiling lye water removes the stubborn skin as if by magic. (For directions, see Index for "Canning, Preserving, and Pickling.") To remove the pit, a spoon-shaped knife called a pitting knife can be bought in any Western hardware shop.

Peaches are not at their best for table use until fully ripe. With peaches, contrary to pears, fruit ripened on the tree is superior in flavor to that ripened in storage.

Peaches, as well as apricots, pears, apples, figs, and prunes, may be cooked the French way in a heavy syrup, flavored with vanilla, until the fruit is soft, but not mushy nor broken. (See also "Dried Fruits.") Such fruits combined with cooked rice offer several simple desserts, as the following:

## PEACH CONDE

1 pint of milk  
 Orange and lemon rind  
 ½ cupful of uncooked rice  
 ¼ teaspoonful of salt  
 ¼ cupful of sugar  
 6 peaches, fresh or canned

Scald milk with the orange and lemon rind, cut very thin, using two or three strips of orange, and one of lemon rind. Add the washed rice, and cook until the rice is tender. Then stir into this cooked rice the

sugar and salt, using a fork for stirring. This rice may be either hot or cold when served.

If fresh peaches are used, peel and drop into hot syrup made with 2 cupfuls of sugar and 1 cupful of water cooked together for 10 minutes. Add  $\frac{1}{2}$  teaspoonful of vanilla extract and cook slowly until the peaches are very tender and can be pierced easily. On each dessert plate put a mound of the cooked rice; on this, place a cooked peach, and cover all with syrup and finally with chopped nuts, using any kind of nut; pistachio nuts are very pretty. Any kind of fruit may be used in this way. With pears served in this way, chopped preserved ginger is put over the top in place of the nuts.

### BAKED PEACH HALVES

Split large peaches, add a little water, sprinkle liberally with sugar, and bake in a moderate oven for half an hour. Serve with a sauce made of 1 cupful of water, 1 tablespoonful of cornstarch,  $\frac{1}{2}$  cupful of sugar, and  $\frac{1}{2}$  teaspoonful or more of maple flavoring. Serve warm.

### BAKED PEACHES

Prick one dozen peaches all over with a fork, and set them close together in a pan. Sprinkle with 1 cupful of granulated sugar and add just water enough to cover the bottom of the pan. Bake until soft. Serve cream separately.

### HONEYED PEACHES

Wash and rub well, but do not peel, 6 large clingstone peaches. Place in a baking pan and add  $1\frac{1}{2}$  cupfuls of water,  $\frac{3}{4}$  cupful of brown sugar, and 1 tablespoonful of butter. On top of each peach put 1 teaspoonful of honey, and sprinkle

with just a suggestion of nutmeg, if the flavor is liked. Bake in a hot oven ( $400^{\circ}$ ) until peaches are tender. (Apples baked in the same manner are delicious; first remove the cores and fill cavities with raisins, then proceed as directed above.)

### PEACH ICE CREAM

1 pint of milk  
 $\frac{1}{2}$  pint of heavy cream  
 $1\frac{1}{4}$  cupfuls of powdered sugar  
 Pinch of salt  
 $1\frac{1}{2}$  teaspoonfuls of vanilla  
 3 egg whites, beaten stiff  
 1 cupful of finely mashed ripe peach pulp

Beat the milk, cream, sugar, salt, and vanilla together in a bowl. Transfer to the freezer can, pack with three parts of cracked ice to one of salt and begin to freeze. After turning for about 8 minutes, add the egg whites and peach pulp and finish freezing. Pack well with ice and salt and let stand for 3 hours before serving. This makes 2 quarts.

### PEACH WHIP

1 package of lemon- or orange-flavored gelatine  
 1 cupful of hot water  
 1 cupful of peach juice  
 $\frac{1}{2}$  cupful of cream, whipped  
 1 cupful of crushed peaches, sweetened and drained  
 2 or 3 drops of bitter almond extract

Dissolve the gelatine preparation in the hot (or warm) water, as directed on the package. Add peach juice. Cool until syrupy, then beat with rotary egg beater until of consistency of whipped cream. Fold in whipped cream, peaches, and flavoring. Turn into molds. Chill until firm. Unmold, and garnish with peach slices. Serves six.



## PEACH SALAD DESSERT

6 halves of peaches  
 1 package of raspberry gelatine  
 1 box of fresh raspberries  
 $\frac{1}{2}$  cupful of mayonnaise  
 $\frac{1}{4}$  cupful of whipped cream  
 $\frac{1}{4}$  cupful of chopped almonds  
 (toasted)

Put peaches (pit side down) in muffin tins, or any good-sized individual molds, and pour gelatine, which has been dissolved according to directions on package, over them. When set, unmold on a lettuce leaf, and scoop out the jelly left in the center of the peach. Fill the cavity with fresh raspberries. Serve with toasted nut mayonnaise, made by combining the last three ingredients of the recipe. The combined flavors of peach, raspberry, and almond are delicious, and you will be glad to know that either fresh or canned peaches, and fresh raspberries or jam may be used with equal success.

## FRIED PEACHES

Wash and dry at least 2 peaches per person. Split and remove the stones. Place cut side down in a frying-pan containing melted butter. Cook slowly until brown. Turn them over, fill the centers with granulated sugar, and cook until the skin side is brown. Serve hot.

## SURPRISE PEACHES

Allow 1 or 2 peaches to a serving. With a peach-pitting spoon remove the stones from cling peaches, keeping the peach intact. Pare thinly, fill the cavity with 1 or 2 marshmallows, and roll the peach in granulated sugar. If the peaches are yellow, use white marshmallows; with white peaches, the pink mallows are pretty. These are fine, wrapped in waxed paper, to include in the children's lunch boxes.

## FRESH PEACH PUDDING

9 ripe peaches  
 $\frac{2}{3}$  cupful of sugar  
 $\frac{1}{3}$  cupful of water  
 $\frac{1}{4}$  cupful of butter  
 $\frac{1}{2}$  cupful of sugar  
 1 egg, well beaten  
 $\frac{1}{2}$  cupful of milk  
 $2\frac{1}{2}$  teaspoonfuls of baking powder  
 $1\frac{1}{2}$  cupfuls of flour  
 Nutmeg

Peel, stone, and cut in halves 9 choice ripe peaches. Make a syrup with  $\frac{2}{3}$  cupful of sugar and  $\frac{1}{3}$  cupful of water. In this simmer the peach halves until they are tender. Then take them off the fire and set them aside to cool. Cream the butter, adding the sugar gradually. Beat the egg into the butter and sugar mixture. Add alternately the milk and the flour, with which the baking powder has been sifted. Season with grated nutmeg. Butter a shallow, medium-sized baking-pan which holds about  $1\frac{1}{2}$  quarts. Arrange the peaches with the syrup in the pan, and pour over them the cake batter. Bake in a medium hot oven ( $375^{\circ}$ ) about 30 to 40 minutes. Be sure the center is well baked.

Serve with Foamy Custard Sauce.

*Foamy Custard Sauce*

$\frac{1}{4}$  cupful of butter  
 1 cupful of sugar  
 2 eggs  
 $\frac{1}{2}$  cupful of milk  
 1 tablespoonful of lemon juice  
 $\frac{1}{2}$  teaspoonful of vanilla

Cream the butter, add the sugar, the well-beaten egg yolks, and the milk, and cook over hot water until the mixture thickens. Add the flavoring and fold in the whites beaten until they are very stiff. Beat thoroughly and serve at once.

## PEARS

There are many varieties of West-ern-grown pears, ripening over a long season. The Bartlett, which is pre-eminently the pear of California, comes on the markets from the interior valleys as early as the last week in June, and from then on, through July, August, September, and October, is ripening in different sections and at different altitudes, and appears continuously in the markets.

Principal Oregon-grown varieties of pears are the Bosc, Comice, and D'Anjou. These come on the market about October 1. The Boscs are available from then until January, the Comice until February, and the D'Anjou until March or later.

Pears, unlike peaches, are not best flavored when allowed to ripen on the tree. They should be picked at the first indication of ripeness—that is, when the stem shows a tendency to part from the spur when the fruit is gently raised up. Picking at this stage, wrapping in paper, and laying away in the dark in tight boxes or drawers ripens the fruit nicely—much better than when it is allowed to hang on the tree.

Ripe, juicy pears make a perfect ending for a dinner, served as the French or Italians offer them, with crisp crackers and Monterey Jack or other mild cheese.

### EMERALD PEAR SALAD

Arrange the required number of halves of pears, either Bartletts or a good winter variety, which have been pared and cored, in the bottom of a large flat-bottomed pan. Cover with a syrup made by dissolving  $\frac{1}{2}$  cupful of sugar in 1 pint of hot white grape juice, to which have been added the juice of 1 lemon, a

few drops of spearmint flavoring, and enough green coloring to tint it nicely. Cook the pears slowly until tender. Chill and serve with salad dressing.

### BAKED PEARS

4 pears (Bosc, Comice, or D'Anjou)  
 $\frac{1}{3}$  cupful of sugar  
 $\frac{1}{2}$  cupful of water

Flavorings (a dash of salt, plus a little lemon juice and rind; or ginger, either preserved or dry; or stick cinnamon, or red cinnamon candies; or a very few cloves; or a sprinkling of nutmeg)

Select firm, well-ripened pears, of uniform size and shape. Wash, and place upright in a deep baking-dish. Mix sugar, water, and flavorings and pour over the pears, cover the dish, and bake slowly (at 300°) for 2 to 2½ hours, or in a hotter oven (400°) for 1 to 1½ hours. Serve hot or chilled with or without whipped or plain cream. The pears may be peeled before baking if desired, or they may be cored, and stuffed with raisins and nuts, dates and nuts, or other fruit mixture.

### PINK PEARS

Cook pears gently, until tender, in a thin syrup (1 cupful of sugar to 1 cupful of water) to which has been added a handful of clove drops (candy "red hots") or a few drops of red vegetable coloring. Chill, drain, and serve pears with whipped cream for dessert.

### PINEAPPLED PEARS

Cook pears, and while they are cooking add 1 can of crushed pineapple. Add sugar to taste if more sweetening is needed. This makes a delicious combination of flavors.

## PEARS, PIEDMONT

Peel and remove the cores from a dozen good pears, and stew them in syrup. Fill the centers with orange marmalade and chopped candied fruits. Arrange a layer of cooked rice on a platter, place the pears on top, and serve with wine sauce or custard sauce.

## PEAR SALAD UNUSUAL

Arrange halves of canned or fresh-cooked pears over the bottom of a flat square or oblong pan, and pour over them lime gelatine (use warm pear juice with sufficient water added to make the required pint of liquid). Chill; when firm, cut in squares with a pear half in each square, and serve on lettuce with whipped cream dressing. Excellent with turkey sandwiches and coffee.

## PERSIMMONS

Japanese persimmons, the kind more common in markets here in the Pacific West, are of two chief types. One is non-astringent and has sweet, crisp flesh, while the other is hard and astringent until fully ripe and then becomes sweet, soft, and juicy. The shape ranges from round to elongated and the size from comparatively small to specimens weighing more than a pound each. There is a wide range in color, from yellow to pale orange or even a dark red, covered with a bluish bloom. The fruit chiefly marketed here is of the soft, juicy type, something like a tomato in shape, texture, and size, but a beautiful rosy orange in color. When green, persimmons are generally very astringent and puckery, because of the large quantity of tannin contained in the flesh, but when thoroughly mature and ripe the flavor

is rich and sweet, and the consistency varies between that of a baked apple and a soft custard.

The sweet varieties of persimmons may be eaten when still hard; the astringent kinds must become thoroughly ripe. With some kinds, the astringency disappears when the fruit begins to soften; with others the flesh must reach almost a jelly stage before it is really good to eat. Their most common use is for desert fruit, but they are good also when used in cakes, puddings, and preserves.

Simply peeled and sliced, persimmons make a delicious dessert served with cream. Japanese persimmons with dry cereals make an excellent combination. By the way, when peeling these large persimmons begin at the small end and peel toward the stem, and you will find the fruit holds its shape much better and is easier to peel.

When persimmons are served at table without previous preparation, the usual way of proceeding is to place the fruit stem-end down on a dessert plate, cut away a bit of the skin from what is now the top, and eat the fruit with a spoon, removing it as daintily as possible from the skin. Crackers and Camembert or cream cheese make a good accompaniment for persimmons served thus.

## PERSIMMON SALAD

Lettuce  
6 large persimmons  
Mayonnaise dressing  
Paprika

Arrange six salad plates with lettuce and in the center of each place a large persimmon which has been peeled. Top with mayonnaise and paprika. Chopped celery may be placed around the persimmon.

**MOLDED PERSIMMON SALAD**

Peel 3 very ripe persimmons and mash with potato masher. Add this to contents of one package of pineapple- or lemon-flavored gelatine, dissolved in  $1\frac{1}{2}$  cupfuls of hot water and cooled. Boiling-hot pineapple juice instead of the boiling water may be used with lemon gelatine, and crushed pineapple may be added to the persimmon pulp. This is a beautiful orange-colored salad. Chill, turn out, and serve garnished with pineapple or grapefruit segments and mayonnaise or cooked salad dressing mixed with whipped cream.

**STUFFED PERSIMMON SALAD**

Take 1 Japanese persimmon for each person. Cut off the top, scoop out the soft inside of the fruit, and mix with chopped walnuts. Replace in shell and serve with a large spoonful of mayonnaise or fruit dressing on top. Decorate with a bit of candied ginger.

**PERSIMMON PUDDING**

- 1 cupful of persimmon pulp
- 1 cupful of sugar
- 2 tablespoonfuls of butter
- 1 egg, well beaten
- $\frac{1}{2}$  teaspoonful of salt
- $\frac{1}{4}$  teaspoonful of cinnamon
- 1 cupful of sifted flour
- 2 teaspoonfuls of soda
- $\frac{1}{2}$  cupful of sweet milk

Remove stems from the persimmons and press them through a ricer or sieve to obtain the pulp, then put the ingredients together in order given. Pour the mixture into a well-greased mold, set inside a covered steamer, and steam for two hours. Do not remove the lid of steamer during this time. Serve hot with whipped cream.

**PERSIMMON CREAM PIE**

- 3 very soft persimmons
- 2 eggs
- $\frac{1}{2}$  cupful or more of sugar
- $\frac{1}{8}$  teaspoonful of salt
- 2 cupfuls of rich milk or cream

Wash the persimmons and put through a ricer or rub through a colander. Beat the eggs, add the sugar and salt, and mix well. Add the cream or milk and the mashed persimmons. Pour into a partly baked pie crust, dot 4 teaspoonfuls of butter over the top, and finish baking in a moderate oven ( $375^{\circ}$ ) until the custard is set.

**SUNSHINE FLUFF**

- 6 ripe bananas
- 3 large ripe persimmons
- 1 cupful of almonds, ground coarse
- 1 cupful of cold soft custard (optional)
- 1 egg white
- $\frac{1}{2}$  pint of whipping cream
- Honeyed or candied cherries

Peel the bananas, and slice one banana very thin into each dessert dish. Pour over this the persimmons, which have been mashed and strained, and sprinkle over all the ground almonds. If desired, spread over this a layer of the cold custard, and top with whipped cream with which the egg white has been beaten, and decorate each dish with a cherry with an almond replacing the pit. The custard part of the dessert may be omitted. Serves six.

**PERSIMMON ICE CREAM**

Beat together thoroughly 2 cupfuls of persimmon pulp and 1 cupful of thick, sweet cream, and freeze in a rotary freezer. The fruit must be thoroughly ripe and non-astringent.

## PERSIMMON FRUIT ICE

Beat 2 cupfuls of persimmon pulp and 1 cupful of sugar to a creamy pulp, and freeze in a rotary freezer.

## PINEAPPLE

From "West of the West" comes the pineapple, that always popular fruit. Grown on great plantations in the Hawaiian Islands, it is found fresh in the markets of our Western states practically every day of the year, to say nothing of the vast quantities of pineapple canned in the Islands and brought into this country for the delectation of everyone.

Pineapple is canned in three popular styles—sliced, crushed, and in the form of tidbits. Pineapple fingers are also obtainable at a somewhat higher price. Canned pineapple juice is rapidly growing in popularity.

Fresh pineapple is ripe enough to use raw only when the spines at the top pull out easily. In preparing fresh pineapples for canning, or serving fresh, it is wise to slice the fruit before attempting to peel it. It may be sliced crosswise, in conventional fashion, and the center cores punched out with a small empty paprika can or the like; or it may be cut lengthwise in wedge-shaped pieces. For use in cocktails or salads, it is nice to cut rather thin slices, and leave them in as large pieces as practicable. Sprinkle with powdered sugar and let stand at least 30 minutes. The sugar draws out the juice and makes the fruit much more delicious.

Do not attempt to use raw pineapple in a gelatine salad or dessert. It must be scalded for a few minutes before combining, for an enzyme present in the raw pineapple

will "digest" the gelatine and prevent its congealing successfully. Pineapple is so widely used in combination with other foods that few recipes are given here for handling it. See the Index for numerous recipes in which it appears.

## FRESH PINEAPPLE CAMILLE

Soak the cut pineapple in pure orange juice to cover, adding the juice of one lemon. Sugar to taste. Let this stand over night in a refrigerator. The pineapple keeps the orange from losing its flavor. If the pineapple is truly ripe, little or no sugar will be needed.

## PLUMS AND PRUNES

All prunes are plums, but all plums are not prunes. What, after all, is the difference between them? Let Jeannette Cramer, writing in *Sunset Magazine*, answer that question.

"When is a plum a prune, if ever? That question has been debated for a good many years. The impression seems to exist in some places that a plum becomes a prune after it has been cured, somewhat after the fashion of a tadpole which becomes a frog after it has passed through a series of finishing processes, and even the lexicographer agrees in that.

"I, however, prefer to stand on the side of the practical fruit man who gives the prune credit for separate existence even while on the tree. We go so far as to refer to prune trees and prune blossoms, than which there is no more delightful snowy sight in all the spring-time display. A drive through a prune-growing region on the annual blossom day is one of the favorite joys

of all who dwell in or near prune-growing communities."

In fruit sections, a prune is a plum which can be dried without removal of the pit, without fermenting. This means, generally speaking, the tart Italians and the sweet Petites. These same fruits when marketed fresh are called, properly, plums, along with the rich flavored Damsons and exceedingly sweet Green Gages.

Both prunes and plums are truly Western crops, for in spite of the fact that the native plum is distributed more widely throughout the country than any other tree fruit, about two-thirds of all plum trees are found in California, Oregon, Washington, and Idaho. The minor importance of other producing sections is due to the lack of commercial varieties with the requisite size, shipping properties, and dessert qualities.

Italian prunes, used to a great extent fresh as well as dried, are produced chiefly in Oregon, whereas the prune d'Agen, or Petite or California French prune, is grown in California almost exclusively for drying purposes.

There are dozens of varieties of plums grown in these Western states, and the list is continually shifting owing to discarding of old varieties and introduction of new. The plum season extends from May to December, being at its height of course in the summer months.

One of Luther Burbank's most striking achievements was a cross between the plum and apricot, producing a delicious fruit called the plumcot. It is about the size of an apricot, and has a deep purple velvety skin and brilliant red flesh.

Altogether, plums are among the most interesting of Western fruits. Eaten "out of hand" for between-

meal snacks, or served *au naturel* with toasted crackers and cream cheese for the perfect finish to a dinner, or prepared in any one of dozens of other ways, their tangy flavor is delightful.

Combined with fresh peaches and canned pineapple (all the fruits cut in rather large pieces), a delightful fruit cup is produced. In fruit salads, too, plums are very good.

Cooked and sweetened (let's not say "stewed"! ) they are good with breakfast cereals or with cake or cookies for a simple supper dessert. Made into pie, well sweetened, they are superb. Two tablespoonfuls of quick-cooking tapioca sprinkled over the bottom crust of the pie will thicken the juice just right. And any number of delicious conserves, jams, and preserves, as well as jelly, can be made of this luscious fruit. (See Index for chapter on "Canning, Preserving, and Pickling." See also "Dried Fruits.")

#### "PLUM GLORIFIED" RICE

½ cupful of raw rice, well washed  
2 cupfuls of milk  
1 cupful of Santa Rosa plums, cut small  
1 cupful of whipped cream

Cook the rice until tender in the milk, in a double boiler. Cool, and mix in the plums. Chill in the refrigerator, and serve with whipped cream.

#### FRESH PRUNE SAUCE

Halve and pit the prunes, leaving the skins on. Place in a sauce pan with just enough water to prevent sticking, and add sugar, 1 cupful to each quart of fruit. Let them cook gently for 10 or 15 minutes. Serve warm or cold.

## POMEGRANATES

The pomegranate, a native fruit of southern Asia, has long been commonly used in Europe. In the United States its production is confined to the Gulf States and California, commercial quantities coming only from California. The pomegranate is often used for decorating fruit stands and banquet or home dinner tables. The red arils (seeds) and crimson juice are used in salads, cocktails, punches, and fancy dishes. They are relished as a dessert fruit by many.

The fruit is commonly about the size of a large orange, but some grow to five inches in diameter. The color varies from light yellow to deep purplish red, and most varieties have a thick, leathery skin. The interior consists of a delicate, sweet or sub-acid, pink or red pulp inclosing many white or purplish-white seeds. The fruit matures from September to November, but having good keeping qualities is found on the markets from September until July and August.

In choosing fruit, the skin should be thin and tough indicating that the flavor is well developed, the "rag" (the pulp around the arils or seeds) diminished, and the seed-coats tender and edible. Also the fruit should contain an abundance of juice. Home storage improves the flavor of pomegranates, and they are often held for 5 or 6 months. In pressing out the juice, do not let the fruit come in contact with iron utensils, for iron blackens the juice. Enamel and wood are best to use.

Pomegranate juice used as a coloring for creamy-white cooked cereals makes a most interesting dish, and it is also a splendid coloring for the lighter colored fruits when used in salads. For example, apples

or pears colored with the pomegranate juice make a most luscious appearing and tasting salad. This juice, by the way, is the basis of grenadine syrup.

### POMEGRANATE APPETIZER

Pomegranate seeds mixed with chopped filberts, with a bit of honey added, served in tiny blue-lined Chinese bowls make a stunning and delightful first course for a little dinner. The servings should be very small indeed.

### FAERIE SALAD

1 large yellow pomegranate  
 1 large apple  
 2 oranges  
 A few dates  
 1 package of cherry or raspberry  
 gelatine  
 Bananas and raisins may also be  
 added

The seeds of the yellow pomegranate are not so hard and they are sweeter than those of the red fruit. Make a pint of the gelatine, using hot water or fruit juice. Pour a small amount into each individual mold, and let cool. Keep the remainder of the gelatine where it will not congeal. When that in the molds is congealed, put in the finely chopped fruits, and add gelatine to fill molds. Chill, turn out, and serve with whipped cream.

## QUINCES

Quinces, which grow to great size and beauty here in the West, are not used nearly so extensively as they should be. Probably homemakers generally are repelled by the hardness of the fruit, and the fact that they do not know how to attack it.

Ripening from August through

October, the quince is found in the market as late as December, for when carefully handled it will keep a long time. The fruit varies from round to pear shape, and when ripe is a rich yellow or greenish yellow in color. It is covered with a characteristic fuzz which baffles the young housekeeper, but which is very easily rubbed off with a dry cloth before cutting up the fruit. As for cutting, if you have a meat cleaver, use it on the stony fruit. If not, a sharp, heavy knife on a cutting board will work nicely. One Western homemaker advises par-boiling the fruit for 20 minutes before attempting to peel it, thus avoiding waste and work. For jelly-making, of course, there is no need to remove the skin.

There is considerable difference of opinion as to coring the fruit to be used for jelly. Some authorities state that quince seeds and their surrounding cavities are full of a gummy substance that prevents the making of tender jelly, and that it is disastrous to leave the cores in. On the other hand, dozens of Western women whom I have interviewed tell me they never core quinces, and their jelly is excellent.

Quinces, like apples, need long, slow cooking or cooking under pressure to develop the deep red color in preserves and jellies that most of us prefer to the clear amber.

Quinces have little juice and little acid, but a great deal of pectin. They are accordingly at their best when combined with fruits rich in acid. Tart apples, grapes, and cranberries are excellent in combination with quinces, the juices being combined half-and-half or otherwise as desired. (See Index for "Canning, Preserving, and Pickling.")

Quinces and apples are happy companions not only in jelly, but in

other ways as well. Apple sauce becomes new and delightfully different when a little quince is added. One quince for half a dozen apples of equal size will be sufficient. Apple pies, likewise, may be varied by the addition of a little quince.

### BAKED QUINCES

6 medium quinces  
1½ cupfuls of water  
1 cupful of sugar

Pare, core, and slice the quinces into a casserole, add the water and sugar, cover, and bake very slowly until the fruit is tender and a deep red color. If the water evaporates, add a little from time to time to insure enough syrup to surround the fruit when it is served.

### QUINCE BETTY

Arrange in a buttered baking-dish alternate layers of fine bread crumbs and quince preserves, having the top layer of crumbs. Pour over all a glass of strained honey, a glass of orange juice, and add a bit of candied ginger. Bake 20 minutes in a hot oven (400°).

### QUINCE SAUCE

Peel and core and slice the quinces and simmer in a simple sugar syrup. A whole clove, a bit of cinnamon stick, or ring of lemon rind may go into the syrup while the fruit is simmering till tender, but be sure to remove before serving.

## FRUIT COMBINATIONS

### RHUBARB PIE DE LUXE

Beat 2 eggs slightly, add 2 cupfuls of sugar, ¼ teaspoonful of salt, 4 crackers rolled fine, 2½ cupfuls



of fresh rhubarb, cut fine. (Never peel tender pink rhubarb; just wash and slice.) Mix well and turn into a pie pan lined with plain pastry. Dot over with  $1\frac{1}{4}$  teaspoonfuls of butter, 1 tablespoonful of apple jelly, and sprinkle with nutmeg. Lay strips of pastry across the top, and bake at  $450^{\circ}$  for 10 minutes, then  $325^{\circ}$  until firm, or about 35 to 40 minutes longer. Serve with cheese.

### FRUIT CUP SUPREME

Prepare a mixture of fruits, cut into small pieces, and chill thoroughly in refrigerator. Any mixture of fruits may be used, oranges, pineapple, apple, peach, and maraschino cherries making one good combination. Buy or make a quantity of lemon ice and store it in a tray in the freezing compartment of the refrigerator. At serving time put a portion of the fruit mixture in the bottom of each sherbet glass. Over the top spread a layer of lemon ice and garnish with cherries or mint.

### DOUBLE-DECKED FRUIT SALAD

This is an interesting salad, and one that does not look too "labored over." It calls for:

- 6 large fresh peach halves
- 6 fresh apricot halves
- 6 preserved white figs
- 6 or more dates, stuffed with fondant and nuts or candied fruit
- $\frac{1}{2}$  cupful of whipped cream
- $\frac{1}{2}$  cupful of mayonnaise
- Crisp lettuce

Arrange the crisp lettuce leaves on six plates. In the center of each plate place a peach half, hollow side up. In each peach half place an apricot half, hollow side up, and in the center of each apricot place a preserved fig. Top with mayonnaise

mixed with whipped cream, and garnish with sliced stuffed dates. I keep a can of stuffed dates on hand, and find them so useful for garnishing all kinds of fruit salads. I stuff them myself and keep them packed in cans.

### FROZEN DESSERT

A frozen dessert which tastes like the product of an expensive caterer but which is so simple to make that any grade-school child can do it is frozen in the trays of the refrigerator. To make it, whip 1 cupful of heavy cream until it is stiff, and fold into the cream  $\frac{1}{2}$  can of marshmallow whip—about 6 ounces. When the cream and the marshmallow whip are thoroughly blended, flavor the mixture with  $\frac{1}{2}$  cupful or so of crushed berries or mashed fruit pulp, or a couple of squares of melted chocolate, or a few tablespoonfuls of maple syrup, or some very strong black coffee. Nuts are good in it, too. Just add and taste until the mixture seems right to you, then pour it into a tray of the refrigerator and slip it into the freezing unit. It does not need to be stirred while it is freezing, and it has a velvety texture like no other frozen dessert we have ever tasted. It is especially good served between cakey waffles with a thin chocolate or butterscotch sauce poured over all.

### CAKE CRUMB FRUIT DESSERTS

Cake crumbs combined with crushed fruit, nuts, and whipped cream, and served in dainty glasses, make a very delectable dessert. A tablespoonful or less of chopped preserved ginger and a few marshmallows to each cupful of whipped cream used make a good addition.

## SALAD DRESSINGS

Fruits need a dressing which will enhance their delicate flavor and never conceal it. The simplest of these is French dressing, made with lemon and orange juice in place of vinegar. Bananas will absorb this combination to make a very superior salad.

When mayonnaise is used for fruit salads it is improved by the addition of orange, lemon, grapefruit, or pineapple juice, or whipped cream. Chopped maraschino cherries or else the little preserved mint-flavored green grapes will further improve the dressing for fruit salads.

Boiled dressing is nicely used with fruits, especially if it has been made with lemon juice in place of vinegar. Precisely the same additions as those made to mayonnaise for fruit salads may well be made to boiled dressings. In mixing fruits, handle them very lightly with a fork to prevent marring their appearance.

### FRENCH SALAD DRESSING

$\frac{3}{4}$  cupful of oil  
 $\frac{1}{4}$  cupful of vinegar or lemon juice  
 Dash of paprika, salt, pepper, sugar  
 1 teaspoonful of A-1 or Worcestershire sauce  
 1 tablespoonful of catsup  
 1 tablespoonful of chili sauce  
 1 clove of garlic, chopped fine  
 Chopped parsley and chives, or green onions

Put ingredients together in a tightly closed jar, and shake vigorously. Have well chilled and shake again when ready to serve. Excellent with vegetables or grapefruit.

### FRENCH DRESSING

1 can of tomato soup  
 1 cupful of salad oil  
 1 cupful of vinegar  
 1 tablespoonful of Worcestershire sauce  
 2 tablespoonfuls (or more) of sugar  
 1 teaspoonful of dry mustard  
 1 teaspoonful of salt  
 1 teaspoonful of paprika

Mix all together in a quart jar or deep bowl and add 1 small whole onion and 2 small whole cloves of garlic. Shake well or beat with a rotary beater. This makes about a quart and keeps indefinitely. It is delicious on lettuce or other salad.

### FRENCH HONEY DRESSING

3 tablespoonfuls of lemon juice  
 6 tablespoonfuls of salad oil  
 $\frac{1}{4}$  teaspoonful of salt  
 $\frac{1}{4}$  teaspoonful of paprika  
 $\frac{1}{4}$  cupful of strained honey

Stir or shake thoroughly before serving. Makes about  $\frac{3}{4}$  cupful. Delicious for fruits.

### LOW-CALORIE DRESSINGS

If French dressing is made with a mild vinegar or with part vinegar and part lemon juice, a larger proportion of acid and smaller proportion of oil can be used, thereby lowering the calories. Another solution is the use of mineral oil in place of vegetable oils. Thinning mayonnaise with fruit juice serves the same purpose.

### GRAPE-JUICE DRESSING

Whip  $\frac{1}{2}$  cupful of thick, sweet cream to which have been added a few grains of salt; then beat in slowly 3 tablespoonfuls of grape juice. This is very tasty with any bland fruit salad.

### CHEESE DRESSING FOR HEARTS OF LETTUCE

1 small package of cream, pimiento,  
or chili cheese  
6 tablespoonfuls of salad or olive  
oil  
1 tablespoonful of vinegar  
 $\frac{1}{4}$  teaspoonful of salt  
 $\frac{1}{4}$  teaspoonful of pepper  
Sprinkling of paprika

Mash cheese with a fork, then gradually add the oil to make a smooth mixture. Now add the vinegar and seasonings. More vinegar or lemon juice may be added if desired. Pour over hearts of lettuce or any green salad, or on fruits.

### SIMPLE CREAM DRESSING FOR FRUIT

4 tablespoonfuls of salad oil  
1 tablespoonful of lemon or lime  
juice  
 $\frac{1}{4}$  teaspoonful of salt  
Pepper and cayenne to taste  
 $\frac{1}{2}$  cupful of cream (sweet or sour)

Beat cream until stiff, add mixed oil, acid, and seasonings. Makes four servings.

### SOUR-CREAM DRESSING. I

To 1 cupful of sour cream add  $\frac{1}{2}$  cupful of vinegar,  $\frac{1}{2}$  teaspoonful of salt, 1 tablespoonful or more of sugar, and 1 chopped pimiento. This is delicious with coleslaw.

### SOUR-CREAM DRESSING. II

$\frac{1}{2}$  cupful of lemon juice  
 $1\frac{1}{2}$  teaspoonfuls of salt  
 $1\frac{1}{2}$  tablespoonfuls of sugar  
 $\frac{1}{2}$  teaspoonful of made mustard  
1 pint of sour cream  
 $\frac{1}{2}$  cupful of tomato catsup

Add lemon juice and dry ingredients to cream. Beat until thick. Add catsup. Stir until well blended. Makes about 3 cupfuls.

### PEANUT CREAM SALAD DRESSING

2 teaspoonfuls of salt  
2 tablespoonfuls of sugar  
1 cupful of peanut butter  
1 cupful of evaporated milk  
1 cupful of orange juice

Mix dry ingredients. Blend the peanut butter with milk. Combine all ingredients and beat until smooth. Serve with salad of head lettuce, raw chopped cabbage, or fruit. Makes  $1\frac{1}{2}$  pints.

### ONE-MINUTE MAYONNAISE

$\frac{1}{2}$  cupful of lemon juice  
 $\frac{1}{4}$  cupful of salad oil  
 $\frac{2}{3}$  cupful of sweetened condensed  
milk  
1 egg yolk (unbeaten)  
1 teaspoonful of dry mustard  
 $\frac{1}{2}$  teaspoonful of salt

Place ingredients in a pint jar. Fasten top on tightly and shake vigorously for a few minutes. Makes  $1\frac{1}{2}$  cupfuls.

### THOUSAND ISLAND DRESSING

$\frac{1}{2}$  cupful of mayonnaise  
 $\frac{1}{4}$  cupful of chili sauce  
 $\frac{1}{4}$  cupful of tomato catsup  
2 chopped green onions  
1 hard cooked egg, chopped  
1 teaspoonful of chopped parsley  
1 teaspoonful of chopped green  
pepper  
 $\frac{1}{4}$  cupful of grated American  
cheese

Mix all ingredients lightly together, and season highly to taste. Serve with head lettuce or any desired salad.

### RUSSIAN DRESSING

Add  $\frac{1}{3}$  cupful of thick chili sauce to 1 cupful of mayonnaise and mix lightly.

### LEMON COOKED SALAD DRESSING

$\frac{3}{4}$  cupful of lemon juice  
 $\frac{3}{4}$  cupful of sugar  
 2 eggs, beaten

Mix thoroughly and cook over hot water until mixture jells. Chill, and serve on fruit salads. Makes  $1\frac{1}{2}$  cupfuls. Add whipped cream if desired.

### GOLDEN SALAD DRESSING (COOKED)

3 eggs  
 $\frac{1}{2}$  cupful of pineapple juice  
 $\frac{1}{2}$  cupful of lemon juice  
 $\frac{1}{3}$  cupful of orange juice  
 $\frac{1}{4}$  cupful of sugar  
 $\frac{1}{2}$  teaspoonful of salt

Beat eggs slightly. Add fruit juices, sugar, and salt. Cook, stirring constantly until thick. Chill and serve. Makes  $1\frac{1}{2}$  cupfuls. May be mixed with whipped cream.

### SUNKIST SPECIAL COOKED SALAD DRESSING

2 egg yolks  
 1 cupful of strained orange juice  
 3 tablespoonfuls of butter  
 2 tablespoonfuls of flour  
 2 tablespoonfuls of sugar  
 $\frac{3}{4}$  teaspoonful of dry mustard  
 $\frac{1}{2}$  teaspoonful of salt  
 $\frac{1}{4}$  cupful of lemon juice

Beat egg yolks with 2 tablespoonfuls of orange juice. Melt butter in top part of double boiler, add flour, and cook over direct flame 1 minute. Return to double boiler. Add sugar, mustard, and salt. Mix thoroughly and add remaining orange juice which has been brought to the boiling point. Cook 5 minutes. Add egg yolk and orange juice mixture and cook 1 minute. Remove from double boiler; stir in lemon juice slowly. Mix thoroughly. Set aside to cool. This is especially good on fruit sal-

ads. Makes about  $1\frac{1}{2}$  cupfuls. It may be blended with whipped cream if desired.

### LEMON MAYONNAISE

1 egg yolk  
 $\frac{1}{2}$  teaspoonful of salt  
 2 tablespoonfuls of lemon juice or vinegar  
 2 cupfuls of salad oil

Stir egg yolk, salt, and 1 tablespoonful of lemon juice or vinegar until well mixed. Beat in oil, slowly at first until  $\frac{1}{4}$  cupful is added, using a rotary beater. Then add oil more rapidly. When dressing becomes thick, thin with remaining lemon juice and proceed with remainder of oil.

For a sharper, thinner dressing, add  $\frac{1}{4}$  cupful of lemon juice just before serving.

For a meat salad, add 2 teaspoonfuls of dry mustard.

For fruit salad dressing, thin with a third as much orange juice. Or add  $\frac{1}{3}$  cupful of whipped cream and  $\frac{3}{4}$  tablespoonful of lemon juice to 1 cupful of mayonnaise.

### GREEN RELISH MAYONNAISE

To serve with lettuce, add  $\frac{1}{3}$  cupful of relish to 1 cupful of mayonnaise.

## SUB-TROPICAL FRUITS

Nowhere else in this country does one find the variety of strange, exotic fruits that one finds in the market places of the West. Some have come to us from the tropical countries to the south of us; others have been brought by sailing men from far countries. Some we have adopted into our daily diet, while others we really enjoy most from a conversational standpoint.

In "thermal belts"—which means usually hillside tracts where the sun falls nicely, which are sheltered from the coldest winds, and which have good "air drainage"—in southern California, adventurous gardeners are trying new things constantly. An inquiring mind and keen observation will lead one into pleasant paths of exploration. Few fruits are absolutely inedible—remember that the tomato was once considered a deadly poison! The products discussed in following paragraphs have been well tested.

*Banana.*—The banana is grown only as a novelty home fruit, in certain warm, protected situations, chiefly around Santa Barbara and Los Angeles. It is possible to have a supply of this fruit every day in the year, in such favorable locations.

*Cactus Fruit, or Prickly Pear.*—The "tuna," or fruit of the cactus, was appreciated by the early mining population of California until better fruits were available. It has a pleasant acid flavor. To open the fruit and avoid the prickles, lay the pear on a plate; then, holding it firm by means of a fork, cut off both ends, slit the skin lengthwise and turn it back, thus exposing the flesh. It may be eaten thus with a fork, first squeezing lemon juice over it and sprinkling it with powdered sugar; or it may be sliced and served in fruit dishes.

*The Carissa, or Natal Plum,* which is extremely decorative as a plant, bears a beautiful little fruit. The fruits—bright red, about the shape and size of a date—ripen almost continuously, but the chief crop comes in the fall. In Cuba many American housewives use Carissas like cherries for pies, tarts, and dumplings, first scalding them to take off the skin, then cutting them and removing the inner seedy

pulp, the juice of which may be utilized. The result is delicious. Cooked with sugar, the little plums make a delicious sauce scarcely distinguishable from cranberry sauce. Carissas also make good jam, or they can be cut into thin, round sections and used with charming effect as a garnish for pear or pineapple salad.

*Cherimoya, or "Cherimoyer."*—Connoisseurs have pronounced the cherimoya fruits among the most delicious in the world. They are roughly heart-shaped and sometimes very large, their weight with us ranging from a few ounces to 2 or 3 pounds. The fruit seems to have no particular season for ripening; around Santa Barbara it seems best in April and May. The color is a soft green at maturity, changing to russet, brown, and almost black, while the fruit is still edible, though not at its best. The flesh is a white custard, with many, far too many, large, black seeds.

The best way to eat a cherimoya is to break the fruit, put a portion into a saucer, and dip the pulp from the thick skin with a spoon, rejecting the seeds as one does cherry stones. Or, if one has the patience to seed the pulp before serving, it makes a wonderful element in a fruit salad, being delicately sweet and spicy, with a trace of acid and what one can only call an exotic flavor. If the fruit has darkened much, though it still may be good, it will have lost its special charm. It is said to ship well, but it is best as it comes fresh from the garden.

*Eugenia, or Brush Cherry.*—This beautiful ornamental shrub or hedge plant produces pretty red fruits, which may be used very nicely for jams or jellies.

*Kei Apple.*—This tall hedge shrub yields, in warm sections, a golden-

For B.C.

yellow edible fruit about an inch in diameter, which is chiefly used for making preserves.

*Tree Tomato.*—Another decorative hedge shrub, the tree tomato, yields a fruit the shape and size of a duck egg, first of a purple tint, then becoming a warm reddish color as it ripens. It may be used raw as tomatoes are used; peeled, and cooked with sugar, it makes a refreshing sauce; or it may be made into a fine jelly.

*Feijoa.*—The feijoa (pronounce the "j" like "z"), sometimes called pineapple guava, is a highly perfumed fruit, ripening in November. The seeds, unlike those of the guava, are so small as to be almost unnoticeable. In flavor, the feijoa is much like the strawberry, but lacks acid. The fruit should be allowed to drop from the tree, then laid away until it begins to soften. It is eaten out of hand or with cream, or may be used to make jams, fine transparent jellies, and the like.

*Guava.*—Two types of guava are grown in southern California: the strawberry guava, red as its name would imply, and the lemon guava, lemon yellow in color. Within the waxed skin is a layer of firm flesh, then a central mass of seeds and pulp. Sometimes the interior is pink and sometimes creamy white. Whatever the tint, the flavor may be either acid or quite sweet, and always highly—some would say obtrusively—aromatic. In Cuba the country people eat the fruit fresh or sell it to the conserve makers, who turn it into jelly or paste. The firm, fleshy layer is used also in preserves, becoming deep red, as pear or quince will, and very rich and tender. In California, where fruit salads are so popular, the fleshy part of the raw guava, peeled, cut small, and added to other fruits,

gives the palate a real thrill. (See chapter "Canning, Preserving, and Pickling" for recipe for guava jelly.)

*Flowering Apple, Plum, Quince, etc.*—A number of the ornamental fruit trees or shrubs grown solely for their blossoms produce, under favorable conditions, a crop of beautiful small fruits. Mrs. A. S. Baldwin, of San Francisco, reports that she has used these small fruits for jelly and preserves, with very good results, and Mr. and Mrs. Sydney B. Mitchell consider "Floribunda jelly," made from the Floribunda apple, their choicest jelly.

*Jujubes.*—The jujube, sometimes called "Chinese Date," is gaining favor as a home fruit in the drier sections of the West. In appearance generally it is shaped rather like a plum, has a pit, and is brownish or reddish brown in color. It varies considerably in size. The fruit is used in a number of ways. It may be eaten fresh, or the dried fruits may be chopped and added to cooked cereal, to bread or cake, or used to make a mock mincemeat. The fresh fruits may be made into a jujube butter. Excellent sweet pickles may be made from the skinned whole fruits. The most satisfactory method to utilize the fruits, in quantity, however, is as a confection. (See "Canning, Preserving, and Pickling," page 196.) Generally speaking, the cut-up fresh or dried jujubes may replace dates or prunes in recipes calling for those fruits, as in cake fillings, upside-down cakes, and the like.

*Loquat.*—The loquat, one of the most popular of ornamental fruiting trees, produces delicious as well as beautiful golden-yellow fruit in huge clusters. Fruits of the better varieties grow as large as eggs. In addition to its being a delightful

table fruit, and one that comes on earlier than most other fruits, the loquat makes excellent jams, jellies, and preserves. (See Index, "Canning, Preserving, and Pickling.")

*Mangos.*—The mango fruits, when one gets them, are delicious things, though a novice must approach their flavor with some caution. Long ago somebody described mangos as like nothing so much as bunches of tow dipped in turpentine. But the first I tasted, large, somewhat bean-shaped, and showing a brilliant flush on one cheek, told another story. It was high-flavored and juicy, mingling tart with sweet, and not especially fibrous, though the flesh clung fast to the big seed. The turpentine taste, so often referred to, is very noticeable in poor varieties; in really good ones it is absent, or remains only as a nutty, aromatic suggestion. In Cuba mangos are used, just before they mature, as a substitute for green apples in sauce and pies. When the ripe fruits are cooked they have more the texture and savor of stewed peaches, though they lose more than a peach in cooking. In California when one has nursed a mango tree to production, it will be best to let the fruit hang until it begins to soften, then carefully peel off the unpleasantly flavored rind, cut the flesh from the seed, and eat at once. The richer ones are nice with cream and sugar. A good mango is very juicy, embarrassingly juicy at its best—one of those bathtub fruits.

The peeled and seeded mango may be made into a distinguished salad. Allow half a mango for each person. Place on shredded lettuce, and fill center with any fruit mixture. Top with whipped cream and decorate with a cube of wine jelly.

*Papaya, or Melon Pawpaw, or Melon Tree.*—The papaya is a trop-

ical tree fruit which has many of the characteristics of a melon. The fruit is pear-shaped; the thick rind is green when immature, turning yellow as it ripens. The flesh is somewhat like the muskmelon in texture and in its seed cavity and arrangement of the seeds. The papaya is ready to be eaten as soon as the impression of the thumb makes a dent in it. At this time it should be placed in the refrigerator. When chilled, it is ready to serve, as you would serve muskmelons. After the fruit is cut any unused portion may be returned to the refrigerator and kept for days.

*Passion Fruit, or Granadilla.*—The fruit of the passion vine (*Pasiflora edulis*) is not only edible, but delicious indeed in flavor. About the size of a small hen's egg, the passion fruit when ripe is deep purple in color. Its thin, brittle, shell-like skin incloses a mass of small seeds covered with a brilliant yellow pulp.

The juice of this fruit, which is on the market in bottled form, is a delicious addition to a number of fruit dishes. Sprinkled over cut-up fruits for salad, added to filling for lemon pie, added to fruit drinks, or used in various other ways, the distinctive flavor always excites the wonder and admiration of guests. The juice also makes excellent jam and jelly.

### PASSION FRUIT PUNCH

1 cupful of passion fruit juice  
3 cupfuls of orange juice  
1 cupful of pineapple juice  
½ cupful of sugar  
2 to 4 cupfuls of water  
Chipped ice

Make syrup with sugar and water, let cool. Add fruit juices and chill with chipped ice.

**FROZEN GOLDEN SURPRISE**

- 4 egg yolks
- 1 pint of whipped cream slightly sweetened
- 1 cupful of passion fruit juice

Beat yolks and add passion fruit juice. Cook in double boiler for about 2 minutes or until smooth. Whip cream, fold together, and freeze in electric refrigerator without stirring. This can be frozen in baking-powder cans by packing in ice and salt for about 4 hours.

**PASSION FRUIT FILLING FOR CAKE**

- 1 cupful of sugar
- 2½ tablespoonfuls of flour
- 1 egg
- 1 tablespoonful of butter
- ½ cupful of passion fruit juice
- Juice of 1 lemon

Mix sugar and flour; add slightly beaten egg. Put butter in sauce pan; when melted, add mixture and stir quickly until it begins to thicken. Add passion fruit juice and lemon juice, and cook for just a minute more. Cool before spreading on cake.

**PASSION FRUIT ICING FOR CAKE**

- 2 tablespoonfuls of butter
- 1½ cupfuls of powdered sugar
- 2 tablespoonfuls of passion fruit juice

Cream butter, add sugar, cream until smooth. Add a few drops of lemon juice if desired. Add passion fruit juice and spread on the warm (not hot) cake. Hard sauce may be made in the same way, adding a little more sugar if needed. Chill before serving with hot puddings.

*Sapote.*—The White Sapote ("Peach of the Tropics") does well in any section where only light frosts are to be expected. It produces, in August and September,

large peach-like fruits, greenish yellow, with large seeds like those of an orange. It must ripen on the tree and must be quite soft to be good. Do not eat it except during August and September. Use the sapote as you use peaches.

*Strawberry Tree.*—The beautiful deep red fruit of the ornamental shrub, *Arbutus unedo*, or Spanish madrone, is edible, and has a pleasant flavor. It ripens about Christmas time, and can be used much as strawberries or other soft fruits are used, as a garnish or in salads or general cookery.

*Melon Shrub.*—Edible but not greatly relished by most persons is the eggplant-shaped, yellow-splashed-with-violet fruit of the melon shrub, which tastes something like a mixture of tomato and melon. It is usable in salads.

**WILD FRUITS OF THE WEST**

*Barberries.*—We have three edible varieties. The Oregon grape (*Berberis aquifolium*) is a good jelly maker. Many an ornamental hedge that blossoms with pure gold in spring produces a very worthwhile crop of luscious berries in late summer. The berries of the low-growing variety are equally good, and are usually found in deep woods. The pure juice of the Oregon grape adds to fruit punch just that mysterious something that fruit punch needs badly and often lacks. Another barberry (*B. nervosa*) has a larger fruit, and the third (*B. pinnata*) bears a small, pleasant-flavored berry.

*Beach Strawberry or Sea Fig.*—The good-sized fruit of *Mesembryanthemum aequilaterale* is gathered along the seashore. Its flavor re-



motely resembles that of the strawberry.

*Bear Berry*.—Edible, at least in the estimation of the Indians.

*Buffalo Berry*.—Has small, edible, acid fruits.

*Blackberry or Dewberry*.—Use as the tame fruit.

*Cherries*.—The Western choke-cherry resembles that of the East. Used for jelly or marmalade by mountain housewives. Most of the wild cherries are intensely bitter.

*Crabapple or Oregon Crabapple*. Small, acid fruit, used for jelly by pioneers.

*Cranberries*.—Those grown in dry places, reddish in color, are insipid in taste.

*Currants*.—Found in eastern Oregon and some other sections east of the Coast mountains, in three usable varieties: yellow, red, and blue. Used chiefly for jelly.

*Elderberries*.—These grow larger and juicier here in the West, and make delicious jam or jelly to serve with rich meats, such as pork. Combined with wild grapes for tartness, they make delicious pies also.

*Gooseberries*.—Several varieties, found in northern California and in Oregon and Washington, produce tart fruits, excellent for jellies, jams, and pies. Those growing farther south are generally insipid. One variety, in Oregon, has large gummy fruits which are best washed in mild soapsuds and rinsed before making into pies.

*Grapes*.—The true wild grape, that climbs so energetically to the very tops of trees along the streams in the Coast Ranges and the Sierra foothills, is a delectably tart fruit for jelly, and well worth the trouble of obtaining it.

*Huckleberries*.—Throughout the Redwood region of northern California, and the Northwest states,

wild huckleberries are so plentiful as to become a market crop. The berries, juicy and delicious, are much used for canning and pie-making. The wild huckleberries are of several varieties, not all of them plentiful enough to be of commercial value. The so-called "little blacks" grow high up and, of course, it takes many more of them to make a pie. The evergreen huckleberry, whose shiny foliage is so abundantly used by florists in the winter, is likewise smaller, but ever so good. It prefers locations close to the ocean. Then comes the red huckleberry, well-known habitant of deep woody spots, whose coral-red drops are glimpsed like jewels as the sun slants through the pines. These are better for eating fresh and are seldom found in quantities that even encourage one to take them back to camp, they are so refreshing and sweet for immediate consumption.

*Manzanita*.—The "little apple" of the Spaniards is a tiny, rather dry, and sub-acid fruit. It may be made into jelly before it is entirely ripe.

*Salal or Wintergreen Berries*.—Too sweet to be pleasant by themselves, these combine deliciously with the Oregon grape in a mixture that is one-third salal and two-thirds Oregon grape juice.

*Salmon Berry*.—Native of the Northwest, this berry is good eaten fresh, but has scarcely enough flavor to warrant preserving.

*Service Berry, or "Sarvis Berry"* as old-timers call them; a rich purple in color; small; edible, but not exciting.

*Thimble Berry*.—A scarlet berry, related to the raspberry, and good to eat fresh.

*Toyon*.—Rather better as a decoration than a food, though the Indians used it as such.

## DRIED FRUITS

Well known among the great industries of the West is that of the drying of fresh fruits. Raisins, prunes, figs, apricots, peaches, pears, apples, and dates are dried, or dehydrated, and distributed to all parts of this country as well as abroad. Fully 95 per cent of all the raisins eaten by the American people come from the San Joaquin and Sacramento valleys.

The underlying principle of drying fruits is, of course, the evaporation of moisture to such a point that micro-organisms are unable to grow and reproduce and thus cause spoilage. Fruits that contain a high percentage of sugar need not have so much water removed as those that are less sweet, for the concentrated sugar solution itself acts as a preservative. About 20 to 30 per cent is the usual moisture content of commercial dried fruits.

Drying is carried on both by evaporation in the sun, in the hot interior valleys of the Coast states, and by dehydration in kilns or other drying apparatus. Ordinarily the fruits are first dipped for a few seconds into a boiling hot lye solution, to check or crack the skins so that moisture can escape more quickly. To prevent darkening of light-colored fruits, such as apples, peaches, pears, apricots, and some grapes and figs, the fruits are "sulphured"—that is, exposed to the fumes of sulphur dioxide. There has been some prejudice against this practice in the minds of many persons, but the prejudice is quite without foundation. Not only does sulphuring prevent ugly discoloration, but it helps to protect the food against spoilage, and recent research has proved that sulphuring helps to conserve vitamin C.

Dried fruits are sold both in bulk and in sealed packages. Great care is taken in the handling before, during, and after drying the fruits, to insure cleanliness. Most of the packaged fruits can be eaten or used just as they come from the package, without even washing.

Prunes, figs, and dates are, of course, dried whole. The small seedless "nectar" raisins are dried to the degree of jellied sweetness; "muscats" have their seeds removed and are "puffed" by a secret process, so that they are actually loose in the carton, instead of in a sticky, hard mass as the old-fashioned seeded raisins used to be.

Peaches, apricots, and pears are halved and pits or cores removed. Apples are peeled, cored, and sliced. No longer is the objectionable fuzz present on dried peaches; it is removed by whirling brushes which leave only a thin protecting film of skin.

### Helpful Hints with Dried Fruits

Remember that dried fruits are largely interchangeable in recipes. Don't be afraid to substitute one for another when your judgment tells you it can be done. When preparing dried fruits for any special purpose, it is a good idea to cook considerably more than the amount called for, keep them in the refrigerator, and use them in various ways on various days—ice cream, tapioca pudding, and so on.

1. It is not necessary to soak dried fruits before cooking. Merely wash, cover with water, and cook, uncovered, until tender.

2. In cooking dried fruits, allow about 2 cupfuls of water to each cupful of fruit. Evaporation varies with weather conditions.

3. Prunes have fuller flavor and more interesting texture when they

are cooked one hour with no previous soaking, and when water is allowed to evaporate until it just half covers the prunes.

4. Boil dried apricots one minute for use in fruit cakes and candies. For sauce, they will cook tender in 20 to 30 minutes.

5. Dried peaches are more attractive when skins are removed. To do this, cover with water, boil 5 minutes, slip off the skins, then boil fruit until tender, about 40 minutes.

6. Boil dried peaches 5 minutes, remove skins, and use in fruit cakes or candies.

7. About  $\frac{1}{4}$  cupful of sugar for each cupful of dried apricots or peaches brings out or develops the best fruit flavor. Add sugar for last 5 minutes of cooking and it will not toughen the fruit.

8. Heat the food chopper in boiling water before putting raisins through and they will go through easily.

9. Scissors are splendid for cutting dried fruits; their appearance is more attractive than when chopped in bowl or chopper. These are fine for many salads, pies, cakes, and candies.

10. Use a potato ricer to puree cooked dried fruits; it works easily and quickly. If pulp is not as fine as desired, put through a sieve afterward.

11. Pureed and sieved dried fruits, especially apricots, are delicious in summer drinks.

12. In preparing puree from dried fruits, 1 cupful of uncooked dried fruit will make 1 cupful of cooked puree.

13. A pinch of salt added to cooked dried fruits rounds out the flavor.

14. Prunes cooked in left-over fruit juices are delicious. It may be necessary to add some water.

15. To prepare raisins for ice cream, boil 5 minutes, drain and cool.

## DRIED APPLES

### "McGINTIES"

(An Old-West recipe)

Wash 1 pound of dried apples, removing bits of core and skin. Soak over night in water to cover. Next morning add enough water to stew. Cook until soft, then run through a colander and return to stove. Add brown sugar to make the fruit rich and sweet, and cook until thick. Remove from fire to cool, and add  $1\frac{1}{2}$  tablespoonfuls of ground cinnamon. Line a dripping-pan with pie crust, letting it come part way up the sides of the pan. Into this pour the apple mixture, having it about  $\frac{1}{2}$  inch thick. Dot with butter, cover with pie crust gashed lightly to let steam escape, press the edges together, and bake, putting it first into a hot oven ( $450^{\circ}$ ), then reducing the heat to 350 degrees to finish baking. When done, cut in diamonds or squares, and serve warm or cold.

## DRIED APRICOTS

### APRICOT CAKE

Roll out a small ball of light dough for rolls to  $\frac{1}{4}$  inch in thickness and place in a buttered pie pan. Let rise until double in size, then cover the surface with cooked and sweetened apricots. (We like dried apricots best.) Pour over a thin custard made by cooking 1 beaten egg with  $\frac{1}{2}$  cupful of thick sweet or sour cream. Sprinkle with nutmeg and bake in a moderate oven of 375 degrees for 25 minutes. Serve warm; fine with coffee or milk to drink.

### APRICOT CHIFFON PIE

This pie is truly delightful. The crust is a new one, and delicious, as is the filling.

#### *Egg-and-Cream Pie Crust*

2 cupfuls of flour  
1 teaspoonful of salt  
 $\frac{1}{2}$  cupful of shortening  
1 egg, beaten  
 $\frac{1}{3}$  cupful of table cream

Cut or lightly rub the shortening into the sifted flour and salt. Add the cream to the beaten egg, and stir into the flour. Turn out on a lightly floured board, roll out, and spread on pans. Makes two shells. (One may be pricked and baked, empty, for later use.) Set one shell aside, unbaked, while the apricot filling is being made:

#### *Apricot Chiffon Filling*

3 eggs, yolks and whites separated  
2 tablespoonfuls of water  
 $\frac{1}{2}$  cupful of sugar  
1 cupful of unsweetened apricot pulp

Mix the egg yolks with the water in the top of a double boiler and cook, stirring constantly, until thick. Beat the egg whites stiff, and beat in the sugar. Combine with the hot custard and the apricot pulp (this is merely beaten and mashed with a fork) and mix thoroughly. Pour into the unbaked pastry shell, and bake about 30 minutes in a fairly hot oven (400°).

### APRICOT TAPIOCA

$\frac{3}{4}$  pound of dried apricots  
3 cupfuls of water  
3 tablespoonfuls of quick-cooking tapioca  
 $\frac{1}{8}$  teaspoonful of salt  
 $\frac{1}{2}$  cupful of sugar

Wash the apricots, soak in 3 cupfuls of water for 1 hour, and cook until tender. Drain and to the juice

add enough water to make 2 cupfuls of liquid. Add the tapioca and salt, and cook in a double boiler 15 minutes or until tapioca is clear, stirring frequently. Add sugar and let cool. Force the apricots through a ricer or sieve, and fold the pulp (about 1 cupful) into the tapioca mixture. Chill and serve with whipped cream. Serves six.

### APRICOT SPONGE CAKE DESSERT

Bake your favorite sponge cake in a loaf and split it, or bake it in two layers. Prepare apricot puree as follows:

$\frac{1}{2}$  pound of dried apricots  
About 1 cupful of cold water  
 $\frac{1}{2}$  cupful of sugar  
 $\frac{1}{3}$  cupful of orange marmalade  
Few grains of salt

Wash apricots, and cook until soft, and water is nearly evaporated. Rub through a coarse sieve and add remaining ingredients. Let cool. Put the layers of cake together with apricot puree, whipped cream, sweetened and flavored, and chopped toasted almonds. Cover sides of cake with puree and nuts, and cover the top with puree and whipped cream and sprinkle with nuts.

### APRICOT ICE CREAM

(For rotary freezer)

2 cupfuls of milk, scalded  
2 or 3 egg yolks  
 $\frac{1}{2}$  to  $\frac{3}{4}$  cupful of sugar  
1 cupful of apricot puree  
 $\frac{1}{2}$  cupful of pineapple juice  
 $\frac{1}{2}$  cupful of orange juice  
2 tablespoonfuls of lemon juice  
1 cupful of cream, whipped  
Few grains of salt

Beat the egg yolks, sugar, and salt together and add the hot milk slowly, stirring. Return all to double boiler and cook, stirring

constantly, until the mixture coats the spoon. Cool, and add the other ingredients. Pour into a 2- or 3-quart freezer, pack with ice and coarse salt, and freeze. Pack well and let ripen 2 or 3 hours before serving. Makes about 2 quarts of delicious, rich ice cream.

### APRICOT CREAM

(For mechanical refrigerator)

Rub through a sieve enough canned or stewed apricots to make 1 cupful. Soak 1 teaspoonful of granulated gelatine in 1 tablespoonful of cold water for 5 minutes. Set cup in a pan of boiling water to melt the gelatine, then stir into the fruit pulp. Fold in 1 cupful of whipped cream, put into freezing tray of refrigerator, and freeze for 3 hours or until mixture is firm. Any fresh or cooked fruit rubbed through sieve may be used. Add a bit of lemon juice to bring out the flavor.

### DRIED DATES

#### WHOLE WHEAT DATE COOKIES

1 cupful of white flour  
 $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoonful of salt  
 2 teaspoonfuls of baking powder  
 1 cupful of whole wheat flour  
 1 to 2 cupfuls of sliced dates  
 $\frac{1}{2}$  cupful of nut meats (may be omitted)  
 6 tablespoonfuls of shortening  
 $\frac{3}{8}$  cupful of brown sugar  
 1 egg  
 $\frac{1}{4}$  cupful of milk  
 $\frac{1}{2}$  teaspoonful of vanilla

Sift the white flour, salt, and baking powder. Add the whole wheat flour. Mix the dates and coarsely chopped nut meats through the flour with the finger tips. Cream the shortening, stir in the sugar gradually, then the unbeaten egg.

Mix well, add the milk and vanilla, then stir in the dry ingredients. Drop the mixture by heaping teaspoonfuls on to a well-oiled baking sheet. Bake in a moderate oven ( $375^{\circ}$ ) for about 10 minutes. This recipe will make about 36 cookies.

#### DATE STICKS DELICIOUS

3 eggs  
 1 cupful of granulated sugar  
 1 cupful of bread flour  
 1 teaspoonful of baking powder  
 Dash of salt  
 1 cupful of nuts (broken)  
 1 cupful of dates (chopped)  
 1 teaspoonful of vanilla

Beat the eggs until light and slowly add the sugar, beating well. Sift the dry ingredients and add. Fold in the nuts, dates, and vanilla extract, and turn into a well-greased tin, making a shallow layer. Bake in a moderate oven ( $350^{\circ}$ ) for 20 to 25 minutes. Remove from pan at once and cut in bars. Roll in confectioners' sugar.

#### DATE TORTE

$\frac{1}{4}$  cupful of crumbs  
 $\frac{1}{8}$  teaspoonful of salt  
 1 teaspoonful of baking powder  
 3 egg yolks  
 $\frac{3}{4}$  cupful of sugar  
 $\frac{1}{2}$  teaspoonful of vanilla  
 1 cupful ( $\frac{1}{2}$  package) of sliced dates  
 $\frac{1}{2}$  cupful of coarsely chopped nuts  
 3 egg whites

Mix the crumbs, salt, and baking powder, and mix the dates and nuts with the crumbs, using the finger tips. Beat the egg yolks; continue beating while adding the sugar gradually. Add the vanilla, and stir in the fruit and nut mixture. Fold in the stiffly beaten egg whites. Spread the mixture over a well-greased shallow pan, and bake in a slow oven ( $300^{\circ}$ ) for one hour, or

until the surface will spring back when pressed lightly with the finger. Cut in squares when cold. Serve with whipped cream or a small ball of vanilla ice cream. This recipe, strange to say, will serve twelve. Left-over portions may be stored for weeks in a tightly covered container.

## DRIED FIGS

### FIG NUT BREAD

$\frac{3}{8}$  cupful of entire wheat flour  
 $1\frac{1}{8}$  cupfuls of white flour  
 4 teaspoonfuls of baking powder  
 1 teaspoonful of salt  
 3 tablespoonfuls of shortening  
 2 eggs  
 1 cupful of milk  
 $\frac{1}{2}$  cupful of chopped nuts  
 $\frac{3}{8}$  cupful of cut dried figs

Mix and sift dry ingredients, and rub in shortening. Add well-beaten eggs and milk, beat well, and add nuts and figs. Pour into an oiled loaf pan and let stand 25 minutes, then bake 45 minutes in a moderate oven ( $375^{\circ}$ ).

### STUFFED FIGS

Mash a cream cheese and moisten with rich cream; season highly with salt, paprika, and a few grains of cayenne. Add  $\frac{1}{4}$  cupful of chopped pecan or pistachio nut meats and roll mixture in balls of uniform size. Cut the stem ends from pressed figs, and cut in halves lengthwise. Place a ball of the cheese mixture on half of the figs and cover with remaining halves slightly flattened, allowing a rim of the cheese mixture to show around edges of figs. Serve with dinner salads made of head lettuce, romaine, escarole, French endive, or combination salad, dressed with French dressing.

## BAKED FIG PUDDING

$\frac{1}{2}$  cupful of butter  
 1 cupful of sugar  
 4 eggs, beaten separately  
 2 cupfuls of breadcrumbs  
 2 teaspoonfuls of baking powder  
 18 dried figs, cut in small pieces  
 2 oranges, cut in small pieces  
 Grated rind of 1 orange

Cream butter and sugar together and add beaten egg yolks. Add bread crumbs, baking powder, and salt. Add figs, orange pulp, and grated rind, folding in the stiffly beaten egg whites last. Bake in a buttered dish in a slow oven ( $325^{\circ}$ ) for about 30 minutes. Serve hot, with hard sauce or other desired pudding sauce.

## FIG TAPIOCA

3 tablespoonfuls of quick-cooking tapioca  
 $\frac{1}{8}$  teaspoonful of salt  
 1 teaspoonful of butter  
 3 cupfuls of water  
 $\frac{1}{2}$  pound of figs, cut fine  
 1 cupful of sugar  
 $\frac{1}{2}$  teaspoonful of vanilla  
 1 tablespoonful of lemon juice  
 Grated rind of  $\frac{1}{2}$  lemon

Add tapioca, salt, and butter to 2 cupfuls of water and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cook figs with sugar and 1 cupful of water 20 minutes, or until smooth and thickened. Add to tapioca mixture. Add vanilla, lemon juice, and rind. Chill; serve with whipped cream. Serves six.

## FIG NIBBLES

Steam dried figs 10 or 15 minutes over boiling water, just enough to soften them well. Roll them at once in powdered sugar. These make a delicious and healthful confection.

**CALIMYRNA FIG ROLL**

- ½ pound of dried figs
- 1½ cupfuls of warm water
- ½ cupful of sugar
- 2 slices of lemon, chopped
- ¼ cupful of vinegar
- ½ teaspoonful of cinnamon
- ¼ teaspoonful of cloves

Soak the chopped figs in warm water for one hour. Drain and add the other ingredients. Cook slowly until slightly thick. About 20 minutes. Cool. Make your favorite pastry dough. Roll out ¼ inch thick, spread with fig mixture, and roll up like jelly roll. Place in a greased pan, with the overlapping of pastry on the underside. Prick the top. Bake at 450 degrees for 25 to 30 minutes. Serve covered with:

*Foamy Sauce*

- 1 egg, beaten slightly
- ⅔ cupful of brown sugar
- ⅛ teaspoonful of salt
- 2 tablespoonfuls of lemon juice
- 3 tablespoonfuls of hot water

Add sugar to beaten egg, then add other ingredients, and cook in double boiler, stirring until thick. Serve hot.

**DRIED PRUNES****PRUNE NUT BREAD**

- 1 cupful of white flour
- ¼ cupful of sugar
- 1 teaspoonful of salt
- 5 teaspoonfuls of baking powder
- 1½ cupfuls of graham flour
- 1 cupful of milk
- 1 cupful of chopped dried prunes (not freshened)
- ¼ cupful of walnuts, chopped fine
- 1 tablespoonful of melted shortening or oil

Mix and sift together the white flour, sugar, salt, and baking powder. Stir in the graham flour, add the milk, and beat well. Add the

fruit, nuts, and shortening. Put into a greased bread pan; allow to stand 20 to 25 minutes in a warm place, then bake in a moderate oven, 350 to 375 degrees, for 1 hour. This makes one large loaf.

**PRUNE CORNBREAD**

- 2 cupfuls of white flour
- 1 cupful of cornmeal
- 6 teaspoonfuls of baking powder
- 1 teaspoonful of salt
- ¼ cupful of sugar
- 1¼ cupfuls of cooked prunes, chopped
- 2 eggs, well beaten
- 2 tablespoonfuls of melted shortening

Sift together the dry ingredients and add the prunes, beaten eggs, and oil or melted shortening. Pour into a well-greased shallow pan and bake in a moderate oven (375°) from 20 to 30 minutes.

**PRUNE WHIP PIE**

- 1 cupful of cooked prune pulp, chopped fine or sieved
- 1 tablespoonful of lemon juice
- ¼ teaspoonful of salt
- ¼ teaspoonful of cinnamon
- 3 egg whites
- 3 tablespoonfuls of sugar
- ¼ cupful of walnuts, chopped fine

Heat the prune pulp to boiling, and add the lemon juice, salt, and cinnamon. Have the egg whites beaten stiff. Begin adding the sugar when the whites are fluffy, and continue adding gradually, beating constantly, until the whites are stiff and jelly-like. Fold in the hot prune pulp and the nuts. Pour into one large baked pie shell, or into small individual shells that have been baked over inverted muffin pans. Bake in a very moderate oven, 275 to 300 degrees, until set, which will be about 25 minutes. This makes one very large pie.

## PRUNE APPLE BETTY

- 2 cupfuls of sliced apples
- 1 cupful of stewed prunes
- 1½ cupfuls of bread crumbs
- ½ cupful of sugar
- ¼ teaspoonful of cinnamon
- ½ cupful of liquid from stewed prunes
- ⅓ cupful of lemon juice

Arrange the apples, prunes, and crumbs in layers in a buttered baking dish, sprinkling each layer with the sugar and cinnamon which have been mixed. Just before adding the top layer of crumbs, pour the prune liquid and lemon juice over all. Dot with butter, and bake in a moderate oven (350°) until apples are tender. Serve hot with this hard sauce:

*Hard Sauce*

- 4 tablespoonfuls of butter
- ¾ cupful of powdered sugar
- ½ teaspoonful of grated lemon rind

Cream the butter until soft, add the powdered sugar which has been sifted, and cream well together. Add the grated lemon rind, form into a roll, and chill. To serve, slice and place on the individual servings of the pudding.

## PRUNE PUDDING

- 1 cupful of cooked prunes, pitted and chopped
- ½ cupful of sugar
- 1 cupful of chopped walnuts
- ½ cupful of milk
- 1 teaspoonful of vanilla
- 1 tablespoonful of melted butter
- ½ cupful of bread crumbs
- 1 teaspoonful of baking powder
- ¼ teaspoonful of salt

Mix the ingredients in the order given and pour into a buttered baking-dish. Place in a pan of hot water and bake slowly (at 325°) about 45 to 60 minutes until firm. Serve hot or cold with cream.

## PRUNE SUNSHINE PUDDING

- 2 eggs, yolks and whites separated
- 1 cupful of cooked prune pulp
- ¼ cupful of prune juice
- 4 tablespoonfuls of sugar
- 1 cupful of graham cracker crumbs
- 1 teaspoonful of vanilla
- ½ cupful of pecan meats

Beat egg yolks and add prune pulp, juice, and sugar. Add cracker crumbs, vanilla, and nut meats. Stir well. Pour into a buttered baking-dish and bake in moderate oven (375°) for 20 to 30 minutes. Serve cold with whipped cream. Serves six.

## STANFORD HOSPITAL PRUNE CAKE

This recipe makes three large layers, 9-inch size. It can be cut in half for a small family, but the cake is so good, and keeps so well, that even if the full recipe is made none will be wasted. Steamed or heated in the oven and served with a hot sauce, it is delicious even when a week old.

- ½ cupful of butter
- 2 cupfuls of sugar
- 6 eggs, yolks and whites separated
- ½ cupful of sour milk
- 1 teaspoonful of salt
- 1 teaspoonful each of cinnamon and cloves
- ½ teaspoonful of nutmeg
- 2¼ cupfuls of chopped prunes
- 3 cupfuls of flour
- 2 teaspoonfuls of baking powder
- 2 teaspoonfuls of soda
- ½ cupful of chopped nuts
- 1 tablespoonful of lemon juice

Prepare the prunes first. Cream the butter and add sugar gradually, creaming well. Add the egg yolks, and beat smooth. Sift the flour, measure, then sift with the baking powder, soda, salt, and spices. Add these, a little at a time, alternately



with the milk, beating smooth; then add the lemon juice, prunes, and nuts, and lastly fold in the egg whites, beaten stiff. Pour into 3 oiled and floured 9-inch layer tins and bake at 375 degrees for about 30 minutes, or until done when tested with a toothpick.

This cake is delicious served warm, the single layers cut in wedges and heaped with whipped cream, or two layers may be put together with whipped cream or any desired icing. It is good also baked in muffin pans.

### PRUNE LAYER CAKE

- 1 cupful of cooked prunes, pitted and chopped
- $\frac{1}{2}$  cupful of shortening
- 1 cupful of sugar
- 2 eggs, beaten well
- $\frac{3}{4}$  cupful of buttermilk
- 2 cupfuls of flour
- 2 teaspoonfuls of double-acting baking powder
- $\frac{1}{2}$  teaspoonful of soda
- $\frac{1}{2}$  teaspoonful of salt
- $\frac{1}{2}$  teaspoonful of cinnamon
- $\frac{1}{2}$  teaspoonful of nutmeg
- 1 teaspoonful of vanilla

Cook prunes 1 hour, without previous soaking. Remove pits and cut prunes in pieces, using scissors. Cream the shortening with the sugar, add the well-beaten eggs, and mix well. Sift the flour with the baking powder, soda, salt, and spices, and add to the creamed mixture alternately with the buttermilk. Add the prunes and vanilla and mix thoroughly. Pour into 2 oiled layer cake pans and bake in a moderately hot oven ( $375^{\circ}$ ) about 25 to 30 minutes.

A sugar and butter frosting is good with this cake and so is a lemon-flavored seven-minute icing made with part brown sugar.

### PRUNE MARSHMALLOW FREEZE

- 20 marshmallows
- $\frac{1}{2}$  cupful of prune juice
- $\frac{1}{2}$  pint of whipping cream
- $\frac{3}{4}$  cupful of prune pulp
- 1 teaspoonful of lemon juice

Wash prunes, soak them over night in water to cover, steam until tender, then cool, remove pits, and cut small. Do not sweeten. Put the marshmallows and prune juice over hot water and melt to the liquid stage. Add the prune pulp and lemon juice and allow to cool and stiffen slightly before combining with the cream, whipped stiff. Freeze without stirring.

### BAKED PRUNES

Cover 1 pound of prunes with cold water and let stand 4 hours. Lift to a casserole or beanpot with cover; add to the water in which they have been soaking,  $\frac{3}{4}$  cupful of sugar, let boil up, and skim. Pour over the prunes in the casserole and bake slowly at 300 degrees for 40 minutes.

### CALIFORNIA PRUNE PIE

- 3 cupfuls of cooked prunes, stoned
- $1\frac{1}{2}$  cupfuls of liquid in which prunes were cooked
- $\frac{3}{4}$  cupful of sugar
- 3 tablespoonfuls of cornstarch
- Juice and rind of 2 lemons
- Juice and rind of 1 orange
- 1 cupful of chopped walnuts

Add sugar and cornstarch, mixed, to prunes and prune juice. Cook until thick, stirring; remove from fire and add other ingredients. Bake between 2 crusts, or with a latticed top. Makes a very large pie, or two small ones.

### PACIFIC SALAD

Remove the seeds from cooked prunes and fill cavities with peanut butter. Arrange 3 or 4 on a lettuce leaf with sections of orange freed from membrane. Serve with mayonnaise or other dressing.

### STUFFED PRUNE SALAD

16 large dried prunes, cooked  
1 four-ounce package of cream cheese  
1 teaspoonful of grated orange rind  
Lettuce leaves  
 $\frac{1}{2}$  cupful of lemon French dressing

Mix the cream cheese with the orange rind. Remove the seeds from the prunes and fill the cavities with the cheese mixture. Arrange on lettuce leaves on salad plates, allowing four whole prunes for each serving. Accompany this with lemon French dressing. Serves four.

### PIQUANT SALAD

For each serving use:

5 prunes  
5 pickled onions  
Cream cheese  
Lettuce  
French dressing

Remove the pits from the prunes and replace with the pickled onions. On a crisp lettuce leaf, place a ball of cream cheese, then place 5 stuffed prunes around the cheese in flower fashion and serve with French dressing.

### PRUNE APPETIZERS

Remove pits from cooked prunes, and replace with a strip of Ameri-

can cheese, a pickled onion, a stuffed olive, or a walnut half. Wrap each prune in a short strip of bacon, "pinning" together with a toothpick. Cook in a hot oven or under the broiler until bacon is crisp. Insert fresh toothpicks for handling. Serve on a plate, or impaled in a perfect grapefruit or rosy apple, to accompany chilled tomato juice, or hot consommé.

## RAISINS

### SWEET POTATOES WITH HAM AND RAISINS

1½ pounds of sliced ham (center cut)  
1 cupful of raisins  
3 sweet potatoes  
Pepper  
1 cupful of brown sugar  
2 cupfuls of scalded milk

Place ham in baking-dish. Cover with raisins, and with the sweet potatoes, pared and cut lengthwise. Sprinkle with pepper and brown sugar. Add milk, cover pan, and bake in moderate oven (350°) 1½ hours. Last half hour remove cover that potatoes may brown.

### SOUR CREAM RAISIN PIE

2 eggs  
 $\frac{3}{8}$  cupful of sugar  
1 cupful of sour cream  
1 cupful of raisins, chopped fine  
1 teaspoonful of cinnamon

Beat the eggs and add the other ingredients; pour into an unbaked pie shell and bake for 10 minutes in a hot oven (450°), then reduce the heat and finish baking, about 30 minutes, at 350 degrees. Serve plain or with whipped cream.

## SONNY BOY PIE

3 eggs, separated  
 1 cupful of sugar  
 1 tablespoonful of butter  
 ½ cupful of walnut kernels,  
 chopped  
 1 cupful of raisins, chopped  
 ¼ teaspoonful of cloves  
 ½ teaspoonful of cinnamon  
 2 teaspoonfuls of vinegar

Beat the egg yolks and add the sugar and butter. Beat well and add the other ingredients, mixing well. Lastly fold in the beaten whites of the 3 eggs, and pour into an unbaked pie shell. Bake 30 to 40 minutes, having the oven very hot at first (450°) for 10 minutes, then reducing the heat to moderate (350°) to finish the baking.

## PLAIN RAISIN PUDDING

2 tablespoonfuls of shortening  
 ¼ cupful of sugar  
 ½ cupful of raisins  
 ¼ teaspoonful of salt  
 ¾ cupful of milk  
 1½ cupfuls of pastry flour  
 2 teaspoonfuls of baking powder

Cream the shortening and sugar; add the raisins; mix and sift the flour, salt, and baking powder and add alternately with the milk. Beat until smooth, and pour into an oiled baking-dish. Make a caramel sauce as follows:

*Caramel Sauce*

1½ cupfuls of brown sugar  
 2 cupfuls of boiling water

Boil together 3 minutes, pour over the batter, put into a moderate oven (375°), and bake about 30 minutes. The batter rises to the top and bakes a lovely golden brown. Serve in its own syrup, with or without cream.

DRIED-FRUIT  
COMBINATIONSPRUNE AND APRICOT UPSIDE  
DOWN CAKE

In a heavy skillet melt 3 tablespoonfuls of butter and sprinkle over it 1 cupful of brown sugar. Arrange over the bottom, halves of dried apricots and prunes which have been cooked tender without sweetening. Let stand in a warm place while you mix the cake batter, as follows:

4 eggs, yolks and whites separated  
 1 teaspoonful of lemon juice or  
 ½ teaspoonful of lemon extract  
 1 cupful of granulated sugar  
 1 teaspoonful of baking powder  
 1 cupful of cake flour

Beat the egg yolks very light, and add the flavoring; beat the whites stiff, and fold into the yolks. Add the sugar gradually, folding it in well, then gradually add the flour and baking powder, sifted together. Pour over the fruit in the skillet, and put into a cold oven, gradually increasing the heat to moderate (350°). Bake about 50 to 60 minutes. When done, turn out at once on a large plate, and serve warm or cold with whipped cream.

## HOLIDAY TIDBITS

2 cupfuls of seedless raisins  
 2 cupfuls of dried figs  
 ½ cupful of peanut butter  
 Few drops of lemon juice or grated  
 orange rind  
 Powdered sugar

Remove stems from and wash the fruit. Put through the food chopper. Add peanut butter and lemon juice or orange rind; work on a board which is dredged with sugar, until the mixture is well blended. Form in small balls, roll in sugar, and chill thoroughly.

**FRUIT FILLING FOR CAKES**

- $\frac{3}{4}$  cupful of dried figs, chopped
- $\frac{1}{2}$  cupful of chopped dates
- $\frac{1}{4}$  cupful of chopped raisins
- $\frac{1}{2}$  cupful of sugar
- $\frac{1}{2}$  cupful of boiling water
- 3 tablespoonfuls of lemon juice

Cut with scissors or put the fruits through a food chopper, mix with other ingredients, and cook over hot water until thick. Spread while hot, on cakes or cookies. This is very good to use between layers of any butter cake, or between cookies. In the latter case, place cut-out cookies on baking sheet, put a spoonful of the filling on each, cover with a second cookie, and bake as usual.

**LADY BALTIMORE CAKE  
FILLING AND ICING**

Make a Quick Icing, as follows:

- $1\frac{1}{2}$  cupfuls of sugar
- 3 tablespoonfuls of cold water
- 2 egg whites

Put sugar, water, and unbeaten egg whites into a double boiler, place over boiling water, and beat with a rotary egg beater for 6 minutes. Remove from the fire and beat until thick enough to spread; pour into bowl and add:

- $\frac{1}{2}$  cupful of chopped puffed raisins
- $\frac{1}{2}$  cupful of shredded blanched almonds
- 2 dried figs, cut into thin strips
- 6 marshmallows

Beat until creamy and spread between layers and on top of cake.

**FRUIT-NUT CANDY LOAF**

- 2 cupfuls of raisins
- 1 cupful of walnuts
- $\frac{1}{4}$  cupful of honey or syrup

Grind raisins and nuts through food chopper, add honey, and mix thoroughly. Pat out in flat sheets

and pack under pressure for 24 hours. (A breadboard or flat pan placed over the candy, and weighted down, works well.) Cut into squares. These may be rolled in powdered sugar, or dipped into melted chocolate or fondant. Dried prunes, peaches, apricots, figs, or dates—any or all of these—may be added to this recipe. If very dry, soak the fruits in boiling water a few minutes to soften them before putting them through the grinder.

**WESTERN NUTS**

When one thinks of Western nuts, one thinks chiefly of walnuts and almonds, for they are produced in such quantities here on the Pacific Coast. Other varieties are now coming to the fore.

**ALMONDS**

Brought into California by the Spanish Padres in the sixteenth century, the almond has indeed flourished. Even today, where you find Missions you find almond groves marking the explorations of the missionary priests.

The nuts are grown commercially chiefly in the interior valleys of central California. After gathering, they must be hulled, cured or dried, then bleached with sulphur fumes in steam.

To prepare blanched almonds, which most recipes call for, simply pour boiling water over the shelled almonds, and let stand just until the brown skins can be easily slipped off—2 to 5 minutes should be sufficient. Drain, slip off the skins, and dry the nuts before using.

**SALTED ALMONDS**

Put a small amount of salad oil into a dripping pan, pour in the

blanched and dried almonds, and stir until they are well coated. There should be no excess oil in the pan—just enough to coat each nut. Set the pan in a moderate oven and stir the nuts frequently until they turn light brown. Remove, spread on brown paper, and sprinkle well with salt. Keep in a very tightly closed can to preserve their crisp freshness.

### ALMOND ROCHA CANDY

1 pound of butter  
2 cupfuls of sugar  
1 cupful of cut almonds

Cook over slow fire, stirring all the time, until mixture becomes medium brown. Then turn out into buttered pan, and sprinkle thickly with finely chopped almonds. After it is cool, break into pieces. One must be very careful not to burn it.

### ALMOND CREAM PIE

$\frac{1}{4}$  cupful of ground roasted almonds  
17 rolled graham crackers  
 $\frac{1}{4}$  pound of butter  
 $\frac{1}{4}$  teaspoonful of almond extract  
1 tablespoonful of cream

Mix well and pat into pie plate, reserving 1 tablespoonful of the mixture before cream is added, to use as a garnish. Place the shell in a hot oven (450°) for 8 minutes. Remove, cool partially, and fill with a custard mixture prepared as follows:

$\frac{1}{2}$  cupful of sugar  
1 tablespoonful of cornstarch  
2 eggs, separated  
1 pint of milk, scalded  
Few drops of vanilla and almond extracts

Combine sugar, cornstarch, and egg yolks, add gradually to scalded

milk in double boiler, and cook, stirring, until thickened. Add flavoring, cool slightly, then fold in the egg whites, beaten stiff, and pour mixture into the pie shell prepared as directed. Scatter the reserved almond and cracker crumbs over the top and bake at 400 degrees until slightly browned.

### PARADISE PUDDING

$\frac{1}{4}$  pound of blanched almonds  
1 dozen marshmallows  
1 dozen maraschino cherries  
 $\frac{1}{2}$  dozen macaroons  
1 package of lemon-flavored gelatine  
1 cupful of whipped cream  
 $\frac{1}{4}$  cupful of sugar

Cut first 4 ingredients into small pieces. Dissolve gelatine in 1 cupful of boiling water, add 1 cupful of cold water. When cold, and beginning to congeal, set in ice water and whip to consistency of whipped cream. Fold in other ingredients, turn into cake tin, and chill. To serve, slice with knife dipped in hot water. Or pile in sherbet glasses.

## CHESTNUTS

Chestnuts are grown to a rather limited extent in the West, the Italian variety being predominant. The fruit, in its characteristic burr coating, ripens in October.

Chestnuts are relished as a desert nut when freshly roasted; are steamed or roasted for use in sauces, dressings, puddings, etc.; and are ground into meal, for thickening soups or for bread-making. "Mararons" are preserved chestnuts, either bottled in syrup, candied, or dried, and are used in making various fancy desserts and salads.

**CHESTNUT STUFFING**

1 quart of chestnuts  
 $\frac{1}{3}$  cupful of bread crumbs  
 2 tablespoonfuls of butter  
 2 tablespoonfuls of cream  
 1 teaspoonful of onion, minced  
 1 teaspoonful of celery, minced  
 1 teaspoonful of salt  
 $\frac{1}{4}$  teaspoonful of pepper

Shell and blanch the chestnuts, then cook in boiling water until tender. Mash and rub through a colander and mix well with the other ingredients. Use as stuffing for turkey. Thyme may be used as seasoning instead of onion.

**FILBERTS**

Filberts, those delicious little round brown nuts with the single round kernel, are a great improvement over the wild hazelnut of the East. They are grown quite extensively in the Northwest, and are delicious in any recipe calling for nuts.

**LYCHEE (OR LITCHEE)**

The lychee is a small tree with evergreen, lanceolate leaves, a native of southern China and the Far Eastern tropics, but now being cultivated to a limited extent in California and Hawaii. Its fruit, sold as the "Chinese Nut" in Chinatown shops of the West, belongs with the fleshy fruits rather than with nuts. It is round, about an inch in diameter, and has a thin, chocolate-brown shell covered with wart-like protuberances. When fresh, the shell is compactly filled with a delicious, white, jelly-like pulp, in the center of which there is a smooth, inedible, brown seed. This seed varies in size with the grade of nut, being very small in the best grades. Besides the dried nut, which is

found in the markets, canned lychee nuts are obtainable at specialty grocery shops and those handling Oriental foods. These fragrantly delicious canned nuts, or fruits, make an excellent combination with fresh pineapple or other fruits in salads, fruit cups, and the like, or they may be served as dessert accompanied by simple cookies or cakes. Chinese rice cakes or sesame-seed cookies are a good choice for this purpose.

**PECANS**

A greatly improved hickory nut is the pecan, with its oily, sweet, delicious kernels which come out of the shell in such perfect halves that one rather dislikes to chop them. Pecans are grown in various localities throughout the West. The shell varies from very thin to thick and hard.

**PECAN PATTY-CAKES**

2 eggs  
 1 cupful of brown sugar  
 $\frac{1}{2}$  cupful of flour  
 $\frac{1}{4}$  teaspoonful of baking powder  
 $\frac{3}{4}$  cupful of chopped pecan meats  
 $\frac{3}{4}$  cupful of chopped dates  
 $\frac{1}{3}$  teaspoonful of salt

Beat the eggs slightly in a mixing bowl and add the other ingredients in the order given. (No milk is required.) Fill tiny oiled muffin pans two-thirds full of the mixture and place a whole nut meat on each. Bake in a moderate oven (375°) for 15 minutes. No icing is required.

**PINE NUTS OR PINONS**

Numerous species of pines, yielding edible nuts, are found on the Pacific slope and in Colorado, New Mexico, Arizona, and Mexico.

With the increased use of all nuts, pine nuts, often called Indian nuts, piñons, or, by the Mexicans, "piñones," are coming on the market in increasing quantities. The pine cones are heated until they open so that the nuts fall out. The size varies, the average being about half an inch long. The superior quality and unusual flavor of pine nuts have helped in their introduction and general acceptance as dessert nuts. The piñon pine (*Pinus edulis*) is the most important variety.

## PISTACHIO

The pistachio, or green almond, grows well in the warm interior valleys of the Coast states. The nuts, strange to say, must be processed before being eaten. This is done by soaking them in a strong salt brine; then they are roasted, which causes the shells to open slightly.

Since the pistachio tree is very hardy, and not particular as to soil requirements, it should be popular for home yard growing. The trees, when loaded down with their large, grape-like clusters of nuts, are strikingly beautiful.

Pistachio nuts supply a most interesting flavor and color to candies, ice creams, and various other desserts in which these nuts may be substituted for others.

## WALNUTS

The English or Persian walnut is one of the leading food products of the Coast, particularly southern California. The nuts range in size from the enormous giant down to very small. Medium-sized nuts are, of course, most common and therefore most economical to buy.

The walnuts, after being gathered, hulled, and dried or cured for

a short time, are bleached by quick immersion in a chloride of lime solution, then carefully dried again. They are commercially graded for size by passing over a screen with square holes, the smaller nuts dropping through. The specially selected large nuts are branded, being passed through a remarkable "printing press" whose rubber dies imprint the brand name on each nut.

Walnuts are a pleasing addition to a great variety of dishes. Not merely desserts and sweets, but vegetables, meats, fish, and various other foods combine well with them. Nuts are an excellent food, alkaline in body reaction, and rich in minerals and fuel value. Persons who condemn nuts as indigestible usually place the blame wrongly; the fault frequently lies in their own incomplete chewing of the nuts.

## FUDGE BROWNIES

½ cupful of butter  
 2 cupfuls of sugar  
 4 eggs  
 4 squares of chocolate, melted  
 1½ cupfuls of cake flour  
 ¼ teaspoonful of salt  
 ¼ cupful of evaporated milk  
     diluted with  
 ¼ cupful of water  
 2 teaspoonfuls of vanilla  
 1½ cupfuls of chopped nuts

Cream butter, add sugar gradually, and cream well. Add well-beaten eggs and melted chocolate. Sift flour, then measure. Resift with salt. Add flour mixture alternately with the diluted milk. Add vanilla and nut meats with last few stirs. Spread mixture ¼ inch thick in a square cake pan lined with paper. Bake 15 minutes in a medium slow oven (300°). Cut in squares while warm and sprinkle with powdered sugar. The recipe makes 48 cakes, 1½ inches square.

## SIMPLICITY NUT BREAD

1 egg, beaten  
 ½ cupful of sugar  
 1½ cupfuls of sweet milk  
 1 cupful of walnuts  
 3¾ cupfuls of flour  
 4 teaspoonfuls of baking powder  
 1 teaspoonful of salt

Mix in the order given. Put into buttered pan, let rise ½ hour, and bake in a slow oven (325°) 1 hour.

## SPICE DROP COOKIES

⅓ cupful of butter  
 2 cupfuls of brown sugar (or brown and white mixed)  
 2 eggs, beaten  
 ¾ cupful of sour milk  
 ¾ teaspoonful of soda  
 3 cupfuls of flour  
 3 teaspoonfuls of baking powder  
 1 teaspoonful of nutmeg  
 2 teaspoonfuls of cinnamon  
 1 teaspoonful of cloves  
 1 teaspoonful of vanilla  
 ¼ teaspoonful of salt  
 1 cupful of chopped raisins  
 ½ cupful of chopped nuts

Cream fat and sugar; add eggs. Add other ingredients and mix well. Drop by spoonfuls on oiled cookie sheet, and bake at 400 degrees. When half-baked, dust sugar and cinnamon on top, and finish baking. These stay moist a long time, and are ever so good.

## "BEST EVER" NUT LOAF CAKE

½ cupful of butter  
 1 cupful of sugar  
 ½ cupful of milk  
 1¾ cupfuls of cake flour  
 3 teaspoonfuls of baking powder  
 3 egg whites  
 ½ teaspoonful of vanilla  
 ¾ cupful of nut meats

Cream the butter and sugar thoroughly together. Sift the flour, measure, add baking powder, and sift together 3 times. Add half of

this, alternately with the milk, to the creamed butter and sugar, and beat thoroughly for a minute or two. Add the remaining flour mixed with the nut meats (black walnuts are lovely to use) and beat hard again for 3 minutes. Fold in gently the beaten whites and vanilla, and bake slowly (350°) 50 minutes in an 8-inch square pan. Ice with 1-2-3 Frosting, the recipe for which is given below.

*1-2-3 Frosting*

1 cupful of sugar  
 2 egg whites  
 3 tablespoonfuls of cold water

Stir lightly together in double boiler. Beat with rotary beater for 6 minutes, then remove from boiling water and beat 2 minutes. Pile on cake and sprinkle with nuts.

## RAISIN NUT CAKE

½ cupful of shortening  
 1 cupful of sugar  
 2 eggs  
 2 cupfuls of flour  
 3 teaspoonfuls of baking powder  
 ¼ teaspoonful of salt  
 ¾ cupful of milk  
 1 cupful of seedless raisins, chopped  
 1 cupful of nuts, chopped

Cream ½ cupful of shortening and add the sugar. Beat eggs and add, with no half-hearted beating, all these ingredients together. Sift 2 cupfuls of flour with 3 teaspoonfuls of baking powder, ½ teaspoonful of salt, and add to mixture alternately with ¾ cupful of milk. Add the chopped seedless raisins and nuts. Bake in a square pan in a moderate oven (375°). Frost with white boiled icing and decorate with nut meats. Cut in squares. Use this cake while it is quite fresh.



## NUT CREAM FILLING

- 1½ cupfuls of sugar (white or brown)
- 1 cupful of cream (sweet or sour)
- ½ teaspoonful of vanilla
- 1 cupful of nuts

Boil to very soft ball stage, beat hard, and spread.

## NUT SPONGE CAKE

- 1 cupful of cake flour, sifted
- 1 cupful of walnut meats, broken, mixed with flour
- 5 eggs, separated
- 1 cupful of sugar
- 4 tablespoonfuls of water
- Juice of 1 small or ½ large lemon
- Pinch of salt

Prepare the flour and nuts. Beat the egg whites stiff. Boil sugar and water together until it spins a thread. Pour over egg whites and beat 15 minutes. Beat yolks with rotary beater until thick and lemon colored. Add salt and lemon juice. Combine with whites, and fold in flour and nuts. Bake in angel-cake pan, in cool oven (325°), for 45 minutes. Very nice with tea or ice cream.

## MEXICAN ORANGE CANDY

- 1 cupful of granulated sugar
- 1½ cupfuls of rich sweet milk
- 2 cupfuls of sugar
- Grated rind of 2 oranges
- Pinch of salt
- ½ cupful of butter
- 1 cupful of nut meats (walnuts or pecans)

Melt the first cupful of sugar in a large kettle while the milk is scalding in a double boiler. When the sugar is melted to a rich yellow, add the hot milk all at once, stirring. It will boil up quickly, so be sure to use a good-sized kettle. Add the 2 cupfuls of sugar to this mixture, stirring until dissolved, and cook

until it forms an almost hard ball in water (238°). Just before it is done add the grated orange rind, the salt, butter, and nut meats. Beat until creamy and pour on a buttered platter to cool. This candy is as delicious as it is unusual.

## SPINACH NUT RING

- 3 cupfuls of cooked spinach
- 3 eggs
- ½ cupful of bread crumbs
- ¾ cupful of walnuts or pecans
- ¼ cupful of bacon fat
- Salt and pepper

Chop the spinach and add the beaten eggs and other ingredients in the order given. Turn into an oiled ring mold and bake in a moderately hot oven (375°) about 30 minutes, or until firm. Turn out on a hot chop-plate or platter, and fill the center with buttered potato balls with which chopped pimientos have been mixed. Serve all very hot.

## WALNUT-POTATO SALAD

- 2 cupfuls of boiled potatoes, cubed
- 1 cupful of walnut meats
- 1 small onion, minced
- 2 tablespoonfuls of parsley, minced
- ½ teaspoonful of salt
- 2 small sweet pickles, diced
- Mayonnaise
- Lettuce leaves

Have the boiled potatoes thoroughly cold. Cut them in small cubes. Have the walnut meats chopped fairly coarse. Mix the ingredients lightly, adding sufficient mayonnaise to moisten. (Half mayonnaise and half boiled dressing make an interesting mixture.) Serve on crisp lettuce leaves with very small cheese wafers, and garnish each serving with a California poppy or a nasturtium.

## VEAL AND NUT ROLL

- 1 large slice of round of veal, cut thin
- 2 tablespoonfuls of parsley, chopped fine
- 1 carrot, sliced
- ½ cupful of walnut kernels, chopped fine
- 1 stalk of celery, chopped
- 1 sprig of parsley
- 2 bay leaves

Select a large, thin, even cut of veal round, free from fat and bone. Spread it out on a meat board, wipe with a damp cloth, then cover with a layer of chopped parsley and the chopped walnuts. Sprinkle with salt and pepper, then roll lengthwise into a tight roll, tying securely with twine at every two inches of its length, and roll lightly in flour. In the bottom of a casserole or stew pan arrange the sliced carrot, the diced celery, the parsley, and bay leaves, and place the veal roll on top of the vegetables. Pour in hot water to the depth of an inch, add a little salt, then cover closely and bake in a moderate oven (350°)

for an hour and a half. When done, remove the roll, cut and remove the strings, and serve hot with gravy; or allow the meat to cool, then slice it and serve on a bed of lettuce and celery, having the slices of meat alternate with slices of raw tomato. Dress with mayonnaise.

MAPLE-NUT SWEET  
POTATOES

Have you ever tried using maple-flavored syrup in making candied sweet potatoes, adding a generous quantity of nutmeats—walnuts, pecans, or almonds—for an extra-delicious dish? A cateress who is noted for this glorified vegetable cooks down the syrup slowly with the nut meats until it almost reaches the candy stage, then pours it over the sweet potatoes, which have been boiled and peeled, cut in thick slices, and dotted with butter. The pans of potatoes are then tucked into a slow oven to await their serving. The time may be long or short without destroying their goodness.



Whether you catch them with rod and reel—or spade!—or whether you buy them in the market, Western fish and sea food in general are of infinite variety and year-round availability. From the static abalone to the flashing mountain trout, from the subterranean geoduck to the air-minded flying fish, our shores and streams and ocean deeps abound in startling sorts of edible fish. It is a wise Western homemaker who tries new kinds frequently, instead of clinging to one or two old, familiar, and more or less tiresome varieties of fish.

Wild game, too, is assuredly to be reckoned with in Western cookery. Venison, and wild ducks and geese, and rabbits, and even such remarkable foods as bear meat and mountain sheep are available at certain times and places. It's fun to get acquainted gastronomically as well as otherwise with the wild life of the West.

## WESTERN FISH

Few persons need any argument for eating fish other than its goodness of flavor. Aside from that, however, there are excellent reasons for consuming sea food, week in and week out, the year round. Fish is an easily digested protein food. In addition, most sea foods contain goodly amounts of vitamins A and D—sardines and herring being particularly rich in them—and all contain iodine, which is so necessary in our diet in order to prevent goiter.

### Types of Western Fish

How to handle this big subject of Western fish and sea food in order that it may be truly useful to every Western homemaker is a real problem. We have shellfish that crawl on many legs, others that pull themselves along by means of one soft muscular foot, and still others that swim by opening and closing their shells. We have shellfish varying in size from the tiny Olympia oyster to the giant clam known as the geoduck ("goosey-duck"); common shellfish with two shells, the abalone with one, and the squid or inkfish, with its shell inside. We have frogs that jump. As for ordinary "swimming" fish, they include game fish and others; fish found in fresh water, others in salt water, and some—salmon and bass for example—that inhabit either or both. Then we have canned fish, frozen fish, smoked, salt, kippered, and pickled fish. How shall we approach this welter of confusion?

Well, after all, in the cooking of fish we are limited to just a few general ways of preparing the food. Baking, boiling, broiling, and frying are the fundamental methods we use over and over. We need never lack

variety, however, for there are dozens of changes we can ring in on these general methods. Baked fish: plain (whole or in slices); stuffed; smothered in tomato sauce; or planked. Boiled or steamed fish: hot with any one of a number of sauces; or cold, plain or masked in gelatine, and served with an appropriate sauce. Fried fish: simply rolled in seasoned cornmeal or flour; or dipped in salted milk and then in flour; or dipped in seasoned egg and then in crumbs; or dipped in fritter batter; and fried in shallow fat or in deep fat.

Given any fish or sea food to start with, cooked or raw, we may prepare cocktails and salads; chowders, bisques, broths; creamed fish, casseroles, or pies; croquettes, fritters, fish balls; soufflés and timbales; and sauces without number. Let's discuss first these "pattern" recipes which can be adapted to the preparation of practically any fish, then go on to describe briefly those typically Western fish that require special understanding and treatment, giving particular or additional recipes or directions where they are needed. For further details, Californians will be interested in securing a copy of the book, *Five Hundred Ways to Cook California Sea Food*, compiled by the State Fish Exchange, California Department of Agriculture, and obtainable free by writing to that address in Sacramento.

### Tips on Fish Cookery

Remember that frozen fish may be used exactly as fresh fish, and that canned fish may be substituted in any recipe calling for boiled or cooked fish.

For baking fish, allow usually 15 minutes to the pound.

To test whether fish is done or not (either fried or baked), insert a fork between bone and flesh. When it can be slipped in easily the fish is done.

The use of slices of bacon on the rack beneath fish in the baking pan makes it easier to remove to platter. Some persons use a piece of cheese-cloth, oiled, in place of the bacon. One can easily lift the fish to the platter by means of this.

Never soak fish in water. Wash it quickly, or wipe it with a cloth wrung out of cold water, but do not spoil its flavor by extensive washing and soaking. When keeping a dressed fish for a day or two it is a good idea to put a folded paper towel inside the fish to absorb all moisture.

Adding prepared mustard to the batter in which fish is dipped preparatory to frying is a good touch.

If fish bought is solid flesh, allow  $\frac{1}{3}$  pound for each person to be served. If whole fish (bones, head, tail, etc.) is included, allow  $\frac{1}{2}$  pound or more per person.

To scale fish, use the back of a knife or a fish scaler. Begin at tail and work backward. To clean, cut off head at gills, slit belly lengthwise, and pull out entrails. To skin fish, dip in boiling water for a minute or so.

Wash hands in strong salt water after handling fish, to remove odor.

Use kitchen scissors to remove heads, tails, and fins of fish, and to slit the skin for quick cleaning.

Cooking in a pressure cooker softens bones of any fish if continued long enough. This is why bones of canned salmon, sardines, etc., are tender.

Rich, fat-fleshed fish are best for broiling. Lean fish need fat added, that is, they are best fried, or baked or boiled and served with rich sauce.

## General Directions for Cooking Fish

Baking, boiling (or steaming), broiling, and frying, either in deep or shallow fat, are the fundamental methods of preparing fish for the table. These directions, subject to individual judgment and taste as are all recipes, will work well for any one of the varieties of fish listed.

### Pan-Fried Fish

Clean and wipe dry whole small fish or slices or fillets of larger ones. Salt and pepper well and roll in flour; then cook in a small amount of butter or other shortening in a heavy frying pan until brown on both sides, turning with a pancake turner. Fish is done when it flakes from the bone easily when tested with a fork.

### Fish Fried in Deep Fat

Lean-fleshed fish are best fried, or pan fried. After cleaning, cut fish into serving-size pieces if large. Wipe each piece dry, sprinkle well with salt and pepper, then dip in beaten egg (1 egg, beaten slightly with 2 tablespoonfuls of water), covering fish completely. Then roll in fine bread crumbs or cracker crumbs, or in cornmeal if desired, though the meal does not give so pretty a color or so tender a crust to the fried fish. If possible, let fish stand at room temperature for 15 or 20 minutes after egging and crumbing, in order to form a good crust. Have plenty of fat (hard fat or oil) in a deep kettle; heat it to 390 degrees, or until a small cube of bread will brown nicely while you count to 40. The cold fish will cool the fat down immediately, so have it hot but not smoking when you begin. Drop in not more than three or four pieces of fish at one

time, to avoid cooling too much. When fish rises to the top and is golden brown, it is done. (Three to five minutes will be enough for all except very large, thick pieces.) Lift out carefully, drain a moment on crumpled paper, and serve at once with a garnish.

In camp, or at home, fresh trout rolled in prepared pancake flour and fried in hot fat just deep enough to cover the fish—about 2 inches—is a delightful experience. The fat may be strained into a can, and used over and over during fish season.

### Spencer Oven Method of Fish Cookery

1. Place pieces of fish, ready to dip, at the left.

2. Next a flat dish of milk (diluted evaporated milk or fresh milk may be used), adding 1 tablespoonful of salt to each cupful of milk. The difference between a "poor fish" and an appetizing fish is frequently only a difference of salt—and it needs to be added before cooking.

3. A pan of fine sifted bread crumbs (blanket the fish well).

4. A baking pan lined sides and bottom with wet parchment paper. (Oil the paper also if no sauce is to be used.)

5. Cup containing oil or melted butter (at extreme right). Pass the fish from left to right, keeping the left hand for wet work, and the right for the dry crumbs. Sprinkle the fish with the oil or butter when in the pan. Bread crumbs must be used, not crackers or flour; a tablespoonful of oil or butter to a pound of fish is enough. A very hot oven is essential—500 to 550 degrees (the latter for a large amount of fish). Time from 10 to 15 minutes.

Any desired sauce may be used

for basting the fish, and a great variety of appetizing results produced, using savory tomato or milk combinations, or baking with a well-seasoned dressing on top of the fillets.

### Method of Preparing Planked Fish

A medium-sized fish is split open and the backbone removed, but the fish ordinarily is not cut entirely in two. A well seasoned oak plank (that is, one that has been rubbed with oil and heated gently in the oven several times before being used for fish) is again thoroughly oiled and heated very hot. The fish is then spread wide open on the plank, skin side down, and baked in a moderate oven (375°) for about 20 minutes. Too hot an oven is likely to set the plank on fire. Then the fish is well salted and peppered, and basted with melted butter, and returned to the oven for another 10 to 20 minutes, or until tender. Garnish with parsley, lemon slices or lemon baskets of tartar sauce, and sliced tomatoes, and serve at once on the plank.

### Garnishes for Fish and Fish Dishes

Quartered lemons and parsley sprigs always!

Broiled bacon, with trout or other game fish.

Green onions, chopped, including green tops.

Chopped chives, shallots, or leeks.

Tomatoes, sliced or quartered, or tiny ones hollowed out and stuffed with mayonnaise or tartar sauce.

Fennel, chopped or quartered.

Cucumbers, sliced and dressed with French dressing; or hollowed out to make cups or boats to hold tartar sauce.

Lemon baskets filled with tartar sauce.

Small whole beets, pickled, or slices cut in fancy shapes.  
Celery tops with leaves.  
Green pepper or red pimiento strips.  
Radish roses.  
Water cress and other salad greens.

### Good Foods to Serve with Fish

*Potatoes*, mashed, creamed, escaloped, hash browned, French fried, or new potatoes in parsley butter.  
*Rice*, plain boiled, served with butter.  
*Macaroni, spaghetti, etc.*, with tomato sauce.  
*Peas or String Beans*, buttered.  
*Asparagus*, buttered.  
*Spinach*, fresh cooked, with butter and a dash of vinegar or lemon juice.  
*Corn*, on the cob, or creamed.  
*Tomatoes*, fresh sliced, marinated in French dressing; stewed or escaloped; tomato gelatine salad.  
*Relishes of all sorts*: celery, radishes, ripe and green olives, lettuce, endive, watercress, chicory, coleslaw.  
*Corn Bread or Bran Muffins*.

### FRIED FISH—PACK TRIP STYLE

Select as many small fish of uniform size as you desire, or one large fish. Bass is particularly fine. Clean and allow to chill until firm. Sprinkle generously with salt and pepper and dredge with flour. Cut salt pork into cubes and fry out in a deep heavy skillet, allowing plenty of fryings. Add the fish and fry slowly, turning until each side is browned. A few slices of onion in the fryings are good. Add  $\frac{1}{2}$  inch of thick cream or undiluted canned milk to the pan, cover closely, and simmer until the cream disappears. Serve hot with slices of lemon or tartar sauce.

Small new potatoes boiled in their jackets, then peeled and rolled in melted butter and paprika, may accompany this fish dinner.

### FISH FRIED IN BATTER

Clean and cut fish in serving-size pieces. Wipe dry, and sprinkle well with salt and pepper. Make a fritter batter as follows:

2 eggs, yolks and whites separated  
1 teaspoonful of prepared mustard  
(may be omitted)  
1 tablespoonful of melted butter  
 $\frac{1}{2}$  cupful of milk  
1 cupful of flour  
 $\frac{1}{2}$  teaspoonful of salt  
1 teaspoonful of baking powder

Beat the egg yolks well and add the butter and mustard. Sift flour, salt, and baking powder, and add alternately with the milk, beating well. Fold in the egg whites, beaten stiff. Dip the pieces of fish one by one in the batter, and drop at once into hot fat ( $390^{\circ}$ ), frying only three or four at a time. Drain, and serve at once, garnished well.

### STUFFING FOR BAKED FISH

Soften bread crumbs in a small quantity of milk. Squeeze out, and season well to taste with salt, pepper, minced parsley, minced onion, chopped pickles or celery (or a little celery seed), and melted butter. If wished, mushrooms previously cooked in butter may be added. For a large fish, oyster stuffing is grand indeed. Simply add whole or chopped fresh oysters and their liquor to a well-seasoned stuffing made as directed.

A dry stuffing for fish is good also. For this, use soft bread crumbs; do not soak them, but use melted butter (about  $\frac{1}{4}$  cupful for 1 cupful of crumbs) for the only moistening.

## BAKED FISH

Fat-meated varieties of fish may be baked without basting, as they are oily enough, and their skins stretch without bursting. Lean-fleshed fish should be gashed in several places, and strips of bacon or salt pork laid over them while baking. The fish may be tied to form a semicircle, or skewered into the shape of a letter "S" if desired. A 3- to 5-pound fish makes a good size for a small family, as any leftovers can be used in numerous ways.

Rub fish generously inside and out with salt, and sprinkle with pepper. Fill, not too full, with any desired simple stuffing, sew up with a string, and put into a baking-pan. Use a rack if you have one. In any case, it is smart to lay the fish on a piece of oiled cheesecloth, so that it may be lifted and transferred to a hot platter more easily, without breaking it. Bake, uncovered, in a hot oven (450°), allowing 10 to 15 minutes to the pound. Baste occasionally while cooking, using a little hot water mixed with the drippings in the pan, or with oil or melted butter. If it is desired to pass the whole fish at the table, protect the tail from burning by wrapping in waxed paper or covering with mashed potatoes—which of course are removed before serving.

## BAKED FISH SLICES

Arrange slices in a buttered baking-pan, sprinkle with salt and pepper and lemon juice, and dot with butter. Bake, uncovered, in a fairly hot oven (450°) for 20 to 30 minutes, or until tender.

Any number of variations on this method are possible, no detailed recipes being necessary. A layer of fresh vegetables—peas, diced car-

rots and celery, etc.—may be spread in the pan and the slices arranged over them, before baking. Or a well-seasoned tomato sauce may be poured over the slices. Or a stuffing such as is used in whole baked fish may be placed under or over the fish slices, or between slices, sandwich fashion. And so on and on!

## BOILED FISH

Lean varieties of fish are better for boiling than the fat varieties that go to pieces easily. Tie whole fish (cleaned) or slices in cheesecloth, or better yet, arrange on a pie tin and tie up the whole thing loosely in cheesecloth, and lower into a kettle containing just enough boiling liquid to cover the fish.

This liquid may be milk and water, half and half; or it may be water flavored with 1 teaspoonful of salt and 1 tablespoonful of lemon or vinegar for each quart, and if desired, 1 bay leaf, 1 clove, 1 sprig of parsley, 1 onion, 1 carrot, and 1 stalk of celery, cut into strips. It is a good idea to add fish bones and bits of clean skin to the water, to make a richer stock. This stock, strained, makes a good foundation for various sauces to serve with boiled fish.

## BROILED FISH

Clean fish and wipe dry. Broil small fish without splitting, leaving on heads and tails if desired. Split medium-sized fish down the back, removing bones. Cut large fish into slices or filets.

Roll the pieces of fish in oil or melted fat, sprinkle liberally with salt and pepper, and broil until a good golden brown. A double broiler, or toaster, facilitates turn-



ing the fish without breaking it; or it may be broiled nicely in a shallow iron pan which has been lightly greased, or on a special broiling platter (not oven glass), and a cake turner used for turning it. If fish is not thoroughly cooked by the time it is brown, remove rack to a lower position, or put fish into a hot oven to finish.

When broiling a fish that has been split, turn the flesh side to the heat first, then the skin side.

### FISH TIMBALES

These custard-like entrées are desirable for using leftover cooked or canned fish. They are easy to make and to serve, for they are not so perishable as soufflés ordinarily are.

- 1 cupful of liquid (fish stock or milk)
- ½ cupful of soft white bread crumbs
- 2 tablespoonfuls of butter
- 1 cupful of cooked fish, boned and flaked
- Seasonings: salt, black pepper, paprika, onion juice, and lemon juice to taste
- 2 eggs, beaten slightly (not fluffy)

Cook the liquid with the crumbs and butter for a few minutes, until crumbs are practically dissolved and mixture is smooth. Remove from fire, add the fish, and season very carefully to taste just right. Stir in the slightly beaten eggs, pour into buttered molds or custard cups, set in a pan of hot water, and bake in a moderate oven (350°) for 30 to 40 minutes, or until firm when tested by inserting a knife blade. Bake low down in the oven to avoid browning the tops of the timbales. To serve, let stand a few minutes, then loosen edges with a knife and turn out on hot plates. Pour a little

sauce (Béchamel or brown mushroom sauce for example) over each timbale, and serve at once.

### DEPENDABLE FISH SOUFFLE

- 1 cupful of diced celery
- 1 cupful of boiling water
- ½ cupful of milk
- 4 tablespoonfuls of quick-cooking tapioca
- 1 teaspoonful of salt
- Dash of pepper
- 3 eggs
- 1 cupful of flaked tuna or other cooked or canned fish

Combine these ingredients except the eggs and fish in double boiler, and cook over hot water for 15 minutes, or until tapioca is clear, stirring frequently. Cool. Add the egg yolks, beaten thick and lemon colored, 1 cupful of flaked tuna or other cooked or canned fish, then the egg whites, beaten stiff, folded in last. Turn into an oiled baking-dish, place in pan of hot water (having water about an inch deep around pan), and bake in a moderate oven (350°) 45 to 55 minutes. Serves six. This holds up well for serving.

### ESCALLOPED FISH

Arrange in a buttered baking-dish alternate layers of flaked cooked fish, and coarse cracker crumbs or cooked rice, seasoning each layer well. Pour a medium-thick cream sauce over all, top with buttered crumbs, and bake until browned nicely.

### CROQUETTES, FRITTERS, BALLS, PATTIES, OR CAKES

See recipes under abalone and clams, which may be adapted easily to any cooked or canned fish.

## FISH SALADS

No particular recipes are necessary for combining delicious salads of cooked or canned fish, but a few suggestions may be helpful.

Cucumbers, celery, and tomatoes combine particularly well with fish; in fact, almost any greens or vegetables may be used. Marinating in sharp French dressing improves most fish for salads; mayonnaise or boiled dressing, or both mixed together, may be added as discretion dictates. Cooked potatoes and hard-cooked eggs, cubed, make good additions to fish salads. For salad dressing recipes, see Index.

## FISH CIOPPINO

It is well to set six o'clock for a "fish chopin," and invite only those who care for shell fish. It is a very messy dinner to say the least, so use a paper tablecloth and provide aprons for all of the guests, including the men. Here is an old-time, well-tried recipe to serve twelve persons.

- 6 pounds of striped bass
- 2 small red codfish
- 6 pounds of cockles
- 10 pounds of mussels (if obtainable)
- 4 large cooked crabs
- 1 pound of picked shrimps
- 4 dozen clams—opened and cleaned

Clean bass and codfish and cut into pieces for serving. Allow cockles and mussels to stand in fresh cold water for 1 hour to remove sand, and scrub thoroughly. Cut crabs in serving pieces and crack legs with a mallet. Place fish in layers in a large covered roasting pan. First some pieces of fish, then a few cockles and mussels in their shells, a few pieces of crab in the shells, some shrimps, some clams with the juice, then another layer of

bass, and so on. Cover with the prepared sauce, put the lid on and bake for 1 hour in a moderate oven (350°). I serve this in soup plates from the kitchen, being careful to select some of each kind of fish and to have a generous helping of sauce over it. Now for the sauce which should be prepared the previous day:

- 2 large onions
- 1 small clove of garlic
- 1 small head of celery
- ½ cupful of olive oil
- ¼ pound of dried mushrooms
- 3 No. 2½ cans of tomatoes
- Parsley, minced
- Bay leaf
- A few pepper corns
- Sherry wine seasoning to taste
- Salt and pepper

Cut onions, garlic, and celery in small pieces and brown slowly in the oil in a large skillet, stirring continuously. Pour hot water to cover over the dried mushrooms and let stand ½ hour. Add the tomatoes to the onions, with the chopped parsley, bay leaf, and a few pepper corns. Remove the mushrooms from the water and add them, allowing any sediment to settle in the cup, after which carefully add the water to the sauce. Cook slowly for 2 or 3 hours, adding water when necessary, and stirring frequently. Some of the sherry seasoning is salted so care must be used in adding that to taste. Season well with salt and pepper. With this dish serve a green salad with a well-seasoned French dressing, also French bread cut nearly through and brushed with butter which has previously been heated with a generous supply of chopped garlic, the whole heated in a paper bag in the oven. When it comes to dessert, sweets do not seem very acceptable, and one usually finds crisp crackers and Roquefort cheese quite satisfactory with the coffee.

**CIOPPINO**

(Simpler form)

For this dish use a firm, solid fish, such as large sole, striped bass, or rock cod, but do not use halibut or salmon. Fry one finely chopped onion until a golden brown in just enough oil to prevent it from burning. Add a little chopped parsley and garlic and let cook slowly for 5 minutes. For 2 pounds of fish allow 4 tomatoes or the equivalent in stewed tomatoes. Chop the tomatoes and add to the first mixture, then add the fish and stir gently to mix the ingredients. Season with salt and pepper to taste, and cook over a moderate fire 20 to 25 minutes without stirring.

For Crab Cioppino use half fish and half crab, or one-third each of crab, fish, and shrimps.

**ABALONE**

Truly a Western product is the red or pink abalone, for it is found only along the Pacific Coast, particularly in the vicinity of Monterey. Very little is known about it, except that it hatches from an egg, that it does not remain in one spot but moves about, and that it is exceedingly good to eat when rightly prepared.

This peculiar mollusk has only one large, strong shell, rough and brown outside, but a beautiful mother-of-pearl within. The large muscular foot, by which it moves about or holds itself by tremendous pressure to the rocks, forms practically the entire contents of the shell.

For commercial purposes, divers procure the abalones. They can be obtained without diving, if you know where and when to go after them. People who live near the

shore delight in initiating tenderfeet into the mysteries of abalone-catching. Abalone are in season all year, except January 15 to March 15, inclusive. The limit is 10 per day or 20 per week, and the legal size, a minimum of 7 inches in diameter. They are obtainable only at the minus tides, beginning with a minus 0.6 tide. A strong iron bar is necessary to pry the creature off the rocks to which it clings so stubbornly; a leaf from an old automobile spring is excellent to use. One thing you can depend on—that just as you are about to pry the abalone loose, a big wave will deluge you, and probably knock you flat!

Abalone as found in the fish markets has been pounded and neatly sliced, and is ready for cooking. If you procure it in the shell, however, you will need to use a blunt knife or flat iron bar, in order not to break the flesh in taking it out. Next, give the abalone a good rap on the top, or "head"; this relaxes it and makes it lie flat so that it can be trimmed more easily.

Trim off all the dark parts, leaving a piece of white solid flesh. Now comes the particular part. It must be pounded until soft, but not broken up. To do this place the abalone on a solid foundation, either block or board, and with a wooden mallet or any other blunt article heavy enough to use for pounding (a milk bottle will do!) hit them lightly. It will take some time before they become soft. If one prefers, the meat may be sliced and the slices pounded separately. Abalone may be sliced crosswise, to form flat "steaks" as they are called, or up and down in narrow pieces. They go farther when sliced up and down. Always give the slices a few taps for good measure; they cannot be too soft. One pound of aba-

lone will serve four persons; the meat is very rich.

### ABALONE CHOWDER

Trim the abalone as for frying, and pound, though it is not necessary to have them so soft. Put 2 abalones (or about 1 pound, as purchased) into 4 cupfuls of salted water, and cook gently until tender—about an hour. Take out, grind through the food chopper, and put back into the liquid. Dice 4 slices of bacon, and fry crisp. Brown 2 onions, minced, in the fat, and add to the abalone liquid; peel and cube 2 large potatoes and add them also with some chopped parsley. If the liquid has boiled low, add enough more water to cook the potatoes. Just before serving the chowder add 1 can of evaporated milk, or 1 pint of fresh milk may be used, a generous piece of butter, and 4 crackers crushed fine; heat up quickly and serve at once.

### FRIED ABALONE

Dip slices in beaten egg and then in cracker crumbs, and fry quickly in oil. Have the oil hot, and brown on both sides (not longer than 1½ to 2 minutes to each side), turning the slices only once.

### BOILED ABALONE

Prepare abalone; boil whole for 1 hour over slow fire. Add salt to taste 15 minutes before taking from fire. The meat can be served cold, sliced, or used in various other ways. This makes excellent sandwiches. If any juice is left after boiling, a good soup can be made by adding rich milk, salt and pepper, ½ cupful of hot mashed or diced potatoes, and a little chopped parsley.

### ABALONE FRITTERS

Pound and prepare enough abalone to make 2 cupfuls. Put through the food chopper raw and add

2 eggs, well beaten  
2 tablespoonfuls of milk  
1 teaspoonful of A-1 or Worcestershire sauce  
Dash of nutmeg  
1 teaspoonful of baking powder  
½ cupful of fine cracker crumbs

Mix well, make into small cakes, and fry in butter. Serve with slices of lemon.

### BAKED ABALONE, ANO NEUVO STYLE

Pound and fry 2 abalones as directed for fried abalone; then put into an ovenglass baking-dish and cover with the following sauce:

1 cupful of stock (if you have it; otherwise put 1 cupful of water into the pan in which the abalone were fried)  
1 small onion cut very fine  
1 large clove of garlic  
1 teaspoonful of prepared mustard  
½ cupful of tomato juice or tomato sauce  
Juice of 1 lemon  
Salt and pepper to taste  
Chopped parsley

Combine ingredients and cook for 5 minutes. Pour over the slices, put into a very slow oven (300°), and bake for 1 hour. This may be prepared ahead of time for serving, and then reheated. Serve in the baking-dish.

### ALASKA BLACK COD

(Sablefish)

Along the northern Pacific Coast, the Alaska black cod is plentiful all year round. Fresh, it is excellent baked, and is good also boiled or

broiled. It is frequently smoked or kippered; recipes for preparing it after such treatment will be found under "Smoked, Salt, and Kippered Fish."

## ALBACORE

A game fish, sometimes called long-fin tuna, found along southern California coast. Usually runs about 3 feet long, and weighs 15 to 20 pounds. Meat is somewhat coarser than tuna, but is rich in fat, of fine flavor. Good all year, but most abundant from January to August. Ways of serving: Baked (best); broiled; fish loaf; salad.

## ANCHOVIES

The California anchovy is a small fish, 6 or 7 inches long, abundant along Pacific Coast from Lower California to Alaska. Flesh is dark, rich and oily, something like sardines. Good the year round, but most abundant in August and September. Ways of serving: Broiled; fried (best); or in salad, with hard-cooked eggs and sour French dressing.

## BARRACUDA

Most popular of southern California fish, found from Santa Barbara south. Usually weighs 5 to 12 pounds, but sometimes runs larger. Has white meat, free from small bones. Caught every month in the year, but most abundant from January to June, inclusive. Ways of serving: Best baked, whole if small, or in slices or fillets if large; Bouillabaisse (New Orleans chowder, made with lobster and oysters); broiled; fried, with brown butter and herbs.

## BASS

Two varieties of sea bass—the black and the white—are common to the Pacific Coast, in addition to the familiar favorite striped bass.

Black sea bass (sometimes called jew fish) is one of our largest food fishes, reaching a weight of 500 pounds. Its flesh is white and flaky, and of excellent flavor. It is most abundant off the coast of southern California, particularly around Santa Catalina Island. The largest catch is from January to June, inclusive.

White sea bass, also found abundantly in southern California waters, averages from 20 to 50 pounds in weight. It also has firm, white flesh of good flavor. Both of these varieties being extremely large, the flesh is available in the markets in slices and fillets or in pieces corresponding to roasts, and is prepared in the usual ways.

Striped bass, a favorite food and game fish in the San Francisco Bay area particularly, runs from 2 to 50 pounds in weight, the usual market size being 3 to 5 pounds. It is a trimly built, silvery colored fish, with seven or eight dark stripes running lengthwise on each side. The season for striped bass in California runs from August 1 to November 1, and from November 15 to May 15. They are most abundant in April and May.

Being relatively small, striped bass may be baked whole with stuffing, or in a sauce, or it may be boiled, broiled, fried, or planked. It is also much used in preparing Cioppino (see pages 128-129).

### BAKED STRIPED BASS WITH TOMATO SAUCE

Melt 4 tablespoonfuls of butter in a sauce pan. Add 1 sliced onion and a sliced carrot and simmer until the

vegetables are tender. Add 1 can of sliced mushrooms,  $\frac{1}{2}$  can of chopped pimiento, 4 peeled and sliced tomatoes, and 1 cupful of tomato sauce. Season with salt and pepper. Let this boil for 10 minutes. Arrange 4 fillets of bass in a buttered baking-dish. Sprinkle them with salt and pepper. Pour over the sauce. Bake until the fish is tender.

## BLUE FISH

See Rockfish.

## BOCCACIO

See Rockfish.

## BONITO

Dark-fleshed fish, 8 to 16 pounds in weight, found off southern California coast. Ways of serving: Baked in tomato sauce; broiled; loaf; or salad.

## CATFISH

While not a native Western fish, the catfish is a favorite fresh-water game fish in many sections. Both white catfish and bullheads are caught. They are very good eating, fried and served with browned butter, parsley, and lemon.

## CHILIPEPPER

See Rockfish.

## CLAMS

Clams of many sizes and varieties are found along the entire Pacific Coast. While it is fun to eat them cooked and served in one of the numerous good restaurants that specialize in sea food, it is even more fun to go after them in per-

son, and eat them, fresh cooked, direct from ocean to consumer.

Digging for clams of any variety requires a shovel or potato fork, a bucket, and a pair of rubber boots, unless one cares to go barefoot. The clams can be located by the small holes in the mud or sand, made by the siphon, or neck. The technique is to dig down beside the hole and turn out the clam carefully, for some varieties have very tender shells.

Early spring and fall produce the best clams. They are very good also during midwinter, but the exceedingly high tides make clam digging practically impossible. By many old timers, November and March are considered the best clam months, especially November.

While there is no general "closed season," there is a closed season on Pismo clams. Clams are of poor quality and sometimes actually poisonous during the propagating season, from June through August. For this reason quarantines may be established by local boards of health. *When a quarantine is placed on clams and mussels, do not take any chances.*

A recent report (February, 1933) from the Hooper Foundation of the University of California points out that the poison in both clams and mussels is confined almost entirely to the intestines of the bivalve. If the intestines (the black portion) are always discarded, and the clams thoroughly washed before cooking, the danger of contracting poison from this shellfish would be lessened greatly. For safety, never use the whole clam, even in making chowder.

With clams, like oysters, the shell opens when the animal dies, making it easy to discard bad ones, either at the beach or the market. A dead clam is dangerous food.

### To Free Clams of Grit

If obtained the day before they are to be used, put the clams into a tub of fresh or sea water, and sprinkle corn meal liberally over the top of the water. Let them stand over night. The clams will eat the cornmeal, and empty their stomachs of grit and sand they may contain.

### To Open and Prepare Clams

Open shells by slipping a knife between the shells at one end and bringing it around to the other end, thus cutting the muscle that holds the shells together. They may also be opened by steaming over boiling water, or dropped for a minute into boiling water. If they are not to be used immediately, remove from shells at once and drop into cold water; then chill on ice until used. This prevents toughening from over-cooking. Cut off the neck or siphon of large clams, peel off the skin, and put the meat through the grinder, as the muscle is very tough. Remove and discard the dark parts (stomach and intestines) and the clam is ready for use. The liquor from steamed fresh clams, strained and seasoned delicately with salt only, makes a delicious hot broth. A paper-thin slice of lime or lemon may be placed in the cup.

### Varieties of Western Clams

Sometimes local names may be given to varieties of clams found in certain sections of the shore. In general, the following clams are recognized up and down the coast.

*Soft-Shell, or Mud Clams.*—Found buried about a foot deep in beds in the mud flats along bays and rivers at low tide, usually in large quantities. Excellent for chowder. Split and peel the neck before using.

### *Hard-Shell, or Quahaug Clams.*

Found buried only a few inches below the surface, in sandy or gravelly formations, in same localities as mud clams. When found in large quantities, a rake is best to use in gathering them. This is the variety most commonly used for clam bakes, as it is not necessary to clean them before baking. The clams are baked in their shells in the camp fire, or embedded in a thick layer of seaweed spread over hot stones, covered with more seaweed and heavy sacks or sail cloth, and steamed for 2 or 3 hours. Oysters, potatoes in their skins, and green corn in the husk (silks and imperfections removed first, of course) may be roasted with the Quahaugs.

*Cockles.*—There are a number of varieties of edible cockles, found from Puget Sound south. Cockles belong to the clam family but have heart-shaped shells. Hard-shell cockles are particularly good in chowder and soups. They are too scarce to be valuable commercially.

*Beach, Butter, Washington, or Moneyshell Clams.*—Small clams, tender and rich in flavor.

*Purple Clams.*—Not shipped commercially, but highly prized by campers and picnickers along the beach, as they are of very good quality.

*Razor or Sea Clams.*—Razor clams, so named because of their very sharp edges which demand some care in handling, are among the choicest of Western clams. These good-sized bivalves, common to the Pacific Northwest, are found buried about a foot deep, on wide, sandy beaches at extremely low tide. It is not necessary to skin the necks. Delicious baked, fried, or in chowder. They are canned commercially in Alaska and Northwestern states.

*Jack-Knife Clams.*—Found from Santa Barbara south; fair quality; about the size of razor clams.

*Pismo Clams.*—Pismo clams, good-sized bivalves with exceedingly long, muscular necks, are found at various places along the California coast, notably at Pismo Beach. Average weight of a Pismo clam is 1½ pounds. The neck is skinned and ground for use in chowder.

*Gaper or Horse Clams.*—These big clams, exceedingly common on the Northwest beaches, lie buried about 6 inches deep in the soft sand, covered with water except at very low tide, the tips of their siphons just above the surface of the silt. They are edible, and make excellent chowder, but are inferior in flavor to the butter clams and others.

*Empire Clams.*—Coos Bay, Oregon, is noted among other things as the haunt of the huge Empire clams, which sometimes attain a weight of 4 or 5 pounds. They can be located by large holes in the sand. The Empires have very large necks which can be made into steaks by scraping off the rough outer skin (scalding will aid in this procedure) and splitting. Pound the flesh thoroughly, dip the pieces into seasoned flour or corn meal, and fry until crisply brown and tender. The tender flesh of the body can be cut in slices or strips, dipped in seasoned egg, in batter, or in egg and crumbs, and fried in deep or shallow fat.

*Geoducks.*—A native of the Pacific Coast, the geoduck is found in favorable locations from British Columbia as far south as San Diego. The wide, silty beaches of Puget Sound, however, furnish conditions best suited to its propagation and growth.

This giant clam, weighing upward of six pounds, resembles a

legless, headless duck, the shells forming the wings and the wrinkled, mottled skin representing the down on the neck and breast. It lies buried two to three feet deep in the mud of the tide flats, submerged in water except for an hour or two daily at extremely low tide. The tip of the long, giraffe-like neck or siphon reaches well above the silt, and this is the guide to the hunter in locating the wary creature.

A large hole must be dug around the geoduck burrow, to avoid crushing the tender shell or mutilating the exposed flesh—for the geoduck's shell is not large enough to hold all its neck and flesh, which consequently bulges out around the edges like the contents of an overstuffed bag.

The open season now extends the year round, the bag limit being three "ducks" per person per day.

To cook geoduck, wash well in cold water, then pour boiling water over it, cut away the shell, and strip off the skin from the body and siphon. Cut the thick, tender, creamy flesh in slices or "steaks" and fry as razor clams are fried, but longer and more slowly, for geoduck meat is tougher and must be cooked longer. Some cooks pound the slices before cooking. The resulting food has a rich yet delicate flavor all its own. The tough neck meat must be put through a grinder, after which it makes excellent chowder.

## CLAM RECIPES

Any clam may be used in the following recipes, quantities being judged according to the size of the clams. One large Empire clam or geoduck will serve an entire family, one good-sized razor clam is likely



to be a full meal for one person; while of the smaller varieties, three to five clams per person are not too large an allowance.

### PACIFIC COAST CLAM CHOWDER

1 pint of clams  
3 medium-sized potatoes  
2 slices of bacon  
1 small onion  
Salt and pepper to taste  
1 tall can of evaporated milk

Grind the clam necks in a meat grinder, cover them with water, and bring to boiling. Simmer gently until tender. Meanwhile, dice or slice the potatoes, cover with a quart of water, and boil until done. Add the cooked clam necks and the uncooked soft bodies and heat together. Cut bacon and onion fine and brown in a frying-pan; add to the potatoes and clams; add the evaporated milk and seasonings to taste, boil a minute or so, and remove from fire. This chowder is a meal in itself and usually proves sufficient for six or eight persons, for either lunch or supper.

### OREGON CLAM BISQUE

2 dozen large, fresh clams  
1 cupful of water  
1 small onion  
A sprig of parsley  
2 whole cloves  
2 allspice berries  
A speck of mace  
1 quart of milk  
2 tablespoonfuls of cornstarch

Wash the clams, and put into a large sauce pan with the cupful of water. Cover closely, put over the heat, and let steam until the shells open easily. Remove from shells, and chop the clams, onion, and parsley very fine. Simmer half an

hour in the broth in which the clams were steamed, adding the spices. Scald the milk and thicken with the cornstarch, which has been mixed with a little cold milk or water. Boil ten minutes, stirring, then strain the clam mixture into it. Serve in bouillon cups, topping each cupful with a spoonful of whipped cream. Serve crackers or popped corn with it.

### MINCED CLAM SOUP

1 quart of milk  
1 medium-sized can of minced clams  
1 tablespoonful of butter  
Salt and pepper

Heat the milk in sauce pan or double boiler, and add clams, butter, salt, and pepper. Heat clams through and serve at once, as the clams will toughen if cooked too long. If desired, a large tablespoonful of whipped cream placed on top of each plate of soup adds very much to its flavor as well as appearance.

### BAKED CLAMS

1 pint of clams  
Several slices of bacon  
Crackers, rolled fine  
1 pint of milk  
2 eggs, well beaten  
Salt and pepper to taste

Grind necks, add milk and bodies, and stir in cracker crumbs until the mixture is thick enough to drop from a spoon. Add beaten eggs. (More eggs may be added if a richer mixture is desired; 6 or 7 eggs make a very fine, tender dish.) Pour into a buttered baking-pan, lay strips of bacon across the top, and bake in a moderate oven (375°) about 30 minutes, or until firm.

## CLAM CAKES

1 pint of raw clams  
 2 cupfuls of flour  
 2 teaspoonfuls of baking powder  
 2 eggs, slightly beaten  
 Milk and clam liquor, mixed

Run the clams through the meat-grinder. Make a batter of the flour, baking powder, eggs, and enough liquid to drop easily from the spoon. Combine the batter and the minced clams, and drop by spoonfuls into hot frying-pan that has been well greased with bacon drippings. Fry brown on both sides, drain on heated brown paper, and serve with quartered lemons.

## FRIED CLAMS

Make the same mixture as for baked clams, drop by spoonfuls into a hot frying-pan containing hot oil or butter, and brown well on each side.

## FRIED RAZOR CLAMS

To clean, scald live clams until the shells open; pour off hot water and immediately cover with cold water. Remove from shells, cut off the neck, and cut the black part out of the body, using a sharp paring knife and being careful not to tear the clam apart. Remove gills; split down the front and on through the digger, leaving the back intact. Remove all remaining black. Be very careful not to break the thin, skin-like lining which holds the muscles together. Drain and lay flat. To fry, beat an egg, add an equal quantity of milk, and salt and pepper to taste. Dip the dry clam in egg and milk mixture and roll in flour. Have ready a skillet of cooking oil or fat about an inch deep, very hot (390°); put in the clams, one or two at a time. When brown on one

side turn and brown the other side. Clams fried in this manner are delicious and very tender. Keep the cooking oil at an even high temperature.

## FRENCH MINCED CLAM LOAF

1 loaf of bread  
 2 tablespoonfuls of butter  
 2 small cans of minced sea clams, or  
 2 cupfuls of chopped fresh clams

Cut a thick slice lengthwise from the top of a loaf of bread. Scoop out the inside crumbs leaving a shell. Sauté the crumbs carefully in butter. Make a thin white sauce, using the clam liquor for part of the liquid, add the clams and the sautéed crumbs, and fill the shell. Bake 15 or 20 minutes, or until lightly toasted, in a very hot oven (475°) and serve. Makes six servings.

## CLAM SOUFFLE

1 medium-sized can of minced clams, drained  
 3 tablespoonfuls of butter  
 6 tablespoonfuls of flour  
 2 cupfuls of liquid (clam liquor plus milk to make correct quantity)  
 1 small onion, minced fine  
 ½ a green pepper, minced fine  
 1 pimiento  
 ½ cupful of cracker crumbs  
 3 eggs, yolks and whites separated  
 ½ teaspoonful of baking powder  
 Salt, pepper, and cayenne

Make a white sauce of the butter, flour, and liquid, and add to it the onion, pepper, pimiento, and cracker crumbs. Stir in the slightly beaten egg yolks and the drained clams, and season well to taste. Fold in the egg whites which have been beaten stiff, the baking powder having been added while beating. Pour into a buttered baking-dish and bake in a moderate oven (350°) for 30 to 40

minutes, or until firm when touched. Serve at once—though this soufflé will not fall badly, even when cold.

## CODFISH

The codfish caught off California is the cultus cod, a green fish with brownish spots, from one to four feet in length. Its flesh, which is very desirable for food, is a light bluish-green color. Cod is most abundant in spring and fall—March and April, September and October. Ways of serving: Baked; boiled, with egg sauce; broiled; and chowder.

Salt codfish is put up by packers here on the West Coast. Directions for preparing it are found a little farther on, under "Salt, Smoked, and Kippered Fish."

## CRABS

The Dungeness crab of the Pacific Coast is much larger than the blue crabs found along the Atlantic Coast and in the Gulf of Mexico. Canned crab is usually the meat of the Japanese crab, a giant shellfish sometimes measuring as much as ten feet in leg spread.

The crab has an interesting life cycle. Starting out microscopic in size and gradually becoming visible, it alternately passes through a hard-shell stage during which it fattens but does not grow; a "peeler" when it has grown a soft shell under its hard shell; a "buster" when it breaks out of its hard shell; and a "soft shell" when it has only its soft new skin. This stage, which lasts only a day, is the crab's growing time, during which it increases greatly in size. A new hard shell is formed quickly by a lime secretion from the crab's body.

It is interesting to watch boys

crab-fishing off the piers and wharfs along the coast. A collapsible basket woven of light cord on iron rings is baited with fish, liver, or almost any meat, which is firmly tied into the bottom of the net. The basket, on the end of a light rope, is lowered to the floor of the bay, where it flattens so that hungry crabs may crawl into it. When pulled up, it may have half a dozen crabs of assorted sizes. The small ones are thrown back into the water.

All uncooked crabs should be vigorously alive when purchased, or the meat will not be good. There is nothing else quite so good as crabs plunged direct from the cold sea water into the boiling pot, eaten right on the scene of action—the beach. Incidentally, an old square five-gallon oil can (entirely free from oil, of course) with the top cut out and a broom handle nailed across the center for a handle makes a perfect cooker for crabs, ears of corn, or potatoes in their jackets, at a beach picnic. It is one kettle that need never be scrubbed outside, no matter how black it becomes.

### How to Cook Live Crabs

Throw the live crabs head first into rapidly boiling salted water (sea water may be used when cooking them at the beach), and boil 15 to 25 minutes longer. When done, if to be served hot as "cracked crab," crack the shells and claws with a sharp tap of a hammer, and serve stacked on a platter, accompanied by mayonnaise and French or wholewheat bread, and very little else. A mighty good menu for dinner at a beach cottage after a swim is: fresh corn chowder, and salt wafers; cracked crab with mayonnaise; vegetable salad; wholewheat bread; coffee; and sliced fruit with date bars for dessert. If

wanted cold, plunge hot crabs immediately into cold water, to cool quickly.

When cold, break off the apron, or tail; then taking the crab in both hands, with thumbs at the tail end, pull the upper and lower shells apart. Discard all the waxy and spongy substance between the halves of the body and at each side. The edible part of the crab lies in the two compact pieces remaining, and, better yet, in the large front claws or feelers. The latter may be broken with a hammer, or with an ordinary nut cracker. The meat is delicious merely served very cold, with mayonnaise; or it may be made into salads or cocktails, or used in any one of a number of delicious made dishes.

### CRAB LOUIS

This West Coast specialty is justly famous the country over. To make it, arrange lettuce leaves around the inside of a salad bowl, with a few shredded leaves on the bottom. Put crab meat on top of the shredded lettuce and a few sliced hard-cooked eggs and chopped chives on top of the crab meat. In another bowl mix

$\frac{1}{2}$  cupful of French dressing  
 $\frac{1}{2}$  cupful of chili sauce  
 2 tablespoonfuls of mayonnaise  
 1 teaspoonful of Worcestershire sauce

Salt and pepper to taste

Pour over the salad, and serve very cold.

### CRAB COCKTAIL

Crab legs, taken out of the shells without breaking, make an exciting cocktail. Arrange 3 or 4 of the legs on end in a deep cocktail glass, add chopped celery, a few blanched almonds cut in strips, and perhaps a few whole asparagus tips. Pour into the glass a perfectly flavored,

creamy cocktail sauce (see Index for Cocktail Sauces). Flaked crab meat may of course be used instead of the whole legs.

### TOMATO CRAB SALAD

4 large tomatoes  
 $\frac{1}{2}$  cupful of diced celery  
 $\frac{1}{2}$  cupful of diced cucumber  
 1 green pepper  
 $\frac{1}{2}$  cupful of crab meat  
 $\frac{3}{4}$  cupful of mayonnaise

Remove the skins and cut a slice from the stem end of each tomato. With a spoon or curved knife hollow out the inside to form a shell. Dice the tomato pulp with celery, cucumber, and what remains of the green pepper after four  $\frac{1}{4}$ -inch rings have been cut from the center section. Mix the diced vegetables with the crab meat and  $\frac{1}{2}$  cupful of the mayonnaise. More salt and pepper may be needed, depending on the seasoning of the salad dressing. Refill the tomato shells, and garnish the top of each with mayonnaise and a green pepper ring. Serves four persons. Bridge luncheon hostesses will find a stuffed tomato crab salad a delightful main dish, to be accompanied by hot bread of some sort, and coffee.

### MOLDED CRAB MEAT

$1\frac{1}{2}$  cupfuls of flaked crab meat, canned or fresh  
 $\frac{1}{2}$  tablespoonful each of dry mustard and salt  
 2 tablespoonfuls of sugar  
 2 whole eggs or yolks of 3 eggs  
 1 cupful of sour cream  
 $\frac{1}{4}$  cupful of vinegar  
 1 tablespoonful of gelatine soaked in  
 $\frac{1}{4}$  cupful of cold water

In a sauce pan or double boiler mix together the mustard, salt, sugar, and unbeaten eggs or egg yolks. Stir until smooth. Add cream

and vinegar, and cook until it is smooth and thickened and the custard coats the spoon. Add soaked gelatine and stir; when gelatine is dissolved, strain the custard over the crab meat. (Cold boiled salmon, halibut, lobster, or chicken may be substituted.) Turn into a mold and chill. At serving time unmold and garnish with lettuce and ripe tomatoes cut into eighths and dressed with French dressing. Serve with

#### *Cucumber Sauce*

1½ cupfuls of sour or sweet cream  
 ½ teaspoonful of salt  
 A little cayenne  
 3 tablespoonfuls of vinegar  
 1 cucumber, pared, chopped, and chilled

Beat cream until stiff, and add seasonings, vinegar, and chopped cucumber. (Press all the water from the cucumber before adding to the cream.)

This molded crab meat is attractive when a ring mold is used. Serve on a round platter or plate, larger by several inches than the mold; around the edges put heart leaves of lettuce and tomatoes. In the center pile the cucumber sauce. This is a cool, attractive dish to serve at a late evening supper, or as the main dish for luncheon on a warm day.

#### CRAB NOODLE RING

1 package of noodles  
 4 eggs, separated  
 Salt, pepper, and cayenne  
 1 cupful of grated cheese  
 1 cupful of milk  
 Creamed crab or chicken

Cook the noodles in boiling salted water until tender. Drain and let cool. Beat the egg yolks; add salt, pepper, a dash of cayenne, and the milk. Mix well and add to the cooled noodles. Then add the grated cheese and mix well. Lastly, fold in the egg whites, beaten stiff. Butter

a ring mold, pour the noodle mixture into it, set the ring mold into a pan with about an inch of hot water in the bottom of it, and put into a moderate oven (375°). Bake 40 minutes, or until a knife thrust into the mixture comes out clean. Loosen the edges and turn out carefully on a large platter or chop plate, and fill the center with creamed crab meat. Garnish with parsley and serve.

#### CRAB LEGS, JOSEPHINE

Roll the crab legs in beaten egg and fine bread crumbs, and fry in a pan with butter, or in deep hot fat (390°). Serve arranged in a ring on a round platter, with sliced fresh mushrooms fried in butter in center. Garnish with parsley.

#### DEVILED CRAB

3 tablespoonfuls of butter  
 2 tablespoonfuls of flour  
 1 cupful of evaporated milk  
 Dash of cayenne  
 1 teaspoonful of paprika  
 1 teaspoonful of Worcestershire sauce  
 2 egg yolks  
 2 cupfuls of crab meat  
 ½ tablespoonful of lemon juice  
 2 tablespoonfuls of salted cooking sherry  
 ¾ cupful of buttered crumbs  
 6 slices of lemon

Melt the butter; stir in the flour and the milk. Add the seasonings and cook until thickened, stirring constantly. Add the slightly beaten egg yolks and the crab meat, and cook 3 minutes, then stir in the lemon juice and sherry. Put the mixture into cleaned crab shells, shell bakers, or oiled ramekins, and cover with buttered crumbs. Place a slice of lemon, sprinkled with paprika, on top of each serving, and bake in a hot oven (450°) until brown. This recipe serves six.

**CRAB FLAKE LORENZO**

¼ pound of butter  
 3 tablespoonfuls of minced celery  
 2 tablespoonfuls of minced shallots  
     or mild green onions  
 2 tablespoonfuls of minced parsley  
 2 tablespoonfuls of flour  
 ¾ cupful of cream  
 Salt to taste  
 Dash of Tabasco sauce  
 1 teaspoonful of A-1 or Worcestershire sauce  
 1 tablespoonful of lemon juice  
 2 tablespoonfuls of minced anchovies  
 1 pound of crab flakes  
 6 slices of bread cut ½-inch thick, trimmed, toasted, buttered, and spread with anchovy paste  
 Grated Italian cheese

Melt the butter and brown in it the celery, shallots, and parsley. Stir in the flour and add the cream and seasonings. Stir in the minced anchovies and the crab, and heat thoroughly. Heap on the toast, sprinkle with cheese, and garnish with cross strips of anchovies. Bake in a hot oven (375°) until browned slightly. Serve at once.

**ECREVISSES**

The Ecrevisse is a fresh-water crawfish, found in various streams in California and Utah. It is cooked exactly as crabs or lobsters, being plunged alive into boiling salted water. After cooking and removing shell, the meat may be used in any of the ways crab or lobster meat is used.

**FLOUNDER**

The great or starry flounder, a peculiar flat fish found from Monterey to Alaska the year round, is one of the excellent food fishes of the Pacific Coast. It is most abun-

dant in August and September. Ways of serving: Best fried; good also baked, broiled, boiled, or creamed. May be stuffed by slitting down one side and raising flesh from bones, then inserting bread stuffing.

**FLYING FISH**

These interesting fish, which boat passengers in southern California waters grow so excited to watch, are very good to eat. They are not large fish, and so may be baked whole, with stuffing, or broiled, the latter method being preferred by most persons. Flying fish are in season from May to September, inclusive.

**FROGS**

Not a fish nor yet a sea food is the frog, but a cold-blooded aquatic animal with white meat and a fine, delicate flavor similar to that of quail. Usually the hind legs only, but sometimes the saddle or rib section of large-sized frogs are used for cooking. They are very easy to prepare, as they are dressed simply by skinning and cutting off the desired parts. Frog legs may be brushed with butter and broiled until browned and tender; or they may be rolled in seasoned flour and fried in shallow fat, as for fried chicken, or dipped in batter and fried in deep fat (360°) until done. Frog legs, particularly if quite fresh, are likely to be very active when put into hot fat, for the muscles contract and squirm about in a peculiar manner. Serve with tartar sauce or any desired cooked sauce.

**GEODUCKS**

See Clams.

## GAME FISH

(Trout, Black Bass, Steelhead, etc.)

### Preparation and Cooking

The proper cookery of game fish begins the instant they are taken from the water. The very first thing after a fish is removed from his native home, he should be killed. A rap against a rock or the side of the boat, or a blow on the back of the head or, best of all, knife severance of vertebrae will do the trick painlessly and instantly.

Next, the fish, trout especially, should be placed in a basket or creel of willow. The open construction of such a container lets the air circulate through and keeps the catch sweet. A canvas bag or sack will not do this, and, placed in such a container, fish will sweat or soften very rapidly.

It is best that fish should be cleaned as soon as possible after taking. If they can be dressed, either then or afterward, without the use of water, so much the better. Rightly, water should not touch a fish from the time he's lifted out of it, a wriggling, kicking fighter, until just before he goes into the pan. During all this interim, they should be kept clean, cool, and dry. It is a good idea to put a folded paper towel or two inside each fish to absorb all excess moisture, if they are to be kept a short time.

When your fish are clean, hang them up, head down for better drainage, in a cool place. If you have to handle them in an unprotected spot, take some means to keep insects away from them. If you put them in a refrigerator, never let them touch the ice, as to do so will impair their flavor.

Certain kinds of fish, notably black bass, taken from muddy water, should be skinned rather than scaled,

in order to get rid of the distasteful flavor of mud. Skinning a fish may sound like a difficult task but it is not. It's really much simpler and a whole lot cleaner than dressing them. To do it, remove the fins, loosen the skin with a sharp, small knife—a good, thin-bladed paring knife is very handy for the work, *if sharp*—loosen the skin just behind the gills, and then pull down on it, toward the fish's tail. Some fishermen like to use a small pair of pliers for this job. It should come away easily, especially if coaxed a little with your sharp knife, and there's your fish, ready for cooking.

Bass or other fish taken from spring-fed running water, however, will be well-flavored and can be scaled instead of skinned. To scale a fish, lay him on the table, take the tail in your left hand, and with your right hand scrape the fish, tail to head, with a fairly dull knife. There are patent scalers made for the purpose that are very good. They are like a knife but have a saw-tooth back edge. The points of the saw-teeth catch and remove the scales better than any straight blade will do. At all events, use a dull knife as scaling is not so good for the edge of a sharp one and a sharp blade will catch instead of sliding and dragging as it should.

Once scaled, many cooks prefer to lay black bass in brine for an hour or so before cooking—that is, if the fish were taken from muddy water. Bass may be baked, boiled, fried, or broiled.

Trout, on the other hand, are almost universally fried, either in deep or shallow fat. Before cooking, trout should be washed. Add a little salt to a pan of water, immerse the trout in it for a half minute or so, then rinse through several clear, cold waters. Do not leave the fish

in the water longer than necessary. Dry them inside and out with a clean cloth.

Small trout, running from one-fourth pound to one pound in weight, should be fried whole after cleaning, but it is just as well to cut larger trout into medium-sized pieces. Dip the flesh into beaten egg, then roll it in fine bread or cracker crumbs, cornmeal, or flour into which a little salt has been mixed. Have the fat hot and put the fish into it, just as if you were frying potatoes in deep fat. Use a heavy, deep pot—a Dutch oven or an old-fashioned iron kettle. Any of the good vegetable shortenings, lard, or salad oils are excellent for frying fish. A wire frying basket is a handy container and makes it easy to withdraw the fish when done, as cooking makes them tender and flaky and hard to handle.

The fat should be hot but not smoking (360°). The fish should remain in it long enough to become done through, and as this period varies with the size of the fish and the temperature of the grease, it is difficult to state in minutes. Actually, the appearance of the fish and your own judgment will guide you better in this, after you have cooked one or two fish, than any set rule. If you doubt whether a fish is done, try flaking the meat a little with the fork; if done it should break quite easily and with a granular fracture where the fork is twisted in it.

When done, remove your fish to a soft cloth or to some brown paper or white desk blotters to drain away the surplus fat. Remove to a platter, previously heated, and garnish with parsley, lemon, and such trimmings.

To pan-fry the fish, proceed as already indicated except that the fat should not much more than cover

the bottom of the pan. Heavy iron or aluminum skillets are excellent articles for this purpose. Have the fat hot, pop your fish in, and cover them up. After a few minutes, turn them over so that both sides will be nicely browned. A long-handled fork or cake-turner is good for this, as the grease frequently spits and sputters. Butter, clear fats, and vegetable oils of various sorts are all good for this justly popular method of fish cookery.

For an extra-good twist on trout cookery, try frying them in melted butter, into which has been stirred the juice of a lemon, a teaspoonful of A-1 or Worcestershire sauce, a teaspoonful of salt, a little pepper, a dash of cayenne, and some paprika.

Broiling methods differ with the size of the fish. For small ones, clean them but do not remove the heads; lay the little fellows on a broiler and cook them under fairly high heat in your gas or electric broiler. Get your fish up pretty close to the flame or element. Anyway, make a quick job of cooking them.

In broiling large fish, remove the head, split the fish down the back and lay them out on the grill. Broil under a moderate fire so that they will be cooked through. In either case, lay strips of bacon across the fish while cooking; it flavors them nicely and adds interesting garnish to the dish when serving.

As for time of cooking, it varies with the size of the fish, as well as the temperature of the oven and heat of the broiling flame. Try the fish with a fork; if the flesh is flaked easily it's done. Rare fish does not flake readily nor do the flakes have a firm white color or the individual fibers show as clearly as when the fish is thoroughly cooked.



All fish should be cooked done, but not overdone.

To bake trout or other fish—and this is the method which is most favored for large fish—clean them very thoroughly, remove the fins but leave the head and tail on. Place in an open roaster, well buttered or oiled so that the fish will not stick. Bake in a moderate oven until well done, basting frequently with the butter and drippings in the pan.

A variation of this method is to butter the pan, put in the fish, pour in a cupful or so of milk, and cover closely before putting in the oven. This, however, is used more with sea fish than with fresh-water varieties.

Fish cooked by either method may be stuffed with a bread dressing like that used for chicken or turkey, and, especially when they have little flavor of their own, this is very effective. To do this, simply enlarge with a knife the cavity left after dressing the fish, fill this with the dressing, sew it up, and bake. Use dressing sparingly, however, for it will swell and may burst the fish open.

## GRAYFISH

See Shark.

## HAKE

Only one variety of hake is found on the West Coast, from Puget Sound to Catalina Island. It averages one to two feet in length, and three to eight pounds in weight. It is a lean fish, and is best baked, either whole or in slices, but is also good boiled. It is in season the year round, being most abundant in December and January.

## HALIBUT

Halibut is the largest of the flat fishes. Two species of this fish are found along the Pacific Coast—the Northern and the California halibut. The Northern variety is caught along the coast of Oregon, Washington, and Alaska, from July to December. It is one of our very best Western food fishes, the meat being white and firm and of excellent flavor. It may reach a length of six feet and weight of three hundred pounds, though the average size in our markets ranges from ten to sixty pounds in weight. Naturally fish of this size is sold in chunks or slices.

California halibut, really a large flounder, average two to three feet long and ten to fifteen pounds in weight as found in our markets. The flesh is somewhat coarser than that of the Northern halibut. It is abundant during the months when Northern halibut is scarce—that is, January to June, inclusive.

Both types of halibut have fat rather than lean flesh, and are best broiled, though very good also boiled or baked, in slices, strips, or chunks. Leftover cooked halibut is excellent in fish loaf, croquettes, and all sorts of made dishes.

## HALIBUT LOAF OR RAMEKINS

2 cupfuls of flaked, cooked halibut  
 1 cupful of soft bread crumbs  
 2 eggs  
 $\frac{1}{2}$  cupful of milk  
 1 teaspoonful of salt  
 $\frac{1}{4}$  teaspoonful of pepper  
 1 pimienta, cut in small pieces

Soak the crumbs in the milk. Add the slightly beaten eggs, the fish, and the seasonings. Pack lightly into an oiled mold or individual ramekins, and bake like custard in a moderate oven (350°) for 40 minutes, or

steam, closely covered, for one hour. Turn out, and serve with egg sauce, made by adding 2 chopped hard-cooked eggs to a pint of cream sauce. Canned salmon or tuna may replace the halibut in this recipe.

### HALIBUT LOAF DE LUXE

This loaf is exceedingly light and fluffy, and is worthy of serving as the main dish of a party luncheon. The expense of the dish may be reduced by using evaporated milk in place of cream. The recipe follows:

1½ pounds of boiled halibut  
6 eggs  
1 pint of cream or evaporated milk  
Salt and pepper to taste

Remove all bones and mash the fish fine, or grind through the food grinder three times, using the fine knife. Add 1 egg at a time and pound each thoroughly into the fish. Add the cream and seasonings (a little celery salt is a good addition), pour into a buttered loaf pan, set into a pan of hot water, and bake slowly (at 350°) for 1 hour. If you must cover the dish to prevent burning on top, be sure to leave an opening so that steam may escape. To serve, turn out and slice as you do brick ice cream, and serve with Lobster Sauce or any desired sauce poured over each slice.

#### *Lobster Sauce*

Make a well-seasoned cream sauce in the usual manner, and add to it as much canned lobster, chopped fairly fine, as you care to use. Minced pimiento may be added if wished.

### HERRING

Fresh herring is very plentiful from Morro Bay north along the coast, especially from January to

April, at which time they are at their best. Herring is a rather small fish, about eight inches long. The flesh is rich and oily, consequently broiling is the best method of preparing them. They are, however, good baked with stuffing, or boiled and served with a sauce.

For salt and smoked herring, see section on salt and smoked fish.

### KINGFISH

A small, brownish fish abundant along the southern California coast from December to March. Measuring on the average of eight to ten inches long, it seldom weighs more than one-fourth to one-half pound. Excellent baked, in a small amount of white cooking wine, simply seasoned with salt and pepper, then served with a Creole sauce poured over. Good also broiled, and still better pan-fried in butter, as the fish is lean-fleshed.

### LOBSTER OR CRAWFISH

Lobster, as we know it on the Pacific Coast, is really crawfish. Spiny lobsters, such as are common to the southern Atlantic Coast, are found from Santa Barbara south. Western lobsters differ from Eastern in that they run much smaller in size, they are milder in flavor, and they do not have large claws. Eastern cook books tell us that lobsters are in season from June to September, though they may be had at any time of year. Here in the West, spiny lobsters are most abundant from October 15 to March.

Live lobsters are usually a mottled dark green in color. Boiling turns the shells a bright red.

Lobsters bought uncooked should be very much alive when purchased. Putting the live creature into rapidly boiling water destroys life in-

stantly, and so is not the inhumane practice it appears to be. If it is desired to broil a live lobster, first kill it by inserting a sharp knife in the back between the body and tail shells, severing the spinal cord; then split it lengthwise, beginning at the head. A thick-backed, sturdy knife is needed for this operation. Par-boiling, as directed under "Broiled Lobster," simplifies the performance.

One small or "baby" lobster, broiled, will serve one or two persons, depending upon appetites. A large lobster will serve two, three, or four persons.

Canned lobster may be used in any recipe calling for cooked lobster meat. Be sure to remove all bits of shell and cartilage. Either canned or fresh-cooked lobster makes excellent salads and cocktails.

### To Boil and Open Lobster

Bring 2 quarts of water and 3 tablespoonfuls of salt to boiling. Put the lobster in head first, and let boil 15 to 25 minutes, according to size. Drain off the water and plunge the lobster into cold water. When cool enough to handle, pull off the claws. Separate tail from the body and pull out the tail meat, taking out the intestinal vein that runs through the middle of meat. Remove and discard the stomach, which is a small, hard sack found near the head. Pick out the meat from the body with a fork. If there are large claws, hold them sidewise on a board, crack with a hammer, and pull out the meat. If there is any coral (eggs, found in female), put that with the body meat, tail meat, and cracked claws on lettuce on a platter, and serve perfectly cold. Boiled lobster is usually served with mayonnaise dressing, to which the chopped coral may be added if wished.

### BROILED LOBSTER

The lobster loses nothing in flavor and is far more easily handled by being parboiled for 5 to 10 minutes (depending upon the size) in salted water as directed above, immediately before being broiled. Drop into cold water to cool. As soon as cold enough to handle, split the lobster down the back. Take out and discard the stomach and intestines. Remove the coral and the green substance, which is the liver, and save them. Rub all the exposed meat with melted butter, and spread the lobster on a well-greased broiler, turning the flesh side toward the flame first for 10 to 12 minutes, then turn shell side and cook from 5 to 7 minutes. Melt 2 tablespoonfuls of butter; add juice of half a lemon, a few drops of Tabasco sauce, the chopped coral and liver, and a little salt. Serve the lobster on a hot platter, with the sauce either poured over the two halves or in a separate sauceboat. Or the broiled lobster may be served plain, accompanied by small dishes of melted butter for each person, and plenty of lemon quarters. Shoestring or hashed brown potatoes, French bread, and a simple green salad with French dressing "belong" with broiled lobster; coffee, of course, and fresh fruit for dessert.

### LOBSTER NEWBURG

Slice or dice the meat of one lobster, and fry in butter, adding salt, pepper, and paprika. Make a thin cream sauce, and stir in the well-beaten yolks of 2 eggs with a little cream and butter. Turn the lobster meat into the sauce, and, if possible, add to the mixture 2 tablespoonfuls of sherry cooking wine. Serve hot, on hot buttered toast or in patty cases.

### LOBSTER FARCI

2 hard-cooked egg yolks  
 1 cupful of lobster meat  
 1 tablespoonful of minced parsley  
 1 cupful of medium-thick white sauce  
 Salt to taste  
 $\frac{1}{8}$  teaspoonful of white pepper  
 $\frac{1}{2}$  cupful of buttered crumbs

Rub yolks of eggs very fine and add to the lobster meat with parsley, sauce, and seasonings. Mix all well, refill lobster shell (or put into a buttered casserole), cover with buttered crumbs, and bake until brown.

### MACKEREL

All year round along the southern California coast as far north as Monterey, mackerel is plentiful. In fact, it is the kind of fish that the fisherman is likely to bring home in greatest quantity. Mackerel, being fat, is probably at its best broiled, served with parsley butter. It is good also baked in milk, or planked.

### MULLET

Another product of southern California waters is the mullet, most abundant from January to March. Broiling is the preferred method of preparing it, but it is good also baked or fried.

### MUSSELS

Similar to clams and oysters in appearance and flavor, and in methods of preparation, mussels are a favorite delicacy on the West Coast. During recent summers, cases of mussel poisoning have been all too frequent along the California coast, from Mendocino to Monterey, and

the Hooper Foundation of the University of California has devoted much attention and study to the problem. Tests by research men of the Foundation have shown that mussels and clams are most toxic during a limited period in the summer, and since that time a quarantine has been established for that period by local boards of health. *Do not disregard such quarantines.*

In February, 1933, Dr. H. Muller, instructor in research medicine at the University of California, reported to the California Department of Public Health as follows:

"Recent experiments have shown that there is a rather simple method by which mussels may be made safer to eat. The addition of  $\frac{1}{4}$  ounce (1 tablespoonful) of bicarbonate of soda to each quart of water in which the shellfish are cooked destroys 85 per cent of the poison when the cooking process is continued for 20 or 30 minutes. Steaming, cooking, or baking without soda does not lessen the danger of poisoning. As a matter of fact the water in which shellfish may be cooked takes up the major part of the poison, and when this water is used the danger of poisoning is increased. It is also a mistake to believe that the blackening of a silver coin can be used as an indicator of the presence of poison."

Rather than to ruin the flavor and tenderness of this delicious sea food by long cooking with soda, it seems much wiser and simpler to omit mussels entirely from the diet during quarantine. At other times, and in places where no difficulty with mussel poisoning has occurred, one may go ahead and enjoy steamed mussels without fear of catastrophe.

Any oyster recipe may be used for preparing mussels, in addition to the following special directions.

**STEAMED MUSSELS**

1 gallon of mussels in shells  
 (serves eight persons)  
 1 cupful of water  
 Melted butter  
 Salt and pepper

Wash the shells thoroughly, and put the mussels into a large kettle. Add the water, cover kettle tightly, and boil until the shells open (10 to 15 minutes). Drain, saving the broth. Trim off and discard the horny "beard." Serve the mussels in plates, accompanied by small dishes of melted butter, and a cup of broth for each person. Remove mussel from shell with fork, dip into the broth and then into the butter, and eat.

**ROASTED MUSSELS**

Bake cleaned mussels in a pan in a hot oven (450°) until the shells open. Remove upper shell and beard, carefully preserving the liquor. Serve on lower shell, accompanied by melted butter and cups of hot broth, as above.

**OYSTERS**

Oysters are important indeed among Western sea foods. Varying in size from the tiny Olympia, through the middle-sized "Eastern" to the exceedingly large Willapa, the tender bivalves are delicious in practically any recipe that may be used for clams or mussels, as well as in a number of ways that are particularly suitable to themselves.

The "Eastern" oyster as we know it here is, strange to say, ordinarily a product of the West Coast, the seed or spawn of Eastern varieties being shipped out here and planted in specially selected and prepared beds. Along the Northwest coast, and in San Francisco Bay,

near San Mateo, both Eastern and Olympia oysters are grown for local markets. Here in the West, oysters are sold almost entirely by the dozen or hundred, rather than by measure.

Willapa Bay, near Tokeland, Washington, is a fairly new oyster center, from which come the famous large Willapa oysters—both fresh (packed fresh and clean in crimp-topped cans, and carefully iced throughout the handling and transportation) and steamed (cooked in sealed cans, in their own rich nectar). These oysters are grown from seed or spawn of the Japanese variety, imported from Japan.

Neither the very large nor the very small Western oysters are served "on the half-shell" as is common practice on the Eastern seaboard. Instead, the small oysters are likely to be served in green pepper shells, grapefruit shells, or small glasses, embedded in crushed ice, with the cocktail sauce poured over them. The large ones could not possibly be swallowed whole and so are not used for cocktails. They are, however, both delicious and convenient for frying, creaming, and other good uses. The Eastern varieties are more convenient for serving raw.

**FRIED OYSTERS**

Pick over the oysters and pat them dry with a towel. Roll in fine white bread crumbs, dip in beaten egg to which salt and pepper have been added generously, and roll again in crumbs. Fry in deep hot fat (390°) for 2 minutes, or until a good brown. Or the oysters may be pan-fried in butter, rather than in deep fat. Drain on brown paper and serve on a hot platter, garnished with parsley. Accompany with tomato catsup or tartar sauce.

## OYSTER LOAF

Every old-time San Franciscan sings the praises of oyster loaf. There is some diversity of opinion, however, as to the make-up of this famous food, and so to be on the safe side, we had best discuss all varieties as they have been described to us.

First, and probably best known, is the simplest. To make it, cut off the top of a crusty loaf of bread, and hollow out the center. Brush with butter, and put into a hot oven to heat through and toast slightly. While this is going on, coat medium-sized oysters with egg and crumbs, and fry them brown in deep or shallow fat. Fill the loaf with the oysters, pour melted butter over them, put on the lid which also has been toasted, and it is ready to eat—or to wrap thickly in wax paper and take on a picnic. A small loaf to serve two persons is most convenient for serving.

Another type of oyster loaf is made by filling the hollowed-out loaf with an oyster-and-bread stuffing such as is used for turkey. The loaf is then baked until heated through, sliced, and served with a cheese or cream sauce.

Still another oyster loaf has a bread-and-oyster stuffing enclosed in a blanket of biscuit dough, baked, sliced, and served with cream sauce. Then there are the individual oyster loaves made by filling hollowed-out French or finger rolls with creamed oysters after which the little loaves are baked and served very hot. Take your choice among these varieties.

## HANG TOWN FRY

(California Fried Oysters)

Drain and pat dry 2 dozen medium-sized California Eastern oysters, season them with salt and

pepper and roll first in flour, then in beaten egg, and then in fine white bread crumbs. Put them into a hot frying-pan with melted butter, and fry to a golden brown on one side; before turning them over pour over all 4 or 5 whole eggs beaten light. Let cook a minute, then turn over and brown on other side just enough to color them as desired. The resulting dish will look like an egg pancake with oysters mixed in. Serve two or three links of tiny browned breakfast sausages and shoestring potatoes with Hang Town Fry.

## OYSTERS IN RAMEKINS

2½ tablespoonfuls of butter  
 ¼ pound of mushrooms  
 1 tablespoonful of flour (scant)  
 1 cupful of milk  
 Salt and cayenne  
 Yolk of 1 egg  
 20 medium-sized oysters  
 Bread crumbs

Melt 1 tablespoonful of butter in a sauce pan, and add to it the mushrooms, which have been washed and sliced. Cover, and let simmer very slowly until tender, without allowing to brown; add flour, and when well mixed, pour in the milk. When the sauce begins to thicken add salt and cayenne to taste, and stir in the well-beaten yolk of egg. Cook for a minute longer, stirring all the time. Drop in the oysters, and as soon as they are well mixed with the sauce, fill ramekins with the mixture. Sprinkle with fine white bread crumbs moistened with melted butter, and bake in a hot oven (400°) just until the bread crumbs are a rich brown.

SCALLOPED OLYMPIA  
OYSTERS

Drain 1 pint (about 200) Olympia oysters. Butter a baking-dish and

put in a layer of oysters, then a layer of cracker crumbs; sprinkle with salt and dot with small pieces of butter. Repeat until all are used. Beat 1 egg in a cup, add milk to half fill cup, season with salt and pepper, and pour over oyster pudding, adding bits of butter over the top. Bake for 20 minutes in a not-too-hot oven (350°) in order to retain plumpness of oysters.

### OYSTER STEW

In a sauce pan place a large piece of butter, say 2 tablespoonfuls, and in it cook 6 to 8 medium-sized or 12 to 15 small oysters for about 3 minutes, adding salt and a little pepper. When the edges of the oysters (that is, the gills) curl, add 1 cupful of milk and allow to come to a boil. Turn this at once into a soup plate, add a tablespoonful of butter, and serve smoking hot. This is, of course, an individual amount. Crackers are passed with the stew.

### PIKE

This fish, also called squaw fish, whitefish (a misnomer), or chub, is found in the inland streams of the Sacramento and San Joaquin Basin. It is good fried, broiled, boiled and served with egg sauce, or baked, with drawn butter poured over.

### POMPANO

One of the best food fishes of the Pacific Coast is the pompano, a small fish (averaging 10 inches long) with bright silvery sides and bluish back. It is most abundant off the southern California coast, from May to August, but is never very plentiful and so is usually rather high in price. It is excellent fried or broiled,

served with parsley and lemon butter and garnished with crisp lettuce hearts and lemon quarters.

### PRAWNS

See Shrimp.

### ROCK BASS

Another southern California fish is the rock bass, plentiful from March to September. It is lean fleshed, and so is best fried, though it is good also broiled or baked.

### ROCK COD AND OTHER ROCKFISHES

There are probably fifty or more varieties of rockfish found along the Pacific Coast from Mexico to Alaska, the most common being the Boccacio and the black, green, red, and yellowtail rock cod. Bluefish and chilipepper also belong to this family. The Boccacio, reddish brown in color with a long under jaw, is particularly abundant near Monterey. All the rockfish have rich white meat of fine flavor, with no small bones. Broiling, baking, and frying are favorite ways of preparing them; boiling is a good method also.

### ROCK COD MORNAY

2 cupfuls of thick cream sauce  
 ½ cupful of grated cheese  
 3 tablespoonfuls of butter  
 ½ cupful of cream  
 2 cupfuls of cooked red rock cod,  
 flaked  
 Salt and paprika to taste  
 1 to 2 teaspoonfuls of A-1 or  
 Worcestershire sauce  
 Lemon juice to taste

To the hot cream sauce add the cheese gradually, the additional but-

ter bit by bit, then the cream, flaked cod and seasonings. Cook over hot water, as the mixture should not boil. Serve on hot toast, in bread croustades, in patty shells, or in Swedish timbale cases.

## SABLEFISH

See Alaska Black Cod.

## SALMON

Everyone the country over knows salmon; but people living far inland or even along the Atlantic Coast do not know salmon as we of the Pacific states know it.

Generally speaking, salmon are caught in streams that empty into the Pacific from San Francisco Bay north. The Columbia River and Puget Sound country are especially noted for their fine salmon, and, of course, Alaska. Two varieties are prominent on this coast. Chinook, or king salmon, is very large, running from ten to fifty pounds in weight. Silver salmon is smaller, averaging eight to fifteen pounds. While they are in season all year, the greatest catch is from May to September.

The life cycle of the salmon is an interesting one, and quite well known. Spawmed in fresh-water streams, the young salmon go to sea early. Here they live and grow for three or four years. In the spring after they reach maturity, the adult salmon return to their native streams to spawn, after which, for some unknown reason, the female dies.

Formerly the largest catch was obtained during the up-stream migration. While that catch still is heavy, greater numbers of salmon now are taken in open sea.

It is difficult to pick any one best

way of preparing fresh salmon, for it is so good every way—baked whole or in the piece; thick slices, dipped in oil, broiled, and served with lemon and parsley; boiled, and served with any one of dozens of sauces; creamed; escalloped, with crackers or macaroni; patties or croquettes; loaf, baked or steamed with sauce; soufflés; timbales; salads; sandwiches—and so on and on!

Canned salmon may be obtained in several grades or qualities. It is wise to buy according to the use to be made of the fish. The more expensive fancy grades are best for serving plain at table, whereas for loaf, croquettes, or the like, a less expensive grade may very well be used.

Directions for preserving salmon by salting, smoking, and kippering, and recipes for using the fish thus treated, are given on pages 156-159.

## SAND DABS

One of the favorite and outstanding fish of the West Coast is the sand dab, to which northern California lays practically exclusive claim. A rather small, flat fish it is, with its "face" twisted about in such a way that both eyes are on the same side of the head, and the mouth appears to be set somewhat on the bias. This has no deleterious effect on the deliciousness of the firm, white flesh of the fish.

Sand dabs are excellent broiled, and still better fried, Meuniere style. They are in season all year round.

### SAND DABS MEUNIERE

Remove the skin from the sand dabs, salt and pepper them well and roll them in flour, then fry quickly in butter in a shallow frying-pan.



When brown, remove fish to platter, add a piece of butter to the pan, and heat until light brown in color. Add the juice of 1 lemon and a spoonful of chopped parsley, and pour at once over the sand dabs. Serve garnished with parsley and quartered lemons.

### SAND DABS MONTEREY

Salt and pepper 4 sand dabs, roll in flour, and fry in butter. Then place on a hot platter and sprinkle with chopped parsley and the juice of one lemon. Put 4 tablespoonfuls of fresh butter in the frying-pan, add half a cupful of fresh bread crumbs, and fry quickly until golden yellow. Pour over the fish and serve at once.

### SARDINES

On the West Coast, sardines come not only in the familiar cans, but fresh from the Pacific. The variety found and packed along the coast of California from San Diego to Monterey is the Pilchard, as distinguished from the small herring which are caught and packed along the coast of Maine. They are most abundant from October to March, inclusive.

The fish are so very fat, and their flesh is so tender and breaks so easily, that they are not used fresh to any great extent. In the commercial packing process great quantities of the oil are cooked out of the fish and drained away. (This oil, by the way, purified, deodorized, and hydrogenated—that is, hardened—forms the basis of certain excellent shortenings that are on the market.)

Seining for sardines is done chiefly at night, the trails of phosphorescent light furnishing the clue as to where the schools of fish are to be found. For this reason, fish-

ermen do not go out after sardines when the moon is full and bright, since it is too difficult to see the "tracks" of the fish when the ocean is brightly lighted by the moon.

### SCALLOPS

This unusual shellfish, which does not attach itself to rocks as oysters do, but swims through the water by opening and closing its valves, is one of the favorite sea foods of the Atlantic Coast, and is obtainable also in West Coast markets, coming chiefly from southern California beaches. Only the adductor muscle is used for food.

When scallops begin to cook, they exude a milky liquor, and so are not ordinarily pan-fried as other sea foods are. They may be simmered in their own liquor until they begin to shrink, drained and dried on a towel, then egged and crumbed and fried for 2 minutes in deep fat, or prepared in any other way that oysters may be served. Scallops en Brochette, with bacon, are good. For this, they are impaled on steel skewers alternately with thin squares of bacon, then stood upright by sticking the skewers into cubes of bread, holes in a strip of wood, or even a metal flower holder or "frog" in a pan, and baked in a hot oven (450°) until the bacon is crisp.

Scallops may be rolled in egg and crumbs and fried in deep fat (at 360°) until brown, without preliminary simmering. Avoid over-cooking, which toughens them.

### SCULPIN

A good food fish abundant in southern California waters in August and September is the sculpin. It is fairly good-sized (up to two

feet in length), highly colored, and has a very large head. Its flesh is fat, and so it is best broiled, or baked with a simple bread stuffing.

## SEA BASS

See Bass.

## SHAD

During the spring run, from late March to May 15, when the season closes, shad is caught in great quantities in the Sacramento and San Joaquin rivers. While it is considered a great delicacy in the East (whence it was brought, to be transplanted in Western streams), it holds the rank of poor relation on this coast because of its many bones. There are so many good Western fish comparatively free from bones, that we are likely to pass up shad in favor of some of the others.

Shad is best baked, especially with the roe (eggs). It is good also broiled. The roe are usually rolled in oil, seasoned well with salt and pepper, and broiled, then served with a sharp sauce, as *Maitre d'Hotel* or *Ravigote*.

## SHARK, OR GRAYFISH

Contrary to common opinion, shark steaks are excellent food, prepared by baking, broiling, boiling, etc. Since it is not a general favorite, however, no great space will be given it here.

## SHEEPSHEAD

(California Red Fish)

An excellent food fish. Brilliantly colored, with wide vertical stripes of crimson and black along its sides,

and averaging from one to two feet in length and four to twelve pounds in weight. Sheepshead is fairly abundant from Santa Barbara south, particularly during October, November, and December. Best fried, but excellent also baked, broiled, or boiled.

## SHRIMPS

Shrimps of the Pacific Coast vary in size and color, from the very small, brown California shrimps (which come from San Francisco and San Pablo bays) to the larger and much more brilliantly colored Alaska shrimps, usually called *Seattle shrimps*. Both kinds are of good quality and delicious flavor.

In some localities, it is the custom to buy five- or ten-cent bags of tiny brown shrimps, freshly cooked; they are eaten much as peanuts are, cracking the shells in a certain way and pulling out the good little morsels. The heads, with all the viscera attached, are discarded.

Caught chiefly in fine-meshed, cone-shaped nets, the fresh shrimp are dumped into tanks of boiling brine, boiled about 15 minutes, then screened to separate the small shrimps from the larger ones. The small ones are spread out to dry on a big outdoor platform; when dry, a roller is run over them to break the meat from the shells, then they are put through a fanning mill to remove the shells, and the resulting dried shrimps are ready for the Chinese market, both here and abroad. The shrimp meal is used for fertilizer, and for fish food. The larger shrimps are hand-picked, usually by Chinese women and girls.

Along the waterfront in some Western cities one can see uncooked shrimps for sale. Do not make the mistake one inexperienced young

woman made, of trying to remove the shells before cooking the shrimp! It cannot be done easily. The shrimps, gray when raw, assume their familiar pink or reddish color when cooked. Before using cooked shrimps in cocktails, salads, or other dishes, always remove the intestinal tract, the black vein down the back. Scrape it out, using a sharp-pointed knife or a fork, or split the shrimp in half lengthwise.

Shrimps are delicious additions to dozens of ordinary dishes. They combine well with celery, olives, cucumbers, nuts, and hard-cooked eggs in salads. Try scrambling them with eggs, or mixing them with creamed peas or mushrooms. The tiny California shrimps are much used as a garnish for broiled fish, or added to cream sauce and served poured over salmon loaf or boiled fish of various kinds. The following recipes will suggest other combinations. Canned shrimps may be used in any recipe calling for cooked shrimps.

### SHRIMPS OREGONIAN

2 tablespoonfuls of butter  
 1 small onion, chopped fine  
 1 cupful of shrimps (canned or fresh cooked), cut small  
 $\frac{2}{3}$  cupful of cream  
 $\frac{2}{3}$  cupful of hot boiled rice  
 $\frac{1}{2}$  teaspoonful of salt  
 $\frac{1}{8}$  teaspoonful of black pepper  
 Few grains of cayenne pepper  
 3 tablespoonfuls of strained tomato sauce or puree (may be omitted)

Heat the butter over direct heat in the upper part of the double boiler. Add the onion, and cook slowly, covered, until soft. Rinse the shrimps in cold water and drain before cutting, being careful to remove the black vein on each. Add them to the butter and onion. When

heated, add the hot cream, the rice, and seasonings. Add a dash of celery salt if desired. Put over boiling water and let cook about half an hour. Finally add the hot tomato sauce, and serve on strips of hot buttered toast.

### SHRIMPS NEWBURG

Simmer 1 large can of shrimps in half a cube of butter. Add 1 cupful of cream, and heat for a few minutes; stir in the beaten yolks of 2 eggs, and stir until it begins to thicken, but do not boil. Chopped or sliced mushrooms may be added. Season with salt, nutmeg, and cayenne pepper to taste, and serve at once, in patty shells, Dresden cases, or on strips of buttered toast. Or prepare stuffed baked potatoes, leaving a hollow space in the center; fill with Shrimps Newburg, and serve hotter than hot.

### SKIMPY SHRIMP

Use one can of shrimps or  $\frac{1}{2}$  pound of fresh shrimps and about  $\frac{1}{3}$  pound of grated American cheese. Spread 5 or 6 slices bread, cut about  $\frac{1}{2}$  inch thick, with butter, then cut the slices into one-inch squares. Arrange half in a buttered baking-dish or pie plate, and spread over them half the shrimps, sprinkle with half the cheese, and dot with a bit of mustard—dry or prepared. Add the remaining bread cubes, and shrimp, and sprinkle with remainder of cheese. Beat slightly 3 eggs, season with  $\frac{1}{2}$  teaspoonful of salt and a little pepper, paprika, cayenne, and add 2 cupfuls of sweet milk. Pour over the shrimp mixture, and bake in a slow oven ( $325^{\circ}$ ) for about 40 minutes, or until firm. When served with a green salad this is a meal in itself.

### SHRIMP SCALLOP

Shrimp scallop always arouses much curiosity among guests as to the exact nature of its ingredients. Cook a package of elbow macaroni in boiling water until tender, and drain. Break into pieces a can of shrimps, add half a pound of snappy cheese, cut in very small pieces or grated, and a green pepper, minced. Combine all the ingredients, cover with a cream sauce—about 2 cupfuls will be required—and bake 45 minutes in a moderate oven (350°).

### SKATE

Skate fish in some localities is not considered with favor. It is, however, a good food fish if not eaten too fresh from the water. The black skin should be removed by boiling for a few minutes, when it may be scraped or wiped off. Skate is usually served boiled, with browned butter, lemon juice, and parsley, or other sharp sauce.

### SKIPJACK

Skipjack, or striped tuna, has dark flesh, rather fat. It is best broiled, though it may be baked with stuffing, or fried.

### SMELT, OR SURF FISH

Pacific smelt is different from Eastern smelt. Small, averaging about eight inches in length, the flesh is rich, soft, and delicate, and of excellent flavor. They are most abundant from July to March. The early spring smelt run in the Sandy River, near Portland, is traditional. Whether fried, baked with crumbs, or prepared in Italian or Spanish style, they are delicious.

### SOLE

Approximately a third of all the fish consumed in northern California is "flat fish," of which soles are best known. They are caught from Monterey north by power tug boats dragging nets along the bottom of the ocean in water from 200 to 600 feet deep. Soles weigh usually from one-half pound to one or two pounds. The lean flesh accommodates itself to dozens of interesting ways of preparing. Fried or baked filets are favorites, served with various sauces ranging from simple to elaborate.

### SQUID

(Also Cuttlefish, Devilfish, Inkfish, Octopus)

A peculiar type of shell fish, in that they wear their shells internally rather than externally, are these queer creatures which range in size from a few inches to as much as fifty feet from tip to tip of opposite tentacles. The smaller varieties are appearing on the market more and more, for their deliciousness is winning them popularity daily.

These fish, when attacked, squirt out an inky liquid which spreads and forms a "smoke screen" that confuses the enemy. One sometimes sees a fisherman with his face covered with this inky secretion.

To prepare any of the devilfish listed, split the belly and remove the quill or backbone (which is the shell), and the viscera and ink sac. Cut the fish into serving-size pieces, dip in salted milk, then in crumbs, put into an oiled baking pan, dot the fish with butter, and bake not longer than 10 minutes in a hot oven (450°). Do not add any liquid while baking. Serve at once. The fish may also be boiled, and served with

sauce. Leftover cooked fish, minced, may be used in any recipe calling for cooked fish or sea food.

## STEELHEAD

This big sea-going rainbow trout is the delight of fishermen and their wives alike, for in addition to the sport of catching them, eating them is equally good sport. Follow directions for salmon or trout; see "Game Fish," page 141.

## STRIPED BASS

See Bass

## SWORDFISH

These great fish, weighing from 300 to 400 pounds each, are among the finest of food fishes. The long, sharp under-jaw forms a "sword" which is its sole weapon of offense and defense, as the fish has no teeth. Swordfishes are caught only in the extreme southern waters of the West Coast, from Los Angeles south, and are most abundant in July, August, and September.

Naturally, only slices or filets of the flesh are of suitable size for home use. They are excellent broiled, baked, or fried.

## TUNA

"A large, robust fish of the mackerel family," says the excellent booklet, *Five Hundred Ways to Cook California Sea Foods*; and "robust" the tuna certainly is, for it reaches a length of five or six feet and weighs anywhere from 20 to as high as 1,500 pounds!

It is well called "chicken of the sea," for its white, firm, rather oily flesh has a delicious flavor. Most of us know tuna in the canned state rather than fresh, though it is sometimes found in southern California

markets. Tuna are abundant around Santa Barbara Island, and in southern California waters during July, August, and September. Slices of the fish may be boiled, broiled, or baked. Canned tuna lends itself to an infinite number of excellent recipes; it is also delicious merely served plain as it comes from the can, with lemon and parsley.

Four species of tuna are packed here on the West Coast. Albacore, or Longfin, has snowy white meat. Yellowfins and Bluefins, or leaping tuna, have slightly darker meat. Skipjack, or striped tuna, has darkest meat of all, and slightly gamy flavor. The whitest meat has least fishy flavor, and so can be substituted for or used to eke out a small supply of chicken in salad or creamed dish. Great tuna, variously known as tunny, tuna, or horse mackerel, has a black or dark blue back, shading to dusky white or spotted silver on its belly.

## TOMCOD

From Monterey north along the coast the California tomcod is caught—a small, fat-fleshed fish rarely more than a foot in length. It is most abundant during July, August, and September, and is good broiled, fried plain or Meuniere style, or baked with mushrooms.

## TROUT

So excellent a fish as trout needs only the simplest treatment to be superb. Broiled, with or without bacon, fried or baked—you will not grow tired of trout fresh from the icy waters of a mountain stream or lake prepared in these well-trying ways. For care of fish after catching, and preparation for cooking, see paragraphs under "Game Fish."

## TURBOT

This large, flat fish of the flounder family is almost as wide as it is long, and has four or five large spots on the back. It is not found along the Southern coast, and is never very plentiful anywhere. It is usually served boiled or baked, preferably with a white wine sauce.

## WHITEBAIT

This tiny fish, seldom more than six inches long, is sometimes seen in the markets labeled "small fry"—the reason being, as one fish man explained, that women unfamiliar with it are likely to conclude from its real name that it is to be used for bait!

As is the case with small sardines, whitebait are not cleaned before cooking, but merely washed. They are a delicious frying fish, the flesh being very delicate and sweet. To fry, wash and drain them well, then shake the little fish with a small quantity of flour in a stout paper bag. Put the floured fish into a frying basket, or drop one by one into a pan of very hot fat (390°) and fry until brown. Drain on cloth or paper, sprinkle with salt and a dash of cayenne or black pepper, and serve with quarters of lemon and thin slices of brown bread and butter.

## WHITEFISH

A good, white-fleshed food fish, of good flavor, found from Monterey south. The whitefish is fairly good-sized, reaching about two feet in length and three to six pounds in weight. Excellent broiled or boiled; also particularly good made into various dishes after boiling and boning.

## YELLOWTAIL

The California yellowtail, a beautifully colored fish averaging two to three feet in length, is found from Santa Barbara south into Mexican waters. The flesh is of excellent flavor, resembling that of tuna and albacore. Yellowtail is most abundant during July, August, and September. Being large, it must be cut into portions suitable for serving, or at least into pieces that will fit one's roaster and oven! It is good baked, broiled, or pan-fried.

## KIPPERED AND PICKLED FISH

Canning, though certainly the most important, is not the only method of preserving fish here on the West Coast. The old-time methods of salting, smoking, jerking, kippering, and pickling, with some modern improvements, are very much in vogue today, and justly so, for the fish preserved in such ways is a novel and interesting delicacy.

Our smoked herring come chiefly from Alaska, which produces 50 per cent of the output of this entire nation. Throughout the Northwest, many families and many fishermen and guides have their own smokehouses, where they take care of the fish fresh from the chilly waters.

Not only salmon, but cod and sometimes herring are kippered. Salmon, shad, smelt, mackerel, and many other fish are salted and smoked. Salmon bellies are frequently put down in salt, just as salt pork is prepared in the Middle West. Dried salt cod is, of course, a famous old standby in the food world, but not everyone knows that Washington and Alaska produce a good quantity of the salt cod used in the country.

The essential difference between kippered and ordinary smoked or jerked fish is that the kippered fish is steamed before it is smoked. Because of this steaming it contains a large amount of water and is therefore highly perishable.

Both kippered and jerked salmon are given a light cure and a short-time smoke. In addition, kippered salmon is dipped into a vegetable coloring bath to give it its characteristic red coating. This dip is for appearance only and is not a preservative.

### Directions for Kippering

Briefly, the method for kippering is as follows: Prepare the fish by cutting it into pieces about six inches long and three inches wide. Place pieces in a brine made by dissolving one pint of salt in six quarts of water. Let stand overnight. Remove from the brine and steam well for 20 to 25 minutes. Carefully remove from the steamer with a wide spatula or similar device to avoid breaking the fish. As it rests on the spatula immerse each piece of salmon in a solution of a vegetable powder (obtained from local butcher or from a butcher supply house) which colors it nicely. Place the salmon on a rack in the smokehouse and smoke for from 12 to 18 hours with a moderate smoke. Upon removing the fish from the smokehouse cool it quickly and thoroughly, then wrap each piece separately in waxed paper. Keep in cool place.

The most important point in preparing either kippered or jerked salmon is to cool the product thoroughly before wrapping it after removing it from the smokehouse.

Detailed directions for kippering salmon, also those for jerking salmon, may be found in the leaflet HE 416, put out by the Home Eco-

nomics Extension Office, Oregon State Agricultural College, Corvallis, Oregon.

### How to Smoke Fish

To get any fish ready for smoking, it should be cleaned as quickly as possible after being caught. Wash, cover thickly with coarse or dairy salt, and let stand 24 hours. In the morning wipe off the salt with a cloth, and cut the fish, if large, into pieces weighing about 1 to 1½ pounds; medium-sized fish may be split up the back to within two inches of the tail. A little stick placed between the halves will prop them apart so that the smoke may penetrate the flesh evenly. Small fish, as smelt, do not need to be split.

Hang the fish on wire hooks, or lay the pieces out on wire mesh trays or racks so that the smoke may circulate freely. Smelt may be strung on wires. A small smokehouse made of a tight box may be used, with a fire built in a depression in the ground; or the pipe from a little air-tight stove may lead into a tight box, with another flue opening opposite to permit excess smoke to escape.

Apple wood, alder, vine maple, old oak, or any hard wood that will burn with a smoldering fire and give off dense smoke may be used.

The length of time necessary for smoking must be judged by sampling. Anywhere from 4 hours for a two-pound mackerel, up to 24 hours or longer may seem advisable.

After cooling, the smoked fish should be kept in a dry, cool place. The longer they are smoked and the drier they are, the longer they will keep.

### How to Prepare Kippered, Smoked, and Salted Fish

Kippered fish, being pretty well cooked in the steaming and smoking, demands no further cooking,

though it may receive it. Sliced very thin, kippered salmon makes delicious appetizers or sandwiches. Smoked fresh or salt salmon may be treated the same way. Ordinarily it needs no seasoning other than black pepper.

For use in cooking, it may seem necessary to freshen kippered fish a little. To do so, pour boiling water over the fish, let stand 10 minutes, then drain and use.

On the other hand, to freshen dried salt codfish and the like by the quick modern method, cover the codfish with cold water, bring just to boiling, and pour away the water; repeat this process two more times, then again cover fish with cold water, and cook until it is tender. This requires only about 15 minutes, as against the old way of soaking salt fish overnight and thus soaking out much of its flavor along with its salt.

Smoked fish is good in salads and sandwiches, creamed on toast, or used in croquettes or patties. Smoked mackerel, mashed fine with a fork and mixed with mayonnaise and chopped sweet pickles, makes a fine spread for sandwiches or canapés. Plain, it goes beautifully with a Dutch lunch of cheese, pickles, cold meats, rye bread or krip, and the like.

It may be heated in the broiling oven and served with hot butter and lemon juice poured over; or it may be heated gently in a little butter, then covered with table cream and seasoned highly with black pepper. Boiled or baked potatoes go well with either of these.

Smoked smelt may be used as sardines, or covered with tomato sauce and baked slowly until the liquid is mostly absorbed.

#### BAKED KIPPERED COD

To serve four persons, take three pieces of kippered cod, wash, and

place in a casserole. Partly cover with milk (diluted evaporated milk may be used) and place the covered dish in a slow oven (300°) to bake for about an hour. If you wish to bake potatoes at the same time, to serve with this dish, the kippered cod may be baked a shorter length of time at higher temperature. Plain boiled or baked potatoes and watercress or endive are delicious served with this.

#### KIPPERED ALASKA COD IN CREAM

Kipperd Alaska black cod is a delicate smoked fish. Remove the skin, place in a sauce pan, and cover with thick cream. Bring slowly to a boil, and let stand for about ten minutes at boiling point. Another method of cooking is to put the fish in a sauce pan, cover with water, and bring to a boil. Then drain off the water, add some cream sauce and a small piece of butter, season with salt and pepper, and cook gently for five minutes.

#### CODFISH SPANISH

- 1 pound of boneless salt codfish
- $\frac{1}{4}$  cupful of salad oil
- 2 cloves of garlic
- 1 large can of tomatoes
- 1 large boiled potato, cubed
- 1 dozen green olives
- 1 small can of pimiento

Freshen the fish as directed above, cut small, and cook until tender. Sauté the two cloves of garlic in the salad oil until brown, then remove them from the oil; thus you will have only the flavor of the garlic. Add the tomato, potato, and last the green olives and the red pimiento cut in strips. Cook all together for 2 or 3 minutes, then mix in the codfish and let it simmer gently for 20 or 25 minutes. Serve hot, on toast or on boiled rice.



**CODFISH A LA NEWBURG**

- 2 cupfuls of salt codfish, shredded
- 3 hard-cooked eggs
- 4 tablespoonfuls of butter
- 4 tablespoonfuls of flour
- 1 pint of evaporated milk or thin cream
- 1 pint of fresh milk
- 2 soda crackers
- 1 pinch each of powdered bay leaf, mace, paprika, pepper, and nutmeg
- Salt to taste

Freshen the codfish by soaking in cold water for 3 hours, changing the water three times. Drain, cover with hot water, and cook until tender. Rub the yolks of the hard-cooked eggs smooth with a little milk, and chop the whites. Heat the evaporated milk and the fresh milk in a double boiler. Blend the butter and flour, thin with a little of the hot milk, and stir this into the milk in the double boiler, being careful to avoid lumping. Add the egg yolks and the spices, and cook, stirring occasionally, until slightly thickened. Now add the chopped egg whites, the cooked codfish, and the cracker crumbs. Add a little salt if it is needed (taste to see that it is well seasoned) and serve very hot, in patty shells, accompanied by mashed potatoes and a green salad. Serves six or eight.

**KIPPERED SALMON FLUFF**

- 2 tablespoonfuls of butter
- 2 scant teaspoonfuls of salt
- Pepper or paprika to taste
- 1½ tablespoonfuls of flour
- 1½ cupfuls of milk
- 2 eggs, separated
- 2 cupfuls of shredded kippered salmon
- 4 cupfuls of freshly mashed or riced potatoes
- 1 cupful of grated or thinly sliced cheese

Make a cream sauce by melting butter, adding salt, pepper (or pa-

prika), and flour, and stirring to a smooth paste. Add the milk and keep stirring constantly until the mixture thickens; remove from heat. Into the cream sauce put the egg yolks and mix well, then add the shredded salmon, the potatoes, and last the stiffly beaten egg whites. Place the mixture in a buttered baking-dish, cover with the cheese, place in oven, and heat through thoroughly until the cheese melts and browns slightly. Serve at once. Will serve five or six persons. Codfish or other flaked fish may be substituted.

**BROILED SMOKED SALMON**

Slice the salmon about one-half inch thick, roll in salad oil and broil. When done put on platter, cover with Maître d'Hôtel sauce, and garnish with quartered lemons and parsley.

**WESTERN GAME**

Practically every month in the year, Western sportsmen are likely to be bringing home foods from the wilds that prove their skill with rod or gun. It is, therefore, up to every Western woman to know how to treat, and not mistreat, these unusual birds and beasts and fish.

The fish have already been discussed. Among wild fowl, ducks are well in the lead, but we also occasionally have wild geese, wild pigeons, doves, partridge, quail, wild turkey, and possibly other birds of particular local interest. As for wild animals, not only rabbit—cottontails and young jackrabbits—and venison, but bear, moose, mountain goat, and mountain sheep are of at least occasional interest.

## WILD FOWL

There are a few general rules about the preparation of game birds. First, they should never be scalded before plucking. Wild ducks are picked, singed, heads removed, drawn and trussed like chickens. This task need no longer worry the housewife, however, for in any Western city the meat man will pick and dress the ducks for only a few cents each—money well earned you will agree if you have ever picked a duck! All dark-skinned game birds are cooked very rare; those with light skins well done.

Wild ducks are not usually stuffed, or seasoned except with a little salt. Occasionally, if the duck is of strong flavor, a stalk or two of celery, a sliced apple and an onion are placed inside to be left during the roasting, then removed.

Wild birds live almost entirely on vegetable diet, which imparts a fine flavor to their flesh, but supplies no fat. Lard the birds, or, if small, wrap them in thin slices of bacon, or arrange strips of bacon or salt pork over the breasts or inside the bird.

Do not cook the game bird too soon after killing. It should hang at least a week, in cool weather, or until it has become quite tender. Draw it before hanging, but it is not necessary to pluck it. Some cooks recommend a paraffin bath for removing pinfeathers and down from ducks and geese. Dry pick it first. Next submerge the bird in boiling water with plenty of paraffin melted in it, take out and let cool. The down and pin feathers can then be more or less easily scraped off.

Besides hot paraffin for removing feathers, there is a rosin process. A hunter, of course, doesn't mind

getting his fingers all gummed up, but a housewife might. Rub rosin (powdered) well into the down before any of the feathers are removed. Dip the duck in scalding hot water. This causes the rosin to melt a little. Then the feathers can be peeled off as slick as a whistle—maybe.

## WILD DUCKS

The proper culinary preparation of ducks begins the instant they are killed. In one case you might say it begins the instant they are hit, for it is important to kill quickly any birds to which the pellets from your shotgun have not proved fatal. This is not only humane but checks the chance of the meat becoming fevered.

Once killed, ducks should be hung in a cool place about the blind until the hunter is ready to come in from his day's shooting. On the way home the birds should be hung outside the car where the air can get at them. It is best to bleed the birds immediately after they are killed. If this is done, it will be much easier to pluck them.

There is also another small task the performance of which will greatly improve the quality of the meat. This is the removal of the two oil-glands above the tail. The longer they are left on the bird, the more the oil will permeate from them through the flesh and consequently the more oily taste the meat will have. In all events, they must be removed before the bird is cooked.

Neither ducks nor any other game birds should ever be packed in grass, leaves, straw or anything else that will cut off ventilation from them and cause the meat to "sweat."

Should your ducks reach you in frozen condition, do not thaw them until you are ready to cook them.

No duck should ever be cooked until six or seven hours after killing. On the other hand, do not go to the other extreme and "hang" your duck until the meat smells to high heaven before you think of roasting him. Cook your ducks while they're still eatable.

Pluck your birds dry. Hang them up by the leg and pick downward toward the head, not overlooking quills and pinfeathers. Then singe quickly. (Turn the gas flame high, or use a burning paper to burn off the hairs quickly.) Cut off the head close to the body and sever the legs at the first joint. Draw as you would any sort of poultry. Don't forget to amputate those rear oil-tanks.

### How to Roast Duck

You are now ready to roast your duck. Just plain roast duck, without any fixings or trimmings, is a wonderful dish. There are, however, quite a lot of things you can do to ducks with improvement to the artistic ensemble, so to speak, and added satisfaction to your own palate. Consider the plain roast process first. Ducks should always be cooked underdone, never overdone. Roast a large duck about 20 minutes in a very hot oven (450° to 500°); a smaller one 15 minutes or a trifle more. I say this advisedly, knowing that in some restaurants and better-class hotels the rule is 25 minutes. Keep your duck rare; he's a healthy bird and there is no reason for cooking him extra well, as is the case with certain domestic meats. (Of course, if you really like your bird cooked overdone, there is no law that you shall not roast it longer—say 45 minutes. Be

sure to baste it well while roasting, or it will be dry and tasteless.)

Never soak the duck in water. Wipe inside and out with a clean, damp cloth. If desired, ducks can be stuffed with the same dressing you would use in stuffing turkeys, with onion, chopped fine, added. If you do not stuff your ducks, put a quartered apple, a couple of quartered onions, and a branch of celery inside. Cooked inside the birds, but not to be served, these will give a very fine flavor. Rub the breast of each bird with bacon fat and put enough grease in the pan to prevent the meat from sticking. Roast in a very hot oven (475°), uncovered.

So much for the plain roast duck. Ducks are better with sauce. Here's one:

### *Sauce for Roast Duck*

Mix 1½ tablespoonfuls of melted butter, 1 teaspoonful each of Worcestershire sauce, catsup, and currant jelly, a pinch of salt, one dash of lemon juice, and cayenne to suit. This makes enough sauce for two large ducks.

If sauce is used, prepare it separately from the ducks, then every 5 minutes, while the birds are roasting, remove them from the oven, stick a fork in the neck of each bird in turn and hold the carcass so that the meat juices which have collected inside will drain into the sauce. This sauce may be served in a separate dish and poured over the slices of duck as carved or it may be poured over the ducks when they are placed on the serving platter.

If you feel inclined to do still more with your duck, brush the inside of each bird, before cooking, with the following mixture: 2 teaspoonfuls each of sage, summer savory, thyme, sweet marjoram. Mix these well and keep in a bottle or

small jar. Use about  $\frac{3}{4}$  teaspoonful of the mixture in each bird. Added to this for still further improvement, form a "trough" from a large stalk of celery. Place this in the opening of each bird's carcass and pour in through it 2 tablespoonfuls of cooking sherry.

*Good to Serve with Wild Fowl*

Wild rice  
Currant or other tart jelly  
Baked oranges  
Fried pineapple  
Fried hominy cakes  
Any green vegetable  
Sweet potatoes  
Green salads

## COOT

Many hunters find the common coot, or mudhen, a real gastronomic treat, and where ducks and geese are scarce the coot can very well take their place. Here is an excellent recipe that comes from Utah. Skin the birds and cut off legs and breast. Split breast in two parts. Wash all parts thoroughly in cold water and, if desired, soak them a few hours in salt or soda water, but this is not necessary as skinned coot has no strong or unpleasant flavor. Roll damp meat in flour and place in frying-pan over a slow fire. Cover pan and allow to fry slowly in either bacon grease or lard. Keep pan covered and after meat has cooked for about 30 minutes, add a generous lump of butter. Get pan hot and then pour in  $\frac{1}{2}$  to 1 cupful of cold water (quantity to be gauged by size of pan and number to be served). Replace tight cover and allow to steam about a minute or two. Remove meat, stir in sufficient flour paste to thicken gravy, and serve.

## WILD GOOSE

Not so abundant nor so easy to shoot as wild ducks, wild geese are in some sections of the West a rather frequently enjoyed delicacy. These birds grow to much larger size than the ducks, often weighing as much as seven or eight pounds apiece. The meat—the skin particularly—is likely to be stronger in flavor than duck.

Geese are picked dry, for their feathers are so lovely that most women, on ranches at least, want to save them to use for soft down pillows. Then they are singed and drawn as usual.

A young goose may be disjointed, rolled in flour, and fried slowly, as for a heavy young chicken. Older ones should be skinned and fried or fricasseed. Or they may be stuffed with a potato and onion dressing, and roasted as tame goose is treated, basting well while cooking. Allow 25 minutes to the pound.

## PRAIRIE CHICKEN

(Also Pheasant, or Grouse)

While these birds are quite different, the methods used in preparing them are much the same. They are all improved in tenderness and flavor by hanging a short time (say a week) before cooking. They may be broiled, or roasted, or cut up and fried as chicken is fried; when browned nicely, cover with fresh or diluted evaporated milk, cover tightly, and bake slowly or simmer on top of the stove for an hour.

## SAGE HENS

Young sage hens are very good food. Dress immediately after killing, to prevent too strongly insistent a sage taste. Fry or roast as ordinary chicken.

## ROAST GROUSE

(Also Prairie Hen or Pheasant)

Cover the breast of the fowl with thin slices of fat salt pork or bacon; roast it uncovered in a hot oven (475°), allowing 20 to 25 minutes to the pound, basting frequently. When done, remove to a hot platter and garnish with stuffed mushrooms and water cress. Serve with bread sauce and browned crumbs.

## HUNGARIAN PARTRIDGE AND QUAIL

These may be split and pan-fried in butter after dipping in flour and sprinkling with salt and freshly ground pepper. Place in a roaster with a cupful of hot water, cover and bake in a 400° oven 30 minutes. Make a gravy of the fat in the pan and the chopped giblets which have been boiled. Use milk for the liquid to thin the gravy. Partridge and quail may be roasted also. Place strips of bacon over the birds, and it will baste them with the fat. An additional basting with water in the pan is necessary for a good glaze. Remove the bacon a few minutes before serving to brown. The flesh of quail is dry and the bacon gives an additional amount of fat as well as preventing burning.

## QUAIL ON TOAST

This makes a savory luncheon dish. Prepare the birds in the usual way, cleaning and removing all pin feathers, then stuff with a nice chicken filling, truss like miniature turkeys, season with salt and pepper, and wrap each bird in thin slices of bacon. Roast in a moderately hot oven (400°). When done, remove the bacon and arrange the

birds on hot buttered toast, brush with melted butter to which a little lemon juice has been added; serve with currant jelly.

## DOVES AND PIGEONS

These may be cooked in the same manner as Hungarian partridges and quail. They are plentiful in California.

Squabs, while not legitimately classed as game, are treated much as game birds in cooking, and so are included here. Wild pigeons and doves, if young and tender, may be cooked as directed for squabs.

## BROILED SQUABS

Allow 1 squab for each serving. Clean and split down the back, flatten open, and wash inside and out. Fasten a strip of bacon across each breast, tucking it under the wings. Broil quickly or cook in a very hot oven (500°) for 5 to 10 minutes, then finish with reduced heat, cooking until meat is tender (about 25 minutes). Serve on toast accompanied by mushrooms, peas, and green-grape jelly.

## ROAST SQUABS

Clean and wash squabs without splitting open; wipe dry, and sprinkle with salt and pepper. Rub inside and out with melted butter and stuff cavity with any preferred stuffing, as for roast chicken. Fasten legs to back with skewers, and place in an oiled baking-pan close together. Pour a little butter on the breast of each squab, or lay a strip of bacon over the breast. Bake in a hot oven (500°) for 10 minutes; reduce the heat to 375 degrees, pour a very little water over the squabs, and roast slowly for 25 minutes or until the birds are tender, basting frequently. Garnish with water cress and serve with currant jelly.

## POTTED PIGEONS OR DOVES

This is an old-fashioned dish but a fine one. Prepare 6 pigeons by cleaning and trussing into shape, rub the breasts with butter, and fry in hot fat to a nice brown. Then place them in a casserole. Make a sauce of 2 tablespoonfuls of butter, 1 tablespoonful of flour, and 1 pint of stock or water; add 1 onion quartered, a small bit of bay leaf, a sprig of parsley, and salt and pepper to taste. Simmer until slightly thickened and pour over the pigeons. Cover and cook in a slow oven (325°) for 1½ to 3 hours according to the age and tenderness of the pigeons. Arrange the birds on a mound of freshly boiled rice with a garnish of asparagus tips and green peas about them, dot with currant jelly and strain the gravy into the sauce boat.

## WILD TURKEY

Prepare the same way one would a tame turkey. Wipe inside with a damp cloth, sprinkle with salt and pepper, and stuff with any preferred turkey stuffing, allowing room for swelling. Skewer or sew the opening shut, tie legs and wings close to body, and tie strips of salt pork over the bird. Put into roaster with ½ cupful of water, and put into a hot oven (450°) for 1 hour. After this time, lower the heat, and cook until tender. Baste with butter and water at first, and later with juice in pan. Remove pork and brown the breast. Make a giblet gravy, and serve the turkey with cranberry jelly.

## WILD GAME

To cook wild meat, it needs to be hung the proper length of time. Two weeks is the shortest possible time to allow before cutting into a carcass. In freezing weather or

with proper refrigeration the meat may hang thirty days.

## VENISON

Venison is a dark-colored, short-fibered meat, rather highly "game" flavored, and, if properly cared for and cooked, is tender and easily digested. It will be tough until it has been hung several days. So far as the housewife at home is concerned, she need not delay cooking venison after she receives it; the meat probably will have been hung sufficiently by that time. In camp, it is as well to let the meat hang most of a week, meanwhile eating bacon and the liver if necessary. Keep blowflies away from it; they can wreck a good quarter of venison much quicker than you can collect it out in the woods. One means of doing this is to quarter the carcass, dust the meat with flour, and sew each quarter up loosely in a cheesecloth bag. Hung up in a shady place, as cool as possible, where draughts of air can reach it, venison so prepared will keep for several days or even weeks. The longer it is hung, provided it is kept cool and dry, the more tender and better flavored venison becomes.

Venison may be fried, broiled, roasted, baked, boiled, or stewed. As to the choice of ways a great deal depends upon the age of the buck, the condition of his meat, and the particular cut to be used.

Frying and broiling are the quickest and easiest ways of cooking the meat but the cuts should be from the loin, rib chops, or the ham. For the purpose, the meat should be pounded somewhat—not hacked or chopped but thumped a bit with a hammer, the back of an axe, or a clean, smooth rock. Cooking should be done over a bed of coals, such as hardwood makes; never over a

flame. For broiling, however, the meat should be seared over a flame to prevent the juices from oozing out and being wasted before the cooking really begins, in which case your venison will taste about the same as a well-seasoned piece of saddle-leather—and sometimes just about as tender.

Broiling is the preferable method of cooking, for it preserves the flavor of the meat and improves its digestibility. That is, it is preferable as compared with frying.

To roast venison while in camp, suspend the meat in front of a good hardwood fire. Turn it often. Catch the drippings in a pan placed on the ground and baste the roast frequently with the drippings. Use the drippings for gravy when serving the roast. If you do a good job of this, you will know what real venison tastes like.

Venison should be cooked to about the same stage as a steak is cooked when you order a "tenderloin, medium rare" in a good restaurant. It should not be over-cooked and it should not be quite rare.

### Home Recipes for Venison

Keep the bulk of the meat in the local ice plant and take out small amounts as needed.

#### TENDERLOIN

There is nothing quite so delicious as the tenderloin and there is not much trick to cooking it. Simply trim and cut in small pieces about an inch thick, sprinkle with salt and flour, and pop into a sizzling pan of butter. Other fats can be used, of course, but the butter makes it ever so much better. Let it brown thoroughly on both sides, then turn the heat low, cover, and let simmer slowly for a good half-hour. Remove the meat and make

a nice thick milk gravy—and with mashed potatoes, well, there is no trick to eating it, either.

Unfortunately, however, the deer is not composed entirely of tenderloin steaks, and when you have half a deer on your hands you must be prepared to use the rest of it as well.

Roasting is the least desirable of all ways of cooking venison. It will tend to be very dry and quite tough. Even so, one can manage to have a good roast by using a very hot oven and basting continually with butter, and then letting it cook more slowly for a long time. Rare venison is most unappetizing. Pot roasting with vegetables is more satisfactory than oven roasting because of the characteristic dryness of this meat.

#### RIB STEAK

The rib steak can be cooked in the same way as the tenderloin, but the round steak will be juicier and more tender if started in the same way but cooked slowly in a covered pan for a longer time, and a very little water added from time to time, just enough to keep it from sticking to the pan.

#### VENISON POT ROAST

Tie the roast in shape. Cut slits in it and insert small bits of garlic or onion deep into the meat. If possible, lard the roast well with strips of salt pork drawn through the meat. Heat a large piece of suet in a heavy kettle, and sear the roast well in it, turning until brown on all sides. Add a cupful of hot water, cover, and pot roast slowly until tender, which will take several hours. Add more water as needed, just enough to keep from burning. Remove meat, thicken gravy, and serve garnished with cress. Wild rice is a good accompaniment.

## A VENISON DINNER

We usually have two or three venison dinners during the season and I have come to believe there are just certain kinds of food that must be served with venison to make the meal right. Because of the richness of the meat I find that plenty of fruits and vegetables will prevent that "stuffed" feeling afterward.

Fruit Cup, Small Whole Wheat  
Wafers

Venison Steak Milk Gravy

Baked Potatoes

Buttered String Beans

Cabbage Slaw Sliced Tomatoes

Small Serving of Fresh Sliced

Peaches on Sponge Cake,

Topped with Whipped  
Cream

In cooking the steak for a large number I start about an hour and a half before dinner. I brown each piece of meat in hot fat in a skillet, and place it in my electric cooker where it continues to cook slowly and becomes very tender and juicy. If you do not have a cooker of this kind you may use a Dutch oven or a roasting pan in the oven with equal success, so long as you have it covered tightly and cooking slowly. I cook eight skillets full for twelve persons. (There is no limit to the amount of steak they can eat if you have it!) Then as I finish the last pan I lift out the meat from the bottom of the cooker where it has been simmering for some time, and place the meat last cooked on the bottom and the meat first cooked on the top. In this way it all has a chance to get juicy on the bottom of the cooker. Add enough water to cover the bottom an inch or two, cover tightly, and let simmer slowly till dinner.

In the meantime I make a nice thick milk gravy from the juice in the frying pan. When ready to serve I pile all this luscious brown tender steak on a large platter and then rinse every bit of juice out of the cooker and add it to the gravy. Such gravy is beyond description.

## VENISON MULLIGAN STEW

No one should go through the venison season without experiencing at least one Mulligan Stew.

For this you can use the tougher parts of the venison. Trim and cut in small pieces, sprinkle with salt and flour and sizzle in hot fat, preferably butter, until well browned; then place in your Dutch oven or whatever you use for stews. I use my electric cooker. Rinse out every drop of the gravy from the frying pan and pour over the meat in the cooker, cover, and let cook slowly. Next prepare the vegetables. Onions, carrots, string beans, and tomatoes are the best. Sometimes I scrape off some fresh corn and add that, too. It is only a matter of choice about cutting up the vegetables, but I think they are nicer if left whole or in large pieces. At any rate add them all to the meat, sprinkle with salt and add enough more water to fill about half full. Cover tightly and cook slowly for about 2 hours.

A little while before you are ready to serve, remove all the vegetables and meat, thicken the gravy *slightly*, and season it to taste. Then return the vegetables and meat to the gravy and keep all very hot until ready to serve. And again there is nothing that can beat fluffy mashed potatoes to go with this. A lettuce salad with French dressing would complete the meal for any one.—  
FAY BRIGGS.



## BEAR AND MOOSE

(Also Mountain Goat and Elk)

Bear, moose, and mountain goat are black meat, very dry and tough, and hard to cook well. They need special treatment, marinating and the like. To cook them, a steam pressure cooker is almost a necessity. Cub bear meat is tender when very young. Moose is coarser than venison. Elk, on the other hand, is of finer texture and less gamy flavor than venison. It is cooked as venison.

### ROAST BEAR MEAT

Cut roasts from carcass, and brown in hot fat to sear. Put into the steam pressure cooker with a cupful of hot water, and process at 5 to 10 pounds pressure from 1½ to 2 hours. Add cut-up vegetables in the last half-hour.

### MOOSE MULLIGAN

Cut the moose meat into pieces and broil. Brown an onion in hot fat in the steam pressure cooker, add the broiled meat, and process at 5 to 10 pounds for 2 hours, adding vegetables the last half-hour.

### MOUNTAIN GOAT MEAT

Prepare a marinade of vinegar, oil, salt, pepper, clove, and cinnamon, somewhat similar to French dressing. Soak meat in this over night. Remove, wipe dry, and brown in hot fat in the bottom of the steam pressure cooker. Add an onion and a cupful of hot water, and cook under 5 to 10 pounds pressure for 1½ to 2 hours, adding whole vegetables, such as carrots, turnips, tomato, and cabbage, the last 20 minutes of cooking. Goat meat is never very good.

## MOUNTAIN SHEEP

The delicate meat of mountain sheep is considered the finest of wild meats. It is light and delicate and should be roasted like lamb. Use an open roaster, basting frequently with water in the pan. If the meat is dry, use a little butter in the pan also. This meat is not woolly in flavor. Remove the caul as you would with lamb. Serve with mint jelly.

## RABBIT

Rabbit is another meat that is certainly more prominent as an article of food here in the West than it is in many other sections of the country.

Domestic rabbit, sold in most Western markets, has delicately flavored white meat similar to that of chicken, and correspondingly rather dry. Wild rabbit has dark meat, with a rather gamy flavor.

Domestic rabbit may be cooked in practically any way suitable for chicken, first cutting up the meat into serving-size pieces.

### RABBIT BAKED IN MILK

1 rabbit, disjointed  
 ½ cupful of flour  
 1 teaspoonful of salt  
 1 teaspoonful of sage  
 ½ teaspoonful of black pepper  
 Fat for frying  
 3 strips of bacon  
 3 cupfuls of white sauce

Roll the pieces of rabbit in a mixture of the flour, sage, salt, and pepper, and brown nicely all over in 3 or 4 tablespoonfuls of hot fat. Put into a casserole, pour well-seasoned white sauce around it, and lay the bacon strips over the top. Bake slowly (at 325°) for 2 hours, or until meat is very tender.

### FRICASSEED RABBIT

Skin, disjoint, wash, dry, and dredge with flour, and place in the refrigerator until two hours before dinner time. At that time, brown the rabbit pieces in hot fat in a frying pan, then add salt and pepper as desired, a small onion finely chopped, and pour around all a small can of evaporated milk; cover and turn the flame down very low, so that it may slowly cook until the dinner is to be served. As the milk cooks away, it may be replaced from time to time with a little hot water. After removing the meat, thicken the liquid to make a tasty gravy. Serve with hot boiled rice.

### SQUIRRELS

Skin, clean thoroughly, and wash squirrels. Wipe dry, and stuff with sausage meat or other dressing. Sew up or tie, and roast in a hot oven (450°), basting with butter and water at first, and later with the liquid in the pan. Roast until brown and tender. Garnish with lemon and endive or parsley, and serve with jelly.

### REINDEER

Reindeer, which is brought to the States from Alaska, is not an uncommon meat in the West. It should be hung for at least two weeks before being cooked, otherwise it will be very tough. The meat is very good, and easily prepared. Salt and pepper the chops, roll in salad oil, and broil; or fry in frying-pan, in the same manner as any other kind of chop or steak. Serve with Maitre d'Hôtel or some other fancy meat sauce.

## SAUCES FOR FISH AND GAME

(Also for meats and entrées)

Numerous sauces for fish and meats are popular, yes, famous, here in the West. Some of them are difficult to achieve with ordinary home supplies, while others, equally delicious, are simple indeed. The following recipes have been selected with a view to easy home construction. First come cold sauces, for cocktails and such, then hot sauces.

### TARTAR SAUCE

To serve with hot fish that is not too rich, mix mayonnaise with chopped sour pickles, capers, olives, parsley, and green onion or chives to suit your taste. A little tarragon vinegar is a good addition. Serve in crisp lettuce cups to garnish fried sole, scallops, and the like.

### SAUCES FOR HOT FISH

A great number of sauces may be used with hot cooked fish. A simple and good egg sauce is made by adding chopped hard-cooked eggs to a well-seasoned cream sauce made medium thick; for another, add chopped chives or parsley to drawn butter. Prepared mustard stirred into a thin cream sauce makes a good simple sauce, which can be varied and dressed up in innumerable ways.

### BROILED LOBSTER SAUCE

Mix melted butter and chili sauce half and half, and add lemon juice, Worcestershire sauce, and chopped parsley to taste. Heat and serve hot with broiled lobster or any other hot cooked sea food.

## SIMPLE COCKTAIL SAUCE

(For Oysters, Crab, Shrimp, or Lobster)

$\frac{3}{4}$  cupful of catsup  
 $\frac{1}{4}$  cupful of chili sauce  
 2 tablespoonfuls of grated horse-radish  
 2 tablespoonfuls of lemon juice  
 Salt to taste  
 Dash of Tabasco sauce if desired

Mix well, and serve poured over the prepared sea food in glasses or green pepper cups.

## OREGON CRAB COCKTAIL SAUCE

For 2 cupfuls of flaked crab meat allow

$\frac{1}{3}$  cupful of mayonnaise  
 Juice of 2 limes or 1 lemon  
 1 teaspoonful of chopped parsley  
 Salt and coarsely ground black pepper to taste

Mix well together, chill, and serve in cocktail cups. (See also "Calavo Cocktail Sauce" in Index: it is excellent with crab legs.)

## SAUCE FOR MIXED SEA-FOOD COCKTAILS

$\frac{1}{2}$  cupful of mayonnaise  
 $\frac{1}{2}$  cupful of French dressing  
 $\frac{1}{4}$  cupful of catsup  
 $\frac{1}{2}$  cupful of chili sauce  
 1 tablespoonful of grated horse-radish  
 2 tablespoonfuls of vinegar  
 1 teaspoonful of onion juice  
 2 teaspoonfuls of chopped parsley

Combine and chill. Mix with any one sea food or combination of several. Chopped celery may be added if wished.

## FOR ANY BROILED FISH

Chopped parsley and lemon juice, mixed, poured over fish on platter.

## SAUCE FOR BOILED FISH

Save the water in which fish was boiled, or cook the bones and trimmings of fish with water and a little carrot, onion, and parsley, for flavoring; use in place of milk in recipe for white sauce. Add a little cream, and stir in 2 beaten egg yolks just before removing from fire. Season well and serve over boiled fish.

## "BEURRE NOIRE"

2 tablespoonfuls of butter  
 1 tablespoonful of vinegar  
 1 teaspoonful of lemon juice  
 1 tablespoonful of minced parsley  
 $\frac{1}{2}$  teaspoonful of salt  
 $\frac{1}{4}$  teaspoonful of pepper

Heat the butter in a frying-pan until light brown; add other ingredients, let boil up once, and pour over fish on platter. This brown butter sauce is nice for fried or broiled fish.

## MAITRE D'HOTEL SAUCE

$\frac{1}{4}$  pound of butter  
 Juice of 1 lemon  
 1 tablespoonful of chopped parsley  
 Salt and pepper

Work the butter in a bowl until creamy, but do not melt it. Blend in the salt and pepper and the lemon juice slowly, then work in the chopped parsley. Chill. This may be formed into balls or cut into cubes if desired, and dropped on to hot broiled fish when it is served.

## HOLLANDAISE SAUCE

(See Index)

## REALLY GOOD BROWN GRAVY

Remove meat (beef, pork, lamb, or fowl) from roasting-pan. If there is a great deal of fat, pour it off into a bowl, then measure back into the roaster 2 tablespoonfuls of fat for each cupful of gravy desired. Add 1 tablespoonful of flour for each cupful of gravy, blending and cooking together until lightly browned; then measure in the liquid (water, stock, or milk, cold or warm) and cook, stirring until smooth, and continue cooking gently for at least 15 minutes. Strain if necessary, and season well with salt and pepper. (Taste to see that it is just right.)

## BARBECUE SAUCE

(For Beef, Pork, or Lamb)

¼ pound of butter  
 ½ pint of vinegar  
 ½ teaspoonful of dry mustard  
 1 tablespoonful of chopped onion  
 2 tablespoonfuls of Worcester-shire sauce  
 1 tablespoonful of chili sauce  
 Juice of ¼ lemon  
 2 lemon slices  
 1 teaspoonful of brown sugar  
 ½ pod of red pepper (ground)

Mix all the ingredients together; put over a low fire until the butter melts, then set near the fire to keep warm. Tie firmly on a stick several short pieces of cloth about 2 inches long. Dip this mop into the barbecue sauce and slap the roasting meat with it, so that the whole surface of the roast is basted in this way. Do this at intervals of 10 minutes during the entire process of cooking.

## WHITE SAUCE

2 tablespoonfuls of butter  
 2 tablespoonfuls of flour  
 1 cupful of milk  
 Salt and pepper to taste

In a sauce pan melt the butter, add the flour, and when the two are blended add milk and seasonings. Cook, being careful that the flour does not brown, stirring constantly until the milk reaches the boiling point, when the sauce should be taken from fire and beaten with the spoon until smooth and glossy. If it is necessary for the sauce to stand, place the sauce pan, covered, over hot water, or turn into a double boiler.

## PIMIENTO SAUCE

(For Fish or Eggs)

To each cupful of medium-thick white sauce add 2 pimientos which have been rubbed through a sieve; or some chopped parsley and lemon juice—a teaspoonful of juice to each cupful of sauce—to make Parsley Sauce. Serve at once.

## CHEESE SAUCE

Add ½ cupful of grated American cheese to each cupful of white sauce, to serve with timbales or macaroni and many other foods.

## ONION SAUCE

(For Omelets and Meats)

Add 1 cupful of boiled onions rubbed through a sieve, to 1½ cupfuls of white sauce to make a wonderfully good sauce to serve with an omelet, or poached eggs, or veal chops. Such dishes, with the puree of onion in the sauce, are known as "Omelet Soubise" or "Eggs Soubise," and so on.

**Other Good Additions to White  
Sauce for Use with Meat,  
Fish, or Entrées**

Chopped Capers.  
Chopped Cooked Celery.  
Grated Cheese (season sauce with  
mustard and paprika).  
Chopped Hard-Cooked Egg.  
Flaked Lobster.  
Chopped Ripe Olives.  
Small Oysters (heated in their  
liquor, and skimmed before  
adding).  
Chopped Parsley.  
Tiny Cooked Shrimps (whole, or  
larger ones, chopped).

**BECHAMEL SAUCE**

Use  $\frac{1}{2}$  cupful of stock and  $\frac{1}{2}$   
cupful of cream instead of the milk  
in the recipe for white sauce. Much  
used with chicken.

**CREOLE SAUCE OR TOMATO  
SAUCE**

1 large onion  
3 tablespoonfuls of drippings or  
shortening  
1 clove of garlic  
Few sprigs of parsley, rosemary,  
thyme, and sweet marjoram  
1 No. 2  $\frac{1}{2}$  can of tomato puree

Slice the onion and fry in drip-  
pings with the clove of garlic  
chopped very fine. When a golden  
brown and almost tender add pars-  
ley and herbs and cook 5 minutes  
longer. Drain off fat and add to  
tomatoes in top of a double boiler.  
Chop onions and add to tomatoes.  
Salt to taste. Cook in double boiler  
at least 15 minutes to blend flavors.  
The longer this sauce cooks, the  
better it is. Serve with fish, omelets,  
or various entrées or vegetables as  
well as with meats.

**PINEAPPLE MINT SAUCE**

1 small can of crushed pineapple  
1 cupful of sugar  
 $\frac{3}{4}$  cupful of water  
Green coloring  
6 drops of peppermint extract, or  
3 sprigs of fresh mint

Drain the pineapple and pack  
into a cup. Add enough of the syrup  
to fill the cup. Put into a sauce pan  
with the sugar and water, and color  
to a good green. Simmer 10 min-  
utes, or until slightly thickened,  
then add the peppermint extract. If  
fresh mint is used, it should be sim-  
mered with the other ingredients.  
This will keep well if sealed, and is  
delicious on ice cream or to flavor  
Bavarian cream. It is equally good  
served cold with roast lamb, baked  
ham, or broiled chops.

**CURRANT MINT SAUCE**

Turn out a glass of currant jelly  
and break up with a fork. Stir in  
lightly a few gratings of orange  
rind and 1 or 2 tablespoonfuls of  
chopped mint leaves. Serve with  
wild duck or roast lamb or other  
meats.

**HORSERADISH SAUCES**

(For Ham or Beef)

1. Add fresh grated horseradish  
(or drained horseradish from  
freshly opened bottle) to mayon-  
naise, to suit taste.
2. Combine equal parts of  
whipped cream and mayonnaise,  
add prepared mustard and horse-  
radish to suit taste.
3. Add mustard and horseradish  
to whipped cream, and season fur-  
ther with salt and lemon juice. This  
may be frozen in trays of electric  
refrigerator.

**BAKED CRUSHED PINEAPPLE**

Drain juice from a No. 2 can of crushed pineapple, sweeten with  $\frac{1}{4}$  cupful of brown sugar, and add 1 tablespoonful of vinegar. Put into a baking-dish, dot with butter, and bake until lightly browned. Good with rabbit and other game or meats.

**ITALIAN DRESSING FOR  
COLD MEATS**

Mix chopped hard-cooked egg with equal amount of mixture of minced parsley, thyme, and chives, and add enough French dressing to make it spread easily. There should be a suspicion of garlic in the French dressing.

**MINT SAUCE**

To accompany roast lamb, mince  $\frac{1}{4}$  cupful of mint leaves, add 1 tablespoonful of powdered sugar and  $\frac{1}{2}$  cupful of mild vinegar, and let stand in a warm place for half an hour. Serve in a sauce boat.

**FRESH MUSHROOM SAUCE**

Wash mushrooms quickly (do not soak in water); do not peel unless caps are tough or discolored. Slice lengthwise if large, or cut in halves if small, sprinkle with lemon juice if desired, and cook gently in an aluminum or enamel sauce pan for 5 minutes in plenty of butter. Sprinkle with flour, mix well, add stock, consommé, water, or milk, and cook, stirring, until smooth. Season very well, and serve hot.



## FAVORITE FOREIGN DISHES

A pleasant blending of foods as well as of peoples characterizes the West. Spanish and Mexican cooking is a heritage from the days of the Dons—chiles, frijoles, tamales—the list is long indeed. (And are you aware that true Spanish and true Mexican dishes are beautifully flavored, beautifully cooked, reeking not at all of garlic or over-hot peppers? It is the pseudo-Spanish cookery that brings tears of pain to the eyes.)

Italy contributes countless good things, particularly pastes in wide variety (donatelli, tagliarini, vermicelli, spaghet', and all the rest of them) and flavorful sauces to go with them. Japan brings us Sukiyaki, the making of which is as artistic a performance as is the arrangement of a bouquet. China furnishes Eggs Foo Yung and Chow Mein, if not Chop Suey. Russia, France, Germany, the British Isles, all contribute graciously to the interest and variety of All-Western cookery.

## ALBONDIGOS

(Spanish Meat Balls)

- 1 pound of ground round steak
- 1 cupful of bread, 2 or 3 days old
- 1 tablespoonful of chopped onion
- 1 tablespoonful of chopped green pepper
- 1 teaspoonful of salt
- $\frac{1}{4}$  teaspoonful of ground oregano
- Pepper and paprika
- 1 egg, beaten
- 1 can of tomato soup or Spanish sauce
- 2 tablespoonfuls of butter
- 1 can of chicken soup or 1 cupful of stock

Mix steak, bread which has been moistened with water (but not wet), onion, green pepper, seasonings, and egg. Flour the hands and form the mixture into tiny balls about the size of a quarter. Put the butter into a kettle, add about a tablespoonful each of green pepper and chopped onion, and let sauté a few minutes. Add the tomato soup or Spanish sauce, let cook a few minutes, then add the chicken soup or stock (this may be made with bouillon cubes); when boiling, drop the meat balls in. If necessary, add more hot water to keep the balls covered while cooking; boil slowly  $1\frac{1}{2}$  hours. Have hot boiled rice ready; arrange it as a border around edge of platter, or use a ring mold to shape the rice, and turn out in a deep-rimmed chop plate. Put the meat balls and gravy in the center of the rice ring, and serve, garnished with parsley and pimiento. Serves six or seven persons.

## CHILES RELLENOS

(Stuffed Peppers, Mexican Style)

Roast 8 green chili peppers until skins are blistered, then skin, and remove seeds and core; or, which is easier, use the canned chiles which do not need peeling. Split down the

side, and insert a long, thin slice of mild cheese—American or Monterey Jack is good. Make a batter exactly as you would make a puffy omelet, adding to the yolks about a tablespoonful of flour for each egg used, and folding in the egg whites beaten very stiff. Dip each cheese-filled chili into this fluffy batter, and drop into deep hot fat ( $375^{\circ}$ ); before attempting to turn the puffy balls, dip spoonfuls of the hot fat over the top of each to sear the surface. When golden brown in color, take up, drain, and serve at once; or, strange to say, you may prepare them hours in advance and let them get cold, then reheat just before serving by dropping them into a thin, well-seasoned tomato broth or bouillon. They will puff up and be tender and delicious.

## BITKI

(Russian Meat Balls)

- $\frac{1}{4}$  loaf of white bread
- Milk
- $\frac{1}{2}$  pound of chopped beef or veal
- Salt and pepper
- Nutmeg
- 2 tablespoonfuls of butter
- 2 onions
- $\frac{3}{4}$  cupful of sour cream

Discard the crust from the bread and set it to soak in as much milk as it will absorb. When it has stood 15 minutes, press out the superfluous milk from the bread, using the hands; mix it with the chopped meat, add salt and pepper and an almost imperceptible dash of nutmeg. Form into round cakes and fry in the butter along with finely sliced onions. When the onions and meat balls are well browned, add the sour cream. Let bubble up once or twice, and serve with the sauce poured over the meat balls. If the cream is not sour enough, add the juice of half a lemon.



## CHILI CON CARNE

(Quick method)

- 1 pound of ground beef
- 1 tablespoonful of shortening
- 1 chopped onion
- 1 clove of garlic
- 1 can of oven-baked kidney beans
- 1 teaspoonful of salt
- Dash of pepper
- $\frac{1}{4}$  teaspoonful of chili powder
- 1 can of cream of tomato soup
- 1 cupful of grated cheese

Brown the meat in the shortening, then add the chopped onion and garlic. To this add the kidney beans, tomato soup, and seasonings, and heat thoroughly. Just before serving top with cheese and put under the broiler to melt.

## CHOP SUEY

Homemade chop suey is highly recommended by extension specialists at State College of Washington for three reasons: it can be made in large enough quantities for several servings, is almost a meal in itself, and improves with each successive cooking.

- 2 pounds of lean pork, cut in cubes
- 1 tablespoonful of fat
- 2 cupfuls of chopped celery
- 2 cupfuls of sliced onions
- 1 teaspoonful of salt
- $\frac{1}{4}$  teaspoonful of pepper
- $\frac{1}{2}$  cupful of rice, uncooked

Brown the pork in the fat. Add the celery, onions, salt, pepper, and  $\frac{1}{2}$  cupful of water, and simmer until the pork and vegetables are tender. If desired, thicken the mixture with 1 tablespoonful of flour mixed with enough water to make a paste, about 3 minutes before removing it from the fire. Boil the rice for about 20 minutes, or until tender, in

2 quarts of water to which 1 teaspoonful of salt has been added. Drain the rice, and serve it hot with the meat and vegetable mixture. When a cabbage salad, whole wheat bread and butter, apple sauce, gingerbread, and milk for the children are served with the chop suey, a well-balanced and satisfying meal is the result.

## CHOW MEIN

Shred  $1\frac{1}{2}$  pounds of lean pork and fry it for 15 minutes in  $\frac{1}{4}$  cupful of vegetable oil. Add  $1\frac{1}{2}$  cupfuls of chopped onions, and 3 minutes later stir in  $1\frac{1}{2}$  cupfuls each of bean sprouts, shredded celery, and mushrooms. Cook 10 minutes, then for additional seasoning add  $1\frac{1}{2}$  tablespoonfuls of molasses, 2 tablespoonfuls of soy sauce, and 1 cupful of stock. The vegetables should retain much of their original crispness.

While this is cooking, boil 2 cupfuls of medium width noodles in a large amount of salted water. When tender, pour into a colander, shaking occasionally to let steam escape. When well drained, spread out to dry before frying a few at a time in deep hot fat. The garnish for the dish may be prepared by beating 2 eggs slightly and pouring them over 1 tablespoonful of oil in a hot frying-pan. Cook slowly until set and dry, then turn out on a board and cut into long, narrow strips. Green onions, cut likewise, make a good combination with the eggs for garnishing.

To serve, place the fried noodles on a large platter, pour vegetables over them, and garnish with eggs and onions. With the chow mein serve steamed rice, tea, and Chinese candies.

## CURRIED LOBSTER

- 1 lobster (1 to 1½ pound size)  
boiled, meat cut in dice
- 1 cocoanut, grated
- 1 quart of milk
- 2 scant tablespoonfuls of curry  
powder
- 1 large onion, chopped
- 1 finger fresh ginger root, chopped
- 1 small piece of chopped garlic
- 2 tablespoonfuls of flour
- 2 tablespoonfuls of butter

Grate cocoanut. Heat milk to blood heat. Pour over cocoanut, and let stand 3 or 4 hours, then strain through cheesecloth. (Discard cocoanut.) Chop onion, garlic, and ginger, and fry in butter for 15 minutes, not too brown. Put in the curry powder and some more butter, and fry 5 minutes. Mix 2 tablespoonfuls of butter and flour and add, letting it cook until butter melts nicely, then add strained milk and cook, stirring until it is of the consistency of custard, then strain. A small piece of chili pepper chopped fine (after taking out seeds) is nice if you like it hot. After straining sauce add lobster, and put into double boiler to reheat. Do not let boil again or it will curdle. Good served on toast, or with rice or spaghetti, cooked plain.

## CURRIED SHRIMPS AND OYSTERS

This is truly an excellent curry, and well worth the slight trouble of making. It makes a most attractive Sunday night supper, served with all the traditional accompaniments as directed. Lobster, crab, chicken, veal, lamb, or other mild-flavored meats or fish may be substituted for the shrimps and oysters in this recipe.

First, scald together in a double boiler ½ pint of milk (half cocoa-

nut milk may be used), 1 bay leaf and a sprig of fresh thyme, or pinch of dry thyme.

Heat together in a frying-pan 2½ tablespoonfuls (⅓ of a cube) of butter, 1 clove of garlic, chopped fine, and 4 young onions, or 2 slices of a large onion, chopped fine. When onion is browned lightly, then strain the flavored butter into the scalded milk. Mix in a bowl 1 teaspoonful of cornstarch, 2 teaspoonfuls of curry powder, 1 tablespoonful of chutney. Add the hot milk gradually to this mixture, stirring; then return all to double boiler and let cook 20 minutes or more, in order to cook the cornstarch thoroughly. Add ½ pint of cream and let stand until just before ready to use. (Curry is always better if made the day before it is used, and reheated when the sea food is added, just before serving.) At that time add 1 large cupful each of picked shrimps and oysters, or the meat of a 2-pound Western lobster. If California oysters are used, cook 2 minutes after adding; if Eastern oysters, cook 3 or 4 minutes. Serve with boiled spaghetti or noodles, accompanied by chopped peanuts; grated fresh cocoanut; broiled bacon, chopped; pickled onions; chopped dry ginger; chutney; and Bombay duck if desired—all arranged in a compartment relish dish. This makes a very pretty service.

## EGGS FOO YUNG

(Chinese)

- 2 stalks of celery, chopped
- ½ medium-sized onion, minced
- ½ pound of pork, chopped fine
- ¼ pound of bean sprouts
- 4 water chestnuts
- 12 eggs

Chop separately the celery, onions, and pork. Fry the pork in

salad oil until brown. Take up, and in the same fat fry vegetables until yellow and limp; add 1 teaspoonful of salt and the cooked pork, mix together and cook for 3 or 4 minutes longer, then take up. Beat eggs, and add to them the pork and vegetable mixture, and seasonings. Fry 2 tablespoonfuls of the mixture at a time, folding over like an omelet to serve. A sauce consisting of 1 tablespoonful of flour, 1 tablespoonful of vinegar, and 1 tablespoonful of soy sauce heated together may be served with this. Serves twenty.

## ENCHILADAS

### *Filling*

2 cupfuls of ground onions  
2 tablespoonfuls of lard  
2 pounds of hamburger  
3 teaspoonfuls of chili powder  
1 teaspoonful of salt  
2 cupfuls of tomato pulp  
½ pound of cheese

### *Tortillas*

1½ cupfuls of flour  
¼ teaspoonful of salt

Brown onions in lard, add hamburger, chili powder, and 1 teaspoonful of salt and cook until hamburger is done. Add tomatoes and cheese, and set on back of stove to simmer. Now take the flour and ¼ teaspoonful of salt, and mix with just enough water to make a stiff dough: divide into 12 parts and roll each one out on a floured board as thin as possible, and bake on a griddle, not too brown. When all are baked, stack up the cakes and put them to steam between 2 thicknesses of damp cloth, or in a covered pan in the oven until ready to use. Next, make the sauce, as follows:

### *Sauce*

2 onions, ground fine  
1½ tablespoonfuls of shortening  
2 cupfuls of tomato juice  
2 tablespoonfuls of red chili powder mixed with water  
1 tablespoonful of salt  
½ cupful of flour

Brown onions in shortening, add tomato juice, chili powder, salt, and ½ cupful of water, and cook until onions are done. Then thicken with ½ cupful of flour mixed to a paste with water.

Now take each tortilla, dip it in the sauce, and fill with the meat mixture, then roll it up like a jelly roll and put it in an oblong pan. Pans 7×11 will hold 6 enchiladas each. Put a slice of cheese on top of each enchilada and cover with sauce, then put into a moderate oven (375°) to heat. These are especially good for luncheons, accompanied by a small serving of chopped green onions.

## FRIJOLES

(Mexican Beans)

1 pint of red beans  
1½ cloves of garlic  
2 medium-sized onions, chopped  
3 green peppers  
2 teaspoonfuls of salt  
½ teaspoonful of black pepper  
1 tablespoonful of bacon fat

Wash and soak beans for several hours, then boil gently for 2 hours. Drain and rinse. Put fat in frying-pan; add chopped onion, garlic, peppers, salt, and black pepper; let cook 5 minutes; then add to beans in pot with enough water to cover. Let boil slowly until thoroughly soft, but not mushy. Add hot water, if necessary, during the cooking. Good served with corn bread and green salad, with fresh fruit for dessert.

## ITALIAN MACARONI

- 1 cupful of oil or other shortening
- 1 pound of round steak, cut in inch squares
- 1 onion, minced
- 2 cloves of garlic, minced
- 2 bell peppers, minced
- $\frac{1}{8}$  pound of dried mushrooms
- 1 can of tomato paste, with equal amount of water
- $\frac{1}{2}$  cupful of chili sauce
- 1 pound of macaroni or spaghetti (bow-tie)
- Parmesan cheese

Fry the meat in the oil, and add the shredded onion, garlic and bell peppers, and the mushrooms, which have been washed well, soaked for half an hour, then cooked until tender (about 30 minutes) and drained. Cook until browned nicely, then add tomato paste, water, chili sauce, and mushroom liquor, and simmer for 1 hour. Boil macaroni in salted water, drain, and arrange on a large platter; pour the sauce over it, sprinkling with cheese and garnishing with parsley, and serve at once.

## ITALIAN SAUCE FOR PASTES

- 1 large onion, minced
- 1 clove of garlic, minced
- 3 tablespoonfuls of oil
- 1 pound of veal steak, cut in small bits
- 1 small can of tomato puree
- 1 can of mushroom sauce
- 1 cupful of chopped dry or canned mushrooms
- 1 tablespoonful of grated cheese

Fry onion and garlic in oil until brown. Chop veal steak and brown in with onions. Add tomato puree and mushroom sauce and cook for few minutes. Then add mushrooms and grated cheese and let cook slowly for half an hour. This sauce is used with any kind of macaroni or ravioli. For macaroni, put a layer of cooked macaroni in pan, then a layer of sauce, and so on until all

ingredients are used, and sprinkle grated cheese on top. For ravioli, put ravioli on platter after cooking, with sauce on top. Grated cheese may also be used.

## MINESTRONE

- $\frac{1}{4}$  pound of bacon (not sliced)
- $\frac{1}{2}$  small clove of garlic
- 2 sprigs of parsley
- 2 quarts of soup stock
- $\frac{3}{4}$  cupful of dried kidney beans
- 1 small onion
- 3 small carrots
- 1 cupful of shredded cabbage
- 1 stalk of celery
- Salt and pepper
- 1 cupful of spaghetti (broken up)
- Grated Parmesan cheese

Cut off half of the bacon and chop it as fine as possible (or grind it) with the garlic and parsley. Put the remaining piece into a kettle with the soup stock and the beans, which have soaked overnight in cold water. Slice and peel the onion and carrots and add them to the soup with the chopped bacon and garlic mixture, the shredded cabbage, chopped celery, salt, and pepper. Boil in a covered kettle very gently for  $1\frac{1}{2}$  hours; then add the raw spaghetti and cook for 45 minutes longer. When the bacon is very soft, take it out, cut it in ribbons, and put it back into the soup. A bowl of grated Parmesan cheese should be served with this soup.

## POLENTA

- 3 cupfuls of water
- Salt
- 1 cupful of yellow corn meal
- 2 tablespoonfuls of butter
- 1 tablespoonful of flour
- 1 cupful of milk
- Grated Parmesan cheese
- Meat sauce

Add 1 teaspoonful of salt to the water and let it boil; pour the corn meal in gradually, so that the water

will not stop boiling, and cook to a stiff mush, stirring all the time. Pour out on a bread board and, when cold, cut down in 1-inch slices and then into squares. Make a thin cream sauce of the butter, flour, and milk, seasoning to taste. Butter a baking-dish and line it with the cubes of mush; moisten with a few tablespoonfuls of the cream sauce and sprinkle with the grated cheese; then pour in about  $\frac{1}{2}$  cupful of the meat sauce made as directed below. Repeat until the dish is full, letting the cheese be the top layer. Dot with small bits of butter and bake in a moderate oven ( $375^{\circ}$ ) to a rich brown. Serve with the following meat sauce poured over it.

#### *Meat Sauce*

$\frac{1}{4}$  pound of raw round steak  
4 strips of raw bacon  
1 small onion  
 $\frac{1}{2}$  clove of garlic  
2 sprigs of parsley  
1 small carrot  
1 tablespoonful of salad oil  
2 tablespoonfuls of flour  
1 pint of soup stock  
Salt and pepper

Put the steak, vegetables, and bacon through a meat grinder. Heat the salad oil in a sauce pan and add the meat mixture to it. When a deep brown, add the flour and brown a minute longer; mix well and pour in the stock. Season with salt and pepper and let simmer half an hour or until the sauce is the consistency of a rich gravy. Pour over the Polenta, or over spaghetti, or macaroni, without straining.

## RAVIOLI

Ravioli are small squares or triangles of noodle dough filled usually with a mixture of meat, spinach, and cheese, though the meat is sometimes omitted. First, prepare the filling.

#### *Meat Filling*

1 clove of garlic, minced  
 $\frac{1}{4}$  cupful of oil  
1 pound of hamburger  
 $\frac{1}{2}$  pound of pork sausage  
 $\frac{3}{4}$  cupful of grated Roman cheese  
 $\frac{3}{4}$  cupful of cooked spinach, chopped  
 $\frac{3}{4}$  cupful of bread crumbs  
Salt and pepper to taste  
2 eggs, beaten

Fry the garlic in the oil until tender, then add the ground meat and cook, stirring, until it loses its color. (Two cupfuls of chopped leftover cooked beef may be substituted for the hamburger.) Add the other ingredients and mix to a smooth paste.

#### *Noodle Dough*

3 cupfuls of flour  
1 teaspoonful of salt  
2 eggs, beaten  
 $\frac{1}{4}$  cupful of water

Sift the salt and flour in a bowl. Add water to eggs, stir into flour, and mix well, then knead on a floured board until smooth. Let stand 15 minutes to render dough elastic, then roll out very thin and cut into long strips, about  $2\frac{1}{2}$  to 3 inches wide. About half an inch from the lower edge of a strip dot small mounds of the filling, an inch apart. Fold the upper half of the strip of dough over the filling and press together at edges and between mounds of filling, using a knife handle; cut into squares so that there is a filling in each square, and press edges again to be sure they are tightly closed. Let stand several hours to dry.

To cook, drop a few at a time into boiling salted water or soup stock, and boil rapidly for 20 minutes. Remove with skimmer, drain thoroughly, arrange on platter, pour hot tomato sauce, gravy, or meat sauce over all, sprinkle with more cheese, and serve at once.

## RISOTTO

- 2 small onions
- 3 tablespoonfuls of salad oil
- 2 cupfuls of uncooked rice
- Salt and pepper
- Chicken broth
- $\frac{1}{8}$  teaspoonful of Spanish saffron
- Giblets of chicken
- $\frac{1}{4}$  pound of fresh mushrooms
- 1 tablespoonful of butter
- Grated Parmesan cheese

Chop 1 onion very fine, or put it through a meat grinder. Let it cook in the salad oil until soft and yellow. Wash the rice and add it to the oil and onion, stirring constantly so that it will not stick. Season with pepper and salt and add boiling broth, a little at a time, until the rice is cooked tender, yet not too soft, with each grain separate. Soak the saffron in a little cold water and add to the rice. Chop the cooked giblets and let them brown with chopped onion and sliced mushrooms in a sauce pan with the butter. Season with salt and pepper and put on top of the rice, which has been turned on a hot platter. Serve with grated Parmesan cheese. The broth for this Risotto can be made by simmering in water the giblets, neck, and tips of wings of a chicken that is to be roasted, or canned chicken broth may be used.

## SUKIYAKI

(Japanese)

- 2 pounds of meat (pork, beef, or chicken) sliced very thin
- 2 good-sized onions, sliced very thin
- 2 or 3 green onions, tops and all, cut in pieces
- 1 small can of mushrooms
- 1 small can of bamboo sprouts
- $\frac{1}{2}$  cupful of diluted soy sauce
- 2 tablespoonfuls of sugar
- 1 cake of soy-bean curd

Place a little of the fat from the meat in a frying-pan and let sim-

mer. Add meat and cook, turning it over and over, for about 5 minutes; now add sliced onions, mushrooms, and bamboo sprouts, keeping each food in a separate pile. Pour in the soy sauce and the sugar and let cook about 10 minutes. Add the soy-bean curd which has been cut into cubes, cook for a few minutes, and serve with hot boiled rice. Other vegetables, such as green peppers, celery, peas, and bean sprouts, may be added besides the onions.

## TAGLIARINI

Tagliarini is the fine, ribbon-like variety of Italian paste. Cooked and served with the following sauce it is an excellent supper dish.

Peel and slice 6 fairly large onions into a frying-pan and cover with olive oil. Let them fry down well, then season with 1 teaspoonful of salt and  $\frac{1}{2}$  teaspoonful of paprika. Add to them

- 2 quarts of tomatoes
- $\frac{1}{2}$  teaspoonful of celery salt
- 2 cloves of garlic, chopped
- 2 bay leaves
- $\frac{3}{8}$  cupful of dried mushrooms soaked in hot water, and chopped
- 1 teaspoonful of chili pepper
- 1 teaspoonful of salt
- $\frac{1}{2}$  teaspoonful of paprika
- 2 cupfuls of stock or gravy

Let the sauce boil gently until thick. Boil tagliarini in salted water, as you cook spaghetti. When ready to serve, pour the sauce over the cooked tagliarini on a large hot platter, cover the top with grated Parmesan cheese, and put into a hot oven ( $450^{\circ}$ ) until the cheese begins to melt. Pass a dish of grated cheese at table.

## TAMALES

When corn husks are used, steam them so they will be easily handled. Then keep tamales in a steamer to have them hot. Vegetable parchment paper may be used in place of the husks.

2 pounds of boiling beef  
 1½ pounds of pork steak  
 Water to cover  
 Corn meal to thicken liquid until hard to stir  
 Salt to taste  
 Cayenne to taste  
 Ripe olives

Boil meat together until it will fall to pieces, then remove from broth and season broth well. (The corn meal will require more salt than the broth alone will.) Stir in the meal, the shredded meat, and olives, and cook, stirring occasionally, for half an hour or longer. Spread on a corn husk, wrap, and tie with raffia. Serve with catsup. If tamales are liked very hot, the needed cayenne can be added to the catsup, but it is better not to put too much in with the corn meal. Serves six.

## CORN TAMALES PIE

1 large can of golden bantam corn  
 1 large can of tamales  
 1 small can of tomato sauce  
 2 eggs, beaten  
 Salt and pepper to taste

Mix corn, tamales, tomato sauce, and beaten eggs thoroughly together. Salt and pepper to taste. Butter an oven-ware or aluminum baking-dish and put mixture into it. Bake in a moderate oven (375°) for 30 or 40 minutes, or until the center of the tamale pie is firm. Grated cheese

may be sprinkled over the top before baking for a more tasty crust. With buttered rolls, celery or cold artichokes with mayonnaise, coffee, and dessert, this makes a simple and delicious picnic luncheon.

## TAMAL PERDIDO

(Lost Tamale)

2 cupfuls of chopped leftover roast pork  
 1 chopped onion  
 1 small piece of chopped garlic  
 1 tablespoonful of shortening  
 2 tablespoonfuls of tomato sauce  
 1 teaspoonful of chili powder  
 1 sliced pickle  
 ¼ cupful of raisins  
 1 teaspoonful of sugar  
 ½ cupful of water

Fry meat, onion, and garlic in the shortening until golden brown; add the tomato sauce and chili powder, and mix well with the gravy left over from the roast pork. Then add the sliced pickle, raisins, sugar, and water, making a gravy, adding more water if necessary. Let cook while you make the following:

*Pie Crust*

2 cupfuls of white corn meal  
 1 teaspoonful of baking powder  
 1 teaspoonful of salt  
 1 tablespoonful of shortening  
 ½ cupful of flour

Mix corn meal, baking powder, salt, and shortening with boiling water to make a thick paste. When well mixed, sift in the flour gradually, adding more hot water when it becomes too thick. Oil a deep pie plate well and cover it thoroughly with the paste. Pour the meat into it, cover it with more paste, making a pie, and put into a moderate oven (375°) for half an hour or longer.

## HOMINY TAMALE PIE

$\frac{3}{4}$  pound of round steak  
3 tablespoonfuls of shortening  
1 small onion, cut fine  
6 level teaspoonfuls of chili  
powder  
3 tablespoonfuls of flour  
A little water  
1 teaspoonful of salt  
1 quart of hominy  
Small can of ripe olives, stoned  
and chopped

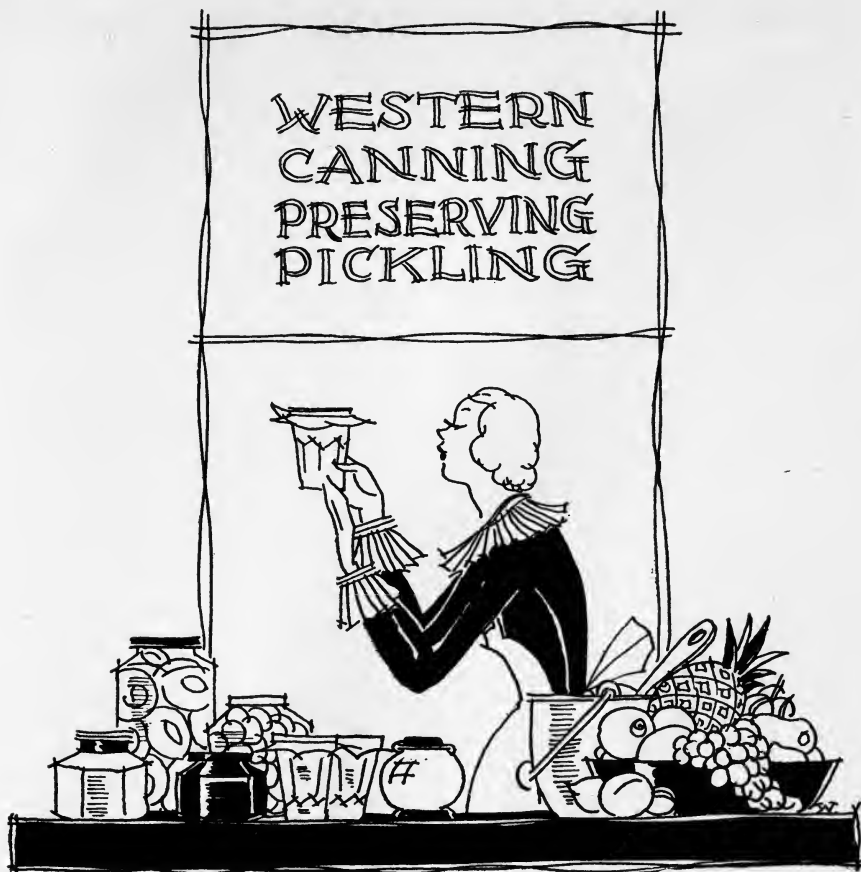
Heat the shortening in a frying-pan, and in it sauté the chopped onion. Cut the meat in small pieces and brown slightly with the onion. Add a small amount of water

and let the meat cook gently until tender.

Then add the chili powder and flour mixed to a paste with more water, and cook, stirring until smooth. Let boil a few minutes, adding a little more water if necessary to make a good gravy.

Put the hominy through the meat grinder, and add a little salt. Put a layer of the meat mixture into an oiled baking-dish, then a layer of hominy, sprinkling a few chopped olives on each layer, and alternating until the ingredients are all used. Have the top layer of hominy. Bake half an hour in a moderately hot oven (400°).





Canned foods of excellent quality and limitless variety are available in every market at such low prices that we ordinarily rely largely on them for out-of-season enjoyment of certain products. It is, however, so interesting and so satisfying to put away gleaming jars of choice preserves and jams and jellies and pickles made from our favorite Western fruits and vegetables that we are including this chapter. The suggestions as to where to send for complete canning information will be appreciated by those whose favorite cooking hobby is canning. The directions for jelly-making are complete, and applicable to all Western fruits.

## JELLIES AND PRESERVES

One can take a good many liberties with jams, conserves, and preserves, and be fairly sure of good results. Jellies, however, require some science as well as art. For that reason a fairly complete discussion of what to do and what not to do in jelly-making is given. These rules may be applied to all fruits, thus making definite recipes unnecessary. Familiarize yourself with this information and you will be able to make successful jelly from any fruit.

### Jelly Rules and Regulations

For successful jelly-making, three things are necessary: pectin, acid, and sugar.

Either cane or beet sugar may be used with equally good results. So far as acidity is concerned, a tart-tasting fruit or one that is not fully ripe is likely to be best. A little lemon juice— $\frac{1}{2}$  to 1 tablespoonful for each cupful of juice, added when sugar is put in—will make up the deficiency for fruits lacking in acid.

Pectin, the jelling substance found naturally in certain fruits, or formed when the fruit is boiled with water, varies considerably in amount in different fruits. Under-ripe fruit contains more pectin than ripe fruit. Over-ripe fruit, or fruit such as apples held for several months, will not yield sufficient pectin for good jelly. It is always advisable to test the pectin content of juice for jelly, though of course good jelly can be and is made without this precaution. The test is most valuable in deciding the proportion of sugar to use for each cupful of juice. There are various tests, the alcohol test being probably the simplest.

### Alcohol Test for Amount of Pectin

Place 1 teaspoonful of cooked, cooled juice in a shallow cup or dish. Add 1 teaspoonful of alcohol (grain, wood, or denatured). Mix by gently tipping the cup.

a) In excellent jelling juice, the pectin precipitates almost at once so that practically all of the juice becomes solid with little or no liquid left. (For such juices, allow 1 cupful of sugar to 1 cupful of juice.)

b) In good jelling juice, the pectin precipitates quickly in 2 or 3 large masses, but the volume is still good. (Allow  $\frac{2}{3}$  cupful of sugar to 1 cupful of juice.)

c) In fair to poor jelling juice, a few lumps of jelly form, or there may be only a few flakes with considerable liquid. (Allow  $\frac{2}{3}$  cupful of sugar to 1 cupful of juice.)

For fruits deficient in pectin, the addition of commercial fruit pectin is recommended. For best results, follow recipes supplied with the bottle or package.

### Steps in Jelly-Making

1. *Preparation of fruit.*—Wash, trim off any unsound portions, and cut into small pieces. Do not ordinarily discard cores, peelings, or seeds.

2. *Quantity of water to use.*—For soft juice fruits: none, or  $\frac{1}{4}$  as much as fruit; for berries with tough skins: about  $\frac{1}{2}$  as much as fruit; for hard fruits: water to cover well (more may have to be added if boiled too rapidly). Cover kettle.

3. *Boiling the fruit.*—Do not cook slowly or over-cook. Cook fruit at moderately rapid rate until quite soft—usually less than half an hour.

4. *Draining the juice.*—Pour into flannel jelly bag. There should be enough liquid so that it is fairly well drained within 30 minutes. Do not squeeze. It is unnecessary and unwise to let bag drain all night, as the juice may ferment.

5. *Second and third extractions.* If an excellent or good pectin test is secured, return pulp to kettle, cover with water and repeat the boiling and draining process. Be sure there is sufficient liquid to drain freely.

6. *Handling the juice.*—It is best to combine the extractions since the last is likely to be lacking in acid and flavor. Measure the combined juices. Determine quantity of sugar as based upon result of alcohol pectin test.

7. *Adding the sugar.*—For small amounts of juice (4 cupfuls or less) no difference in the jelly is noted if sugar is hot or cold when added to the boiling juice. (Sugar may be readily heated in a double boiler, if desired.) For best results, jelly should be boiled rapidly, so a broad utensil is desirable. It is never wise to make more than 6 cupfuls of juice into jelly at one time.

8. *Tests for "doneness."*—Spoon or sheet test: Dip the spoon into the boiling juice, then raise it above the liquid, and let the juice run off from the side of the spoon. When the jelly is done, the juice will be so heavy that the last portion will sheet off, or break off in sheets, instead of trickling in drops as at first. Take the jelly from the fire instantly when this point is reached, as further cooking will spoil it. Temperature test: If a candy thermometer is used as a test, the jelly will as a rule be done when the thermometer reads 214 degrees to 220 degrees F.

9. *When shall jelly be skimmed?* At the end of the cooking process, just before pouring into the glasses, skim off the scum which rises to the top. This causes less waste from skimming than when the jelly is skimmed constantly during the cooking process. A rubber plate-scraper is much more convenient than a spoon to use in skimming the syrup.

10. *How shall glasses be prepared?*—Put glasses and covers into a pan of cold water so that the water completely covers them and let this water slowly come to a boil. Remove from the fire and let stand in the hot water until the jelly is nearly done. Then fish them out of the hot water with a spoon or fork, handling them as little as possible; drain, upside down, and let them dry themselves. Pour the hot jelly into the hot glasses, up to  $\frac{1}{2}$  to  $\frac{3}{4}$  inches from the top—never fuller. Keep the covers in a clean place until the jelly has set. Neglecting to boil the glasses may cause fermentation of the jelly after a few weeks, in some cases. Scalding the glasses with hot water is not so good a precaution against this undesirable result as boiling them.

11. *How shall the jelly be covered?*—Cut or shave paraffin into a small sauce pan or old coffee pot, melt over low heat, let heat for few moments without smoking (be careful not to over-heat, or it may burst into flame), pour over cool jelly in a  $\frac{1}{8}$ -inch-thick layer. Cool. Cover jars, and store in a dry cool place.

### Jelly Difficulties and Their Causes

#### 1. *Dark, Cloudy Jelly*

Juice squeezed rather than allowed to drip.

Juice not strained through thick cloths.

Over-cooking.

2. *Soft Jelly*

Juice poor in pectin because too ripe or unsuitable for jelly-making.

Too much sugar.  
Insufficient cooking.

3. *Stiff Jelly*

Too little sugar.  
Too long cooking.

4. *Syrupy Jelly*

Too much sugar.  
Too little pectin (fruit too ripe or unsuitable).  
Long, slow cooking (destroys pectin).

5. *Tough and Gummy Jelly*

Over-cooked.  
Too little acid.

6. *Sugar Crystals*

Too much sugar or too little acid or pectin.  
Sugar added too near end of cooking process.  
Imperfect seal.

7. *Weeping Jelly*

Too much acid in proportion to pectin present.  
Fluctuation of temperature in storage cupboard, causing weeping under paraffin.

8. *Mold or Fermentation*

Containers not sterilized by boiling in water.  
Careless handling of container after sterilization.  
Imperfect seal or container.  
Too little sugar.

Any number of interesting combinations of fruit juice for jellies are possible. Apple and blackberry—3 parts apple to 1 of blackberry; apple and blueberry, cherry, or raspberry, half and half; apple and elderberry, peach, pineapple, or quince, half and half; and cranberry and quince, half and half, are

among the most popular combinations. Be sure to combine acid fruits with those less acid, and fruits rich in pectin with those lacking in it.

## APPLE JELLY

Follow general directions for jelly-making, but be sure to cook the apples a long time, in order to develop a pretty rosy color. Tart or unripe apples must be used for best results. The fruit of any of the ornamental flowering apples, as *Floribunda*, makes excellent jelly.

## RIPE APRICOT JAM

$3\frac{1}{4}$  cupfuls of prepared fruit  
7 cupfuls of sugar  
 $\frac{1}{2}$  bottle ( $\frac{1}{2}$  cupful) of liquid  
fruit pectin  
Juice of 1 lemon

Pit about 2 pounds of fully ripe apricots. Do not peel but cut into small pieces, and crush thoroughly or grind. Add lemon juice. Measure sugar and prepared fruit into a large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in the liquid pectin. Skim; pour quickly. Paraffin the hot jam at once. Makes about 10 eight-ounce glasses.

## SIMPLICITY APRICOT JAM

Do not peel apricots for jam; just take out the pits and run the fruit through the coarse knife of the food chopper. Cover with an equal measure of sugar and let stand an hour or two or overnight. You will have plenty of juice without adding any water. Cook, stirring, until jam reaches the consistency you like best, and pour into hot, sterile glasses or jars.

## APRICOT-STRAWBERRY JAM

Wash and pit the apricots, and cut into tiny pieces. Stem and wash the berries, allowing 1 basket to 4 or 5 pints of cut apricots. Measure  $\frac{3}{4}$  cupful of sugar to each cupful of fruit, and put all—berries, apricots, and sugar—in a preserving kettle and allow to stand in a cool place overnight. Next morning cook slowly until thick, let cool, then reheat and put into sterilized jars, and seal or cover with paraffin. Cooling before putting into the jars causes the berries to absorb the syrup, making them plump. (To shorten the process, bottled liquid pectin may be added to the fruit mixture after first heating it to boiling. In this case, follow directions for similar mixtures of fruits, in the recipe book that comes with the bottled pectin.)

## WESTERN CHERRY JAM

4 packed cupfuls of pitted, sweet cherries  
 $\frac{1}{4}$  cupful of water  
 7 cupfuls of sugar  
 1 cupful of liquid fruit pectin

Pit the cherries, any variety except wild or chokecherries, crush, chop, or grind coarse in food chopper, and measure into a large kettle. Add the water, stir until mixture boils, then cover kettle and let simmer for 15 minutes. Add the sugar, mix, and bring at once to a full rolling boil over hot fire, stirring constantly. Boil hard for 3 minutes, then remove from fire, stir in liquid pectin, then stir and skim by turns for 5 minutes to cool slightly, so that fruit will not float in the finished jam. Pour quickly and cover with paraffin as directed above. For a stronger cherry flavor, add  $\frac{1}{4}$  teaspoonful of almond extract before pouring into glasses. Sweet cherry

jam sets more slowly than that made of sour cherries.

## IMITATION MARASCHINO CHERRIES

4 $\frac{1}{2}$  pounds of Royal Ann cherries  
 1 ounce of liquid red fruit coloring  
 4 $\frac{1}{2}$  pounds of sugar  
 1 ounce of almond extract  
 Juice of 1 lemon

Pit the cherries, and soak overnight in a brine made from 2 tablespoonfuls of salt and 1 teaspoonful of alum for each quart of water needed. Next day wash until no trace of salt is left. To the cherries add 3 cupfuls of water, the sugar, and the coloring, and bring just to the boiling point. Let stand 24 hours. Again bring to the boiling point, and again let stand for 24 hours. For the third time bring to the boiling point and then add the almond extract and lemon juice. Seal in small bottles or jars. If the syrup becomes too thick, dilute with hot water to the desired consistency. Green coloring may be substituted for the red if desired.

## CHERRY CONSERVE

2 pounds of pitted cherries  
 4 cupfuls of sugar  
 Juice of  $\frac{1}{2}$  lemon  
 1 cupful of seeded raisins  
 1 orange, juice and chopped rind  
 1 cupful of nutmeats (almonds, filberts, or pecans)

The pitted cherries may be chopped, halved, or used whole. Slice the orange very thin, or run it through the food chopper. Add the sugar to the fruit, then the lemon and orange, and cook until the mixture is thick and transparent. Add the raisins and nuts five minutes before removing from the fire. Pack hot into sterilized jars or glasses and seal immediately.

### CANTELOUPE-PEACH CONSERVE

- 2 cupfuls of peeled and diced canteloupe
- 2 cupfuls of peeled and diced peaches
- Juice and grated rind of 2 lemons
- 3 cupfuls of sugar

Combine and cook until thick and clear. Pour into jelly glasses and cover with paraffin.

### ELDERBERRY JELLY

Wash and stem the berries (removing at least the largest stems), cover with water and simmer until the berries shrivel up and all the juice is out. Then drain off the juice through a jelly bag. Measure. Bring juice to the boiling point, add an equal measure of sugar, and boil until the jelly test is reached, that is, until two drops fall side by side from the edge of the spoon. Pour into sterilized glasses and seal with melted paraffin. This is especially fine with lamb chops or pork.

### FIG CONSERVE

- 2 pounds of figs (any kind)
- 1 flat can of sliced pineapple
- Sugar
- $\frac{1}{2}$  cupful of broken nutmeats

Prepare the figs as you ordinarily do for cooking, slicing them if you wish. Cut up the sliced pineapple and add, with the juice, to the figs. Weigh, and add an equal weight of sugar. Cook slowly about 2 hours, stirring occasionally. Add the broken walnut meats just before taking the conserve from the stove. Fresh apricots may be substituted for the figs in this recipe, with delicious results.

### FIG-RHUBARB JAM

- 1 pound of dried figs, cut in halves
- 5 pounds of rhubarb, cut small
- $3\frac{1}{2}$  pounds of sugar
- Juice and grated rind of 1 lemon

Combine ingredients and let stand overnight. Next day, cook slowly for an hour, or until thick. Turn into sterile glasses, and seal.

### GRAPRICOT JAM

- 2 pounds of Thompson Seedless grapes
- 1 cupful of water
- 2 pounds of ripe apricots, sliced
- Sugar

Cook the grapes in the water until soft. Add the apricots and measure; for each cupful of fruit and juice add  $\frac{3}{4}$  cupful of sugar. Cook gently until thick, pour into hot, sterilized jars, and cover with melted paraffin. This jam makes a delicious filling for layer cakes; chopped nuts may be added if desired, and the top of the cake spread with whipped cream.

### GRAPE-MINT JELLY

- $2\frac{1}{2}$  cupfuls of white grape juice
- Juice of 2 lemons
- $6\frac{1}{2}$  level cupfuls of sugar
- A few drops of green vegetable coloring
- 1 to 3 teaspoonfuls of spearmint flavoring
- 1 bottle of liquid fruit pectin

Mix grape juice, lemon juice, and sugar, and add vegetable coloring to give the desired shade (not too deep), stirring to dissolve the sugar. Heat to boiling. At once add the liquid pectin, stirring constantly; bring again to a full rolling boil, and boil exactly half a minute. Remove from the fire and add spearmint extract according to the flavor desired. Let stand 1 minute, skim,

pour quickly into hot, sterilized glasses, and cover jelly at once with hot, melted paraffin.

### GRAPEFRUIT MARMALADE

(Makes 4 glasses)

Slice one unpeeled grapefruit very thin. Measure and add 5 times as much water as fruit. Boil until reduced one-half (or about 1 hour) in an open kettle. Measure and add  $\frac{3}{4}$  cupful of sugar for each cupful of fruit. Boil until it gives the jelly test, that is, thick, reluctant drops fall from the spoon. This is usually 20 to 30 minutes after boiling begins.

### GUAVA JELLY

$3\frac{1}{2}$  cupfuls of juice  
8 cupfuls of sugar  
1 bottle of liquid fruit pectin

Use about 3 pounds of fully ripened fruit. Slice very thin and add 3 cupfuls of boiling water. Crush and stir for 5 minutes. Drip through jelly bag. Measure juice and sugar into large sauce pan, stir, and bring to a boil. At once add liquid pectin, stirring constantly, and bring again to a full rolling boil and boil  $\frac{1}{2}$  minute. Remove from fire, skim, pour quickly. Cover hot jelly with a film of hot paraffin; when jelly is cold, cover with  $\frac{1}{8}$  inch of hot paraffin, and roll glass to spread paraffin on sides. Makes about 11 eight-ounce glasses.

### KUMQUAT MARMALADE

1 pound of kumquats  
 $\frac{1}{2}$  lemon  
1 quart of water  
1 pound of sugar

Wipe the fruit with a damp cloth and slice thin, discarding only the seeds. Add the cold water, and let stand 24 hours, then cook until the

peel is tender, using an open kettle to allow evaporation. Let stand another 24 hours, then add the sugar, stir thoroughly, and cook to 220 degrees on the candy thermometer, or to the stiffness desired. Allow to stand at least a week before using. Kumquats need longer soaking than oranges in order to blend the sweetness of the peeling with the very sour juice.

### OREGON LOGANBERRY AND GOOSEBERRY JAM

1 cupful of loganberries  
3 cupfuls of gooseberries  
4 cupfuls of granulated sugar

Clean and pick over the fruit and add the sugar. Heat slowly until the sugar is melted, then let fruit boil for 15 minutes. Pour into sterilized glasses and seal.

### LOQUAT JELLY

4 cupfuls of loquat juice  
 $7\frac{1}{2}$  cupfuls of sugar  
1 bottle of liquid fruit pectin

Remove blossom and stem ends, also seeds, of about 4 pounds of fully ripe fruit. Cut in slices and add 3 cupfuls of water; bring to a boil, cover, and simmer 20 minutes. Crush with masher and simmer, covered, 20 minutes longer. Place fruit in jelly bag and let juice drip through. If there is a shortage of juice, add a small amount of water to pulp and drip through jelly bag to obtain required amount. Measure sugar and juice into large sauce pan and mix, bring to boiling over hot fire and at once add liquid pectin, stirring constantly. Then bring to a full rolling boil and boil hard  $\frac{1}{2}$  minute. Remove from fire, skim, and pour quickly. Paraffin the hot jelly at once. Makes about 11 eight-ounce glasses.

## SPICED LOQUATS

2 quarts of loquats  
 3 lemons  
 3 cupfuls of sugar  
 1 quart of cider vinegar  
 3 tablespoonfuls of cinnamon  
 1 tablespoonful of cloves

Wash loquats and remove stems and blossom ends, but do not peel. Slice lemons crosswise very thin. Put in kettle with other ingredients and cook gently until fruit is tender. Pour into jars and seal. These may be used as soon as cool. Delicious with cold meats.

## LOGANBERRY LUSCIOUS

1 box of red currants  
 2 boxes of loganberries  
 1 box of strawberries  
 1 box of raspberries  
 1 pound of black cherries  
 Sugar

Look over and wash currants; it is not necessary to stem them. Put into a kettle, mash sufficiently to start juice, and cook, stirring and mashing, until currants look whitish. Strain through jelly bag, and add 1 cupful of sugar to each cupful of juice. Stem the strawberries, pit the cherries; wash all the fruits, drain well, combine, and weigh. Add a pound of sugar for each pound of fruit, pour the sweetened currant juice over all, and let stand overnight. Next day boil briskly 15 minutes, then set away in the kettle in a cool place for 48 hours, so that the berries will absorb the syrup and become plump. Heat up, put into glasses, and cover with paraffin.

## MANGO JELLY

Peel the mango as it begins to turn yellow, before it softens. Slice the pulp from the seed; add enough

water to cover the fruit, and boil until quite tender. Strain through a muslin cloth; to the juice add an equal quantity of sugar and boil till it jells. Lime juice may be added if more acidity is desired in the jelly than is present in the mango.

## MANGO MARMALADE

The pulp left after the juice has been drained off in making jelly can be run through a fine sieve, and boiled with an equal quantity of sugar and a little lime or lemon juice added, until it thickens like cheese. The marmalade, of course, can also be made direct from the fruit, that is, with its own juice retained. It has been stated that if the mango seed is boiled together with the preserve, this will retain the flavor of the fresh mango. The seed, of course, is thrown out when the preserve is put up in jars.

## MANZANITA JELLY

Edible manzanita berries are small green to red apples about the size of the end of a finger, smooth and clean in appearance, with no gumminess of berries or bush. Cover berries with plenty of water and cook for some time, until thoroughly soft. Crush fruit, and continue cooking for a short time. Drain through a jelly bag, measure, heat juice to boiling, and add  $\frac{3}{4}$  cupful of sugar to each cupful of juice. Boil rapidly until jelly test is given, then seal in glasses as usual.

BLACK OR PERSIAN  
MULBERRIES

Mash ripe mulberries and strain. The resulting juice makes a delightful jelly.



## ORANGE MARMALADE

Use 6 lemons and 12 large or medium-sized oranges. Remove the skin in quarters from 6 of the oranges and set it aside. Slice the lemons and all of the oranges, including those that were peeled, about  $\frac{1}{8}$  inch thick. Measure the sliced fruit and add about  $1\frac{1}{2}$  cupfuls of water to each cupful of fruit. Boil the mixture slowly until soft, about 60 minutes, and then drain through a jelly bag for about 2 hours. Twist the bag to express the remaining juice or allow to drain overnight. Strain the juice until clear. Cut the quartered peels very fine. Boil them in water until tender, 20 to 25 minutes. Drain the peels and discard the water. Measure the juice. From this amount of fruit should be obtained 6 to 7 measuring cupfuls of juice. Test it for pectin and add the amount of sugar required. This will usually be 1 cupful of sugar to 1 of juice. For each 3 cupfuls of juice add about 1 cupful of the thinly sliced peel. Boil until a good jelly test is obtained. Allow the mixture to stand in the kettle until jelling begins so that the peels will not float. Pour it into dry glasses. Seal screw-cap glasses hot; if ordinary glasses are used, allow it to stand in the glasses overnight and then seal with hot paraffin. Eight or nine 6-ounce glasses of marmalade should be obtained from 6 lemons and 12 medium-sized oranges.

## OREGON GRAPE JELLY

Wash and cover the berries with water. Boil 10 minutes. Mash and heat a few minutes longer. Drain off the juice. Heat the juice to boiling and boil 10 minutes. Add  $\frac{3}{4}$  cupful of sugar for each cupful

of juice and boil until the jelly test is reached, as described above. Pour into sterilized glasses and seal with paraffin.

## P-G PRESERVES

12 ripe peaches, peeled and quartered  
 8 blue plums, or prunes, quartered  
 4 ripe pears, pared, quartered, and cored  
 Sugar

Measure the prepared fruits into a large kettle, and cover with an equal measure of sugar. Let stand until syrup starts to form, then cook slowly, with as little stirring as possible, as the fruit should keep its shape. Seal in hot glass jars. Makes about 5 or 6 glasses.

## BARTLETT PEAR HONEY

Dice firm pears, or core them and grind coarsely in a food chopper. Crushed pineapple may be added with very good effect. To each cupful of chopped fruit add 1 cupful of sugar, and a slice of lemon if desired. Cook slowly until of the consistency of honey, and seal in small jars.

## PRESERVED WHOLE PERSIMMONS

Put a thin layer of sugar in the bottom of a jar, then a layer of whole ripe persimmons, then another layer of sugar, and so on until the jar is full. The sugar will soon dissolve and form a syrup. Press the upper fruits down under the syrup or add more syrup to the jar. Seal and store until used. The syrup may be drained off and the fruits served like dates, which they will resemble in appearance and flavor.

### PINEAPPLE PRESERVES

Pare and slice or dice fresh pineapple, then weigh out one pound of sugar to each pound of fruit. Put a layer of the fruit in a stone jar, sprinkle with the sugar, continue until fruit and sugar are used up, and allow to stand overnight. Remove the pineapple and cook the syrup until thick, add the fruit, and boil for 15 minutes; remove the fruit and let it cool, then put into jars and pour the hot syrup over it. A very little fresh or preserved ginger root boiled in this syrup will improve it.

### PINECOT PRESERVES

Pare and cut one pineapple in small pieces, and slice one basket of apricots. Make a syrup of 4 cupfuls of sugar and 1 cupful of water, letting it boil for 5 minutes. Then add the pineapple carefully, and cook very slowly until tender. Add the apricots and cook 10 minutes longer. As this sweet is so rich that but a small quantity is required for serving, it is wiser to store it in half-pint jars than in those of larger proportions.

### CHERRY PLUM JELLY

This may be made plain or, for variety, apple or elderberry may be added to the cherry plums. Use 1 cupful of sugar to each cupful of juice. Imitation wild cherry fruit flavor may be used as an additional flavoring to the jelly.

### PRESERVED DAMSON PLUMS

Allow 1 pound of sugar to 1 pound of plums. Put sugar in preserving kettle with water barely to cover it, and boil to a thin syrup. Prick plums with a fork, drop into

the hot syrup, and allow to stand overnight. Next morning remove plums and reheat syrup, and repeat the process. The third day boil the plums and syrup slowly together until plums are tender. Remove fruit with a skimmer, pack into sterilized jars, and cover with the juice which has been boiled down until thick.

### DAMSON PLUM JAM

3 pounds of plums, halved and pitted  
2 pounds of sugar

Add sugar to plums, and cook a fairly long time, until plums are tender and mixture is thick and clear. Seal at once in clean, hot jars.

### FRESH PRUNE CONSERVE

4 cupfuls of stoned, chopped Italian prunes  
3 cupfuls of sugar  
1 lemon, juice and grated rind  
 $\frac{1}{2}$  cupful of chopped blanched almonds

Mix the prunes, sugar, and lemon. Let heat slowly to boiling, and boil rapidly until thick. Add the nuts as it comes from the fire, and seal in small jars, or with paraffin in jelly glasses. An especially luscious conserve is made of the little blue Damson plums, using this same recipe, with the substitution of 1 cupful of shredded pineapple for 1 cupful of the prune pulp.

### POMEGRANATE JELLY

4 cupfuls of juice  
 $7\frac{1}{2}$  cupfuls of sugar  
1 bottle of liquid fruit pectin

Separate and crush the edible portion of 10 to 20 fully ripe pomegranates. Place fruit in jelly cloth or bag and squeeze out juice. If

there is a shortage of juice, add a small amount of water to the pulp and drip through jelly bag to obtain required amount. Measure sugar and juice into a large sauce pan and mix. Bring to a boil over hottest fire and at once add liquid pectin, stirring constantly. Then bring to a full rolling boil and boil hard  $\frac{1}{2}$  minute. Remove from the fire, skim, pour quickly. Paraffin the hot jelly at once. Makes about 11 eight-ounce glasses.

### POMEGRANATE CATSUP

- 4 pounds of pomegranates, somewhat under-ripe
- 2 pounds of brown sugar
- 1 pint of vinegar
- A dash of cayenne
- $\frac{1}{2}$  teaspoonful of whole cloves
- 2 tablespoonfuls of broken stick cinnamon
- 1 tablespoonful of white mustard seed

Cut the washed pomegranates in pieces; press the juice from the seeds, and strain. Put the juice into a preserving kettle, add sugar, vinegar, cayenne, and the cloves, cinnamon, and mustard seed (all spices tied in a little bag). Simmer until sufficiently thick, strain, and seal in sterilized bottles.

### PRICKLY PEAR JELLY

Rub off the spines from the prickly pears with a thick cloth. Weigh and cut the fruit in halves. Place in a preserving kettle with 2 cupfuls of water for each pound of fruit. Let boil until cooked to a pulp, then place in a jelly bag and drain. Measure the juice and return to the kettle, adding an equal amount of sugar and the strained juice of one lemon for each 2 cupfuls of juice. Boil rapidly until a spoonful of the mixture will jell when tested

on a cold plate. Skim and pour into hot, sterilized glasses and, when cool, seal with hot paraffin. Store in a cool, dark place.

### QUINCE PRESERVES

- 4 pounds of peeled, cored, and quartered quinces
- 4 pounds of sugar
- Water
- Ginger

Prepare the quinces as described on page 194 for honey-making, separating the skins from the cores. Cover the skins with water and cook rapidly until tender. Strain this water and reserve it for making the syrup.

In the meantime, steam the quinces until they are barely tender. Add the sugar to the water, and then the fruit. Let cook very slowly, to develop the desired red color, until the sugar has penetrated and the fruit appears almost clear. Skim out and place in hot, sterilized jars; let the syrup boil down until there is just enough to fill the jars, then seal.

### QUINCE AND ORANGE CONSERVE

- $3\frac{1}{2}$  pounds of quinces, peeled and cored
- 6 cupfuls of water
- 4 medium oranges
- 9 cupfuls of sugar

Peel and core the fruit, weigh, then chop fine or put through the food chopper, and add the water. Add also the chopped rind of one of the oranges. Let cook until the fruit is tender. Then add the sugar and the juice of all the oranges. Let this simmer until it is thick and a few drops will jell when tried on a cold plate. Seal in small jars, or pour into clean, hot glasses and cover immediately with hot paraffin.

## QUINCE HONEY

A meat cleaver is the most convenient tool with which to cut up quinces, preliminary to coring. Never use cores or seeds of quinces in jelly or jam, as the sticky substance found in the cores is likely to cause a poor texture in the jelly.

4 large quinces  
4 cupfuls of water  
Sugar

Peel and core the quinces, after washing them carefully. Drop the quartered fruit into cold water to cover, and meanwhile cook the skins until tender in the water mentioned above. Do not use the cores. Strain the water from the skins, and into it grate or grind the quinces. Measure and add an equal amount of sugar. Cook rapidly for 20 to 25 minutes, and seal in small half-pint jars.

Quinces for preserves should be steamed or stewed until tender before the sugar is added, for the sugar has a tendency to harden the fruit fiber too much. If the fruit is stewed in clear water, this liquid should be used for the making of the syrup to follow.

QUINCE-APPLE-CRANBERRY  
JELLY

4 quinces, sliced and seeds discarded  
4 quarts of apples, sliced but not  
peeled  
1 quart of cranberries  
Sugar

Cover fruit with water and cook separately until soft. Mash and drain. Combine juices and proceed as with any fruit jelly, using  $\frac{3}{4}$  cupful of sugar to 1 cupful of juice. This is delicious. The apple juice may be omitted, and quince and cranberry juice used, half and half, with  $\frac{3}{4}$  cupful of sugar to each cupful of juice.

## RED RASPBERRY JAM

4 cupfuls of crushed raspberries  
6 $\frac{1}{2}$  cupfuls of sugar  
 $\frac{1}{2}$  cupful of liquid pectin

Measure the crushed berries and sugar into a large kettle, mix, and bring to a full rolling boil over a hot fire, stirring constantly all the time. Boil hard exactly 1 minute, remove from fire at once and stir in the liquid pectin, then stir and skim by turns for just 5 minutes to cool syrup slightly, so that the fruit will not float. Pour quickly into hot, sterilized glasses, cover at once with a thin film of hot paraffin, and when cold, cover with a thicker layer of the paraffin, rolling the glass to spread the wax on the sides.

If you prefer a softer jelly, do not cut down on the amount of pectin used, but instead, use  $\frac{1}{2}$  cupful less of sugar. This will set more slowly than that made by the standard recipe.

For blackberry jam use 7 cupfuls of sugar to the 4 cupfuls of crushed berries and  $\frac{1}{2}$  cupful of pectin.

## ROSELLE JELLY

2 cupfuls of roselle juice  
1 $\frac{1}{2}$  cupfuls of sugar  
2 teaspoonfuls of lemon juice

Wash roselles, cover them with water and cook until they are tender. Strain, measure the juice, boil it for five minutes, and add sugar and lemon juice in the proportion given above. Cook until it sheets from the spoon. Skim, and pour into hot, clean glasses. When cool, cover with paraffin. Roselles by themselves have not a great deal of flavor, so it is really advisable to use the juice as a base for some well-flavored fruit which is deficient in pectin, as pineapple, peaches, strawberries, or cherries.

### STRAWBERRY PRESERVES

Pour 5 cupfuls of sugar over 5 cupfuls of strawberries, which have been washed and stemmed before measuring. Put on the stove over a very slow fire, and stir until sugar is melted. When boiling-point is reached, increase heat until they boil rapidly for 8 minutes. Add  $\frac{1}{2}$  cupful of strained lemon juice. Let boil again for 2 minutes, remove from fire, and let stand in the kettle in a cool place overnight. In the morning put into glasses and seal. They do not ordinarily need reheating before putting into sterile jars, as the sugar and acid preserve them. Each berry holds its shape and does not float if made properly. Do not stir too strenuously.

### WILD STRAWBERRY JAM

1 quart of wild strawberries,  
hulled and washed  
6 cupfuls of sugar  
Juice of 1 lemon  
 $\frac{1}{2}$  cupful of bottled fruit pectin

Put the berries and sugar in layers in a preserving kettle and let stand overnight. In the morning add the lemon juice; boil rapidly for five minutes, stirring constantly. Remove from the fire and add the pectin; stir a minute or two, skim, and pour into sterilized containers. Cover with melted paraffin.

### SUNSET MARMALADE

1 orange  
1 grapefruit  
1 lemon  
Cold water  
Granulated sugar

Pare outer yellow skin from all fruit and cut into shreds with scis-

sors. Cut remainder of orange and lemon into thin slices, rejecting seeds. Add pulp and juice from grapefruit (rejecting seeds and white skin). Measure and place in preserving kettle, add three times as much cold water, let stand 24 hours. Next day boil briskly for 15 minutes and measure again; add an equal amount of granulated sugar; stand 24 hours. On the following day, boil quickly for 1 hour. Cool, fill sterilized glasses, and seal.

### TANGERINE MARMALADE

3 pounds of tangerines  
3 lemons  
Sugar

Quarter tangerines, but do not remove peel. Slice very thin, removing all seeds. Add finely shredded or sliced lemons. Measure fruit and add five times as much water, and boil until quantity is reduced nearly one-half, or from 1 to  $1\frac{1}{4}$  hours. For a light amber marmalade, cook 2 cupfuls at a time. Add  $\frac{3}{4}$  cupful of sugar to each cupful of boiling fruit and continue boiling until it gives the jelly test. It will take 10 to 20 minutes. Pour into sterilized glasses and when cool seal with paraffin. Serve with hot toast, biscuits, or as a meat accompaniment. This is a delightful novelty which deserves to be better known.

### PICKLES

Only a few specially selected recipes for pickled fruits and vegetables are given here. Be sure to send for one of the splendid booklets of complete directions for pickling, listed in the bibliography under "Canning." (See page 199.)

## CHERRY OLIVES

Select firm sweet or sour cherries. Cut the stems, leaving on about one inch. Wash, and pack lightly into sterilized jars. Add 2 tablespoonfuls of salt to each quart jar, fill the jars with mild vinegar, seal, and store. They will be ready for use in about 6 to 8 weeks.

## CUCUMBER OLIVE PICKLES

100 small cucumbers  
 1 pint of small white onions  
 1 cupful of dairy salt  
 $\frac{1}{2}$  cupful of celery seed  
 $\frac{1}{2}$  cupful of whole white mustard seed  
 1 cupful of salad oil  
 $\frac{1}{2}$  teaspoonful of ground black pepper

Slice the cucumbers and onions very thin, sprinkle with the salt, and let stand overnight. In the morning drain well, and add the seeds, salad oil, and pepper, mixing all together very thoroughly. Put into fruit jars and fill jars with cold vinegar. Seal. These will keep any length of time and are delicious. This recipe makes 2 gallons.

## BREAD-AND-BUTTER PICKLES

Slice 25 cucumbers of medium size and 12 onions. Soak in ice water with a large handful of dairy salt for 3 hours. Boil or just scald 1 quart of vinegar, 2 cupfuls of white sugar, 2 teaspoonfuls of mustard seed, 2 teaspoonfuls of turmeric, 2 teaspoonfuls of celery seed, and 1 large teaspoonful of cassia buds. Add the drained cucumbers and onions and just heat through. Put in jars and seal.

## SWEET CUCUMBER PICKLES

Cut crosswise in thick slices enough sour pickles to fill a quart jar. Add 2 cupfuls of sugar and 2 tablespoonfuls of white mustard seed. In 2 or 3 days the pickles will be covered with a sweet liquor. The pickles (which should be the large size) can be purchased at any grocery store, and so these sweet pickles can be made at any time of year.

## JUJUBE SWEET PICKLES

Prepare fruit by dipping in boiling lye water about 3 minutes or until the skin slips off readily. (The lye water is made in the proportions of 3 tablespoonfuls of ordinary household lye to each quart of water.) Remove the fruit from the boiling lye and plunge into cold running water; wash about 5 minutes, then boil in alum water about 5 minutes. (This is made by dissolving  $1\frac{1}{2}$  teaspoonfuls of powdered alum to each 2 quarts of water.) The fruit when removed from this should again be washed in running water 5 to 10 minutes, after which it should be removed and drained well, then placed in a syrup made in the following proportions:

3 cupfuls of sugar  
 1 cupful of vinegar  
 $\frac{1}{2}$  cupful of water  
 1 teaspoonful of cinnamon  
 $\frac{1}{2}$  teaspoonful of cloves

Cook fruit until done, skim out, and boil down the syrup fairly thick. Put the fruit back when the syrup is boiled down. The foregoing is sufficient for 1 quart or more of pickles. The fruit should be placed in jars and sealed while hot.

### Lye Peeling of Peaches

Freestone peaches may ordinarily be peeled easily by merely dipping in boiling water until the skins loosen, then dipping at once into cold water. Most clings, however, need stronger measures. Be extremely careful in using the lye treatment that you do not spill or spatter the boiling lye water on yourself or anyone else. Do not allow children in the kitchen while you are using it, for an accident would be serious indeed. With care, however, this method is well worth using. First, into a large enamelware or iron kettle (never aluminum) put 2 gallons of cold water, and add  $\frac{1}{4}$  pound (4 ounces, or about  $\frac{1}{2}$  cupful) of granulated lye, and stir with a wooden spoon until it is dissolved. Heat to boiling, and while actively boiling immerse the peaches, in a dipping basket, in the solution until the skin is loosened and partially dissolved. This will usually require from 30 to 60 seconds. Remove and let cold water from the faucet run over the peaches until both skin and lye are removed; rinse thoroughly in more clear water. The skins will all disappear in the dipping and rinsing process if the lye solution is strong enough (it may be made slightly stronger if it seems to be needed for the peaches you are working with), and much hand labor is saved and a smooth job of peeling is performed. Clingstone apricots and nectarines may be peeled the same way.

### SWEET PICKLED PEACHES

(Also Pears, Apples, Figs, and Other Fruits)

It is almost impossible to make really poor peach pickles, but some are of course better than others. Don't be afraid to follow your own

sense of taste in the preparation of the spiced vinegar. The following will be sufficient for about 8 quarts (1 peck) or more of peaches. The same recipe may be used for figs and other fruits.

#### *Pickling Syrup*

2 quarts of best cider vinegar (may be diluted slightly with water if very strong)

3 quarts of granulated sugar

#### Spice bag containing:

1 to 2 tablespoonfuls of whole cloves

$\frac{1}{4}$  ounce of broken stick cinnamon (this is  $\frac{1}{2}$  of a standard  $\frac{3}{4}$ -ounce package, or about 2 or 3 tablespoonfuls)

1 tablespoonful of mixed pickling spices (may be omitted)

1 piece of ginger root (may be omitted)

Heat together the vinegar and sugar until sugar is dissolved. Tie the spices loosely in a small piece of cheesecloth or thin muslin, and put into the syrup. (N.B.—If only stick cinnamon is used for spicing, the peaches will keep their light color beautifully and will be delicately flavored.) Drop peeled whole clingstone or halved freestone peaches a few at a time into the boiling syrup and cook until the fruit can easily be pierced with a toothpick. Remove these carefully to hot glass jars, and add more peaches to the syrup, continuing until all the peaches are cooked. Remove the spice bag. If the syrup is very much diluted, boil it down to the desired thickness, and pour over the peaches in the jars. If it has boiled away and not enough is left to cover the peaches, make enough new syrup to finish out. Adjust jar rings and lids, seal, and store.

This recipe may be used for pickling pears (peel them and remove blossom ends, unless you are using

the small Seckel variety); apples (peel or not as you prefer); apricots, plums, and prunes (leave whole and unpeeled); and grapes, which require very little cooking. Figs also may be pickled in this syrup, but they need special preliminary treatment: sprinkle 1 cupful of baking soda over 6 quarts of figs and add 1 gallon of boiling water. Allow them to stand in this for just 5 minutes, then drain and rinse thoroughly in clear water. Cook the figs very slowly for 1 hour in the pickling syrup, then place them carefully in the cans and fill with hot syrup.

### SPICED GREEN PEACHES

1 tablespoonful of whole cloves  
 1 teaspoonful of whole allspice  
 ½ dozen 2-inch sticks of cinnamon  
 2 quarts of vinegar, diluted to mildness  
 3 pounds of brown sugar  
 7 pounds of green peaches (whole)

Tie the spices in a cheesecloth bag, and put with vinegar and sugar. Bring all to boiling, then add the peaches and cook until they are heated through. Pour all into a crock and let stand until next day. Drain off the juice, boil it for several minutes and pour over the peaches again. The third day, cook all together slowly until the peaches begin to soften, then dip out the peaches carefully, boil the syrup a little longer, pour over the fruit again, and put the bag of spices on top. Cover with a clean, wet cloth, then with paper, or put into glass jars and screw down the lids. They need not be sealed air-tight.

### PEPPER JAM

Remove the seeds from 1 dozen large, sweet red peppers. Grind, mix with 1 tablespoonful of salt,

and let stand 3 hours. Drain; add 1 pint of vinegar and 3 cupfuls of sugar; then simmer slowly until like jam, usually about 1 hour. Pour into small glasses. This jam is fine for salads and is delicious mixed with cream cheese, potato salads, etc.

### PEPPER RELISH

1 dozen green peppers  
 1 dozen red peppers  
 ½ dozen medium-sized white onions  
 Salt to taste  
 2 pounds of white sugar (more if desired)  
 1 quart of vinegar

Seed peppers and with onions run through food chopper using fine knife, then add salt and sugar, and add all to hot vinegar. Boil 20 to 30 minutes and seal tight. This is very good with meats or fish.

### PEPPERS PRESERVED IN BRINE

Select perfect peppers without spots or bruises. Wash them, puncture several times with coarse needle and pack in crocks. Cover with an inverted plate and a heavy rock to keep them under the brine. Then completely cover all with a mixture of half-brine and half-vinegar—the brine strong enough to float an egg. Pour brine on cold. After two or three weeks, when they are quite wilted, pack in sterilized jars and pour over the same brine and vinegar and seal. When ready to use, cut off stem end, remove seeds and walls and freshen in water overnight.

### PICKLED WALNUTS

Pickled walnuts are popular in European countries although seldom made in America. The whole



nuts should be picked after they have become about two-thirds grown but before the shell has begun to harden. It should be possible to pierce them through easily with a darning needle; that is, the shell must still be soft. As they are intensely astringent ("puckery") a rather prolonged curing process is needed to render them edible.

To 3 pints of vinegar add 2 tablespoonfuls of salt and 1 tablespoonful each of allspice, whole pepper, cloves, and ginger. Puncture the walnuts with a fork and store the walnuts in this vinegar 4 months. Drain. Prepare a fresh spiced vinegar as above and bring to boiling. Half a cupful of sugar may be added if desired. Pour hot on the nuts. Seal. Store 3 weeks. They are then ready for use.

Instead of the first vinegar the walnuts may be stored in sealed jars in a brine of 1 pound of salt to 6 pints of water for 2 months. Then soak in hot water for several hours to remove excess salt. Then place in the final hot, spiced vinegar as directed above.

## PICKLED WATERMELON RIND

Cut off all the green rind and the pink part of the watermelon, then cut the white rind into small cubes (about 1 inch in size). Cover with hot water and parboil until it can be pierced with a fork, but be careful not to let it get very soft. For 7 pounds (or pints) of fruit, make the syrup as follows:

### *Syrup*

3½ pounds (7 cupfuls) of sugar  
1 pint of vinegar  
½ teaspoonful of oil of cloves  
½ teaspoonful of oil of cinnamon

When the rind is tender drain off the water, bring the syrup to boil-

ing and pour over the rind. Let this stand in the kettle overnight. In the morning drain off the syrup, reheat, and pour back. The third morning heat both the rind and syrup and seal in jars. This makes about 8 pints.

Using the oil of cinnamon and of cloves keeps the cubes clear and almost transparent. If whole spices are substituted, tie them in a bag. This makes a delicious sweet pickle.

## CANNING

Canning of fruits, vegetables, meats, and sea food is such a complex subject that it requires more space than is available here if the discussion is to be worth anything. I shall, therefore, list a number of excellent free or inexpensive sources of reliable information.

### A Few Sources of Reliable and Up-to-Date Information on Food Preservation

Write to the Home Economics Extension Service of your own state college for list of bulletins and leaflets available. Following are listed a few that you will want.

If you live in Oregon, write to the Extension Service, Oregon State Agricultural College, Corvallis, Oregon, for these bulletins.

Extension Bulletin 450, *Home Food Preservation* (issued July, 1932).

Includes full directions for canning, drying, curing, smoking, and storing of fruits, vegetables, meats, and fish.

Leaflet H.E. 416 *Salmon — Kippered or Jerked*, telling exactly how to prepare fish in these popular ways.

If you live in Washington, write to Extension Service, State College of Washington, Pullman, Washington, for canning information, particularly:

4-H Circular No. 12, *4-H Canning Club, First and Second Years* (issued March, 1932), giving condensed directions for canning fruits, vegetables, meats, poultry, and fish, and a few good recipes for jellies, jams, conserves, and pickles.

If you live in California, write to the College of Agriculture, University of California, Berkeley, California, for these publications.

Circular 276, *Home Canning*, by W. V. Cruess and A. W. Christie (revised June, 1932). This is a 48-page bulletin packed with excellent information on canning fruits and vegetables, including sweet cherries, apricots, fresh prunes, figs, grapefruit, artichokes, ripe olives, and other typically Western products.

Circular 2, *Home Preparation of Jelly and Marmalade*, by W. V. Cruess and J. H. Irish. Contains classification of fruits according to suitability for jelly-making, and full directions for making jellies and marmalades from uncommon as well as common Western fruits. There is a valuable chapter on "Defects and Causes of Failure"—weeping, formation of crystals, molding, fermentation, and so on.

Circular 37, *Home and Farm Preparation of Pickles*, by M. A. Joslyn and W. V. Cruess (issued October, 1929). This is an excellent 32-page discussion of the preservation of fruits and vegetables in brine or vinegar, with or without fermentation. Under "Fermented Pickles" come sauer-

kraut, dill pickles, and other vegetables as peppers, green tomatoes, cauliflower, Brussels sprouts, and artichokes. Directions are given for dry salting and brining of such vegetables as string beans, corn, peas, and spinach; for vegetables brined, then pickled in sweet or sour vinegar, as string beans, green tomatoes, chayotes, etc.; sweet fruit pickles; mixed pickles; cooked vegetable pickles, as artichokes and beets; relishes; catsups and sauces; pickled walnuts, and olive pickles.

Leaflet, *The Home Evaporator*, giving directions for making a simple evaporator, and for using it to dry fruits and vegetables. Directions for candying fruits are given also.

Wherever you live, write to the Superintendent of Documents, Washington, D.C., for:

Farmers' Bulletin No. 1471, *Canning Fruits and Vegetables at Home*. Price, 5 cents.

Farmers' Bulletin No. 984, *Farm and Home Drying of Fruits and Vegetables*. Price, 5 cents.

Farmers' Bulletin No. 1438, *Making Fermented Pickles*. Price, 5 cents.

A few excellent booklets on these subjects issued by commercial companies are:

*Canning, Preserving, and Pickling*. Write to Julia Lee Wright, Safe-way Homemakers' Bureau, Safe-way Stores, Inc., Box 660, Oakland, California, and inclose a large envelope, stamped and self-addressed.

*The Ball Blue Book*, an attractive 60-page book distributed free by Ball Brothers Company, Muncie, Indiana. It contains dozens of delightful recipes, clearly ex-

pressed, for canning and preserving fruits, vegetables, meats, and fish, including many novelties.

*The Home Canners' Text Book*, a 64-page book distributed by the Boston Woven Hose and Rubber Company, Cambridge, Massachusetts; price, 10 cents. Contains four pages of gummed and printed jar labels, in addition to good recipes and directions for canning, preserving, and pickling.

*A Book of Recipes and Helpful Information on Canning*, a 68-page

book published by the Hazel-Atlas Glass Company, Wheeling, West Virginia.

*The Modern Way of Canning*, published by the Burpee Can Sealer Company, 215 West Huron Street, Chicago; price, 25 cents. A 64-page book of directions for canning fruits, vegetables, meats, and fish in tin cans.

*Lorain Oven Canning*, a 20-page leaflet distributed free by the American Stove Company, Cleveland, Ohio.



# INDEX

- Abalone**, 129-130  
Año Nuevo Style, 130  
Boiled, 130  
Chowder, 130  
Fried, 130  
Fritters, 130
- Alaska Black Cod**, 130-131  
Kippered in Cream, 158
- Albacore**, 131
- Albondigos**, 174
- Alligator Pears**, *see* Avocados
- Almonds**, 114  
Almond Cream Pie, 115  
Almond Rocha Candy, 115  
Fresh Prune Conserve, 192  
Lady Baltimore Cake Filling, 114  
Paradise Pudding, 115  
Salted, 114  
Sunshine Fluff, 90
- Anaheim Chili Peppers**, 23
- Anchovies**, 131
- Appetizers**  
Artichoke-Avocado Cocktail, 46  
Avocado and Celery Cocktail, 47  
Avocado Canapé, 47-48  
Avocado Cocktail Salad, 46  
Canta-Cherry Cup, 61  
Cantaloupe Cocktail, 81  
Crab Cocktail, 138  
Cranberry Juice Cocktail, 54  
Fresh Pineapple Camille, 91  
Grapefruit and Pomegranate Cup, 63  
Grapefruit Avocado Canapé, 63  
Grapefruit Macedoine, 63  
Jellied Tangerine Cocktail, 75  
Jellied Tomato Soup, 32  
Melon and Grape-Juice, 81  
Olives in Blankets, 83  
Pomegranate, 93  
Prune, 112  
Tangerine, 75  
*See also* Salads; Sauces, Miscellaneous
- Apples**  
Apple Coffee Cake, 42  
Apple-Horseradish Sauce, 42  
Apple Jelly, 186  
Apple Sauce Cake, 40  
Baked Apple Delight, 40  
Caramel Pudding, 41  
Christmas Salad, 49  
Extra-Special Sauce, 43  
Faerie Salad, 93  
Graham-Apple Pie, 41  
Green Apple Pie, 41  
Ham-Apple Pie, 43  
like Honeyed Peaches, 86  
"McGinties," 105  
Mint, 40-41  
Old-Fashioned Apple Salad, 40  
Prune Apple Betty, 110  
Quince-Apple-Cranberry Jelly, 194  
and Quinces, 94  
Relish, 41  
Western Apple Dimpplings, 42
- Apricots**  
Apricot Cake, 105  
Apricot Chiffon Pie, 106  
Apricot Cream, 107  
Apricot Dainty, 44  
Apricot Ice Cream, 106  
Apricot Sauce, 45  
Bavarian Cream, 44  
Double-Decked Fruit Salad, 95  
Grapricot Jam, 188  
Meringue Pie, 44  
Pinocot Preserves, 192  
and Prune Upside-Down Cake, 113  
Rice à la, 45  
Ripe Apricot Jam, 186  
Sacramento Sunshine, 44  
Simplicity Jam, 186  
Sponge Cake Dessert, 106  
and Strawberry Jam, 187  
Sunday Night Supper Salad, 44  
Tapioca, 106
- Artichokes**, 2-7  
Avocado Cocktail, 46  
Artichoke Bottoms, 5  
as Cases for Creamed Foods, 5  
in Combination Salad, 6  
Cooking and serving, 3  
Crab Cocktail Supreme, 6  
Dry Sauté, 4  
Fried, 3  
Fried Hearts of, 5  
Molded Salad, 6  
Omelet, 5; Marie's, 5  
Quartered, 4  
Selection and preparation, 2  
Soufflé, 6  
Stewed, 4  
Stuffed, 4; Italian, 4  
Stuffed Salad, 6
- Asparagus**, 7-8  
with Cheese, 8  
and Cheese Delight, 8  
Preparation and cooking, 7-8
- Avocados**, 45-51  
and Artichoke Cocktail, 46  
Avocado Novel, 50  
Avocado Surprise, 48  
and Bacon Sandwich, 48  
Bouillon with, 47  
Calavo Cocktail Sauce, 47  
Calavo Cream Dressing, 49  
Calavo Mousse, 51  
Calavo Treasure-Chest, 49  
Calavonnaise, 49  
Canapé, 47, 48  
and Celery Cocktail, 47  
Christmas Salad, 49  
and Clam and Tomato Broth, 47  
Cocktail Salad, 46  
Dressing, 50  
Grapefruit and Persimmon Salad, 48  
in Grapefruit Canapé, 63-64

- Avocados** (Continued)  
 Molded Salad, 51  
 Mousse (Salad), 50  
 and Pineapple Salad, 48  
 Preparation and serving, 46  
 with Scrambled Eggs, 50  
 as Shells for Baked  
   Creamed Crab, 50  
 and Shrimp Salad, 48  
 Soufflé, 51  
 Stuffed, 48, 49  
 and Tomato-Crab Salad, 49
- Bacon**  
 in Avocado Canapé, 47  
 and Avocado Sandwich, 48  
 Minestrone, 178  
 Olives in Blankets, 83  
 with Prune Appetizers, 112
- Bamboo Shoots**, 8-9  
 Japanese Style, 9
- Bamboo Sprouts**, 180
- Bananas**  
 Sunshine Fluff, 90
- Barberries**, 102
- Barracuda**, 131
- Basilica**, 19
- Bass** (Black, 141; Rock, 149; Striped, 131)  
 Baked Striped, with Tomato Sauce, 131-132
- Beach Strawberry**, 102
- Bean Sprouts**, 9  
 in Chow Mein, 175  
 in Eggs Foo Yung, 176
- Beans**, 9-11  
*Kidney Beans*  
 Chili con Carne, 175  
 Minestrone, 178  
*Lima Beans*  
 Au Gratin, 10  
 in Cream, 11  
 Muffins, 11  
 Oxnard, 10  
 Scalloped Succotash, 11  
 Soup, 10  
 Southern California Style, 11  
*Mexican or Red Beans*  
 Frijoles, 177  
*String Beans*, 11  
 Spanish Style, 11  
 with Tomatoes, 11
- Bear Berry**, 103
- Bear Meat**, 167
- Beets**, 12
- Bell Peppers**, 23
- Berries**, 51-61  
 Berry Cobbler, 52  
 Berry Rice Parfait, 52  
 Frozen Dessert, 95  
 German Berry Cake, 52  
 Oregon Grape, 102, 191  
*See also* Blackberries, etc.
- Beverages**  
 Best Lemonade, 65  
 Fruit Punch with Oregon Grape, 102  
 Loganberry Punch, 57  
 Logan-Ginger Punch, 56  
 Orange Juice with Fruit Ice, 69  
 Orange Juice with Vanilla Ice Cream, 69  
 Passion Fruit Punch, 101  
 Tangerine, 75
- Bitki**, 174
- Black Bass**, 141
- Blackberries**, 103  
 Blackberry Jam, 194  
 Crumb Pudding, 52
- Blue Fish**, 149-150
- Boccacio**, 149-150
- Bonito**, 132
- Bracken**, 12
- Bread and Rolls**  
 Fig Nut, 108  
 French Minced Clam Loaf, 136  
 Orange Bread, 71  
 Orange Rusks, 72  
 Prune Cornbread, 109  
 Prune Nut Bread, 109  
 Simplicity Nut Bread, 118  
 Sunkist Raised Orange, 71
- Broccoli**, 12-13  
 Baked, 13
- Brush Cherry** (Eugenia), 99
- Brussels Sprouts**, 13  
 à la Milanaise, 13
- Buffalo Berry**, 103
- Cabbage**, 13-14  
 Chinese, 14  
 Minestrone, 178  
 Red, German Style, 14
- Red Cabbage Salad, 14  
 Savoy or Curly, 14  
 Sour-Cream Cole Slaw, 15  
 Sweet-Sour Red, 14  
 White, 14
- Cactus Fruit**, 99
- Cakes**  
*Cake Fillings*  
 Apricot Puree, 106  
 Fruit, 114  
 Lady Baltimore, 114  
 Lemon, 66  
 Nut Cream, 119  
 Passion Fruit, 102  
*Frostings and Icings*  
 Lady Baltimore, 114  
 Lemon, 66  
 Lemon Butter, 66  
 One-Two-Three, 118  
 Orange Butter, 71  
 Passion Fruit, 102  
*Ice-Box Cakes*  
 Sunkist, 73  
*Layer and Loaf Cakes*  
 Apple Coffee, 42  
 Apple Sauce, 40  
 Apricot, 105  
 Best Ever Nut Loaf, 118  
 Black Cherry, 60  
 Cherry and Nut Upside-Down, 60  
 Fig Frying-Pan, 78  
 German Berry, 52  
 Little Lemon, 66  
 Marmalade Gingerbread, 72  
 Nut Sponge, 119  
 Orange Sponge, 72  
 Prune and Apricot Upside-Down, 113  
 Prune Layer, 111  
 Raisin Nut, 118  
 Stanford Hospital Prune, 110  
*Small Cakes* (Cookies, Fruit Bars, etc.)  
 Date Sticks Delicious, 107  
 Date Torte, 107-108  
 Fudge Brownies, 117  
 Pecan Patty-Cakes, 116  
 Spice Drops, 118  
 Whole Wheat Date Cookies, 107

- Calavo**, *see* Avocados, 45-51
- Candies**  
Almond Rocha, 115  
Candied Grapefruit Peel, 63  
Candied Orange or Lemon Peel, 74  
Fig Nibbles, 108  
Fruit-Nut Loaf, 114  
Holiday Tidbits, 113  
Lemon Cream Patties, 65  
Mexican Orange Candy, 119
- Canning**, *see also* Jellies and Preserves; Pickles and Relishes  
Sources of information on, 199-201
- Cantaloupe**  
Canta-Cherry Cup, 61  
Cocktail Rings, 81  
Melon and Grape-Juice Appetizers, 81  
and Peach Conserve, 188
- Cardoon**, 12
- Carissa**, 99
- Carrots**, 33-35  
and Ripe Olive Salad, 85
- Casaba Melon**, *see* Melons, 80-81
- Catfish**, 132
- Cauliflower**, 15-16  
à la Creole, 16  
Custard, 16  
Golden, 16  
Oysters, 16  
Selection, preparation, and cooking, 15-16
- Cayenne Peppers**, 23
- Celeriac** (Celery Root), 17
- Celery**, 16-18  
and Avocado Cocktail, 47  
with Brussels Sprouts, 13  
Celery Victor, 16-17  
in Chop Suey, 175  
in Chow Mein, 175  
Dependable Fish Soufflé, 127  
with Olive and Tongue, 85  
Stuffed, 17  
Tomato Crab Salad, 138
- Celery Root**, 17-18  
Balls, Danish, 17  
Cocktail, 17
- Chard**, 18, 33
- Chayotes**, 27  
with Zucchini, 30
- Cheese**  
in Asparagus Delight, 8  
Avocado Canapé, 47  
Avocado Surprise, 48  
Baked Italian Rice, 25  
Cheese Sauce, 170  
in Chiles Rellenos, 174  
in Chili con Carne, 175  
Crab Noodle Ring, 139  
Dressing for Hearts of Lettuce, 97  
Enchiladas, 177  
Escalloped Zucchini with, 30  
Kipperd Salmon Fluff, 159  
Macaroni and Olives, 84  
"More," 84  
and Pears, 88  
and Persimmons, 89  
Piquant Salad, 112  
in Prune Appetizers, 112  
Ravioli, 179  
Rock Cod Mornay, 149-150  
Shrimp Scallop, 154  
Simple Escalloped Zucchini, 30  
Skimpy Shrimp, 153  
Stuffed Figs, 108  
Summer Squash Custard, 29  
Sunday Night Sandwiches, 84  
in Tangerine Salads, 75  
Tuna Fish and Rice, 26
- Cherimoya**, 99
- Cherries**, 59-60  
All-Western Salad, 61  
Black, in Cake, 60  
Black, in Loganberry Luscious, 190  
Canta-Cherry Cup, 61  
Cherry Conserve, 187  
Cherry Olives, 196  
Cherry Pie, 60  
Favorite Cherry Rolls, 61  
Imitation Maraschino, 187  
and Nut Upside-Down Cake, 60  
and Peach Dessert, 61  
Western, in Jam, 187  
Western Varieties (Table), 59  
Wild, 103
- Chervil**, 19, 36
- Chestnuts**, 115-116
- Chicken**  
Windsor Sandwich Spread, 83
- Chiles Rellenos**, 174
- Chili con Carne**, 175
- Chilipepper**, *see* Rock Cod
- Chinese Date**, *see* Jujubes
- Chinese Dishes**  
Chop Suey, 175  
Chow Mein, 175  
Eggs Foo Yung, 176
- Chinese Nuts**, *see* Lychee
- Chinese Radishes**, 18
- Chives**, 19
- Chokecherry**, *see* Cherries, Wild, 103
- Chop Suey**, 175
- Chow Mein**, 175
- Citron**, 62
- Citrus Fruits**, 61-75
- Clams**, 132-137  
Baked, 135  
Beach, 133  
Butter, 133  
Clam Cakes, 136  
Cockles, 133  
Empire, 134  
French Minced Clam Loaf, 136  
Fried, 136  
Fried Razor, 136  
Gaper, or Horse, 134  
Geoducks, 134  
Hard-Shell, or Quahaug, 133  
Horse, 134  
Jack-Knife, 134  
Minced Clam Soup, 135  
Moneyshell, 133  
Mud, 133  
Oregon Clam Bisque, 135  
Pacific Coast Chowder, 135  
Pismo, 134  
Preparation of, 133  
Purple, 133  
Quahaug, 133  
Razor, 133  
Sea, 133

- Clams** (Continued)  
 Soft-Shell, 133  
 Soufflé, 136  
 Washington, 133  
 Western Varieties, 133-134
- Cocktails**, *see* Appetizers
- Cocktails, Sauces**, *see* Sauces, Miscellaneous
- Cocoanuts**  
 in Curried Lobster, 176
- Codfish**, 137  
 Baked Kippered, 158  
 à la Newburg, 159  
 Spanish, 158
- Conserves**, *see* Jellies and Preserves
- Cookies**, *see* Cakes, Small
- Coot**, 162
- Corn**  
 and Scalloped Olives, 84  
 and Summer Squash, 28  
 in Tamale Pie, 181
- Crabapple**, 103
- Crabs**, 137-140  
 Avocado-Tomato Salad, 49  
 Avocados Stuffed with Crabmeat, 48  
 Crab Cocktail, 138  
 Cocktail with Artichokes, 6  
 Cooking and serving, 137-138  
 Crab Flake Lorenzo, 140  
 Crab Legs, Josephine, 139  
 Crab Louis, 138  
 Crab Noodle Ring, 139  
 Creamed, Baked in Avocado Shells, 50  
 Deviled, 139  
 Molded Crab Meat, 138  
 and Tomato Salad, 138
- Cranberries**, 53-54  
 Cranberry Horseradish Relish, 54  
 Cranberry-Juice Cocktail, 54  
 Cranberry Sherbet, 54  
 Crystallized Relish, 54  
 Gelatine in Orange Shells, 53  
 Ground, in Sauce, 54  
 Jellied Sauce, 54  
 and Orange Relish, 54  
 and Quince-Apple Jelly, 194  
 Stewed, 53  
 Ten-Minute Cranberry Sauce, 53  
 Wild, 103
- Crawfish**, *see* Lobster
- Cream, Sour**  
 in Bitki, 174  
 Cucumber Sauce, 139  
 Molded Crab Meat, 138  
 in Salad Dressings, 97
- Cress**, 18
- Cucumbers**  
 Bread-and-Butter Pickles, 196  
 Cucumber Sauce, 139  
 Cucumber Olive Pickles, 196  
 Sweet Pickles, 196  
 in Tomato Crab Salad, 138
- Currants**, 103  
 in Loganberry Luscious, 190
- Curried Lobster**, 176
- Curried Shrimps and Oysters**, 176
- Cuttlefish**, *see* Squid, 154
- Danish Dishes**  
 Celery Root Balls, 17  
 Röd Gröd, 58  
 Squash, 31
- Dasheen**, 18
- Dates** (Fresh, 76, 107; Dried, 107-108)  
 Fruit Filling for Cakes, 114  
 as Garnishes for Salad, 95  
 in Pecan Patty-Cakes, 116  
 Date Sticks Delicious, 107  
 Date Torte, 107-108  
 Whole Wheat Date Cookies, 107
- Desserts** (*see also* Cakes, Pies)  
 Apricot, 43-44  
 Apricot Bavarian Cream, 44  
 Apricot Sponge Cake, 106  
 Apricot Tapioca, 106  
 Baked Apple Delight, 40  
 Baked Orange Slices, Mapled, 70  
 Baked Peach Halves, 86  
 Baked Peaches, 86  
 Baked Pears, 88  
 Baked Prunes, 111  
 Baked Quinces, 94  
 Berry Cobbler, 52  
 Berry Parfait, 52  
 Best-of-All Strawberry Shortcake, 58  
 Brown-Sugared Rice, 26  
 Cake Crumb Fruit Dessert, 95  
 Calimyrna Fig Roll, 109  
 Cherry-Peach Dessert, 61  
 Cherry Rolls, Favorite, 61  
 Fig Tapioca, 108  
 Figs, Fresh, 77  
 Fresh Prune Sauce, 92  
 Fruit Cup Supreme, 95  
 Grape Combination Salad, 79  
 Grape Refreshment, 79  
 Grape Tapioca, 79  
 Grapefruit Macedoine, 63  
 Honeyed Peaches, 86  
 Lemon Bavarian Cream, 66  
 Lemon Gelatine (Lemon Snow, Lemon Sponge), 65  
 "McGinties," 105  
 Orange Cream Sauce on Cake, 73  
 Peach Condé, 85-86  
 Peach Salad, 87  
 Peach Whip, 86  
 Pears, Piedmont, 89  
 Pineappled Pears, 88  
 Pink Pears, 88  
 Plum Glorified Rice, 92  
 Pomegranates, 93  
 Quince Betty, 94  
 Quince Sauce, 94  
 Rice Butterscotch, 26  
 Ring Mold Shortcake, 58  
 Röd Gröd, 58  
 Sacramento Sunshine, 44  
 Strawberries in Sponge Cake Ring, 57  
 Strawberries, Western Style, 57



- Summer Squash Custard, 29  
 Sunshine Fluff, 90  
 Surprise Peaches, 87  
 Western Apple Dump-  
 lings, 42  
*Frozen Desserts*  
 Apricot Cream, 107  
 Apricot Dainty, 44  
 Apricot Ice Cream,  
 106  
 Calavo Mousse, 51  
 Cranberry Sherbet, 54  
 Frozen Dessert, 95  
 Frozen Golden Sur-  
 prise, 102  
 Grape Ice, 80  
 Lemon Ice, 66  
 Lemon Milk Sherbet,  
 66  
 Orange Delicious, 74  
 Peach Ice Cream, 86  
 Persimmon Fruit Ice,  
 91  
 Persimmon Ice Cream,  
 90  
 Prune Marshmallow  
 Freeze, 111  
 Strawberry Mousse, 58  
*Puddings*  
 Apple Caramel Pud-  
 ding, 41  
 Baked Fig, 108  
 Blackberry Crumb, 52  
 Chocolate Rice Pud-  
 ding, 26  
 Fresh Peach, 87  
 Grapefruit (*see* Grape-  
 fruit Pie), 64  
 Huckleberry Orange,  
 56  
 Old-Fashioned Baked  
 Rice, 26  
 Orange and Rice, 73  
 Paradise, 115  
 Persimmon, 90  
 Plain Raisin, 113  
 Prune, 110  
 Prune Apple Betty,  
 110  
 Prune Sunshine, 110  
**Devilfish**, *see* Squid, 154  
**Dewberry**, *see* Blackberry,  
 103  
**Dill, Fresh**, 19  
**Doves, Wild**, 163  
**Dried-Fruit Combinations**,  
 113-114  
 Fruit Filling for Cakes,  
 114  
 Fruit-Nut Candy Loaf,  
 114  
 Holiday Tidbits, 113  
 Lady Baltimore Cake  
 Filling and Icing, 114  
 Prune and Apricot Up-  
 side-Down Cake, 113  
**Dried Fruits**, 104-114; *see*  
 Apples, Apricots,  
 Dates, Figs, Peaches,  
 Prunes, Raisins  
 Cooking and serving,  
 104-105  
**Ducks, Wild**, 161  
**East Indian Dishes**  
 Curried Lobster, 176  
 Curried Shrimps, 176  
**Ecrevisses**, 140  
**Eggplant**, 18  
**Eggs Foo Yung**, 176  
**Elderberries**, 103; *see* Ber-  
 reries  
 Jelly, 188  
**Enchiladas**, 177  
**Endive**, 18-19  
 Escarole, 19  
**Entrees**  
 Albondigos, 174  
 Avocado Soufflé, 51  
 Baked Abalone, Año  
 Nuevo Style, 130  
 Baked Clams, 135  
 Baked Kipped Cod,  
 158  
 Bitki, 174  
 Broiled Lobster, 145  
 Broiled Smoked Salmon,  
 159  
 Chiles Rellenos, 174  
 Chili con Carne, 175  
 Chop Suey, 175  
 Chow Mein, 175  
 Clam Cakes, 136  
 Clam Soufflé, 136  
 Codfish à la Newburg,  
 159  
 Codfish Spanish, 158  
 Corn Tamale Pie, 181  
 Crab Flake Lorenzo, 140  
 Crab Legs, Josephine, 139  
 Crab Noodle Ring, 139  
 Creamed Ham and  
 Mushrooms with  
 Olives, 83  
 Creamed Olives on  
 Toast, 83  
 Curried Lobster, 176  
 Curried Shrimps and  
 Oysters, 176  
 Dependable Fish Soufflé,  
 127  
 Deviled Crab, 140  
 Eggs Foo Yung, 176  
 Enchiladas, 177  
 Escalloped Fish, 127  
 Fish Cioppino, 128  
 Fish Timbales, 127  
 French Minced Clam  
 Loaf, 126  
 Fried Clams, 136  
 Frijoles, 177  
 Halibut Loaf, or Rame-  
 kins, 143-144  
 Halibut Loaf de Luxe,  
 144  
 Hang Town Fry (Califor-  
 nia Fried Oysters),  
 148  
 Hominy Tamale Pie, 182  
 Italian Macaroni, 178  
 Kipped Alaska Cod in  
 Cream, 158  
 Kipped Salmon Fluff,  
 159  
 Lobster Farci, 146  
 Lobster Newburg, 145  
 Macaroni and Olives, 84  
 Oyster Loaf, 148  
 Oysters in Ramekins, 148  
 Polenta, 178  
 Potted Pigeons, 164  
 Quail on Toast, 163  
 Ravioli, 179  
 Risotto, 180  
 Rock Cod Mornay, 149  
 Sand Dabs Meunière, 150  
 Sand Dabs Monterey, 151  
 Scalloped Olives and  
 Corn, 84  
 Scalloped Olympia Oy-  
 sters, 148  
 Shrimp Scallop, 154  
 Shrimps Newburg, 153  
 Shrimps Oregonian, 153  
 Skimpy Shrimp, 153  
 Spinach Nut Ring, 119  
 Squash Soufflé, 31

**Entrees** (Continued)

Sukiyaki, 180  
 Tagliarini, 180  
 Tamal Perdido, 181  
 Tamales, 181

**Eugenia** (Brush Cherry), 99**Feijoa**, 100**Fennel**, 19**Figs** (Fresh, 76-78; Dried, 108-109)

Baked Fig Pudding, 108  
 Calimyrna Roll, 109  
 Conserve, 188  
 Double-Decked Fruit Salad, 95  
 Fig Nibbles, 108  
 Fig Nut Bread, 108  
 Fig Tapioca, 108  
 Fruit Filling for Cakes, 114  
 Frying-Pan Cake, 78  
 Holiday Tidbits, 113  
 Preparation and serving, 77  
 and Rhubarb Jam, 188  
 Stuffed, 108  
 Sweet Pickled, 198  
 Varieties, 77

**Filberts**, 116**Fillings for Cakes**, *see* Cake Fillings**Finochio**, 19**Fish**, 122-159

Alaska Black Cod, 130, 158  
 Albacore, 131  
 Anchovies, 131  
 Baked, 126  
 Baked Slices, 126  
 Barracuda, 131  
 Bass, 131  
 Bluefish, 132  
 Boccacio, 132  
 Boiled, 126  
 Bonito, 132  
 Broiled, 126  
 Catfish, 132  
 Chilipepper, 132, 149  
 Cioppino, 128  
 Codfish, 137  
 Croquettes, Fritters, Balls, Patties, or Cakes, 127  
 Dependable Soufflé, 127  
 Ecrevisses, 140

Escaloped, 127

Flounder, 140

Flying Fish, 140

Fried in Batter, 125

Fried in Deep Fat, 123-124

Fried, Pack Trip Style, 125

Game, *see* Game Fish

Garnishes for, 124, 125

Hake, 143

Halibut, 143-144

Herring, 144

Kingfish, 144

Mackerel, 146

Mullet, 146

Pan-Fried, 123

Pike, 149

Planked, 124

Pompano, 149

Preparation and cooking, 123-124

Rock Bass, 149

Rock Cod and Other

Rockfishes, 149-150

Salads, 128

Salmon, 150

Sand Dabs, 150

Sardines, 151

Sculpin, 151-152

Shad, 152

Shark, 152

Sheepshead, 152

Shellfish, *see* Abalone,

Clams, Crabs, Ecrevisses, Lobsters, Mussels, Oysters, Scallops, Shrimps, Squid

Skate, 154

Skipjack, 154

Smelt, or Surf Fish, 154

Sole, 154

Stuffing for Baked, 125

Suggestions for foods to serve with, 125

Swordfish, 155

Timbales, 127

Tomcod, 155

Trout, 155

Tuna, 155

Tuna and Rice, 26

Tuna Soufflé, 127

Turbot, 156

Whitebait, 156

Whitefish, 156

Yellowtail, 156

**Kipperd and Pickled***Fish*, 156-159

Alaska Cod in Cream, 158

Baked Cod, 158

Broiled Smoked

Salmon, 159

Codfish à la Newburg, 159

Codfish Spanish, 158

Directions for kipping and smoking, 157

Salmon Fluff, 159

*Sauces for Fish*, *see*

Sauces, Miscellaneous

**Floribunda Apple**, 100**Flounder**, 140**Flying Fish**, 140**Foreign Dishes**, *see* Chinese, Danish, East Indian, German, Italian, Japanese, Mexican, Russian, Spanish Dishes**Frijoles**, 177**Fritter Batter**, 125**Frogs**, 140**Frostings and Icings**, *see*

Cake Frostings and Icings

**Frozen Desserts**, *see* Desserts, Frozen**Fruit Combinations**, 94-95; *see* Salads

Cake Crumb Fruit Dessert, 95

Double-Decked Fruit Salad, 95

Frozen Dessert, 95

Fruit Cup Supreme, 95

Rhubarb Pie de Luxe, 94

**Fruits**, 40-114

Dried, 104-114

Fresh, 40-95

Sub-Tropical, 98-102

Wild, 102-103

*For specific fruits*, *see* Apples, Pears, etc.**Game, Western**, 159-168

Bear, 167

Broiled Squabs, 163

Coot, 162

Doves and Pigeons, 163

Grouse, 163

Hungarian Partridge and Quail, 163

- Moose, 167  
 Mountain Goat, 167  
 Mountain Sheep, 167  
 Pheasant, 162, 163  
 Potted Pigeons or Doves, 164  
 Prairie Chicken, 162  
 Rabbit, 167  
 Reindeer, 168  
 Roast Duck, 161  
 Roast Grouse, Prairie Hen, or Pheasant, 163  
 Roast Squabs, 163  
 Sage Hens, 162  
 Sauces for Fish and, 168-172  
 Squirrels, 168  
 Suggestions for Accompanying Dishes, 162  
 Venison, 164-166  
 Wild Ducks, 160-162  
 Wild Goose, 162  
 Wild Turkey, 164
- Game Fish**, Preparation and cooking, 141-143
- Carbanzo**, 19, 34
- Garlic**, 19
- Garnishes**  
 for Chow Mein, 175  
 Cranberry Fruit, 53  
 Cranberry Gelatine in Orange Shells, 53  
 Ripe Olives, 82  
 Stuffed Figs, 108  
 Suggestions for Fish, 124  
 Toyon, 103  
*See also* Sauces, Miscellaneous
- Geoducks**, *see* Clams, 134
- German Dishes**  
 German Berry Cake, 52
- Giant Shaddock**, 74
- Ginger**, preserved, 86
- Gingerbread**, *see* Cakes, Laver and Loaf
- Goose, Wild**, 162
- Gooseberries**, 103  
 and Oregon Loganberry Jam, 189
- Granadilla**, *see* Passion Fruit, 101-102
- Grapefruit**, 62-64  
 with Avocado and Persimmon Salad, 48  
 Avocado Canapé, 63
- Candied Peel, 63  
 in Cantaloupe Cocktail, 81  
 Grapefruit-Juice Dressing, 64  
 Macedoine, 63  
 Marmalade, 189  
 in Molded Avocado Salad, 51  
 Pie, 64  
 and Pomegranate Cup, 63  
 Serving ideas, 63  
 Sunset Marmalade, 195
- Grape-Juice**  
 Appetizers, 81  
 Dressing, 96
- Grapes**, 78-80  
 Combination Salad, 79  
 Grape Ice, 80  
 Grape Refreshment, 79  
 Grape Tapioca, 79  
 Grapefruit Jam, 188  
 and Ham, 79  
 and Mint Jelly, 188  
 Old-Fashioned Grape Pie, 78  
 Seedless White, in Cocktail Rings, 81  
 Thompson Seedless Grape Pie, 79  
 Wild, 103
- Grayfish**, *see* Shark, 152
- Greens**, 33-34
- Grouse**, 162  
 Roast, 163
- Guava**, 100  
 Jelly, 189
- Hake**, 143
- Halibut**, 143-144  
 Loaf de Luxe, 144  
 Loaf or Ramekins, 143-144
- Ham**  
 Baked with Grapes, 79  
 Creamed, with Mushrooms and Olives, 83  
 with Orange, 72  
 with Raisins and Sweet Potatoes, 112  
 Windsor Sandwich Spread, 83
- Herbs and Flavorings from the Garden**, 19-20
- Herring**, 144
- Hominy**  
 Hominy Tamale Pie, 182
- Honey Ball Melon**, *see* Melons, 80-81
- Honeydew Melon**, *see* Melons, 80-81
- Hors d'Oeuvres**, *see* Appetizers
- Horseradish**  
 Apple Sauce, 42  
 in Cranberry Relish, 54
- Huckleberries**, 55-56; *see* Berries  
 Huckleberry Griddle Cakes, 55  
 Huckleberry Muffins, 55-56  
 Orange Pudding, 56  
 Wild, 103
- Hungarian Partridge**, 163
- Ice Cream**, *see* Desserts, Frozen
- Indian Nuts**, *see* Pine Nuts, 116-117
- Inkfish**, *see* Squid, 154
- Italian Dishes**  
 Baked Rice, 25  
 Crab Flake Lorenzo, 140  
 Fish Cioppino, 128  
 Lobster Farci, 146  
 Macaroni, 178  
 Minestrone, 178  
 Olives, 82  
 Polenta, 178  
 Ravioli, 179  
 Risotto, 180  
 Sauce for Pastes, 178  
 Stuffed Artichokes, 4  
 Tagliarini, 180  
*See also* Zucchini
- Jams**, *see* Jellies and Preserves
- Japanese Dishes**  
 Bamboo Shoots, 9  
 Sukiyaki, 180
- Jellies and Preserves**, 184-195  
 Apple Jelly, 186  
 Apricot-Strawberry Jam, 187  
 Bartlett Pear Honey, 191  
 Black or Persian Mulberries, 190

**Jellies and Preserves**

(Continued)

Cantaloupe-Peach Conserve, 188  
 Cherry Conserve, 187  
 Cherry Plum Jelly, 192  
 Damson Plum Jam, 192  
 Difficulties of making, 185-186  
 Elderberry Jelly, 188  
 Fig Conserve, 188  
 Fig-Rhubarb Jam, 188  
 Fresh Prune Conserve, 192  
 Grape-Mint Jelly, 188  
 Grapefruit Marmalade, 189  
 Grapricot Jam, 188  
 Guava Jelly, 189  
 Imitation Maraschino Cherries, 187  
 Kumquat Marmalade, 189  
 Loganberry Luscious, 190  
 Loquat Jelly, 189  
 Mango Jelly, 190  
 Mango Marmalade, 190  
 Manzanita Jelly, 190  
 Orange Marmalade, 191  
 Oregon Grape Jelly, 191  
 Oregon Loganberry and Gooseberry Jam, 189  
 Pectin Test, 184  
 P-G Preserves, 191  
 Pineapple Preserves, 192  
 Pinecot Preserves, 192  
 Pomegranate Catsup, 193  
 Pomegranate Jelly, 192  
 Preserved Damson Plums, 192  
 Preserved Whole Persimmons, 191  
 Prickly Pear Jelly, 193  
 Quince and Orange Conserve, 193  
 Quince-Apple-Cranberry Jelly, 194  
 Quince Honey, 194  
 Quince Preserves, 193  
 Red Raspberry Jam, 194  
 Ripe Apricot Jam, 186  
 Roselle Jelly, 194  
 Rules and regulations, 184  
 Simplicity Apricot Jam, 186  
 Spiced Loquats, 190

Strawberry Preserves, 195

Sunset Marmalade, 195  
 Tangerine Marmalade, 195

Western Cherry Jam, 187  
 Wild Strawberry Jam, 195

*See suggestions under Sub-Tropical Fruits (98-102); Wild Fruits of the West (102-103)*

**Jerusalem Artichokes, 6**

**Jujubes, 100**  
 Sweet Pickles, 196

**Kei Apple, 99-100****Kingfish, 144****Kohlrabi, 20**

**Kumquats, 64**  
 Marmalade, 189

**Lemons, 64-68**

Bavarian Cream, 66

Best Lemonade, 65

Butter Icing, 66

Cake Pie, 67

Candied Peel, 74

Cream Patties, 65

Filling, 66

Frosting, 66

Gelatine, 65

Ice, 66

Lemon-Juice Dressings, 66, 98

Lemon Mayonnaise, 98

Lemon Snow, 65; *see*

Lemon Gelatine

Lemon Sponge, 65

Little Lemon Cakes, 66

Meringue Pie, 67-68

Milk Sherbet, 66

and Orange Marmalade, 191

and Parsley Butter

Sauce, 65

Sauce for Desserts, 65  
 in Tangerine Marmalade, 195

**Lima Beans, *see* Beans, Lima, 10-11**

**Limes, 68**

**Litchee, *see* Lychee Nuts (Chinese Nuts), 116**

**Lobster (or Crawfish), 144-146**

Broiled, 145

Curried, 176

Farci, 146

Newburg, 145

Preparation and cooking, 145

**Loganberries, 56-57**

Jelly Sauce, 56

Logan-Ginger Punch, 56

Loganberry Luscious, 190

Muffins, 57

Oregon, and Gooseberry Jam, 189

Punch, 57

Sauce for Desserts, 57

**Loquats, 100-101**

Loquat Jelly, 189

Spiced, 190

**Lychee Nuts, 116****Macaroni**

Italian, 178

and Olives, 84

Shrimp Scallop, 154

**Mackerel, 146****Mangos, 101**

Mango Jelly, 190

Marmalade, 190

**Manzanita, 103**

Jelly, 190

**Marinated Meats, 167****Marjoram, 20**

**Marmalade, *see* Jellies and Preserves**

**Marrons, *see* Chestnuts, 115-116**

**Marshmallows**

Paradise Pudding, 115

Prune Marshmallow

Freeze, 111

**Meat Dishes**

Albondigos (Spanish

Meat Balls), 174

Bitki, 174

Chili con Carne, 175

Chop Suey, 175

Chow Mein, 175

Eggs Foo Yung, 176

Enchiladas, 177

Hominy Tamale Pie, 182

Italian Macaroni, 178

Italian Sauce for Pastes, 178

"More," 84

- Polenta, 179  
 Ravioli, 179  
 Sukiyaki, 180  
 Swiss Steak with Olives, 85  
 Tamal Perdido, 181  
 Tamales, 181  
 Veal and Nut Roll, 120  
*See also* Game, Ham; Sauces, Miscellaneous
- Melon Pawpaw**, *see* Payaya, 101
- Melon Shrub**, 102
- Melons**, 80-81  
 Artistic Fruit Salad in Melon Bowl, 81  
 Cantaloupe Cocktail, 81  
 and Grape-Juice Appetizers, 81  
 Selection and preparation, 80
- Mexican Chili Peppers**, 23
- Mexican Dishes**  
 Chiles Rellenos, 174  
 Chili con Carne, 175  
 Corn Tamale Pie, 181  
 Enchiladas, 177  
 Frijoles, 177  
 Hominy Tamale Pie, 182  
 Tamal Perdido, 181  
 Tamales, 181
- Minestrone**, 178
- Mint**, 20, 40, 172
- Moose**, 167  
 Mulligan, 167
- Mountain Goat**, 167  
 Meat Marinated, 167
- Mountain Sheep**  
 Roast, 167
- Mudhen**, *see* Coot, 162
- Muffins**  
 Huckleberry, 55-56  
 Loganberry, 57
- Mulberries**, 57  
 Jelly, 190
- Mullet**, 146
- Mushrooms**, 21  
 in Chow Mein, 175  
 and Creamed Ham, with Olives, 83  
 Fresh, in Sauce, 172  
 Italian Macaroni, 178  
 Italian Sauce for Pastes, 178  
 with Oysters in Ramekins, 148  
 in Risotto, 180  
 in Sukiyaki, 180  
 in Tagliarini, 180
- Mussels**, 146-147
- Natal Plum**, *see* Carissa, 99
- Nectarines**, 82
- Noodles**  
 Chow Mein, 175  
 Crab Ring, 139  
 Noodle Dough, 179
- Nut Bread**, *see* Bread and Rolls
- Nuts, Western**, 114-120  
 Almond Cream Pie, 115  
 Almond Rocha Candy, 115  
 Almonds, 114, 187  
 Cherry Conserve, 187  
 Chestnut Stuffing, 116  
 Chestnuts, 115-116  
 and Fig Bread, 108  
 Fig Conserve, 188  
 Filberts, 116, 187  
 Lychee (or Litchee), 116  
 Paradise Pudding, 115  
 Pecans, 116, 187  
 Pine, or Piñons, 116-117  
 Pistachio, 117  
 and Prune Bread, 109  
 and Prune Pudding, 110  
 Salted Almonds, 114  
 Walnuts, 117-120
- Octopus**, *see* Squid, 154-155
- Olives**, 82-85  
 Baked Italian Rice, 25  
 in Blankets, 83  
 and Carrot Salad, 85  
 in Codfish Spanish, 158  
 with Creamed Ham and Mushrooms, 83  
 Creamed on Toast, 83  
 Hominy Tamale Pie, 182  
 Italian, 82  
 and Macaroni, 84  
 "More," 84  
 Sandwiches, 83  
 Scalloped, with Corn, 84  
 Sunday Night Sandwiches, 84  
 Stuffed Tomato Salad, 32  
 with Swiss Steak, 85  
 Tamales, 181  
 and Tongue, 85
- Windsor Sandwich Spread, 83
- Omelets**  
 Artichoke, 5  
 Rice, 25
- Onions**, 21-22  
 Bread-and-Butter Pickles, 196  
 in Chop Suey, 175  
 in Chow Mein, 175  
 Cucumber Olive Pickles, 196  
 Enchiladas, 177  
 French Soup en Casserole, 21  
 Fried, 21-22  
 Pepper Relish, 198  
 Potage Soubise, 22  
 Soup, 22  
 in Sukiyaki, 180  
 in Tagliarini, 180
- Oranges**, 68-74  
 in Baked Fig Pudding, 108  
 Baked Pickled Slices, 70  
 Baked Relish, 71  
 Baked Slices, Mapled, 70  
 Baked Spiced, 70  
 Baked Stuffed, 70  
 Baking, 69-70  
 Candied Peel, 74  
 in Cantaloupe Cocktail, 81  
 and Cranberry Relish, 54  
 Cream Sauce, 73  
 Delicious (Frozen), 74  
 Faerie Salad, 93  
 with Ham, 72  
 Huckleberry Pudding, 56  
 Marmalade, 191  
 Marmalade Gingerbread, 72  
 Mexican Candy, 119  
 Orange Bread, 71  
 Orange-Juice Don'ts, 69  
 Orange Juice with Fruit Ice, 69  
 Orange Rusks, 72  
 Orange Soufflé Pie, 73  
 and Quince Conserve, 193  
 and Rice Pudding, 73  
 Sponge Cake, 72  
 Sunkist Ice-Box Cake, 73  
 Sunkist Raised Orange Rolls, 71  
 Sunset Marmalade, 195
- Oranges, Sour**, 74

- Oregano**, 20  
**Oregon Crabapple**, *see* Crabapple, 103  
**Oregon Grape** (Barberry), *see* Barberries, 102, 191  
**Oysters**, 147-149  
 Fried, 147  
 Hang Town Fry, 148  
 Oyster Loaf, 148  
 Oyster Stew, 149  
 in Ramekins, 148  
 Scalloped Olympia, 148  
 and Shrimps Curried, 176
- Papaya**, 101  
**Paris Artichoke**, 2  
**Parsley**, 20  
**Passion Fruit** (Granadilla), 101-102  
 Filling for Cake, 102  
 Frozen Golden Surprise, 102  
 Icing for Cake, 102  
 Punch, 101
- Pastry**  
 Crumbly Pie Crust, 67  
 Egg-and-Cream Pie Crust, 106  
 Hot Water Pie Crust, 68  
 Pie Crust for Tamal Perdido, 181
- Peaches**  
 Baked Halves, 86  
 and Cantaloupe Conserve, 188  
 and Cherry Dessert, 61  
 Clingstone, 85, 197  
 Double-Decked Fruit Salad, 95  
 Dried, 105  
 Fresh Pudding, 87  
 Fried, 87  
 Honeyed, 86  
 Lye Peeling of, 197  
 Peach Condé, 85-86  
 Peach Ice Cream, 86  
 Peach Salad Dessert, 87  
 Peach Surprise, 87  
 Peach Whip, 86  
 P-G Preserves, 191  
 Spiced Green, 198  
 Sweet Pickled, 197-198
- Pears**, 86, 88-89  
 Baked, 88  
 Bartlett Honey, 191  
 Christmas Salad, 49  
 Emerald Pear Salad, 88  
 P-G Preserves, 191  
 Piedmont, 89  
 Pineappled, 88  
 Pink, 88  
 Salad Unusual, 89
- Peas**, 22, 33  
 with Asparagus Tips, 8  
 in Carrot and Ripe Olive Salad, 85  
 à la Madame, 22
- Pecans**, 116  
 Cherry and Nut Upside-Down Cake, 60  
 Patty-Cakes, 116
- Pectin Test**, 184
- Peppers**, 22-23  
 Avocado Canapé, 47, 48  
 Baked Italian Rice, 25  
 Chiles Rellenos, 174  
 Chili Fritters, 23  
 Codfish Spanish, 158  
 Frijoles, 177  
 Green, à la Seattle, 23  
 Green Rice, 25  
 Italian Macaroni, 178  
 Macaroni and Olives, 84  
 Pepper Jam, 198  
 Pimiento Sauce, 170  
 Preserved in Brine, 198  
 Relish, 198  
 Tomato Crab Salad, 138
- Persian Melon**, *see* Melons
- Persimmons**, 89-91  
 Avocado and Grapefruit Salad, 48  
 Cream Pie, 90  
 Fruit Ice, 91  
 Ice Cream, 90  
 Molded Salad, 90  
 Preparation and serving, 89  
 Preserved Whole, 191  
 Pudding, 90  
 Salad, 89  
 Stuffed Persimmon Salad, 90  
 Sunshine Fluff, 90
- Pheasants**, 162-163
- Phenomenal Berry**, *see* Loganberries, 56-57
- Pickles and Relishes**, 195-199  
 Apple Horseradish Sauce, 42  
 Baked Orange Relish, 71  
 Baked Spiced Oranges, 70  
 Bread-and-Butter Pickles, 196  
 Cherry Olives, 196  
 Cranberry Horseradish Relish, 54  
 Cranberry Orange Relish, 54  
 Crystallized Cranberry Relish, 54  
 Cucumber Olive Pickles, 196  
 Jujube Sweet Pickles, 196  
 Lye Peeling of Peaches, 197  
 Pepper Jam, 198  
 Pepper Relish, 198  
 Peppers Preserved in Brine, 198  
 Pickled Walnuts, 198  
 Pickled Watermelon Rind, 199  
 Pomegranate Catsup, 193  
 Ripe Olives, 82  
 Spiced Green Peaches, 198  
 Sweet Cucumber Pickles, 196  
 Sweet Pickled Peaches, 197-198
- Pies**, *see* Desserts  
 Almond Cream, 115  
 Apricot Chiffon, 106  
 Apricot Meringue, 44  
 California Prune, 111  
 Cherry, 60  
 Elderberry, 103  
 Fresh Berry, 51  
 Fresh Fig, 77  
 Graham Apple, 41  
 Grapefruit, 64  
 Green Apple, 41  
 Ham-Apple, 43  
 Lemon Cake Pie, 67  
 Lemon Meringue, 67-68  
 Old-Fashioned Grape, 78  
 Orange Soufflé, 73  
 Persimmon Cream, 90  
 Prune Whip, 109  
 Rhubarb Pie de Luxe, 94  
 Sonny Boy, 113  
 Sour Cream Raisin, 112  
 Thompson Seedless Grape, 79

- See suggestions for berry fillings under Wild Fruits of the West*
- Pigeons, Wild**, 163-164  
Potted, 164
- Pike**, 149
- Pimientos**, 23
- Pine Nuts**, 116-117
- Pineapple**, 91  
Avocado Salad, 48  
Baked Crushed, in Sauce, 172  
and Fig Conserve, 188  
Fresh, Camille, 91  
in Grape Combination Salad, 79  
and Grape Tapioca, 79  
and Mint Sauce, 171  
Pineappled Pears, 88  
Pinecot Preserves, 192  
Preserves, 192  
Sunday Night Supper Salad, 44
- Pineapple Guava**, *see* Feijoa, 100
- Piñons**, *see* Pine Nuts, 116
- Pistachio**, 117
- Plums (and Prunes)**  
Cantaloupe Cocktail, 81  
Cherry Plum Jelly, 192  
Damson, in Jam, 192  
Damson, Preserved, 192  
Fresh Prune Sauce, 92  
P-G Preserves, 191  
Plum Glorified Rice, 92
- Prunes** (*see* Plums and Prunes)  
(Fresh, 91-92; Dried, 109-112)  
Appetizers, 112  
Apple Betty, 110  
and Apricot Upside-Down Cake, 113  
Baked, 111  
California Prune Pie, 111  
Cornbread, 109  
Fresh Prune Conserve, 192  
Fresh Prune Sauce, 92  
Layer Cake, 111  
Marshmallow Freeze, 111  
Nutmeg Bread, 109  
Pacific Salad, 112  
Piquant Salad, 112
- Prune Pudding, 110  
Prune Whip Pie, 100  
Stanford Hospital Prune Cake, 110  
Sunshine Pudding, 110
- Potenta**, 178
- Pomegranates**, 93  
Appetizer, 93  
Catsup, 193  
Faerie Salad, 93  
Grapefruit and, 63  
Jelly, 192  
Pompano, 149
- Potatoes**  
in Kipperd Salmon Fluff, 159  
and Walnut Salad, 119
- Potatoes, Sweet**, 32  
Fried in Marmalade, 32  
with Ham and Raisins, 112  
Maple-Nut, 120  
Miss Shapleigh's, in Casserole, 32
- Prairie Chicken**, 162
- Prairie Hen**, 163
- Prawns**, *see* Shrimp, 152-154
- Preserves**, *see* Jellies and Preserves
- Prickly Pears**  
Jelly, 193  
*See also* Cactus Fruit, 99
- Puddings**, *see* Desserts, Puddings
- Punch**, *see* Beverages
- Quail**, 163  
on Toast, 163
- Quinces**, 93-94  
and Apple-Cranberry Jelly, 194  
Baked, 94  
Quince Honey, 194  
and Orange Conserve, 193  
Preparation, 94  
Preserves, 193  
Quince Betty, 94  
Quince Sauce, 94
- Rabbit**, 167-168  
Baked in Milk, 167  
Fricassee, 168
- Raisins**, 104-105, 112-114  
Cherry Conserve, 187  
Fruit Filling for Cakes, 114  
Fruit-Nut Candy Loaf, 114  
Holiday Tidbits, 113  
Lady Baltimore Cake Filling, 114  
and Nut Cake, 118  
Plain Pudding, 113  
Sonny Boy Pie, 113  
Sour Cream Raisin Pie, 112  
Spice Drop Cookies, 118  
with Sweet Potatoes and Ham, 112
- Raspberries**  
Jam, 194  
in Loganberry Luscious, 190  
Peach Salad Dessert, 87
- Ravioli**, 179
- Red Fish, California**, *see* Sheephead, 152
- Reindeer**, 168
- Rhubarb**  
and Fig Jam, 188  
Pie de Luxe, 94-95  
Röd Gröd, 58
- Rice**, 24-26  
à la Apricots, 45  
Baked Italian, 25  
Berry Parfait, 52  
Boiled, 24  
Brown, 24  
Brown-Sugared, 26  
Butterscotch, 25  
Cakes, with Meats, 25  
Chocolate Rice Pudding, 26  
Croquettes, 24  
Escalloped Fish, 127  
Green, 25  
Macaroni and Olives, 84  
Omelet, 25  
and Orange Pudding, 73  
Peach Condé, 85-86  
Pears, Piedmont, 89  
Plum Glorified, 92  
Pudding, Old-Fashioned, 26  
Red, 25  
Risotto, 180  
Shrimps Oregonian, 153  
Steamed, 24

- Rice** (Continued)  
 Tuna Fish and, 26  
 Wild, 25
- Risotto**, 180
- Rock Bass**, 149
- Rock Cod** (and Other Rockfishes), 149-150
- Rolls**, *see* Bread and Rolls
- Roselle Jelly**, 194
- Rosemary**, 20
- Russian Dishes**  
 Bitki, 174
- Sablefish**, *see* Alaska Black Cod, 130-131
- Sage**, 20
- Sage Hens**, 162
- Salad Dressings**, 96-98  
 Avocado, 50  
 Calavo Cream, 49  
 Calavonnaise, 49  
 Cheese, for Hearts of Lettuce, 97  
 for Crab Louis, 138  
 Cucumber Sauce, 139  
 French, 96  
 French Honey, 96  
 Fruit Salad, 81  
 Golden (Cooked), 98  
 Grapefruit Juice, 64  
 Grape-Juice, 96  
 Green Relish Mayonnaise, 98  
 Lemon Cooked, 98  
 Lemon Mayonnaise, 98  
 Lemon Juice in, 66  
 Low-Calorie, 96  
 One-Minute Mayonnaise, 97  
 Peach Salad Dessert, 87  
 Peanut Cream, 97  
 Russian, 97  
 Simple Cream, for Fruit, 97  
 Sour-Cream, 97  
 Sunkist Special Cooked, 98  
 Thousand Island, 97  
 Victor, for Vegetables, 36
- Salads**  
 All-Western Cherry, 61  
 Apple Relish, 41  
 Apricot, 43-44  
 Artistic Fruit, in Melon Bowl, 81  
 Avocado and Shrimp, 48  
 Avocado Cocktail, 46  
 Avocado, Grapefruit, and Persimmon, 48  
 Avocado Mousse, 50  
 Avocado-Pineapple, 48  
 Avocado Surprise, 48  
 Avocado Stuffed with Crabmeat, 48  
 Avocado-Tomato-Crab, 49  
 Baked Orange, 70  
 Calavo-Treasure-Chest, 49  
 Carrot and Ripe Olive, 85  
 Cherimoya, 99  
 Christmas, 49  
 Crab Louis, 138  
 with Cranberry Jelly, 54-55  
 Double-Decked Fruit, 95  
 Emerald Pear, 88  
 Faerie, 93  
 Fish, 128  
 Fresh Figs in, 77  
 Grape Combination, 79  
 Green Combination, 35  
 Guava, 100  
 Jellied Combination Vegetable, 35  
 Kumquat, 64  
 Mangos, 101  
 Melon Shrub, 102  
 Molded Avocado, 51  
 Molded Crab Meat, 138  
 Molded Persimmon, 90  
 Old-Fashioned Apple, 40  
 Olive and Tongue, 85  
 Pacific, 112  
 Peach Dessert, 87  
 Pear Unusual, 89  
 Persimmon, 89  
 Piquant, 112  
 Red Cabbage, 14  
 San Jose Raw Vegetable, 35  
 Sour-Cream Cole Slaw, 15  
 Stuffed Avocados, 49  
 Stuffed Persimmon, 90  
 Stuffed Tomato, 32  
 Sunday Night Supper, 44  
 Sweet-Sour Cabbage, 15  
 Tangerine Salad Suggestions, 75  
 Tomato Crab, 138  
 Tomato Sandwich, 32  
 Veal and Nut Roll, 120  
 Walnut-Potato, 119
- Suggestions are listed with Salad Dressings recipes. See also Herbs and Flavorings*
- Salal**, 103
- Salmon**, 150  
 Broiled Smoked, 159  
 Kippered Fluff, 159
- Salmon Berry**, 103
- Salsify**, 26-27  
 Scalloped, 26
- Sand Dabs**, 150-151  
 Meunière, 150  
 Monterey, 151
- Sandwiches**  
 Avocado Dressing, 50  
 Bacon and Avocado, 48  
 Boiled Abalone, 130  
 Ripe Olives, 82, 83  
 Smoked Mackerel, 158  
 Sunday Night Olive, 84  
 Windsor Spread, 83
- Santa Claus Melon**, *see* Melons, 80-81
- Sapote**, 102
- Sardines**, 150
- Sauces**  
*For Desserts*  
 Apricot, 45  
 Baked Peach Halves, 86  
 Caramel, 113  
 Cherry, 61  
 Foamy, 109  
 Foamy Custard, 87  
 Hard, 110  
 Lemon, 65  
 Loganberry, 57  
 Loganberry Jelly, 56  
 Mulberry, 57  
 Orange Cream, 73  
 Passion Fruit, 102
- Hollandaise*, 35-37
- Miscellaneous* (for Fish and Game, 168-172; also for Meat, Vegetables, and Entrées)  
 Apple-Horseradish, 42  
 Baked Crushed Pineapple, 172  
 Barbecue, 170  
 Béchamel, 171  
 Beurre Noire, 169  
 Boiled Fish, 169  
 Broiled Fish, 169  
 Broiled Lobster, 168



- Broiled Mayonnaise, 37  
 Chantilly, 36  
 Cheese, 170  
 Creole or Tomato, 171  
 Cucumber, 139  
 Currant Mint, 171  
 Easy Hollandaise, 36  
 for Enchiladas, 177  
 Fresh Mushroom, 172  
 Grape, for Ham, 79, 171  
 Ground Cranberry, 54  
 for Halibut, 144  
 Horseradish, 171  
 for Hot Fish, 168  
 Italian Dressing for  
   Cold Meats, 172  
 for Italian Pastes, 178  
 Lemon, 65  
 Lemon-Parsley Butter,  
   65  
 Lobster, 144, 145  
 Maitre d'Hotel, 169  
 Meat, Italian, 179  
 Mint, 172  
 for Mixed Sea-Food  
   Cocktails, 169  
 Mock Hollandaise, 36  
 Never-Fail Holland-  
   aise, 37  
 Onion, 170  
 Orange, with Ham, 72  
 Oregon Crab Cocktail,  
   169  
 Pimiento, 170  
 Pineapple, 171  
 Polenta Meat Sauce,  
   179  
 Quick Hollandaise, 35  
 Real Hollandaise, 36  
 Really Good Brown  
   Gravy, 170  
 for Roast Duck, 161  
 Simple Cocktail, 169  
 Sour Cream, 97  
 Supreme, 46  
 Tagliarini, 180  
 Tartar, 168  
 Ten-Minute Cran-  
   berry, 53  
 Tomato, for Baked  
   Striped Bass, 132  
 for Vegetables, 35, 36  
 White, 170  
 White Sauce Addi-  
   tions, 171  
*See also* Salad Dressings
- Scallops**, 151  
**Sculpin**, 151-152  
**Sea Bass**, *see* Bass, 131  
**Sea Fig**, *see* Beach Straw-  
   berry, 102  
**Sea Food**, *see* Clams, Crabs,  
   Ecrevisses, Lobster,  
   Mussels, Oysters, Scal-  
   lops, Shrimps, Squid  
**Service Berry**, 103  
**Shad**, 152  
**Shark**, or Grayfish, 152  
**Sheepshead**, 152  
**Shortcake**  
   Best-of-All Strawberry,  
   58  
   Huckleberry, 56  
   Ring Mold, 58  
**Shrimps**, 152-154  
   Avocado Salad, 48  
   Creamed, Baked in Avo-  
   cado Shells, 50  
   Newburg, 153  
   Oregonian, 153  
   and Oysters Curried, 176  
   Shrimp Scallop, 154  
   Skimpy, 153  
   Stuffed Tomato Salad,  
   32  
**Skate**, 154  
**Skipjack**, 154  
**Smelt**, 154  
**Sole**, 154  
**Soup Bouquet**, 20  
**Soups**  
   Abalone Chowder, 130  
   Avocado with Clam and  
   Tomato Broth, 47  
   Boiled Abalone, 130  
   Bouillon with Avocado, 47  
   Clam Broth, 133  
   French Onion en Casser-  
   role, 21  
   Jellied Tomato, 32-33  
   Lima Bean, 10  
   Minced Clam, 135  
   Minestrone, 178  
   Onion, 22  
   Oregon Clam Bisque,  
   135  
   Oyster Stew, 149  
   Pacific Coast Clam  
   Chowder, 135  
   Potage Soubise, 22  
   Venison Mulligan Stew,  
   166
- Sour Cream**  
   in Bitki, 174  
   Cucumber Sauce, 139  
   Molded Crab Meat, 138  
   in Salad Dressings, 97  
**Spaghetti**  
   in Minestrone, 178  
   "More," 84  
**Spanish Dishes** (*see* Mexi-  
   can Dishes)  
   Albondigos, 174  
   Codfish, 158  
   String Beans, 11  
**Spinach**, 27, 33  
   Loaf with Tomato  
   Sauce, 27  
   Nut Ring, 119  
   in Ravioli, 179  
**Squabs**  
   Broiled, 163  
   Roast, 163  
**Squash**, 27-31  
   Baked, 29  
   Cooking, 28  
   Danish, 31  
   Soufflé, 31  
   Stuffed, 28  
   *Italian*, *see* Squash, Zuc-  
   chini, 29-31  
*Summer*  
   Boiled, 28  
   and Catsup, 28  
   Custard, 29  
   Fried Simplicity, 28  
   Native Son, 28  
*Winter*, 31  
   Baked, 31  
   Soufflé, 31  
   Steamed, 31  
*Zucchini*, 29-31  
   Baked, Stuffed, with-  
   out Meat, 30  
   Baked with Bacon, 29,  
   31  
   Broiled, 29  
   with Cheese, 29  
   Simple Escalloped, 30  
   Escalloped, with  
   Cheese, 30  
   French Fried, 29  
   Stuffed, with Meat, 30  
**Squid** (Cuttlefish, Devilfish,  
   Inkfish, Octopus), 154  
**Squirrels**, 168  
**Steelhead**, 155

- Strawberries**, 57-58  
 and Apricot Jam, 187  
 Best-of-All Shortcake, 58  
 Mousse, 58  
 Preserves, 195  
 Ring Mold Shortcake, 58  
 Röd Gröd, 58  
 in Sponge Cake Ring, 57  
 Western Style, 57  
 Wild Strawberry Jam, 195
- Strawberry Tree**, 102
- Striped Bass**, *see* Bass, 131
- Sub-Tropical Fruits**, 98-102  
 Banana, 90, 99  
 Cactus Fruit, or Prickly Pear, 99  
 Carissa, or Natal Plum, 99  
 Cherimoya, 99  
 Eugenia, or Brush Cherry, 99  
 Feijoa, 100  
 Flowering Apple, Plum, Quince, etc., 100  
 Frozen Golden Surprise, 102  
 Guava, 100  
 Jujubes, 100  
 Kei Apple, 99-100  
 Loquat, 100  
 Mangos, 101  
 Melon Shrub, 102  
 Papaya, or Melon Paw-paw, Melon Tree, 101  
 Passion Fruit, or Grana-dilla, 101  
 Passion Fruit Filling for Cake, 102  
 Passion Fruit Icing for Cake, 102  
 Passion Fruit Punch, 101  
 Sapote, 102  
 Strawberry Tree, 102  
 Tree Tomato, 100
- Sukiyaki**, 180
- Summer Savory**, 20
- Surf Fish**, *see* Smelt, 154
- Sweet Peppers**, 23
- Sweet Potatoes**, *see* Potatoes, Sweet
- Swordfish**, 155
- Syrups**  
 Cinnamon Candy, 48  
 Emerald Pear Salad, 88  
 for Pickling, 196, 197  
 Spiced, for Oranges, 70  
 for Watermelon Pickling, 199
- Tabasco**, 23
- Tagliarini**, 180
- Tamales**, 181  
 Corn Tamale Pie, 181  
 Hominy Tamale Pie, 182  
 Tamal Perdido, 181
- Tangerines**, 74-75  
 Beverages and Appetizers, 75  
 Jellied Cocktail, 75  
 Marmalade, 195  
 Preparation, 75  
 Salad Suggestions, 75
- Tarragon**, 20
- Thimble Berry**, 103
- Thyme**, 20
- Tomatoes**, 32-33  
 Avocado-Tomato-Crab Salad, 49  
 Avocado with Clam and Tomato Broth, 47  
 Broiled, 32  
 Codfish Spanish, 158  
 in Crab Salad, 138  
 in Enchiladas, 177  
 in Escalloped Zucchini with Cheese, 30  
 Fried, 32  
 Jellied Tomato Soup, 32  
 Tomato Custard, 33  
 and Rice, 25  
 Stuffed in Salad, 32  
 Tagliarini, 180  
 Tomato Jelly, 33  
 Tomato Sandwich Salad, 32  
 Tomato Sauce, 171
- Tomcod**, 155
- Tortillas**, *see* Enchiladas, 177
- Toyon**, 103
- Tree Tomato**, 100
- Trout**, 141-143, 155
- Tuna Fish**, 155  
 Dependable Soufflé, 127  
 and Rice, 26
- Turbot**, 156
- Turkey, Wild**, 164
- Vegetable Plate Meals**, 34
- Vegetables**, 2-37  
 Sauces for, 36, 65
- Venison**, 164-166  
 Dinner Menu, 166  
 Mulligan Stew, 166  
 Pot Roast, 165  
 Rib Steak, 165  
 Tenderloin, 165
- Walnuts**, 117-120  
 "Best Ever" Nut Loaf Cake, 118  
 Cream Filling, 119  
 Fruit-Nut Candy Loaf, 114  
 Fudge Brownies, 117  
 Maple-Nut Sweet Potatoes, 120  
 Mexican Orange Candy, 119  
 Pickled, 198  
 and Potato Salad, 119  
 Raisin Nut Cake, 118  
 Simplicity Bread, 118  
 Spice Drop Cookies, 118  
 Spinach Ring, 119  
 Sponge Cake, 119  
 and Veal Roll, 120
- Watercress**, 20
- Watermelons**  
 Artistic Fruit Salad in Melon Bowl, 81  
 and Grape-Juice Appetizers, 81  
 Pickled Rind, 199
- Whitebait**, 156
- Whitefish**, 156
- Wild Fowl**, *see* Game
- Wild Fruits of the West**, 102-103
- Wintergreen Berries**, *see* Squash, Zucchini, 29-31
- Yellowtail**, 156
- Youngberries**, 51, 58
- Zucchini**, *see* Squash, Zucchini, 29-31





Heath Anderson