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WHALES AND PORPOISES AS FOOD.^a

With Thirty-Two Recipes.

About 890 A. D., Othere, a native of Helgoland, voyaged to the north, skirting the coast of Norway to the entrance of the White Sea, until "he was come as far toward the north as commonly the whale hunters used to travel." Even at this early date a fishery for whales existed, and during the centuries that have since elapsed the commercial products of these animals have continued to contribute to the comfort and welfare of mankind. At no time, however, have all of the products been so fully utilized as now.

Because of its value for illuminating and lubricating purposes, sperm oil continued to be the most important and most valuable of the whale products until about 1860. With the substitution of petroleum products and the development of improved methods for rendering and refining various vegetable oils, the economic value of whale oil decreased, and whalebone became the most important product of the fishery. This is obtained mainly from the right whale and the blue whale or "sulphur-bottom." The bone, which hangs from the roof of the mouth, occurs as a series of thin, horny plates or blades, several hundred in number, and vary in length to 15 feet. These plates are lined on the inner side with bristles which strain from the large quantities of water taken into the mouth in feeding, the shrimp and other small animals on which the whale feeds.

When softened with hot water or by heat, whalebone has the property of retaining any given shape, provided it is kept in the desired form until cold. Upon this property and its elasticity rests its chief value. The uses to which it has been put are numerous; for example, for women's stays, in parasols and umbrellas, as a framework for trunks and traveling bags, in fishing rods, whips, shafts, and springs.

Ambergris, a waxy concretion formed in the intestine of the sperm whale, is another extremely valuable substance which is worth approximately its weight in gold. As much as \$60,000 worth of this rare substance has been taken from a single whale. As lumps of this substance are occasionally found on the shores or floating on the seas frequented by sperm whales, persons acquainted with its value are on the watch for it. Every year various substances, suspected of being ambergris, are forwarded to the Bureau for identification. It was formerly employed as an incense, in cookery, and as a medicine. It is now used as a fixitive for the fragrance in fine perfumes.

Whales yield many other valued products, such as oils of various grades, whale amber, which is used in dressing leather to make it waterproof, leathers, bone meal, tallow, and glue. However, the em-

^aBy Lewis Radcliffe, Assistant in Charge of Statistics and Methods of the Fisheries, United States Bureau of Fisheries.

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ployment of whale meat for food, including the use of the hardened fat, now gives promise of becoming the most important purpose of the whale fishery.

The largest of the whales, the blue whale, is said to be not only the largest living animal, but the largest animal that has ever lived. It reaches a length of 87 feet or more and an estimated weight at least of 75 tons. A calf, whose mother was 80 feet long, was 25 feet long at birth and weighed about 8 tons. Little is known of the length of time and manner in which calves feed upon milk, but, from the rate of growth of the large whales, it is estimated that the calves are able to care for themselves within six months. Of the large whales none, except the sperm whale, feeds on fish when other food is obtainable. The baleen whales feed upon small crustaceans, especially a small red shrimp about three-quarters of an inch long. The quantity eaten by a single whale is very great, as many as 4 barrels full have been taken from the stomach, which was by no means full, of a blue whale.

Since the whale breathes air, when the animal is below the surface it must hold its breath. It can do this for a much longer time than the ordinary land mammal—even so long as 45 minutes or an hour. The highly heated breath, which has been contained in the lungs under pressure, is forcibly expelled into the colder outer air, where it condenses, forming a column of steam or vapor. As the nostrils do not open into the back of the mouth, but are connected directly with the windpipe, a whale can not spout out of the blowholes, water which has been taken into its mouth. This provision enables the whale to swim with its mouth open when feeding, without danger of strangulating.

Since whales and porpoises are warm-blooded animals, it is necessary for them to have some protection from the cold comparable to the hair or fur on land animals. This is supplied by the thick layer of blubber that covers the bodies of these animals. The blubber acts as a nonconductor and prevents the heat of the animal's body being absorbed by the water.

Historically speaking, whales and porpoises are one-time land mammals, which have taken up life in the water, and their bodily activities, although somewhat modified, are nevertheless essentially the same as those of horses, cows, or other land mammals,* and therefore, their flesh is "meat," not "fish." This meat resembles beef in texture and appearance, and venison in taste; but, nevertheless, it has a distinctive flavor of its own. For some time it has held an important place in the dietary of the Japanese, and is rapidly growing in favor in Norway, the United States, and other countries. It may be marketed fresh, frozen, corned, or canned. It is cut from the whale in chunks which in turn are cut into smaller strips, chilled, and packed in boxes for shipment. As it contains no bone or gristle there is no waste.

A chemical analysis of some of the canned whale meat showed it to contain about 30 per cent protein, over 6 per cent of fat, and less than 2 per cent ash. It contains a certain amount of oil, the taste of which may not appeal to some. This may be overcome by soaking the meat in boiling water with soda before cooking, or by par-

* See *Whale Hunting With Gun and Camera*, by Roy Chapman Andrews, D. Appleton & Co., New York, 1916, p. 42.

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boiling. This taste is scarcely noticeable in the canned product. Many prefer the whale meat panbroiled in the form of a steak. It is also excellent for soup stocks, stews, roasts, and curries. Mr. Roy Chapman Andrews states that the humpback whale is probably the best species for eating, and that the sei and finback whales also yield excellent meat; and he adds that from a humpback about 6 tons of edible meat may be obtained; from a sei whale, 5 tons; and a finback, 8 tons.

Porpoises and dolphins are small whales, the former name being usually applied to the round-headed members of the family and the latter name to those with pointed snouts or beaks. They are found on both our coasts and yield excellent meat, by some preferred to that of the whale. It appears that the oily taste, which may be more or less objectionable to some, can be avoided by removing the connective tissue separating the meat from the blubber.

RECIPES.

FRESH WHALE.

1. MARINE VEGETABLE SOUP.^a

2½ pounds whale meat.	1 potato.
1 bay leaf.	2 onions.
3 sprigs parsley.	2 carrots.
½ teaspoon pickling spice.	½ turnip.
2 quarts water.	½ cup barley.
1 teaspoon soda.	

Cut the whale meat into small pieces and put in a soup kettle with the chopped bay leaf, parsley, and 1 onion; add spice and cold water and let stand one-half hour. Add the soda, place on back of range, and allow to heat slowly to simmering point. Simmer for at least 3½ hours, then strain. Add potato, remaining onion, carrots, and turnip, which have been chopped fine, and the barley. Simmer for 1 hour.

2. STUFFED ROAST WHALE.^a

5 pounds whale meat.	3 cups rice.
4 tablespoons butter.	½ teaspoon powdered cinnamon.
4 onions.	Salt.
½ cup seedless raisins.	Pepper.
1 cup oysters.	Celery salt.

Wash the meat in hot soda water (1 tablespoon soda to 1 quart water) and boil in a large vessel for 20 minutes; remove the scum. Fry the onions, raisins, oysters, and rice in the butter in another large vessel, and add cinnamon, celery salt, pepper, and salt to taste. Gradually add 1 cup, or more if necessary, of the liquor in which the meat was boiled and cook until the rice is softened and the mixture of the consistency of turkey dressing. Place the mixture on the slice of whale meat, roll and tie; put in a roaster in a moderately hot oven and cook until well done, basting frequently with its own liquor. Small pieces of salt pork and onion placed on the roast before putting into the oven add to the flavor. Serve whole, garnished with parsley and fancy vegetables.

3. WHALE ROAST WITH RICE.

3½ pounds whale meat.	Salt.
½ cup rice.	Pepper.
4½ tablespoons tomato juice.	Celery salt.

^a Recipes furnished by American Pacific Whaling Co., Bay City, Wash.

Boil the meat in a little water, taking off the scum. When it is half done place it, the rice, and its own broth, in a baking dish—the rice underneath the meat; pour the tomato juice over this and season with salt, pepper, and celery salt. Bake in a hot oven until well done and the water evaporated. Serve hot with potato or other vegetable salad.

4. BRAISED WHALE ROAST.^a

3½ pounds whale meat.	½ teaspoon pickling spice.
2 tablespoons butter.	3 sprigs parsley.
½ bay leaf.	1 onion.

Wash meat with hot soda water (1 tablespoon soda to 1 quart water). Drain thoroughly and sear well on all sides in a hot greased frying pan. Dot the surface well with butter or pieces of beef fat, and put in a covered meat pan, with a small cheesecloth bag containing bay leaf, spice, parsley, and sliced onion. Add hot water to the depth of 1 inch. Cook very slowly in a moderate oven for about 5 hours, basting well with fat and water every 15 minutes, gradually allowing the water to lessen. Serve hot with Brown Onion Sauce.

BROWN ONION SAUCE.

3 tablespoons butter.	1 onion.
3 tablespoons browned flour.	½ teaspoon Worcestershire Sauce.
½ teaspoon salt.	Pepper.
1 cup whale stock or water.	

Melt the butter, add the browned flour, salt, and pepper, and stir until smooth. Add the whale stock or water and onion, which has been sliced and fried in butter until light brown. Cook the mixture in a double boiler, stirring occasionally, for about 20 minutes. Just before serving add the Worcestershire Sauce.

5. WHALE STEAK.^b

Cut the whale meat into individual steaks and dip each steak in salted milk, then in finely sifted dry bread crumbs. Rub each with the juice of a grated onion; place on an oiled pan, sprinkle a little olive or other oil on top, and put in a very hot oven for 10 minutes. When nicely browned, remove from the oven and serve immediately.

6. WHALE STEAK EN CASSEROLE.^a

1½ pounds whale meat.	1½ teaspoons salt.
2 onions.	Pepper.
2 carrots.	

Cut meat into small steaks, about one-half inch thick; wash thoroughly in hot soda water. Sear well in a greased frying pan. Place in a covered baking dish or casserole with the onions which have been sliced; cover with boiling water and simmer in a moderate oven for about 3½ hours. Add the carrots, which have been cut into thin slices, the salt and pepper, and cook 1 hour longer. Remove the meat to a hot platter and serve with boiled rice, brown, or tomato sauce, and garnish with parsley.

7. WHALE CROQUETTES.^a

3 cups cold roast whale meat.	Pepper.
2 sprigs parsley.	3 tablespoons melted butter.
1 large onion.	½ teaspoon savory (optional).
1½ teaspoons salt.	6-8 walnut meats (optional).

Chop and mix the meat, parsley, and onion; add the salt, pepper, butter, savory, and nut meats. Moisten with just sufficient gravy to hold the mixture

^a Recipe furnished by American Pacific Whaling Co., Bay City, Wash.

^b Recipe furnished by Mrs. Evelene Spencer, Portland, Oreg.

together. Shape into croquettes, roll in bread crumbs, dip in slightly beaten egg to which a tablespoon of cold water has been added, roll again in crumbs and fry in deep fat for about 8 minutes. Garnish with parsley and sweet pickles and serve at once.^a

8. WHALE PATTY.^b

Cut whale meat in slices; cook in a little water with salt, pepper, and lemon juice. Drain into a deep dish with a few fresh minced mushrooms and tomatoes cut in pieces. Thicken with oat flour, and pour this sauce upon the meat. Cover with pie paste, and finish cooking in a moderate oven for 15 minutes.

9. FILLET OF WHALE WITH MUSHROOMS.

2 pounds whale meat.	Salt.
3 tablespoons butter.	Pepper.

Cut the whale meat into small steaks. Melt the butter in a frying pan, sprinkle the meat with salt and pepper, and let it stand in the frying pan for 1 hour. Then put the frying pan on a quick fire and brown the pieces of meat on both sides. Serve the meat hot in the center of a dish with the following Mushroom Sauce.

MUSHROOM SAUCE.

1 tablespoon flour.	½ pound mushrooms.
1 cup water.	2 tablespoons lemon juice.

Make a sauce by putting the flour into the melted butter from which meat has been removed. When well blended add the water and mushrooms, which have been peeled, washed, and cut up, and lastly the meat. Cook until the mushrooms are done. Add the lemon juice and serve the meat in the center of a dish with the mushrooms around it. Pour the gravy over the meat.

10. WHALE STEW.^c

2 pounds whale meat.	Salt.
2 onions.	Pepper.
2 carrots.	Worcestershire Sauce.
Bay leaf.	4 tablespoons flour.
Celery salt.	½ teaspoon curry powder.

Cut the meat into 1½-inch cubes; slice the onions and cut the carrots into one-half-inch cubes. Place the meat, onions, carrots, and bay leaf in a saucepan and let simmer for about 2 hours, or until tender. Season with salt, celery salt, pepper, and Worcestershire Sauce. Make a thickening of flour and water, add the curry powder, and stir into the stew. Let it boil up and serve.

11. WHALE POT ROAST.^c

3 pounds whale meat.	Flour.
1 onion.	Salt.
1 carrot.	Pepper.

Wash and wipe the meat thoroughly, rub over with salt, dredge with flour, and brown on all sides in a little fat in the frying pan. Then place in a pot or casserole with the sliced onion and carrot, the fat in which the meat was browned and a little water. Cover and let cook from 2 to 3 hours. When tender, thicken and flavor the gravy and serve the roast hot.

^a The same mixture may be mixed with a beaten egg, formed into meat cakes, and sautéed in a pan or made into whale hash and served on toast.

^b Recipe furnished by Delmonico, New York City.

^c Recipe furnished by Mrs. Evelene Spencer, Portland, Oreg.

12. WHALE A LA MODE.

3½ pounds whale meat.	3 sprigs parsley.
½ pound salt pork.	3 cloves.
3 onions.	6 bay leaves.
3 carrots.	½ teaspoon thyme.
1 turnip.	

Wipe the meat thoroughly with a damp cheesecloth wrung out of fresh cold water. Cut the pork into strips about 2 inches long. Make incisions in the whale meat and place the pork in them. Slice 1 onion and 1 carrot into thin slices and put them in a saucepan with the parsley, cloves, bay leaves, and thyme; add the whale meat with 1 quart consommé. Simmer slowly for 3 hours; take the meat out and strain the liquor in which it was cooked. Put the meat with its liquor into a saucepan with the remaining carrots, onions, and turnip, cut into slices. Simmer slowly for 1½ hours, skim off the grease from liquor and serve.

13. BRAISED WHALE WITH CARROTS.^a

4 pounds whale meat.	½ cup vinegar.
½ pound salmon.	2 cups carrot.
Salt.	1 teaspoon Worcestershire Sauce.
Pepper.	Flour.
4 tablespoons olive oil.	

Wipe the meat thoroughly with cheesecloth, and cold water. Make incisions in the whale meat and insert slices of salmon in them. Season with salt and pepper and roast for 30 minutes, basting with the olive oil. Add a little water, the vinegar, the carrots cut into dice, and the Worcestershire Sauce, and cook until tender. Place the meat on a dish, and surround with the carrots. Make a sauce of the liquid by thickening with flour and pour over all.

14. BROILED WHALE.^b

Cut the whale steaks the desired thickness, preferably about one-half inch, cross-grained of the meat, and pound a bit with back of cleaver to insure tenderness; salt and pepper well, use a little oil and broil the same as any other steak.

15. BOILED WHALE MEAT WITH VEGETABLES.

3 pounds whale meat.	2 ripe tomatoes.
1 onion, small.	Salt.
2 potatoes.	Pepper.

Place the meat in a vessel with sufficient water to cover it, and bring it to the boiling point. Remove the scum and add onion, potatoes, and tomatoes, which have been cut into 1-inch cubes. Season and continue the boiling until the meat and vegetables are tender. Place the meat on a platter and arrange the vegetables around it.

16. CANNELON OF WHALE.^c

¾ cup cold roast whale.	1 egg.
2 onions.	¾ teaspoon savory.
2 sprigs parsley.	½ teaspoon sage.
1½ teaspoons salt.	8 chopped walnut meats.
Pepper.	4 tablespoons butter.
½ teaspoon nutmeg.	½ cup boiling water.
¾ cup dried bread crumbs.	

Mix and chop together the meat, onions, and parsley, add nutmeg, salt, pepper, bread crumbs, slightly beaten egg, savory, sage, and, if desired, the walnut

^a Recipe furnished by Delmonico, New York City.

^b Recipe furnished by chef, Palace Hotel, San Francisco.

^c Recipe furnished by American Pacific Whaling Co., Bay City, Wash.

meats. Mix thoroughly and shape into a loaf about 6 inches in length. Dot the surface generously with butter. Place in a hot oven for 5 minutes. Reduce the heat and finish cooking in a moderate oven for about 25 minutes. Baste every 5 minutes with butter melted in the boiling water. Garnish with slices of ripe tomato and serve with Tomato Parsley Sauce.

TOMATO PARSLEY SAUCE.

4 tablespoons butter.	1 onion.
4 tablespoons flour, browned.	$\frac{1}{2}$ teaspoon sugar.
$\frac{2}{3}$ teaspoon salt.	1 sprig parsley.
Pepper.	1 cup whale stock or water.
$\frac{1}{2}$ cup tomato juice.	$\frac{1}{2}$ teaspoon Worcestershire Sauce.

Melt the butter, add the browned flour, salt, and pepper, and stir until a smooth paste is formed. Add the sliced onion and sugar to the tomato juice and simmer 10 minutes, then strain. Add the strained tomato juice and parsley chopped fine, to the hot whale stock or water. Stir the two mixtures together and cook in a double-boiler for about 20 minutes, stirring occasionally. Add Worcestershire Sauce and serve.

17. WHALE BOBOTEE.^a

4 cups cold roast whale.	$\frac{1}{2}$ teaspoon savory.
1 onion, large.	Pepper.
$1\frac{1}{2}$ teaspoons salt.	4 cups mashed potato.
1 teaspoon Worcestershire Sauce.	

Mix whale meat, chopped coarsely, with the finely chopped onion; add the salt, Worcestershire Sauce, savory, and pepper, and put in a buttered baking dish. Cover with the mashed potato and place in a moderate oven for about 30 minutes, allowing the potatoes to brown slightly. Serve while hot.

CANNED WHALE.

18. WHALE MEAT CHOWDER.^b

1 can whale meat.	$\frac{1}{2}$ cup celery.
1 cup milk.	1 teaspoon Worcestershire Sauce.
1 tablespoon rye flour.	Salt.
$\frac{1}{2}$ cup boiled carrots.	Pepper.
1 tablespoon grated onion.	

Boil the whale meat in its own liquor, to which a little water has been added, for 15 minutes. Drain and flake the meat. Add the milk to the liquor and thicken with rye flour; then add the boiled carrots cut into dice, grated onion, finely cut celery, Worcestershire Sauce, salt, and pepper. Cook until the celery is tender, then add the meat. Heat thoroughly and serve in timbals; or place in a baking dish and cover lightly with bread crumbs, and brown.

19. WHALE MEAT PIE.

1 pound canned whale meat.	Worcestershire Sauce.
3 onions.	Salt.
3 tablespoons butter.	Pepper.
$\frac{1}{2}$ pound bacon.	

Cut the meat into small pieces. Slice onions and put in a frying pan with butter and cook slowly until browned. Cut the bacon into small pieces and fry for a few minutes. Drain and moisten with Worcestershire Sauce. Mix all with the canned whale meat, season to taste and put into a deep dish which has been lined with pie crust, moistening the edges of the dish so that the pie crust will adhere. Cut some pie crust the size of the dish and place on top. Brush the top with a beaten egg, cook in oven until well browned, and serve. It may be made into individual pies.

^a Recipe furnished by American Pacific Whaling Co., Bay City, Wash.

^b Recipe furnished by Mrs. Henry B. Ward, Urbana, Ill.

20. MINCED WHALE WITH SCRAMBLED EGGS.

1 pound canned whale meat.	Salt.
8 eggs.	Pepper.
1 tablespoon butter.	Nutmeg.

Chop meat finely, moisten with 2 beaten eggs, add butter, salt, pepper, and nutmeg, and mix thoroughly. Put in a saucepan on the fire and heat slowly for 10 minutes. Make a cake of the meat and place on a serving dish. Pour 6 scrambled eggs over the meat, garnish with parsley, and serve.

21. WHALE MEAT WITH SAUCE.

8 slices canned whale meat.	1 cup consommé.
1 bunch parsley.	2 egg yolks.
2 onions.	Nutmeg.
1 tablespoon butter.	Salt.
1 tablespoon flour.	Pepper.

Make a sauce by melting the butter, add the flour and blend well, then add the consomé. Cut the parsley and onions into very fine pieces, add to the mixture and boil for 10 minutes. Add the beaten yolks of the eggs, season with nutmeg, salt and pepper, and stir well. Add the whale meat and allow to simmer for 10 minutes. Serve hot.

22. WHALE MEAT WITH SAUCE.

6 slices canned whale meat.	1 cup water.
2 onions.	Salt.
1 tablespoon flour.	Pepper.
1 tablespoon vinegar.	

Arrange the meat in a deep pan and prepare the following sauce: Slice onions and fry in butter until browned, add flour, and blend well. Then add the vinegar and water, season, and cook slowly for about 15 minutes. Pour the sauce over the whale meat, and allow to simmer for about 30 minutes. Serve hot.

THE PORPOISE.

23. PORPOISE STEAK.^a

Cut steaks one-half inch thick; season well with salt and pepper, and broil very well done. Serve at once with melted butter and lemon juice, and garnish with parsley.

24. PORPOISE CUTLETS.^a

Cut steaks one-half inch thick, and season well. Roll in bread crumbs and egg, then crumbs again, and sauté slowly until tender. Serve with highly seasoned Tomato Sauce.

TOMATO SAUCE.

½ can tomatoes.	1 bay leaf.
1 teaspoon sugar.	½ teaspoon salt.
8 peppercorns.	4 tablespoons butter.
1 cup brown stock.	4 tablespoons flour.

Cook tomatoes about 20 minutes with sugar, peppercorns, bay leaf, and salt; rub through a strainer, and add the stock. Brown the butter, add flour, and when well browned gradually add the liquor.

25. BRAISED PORPOISE.^a

3 pounds porpoise meat.	Carrot } Turnip } ¼ cup each, cut in dice. Onion } Celery }
2 thin slices fat salt pork.	
½ teaspoon peppercorns.	
Salt.	
Pepper.	

^a Recipe furnished by chef, Nueces Hotel, Corpus Christi, Tex.

Fry out the pork and remove the scraps. Wash meat thoroughly, sprinkle with salt and pepper, dredge with flour, and brown the entire surface in pork fat. Place in a deep granite pan and surround with vegetables, peppercorns, and 3 cups boiling water; cover closely, and bake for about 4 hours in a very slow oven, basting every half hour and turning after second hour. Serve with thin brown gravy to which Sherry or Claret wine has been added.

26. BOILED PORPOISE.

Wash the meat thoroughly and plunge it into boiling salted water (1 tablespoon salt to 2 quarts of water) to which one-fourth cup vinegar, a bit of bay leaf, one-half teaspoon peppercorns, and a minced onion have been added. Allow it to boil for 5 minutes and then simmer until done. Cook until the flesh is tender and serve with Tartar Sauce.

TARTAR SAUCE.

1 tablespoon lemon juice.		¼ teaspoon salt.
1 teaspoon vinegar.		4 tablespoons butter.
1 tablespoon Worcestershire Sauce.		

Heat the lemon juice, vinegar, Worcestershire Sauce, and salt in a small enamel pan over hot water. Brown the butter in a saucepan and add to the first mixture.

27. FILLET OF PORPOISE.^a

Cut porpoise meat into small fillets, and poach in water to which salt has been added. Sprinkle with salt and pepper, put in a shallow pan, and bake for about 12 minutes in a hot oven. Arrange on a rice border, garnish with parsley, and serve with Creole Sauce.

CREOLE SAUCE.

2 tablespoons chopped onion.		6 olives, stoned.
4 tablespoons green pepper, finely chopped.		1½ cups Brown Sauce.
2 tablespoons butter.		Salt.
2 tomatoes.		Pepper.
¼ cup sliced mushrooms.		Sherry wine.

Cook onion and pepper with butter for about 5 minutes; add tomatoes, mushrooms, and olives, and cook for about 2 minutes; then add the Brown Sauce; bring to the boiling point and add the wine to taste.

28. CORNED PORPOISE.^a

Lay cuts of about 5 pounds in brine as for corned beef for about 15 days; boil and cool off. Corned porpoise is very good served cold with Tartar Sauce to which finely chopped peppers and Worcestershire Sauce have been added.

29. PORPOISE STEW No. 1.^b

2 pounds porpoise meat.		Salt.
4-6 potatoes.		Pepper.
2 onions.		4 tablespoons flour.
2 carrots.		Water.
1 turnip.		

Wash the porpoise meat thoroughly; cut the best portions into 1-inch cubes. Put the poorer portions of meat into cold water enough to cover them, and cook slowly. Fry out some pieces of beef fat in a frying pan and remove the scraps. Roll the best portions of the meat in flour, put them into a frying pan, and cook until they are brown (stirring them with a knife so that all surfaces may be browned). Brown the onions also. Put the meat and onions into the

^a Recipe furnished by chef, Nueces Hotel, Corpus Christi, Tex.

^b Recipe furnished by Victory Kitchen, San Antonio, Tex.

kettle in which the stew is to be cooked; rinse out the frying pan with hot water and turn the water into the stew. Cover the meat with boiling water and cook it slowly, for about 2 hours, or until the meat is tender. Remove the poorer portions of meat. Cut the carrots, turnip, and potatoes into one-half inch dice and slice the onions. Add the vegetables (excepting the potatoes) and cook for 40 minutes longer. Add the potatoes and seasoning and cook 20 minutes longer. If a thicker stew is desired, add the thickening of flour and water and cook 5 minutes longer.

30. PORPOISE STEW No. 2.^a

5 pounds porpoise meat.	1 onion.
4 cups potatoes.	$\frac{1}{4}$ cup flour.
$\frac{1}{2}$ cup carrot.	Salt.
$\frac{1}{2}$ cup tomato.	Pepper.
Celery salt.	Chopped parsley.

Wash the meat thoroughly and soak in strong soda water overnight. Cut the meat into $1\frac{1}{2}$ -inch cubes, sprinkle with salt and pepper and dredge with flour. Cook in hot suet, stirring constantly that the surface may be quickly seared. When well browned, put in kettle and rinse frying pan with hot water that none of the goodness may be lost. Cover with boiling water, add celery salt and parsley, and simmer slowly for about 3 hours until the meat is tender. Cut the potatoes into $\frac{1}{4}$ -inch slices, the carrot and tomato into $\frac{1}{4}$ -inch cubes, and the onion into thin slices. Brown the vegetables, except the potatoes, in hot suet and add to the stew, cooking about 1 hour longer. Parboil potatoes 5 minutes, add to the stew 15 minutes before taking from the fire. Thicken with flour mixed with enough cold water to pour easily and cook 5 minutes longer.

31. PORPOISE POT ROAST.^a

3 pounds porpoise meat.	Salt.
1 onion.	Pepper.

Wash the meat thoroughly, rub over with salt and flour, and sear on all sides in fat in a hot frying pan, thus retaining the juices. Then place the meat in a pot with the sliced onion, the fat in which meat was browned, and a little water. Cover and cook slowly, keeping a small quantity of water on the meat for 2 or 3 hours until the meat is tender.

32. ROAST PORPOISE WITH VEGETABLES.^b

3 pounds porpoise meat.	$\frac{1}{2}$ dozen peppercorns.
2 thin slices fat salt pork.	Flour.
1 carrot.	Salt.
2 onions, small.	Pepper.
1 turnip.	

Wash the meat, rub with salt, and dredge with flour. Cook the pork in a kettle until brown and then remove the scraps. Put the meat in the hot fat and sear all the surfaces. Slice the carrot, turnip, and onions. Lay the meat in a fireless cooker kettle, add the peppercorns, salt, and pepper, and arrange the vegetables around the meat. Add 1 cup of hot water and cook for about 4 hours, using 2 radiators.

^a Recipe furnished by Gedney's Restaurant, San Marcos, Tex.

^b Recipe furnished by Mrs. Charles S. Smith, director, home economics, Southwest State Normal, San Marcos, Tex.

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