

VEGETABLE RECIPES

**How to make appetizing and nourishing dishes
which help to save essential food for our
Soldiers and Allies**

VEGETABLES in the diet are valuable because they increase the amount of mineral salts required by the body, supply bulk, and act as the medium for other foods such as milk, butter, etc., when these are used as seasoning or as sauces. All green vegetables, roots and tubers should be crisp and firm. Their preparation requires care. Lettuce, cauliflower, cabbage, Brussels sprouts, and such greens as spinach or Swiss chard, should be plunged into cold, salt water for a few minutes. When green vegetables are cooked in water the temperature should be kept at the boiling point throughout the entire time of cooking and they must be drained as soon as they are sufficiently tender.

POTATOES*

No vegetable is so much in demand as the common potato and none is so badly cooked. The method of cooking may be varied to avoid monotony. Following are a few tried and approved recipes:

BAKED POTATOES—Select smooth, medium-sized potatoes. Wash, using a vegetable brush, and place in dripping pan. Bake in hot oven forty minutes or until soft, remove from oven, break the skin to allow the moisture to escape, and serve at once.

BOILED POTATOES—Select potatoes of uniform size. Wash, pare and drop at once in cold water to prevent discoloration; soak one-half hour in the fall, and one to two hours in winter and spring. Cook in boiling, salted water until soft. Drain from water, dry over fire, and keep uncovered in warm place until serving time.

RICED POTATOES—Force hot-boiled and well-seasoned potatoes through a potato ricer or coarse strainer. Serve lightly in a hot vegetable dish.

MASHED POTATOES—To five cups riced potatoes add three tablespoons of butter, one teaspoon salt, few grains pepper, and one-third cup hot milk; beat with fork until creamy; reheat, and pile lightly in hot dish.

CREAMED POTATOES—Reheat two cups cold boiled potatoes, cut in dice, in one and one-half cups white sauce.

CREAMED POTATOES WITH BREAD CRUMBS—Put creamed potatoes in buttered baking dish, cover with buttered crumbs, and bake on centre grate until crumbs are brown.

DELMONICO POTATOES—To creamed potatoes and bread crumbs add one-third cup grated cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

POTATO OMELET WITH CHEESE—Prepare mashed potatoes, turn in hot omelet pan greased with one tablespoon fat, spread evenly, sprinkle with cheese, cook slowly until browned underneath, and fold as an omelet.

*Because of the very great relative importance of this vegetable and the many ways in which it can be prepared for table use, it is given first place in this book. Recipes for cooking other vegetables follow in alphabetical order.