

# ABOUT COOKING

**READ THESE GENERAL DIRECTIONS**



## BOILING

Everything should be gently boiled, rather than boiled fast, in order to be tender. The water should never be allowed to stop boiling before the article is done. The kettle should be kept covered, merely raising the cover to remove the scum. When more water is needed, always use boiling water; adding cold water will ruin anything.

## FRYING

The fat must always be very hot, then the surface of anything is almost instantly hardened or crisped when thrown into it, and the inside is thus kept free from the grease. The same fat can be used several times for frying similar things, by straining it through a wire strainer.

## BROILING

The gridiron should be very hot and well greased. Cover the gridiron with a baking pan which will keep the heat in. Birds and fowls should be turned often to be cooked evenly, without being burned. Steak should be turned often to keep the juice in. Never put a fork in the lean part of the steak when cooking, as it allows the juice to escape.

## BAKING

Meats and fowls should be well basted all the time they are cooking. Frozen meats should be immersed in cold water until they have thawed. Meats kept a day or two before cooking are more tender.