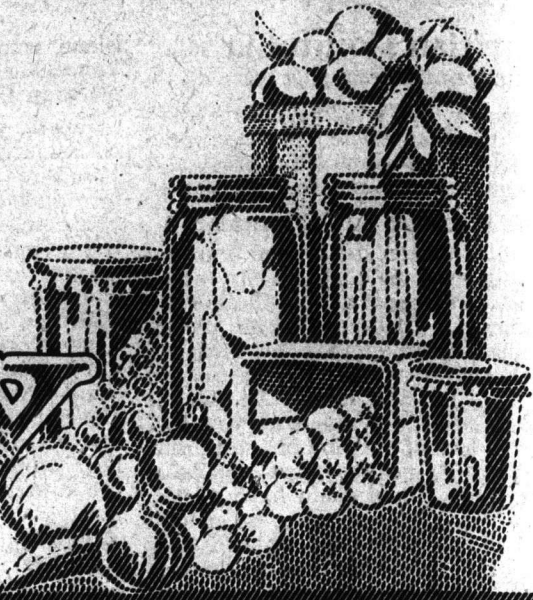


# Better Cookery

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**O**NE often wonders why more people do not provide themselves with a large supply of winter vegetables in the fall, when they are so plentiful, and may be stored with such ease. Perhaps the simplest way to determine how the different vegetables should be preserved in their natural state, is to consider the manner in which they grow. They should be kept under somewhat natural conditions. For example, root crops should be buried in earth to prevent drying out and loss of flavor. Tender things such as pumpkins should be kept where there is free circulation of the air to which they are native.

The ideal storage place for underground vegetables is a cold cellar which will not freeze.

Such roots as carrots, turnips, beets, salsify and parsnips, if packed in boxes in alternate layers with dry earth or sand, will be just as plump and fresh next spring as they are now. Salsify and parsnips need a good hard frost to develop their finest flavor.

Potatoes are put in boxes or bins, where it is cool, dry and dark. Occasionally during the winter and spring they require to be picked over, as one or two soft decayed potatoes would soon spoil a large quantity. Any sprouts which have grown are removed at the same time.

Cabbages we pile roots upward in boxes or barrels.

Onions must be both cool and dry. They will sprout if too warm, and rot if too moist. They are best kept on slatted racks or in slat baskets. If there is no attic in which to keep them, the racks or baskets should be hung from the rafters of the cellar, where there is good circulation of air. In fact, all bins, boxes, barrels and baskets containing vegetables require to be surrounded by air spaces.

Celery, neither trimmed nor washed, is packed, heads up, in long, deep boxes filled with dry earth or sand.

Pumpkins and squash must be thoroughly ripe in order to keep. They are placed in a dry, airy place, on shelves, without touching each other. They require a warmer temperature than root vegetables. From time to time they are wiped dry with a cloth.

Tomatoes, if firm and unspotted, when placed in baskets or on racks in the cellar, will ripen gradually until January.

## SALT AS A PRESERVATIVE

During the canning season when the busy housekeeper finds it almost impossible to keep up with the supply of fresh garden products needing attention, she may well revert to the use of salt, which is so popular in Europe.

Barrels, kegs, stone crocks or smaller jars, may be used as containers. The surface is covered with white cheese-cloth or cotton, cut larger than the top of the vessel, and a weight of some kind put on top, to keep the product down in the brine. This may be a wooden block, a plate, a saucer, a stone. Yellow or pitch pine should not be used, neither should sandstone, limestone nor marble.

Dairy salt is quite as satisfactory as table salt, and is much cheaper. Rock salt is too likely to contain impurities.

If sealers are used, the rubbers are greased to prevent the salt oozing out.

## DRY SALTING

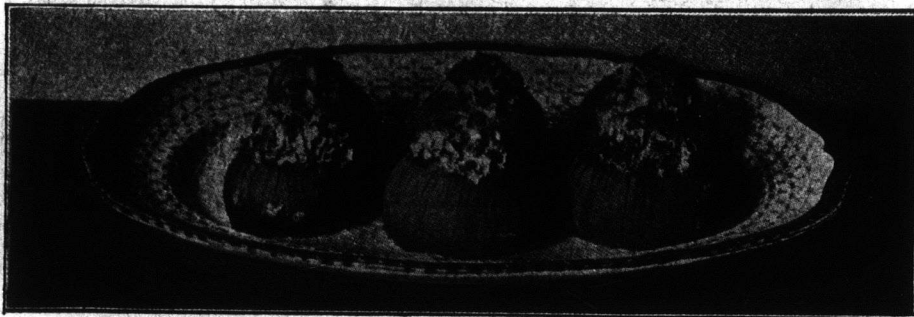
**String Beans.** String, wash and weigh fresh tender beans. Blanch in boiling water from three to five minutes, then immerse in cold water one minute. Pack in jars with alternate layers of salt, using one-fourth of a pound of salt to one pound of beans. A wooden potato-masher is useful in packing down the beans. Have a layer of salt on top. Weigh the beans down with a large cork dipped in paraffin, grease the rubbers, and seal if using sealers.

When ready to use, freshen the beans by soaking in cold water for three hours before cooking.

Corn, beet-tops, spinach, chard and green peas may be preserved in the same way.

## BRINING

**Green Peppers.** Remove stems and seeds from fresh green peppers, wash and pack in a jar with blossom-end down. Cover with a brine made of two pounds of salt to one gallon of water. Weight and seal. Peppers may be kept in this way for eight or ten months, then freshen in cold water, and stuff and bake, or use in relishes or salads.



Stuffed Onions

Cauliflower, red peppers, celery, hard pears and peaches may be kept in a brine of the same density.

## PICKLES AND RELISHES

Too much vinegar and spice is not good for our digestive organs; nevertheless, a small quantity served with certain other foods gives the same freshness we enjoy in the summer-time from lettuce and similar salad foods.

### Cabbage and Pepper Relish

6 green peppers 2 tablespoons mustard  
1 red pepper seed  
3 onions 2 1/4 tablespoons salt  
1 large white cabbage 3 tablespoons brown sugar  
half bunch celery 1 qt. vinegar

Wash pepper and remove stems and seeds. Peel onions, remove outside leaves and hard centre of cabbage. Wash celery and remove coarse green leaves. Put all the vegetables through the meat-chopper, using the coarsest plate. Add the other ingredients, mix thoroughly and seal in sterilized jars.

### Piccalilli

1 peck green tomatoes Vinegar  
6 medium onions 2 cups sugar  
1 1/2 cups salt 2 teaspoons cinnamon  
1 red pepper 1 teaspoon cloves

Wipe tomatoes and peel onions and put through food-chopper. Sprinkle with salt and let stand over night. Drain in a bag, put chopped mixture in

kettle. Add chopped red pepper and cover with vinegar. Add sugar mixed with the spices. Mix thoroughly and cook gently till thick, stirring occasionally. Seal in sterilized jars.

### Chopped Pickles

3 qts. green tomatoes 1 qt. small green cu-  
1 qt. ripe tomatoes cumber  
3 bunches celery 4 qts. water  
3 large onions 3 pints vinegar  
3 red peppers 2 lbs. brown sugar  
3 green peppers 1 teaspoon mustard  
1 cup salt 1 teaspoon pepper  
1 large cucumber

Wipe tomatoes, wash celery, peel onions, put all the vegetables through the chopper, cover with the salt and water, let stand over night, and drain. Add vinegar, sugar and spices, mix thoroughly and seal in sterilized jars.

### Mustard Pickles

4 qts. small cucumbers 1 gal. boiled water  
3 large cucumbers 2 cups salt  
1 qt. green tomatoes 1 cup flour  
4 green peppers 1 cup sugar  
1 bunch celery 6 tablespoons mustard  
1 cauliflower 2 tablespoons celery seed,  
Vinegar

Wipe the small cucumbers, slice the large cucumbers, the tomatoes and the peppers, chop the celery and separate the cauliflower. Put all together in a kettle with the boiling water, to which has been added the salt. Cover and let stand over night. In the morning bring to the boiling point and let simmer till the vegetables are tender. Drain, mix

the flour, sugar and mustard. Add enough cold vinegar to make a paste. Stir into two quarts of boiling vinegar, add the celery-seed and boil five minutes. Add the drained vegetables, and cook twenty minutes. Larger amounts of sugar or mustard may be used if desired.

### Chili Sauce

12 ripe tomatoes 3 cups vinegar  
2 ripe peppers 6 drops each of oil of  
2 onions cloves  
2 tablespoons salt Cinnamon and allspice  
2 tablespoons sugar

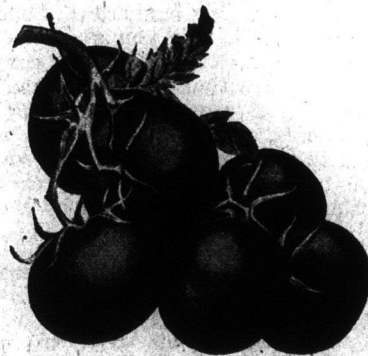
Peel and chop tomatoes and onions fine; chop peppers. Add sugar, salt and vinegar, and boil one hour. Add spices and seal. If oils are not available, boil 1 teaspoon each of the ground spices with the other ingredients.

### Beet and Horseradish Relish

Mix one cup of cold cooked chopped beets with 3 tablespoons grated horseradish, and 2 tablespoons vinegar. Sugar may be added. Canned beets and bottled horseradish may be used.

### Pickled Onions

Peel small white onions, cover with a brine made of one and one-half cups salt to two quarts of boiling water, and let stand two days. Drain, and cover with fresh brine, let stand two days and drain again. Make fresh brine and heat to boiling point. Put in onions and boil three minutes. Pack in



Tomatoes in Choice Condition

jars, interspersing the onions with bits of mace, peppercorns and bits of bay-leaf. Fill jars with scalding vinegar, containing one cup of sugar to a gallon of vinegar. Seal.

## TOMATOES

**Broiled Ripe Tomatoes.** Peel firm tomatoes and cut in halves. Sprinkle each with salt, pepper and fine bread or cracker-crumbs. Place on a toaster over the fire for five minutes. Slip on a hot flat dish, dot with butter, and place in hot oven for five minutes. Serve at once.

### Sautéed Ripe Tomatoes

Peel and slice tomatoes, season with salt and pepper, dip in batter or in egg and crumbs and sauté in a hot frying pan, with butter.

### Stuffed Ripe Tomatoes

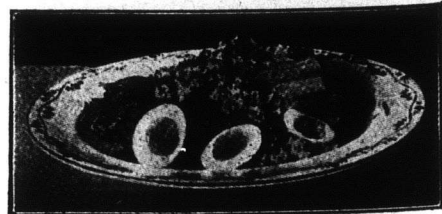
Cut a thin slice from the top of tomatoes, scoop out the inside with a spoon, mix it with an equal quantity of either cooked rice or macaroni or bread-crumbs. Add salt, pepper, a little melted butter, and a few drops of onion juice. Refill the tomato-shells, replace the tops, and bake one half-hour.

### Stuffed Onions

Peel and boil ten minutes, the required number of large onions. Remove from the water, cool, cut off a slice from the top, and scoop out the inside to form a cup. Chop the onion which was removed. Add equal amounts of any cold chopped meat and soft bread-crumbs. Season and moisten with melted butter or cream, and mix thoroughly. A teaspoon of chopped parsley may also be added. Fill the onion-cups with the mixture. Sprinkle the tops with buttered crumbs, and bake in the oven till the onions are soft.

### Asparagus with Buttered Crumbs

Boil a bunch of asparagus for fifteen minutes, or until done, letting it stand in the kettle with the tips out of the water for the first ten minutes. Or heat a can of asparagus. Pile on a hot platter, sprinkle over it half a cup of fresh bread-crumbs, which have been fried a deep yellow in two tablespoons



Asparagus with Buttered Crumbs

of butter in a frying-pan. Sprinkle with salt, pepper and chopped parsley. Garnish with slices of hard-cooked eggs.