

IN THE KITCHEN

A Pot Roast of Beef

Choose a piece of lean beef—the best cut from the round is good. The crossrib is, however, preferred by many cooks. Cut from the edges some bits of fat, or slice a piece of suet the size of an egg, cut this into tiny scraps and put into an iron pot on the stove. Let it cook until it begins to smoke, then lay the beef in it. When one side is scorched over, turn it the other side up, and continue to move it about until the entire surface is well browned. Then add, very slowly, a little water, taking care that the fat has cooled so it will not fly over the stove. After a moment put in sufficient water to almost cover the meat. The pot should have a tight fitting cover. Then boil slowly for five or six hours. Examine it occasionally to see that there is sufficient water to keep from burning. When about half done, add salt, a little pepper, and (if the flavor is liked) $\frac{1}{2}$ cup tomato catsup or a spoonful of Worcestershire sauce. When thoroughly cooked, take out the meat, thicken the gravy with flour or cornstarch, taste to see if the seasoning is right, add a couple of tablespoons of cream and pour it over the meat on the platter. If properly done, a broom straw could be passed through the entire piece without breaking. This is one of the best ways of cooking beef.

Some Pickles

Good home-made pickles are handy to add variety to the daily fare, and if not eaten in too great quantity are not unwholesome. The fruit or vegetables for making them should be firm and fresh. If they are stale or wilted the pickles will be soft, and they will not keep. Following is a recipe for chili sauce: Scald, skin and cut up fifty ripe tomatoes; chop and add a dozen green peppers, with the seeds removed, and nine large onions, half a pound of brown sugar, four tablespoonsful of salt, nine level teaspoons each of ground cloves, allspice and ginger, and two quarts of vinegar. Boil gently, stirring and crushing to a paste, for an hour or longer if it is still thin. Then bottle and seal.

CUCUMBER CATSUP.—Use a dozen cucumbers, a little larger than for table use, 14 good sized onions, 6 green peppers. Peel and grate the cucumbers and place in a colander to drain about two hours. Chop onions and peppers fine, add to the cucumbers, and when all juice is drained off, add to the above 6 teaspoons black pepper, 8 scant teaspoons salt, and 5 pints strong vinegar. Mix all together thoroughly and place in large mouthed bottles or cans. If bottles are used be sure the corks are tight-fitting and the cans air-tight. This needs no cooking. The strong vinegar and the salt and pepper are the keeping qualities. I have made this at least ten years, with success every time. It will keep from one year to the next. I have furnished the above recipe to dozens of friends, who pronounced it one of the finest relishes.

GREEN TOMATO PEAS.—Cut a thin slice off both top and bottom of tomatoes, slice and sprinkle with salt, using one cup of salt to a peck of tomatoes. Drain the next morning, boil

fifteen minutes in two quarts of boiling water with one quart of vinegar, then drain again. Boil for five minutes two red pepper pods (cut into strips) in two quarts of vinegar with half a tablespoonful of white mustard seed and one-half cupful of mixed spices. One pound or one cupful of sugar is added to the boiling vinegar and the tomatoes gently simmered in it for half an hour, then the spices removed and the pickles sealed in jars.

Four Good Recipes

ANGEL CAKE.—Angel cake must be baked in a tin especially made for the purpose, and a measure comes with the tin. Beat the whites of twelve eggs to a stiff froth, sift in one measure of sugar, stirring all the while; sift through one measure of flour, a teaspoon of cream tartar and sift that into the eggs and sugar. Add 1 teaspoon vanilla. Bake slowly for one hour. Take out of the oven and turn upside down.

WAFFLES.—Two eggs beaten well, yolks and whites separately. Mix one teaspoonful of soda and a little salt in buttermilk, which add to one pint of flour. The batter should be as thick as strained honey. Beat into this batter the yolks, one dessert-spoonful of melted lard, and lastly the frothed whites. Have the waffle irons hot, grease well, and pour into them from a pitcher the waffle mixture. They should cook quickly, should be golden yellow, thin and crisp enough to be eaten with the fingers, just as crackers are.

BROILED CHICKEN.—Take fat, broiling-size chickens, place in a stove pan with a small quantity of water, a tablespoonful of butter, two slices of bacon and pepper and salt to taste. Cover and cook slowly in a medium oven, basting occasionally until tender. Take out and brown on a broiling iron. Serve with the gravy in which it was cooked poured over it, sealing hot.

ROCK CAKE.—Beat a cupful of butter and one and a half cupfuls of light brown sugar to a cream, add three eggs, a teaspoonful of cinnamon, a level teaspoonful of soda dissolved in two tablespoonsful of hot water, a cupful of chopped raisins, a cupful of chopped nutmeats, preferably English walnuts, and two and a half cupfuls of flour. Drop by the small spoonfuls on a buttered sheet, allowing ample room for spreading. Bake in a moderate oven. The cakes soften after a few days and are recommended not only for their excellence, but because so easily and quickly made.

Baked quinces are delicious: Wipe, pare, quarter and core them, and put in an earthen baking dish. Sprinkle well with sugar, put water in the bottom, cover and bake in a slow oven, till soft, basting often with the juice. Serve hot with cream.

Apple sauce need not always have the same flavor. A handful of either fresh or canned blackberries makes a tasty combination. Lemon or orange peel, whole cloves or a few raisins will make a fine variety of sauces whose sickly insipidity will not pall on the appetite.

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