

Supper Dishes

Eggs contain as much nourishment as meat and in a more concentrated and easily digested form. It is fortunate that as the price of meat goes up in warm weather the price of eggs drops. In recipes that call for the yolks only the whites will keep for some days if put in a cool place and carefully covered. The yolks will not keep so long, but if beaten up and carefully covered may be used the next day. Or they may be left whole covered with cold water and set in a cool place. Another way to save the yolks for which one has no immediate use is to drop them in water just off the boil and leave until they are cooked throughout, then use them in soup, or rubbed through a sieve they may be used as a garnish for salad or on top of a dish of cream toast.

Beauregard Eggs

When you have a little time to experiment with a new dish try this recipe.

1 cup white sauce 4 hard-boiled eggs

Toast

Chop the whites of the eggs fine and add to the cream sauce, toast and arrange in a serving dish bits of bread cut to resemble the petals of a daisy, having the petals about three inches long. Spread the sauce on the buttered toast and press the yolks, seasoned with pepper and salt, in the centre to form the centre of the daisy.

Spaghetti and Eggs

1 package spaghetti 1 tablespoon flour
1 tablespoon butter 1 tablespoon grated cheese
1 cup milk 4 hard-boiled eggs

Boil spaghetti and cut into small pieces. Chop eggs. Mix with spaghetti and turn into a baking dish. Blend butter and flour, add seasoning and milk and boil for three minutes. Add cheese and pour over spaghetti and eggs. Sprinkle with buttered bread-crumbs and bake for ten minutes.

Grandmother's Parsnip Chowder

This chowder is tasty and often fills in when fresh meat is hard to get.

2 slices fat salt pork 2 cups boiling water
1 medium sized onion 1 quart scalded milk
1 medium sized onion 2 tablespoons butter
2 cups cubed raw potatoes 4 water crackers or
2 cups cubed raw potatoes 1/4 cup cracker-crumbs
1 1/2 cups cubed raw parsnips 2 teaspoons salt
1/4 teaspoon pepper

Combine the salt pork and onion in the soup-kettle and cook for five minutes, taking care not to burn the onion; add to this half of the potatoes, the parsnips and the remaining potatoes, sprinkle over the salt and pepper, add the boiling water and simmer until the vegetables are soft. Then add the scalded milk, butter and crackers split and soaked in cold milk, or the crumbs. Slice the hard-boiled eggs over the top.

Egg and Potato Pie

5 hard-boiled eggs 1 tablespoon grated onion
1 quart of hot mashed potatoes 1/4 teaspoon nutmeg
1 tablespoon butter 1/2 teaspoon white pepper
1 tablespoon finely chopped parsley 2 teaspoons salt
1 cup cream sauce

Brush an earthenware dish with melted butter; cover the bottom with the mashed potatoes, to which have been added the seasoning. The layer of potatoes must be one inch thick. Put in a layer of hard-boiled eggs, which have been cut into four slices the long way; cover with half the cream sauce, then a half-inch layer of potatoes and another layer of eggs and cream sauce. Dust each layer with salt and pepper. Cover top with the remainder of the mashed potatoes, brush with a well-beaten raw egg and rough with a fork. Put into a moderate oven for 30 minutes, or until nicely browned. Garnish with finely chopped parsley and a dust of paprika. There must be three layers of potatoes and two layers of egg.

Stuffed Eggs

These are good for lunches or to serve with salmon salad.

4 hard-boiled eggs 1/4 teaspoon mustard
1 teaspoon vinegar 1/4 teaspoon paprika
2 tablespoons grated cheese Melted butter

Cut the eggs in halves crosswise, remove yolks, mash and add cheese, vinegar and seasoning and enough melted butter to make it of the right consistency to shape. Make in balls and refill whites. These may be served with a white sauce.

Scrambled Eggs

Scrambled eggs admit of endless variations.

6 eggs 6 tablespoons milk
Salt Pepper

Eggs are best scrambled in a double boiler or a pan set in another pan of hot water. Half a cup of grated cheese may be added to the above recipe and the mixture served on toast, or a little cold chopped ham or beef and a seasoning of Worcester sauce may form a second variation. If you have any left over peas or beans add those.

Scrambled Eggs with Creamed Fish

Any left over bit of fresh or salt fish may be utilized as the foundation for this dish. Flake the fish and make enough cream sauce to moisten it well. Heat and pile in the centre of a platter, pour the scrambled egg around and garnish with toast points. Toast cut in triangles.

Sour Cream Omelet

This is surely something of an innovation in the way of omelets and has a flavor all its own.

1/4 cupful sour cream 1 teaspoonful salt
6 eggs 1/4 teaspoonful pepper

Separate the egg whites and yolks, add salt and pepper to the yolks and beat thoroughly. Add the sour cream and beat again. Whip the whites stiff, fold into the yolk mixture, and pour into an omelet-pan containing a tablespoonful of melted butter. Cook gently till browned on the bottom, and slip in the oven for a minute or two to set the top. Fold over and serve on a hot platter.

Potato and Egg Salad

At this time of the year there isn't much to serve in the way of salad and the following is really very good with cold meat.

2 cups potatoes 1 cup cabbage
3 hard-boiled eggs 2 tablespoons chopped pickles
A little onion juice

Cut the potatoes in small cubes, shred the cabbage, add the eggs and pickles finely chopped and serve with cream dressing.

Cream Salad Dressing

2 level teaspoons flour 1 teaspoon salt
1 teaspoon mustard 1 1/2 teaspoons sugar
A few grains cayenne 1/4 cup vinegar
1 teaspoon melted butter 1/4 cup thick cream

Mix the flour, salt, mustard, sugar and cayenne together. Then add the vinegar heated, the melted butter and the yolk of the egg slightly beaten. Cook in double boiler, stirring constantly until it thickens then add the cream beaten until stiff. Cool and pour over potato mixture. One of the secrets of a good salad is to serve it very cold.

Baked Chicken and Eggs

This is a good way to use up left over bits of chicken or fowl.

6 hard-boiled eggs 1 teaspoon salt
2 cups chopped, cooked chicken 1/4 teaspoon pepper
1 1/2 tablespoons butter 1 cup dry bread crumbs
3 1/2 tablespoons flour 1/2 cup melted butter

Chop the eggs fine. Make a sauce of the butter, melted, then mixed with the flour and seasonings, and the stock, which should be added gradually. After it has boiled, add half to the eggs and the rest to the chicken. Arrange in alternate layers in a buttered baking-dish, cover with the crumbs and bake half an hour in a moderate oven. Veal may be used if desired.

Curried Eggs

This makes an excellent supper dish.

6 hard-boiled eggs 1/4 teaspoon curry powder
2 tablespoons flour 1 1/2 cups boiled rice
2 tablespoons butter Few grains each pepper and paprika

Make a sauce of the butter, flour, seasonings and milk bring to boiling point, and add the eggs quartered. Arrange a border of rice around the platter and pour the egg mixture in the centre. To prepare this in the chafing dish, make the sauce in the pan, add the rice, put the quartered eggs on top and let all stand to become hot.



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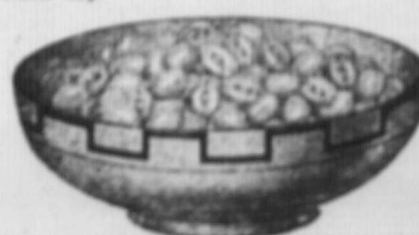
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