

Diamond Dye Cook Book.

Soup Stock.

Take three or four pounds of shank of beef, cut into small pieces, add all the bones and bits of cold meat you have in the house, cover the whole with cold water and let it stand for an hour or two; then set it on the stove and boil several hours; then strain and set away to cool. When it is cool the fat may be easily removed; do not have a bit of fat in it.

This is the soup stock, and several different soups can be made by boiling the different vegetables, rice, macaroni or manioca in water and adding some of the soup stock, and seasoning to taste. Whenever an onion is used, it is much nicer grated than cut in pieces.

White Soup.

Strain two or three small boiled potatoes through a wire strainer, mix with them two cups of water, one and one-half cups of milk, and one-half cup of soup stock, if you have it. Season to taste with pepper, salt, and ground celery seed. Let it boil up once and serve.

Asparagus Soup.

Make a soup on the same plan as the White Soup. Add to this soup one-half a can of asparagus, or, if in season, the tips of one bunch of fresh asparagus, cut in pieces one inch long and previously boiled in salted water. Then add a little cream and serve very hot.

If canned asparagus is used, take care not to put in any of the liquor and use only the tips, or tender portion cut fine.

Pea Soup.

Pick over and wash one pint of split peas, cover with water and soak during the morning. Three hours before dinner put them in a kettle with a quart more water and a small piece of salt pork, boil steadily, stirring often lest it should burn. If you prefer to have the soup without pork use the liquor that fresh beef or other meat has been boiled in instead of water, and use no pork. It may need more water as it boils; you can make it of whatever thickness you prefer.

Roast Beef.

The best pieces for roasting are the sirloin and rib pieces, the latter being better for a small family. Remove all the bones, roll the meat in a tight round and skewer firmly. If you wish the meat to be rare, allow fifteen minutes to a pound; if you wish it well done, about twenty-five minutes to the pound. Have the oven very hot when the meat is first put in, let it cook for fifteen or twenty minutes, then turn one cup of boiling water over it and sprinkle with pepper and salt, and allow the oven to cool a little. Baste the meat frequently with the water that is in the bottom of the pan that it may not get hard and dry. When the meat is done remove it to a hot dish, and put the dripping pan on the stove to brown the drippings. As soon as they are brown, turn in two cups of boiling water and thicken with flour wet with cold water. Season the gravy to taste with pepper and salt and serve in a gravy-boat; do not turn it in the dish with the meat.

Stew of Beef.

This is an old-fashioned dish, but is very nice if properly done. Select a nice juicy piece of a shank, about three or four pounds, cover it with boiling water and cook slowly for about four or five hours, or until tender, keeping it always covered with boiling water. When it is well cooked season to suit the taste, then allow it to cook until the meat is just ready to fall off the bone. This can be done the day before the stew is wanted; it is often better to do so, as then there is plenty of time for the meat to cook. Now cut the meat from the bone, remove all bad parts, and put the meat in a frying pan with some of the water in which it was cooked and a piece of butter if there was no fat in the meat; set it on the stove and allow it to brown until the meat is crisp on the outside; then turn in the rest of the water from the kettle and thicken with flour wet with cold water. This dish can be varied by cooking rice, potatoes, macaroni, parsnips and onions in a little water and adding to the stew.