

Marjory Dale's Recipe Page

LIGHT MEALS FOR HOT DAYS

By MARJORY DALE

Bran Muffins

Two cups bran, 1 cup flour, 1 teaspoon soda, 1/2 cup butter, 3 tablespoons molasses, 1/2 cup sour milk, 1 teaspoon salt.

Banana and Nut Salad

Wash and prepare crispy lettuce leaves, place on individual plates. Peel banana, cut in half and then half lengthwise; dip in cooked mayonnaise and roll in chopped nuts; toss on cress.

Casserole of Salmon

One lb. slice salmon boiled, boned and flaked, 2 hard boiled eggs, bread crumbs, white sauce, butter, salt, and pepper.

Baked Tomatoes

Peel tomatoes, place on pie plate with a little water, sprinkle with salt and pepper, squeeze a little onion sauce over tomatoes, dot with butter; bake until tender.

Fruit Ice

Juice of 4 oranges and 1 lemon, 1 cup pineapple juice; pour 2 cups boiling water on 1 1/2 cups sugar; add 1 tablespoon gelatine, stir until dissolved; beat yolk of 1 egg, mix all with juice, using beater. Fill vessel, pack, and freeze.

Raspberry Rice Charlotte

One-quarter cup rice, 1 cup milk, 1/4 teaspoon salt, 1/2 cup sugar, 1 pint cream, 1 teaspoon vanilla, 2 egg yolks, 1 tablespoon gelatine, 1 tablespoon cold water.

Stuffed Cucumbers

Three cucumbers, 1 cup cold chopped meat, milk, 1/2 cup bread crumbs, salt and pepper, 1 tablespoon butter, 1 cup stock, few drops lemon juice.

Custard Sherbert

Make a rich custard, freeze. Serve in sherbert glasses topped with whipped cream or fresh fruit.

Lamb Broth

Boil in quart of water bones and scraps left from lamb roast, with an onion, celery, parsley, salt and pepper; let simmer four hours; strain. Add little over 1/4 cup rice, picked over and washed, to liquid. Boil until rice is tender.

Maple Apples

One cup maple syrup, 4 medium sized apples, 1 cup water. Pare and core apples. Heat water and syrup to boiling point; drop apples into heated liquid, turning often. Remove apples when tender. Allow liquid to cook to syrupy consistency. Pour over apples.

Eggs Scrambled with Tomatoes

Four eggs, 1 tablespoon onion juice, 1 cup tomato pulp and juice, salt, pepper, butter. Beat eggs, add salt and pepper to taste and onion juice. Put in pan with melted butter, scramble when they begin to heat. Add tomatoes. Mix thoroughly. Serve on toast.

Dressed Veal Cutlets

Cut edges of cutlets to prevent curling. Roll lightly in egg and fine cracker crumbs. Put in frying pan with a dessertspoon butter for frying; put another spoonful over meat. Fry rapidly for a minute, be careful not to burn butter, then lower gas or move to cooler part of range. Cook each side 20 minutes. Put cutlets on heated platters, salt and pepper lightly. Add to the pan, 1 teaspoon flour, stir and pour on 1/2 cup boiling water; cook, add salt. Pour over meat; garnish with slices of lemon.

Fried Tomatoes

Peel four tomatoes, slice 1 inch thick, roll in egg and bread crumbs twice; fry in plenty of butter or fat.

Raspberry Ice

Boil together for 20 minutes 1 pint sugar, 1 scant quart water. When cool add 1 cup mashed fruit with a little lemon juice. Mix together and freeze.

Cup Custard

Heat 2 cups milk in top of double boiler. Beat 2 eggs, add 4 tablespoons sugar, 1/4 teaspoon salt. Add hot milk to beaten eggs; heat five minutes. Add flavouring, pour into custard cups. Bake in a very slow oven, setting cups in baking dish with a little water.

Scalloped Ham

One cup chopped ham, 1/2 cup milk, 1 tablespoon butter, 3/4 cup crumbs, 1 small onion, 1/2 tablespoon flour, salt, pepper, sage. Place layer of crumbs in bottom of baking dish, salt and pepper, then a dash of sage, then a layer of ham and onions. Fill the dish. Make a sauce by blending flour and butter over fire, when creamy, pour on hot milk, cook while stirring until smooth and thick. Pour over ham. Bake in a quick oven 45 minutes.

Corn Fritters

One-half cup flour, 1/2 teaspoon baking powder, 1 dessertspoon melted butter, 1-3 cup milk, pinch salt, 1 pint corn.

Sift flour, baking powder, and salt together. Beat egg, add butter and milk together. Then the flour, lastly the corn. Drop by spoonfuls on pan in hot butter. Fry golden brown.

Peach Jardiniere

Whole firm peaches, number desired, cut off top, scoop or cut out peach taking stone, leave enough for a shell. Put pulp in a bowl, mix with orange, banana, a little pineapple and maraschino cherries, sweeten to taste.

Fill peach shells, set away on ice. When serving, top each peach with whipped cream, topped with cherry.

Prune Toast

Wash and soak prunes overnight in cold water. Simmer until tender; remove stones, rub through sieve. Dip toasted bread in hot milk. Serve as individual portions on small plates. Over each slice put 1 teaspoon prune puree. Serve with thin cream.

Tomato Marmalade

One quart ripe tomatoes skinned and sliced. Put on stove with 1/2 cup cider vinegar, 1-3 cup sugar, 1 teaspoon salt, 1 teaspoon ground spice. Cook slowly, stir often with a wooden spoon, when reduced to less than half it is done. Put in tumblers.

Caramel Gelatine Jelly

Mix one heaping tablespoon gelatine in two tablespoons water, add juice and rind of 1/2 lemon, three tablespoons granulated sugar, pinch of ground cinnamon, teaspoon burned sugar, few grains of salt. Stir and strain, set away on ice to harden. Serve with milk or whipped cream.

Baked Creamed Salmon with Spaghetti

One and one-quarter lbs. sea salmon, 1/2 lb. spaghetti, broken fine, butter size of an egg, 1 pint milk, 2 eggs.

Boil salmon, remove skin and bone. Boil spaghetti in salted water, when done drain through colander and pour cold water through it. Grease baking dish, put in layer of spaghetti, thin layer of salmon, bits of butter and pepper, continue until all is used. Beat eggs, add milk, pour over and bake for 45 minutes. Serve with white sauce.

Eggs Poached in Tomato Soup with Green Peppers

Four eggs, butter size of an egg, salt and pepper, 2 tablespoons corn starch, 6 medium tomatoes, 1 tablespoon sugar, 1 green pepper, 1 onion.

Make tomato soup by washing tomatoes, cutting up and boiling until tender with onion run through sieve; add salt, pepper, butter and sugar; green pepper that has been washed, seeds removed and finely chopped; when it comes to boiling point, add diluted corn starch and when boils again drop eggs and poach. Serve on toast surrounded with soup.

Cream of Carrot Soup with Rice

Make cream of carrot soup leaving out thickening, wash 1/2 cup rice, put into soup and boil till tender.

Veal King

One and one-half lbs. veal, 1 green pepper, salt and pepper, white sauce, 1 hard boiled egg, toast squares. Boil veal until tender, when cold cut; make white sauce, cut green pepper, remove seeds, chop fine, and boil 10 minutes. Bring to boiling point, add green pepper and egg chopped. Season to taste. Serve with rice border or on toast squares.

Raspberry Jambulay

One-half box raspberries, 2 bananas, 1 cup milk, 1 tablespoon milk, 1/2 small pineapple, sugar, 2 tablespoons corn starch, few grains salt. Wash raspberries, mash, add sugar to taste, let stand 1 hour. Prepare pineapple, chop very fine, add to berries; cut and slice banana. Put milk on in double boiler, add two tablespoons sugar, and the salt. Bring to boiling point, slowly add fruit and corn starch. Serve in sherbet glasses, topped with cream.

Lentil and Potato Loaf

One and three quarter cups lentil puree, 2 tablespoons butter, 1/4 cup milk, 1 teaspoon salt, one-third teaspoon sage, 2 cups riced potatoes, 1 tablespoon butter. Soak lentils overnight, then cook in boiling water until tender; allow water to evaporate until lentils are quite dry. Put through colander to form a puree. Then mix with the puree, the butter, cream, salt and sage. To prepare the potatoes, peel and cook 2 or 3 medium sized potatoes in boiling salted water until tender. Drain and dry by shaking gently over the fire. Put through rice, season with butter and more salt if necessary. Place lentil mixture in the bottom of a buttered baking dish, and on top place a layer of mashed potatoes. Brush the top with a little butter and bake until brown.

To Make Croutons

Cut bread 1 inch thick, stale bread is preferable, cut into 1 inch squares, and fry in butter until a light golden brown.

Nut and Cheese Roast

One cup grated cheese, 1 cup chopped walnut meats, 1 cup bread crumbs, 1 tablespoon butter, 1/2 lemon, 2 tablespoons chopped onions, salt and pepper. Cook onion in butter with a little water until tender. Mix other ingredients, moisten with the water in which the onion has been cooked. Pour into a shallow baking dish, and brown in oven.

Gooseberry Catsup

Five pounds gooseberries, 4 pounds sugar, 2 cups cider vinegar, 1 1/2 tablespoons cinnamon, 1 tablespoon clove, 1 tablespoon allspice. Pick over, wash and drain gooseberries. Put in kettle and add sugar, vinegar and spices. Bring to boiling point and let simmer two hours. Fill bottles and seal.

MENUS FOR TWO WEEKS IN AUGUST

Table with 4 columns representing days of the week and 2 rows representing the two weeks. Each cell contains a menu for breakfast, luncheon, and dinner.

Prune Mould

One-half lb. prunes, 1 oz. gelatine, 1/4 lb. sugar, 1 pint cold water. Dissolve gelatine in a little cold water. Put remainder in pan with prunes. Add sugar, cook until prunes are tender, stone, and cut into small pieces. Return to pan, add gelatine, cook 10 minutes. Pour into mould. Serve with cream.

Blanquette of Chicken

Left over chicken cut in pieces, 1 large cup white stock, 3 tablespoons butter, 1 heaping tablespoon flour, 1 teaspoon lemon juice, 1 cup milk, 2 eggs, salt, and pepper. Put butter in saucepan, when hot add flour. Stir until smooth, do not brown; add seasoning and cream; when it boils, add chicken. Beat eggs with 4 tablespoons milk, stir into blanquette, Cook. Serve with rice border.

Fried Rice

Pack in square pan two cups well boiled rice; when cold cut into inch-thick slices; dredge with flour and fry brown in a spoonful of hot butter. Serve with a lump of butter on each slice, dust with paprika.

Onion Salad

Slice a Bermuda or Spanish onion in thin slices, soak in cold water several hours; drain; rinse in cold fresh water. Serve on lettuce leaves with a simple dressing of vinegar, salt and pepper, oil if desired.

Baked Salmon in Pepper Cases

One lb. salmon, 8 green peppers, crackers, butter, salt, pepper, onion juice. Boil salmon, when cold remove skin and bone, season with salt, pepper, onion juice. Mix with equal quantity cracker crumbs moistened with butter. The mixture should be quite moist, if not, add a little milk; cut the sweet green peppers length-wise, remove seeds. Parboil for 5 minutes; fill with fish. Put in baking pan surrounded with hot water and cook until cases are soft, but not broken.

Onions Baked in Milk

Peel and slice thin six cups white onions. Put in deep earthen dish, dredge with two tablespoons flour, a little pepper; dot with butter; pour over two cups milk. Bake in oven 3/4 hour; sprinkle one teaspoon salt. Serve in the baking dish.