

# Marjory Dale's Recipe Page

## FAVOURITE RECIPES CONTRIBUTED BY READERS

Edited By MARJORY DALE

**C**OMPARE cornmeal selling at five cents a pound and containing 1,680 food units, with potatoes at seven cents a pound and containing only 370 food units, and there can be no question as to the greater nutritive value and lesser cost of cornmeal. Cornmeal mush is an excellent breakfast cereal. Fried,

it is a pleasing and satisfactory substitute for potatoes. It may be made from cornmeal, water and salt, without other ingredients, but in order to secure high nutritive value without great bulk, the addition of some milk is advised.

### Cornmeal as a Cereal

Mix one cup of cornmeal with one and a half cups of cold milk, and stir it into two cups of briskly boiling and salted water. Stir constantly for a few minutes until it thickens, then cook in a double boiler for three or four hours, or in a fireless cooker over night.

### Cornmeal as a Potato Substitute

Prepare the cereal as directed. Wet an oblong bread pan with water and turn the mush into it to cool and set. Then turn it out on a flat surface and cut into slices. Brown the slices in a hot frying pan with a tablespoon of butter substitute or oil. The latter adds a cost of .0075 and a food value of about 125 units. A dish of fried mush for four persons costs 5 cents and contains 735 food units.

### Cornmeal with Cheese

Instead of being fried, the slices of mush may be browned in a greased pan in the oven. They may be made into a savoury dish to be eaten with bread, by sprinkling them with grated or finely minced cheese and a little salt, pepper and parsley, with a half teaspoon of butter substitute or oil on top of each. Place in the oven to melt the cheese. A quarter pound of cheese will add 8 cents to the cost, and 530 units to the food value. An ounce of butter substitute costing .015 will add 250 food units. This combination furnishes 1,390 food units at a cost of less than 15 cents.

### Creamed Macaroni and Dried Beef

Cook a cup of macaroni in rapidly boiling, salted water, until tender. It often takes a full hour's cooking. Drain, rinse in cold water and drain again. Remove all the white stringy portions from one-fourth pound of dried or smoked beef, cover with boiling water, let heat quickly to the boiling point, then drain. Melt three tablespoons butter; in it cook three tablespoons flour and a scant half-teaspoon salt, then add one and a half cups milk and stir until boiling; add the macaroni and beef, mix thoroughly and turn into a baking dish. Let stand in the oven a few moments to reheat; then serve at once.

### Sliced Ham en Casserole

Have the ham cut in slices about half an inch thick; remove rind if present, and let cook in an iron frying pan until browned on one side, then turn to brown the other side. Set the browned ham in the casserole. For two slices leave about one-fourth cup fat in the frying pan; add one-fourth cup flour and stir until frothy, then add nearly two cups beef or veal broth or cold water, and stir constantly until boiling; turn the sauce over the ham in the casserole, reheat to the boiling point, cover, then let cook in a slack oven or on the back of the range an hour and a half or longer. For variety, occasionally use no flour or broth, but heat a pint of milk in the frying pan that it may take up the browned juices of the ham adhering to the pan, and pour this over the ham.

### Creamed Cabbage au Gratin

Cut a small cabbage in quarters, remove the hard centre, cover with boiling water and let cook until tender in an open kettle. Chop the cabbage rather coarse. Melt one-fourth cup butter; in it cook one-fourth cup flour and half a teaspoon each of salt and paprika; add two cups milk and stir until boiling. Butter an *au gratin* dish, put in a layer of cabbage, sprinkle lightly with salt, add a layer of the sauce, two tablespoons grated cheese (more cheese may be used) and so continue the layers until all the ingredients are used, having the last layer sauce. Cover with three-fourths cup cracker crumbs mixed with one-fourth cup melted butter. Set in the oven to brown the crumbs. Garnish the dish with hard-boiled eggs sliced thin. The cheese may be omitted and the dish served with hot or cold boiled tongue, ham, or corned beef.

### Mint Sauce for Roast Lamb

Wash a bunch of mint, shake off the water, and strip the leaves from the stems; chop the leaves fine and pour on one-fourth cup boiling water; add two tablespoons sugar, cover close and let stand half an hour; then add four tablespoons vinegar, or the juice of one large lemon.

### Hominy Balls

To a cup of cold hominy add one tablespoon of melted butter, stir well, add enough milk to rub the hominy to a paste, add a teaspoon sugar, and one egg, unbeaten. Shape into small flat balls, dredge with flour, dip in beaten egg, then in crumbs and fry. These may be prepared and kept in a cool place until wanted.

### Fried Hominy

Pack left-over hominy into a mound. When cold, slice, dredge with flour and fry, or dip in egg and crumbs, and fry.

### Cornmeal Pancakes

One cup cornmeal, one cup flour, four cups milk, one tablespoon melted butter, two tablespoons sugar, one teaspoon salt, and three eggs. Add the melted butter to the cornmeal, boil the milk and pour it, scalding hot, over the cornmeal. Sift the dry ingredients together, and after the meal and milk have cooled, stir the dry mixture into it. Add the well-beaten eggs last, beat hard, and bake like other griddle cakes.

### Sour Milk Pancakes

Two cups sour milk, two and one half cups sifted flour, one teaspoon soda, one tablespoon warm water, one teaspoon salt, one teaspoon sugar, two tablespoons melted butter, and two eggs. Beat the yolks of the eggs till light-

### Italian Beef Stew

Cut cold cooked beef into dice. Brown in butter, take from the fire, add four tablespoons tomato catsup, a chopped onion, fried, a shredded green pepper, also fried, salt and black pepper to season, and enough stock or gravy to moisten. Heat thoroughly and serve in a border of boiled rice.

### Fricadelles

Chop fine a pound of beef and a pound of sausage meat. Add a cup bread crumbs, two eggs well beaten, two onions finely chopped, salt, pepper, and thyme, to season. Mix thoroughly, shape into small, flat cakes, saute in hot fat, and serve with tomato sauce.

### Beef Balls

Chop very fine cold, cooked beef. Season with salt, cayenne, minced parsley, and grated onion. Add one-fourth the quantity of bread crumbs and enough beaten egg to bind. Shape into

remove the lid so that the top will brown. A teaspoon mustard may be added with the other seasoning. This is the genuine Boston recipe. A sliced onion put in with the pork is considered by many to be an improvement.

### Spring Carrots

Trim and scrape two bunches of spring carrots. Parboil for ten minutes in salted water to cover. Drain, and rinse in cold water. Put into a deep, baking dish with two tablespoons each of butter and sugar and two cups of well-seasoned beef stock. Cover and cook slowly until tender. Drain, reduce the liquid by rapid boiling, pour over the carrots and serve.

### Rice Croquettes

Cover a cup of rice with a quart or more of cold water and stir with a fork over a quick fire until boiling rapidly; let boil two or three minutes, drain in a sieve and rinse with cold water, then return to the fire with a teaspoon salt and three cups boiling water. Let cook until tender, adding boiling water, if needed; beat in two or three tablespoons butter; let cool a little, then form into croquettes, make a depression in the centre and in it set a teaspoon currant jelly; cover the jelly with rice, and finish shaping; cover with beaten egg, diluted with three tablespoons milk and roll in sifted, soft bread crumbs. Fry in deep fat. Serve with roasts, particularly roast lamb.

### Oatmeal with Cheese

Put one quart of boiling water and a teaspoon salt over a quick fire; gradually stir in two cups of rolled oats; continue to stir until the mixture thickens somewhat, then cover and let cook over boiling water, about two hours. When about ready to serve stir in one cup of grated cheese and a tablespoon butter, and, at the last moment before serving, fold in one egg, beaten light. Serve with milk or thin cream as the main dish at luncheon or supper.

### Hot Cross Buns

One cup scalded milk, one tablespoon sugar, one yeast cake, one cup flour, two teaspoons salt, three-quarters cup butter, one tablespoon lard, quarter cup sugar, grated rind half lemon, half cup raisins or currants, flour.

Add sugar to milk, and when lukewarm, add yeast cake, broken in small pieces. Cover and let stand twenty minutes; then add one cup flour, and salt; cover and let rise until light. Work butter and lard until creamy and add sugar, gradually, and lemon rind. Combine mixtures and add flour to make a stiff batter (the amount required being about one and one-half cups). Cover, let rise, add raisins (seeded and cut in pieces) or currants, and enough more flour to make a soft dough. Cover, let rise, shape in the form of large biscuits, arrange on buttered tin sheet one inch apart, cover, let rise, brush over with yolk of egg diluted with one teaspoon cold water and bake in a hot oven twenty-five minutes. Remove from oven and garnish top of each with cross made of ornamental frosting forced through a pastry bag and tube.

### Cheese Cakes

Two tablespoons butter, three and one half tablespoons flour, four tablespoons grated cheese, whites of three eggs, one quarter teaspoon salt, few grains cayenne.

Melt butter, add flour, and stir until well blended. Remove from range and add cheese, salt, and cayenne. Fold in whites of eggs, beaten until stiff, and drop from tip of spoon on a buttered sheet one inch apart. Bake in a moderate oven twelve minutes. Serve as an accompaniment to dinner salad.

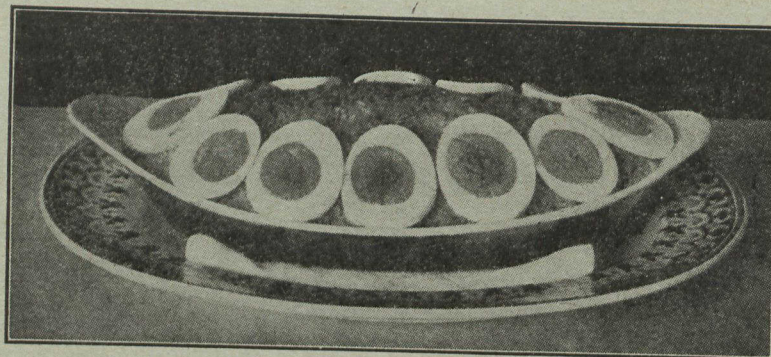
### Baked Bananas for Hash

Take one banana for each person. Remove the skins, and scrape off all threads; melt a little butter in a baking dish; cut the bananas in halves, crosswise, roll them in the butter, coating them thoroughly, then bake without browning the butter in the dish; baste with butter occasionally while baking. The bananas will be tender in from ten to fifteen minutes and lightly browned on the outside.

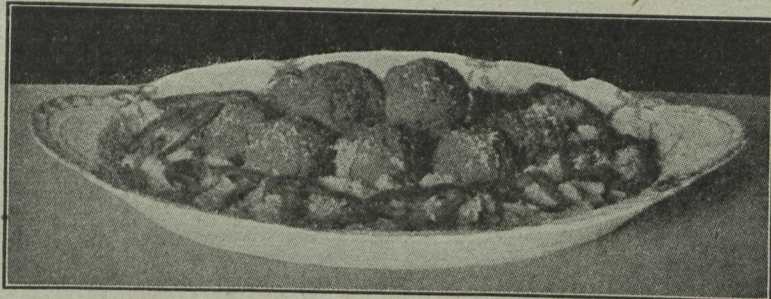
### Round Steak—Italian Style

Press two pounds of round steak and two ounces of beef suet through a food chopper; add one-fourth cup of stale bread, grated or sifted, a generous teaspoon of salt, one-eighth teaspoon of pepper, one tablespoon of grated or scraped onion pulp, and two well beaten eggs; mix all together thoroughly and form into balls the size of an egg.

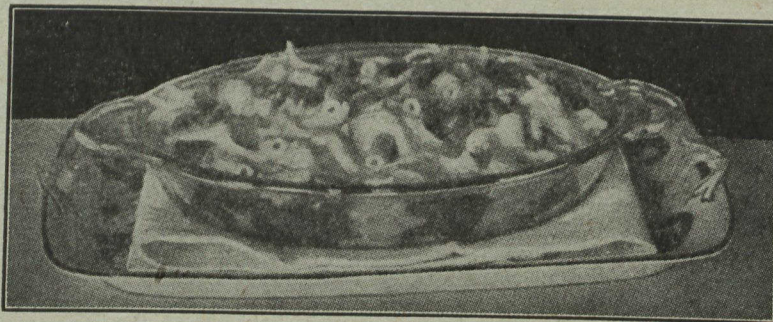
Let one can of tomatoes, one cup of water, one onion, one clove of garlic and one green pepper, sliced fine, two cloves, two tablespoons butter, one teaspoon salt and a tiny bit of bay leaf simmer about half an hour; then press through a sieve. Return to the fire in a broad, shallow pan or in an earthen casserole; let heat to boiling point; lay in the meat balls, cover, and let simmer about one hour. Have ready two-thirds package of elbow macaroni, cooked tender in rapidly boiling salted water, drained and rinsed in cold water. Lift the meat balls from the dish to the centre of a serving dish, surround the meat with the macaroni, pour the sauce over the macaroni, then sprinkle on ten cents' worth of grated cheese. Garnish the edge of the dish with green peppers cut in



*Creamed Cabbage, au Gratin*



*Round Steak, Italian Style*



*Creamed Macaroni and Dried Beef*

coloured and creamy, add the sour milk, salt, and sugar, and beat till thoroughly mixed. Add the flour gradually, beating constantly, then the soda dissolved in warm water, then the melted butter, then the stiffly beaten whites of the eggs. Fold together carefully and bake at once.

### Spanish Stew

Use a pound and a half of ribs of beef. Put in a saucepan with two quarts of cold water, bring to the boil and cook for two hours. Add a can of tomatoes, three large onions chopped fine, half a dozen cloves, a pinch each of sage and celery seed, one-fourth peel of an orange, two cups of boiling water. Cook for half an hour, strain, skim, and thicken the gravy, season to taste, pour over the meat, and serve.

### Beef Stew with Dumplings

Have three or four pounds of neck of beef cut into convenient pieces. Cover with cold water and add three each of carrots and onions, sliced thin. Season with salt and pepper and minced parsley, cover, and cook until the meat is nearly done. Sift two cups flour with two heaping teaspoons of baking powder, and a pinch of salt. Add an egg well beaten in enough milk to make a stiff batter. Steam the dumplings in buttered patty pans in a steamer over boiling water. Take out the meat and dumplings, thicken the gravy with flour browned in butter, pour over and serve.

balls or small, flat cakes, dredge with flour, and fry brown.

### Dutch Beef Loaf

Run a pound and a half of a round of beef and a quarter of a pound of fresh pork twice through the meat chopper. Add half a cup stale bread crumbs soaked in stock or milk, half a cup canned tomatoes, and celery salt, minced parsley, salt, red pepper, and grated onion to season. Mix thoroughly, shape into a loaf, brush with beaten egg, sprinkle with crumbs, and bake, basting with melted butter and stock. Serve with tomato sauce.

### Boston Baked Beans

Wash and pick over a quart of navy beans. Soak overnight in cold water to cover. In the morning drain, cover with fresh water, and heat slowly, keeping the water below the boiling point until the skins burst when a spoonful is gently breathed on. Drain the beans. Scald and scrape the rind of half a pound of fat salt pork, cut off one slice, and put into the bottom of the bean pot. Fill the pot with beans and bury the rest of the pork in it, scoring the rind deeply. Mix one teaspoon salt with one tablespoon molasses and three tablespoons sugar, add a cup boiling water, pour over the beans, and add more boiling water if necessary to fill the pot. Cover the pot and bake in slow oven for six or eight hours, adding boiling water as needed. During the last hour of cooking,