

# Left-Overs

Somewhere after Christmas season there seems just one thing to write about, and that is left-overs. For days before that momentous day we bake and fuss and stew, and then when Christmas and New Year come the good things do not disappear as fast as we thought they were going to and the day after usually finds us with a lot of left-overs on our hands. We often enjoy the left-overs as much or more than the original dish. Many of the most discouraging scraps may be made very palatable by the addition of white sauce, gravy or salad dressing, the most useful accompaniments in preparing left-overs. I had an English servant once who opened my eyes to the possibilities in soup. She could make soup with a flavor (anybody can make soup without) out of the odds and ends that most people would have put in the hen feed or the garbage can. Any little bit of gravy, white sauce, vegetable or left over cereal went into the soup pot, and with an onion or two, a bit of carrot or peas and some thickening made a really delicious soup. Water in which vegetables have been cooked contains much valuable mineral matter and adds flavor to soup stock. Rice water may be used as the basis for a cream soup when milk is scarce. Much of the success of cooking left-overs lies in a well stocked seasoning shelf.

## Chicken or Turkey Soup

The carcass of the Christmas turkey or chicken makes fine stock for soup. Break up the carcass, put on in cold water and simmer for one hour. Add any left over carrots, peas, beans or corn and two onions. If there are no left overs, use fresh vegetables and a little rice or macaroni for thickening, or a little cereal may be added.

## Chicken or Turkey Salad

Portions of left over meat, cold pork, veal, turkey or chicken mixed with a little celery and salad dressing makes a dish that is economical and acceptable to most people. Apples cut into cubes may be substituted for part of the celery, and the salad absorbs the dressing better when the apples are used. If one cannot get celery use apples and add a little celery salt to the dressing.

## Rice and Chicken Salad

Line a mould with the hot boiled rice, pressing it against the sides and leaving the centre hollow. When cold turn from the mould, fill the centre with the meat and salad dressing and serve.

## Jellied Chicken Salad

Dissolve a tablespoonful of gelatin in a little water and then stir into one pint of clear well-seasoned stock, heated to the boiling point. When it begins to thicken stir in half a cupful of chopped celery. Take one cupful of cold veal or chicken breast, dice it and mix it with one cupful of seasoned cooked peas. Pour a layer of the jelly in a mould, place in a layer of peas and veal or chicken, then pour over more of the jelly. Repeat until all the ingredients are used. Chill and turn out on lettuce; garnish with tiny pickles.

## Green Pea and Chicken Salad

Use only the white meat of chicken that has been cooked until tender, and cut it up into bite; add to this seasoned green peas. Season the chicken with a little salt and pepper if not already seasoned. Place in little nests of lettuce; garnish with tiny cucumbers, pickled; serve with salad dressing.

## Croquettes

The darker portions of the meat may be made into croquettes.

3 cups chopped meat 1 teaspoon onion juice  
1 tablespoon flour 1 teaspoon dried parsley  
1 tablespoon butter 1 cup milk  
Salt and pepper

Grind the meat through the food chopper and measure it, add the onion juice and pepper. Melt the butter and add the flour and milk to make a white sauce. When the white sauce has boiled one minute add the meat to it. Put the fat on to heat in a deep frying pan. When the meat has cooled, form it into medium sized cones. Roll the cones in beaten egg and bread crumbs. Place the cones

in a wire basket and fry one minute in deep hot fat. The fat is hot enough when a cube of bread will brown in 40 seconds. Drain the croquettes on brown paper and serve hot with sauce or gravy. If one has not time to make the croquettes, add potato to the meat and white sauce and form into balls, roll in flour and fry in a little hot fat.

## Pudding Sauces

The Christmas pudding, or what is left of it, does not spoil in the keeping and may be served with a different sauce. For a medium hard sauce the following answers the purpose very well:

1 egg 1 cup sugar  
Flavoring Salt

Beat the yolk of the egg until light, add the sugar gradually, beating all the time. Beat the white of the egg until stiff and fold in. A little lemon juice and rind may be used for flavoring.

## Liquid Sauce

1 cup butter 1 pint water  
2 level tablespoons flour 1 cup brown sugar  
Flavoring

Melt the butter, add the flour and the hot water, stirring all the time, then the sugar and lemon rind and juice or vanilla and a grating of nutmeg. A tablespoon of caramel improves this sauce.

## Cream Sauce

This sauce is very delicious and if the pudding is not too rich a welcome accompaniment.

1/4 cup thick cream 1/2 cup powdered sugar  
1/4 cup milk 1/2 teaspoon vanilla

Mix milk and cream, beat until stiff then add sugar and vanilla.

## Shepherd's Pie

Mixed meat Tomatoes  
Mashed potatoes

Make left-over meat of any kind into a wet hash that is not greasy. Onion may be added. Put into a baking-dish or casserole, cover with mashed potato, about one inch thick, and when wanted reheat in the oven till delicately browned.

A layer of left-over canned or cooked tomatoes between the meat and crust is a very appetizing addition to this wholesome pie.

## Cereal Muffins

1 cup cooked cereal 2 teaspoons baking-powder  
1 cup flour 1/4 to 1/2 cup milk  
1 teaspoon salt 1 egg  
1 to 4 tablespoons melted butter

Most cooked cereals make excellent muffins, combined with flour.

Corn-meal may be used instead of flour in the above proportions in combination with cold cooked rice.

These wholesome muffins, as the house-keeper knows, make an agreeable addition to any breakfast menu.

## Turkey with Potato Border

2 cups turkey 1 egg yolk  
2 cups gravy 3 cups mashed potatoes

Cut turkey in pieces for serving. Reheat in gravy. Add seasonings if necessary. Place a buttered mould on platter, build around it a wall of hot mashed potato, and brush with egg. Remove mould, put turkey in centre and place in oven to brown potato.

## Chicken Pudding

2 cups left-over chicken, 2 cups milk  
diced 1 can corn  
2 eggs 1 teaspoon salt  
1 teaspoon pepper

Butter a baking-dish or casserole. Put in the chicken and pour over a mixture made of the two eggs beaten, the milk, corn and seasonings. Put in a pan of hot water and bake until set in a moderate oven.

Mrs. L. R. M.

## Creamed Chicken

2 cups diced chicken 2 tablespoons butter  
2 cups milk 2 tablespoons flour  
1/2 teaspoon mustard  
Salt and pepper to taste

Melt butter, add dry ingredients, and when thoroughly mixed, pour in the milk gradually. When it has boiled up pour over the meat, which should be in a fire-proof dish. Cover with buttered dry bread-crumbs and bake thirty minutes.

Mrs. J. R.

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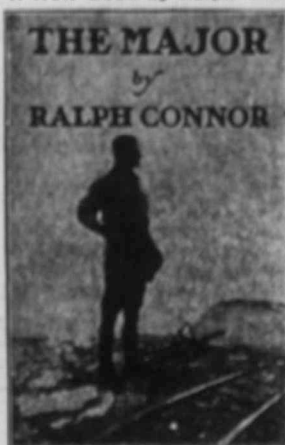


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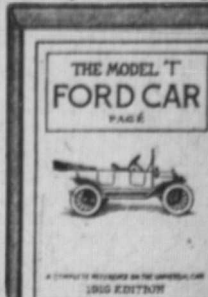
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