

Selected Recipes

New England Doughnuts.—Two cups of sugar, one cup of lard, two eggs, one pint of sweet milk, two teaspoonfuls of soda, four of cream of tartar, caraway seed or cinnamon.

Scotch Scones.—Mix together a cupful of white flour, three cupfuls of oatmeal, a teaspoonful of salt and two teaspoonfuls of baking powder. Bring three cupfuls of milk to the scalding point, but do not allow it to boil; cream two and a half table-spoonfuls of butter with a table-spoonful of sugar and stir these into the scalding milk; when melted turn the liquid into the oatmeal and flour mixture. Mix with a wooden spoon to a soft dough, but do not touch with the hands. Turn out upon a floured pastry board and roll into a sheet less than a half-inch in thickness, cut into rounds and bake on a soapstone griddle, turning when brown on one side. Butter while hot.

Spiced Beef.—For a piece weighing eight pounds you require four pounds brown sugar, and a mixture composed of one teaspoonful each of all-spice, mace, and saltpetre; a quarter of a teaspoonful each of nutmeg, ginger, cloves, and black pepper. First rub the sugar well into the meat, after trimming the latter neatly. Next day, rub in the mixture, going over every part of the beef. On the third day, rub in half a pound of coarse salt, and leave it in this pickle for four days, turning it over once or twice every day. To cook the beef, drain it from the pickle, put it into a saucepan of boiling water, boil up once, draw the pan from the direct heat of fire or gas, and allow the contents to slowly simmer for four hours. Take up the beef, put it on a dish cover with a large flat plate or dish, and on this place a heavy weight, and leave for twenty-four hours, after which it is ready to slice and serve.

Baked Mince.—Mix together one cupful of chopped cold meat, two cupfuls of stewed tomatoes, and half a cupful of bread crumbs. Season with salt and pepper and bake for half an hour.

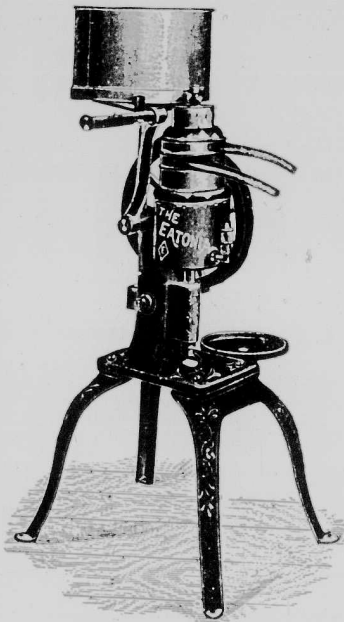
Prune Whip.—Stone the prunes and pour through a coarse sieve. Sweeten when cooking. Whites of four eggs, beaten, one cup of chopped nuts and put with the prunes. Bake in a pudding dish. Serve with whipped cream. Put a pinch of soda (so puff won't fall).

Bohemian Cream Pudding.—Soak one scant tablespoonful of gelatine in one tablespoonful of cold water. Pour on it one-half cupful of boiling water and strain. Whip very stiff one cupful of thick cream. Beat the yolks of three eggs and one-half cupful of powdered sugar until light in color. Stir into the mixture the strained gelatine. Stir until the custard begins to stiffen, then fold into it the whipped cream. Flavor with vanilla, pour into a dish and set on ice until cold.

"Sponge Cake" Lemon Pie.—Juice and grated rind of one large lemon, one cupful of sugar, two eggs, two tablespoonfuls (rounded) of flour, one cupful of milk. Put the sugar into the yolk and beat. Add the flour and beat again. Add the milk. Fold in the stiffly beaten whites, being careful not to beat the mixture after the whites are added. The whites rise to the top while baking and form a sort of meringue, so the pie is really as good to look at as to eat.

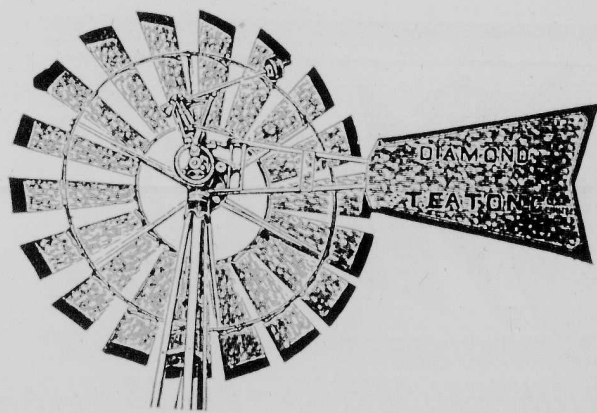
Tomato Omelet.—Chop fine, half the contents of a can of tomatoes, and set where they will get thoroughly chilled. Soak a cupful of bread-crumbs in a cup of milk, and stir into them five beaten eggs. Add the chopped tomatoes, season to taste, and fry in melted butter. After the omelet is "set," turn upon a hot platter, pour tomato sauce over it and send to the table.

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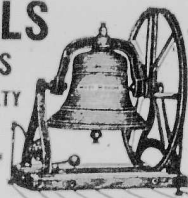
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