



CULINARY CONCEITS

E. G. BARNES

More Pineapple Dishes

PINEAPPLE FRUITADE.—Pare the thin yellow rind of six lemons and three oranges and pour over them one cupful of boiling water and let stand covered in an earthen or granite bowl till cold. Strain into a large bowl and add the juice of twelve lemons and three oranges. Add light brown sugar to taste, a pint of tea made of half an ounce of Oolong and a few sprigs of fresh mint brewed with the tea. Pour on enough water to dilute sufficiently, allowing for a bottle or even two of seltzer water which is to be put in just before serving. Add also a can of grated pineapple, some very thin slices of cumquats and some Maraschino cherries. Serve ice cold.

PINEAPPLE SALAD.—One can of shredded pineapple, one-fourth pound of salted almonds chopped, one-fourth pound of shelled filberts chopped. Let stand for an hour or more in a dressing made of oil, orange juice, lemon juice, and a dash of tarragon vinegar. Arrange on lettuce leaves and garnish with thin slices of cumquats and Maraschino cherries. Arrange mayonnaise at one side or around the salad but not on it. The mayonnaise may be colored light green or made with a very yellow yolk.

PINEAPPLE DELIGHT.—Take sliced canned pineapple and cut into eighths. Pare sweet, juicy oranges and remove each segment free from the membrane and seeds. Sprinkle lemon juice over the pineapple. Arrange the orange sections and pineapple slices nicely, sprinkling with powdered sugar or a mixture of powdered and grated maple sugar. Over this put a layer of grated cocoanut. The fresh is best, but the dried can be steamed a few minutes and made quite tender. Any sort of fine canned fruit can be used instead of the oranges or with them. Peaches or pears are especially good.

PINEAPPLE SLICES.—Use the canned sliced pineapple. On each dish place a slice. Cover with a mound of whipped cream piled high in the centre. Over this sprinkle finely chopped preserved ginger and cherries. A few pistachio nuts, chopped very fine and sprinkled over the cream and about the edges of the fruit would add a pretty color note.

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Excellent Recipes

AN INEXPENSIVE CAKE.—Here is a recipe for a nice, simple, and inexpensive cake, the quantities for which can, of course, be easily doubled, or increased proportionately to any extent: Beat a quarter of a pound each of butter and castor sugar with the hand until they are quite white and creamy; then add the grated rind of a quarter of a lemon, and two eggs, together with five ounces of fine flour, which has been warmed and sifted; lastly, add half a teaspoonful of baking powder and a quarter of a pound of mixed fruit, the raisins cut up in small pieces. Bake in a moderate oven for about an hour and a half, in a buttered tin dusted with flour and castor sugar mixed in equal quantities.

WALNUT BREAD.—Four cups of flour, four teaspoons baking powder, one teaspoon of salt, one cup sugar, one and a half cups of milk, two eggs, quarter pound of chopped walnuts. Mix dry ingredients together, then mix eggs, milk and sugar, stir in

slowly. Put in buttered pan, stand twenty minutes in warm place. Bake about forty minutes in moderate oven.

SWEET APPLE PICKLE.—Put one teaspoon each of cinnamon, cloves and allspice in a cheese-cloth bag and boil this in a syrup made of one quart of vinegar and three pounds of sugar. Have ready four pounds of apples, pared, cored and halved. Place these carefully in the syrup, simmer till tender and then put the apples in heated sterilized jars. Cook down the syrup till thick, then pour over the fruit in the jars and seal. The jars must be full to overflowing, and care must be used that no air bubbles remain in the jar.

APPLE SAUCE CAKE.—One and one-half cups of apple sauce, with one teaspoon of soda stirred in, one cup of brown sugar, one-third cup of shortening, one cup of raisins, two cups of flour, one teaspoon of cinnamon and one of cloves. Bake in a square tin in a moderate oven.

CUP CAKES.—Two cups of sugar, one scant cup of shortening, two eggs, one cup milk, one-half teaspoon soda and one large teaspoon of cream of tartar, three and a half cups of flour, last stir in one cup of chopped raisins or English walnuts. Bake in well greased gem tins.

WHITE FRUIT.—One cup butter, two cups sugar, three cups flour, one teaspoon salt, eight eggs, whites, three level teaspoons baking powder, one half glass white wine, one-quarter pound citron, one-half pound almonds, three-quarters cup dessicated cocoanut, one cup light sultana raisins. This makes two brick loaves.

Concerning Soup

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thy dietary, but as two-thirds of the whole body is water and as it enters into all our tissues, bones and muscles so that an average man will require 70 to 80 ounces daily, it will be seen that some part of our diet should be in a liquid form. Now let us see which of these foodstuffs are contained in our soups.

KIDNEY SOUP.

Proteid in the kidney.
Water.
Little fat.
A fraction of carbohydrates.
No salts or only a fraction.

ARTICHOKE SOUP.

Carbohydrates—in potatoes, artichokes and flour.
Fat—in the butter used.
Water.
Small per centage of proteid in milk.
Salts in all the vegetables.

VEGETABLE SOUP.

Rich in salts from all the vegetables.
Carbohydrates—in rice and some vegetables.
No proteid.
Fat—small quantity.
Water.

SCRAP SOUP.

Proteid—in form of macaroni, cheese and beans.
Fat—in dripping and cheese.
Salts—in vegetables.
Carbohydrates—in rice and potatoes.

So therefore this last soup contains more of the proximate principles at a minimum cost than the other soups, and comes nearer being a perfect food. Please think this over and do not, because of a little extra trouble, allow to waste valuable material.

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