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Drying the Surplus

water in which it has been soaked; allow this to evaporate to small bulk and serve with the fruit or vegetable or use in soups or sauces.

How to Dry Vegetables

orn, Method 1.- Immediately after

Corn, Method 1.—Immediately after picking and husking place the ears in unsalted, boiling water for five minutes to set the stared and "milk;" plunge into cold water; drain or wipe with clean towels; cut kernels from cob being careful not to cut too close, to the cob. Use sharp knife. Dry by any of the suggested methods, preferably in the oven.

Corn, Method 2.—Husk freshly picked corn, remove tips of kernels with sharp knife or cabbage slicer; extract pulp or "milk" by scraping with a blunt knife; mix thoroughly; partially dry by placing corn pulp in a pan over hot water until mixture thickens. Spread on clean dripping pans or platters; stir occasionally while drying. When thoroughly dry, "condition" and pack.

When thoroughly dry, "condition" and pack.

String Beans, Method 1.—Directly after picking, string the beans, wash in cold water, drain on soft paper or towels; cut in one-inch pieces or slice lengthwise. Dry by artificial heat.

String Beans, ——Directly after picking, string and wash beans; plunge immediately into boiling water for five minutes; then plunge into cold water; drain on soft paper or towels; cut into desired form—either one-inch pieces or thin slices cut lengthwise,—and dry by artificial heat.

If beans have become too old to use as

If beans have become too old to use as string beans; allow them to ripen; then shell and store.

shell and store.

Cauliflower.—Clean, divide in small bunches, blanch six minutes, and dry two or three hours at 110 degrees to 145 degrees Fahrenheit. Cauliflower will turn very dark when drying, but will regain part of the color in soaking and cooking. Dried cauliflower is especially good in soups and omelets.

Brussels aprouts may be handled in a similar way, but add a pinch of soda to the blanching water.

Pumpkins and Squash.—(a) Select sound, well-grown specimens. Cut into strips; peel these; remove all seeds and the soft part surrounding them. Cut strips into smaller bits not over quar-ter-inch thick and two inches long, and

(b) Pare and cut into about half-inch strips and blanch three minutes. Remove surface moisture and dry slowly-from three to four hours, raising tem-perature from 110 degrees to 140 de-grees Fahreabeit.

Herbs.—Celery tops, parsley, mist, sage, and herbs of all kinds need not be blanched, but should be washed well and dried in the sun or in the drier. These are good for flavoring soups, purees, gravies, omelets, etc.

Peas.—(af Shell and spread on trays and dry.

and dry.

(b) Shell full-grown peas with non-edible ped, blanch the peas from three to five minutes, remove surplus moisture, spread in single layer on trays, and dry from three to three and a half flours. Begin drying at 110 degrees Fahrenheit, raising temperature very slowly in about one and a half hours to 145 degrees Fahrenheit. Continue drying one and a half or two hours at 145 degrees Fahrenheit.

degrees Fahrenheit.

(c) Shell full-grown peas, passing through a meat grinder (Fig. 5), spread on trays and dry. Whole peas take longer to dry, but when cooked they resemble fresh peas. The ground peastry more quickly but make a product which can be used successfully only in the preparation of scop or puree.

(d) When drying the very young and tender segar peas, use the ped also. Wash and cut in quarter-inch pieces. Eliment in boiling water six minutes. Remove surplus mointure and dry the same length of time and at the same temperature as string beans. It is not necessary to use soda when blanching peas.

Raspherries.—(a) Sort out imperfect begries, spread the selected berries on trays and dry. Do not dry so long that they become hard enough to rattle. The drying should be stopped as soon as

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