

tacle has been well filled in this way, it will be sealed air-tight. Boiling in plenty of water for about ten minutes will be sufficient to make these pods just as eatable as if fresh picked.

For large quantities, one would only have to operate in the same way using very clean barrels instead of pots or jars. However in this case care should be taken to completely immerse pods into brine so that they will not come in contact with air on the surface of the liquid.

They could be kept just as well in salt, dry, instead of being immersed into brine.

VI.—CULINARY PREPARATION OF BEANS

Fresh picked beans from the garden.—Break both ends and blanch in boiling water during 5 to 10 minutes to remove the strong green taste, then put again into hot water and leave them in until fully cooked. Then, remove from the water and set to drain; put a little butter in a stewpan or frying-pan. When butter is very hot, fry beans, cut a small quantity of parsley, garlic, cibol, add pepper and salt and remove from the fire. They are eat with roasted meat; pork or mutton chops. Serve hot altogether.

String beans are also prepared in another way: make a white sauce, put butter in a frying-pan or stewpan, add a spoonful of butter according to the quantity of beans to be cooked.

Take the yolks of two eggs in a bowl, pour a little of your boiling liquid with one hand while with a wooden spoon in the other you stir hard until your yolks are well mixed with the liquid you will have poured. Then pour the contents of your bowl into the sauce you are preparing. After a few minutes, pour the whole on the beans cooked in advance.

String beans are again otherwise used, specially in soups *à la Julienne*, mixed with other vegetables.

String beans, canned, are prepared in a similar way except that it is not necessary to have them lose their taste of green, as this will have already been done.

Green shell beans.—They are short boiled, that is simply put in water and left on the fire until thoroughly cooked; they are consumed with mutton legs or other roasted parts.

Dry shell beans are prepared with pork or in soup: cook during 3 or 4 hours, crush and sift to remove skins, then put again on the fire for 10 or 15 minutes and serve with crusts.

REMARK.—Methods in use to fight the enemies of beans to be consumed green are the same as those recommended for dry shell beans, with this difference, however, that sprayings will be stopped as soon as snaps will form.