

Pounded **spinach** leaves give a fine green color to soup. Parsley, or the green leaves of celery, put in soup will serve instead of spinach.

Pound a large handful of spinach in a mortar, then tie it in a cloth, and wring out all the juice; put this in the soup you wish to color green, five minutes before taking it up.

Mock turtle, and sometimes veal and lamb soups, should be this color.

Okra gives a green color to soup.

To color soup red, skin six red tomatoes, squeeze out the seeds and put them into the soup with the other vegetables—or take the juice only as directed for spinach.

For white soups, which are of veal, lamb or chicken, none but white vegetables are used; rice, pearl barley, vermicelli, or macaroni for thickening.

Grated carrot gives a fine amber color to soup; it must be put in as soon as the soup is free from scum.

HERBS AND VEGETABLES USED IN SOUPS.

Of vegetables the principal ones are carrots, tomatoes, asparagus, green peas, okra, macaroni, green corn, beans, rice, vermicelli, Scotch barley, pearl barley, wheat flour, mushroom or mushroom catsup, parsnips, beet-root, turnips, leeks, garlic, shalots, and onions; sliced onions fried with butter and flour until they are browned, then rubbed through a sieve, are excellent to heighten the color and flavor of brown sauces and soups. The herbs usually used in soups are parsley, common thyme, summer savory, knotted marjoram, and other seasonings such as bay-leaves, tarragon, allspice, cinnamon, nutmeg, cloves, mace, black and white pepper, red pepper, lemon-peel and juice, orange-peel and juice. The latter imparts a finer flavor and the acid is much milder. These materials, with wine, and the various catsups, combined in various proportions, are, with other ingredients, made into almost an endless variety of excellent soups and gravies.

Soups that are intended for the principal part of a meal certainly ought not to be flavored like sauces, which are only intended to give relish to some particular dish.