

The Country Cook

Tried and tested recipes will be welcome for this column. Recipes will be published, on request, for any dish. Address all correspondence "The Country Cook, Grain Growers' Guide, Winnipeg."

A change of diet from season to season is absolutely necessary. In warm weather we need less heat producing foods, such as cream, butter, oil, starches, fat meats and sweets. In place of these use more fresh fruits and vegetables. Now is the time to make our cooking as simple and tempting as possible. On the farm we somehow get the idea we must serve a hot meal no matter what the temperature may be. On Sunday especially we cook an elaborate dinner, while one prepared beforehand would be just as nourishing and in warm weather much more tempting.

Any cold meat thinly sliced and garnished with a bit of green will serve as the foundation for a "hot-weather dinner." Serve with this potato salad, or spinach, beet or turnip greens, cold with salad dressing. There are many jellied meats that are very delicious.

JELLIED CHICKEN

Cut up a fowl, barely cover with water and put on to cook. Simmer slowly till tender, adding salt when about half done, and if liked add an onion during the cooking. When the meat begins to fall from the bones, take from the fire, remove skin and bones, put meat in a dish, if there is too much stock boil down until there is just enough to cover meat. Soak one tablespoonful granulated gelatine in a little cold water, add to stock, stir until dissolved and pour over chicken. Do not let the stock boil after adding gelatine. Set aside to jell. This should be made the day before using. This recipe answers for veal as well as chicken. Lettuce and radishes make a very attractive garnish. Arrange the lettuce leaves on a platter, turn the chicken out on top of this. Wash the radishes, cut to resemble tulips. Mark in sections from the root end down, with a sharp knife cut these sections of skin about half way down and spread these apart, enough to resemble a tulip.

SALMON LOAF

Where fresh fish is not obtainable, canned may be used.

One can salmon, two tablespoonfuls of cornstarch, one tablespoonful of butter, three-quarters of a cup of milk, three eggs, one teaspoonful chopped parsley, half cupful bread crumbs, one teaspoonful lemon juice, salt and pepper to taste. Drain the liquor from the salmon, remove the skin and bones. Blend the butter and cornstarch in a saucepan over the fire, gradually adding the milk—stirring constantly until thick and smooth. Remove from the fire, add pepper and salt, the yolks of two eggs, well beaten, the lemon juice, onion juice, parsley and bread crumbs. Fold in the beaten whites of the eggs, bake in a buttered dish in a moderate oven. The dish should be placed in a pan of hot water. Garnish this with parsley and serve hot or cold.

JELLIED PRUNES

There are any number of cold desserts good enough to make one's "mouth water," and they are a welcome change from the pies, steamed puddings, etc., we relish in colder weather.

Jellied prunes are an inexpensive cold dessert. Pick over, wash and soak one-third of a pound of prunes in two cups of cold water for several hours, then cook in same water until soft. Remove prunes, stone and cut in quarters. To prune water add enough boiling water to make two cupfuls. Soak one and a half tablespoonfuls of granulated gelatine in half cup of cold water and dissolve in hot liquid. Add one cupful of sugar and one-quarter cupful lemon juice and strain. Add prunes, turn into a mould and chill. Serve with sugar and cream or whipped cream.

ROYAL CREAM

One-third box gelatine, one quart milk, three eggs, half cup sugar, one teaspoonful vanilla, pinch of salt.

Soak the gelatine in a little cold water. Put milk on in double boiler, add sugar, yolks of eggs and salt. Stir constantly until creamy. Add gelatine, remove from the fire and when cool add the stiffly beaten whites of the eggs. Beat

for five minutes, add vanilla and turn into a mould. Serve with whipped cream, or cream and sugar.

TAPIOCA CREAM

Tapioca cream pudding is always a favorite with the children, and is a good way to feed them milk and eggs in disguise.

Two-thirds of a cup of tapioca soaked in two cups cold water for several hours. Two cups milk, two-thirds of a cup of sugar, half teaspoonful salt, two eggs, half teaspoonful vanilla.

Drain water from tapioca and add tapioca to scalded milk, add the salt and sugar and cook in a double boiler until transparent. Beat yolks very light and stir into mixture. Cook for two or three minutes. Beat whites stiff, remove pudding from fire and stir in whites. Add vanilla and serve very cold.

LEMON PUDDING

Lemons or anything made with lemons seem particularly refreshing in warm weather. The following is easily made and cooling:

One pint water, boiling; two lemons, one cup sugar, three tablespoonfuls cornstarch, three eggs, whites.

Have water boiling, add lemon juice and sugar and the cornstarch mixed with a little cold water. When the mixture thickens take from fire and add the beaten whites of the eggs. Cool and serve with a custard sauce made from the yolks.

But of all the summer desserts, fresh berries with cream are best. We have "made" desserts for so many months of the year, the fresh fruit is a welcome change. Of the frozen desserts the water ices and sherbets are more cooling than ice cream owing to the lack of fat they contain.

MILK SHERBET

Juice of four lemons and one orange, one quart milk, two and half cups sugar, white of one egg.

Put the milk and part of the sugar in freezer, partly freeze and add the fruit juice mixed with the remaining sugar. Stir in white of egg stiffly beaten and freeze. If half cream is used this will be smooth and creamy.

RASPBERRY SHERBET

One pint fruit, mashed; one pint sugar, one quart water, juice of one lemon, one tablespoonful gelatine, one egg white.

Soak gelatine in half cup water ten minutes. Add one quart boiling water. When dissolved add sugar and fruit, cool and freeze. When partly frozen add the beaten white of one egg.

CANNING PEAS

"Just a Young Wife" asks for recipe for canning peas. Just a year ago this column published this address: United States Dept. of Agriculture, Bureau of Plant Industry, Washington, D.C. I immediately sent and got a prompt reply which enabled me to can peas and beans as well as fruits and other vegetables. I have peas and beans in pod as nice as ever that were done a year ago. I recommend every housekeeper to try them, they are so thoroughly good.

Canned peas and beans and okra are done by this recipe. Pick pod and can same day if possible. Blanch by putting the peas in cotton bag and immerse in boiling water; let remain from five to ten minutes. Remove and plunge in cold water. Pack in sterilized jars which have perfectly smooth tops and good rubbers. To each pint of boiling water required to fill jars add one level teaspoonful of salt—place rubbers and tops on partially tightened. Have ready a boiler of boiling water in which there is a home-made false bottom—a board with holes bored in is what I used. Place the jars in with water reaching three-quarters of the way up the jars and boil. Have tight cover to keep the steam in. Boil for one and a half hours, remove and tighten tops. Turn upside down till cool. The recipes I got were for vegetables and fruits. They sent me Farmers' Bulletin, 521, on the tomato, and the pickles are excellent. I am sending for one on canning of meats, as we often wish we could can chicken for to keep any length of time and be sure it is nice. You pay five cents for each bulletin. There is so much they send you, you are well repaid.

Contributed by S.



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