

No. 1—Soup Stock.

The material for the stock is usually at hand in the shape of a few bits of brown fat, the gristle and stringy pieces left from the carefully trimmed pieces of meat, and in the bones from which the meat has been taken. Bones and gristle of themselves do not add value to the soup stock, but the meat juice formerly cooked into these and which a process of slow cooking releases, is what is sought for. These give a flavor which may be heightened and modified to suit the taste by the addition of a few bits of raw meat that may be at hand (the trimmings from chops, the flank ends of steak, etc.) and certain vegetables and herbs, either uncooked or sautéed in hot fat. The proportions are: Water to cover the ingredients and a tablespoonful of coarse chopped vegetables of several kinds to a quart of liquid; seeds, as celery, a piece of bay leaf, a red pepper pod, horseradish root and mushroom pearings are added at discretion. After simmering two hours or more the liquid is drained off, and when time allows, cooled and freed from fat, when it is ready for use.

No. 2—Beef Soup Stock.

Shank of beef
butter

Take a shank of beef and chop; take out the marrow and with a piece of butter put into a kettle; set over the fire and when hot add the meat and

cook until brown; then add the bones and sufficient hot water to cover it; boil for four hours; strain and set away to cool.

No. 3—Clam Chowder.

25 clams
½ pound salt pork
6 potatoes
4 small onions
2 carrots
1 pint-can tomatoes
2 quarts milk

Cut the pork into thin slices and fry the grease out; chop the vegetables fine; take the scraps of pork out of the frying pan and pour the grease into a kettle that will hold at least one gallon; pour the chopped vegetables into the kettle and cover well with water, add the juice of the

clams; cook two and one-half hours, keeping the vegetables well covered with water all the time; chop the clams and pork scraps together and add them to the vegetables fifteen minutes before serving; the last thing add two quarts of milk and let it just come to the boiling point; salt, pepper and summer savory to suit the taste.