

IN THE KITCHEN

Some Ways with Cheese

Cheese is very nutritious as a food and invaluable to the modern house-keeper, who should be well informed in the various ways of combining it with other food or serving it alone. The digestibility of cheese depends largely upon how it is served. It is a concentrated food and so should not be served in pieces, but should be melted or grated or otherwise finely ground so that the digestive juices may more readily attack it.

There are various ways of serving. Beginning with soup may serve a part of every course to the end of the menu. A few simple recipes are as follows:

Welsh Rabbit.—One cup milk, one egg, two cups grated cheese, seasoned with one-quarter teaspoonful paprika, one-quarter teaspoonful mustard, one-half teaspoonful salt, one-eighth teaspoonful of soda. Heat milk in double boiler, stir in beaten egg, when creamy stir in seasoned cheese. Cook one or two minutes until cheese is melted. Serve on heated crackers, or on toast toasted on one side.

Macaroni with Cheese.—Break macaroni into inch length pieces and toss into boiling salted water (one teaspoonful to quart), cook one hour or until soft. Drain in colander. Pour over cold water to prevent pieces from adhering. Place in a dish and sprinkle with grated cheese. Cover with white sauce.

White Sauce.—Melt one tablespoonful of butter in a saucepan and add tablespoonful of flour. When well blended, add one cup of milk, stirring constantly. Simmer for five minutes. After it begins to boil, season with salt and pepper.

Rice with Cheese.—Toss one cup of rice into one quart of boiling water with one tablespoonful of salt. Cook until tender. Cover bottom of buttered pudding dish with rice, dot over with three-quarters tablespoonful of butter, sprinkle with thin shavings of mild cheese and a few grains of cayenne pepper, repeat until rice and one-quarter of a pound of cheese are used. Add milk to one-half the depth of contents of dish. Cover with buttered cracker crumbs and leave until cheese melts.

Four Egg Recipes

Creamed Eggs.—Six hard cooked eggs, one cup thick, sweet cream, paprika. Heat the cup of cream, and cut the eggs up as before. Mix together gently and add salt and a teaspoon of paprika, which is sweet red pepper. Serve on thin triangles of buttered toast, with parsley around. It makes the dish prettier if you cook an extra egg and put it through the potato ricer and cover the dish with this. Or you can keep out the yolk of one of the six eggs for this finishing touch. Do not put crumbs on these eggs or put them in the oven, but put them in small dishes if you like.

Scalloped Eggs.—Six hard cooked eggs, one cup cream. Cook the eggs twenty minutes, and while they are cooking make the cream sauce and butter a large baking dish or six small dishes. Peel the eggs and cut them in bits as large as the end of a finger. Put a layer of bread crumbs on the bottom of your dish, then a layer of

egg, with a sprinkling of salt, pepper and six tiny bits of butter, and cover all with a thick layer of sauce. Then more crumbs, eggs and seasoning, till the dish is full, with the crumbs on top. Put bits of butter over all and brown in the oven.

Egg Sandwiches.—Boil the eggs hard and remove their shells. When cold, separate the whites from the yolks. Chop the whites until they are as fine as meal. Mash the yolks with melted butter in the proportion of a teaspoonful of butter to each yolk, and salt and pepper them to taste while mixing them thoroughly with the whites. Shave the crust from a loaf of bread baked the preceding day, and cut off one slice; spread the cut part of the loaf evenly and thinly with butter, and then with the egg mixture, cut another slice and press the two together. Pile the slices neatly upon a napkin spread upon a plate, and fold the corners of the napkin over them to prevent drying.

Plain Omelet.—Two eggs, two tablespoonfuls of milk, or cold water which is as good, pepper and salt to taste. Beat well until it froths, put a little butter in the pan so it will not stick, pour the mixture into the pan, when browned nicely on the under side, turn one-half over on to the other half, cook a few minutes longer until done. This is the proportion for one person. It is much easier to cook a small omelet than a larger one. The pan must be scrupulously clean, which is one secret of success.

Tough Beef

I have discovered a way of cooking a tough piece of boiling beef so that my family thinks it is the best and tenderest of meat. To the water for boiling a four-pound piece I add a quart can of tomatoes, a medium-sized onion sliced, and twelve of the little Chili peppers that I buy in the dry state. I break open the peppers. After the meat is almost cooked I add sufficient salt. The tomato softens the meat and causes it to cook tender quickly. The tomato, onion and pepper cook down somewhat and make an excellent sauce to serve with the meat.

Uses for Maple Sugar

Many delicious dishes are made with maple sugar, among them maple mousse. Whip a pint of cream to a stiff mound, with a tablespoonful of powdered sugar, which will help to thicken the cream. Add a cupful of maple syrup, made in the house from pure sugar, and flavor with lemon. Beat well put in a mould with a sheet of paraffine paper over the top before the cover is put on, pack in ice, and salt and freeze. Serve in sherbet glasses.

When frying food in deep fat we may well remember these few simple rules: Avoid unnecessary moisture; wipe fish thoroughly. Heat the food slightly beforehand, if possible, then it will not cool the fat. Foods already cooked, such as croquettes, require more heat; drop in a bit of bread and count. For cooked food the bread should brown in forty counts—for uncooked, as doughnuts, in sixty counts. Drain the fried article on an crumpled paper and do not heap them upon one another.

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