

Government of the Province of Saskatchewan

DEPARTMENT OF AGRICULTURE

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MEATLESS COOKERY

BY MISS ESTHER THOMPSON.

The following recipes are selected from the "Meatless Cookery" cook book by Mrs. Gillmore. The book is most highly recommended by Dr. L. F. Bishop, M.D., Professor of Heart Diseases, Fordham University, N.Y., and by Dr. G. F. Langworthy, of the United States Department of Agriculture.

The book costs \$2.00 and can be obtained from E. P. Dutton & Company, New York.

Oatmeal with Cheese.

2 cups oatmeal. 1 tablespoon of butter.
1 cup grated cheese. 1 scant teaspoon of salt.

Method.—Cook the oatmeal as usual, shortly before serving stir in the butter and add the cheese, and stir until the cheese is melted and thoroughly blended with the cereal. The cheese should be mild in flavour and soft in texture. The proportion of cheese may be increased if a more pronounced cheese flavour is desired.

This dish served with fruit, toast and cocoa, or chocolate, will make a most palatable and nutritious breakfast. The cheese may be added to any cooked breakfast cereal. It is very good with corn meal.

Cheese Cakes.

3 tablespoons of butter 1 tablespoon of salt.
4 tablespoons of flour Few grains of cayenne.
4 tablespoons of grated Canadian cheese.

Melt the butter, add the flour and stir until well mixed; then add the grated cheese; season with salt and cayenne. Drop from tip of spoon on a buttered sheet one inch apart, and bake in a moderate oven.

Cheese Biscuits.

$\frac{1}{4}$ lb. soft cheese. 4 teaspoons baking powder
2 cups of flour. 1 teaspoon salt.
1 cup of water.

Mix and sift the dry ingredients, then work in the cheese with a

fork and add the water slowly, place the dough on a floured board, roll out and cut with a biscuit cutter. Put in a buttered pan, and bake in a quick oven twelve minutes. May be sprinkled with cheese before serving.

Nut Bread.

1½ cups milk.	4 cups flour.
1 teaspoonful salt.	1 cup chopped walnuts.
½ cup sugar.	6 teaspoons baking powder.

Put the sugar in a large bowl. Sift the flour, salt and baking powder together, and add alternately with the milk to the sugar. Lastly fold in the chopped walnut meats, and turn into two buttered tins. Bake in a moderate oven forty minutes.

Note.—The quantity of nuts may be increased or peanuts substituted if a more nutritious bread is desired.

Bran Muffins.

1 cup flour.	2 cups bran.
1 teaspoon soda	1 cup milk.
½ teaspoon salt.	2½ tablespoons molasses.

Mix and sift flour, soda and salt. Add bran, molasses and milk. Bake in hot buttered gem pans twenty minutes.

Bran Bread—By Mrs West.

1 cup molasses	1 pint sour milk or buttermilk
1 teaspoon soda	1 quart of bran
1 small teaspoon salt	1 pint flour

Stir well and bake one hour in a very slow oven. It may be baked in a loaf or gem pans as preferred.

Boston Roast.

1 pound cooked beans	Bread crumbs
½ pound grated cheese	Salt.

Mash the beans or put them through a meat grinder. Add the cheese and sufficient crumbs (bread) to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce. This dish may be flavoured with onions, chopped and cooked in butter and water.

Nut and Cheese Roast.

1 cup grated cheese	1 tablespoon butter
1 cup chopped walnuts	Juice of ½ lemon
1 cup bread crumbs	2 tablespoons chopped onions
	Salt and Pepper.

Cook the onions in the butter and a little water until tender.

Mix the other ingredients and moisten with water, using the water in which the onions have been cooked. Pour into a shallow baking dish and brown in the oven.

Baked Rice and Cheese.

3 cups cooked rice	2 tablespoons flour
1 cup of milk	$\frac{1}{2}$ pound of cheese
	$\frac{1}{2}$ teaspoon of salt.

Make a sauce with one cup milk. Add the flour, cheese and salt. Into a buttered baking dish put alternate layers of cooked rice and sauce. Cover with buttered crumbs and bake until the crumbs are brown.

Rice with Peas.

1 cup boiled rice	$\frac{1}{2}$ cup liquid from peas
$\frac{1}{4}$ cup canned or cooked peas	1 tablespoon of flour
	4 teaspoons melted butter.

Put half the boiled rice in the bottom of a baking sheet, then a layer of peas and the remainder of rice. Rub the butter and flour together; heat the liquid and pour over the butter and flour; boil five minutes. Then pour over the rice and bake ten minutes.

Baked Macaroni with Cheese.

Put a layer of boiled macaroni in buttered baking dish, sprinkle with grated cheese; repeat, pour over white sauce, cover with buttered crumbs and bake until crumbs are brown.

White Sauce.

2 tablespoons butter	1 cup milk
3 tablespoons flour	$\frac{1}{4}$ teaspoon salt
	Few grains of pepper.

Melt butter in sauce pan, add flour mixed with seasonings, stir. Pour on gradually the milk, stirring until well mixed, then beating until smooth and glossy.

Beans.

Scarlet Runner Beans

These are most delicious when cooked in water, drained and seasoned with salt, pepper and butter.

Lima Beans.

Shell and cook one to one and a half hours, adding the salt or the last. Then drain and season with salt, pepper and butter at serve them in a white sauce.

Baked Lima Beans.

1 quart dried lima beans	1½ tablespoons salt
¼ cup of butter	3 cups of milk.

Soak the beans over night in *soft* water, and cook in water until tender; drain, put into baking dish, and add butter, milk and salt. Bake an hour and a half in a slow oven.

Baked Beans.

1 pint white beans	3 pints boiling water
1 tablespoon molasses	2 teaspoons salt
3 tablespoons brown sugar	¼ cup butter.

Soak the beans over night in cold soft water. If the water is hard add a pinch of baking soda. Cook in cold water and par boil for ten minutes. Drain off this liquid and add three pints of boiling water. Cook until the beans begin to break open. Then add the seasoning, and turn into a covered bean pot or baking dish and bake in a slow oven from four to five hours; add water if necessary during the baking process. Remove cover a half hour before finishing baking to allow beans to brown.

Peas.

Out of the numerous delicious ways of serving peas the following methods are considered most simple and practical:

1. Boil till tender, drain, serve with salt, pepper and butter.
2. Boil, drain, serve in a white sauce.
3. Boil, drain, and mix with salad dressing. Serve with crisp lettuce.
4. Serve as "Cream of Pea Soup."