

*Gladys Darling.*

# The Whys and Wherefores of Cooking

A SIMPLE TEXT BOOK FOR  
ELEMENTARY COOKING SCHOOLS

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The Montreal Cooking School  
1010 Sherbrooke St.  
Montreal

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of COOKING**

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# SOUPS

## 1. What are the chief classes of soups?

Bouillons, purees, cream soups, bisques and broths.

A **bouillon** is a clear, highly seasoned soup, made from meat alone.

A **puree** is vegetable soup made from vegetable pulp and drawn butter sauce.

A **cream** soup is made from vegetable pulp and a thin white sauce.

A **bisque** is made from fish stock with either a thin white or a drawn butter sauce.

A **broth** is a combination of a bouillon with rather coarsely chopped vegetables.

## 2. What do you mean by a "roux" and how many kinds are there?

A "roux" is a combination of melted butter and flour in equal proportions.

a) A white roux is made by combining flour with melted butter.

b) A blonde roux is made by combining slightly browned butter with an equal quantity of flour, or by slightly browning the flour and adding the butter.

c) A brown roux is made by either using browned flour or browning the butter.

## 3. Why is it usual to brown the butter rather than the flour in making a brown roux?

Browned flour loses, to some extent, its thickening powers, on the other hand, however, browned butter is most indigestible.

## 4. State exactly your method of making a cream soup.

To every cup of vegetable pulp, or vegetables put through

a puree strainer or mashed with a potato masher, I add three cups of thin sauce made in the proportion of one tbsp of flour and butter each, to one cup of cold milk. Season highly, bring to a boil and serve, with **croûtons** and sprinkled with chopped parsley.

**5. Is there danger of too much boiling a cream soup?**

Yes, if a cream soup be too much boiled, the milk is apt to curdle.

**6. What is a wise precaution in using milk for sauce or soup making?**

Whenever milk is to be heated, it is a wise precaution to always add a pinch of soda to neutralize any incipient acidity. This precaution is especially necessary when the milk is to be mixed with any acid vegetable.

**7. Name vegetables that make good cream soups?**

Asparagus, celery, onion, tomato, green peas, corn and potatoes.

**8. What is a drawn butter sauce?**

A drawn butter sauce differs from a white sauce only in the fact that water is used instead of milk. Soups made with drawn butter sauce are called purees. The method of making them is exactly the same as for cream soups. Peas and dried beans make excellent purees.

**9. How many people could be fed with two quarts of bouillon and how much soup meat would you buy?**

Two quarts of soup would serve sixteen people. One quart of soup is made from one pound of soup meat, therefore two pounds of soup bone or meat would be necessary.

**10. What part of beef is generally bought for soup-meat?**

The shin, the hock or the neck.

**11. What are the essentials of good soup-meat?**

It should be about half and half meat and bone.

**12. What effect would too large a proportion of bone have on soup-stock?**

It would make the stock cloudy and difficult to clear.

**13. Is bone absolutely necessary in soup-making?**

No, but it gives body to the stock and adds a finer flavor.

**14. How would you clarify soup-stock?**

It may be done in two ways:—

a) Add to every quart, one slightly beaten egg-white and bring to a boil. Let simmer for five minutes, then strain through a wet cloth and allow to settle. Season highly and serve.

b) To every quart of soup, allow one-half pound of raw meat and proceed as with egg-white.

**15. Why should soup-stock be cooled rapidly?**

Because if allowed to cool slowly, it is very apt to sour.

**16. Mention three ways of removing the grease from a soup-pot?**

a) Remove with a spoon and then with a little tissue paper, skim off the last bit.

b) Allow to cool and remove as a solid cake.

c) Plunge a piece of ice into the hot soup, the grease will all collect around it. Remove the ice.

**17. What effect has cooked meat on soup-stock?**

It gives a finer flavor than raw meat alone. A great many cooks always use about half of fresh and half cooked meat.

**18. What is the difference between consomme and bouillon proper?**

Consomme is nothing more than concentrated bouillon or standard stock. It is made by allowing the stock to simmer until only about one-half the original quantity of liquid remains.

**19. What combination of meats is generally used for a consomme?**

A knuckle of veal or a fowl is generally added to beef, both to enhance the flavor and to give body.

**20. What do you mean by "standard stock"?**

Stock made in the proportion of one pound of meat to one quart of water and allowed to simmer for one hour per lb.

**21. Why should soup-stock always be allowed to simmer rather than to boil violently?**

Violent boiling makes the stock cloudy and destroys the fine flavor.

**22. What conditions tend to sour stock?**

- a) Cooking vegetables in it.
- b) Slow cooling.
- c) Keeping in too warm a place.

**23. Mention four methods of thickening soups.**

- a) By a roux, white, blonde or brown.
- b) By beaten yolks of eggs, two to a quart of soup.
- c) By arrowroot, one tsp to a quart of stock.
- d) By tapioca or sago according to taste.

**24. How could you make enough jellied consommé for six people?**

To two quarts of cold water, add one knuckle of veal with a pound of beef. Allow to simmer until reduced to one pint. Clear with white of egg as above. Season highly and set aside until jellied.

**25. Is a ham bone ever used in soup-making?**

Only in making pea or bean soup.

**26. What are croûtons?**

**Croûtons** are tiny squares of bread either fried or buttered and browned in the oven and dropped into the soup just before serving.

**27. Give three methods of making croûtons?**

- a) Frying in hot fat.
- b) Buttering bread on both sides, cutting into dice and browning in the oven.
- c) Browning in a popcorn roaster.

**28. When are bouillon cups used?**

Formerly bouillon cups never appeared on a dinner table, but were used exclusively for luncheon, however, there is a tendency nowadays to use them even for formal dinners.

**29. What kind of soups should be served in bouillon cups?**

Only light bouillons or cream soups, although, there is now a special cup for cream soups, broader and flatter than a bouillon cup.

**30 How should soup be served?**

It should always be in the cups or plates at each one's plate when the guests enter.

**31. What is your method of making tomato bouillon?**

To six tomatoes or one can of tomatoes, add one bay leaf, five whole cloves, one medium-sized sliced onion,  $\frac{1}{8}$  tsp of red pepper, one tbsp of salt and one tbsp of sugar with one pint of water. Allow to simmer until onion is transparent. Season highly and thicken with one tsp of arrowroot dissolved in one-fourth cup of water. Let boil up for three minutes and serve with **croûtons**. Cornstarch may be used instead of arrowroot, but is not quite so good.

**32. What do you understand by "Julienne" vegetables?**

Vegetables cut into match — like strips.

**33. How would you make a "Julienne soup"?**

By adding one-fourth cupful each of julienne vegetables to two quarts of standard stock, one half hour before serving time.

**34. What may be served with cream soups in general?**

Grated cheese is often passed around in a bowl with a ladle.

**35. If consomme were too pale, how would you give it a richer color?**

By adding a little caramel.

**36. What is caramel?**

It is a substance used for coloring, made by browning white sugar and adding gradually an equal quantity of boiling water. It will keep indefinitely.

**37. What do you mean by a "kitchen bouquet"?**

It is nothing more than a sprig of parsley, a bay leaf and one-half teaspoon each of savory and sweet majoram tied in a



piece of muslin and cooked with the soup stock.

**38. What is your recipe for oyster soup?**

One quart of milk, one quart of water, one-half cup of powdered soda crackers,  $\frac{1}{4}$  tsp of powdered mace, one quart of oysters, two tablespoons of butter, red pepper and salt to taste.

Add the water to the scalded milk and then the crackers and the seasonings. Fifteen minutes before serving time, add the picked-over oysters and allow to simmer until the edges curl. Serve with celery and oyster crackers.

**39. How would you make any bisque?**

Exactly like a cream soup, only instead of vegetable pulp, use shredded fish of any kind.

**40. Give formula for an emergency soup.**

1 qt of water — 2 oxo tablets,  $\frac{1}{4}$  cup each of celery, carrots, potatoes and turnips, 1 tbsp butter, 1 onion shredded.



## FISH

**1. What are the chief methods of cooking fish?**

Frying, boiling and baking.

**2. Describe three methods of frying fish.**

a) By dipping in milk and then in flour and frying in deep fat.

b) By dipping in egg and then in bread crumbs and frying in deep fat.

c) By dipping in fritter batter and frying in deep fat.

**3. What is the difference between frying proper and sauteing?**

In frying proper, there must be enough grease to completely cover the article to be fried.

In sauteing, there are generally only two or three table-spoons of fat in the frying pan and the article to be fried is turned from one side to the other.

**4. What are the secrets of good frying?**

a) The article to be fried should be completely coated, otherwise, it will absorb grease.

b) The grease should not be too hot, as there would then be danger of the fish not being sufficiently cooked on the inside.

c) The grease should be hot enough otherwise the article to be fried would absorb grease and be unsightly as well as indigestible.

**5. Which is the more digestible method, frying or sauteing and which is the more economical?**

Deep frying is more digestible and at the same time the most economical method as the fish or other things fried absorb less grease than by sauteing.

**6. What should be done to fried fish on removing it from the pan?**

It should be drained on coarse brown paper.

**7. Why should only a little fish be fried at a time?**

If too much is fried at a time, there would be danger of chilling the grease below frying point.

**8. How should fish be prepared for baking?**

If the fish is slimy like pike, scald well before cleaning. Clean, wash and wipe the fish and rub well with salt, both inside and out. Cut down the middle and stuff, then sew up with coarse cotton. Remove thread or string before serving. Rub well with butter or dripping and season with salt and pepper. Make a gash every two inches and insert little strips of fat pork. Dredge with flour and put in hot oven. Baste every ten minutes with hot water.

**9. What should be served with baked fish?**

A drawn butter sauce garnished with chopped gherkins or capers or a rich Hollandaise sauce is generally served with baked fish.

**10. How long should fish be baked?**

Fish is generally baked about ten minutes to the pound. It is done when the flesh leaves the bone easily.

**11. How should baked fish be garnished?**

It may be garnished with parsley, pimentoes, lemon slices, water cress or fried potatoes.

**12. What vegetable should always accompany the fish course?**

Potatoes, generally creamed, should always be served with the fish course. They are often accompanied by a vegetable salad.

**13. What is the proper way to boil fish?**

Fish after having been cleaned should be plunged into boiling water for a moment and then the liquid should be cooled by adding a little cold water. Use just water enough to cover and let cook slowly, about fifteen minutes to a pound. When the flesh leaves the bone freely, the fish is cooked. To keep the flesh, firm and white, a tablespoon of vinegar should be added to every quart of water used. An onion or a table

spoonful of horseradish added to the water in which fish is boiled gives a finer flavor.

**14. What are the disadvantages of boiling fish?**

Boiling fish always extracts a little of the flavor and nutriment. The proper thing to do is to steam fish.

**15. How may fish be broiled?**

Small fish such as smelts, have only to be laid on the broiler when properly cleaned and turned until thoroughly cooked through and through. If fat, like mackerel or herring, they should be split in two, otherwise they run the risk of not being thoroughly cooked. On being removed from the oven, they should be dotted with Maître d'hôtel butter or any other savory butter and properly seasoned.

**16. What should be done to Finnan Haddie to prepare it for table?**

It should be soaked in either milk or water for at least twenty minutes and then either flaked, and served in white sauce or broiled beneath a hot flame.

**17. How you would make a stuffing for fish?**

For a two or three pound fish, take one ounce of chopped suet or dripping, two ounces of bread crumbs, 1 tsp of mixed herbs, one egg yolk or one egg white, salt and pepper to taste.

**18. How would you spice a fish?**

Rub a thoroughly cleaned fish with pepper, salt allspice and ground cloves well-mixed. Put in a baking pan and add enough vinegar to baste with. Bake serve hot or cold.

**19. How would you fillet a fish?**

Remove the back bone by cutting down the centre, then cut the flesh into good-sized pieces and skin.

**20. Should fish be salted before being cooked?**

As in meats, salt draws out the juices and therefore should be avoided until the fish is cooked.

**21. What do you mean by fat fish?**

The fat fish, such as salmon, mackerel and bluefish have

the oil distributed throughout their body, whereas whitefish, flounder and halibut have all the oil in the liver. The fat fish are naturally harder to digest.

**22. How could you tell whether fish be fresh or not?**

The flesh of fresh fish is firm and hard and will rise at once when pressed with the finger. If the eyes be dull and sunken, the gills pale and the flesh is flabby, you may be sure the fish is not fresh.

**23. Should fish be put directly on the ice?**

No, they should be wrapped in a cloth sprinkled with salt. Putting them directly on the ice, tends to make the flesh soft and flabby.

**24. How would you scale a fish?**

Begin at the tail and scrape towards the head. Remove the eyes and cut off the fins.

**25. How would you skin a fish?**

Cut off the fins, then a strip less than half an inch wide down the full length of the back. Cut the skin around the head. Dip the fingers in salt that they may not slip, then after loosening the skin from around the head draw off from one side of the fish. Repeat the process on the other side of the fish.

**26. How should frozen fish be treated?**

It should be put to thaw in cold water.

**27. What is "court bouillon"?**

**Court bouillon** is a highly flavored stock combined with soup vegetables and butter. It is used to enhance the flavor of fish in boiling and serves as the basis of bisques.

**28. Should fish ever be served rare?**

Never under any circumstances. It would not only be unpalatable but absolutely dangerous, as nothing is more liable to give ptomaine poisoning than undercooked fish.

**29. What sauces may be served with boiled or baked fish?**

a) Cream sauce, with chopped gherkins, capers or hard-boiled eggs.

b) Brown sauce, made with equal parts of browned butter and flour added to fish stock highly seasoned.

c) Hollandaise sauce, white sauce of medium texture, to which two egg yolks per pint are added when the sauce is all finished.

d) Sauce Tartare, a rich white sauce to which lemon juice and chopped pickles are added to taste.

e) Maitre d'hotel butter, creamed butter to which half as much chopped parsley and lemon juice are added.

**30. When fat fish, such as mackerel or herring are filleted and fried what precaution should be taken?**

Since these fish have so much oil distributed throughout the skin, if dipped directly into the beaten egg, it would not adhere, they should therefore be dipped first into flour and then into the beaten egg.

**31. Why should pork be used in baking fish?**

It should be used with the white or dry fish only as they are naturally insipid and dry.

**32. How much halibut would you buy to serve six people?**

It is a general custom to allow one-half pound per person.

**33. Give five methods of using left-over fish?.**

a) Creamed flaked fish on toast.

b) Fish croquettes.

c) Fish salad, flaked fish mixed with an equal quantity of cold cooked potatoes or celery or both and dressed with a boiled mayonnaise.

d) Kedgeree, flaked fish with an equal amount of rice and generously mixed with tomato sauce.

e) Scalloped fish, alternate layers of flaked fish, white sauce, and bread crumbs in a baking dish.

**34. When should fish be served at dinner?**

Baked, boiled or fried fish should be served directly after the soup or before the meat. Raw oysters or cocktails are generally served first of all.

## MEATS

1. **Distinguish between broiling proper or grilling and pan-broiling.**

**Broiling** or **grilling** is cooking by direct contact with the flame. Charcoal and gas form the best grilling flames.

**Pan-broiling** is cooking in a hissing hot pan with just enough grease to prevent the meat from sticking. If too much grease were used the meat would be fried instead of broiled.

2. **What classes of meats are suitable for grilling or pan-broiling?**

Only the tenderer cuts of meats, such as chops, fillets or steaks are suitable for broiling of either kind.

3. **Distinguish between roasting proper, and pot-roasting.**

Only the tenderer cuts of meat such as fillets, rib-roasts or sirloins are suitable for roasting proper which is done by thoroughly rubbing the meat with flour and then covering with small pieces of butter or slices of fat pork and placing in a very hot oven until thoroughly browned. The heat is then lowered and the meat is allowed to cook more slowly, allowing twelve minutes to pound if desired rare, fifteen, if wanted well-done. When about half-done, it should be thoroughly sprinkled with salt and pepper.

The tougher cuts of meat may be pot-roasted, such as either the rump or chuck. They should first be seared by being cooked on both sides in a frying pan slightly greased and then put in to a deep pot with a cover. Water should be poured around the meat to about the depth of an inch, the cover put on and the meat allowed to cook until quite tender, or about an hour to every pound.

4. **Would you buy fillet of beef for making very highly flavored soup?**

Although the fillet is the tenderest part of beef, it is almost

devoid of flavor and therefore would have no value for soup-making.

**5. How would you cook a fillet of beef?**

Fillet may be either larded and roasted like a sirloin or cut into slices about an inch thick and broiled. It is varied by serving with different sauces.

**6. What do you mean by "larding"?**

**Larding** is a process of giving flavor to dry meats. Holes are made in the meat with a sharp knife and the cavities filled with slices of fat pork. When the pieces are large, the process is called "daubing", when small and introduced by means of a larding needle, it is called "larding proper".

**7. Give three methods of cooking liver.**

a) Slice it about one-fourth of an inch thick and plunge into boiling water for five minutes. Dry and dip in milk, then in seasoned flour and fry in bacon fat or drippings.

b) After dipping in boiling water, dry, dip in milk or beat-egg and roll in very fine bread crumbs. Serve with highly seasoned tomato sauce and bacon curls. Fry in Crisco.

c) Lard and roast the whole liver. Serve either hot or cold.

**9. State exactly your method of cooking a sirloin roast.**

Wipe the roast carefully, with tissue paper or a damp cloth. Rub well with flour and either dot with butter or cover with a slice of fat pork. Add about  $\frac{1}{2}$  cup of hot water to the baking pan and place in a very hot oven. When the meat has browned, lower the temperature and allow to cook until tender, about fifteen minutes, to the pound if wanted well-done, if wanted rare, 12 minutes to the pound. Season with pepper and salt, when half-done.

**10. Why should not a roast be salted before being cooked?**

The old-fashioned method of salting roasts before cooking them, had the disadvantage of drawing most of the highly nutritive juices into the gravy and leaving the meat hard and dry.

**11. What is the object of searing a roast before cooking it?**



By searing the meat in grease before cooking it, a covering is formed that prevents the escape of the extracts into the gravy. If the oven is very hot, it is not necessary to sear the meat.

**12. What meat should be served rare?**

Beef and game may be served rare, but veal and lamb should be very well-done as otherwise they are not wholesome.

**13. What meat would you buy for Hamberg steak and what is your method of making it?**

Either the lower part of the round, the chuck or the neck. For every pound of meat, freed from sinews, I would add  $\frac{1}{2}$  cup of cold water, 2 tsps of salt,  $\frac{1}{8}$  tsp of red pepper and 1 tsp of grated onion. The meat should be bound together with a whole egg for every two pounds of meat. Mix all the ingredients thoroughly, form into small flat cakes, roll in flour and panbroil or grill.

**14. How could you vary Hamberg steak?**

By serving it with different sauces, such as brown, Madeira, tomato, mushroom or horseradish. (See Sauces.)

**15. From what part of the animal does the tenderest meat come?**

The tenderest meats come from the loin or the lower back because the muscles of this part of the animal are the least exercised.

**16. On what principle are tough meats more nutritious than tender ones?**

The same action that hardens the muscles draws the nutritive juices to them.

**17. State precisely your method of cooking a Sirloin steak.**

Trim off the superfluous fat and wipe well with either tissue paper or a damp cloth. The steak should be cut at least an inch thick. Have the broiler hissing hot and rub with fat. Put on the steak and put as near the flame as possible. Turn at least every twenty seconds for two or three minutes then

remove a little from the flame and let cook until quite puffy. A one-inch steak requires from ten to twelve minutes. Put on hot platter, dot with butter or Maître d'hôtel sauce, garnish with parsley and sprinkle with salt and red pepper.

**18. What is Maître d'hôtel sauce?**

Maître d'hôtel Sauce is made by blending 2 tbs of creamed butter with 1 tsp of finely chopped parsley and  $\frac{1}{2}$  tbsp of lemon juice.

**19. Is a beefsteak just as good if it has been allowed to cool and its reheated?**

Beefsteak should be broiled just before being served as even though it is kept hot, it rapidly deteriorates in flavor and loses its tenderness.

**20. Name five variations of broiled steak.**

- a) Beefsteak with Maître d'hôtel sauce. (See Sauces)
- b) Beefsteak with highly seasoned tomato sauce or fried tomatoes.
- c) Beefsteak with fried onions.
- d) Beefsteak with mushrooms.
- e) Beefsteak with fried oysters.

**21. How would you prepare corned beef or salted tongue?**

All corned or salted meats should be soaked in cold water, the water being constantly changed until it is normally salty. Then the meat should be cooked as fresh meat although it is never suitable for roasting.

**22. Would throw you away the bones left from a roast fowl or beef roast?**

By no means, they make excellent soup stock combined with a little fresh meat.

**23. State exactly how you would make beef tea.**

I would cut meat either from the neck or leg into cubes and put it in Mason jar with very little water, about 1 tbsp to a cup of meat. Season highly with salt and red pepper and set the jar in a saucepan of cold water. Bring to a boil

and cook until the meat begins to pock whitish. A meat press may be used to get the last vestige of nutriment from the meat. The beef tea should be cooled quickly, as slow-cooling is apt to sour it.

**24. How would you make aspic or galantine?**

To a knuckle of veal, add water in the proportion of one quart of water to a pound of meat and simmer until tender with a bay leaf, a tsp of savory and 2 tsp of salt. When the meat is quite tender, strain off the juice and pour into a saucepan. For every quart of liquid, which should be allowed to simmer until reduced one-half its original quantity, add one slightly beaten egg white. Bring to a boil and let cook five minutes, then strain through a napkin dipped in hot water or through a double thickness of cheesecloth and season highly. Put in the meat in layers and pour the liquid over it, until the mould is full. The mould should have been dipped into cold water previous to being filled.

**24. What part of the veal would you buy for roasting?**

Either the loin or the leg.

**25. Give five methods of utilizing left-over beef.**

a) **Croquettes:** To every three cups of finely chopped meat add 1 cup of thick white or tomato sauce. Season highly and cook as croquettes.

b) **Beef loaf:** To every pound of chopped meat, add one pound of chopped pork and put through the chopper together, or mix thoroughly. Season highly with salt and red pepper and a suggestion of onion juice. For every pound of meat, add a raw egg and two finely rolled crackers. Mould into a loaf and bake in a greased bread pan, 20 minutes to the pound. Cooked beef may be used, but a beef loaf made with raw meat has a finer flavor.

c) **Canapés:** Season chopped beef or equal parts of beef and ham highly and add enough cream of thick white sauce to make it spread easily. Spread on rounds of toast and garnish

with parsley or hard-boiled egg.

d) **Galantine:** Fill a mould rinsed in cold water with thin slices of cold beef. Pour over a highly spiced tomato jelly and set away in a cold place. Unmould on a bed of lettuce.

e) **Rissoles:** Roll rich pastry to a fourth inch in thickness and cut with a round cutter. Put a spoonful of finely chopped meat highly seasoned in the centre. Brush the edge with water and fold over. Fry in deep fat until a golden yellow. The pastry should be thin, otherwise it will be soggy.

**26. What is the proper way of cooking bacon?**

Bacon should be set on a grill in a larger pan and broiled in the oven until crisp. It does not then reabsorb the burned fat and is much more digestible.

**27. Give two methods of cooking veal cutlets.**

a) Trim well, wipe off and dip into milk, then roll in bread crumbs and fry in drippings until a golden yellow. Add a cupful of cold water to the frying pan with the meat in it and allow to simmer until the meat is perfectly tender. The milk should be highly seasoned.

b) Parboil until tender, then dip in milk, roll in bread crumbs and fry on Crisco or drippings.

**28. What vegetable or relish would you serve with: — roast pork, veal, lamb?**

a) With roast pork, apple sauce, cold slaw or cucumber salad.

b) With veal, asparagus, spinach, green peas, pickled beets, mint jelly or mint sauce.

c) With lamb, mint sauce, or jelly, green peas, asparagus or spinach.

**29. What is the appearance of good veal? good beef?**

a) Good veal is pinkish and firm to the touch. If too whitish it is too young; if sticky, it is not fresh. Veal should never be served underdone.

b) Good beef should be well marbled with white fat and

be of a deep red hue.

**30. What does too vivid a color denote in beef?**

Too vivid a color denotes that the beef has been fresh-killed and it is not in a fit condition to be cooked.

**31. How would you keep beef in summer if ice were scarce?**

Roll in a cloth steeped in vinegar and sprinkle with salt and set away in as cool a place as obtainable. Sticky meat should always be washed with vinegar before cooking.

**32. How would you prepare roast pork?**

Remove the outer rind, rub well with flour, sprinkle with chopped garlic or onion. It should be baked fifteen minutes to the pound and should never be served rare.

**33. Give two methods of frying chicken.**

a) Dip in beaten egg, after having cut into parts, and then roll either in flour or bread crumbs and fry in hot fat. If the chicken is not as young as might be wished, it may be par-boiled until tender before frying. A tbsp of cold water may be added to each slightly beaten egg, used for dipping.

b) Dip in fritter batter and fry as above. FRITTER BATTER: 2 cups of flour,  $\frac{1}{2}$  tsp of salt, 4 tps of baking powder, 2 tbsps of butter or olive oil, 1 cup of milk, and one egg.

**34. Give in full your method of making croquettes.**

To every three cups of finely chopped beef or other kind of meat, add one cup of thick white or tomato sauce (2 tbsp of butter, 3 tbsps of flour and 1 cup of milk, or half milk and half water, red pepper and salt to taste.) Form into croquettes, pyramids or cylinders and allow to cool. Dip in beaten egg and then roll in fine cracker or bread crumbs. Fry in deep fat until in golden brown. Drain on thick paper.

**35. Why do croquettes sometimes fly to pieces on being cooked in hot fat?**

Either, they are too soft or the grease is, too hot.

**36. When do croquettes or fritters absorb grease?**

When they are too warm when put in to the grease or

when the grease is not hot enough.

**37. Are there any exceptions to the general formula for croquettes?**

Yes, instead of adding white sauce to potato croquette mixture, a slightly beaten egg is used to bind them.

**38. How would you make "Mock Duck"?**

I would take a flank steak, about  $\frac{1}{2}$  inch in thickness and trim it well, then pile a dressing made as below in the centre. Skewer or tie up and dot with butter or suet, and roast until quite tender. **Dressing:** 2 cups of bread crumbs, 2 tbsps of butter, 1 tbsp of chopped parsley, 1 tsp of salt,  $\frac{1}{8}$  tsp of poultry dressing, 1 tsp of onion juice. Add dry ingredients to bread crumbs and cook in butter.

**39. State exactly how you would prepare a fowl for roasting?**

Break off the legs at the joints and keep for soup-stock. Singe well over a candle or gas flame to remove all hairs. Wash out the cavity with a little acidulated water or cold water in which soda has been dissolved in the proportion of 1 tsp to a pint. Stuff with dressing as made for "Mock duck", sew up the cavity or lace up with tooth-picks. Thoroughly rub with flour. Dot with butter or drippings and roast until tender, or about fifteen minutes to the pound. Reduce heat after the fowl has been seared.

**40. How long should poultry be killed before being cooked?**

A fowl should be cooked either within one hour of being killed, or after twenty-four hours only. Beef should be "hung" for at least three weeks before being used.

**41. What do you mean by the expressions: Prime Roaster, Broiler?**

A Prime roaster is a fowl just one year old. A Broiler is younger than a year. A boiling fowl is older than either a prime roaster or a broiler.

**42. By what process could you make tough steak tender?**

By marinating or spreading with a mixture of equal parts

of olive oil and vinegar and allow to stand in a cool place half an hour before cooking.

**43. What do soft, spongy bones indicate in beef?**

They indicate that the beef is young.

**44. What is considered the best "cut" for pot-roast?**

The "eye" or the top of the round is considered the best cut for pot-roasting.

**45. What is the difference between a Porterhouse steak, a Sirloin and a short or club steak?**

Delmonico, short and Club are all different names for the same cut and lie directly behind the ribs. Next to them is the Porterhouse or tenderloin which is a small fraction of the Sirloin, a slice cut cross-grained from the fillet.

**46. How could you tell the age of mutton?**

The bones of lambs are deeply ridged, consequently, the fewer the ridges, the older the sheep.

**47. What is the difference between lamb chops and cutlets?**

Veal or lamb chops are nothing but the ribs taken individually whereas, cutlets are slices cut against the grain from the leg.

**48. Distinguish between: tallow, suet and leaf-lard.**

Tallow is the fat from a lamb or sheep.

Suet is the fat from a beef.

Leaf lard is pork fat.

**49. Explain the terms: braising, marinating, casseroles.**

Braising is cooking meat with vegetables in a very little water and is really nothing more than steaming.

Marinating is steeping meat or anything else in a vinegar sauce.

Casseroles is pot-roasting in the oven in a covered dish.

**50. What are "veal birds" and how could you make them?**

Hammer veal cutlets until reduced to one-half inch in thickness. Put a spoonful of dressing in the centre. Fasten with a wooden toothpick. Bake or roast in a hot oven until very tender.

## EGGS, CROQUETTES AND MERINGUES

**1. What conditions make it almost impossible to beat the whites of eggs?**

- a) Stale eggs.
- b) Overheated eggs.
- c) Grease in the bowl or on the spoon.

**2. How would you make an omelet souffle or a puffy omelet?**

Allow an egg for each person. Take only half as many whites as yolks. Beat the yolks until thick and lemon-colored, then for every six yolks used, stir one in cup of fresh bread crumbs or diced bread. Season highly and add one tbsp of water for every whole egg used. Allow to stand for twenty minutes and then fold in the stiffly beaten whites and pour into a buttered and hissing hot omelet pan. Cook over very gentle fire until well-browned on one side and then turn the pan. The cooking may be finished in the oven. An omelet should not fall for at least ten minutes after it has been cooked.

**3. What is the difference between a French omelet and a puffy omelet?**

In a French omelet, the eggs are not separated, but well-beaten together, and a tbsp of milk is added for every egg employed. The rest of the proceeding is identical.

**4. What precaution must be observed in cooking eggs in general?**

They should be cooked over a rather slow fire. Too much heat tends to harden the albumen and make it tough and tasteless.

**5. What is the proper way of soft-boiling an egg?**

An egg should be dropped into boiling water, then removed from the stove and allowed to cook in the water for six



minutes. A hard-boiled egg should be cooked in the same way allowing it to stand in the hot water for at least twenty minutes.

**6. How could you prevent a poached egg from having ragged edges?**

A tsp of vinegar or lemon juice added to a pint of boiling water will, if the egg be poached therein, keep the edges even.

**7. Name five ways of varying a puffy or French omelet.**

a) By adding a Spanish sauce, made from highly seasoned tomatoes with chopped red and green peppers.

b) By pouring a mushroom sauce around it.

c) By cooking tiny French peas with it.

d) By serving with celery sauce and croûtons.

e) By serving with chopped ham and currant jelly.

**8. How should eggs be prepared for crumbing articles to be fried in deep fat?**

The whole egg should be slightly beaten and mixed with an equal quantity of cold water, about two tablespoonfuls.

b) The white may be used alone.

c) The white may be used with two tbsps of olive oil.

**9. What are the relative values in leavening power of eggs and baking powders?**

An egg is supposed to equal one-fourth tsp of baking powder.

**10. How can you ascertain whether an egg is fresh before breaking it?**

By candeling it, that is holding it before a light. If the egg is fresh, the yolk will form an opaque spot in the centre. If it has fallen to the lower part of the egg, the egg is not fresh.

**11. How many yolks equal a whole egg?**

In cake or biscuit-making, a whole-egg may generally be replaced by either two yolks or two whites, with, of course, slightly differing results.

**12. When eggs are used in batters, what amount of liquid are they supposed to represent?**

Each egg counts as a quarter of a cupful.

**13. For what purpose are eggs used in custards?**

For their thickening powers and because of their richness.

**14. If eggs are scarce, how may they be substituted in custards?**

By using cornstarch, one tbsp of cornstarch substituting one egg. The result would, of course, be more starchy than when eggs alone are used.

**15. What is your formula for croquettes in general?**

One cupful of thick white sauce combined with three cups of finely minced meat or vegetable pulp or a combination of meat and vegetables. All croquettes should be highly seasoned.

**16. Why do croquettes sometimes fly to pieces on being put into the hot grease?**

a) The grease is too hot, or

b) The croquettes are not sufficiently chilled.

**17. Why do croquettes sometimes absorb grease?**

Generally the grease is not hot enough, but sometimes it depends on the grease itself. Crisco is an excellent frying medium. All croquettes should be drained on heavy paper before being served.

**18. Are rice croquettes made according to the general formula?**

No, as they are so adhesive of themselves, they do not need white sauce to bind them. They should be seasoned highly and mixed with one egg for every pint of rice used. If the rice is cooked with tomatoes, no egg is necessary.

**19. How would you make a meringue?**

a) Have fresh cold eggs.

b) For every white used, add two tbsps of finely granulated or powdered sugar.

c) Beat whites until stiff, then gradually beat in half the sugar and fold in the rest.

d) Pile on tarts that have cooled and put into very slow

oven. When in oven, sprinkle with granulated sugar and let cook very slowly until slightly browned.

**20. Why are meringues sometimes tough ?**

When they have been cooked too quickly, they fall and the outer crust is apt to be hard and tough.

**21. Where should meringues be placed in the oven?**

They should be placed in the bottom of the oven to cook and on the upper shelf to brown.

**22. How may meringues be poached?**

They may be formed into egg-shaped pieces and dropped into boiling acidulated water.

**23. What kind of crumbs should be used for croquettes?**

Freshly grated bread-crumbs are the best, but stale ones may be used or rolled cracker crumbs. Cracker crumbs, however, are apt to give too hard a coating.

**24. How can you test the temperature of hot grease?**

By dropping a small piece of the article to be fried into the grease. It should, of course, be hotter for cooked mixture than for an uncooked one.

**25. What is the danger of having the grease too hot for doughnuts?**

There is danger of the doughnuts being cooked on the outside, but not on the inside.

**26. What is the general indication that lard is hot enough for frying? for croquettes?**

When lard begins to smoke or tremble, it is hot enough for general frying purposes.

**27. How should lard or fat be treated after being used for frying?**

It should be heated with a little water and a raw potato and then strained through a cheesecloth and allowed to settle.

**28. What is the best frying mixture?**

**Crisco** is excellent, but many cooks use equal parts of lard and beef suet.

**29. What is the danger in using olive oil for frying?**

It boils up very rapidly and is apt to take fire.

**30. What is the difference between deep-frying and sautéing?**

In sautéing, only a little grease is used and the article is turned from side to side with a fork. Whereas in deep-frying, the article is completely submerged in hot grease.

**31. Why should all articles to be fried, be drained as dry as possible?**

Because water when dropped into hot grease causes the grease to spatter.

**32. What is the best kind of utensil for deep frying?**

What is called a Scotch kettle or an iron kettle with deep sides and a rounded bottom. In graniteware or aluminum, the grease is apt to get overheated and burn.

**33. Why is it that sometimes lard when used a second time will not fry but is absorbed by the articles cooked in it.**

The lard has probably been burned at the previous cooking and is therefore good for nothing but the soap-makers.

**34. What are the advantages of Crisco as a frying medium over other fats?**

a) It volatilizes at a much higher temperature than other fat and therefore burns less readily.

b) It is not absorbed like other oils by the articles cooked in it.



## SAUCES

### 1. Give your method of making an olive oil mayonnaise.

a) Break a fresh, chilled egg yolk into a thoroughly chilled soup-plate.

b) Stir with a silver fork until it begins to thicken a little.

c) Add, a drop at a time, cold olive oil, until the oil and egg are thoroughly blended.

d) After about three tbsps of oil have been added a few drops at a time and there are no signs of curdling, the oil may be added a tsp at a time until a cupful is used.

e) Add either lemon juice or vinegar to taste and then stir in one saltspoon of salt,  $\frac{1}{8}$  tsp of red pepper, 1 scant tsp of mustard, and beat until perfectly smooth.

### 2. What sometimes makes mayonnaise curdle?

a) Eggs that are not fresh, or are too warm.

b) Oil that has been frozen, or is not sufficiently chilled.

c) A certain feverish condition of the cook.

### 3. What should be done when mayonnaise seems hopelessly curdled?

A fresh egg yolk should be put in another soup-plate and the curdled mayonnaise should be added just as though it were plain olive oil.

### 4. How long may mayonnaise be kept?

It may be put in a Mason jar and kept in the refrigerator for as long as a week or two.

### 5. How may mayonnaise be varied?

a) By using mint vinegar.

b) By using spiced vinegar.

c) By using Tarragon vinegar.

d) By adding a little tomato catsup to taste.

e) By adding an equal volume or quantity of stiffly whipped cream

**6. What is a boiled mayonnaise?**

It is nothing more than a thick white sauce to which mustard, sugar, vinegar, salt and red pepper are added to taste.

**7. What proportions of condiments should be used to a pint of thick white sauce?**

One scant tbsp of mustard, 1 tbsp of white sugar, 1 scant tbsp of salt,  $\frac{1}{4}$  tsp of red pepper, vinegar to taste.

**8. What is a sauce Tartare?**

It is nothing but a boiled mayonnaise to which chopped pickles and capers are added in the proportion of one tbsp to a cup of sauce. It is served either hot or cold with fish.

**9. Give three methods of making white sauce.**

a) Blend the melted butter and flour and stir in cold milk. Cook until thickened.

b) Blend the flour with a little cold milk, add to the scalded milk and when thick stir in the butter.

c) Cook the flour and butter together and gradually add the cold milk.

**10. What are the three varieties of white sauce?**

**Thin white sauce:** One tbsp of flour, 1 tbsp of butter to one cup of milk.

**Medium white sauce:** 2 tbsps of flour, 2 tbsps of butter, to one cup of milk.

**Thick white sauce:** 3 tbsps of butter, 3 tbsps of flour, to one cup of milk.

**11. When is thin white sauce used?**

It is used for cream soups and with sugar and flavoring for pudding sauces.

**12. What is the principal use of thick white sauce?**

It is used to bind croquettes and to give body to vegetable and fruit soufflés.

**13. When would you use a medium white sauce?**

For creamed vegetables and for certain soufflés.

**14. Mention five variations of white sauce.**

**Sauce Hollandaise:** Thick white sauce with two egg yolks and two tbsps of creamed butter to the cup of sauce.

**Cream sauce:** Thick or medium white sauce with cream instead of milk.

**Egg sauce:** Thick white sauce with chopped hard-boiled eggs.

**Madeira sauce:** Thick white sauce with Madeira wine to taste and chopped mushrooms.

**Foamy sauce:** Medium white sauce slowly poured on stiffly beaten egg whites, flavored with brandy or wine and sweetend.

**15. How would you make French dressing?**

a) Twice as much olive oil as vinegar or lemon juice.

b) 1 tsp salt, 1 tsp sugar,  $\frac{1}{4}$  tsp grated onion and  $\frac{1}{4}$  tsp red pepper to six tbsps of olive oil.

c) Mix all thoroughly just before serving. A small lump of ice makes the dressing thicker.

**16. What is Maitre d'Hôtel butter or sauce?**

It is creamed butter mixed with lemon juice and chopped parsley in the proportion of one-half tbsp of lemon juice to two tbsps of creamed butter and one-half tsp of chopped parsley.



## VEGETABLES

### 1. What are the strong-juiced vegetables?

Cabbage, onions, turnips and cauliflower.

### 2. How would you prepare dried ~~beans~~ for the table? *peas*

Soak overnight and in the morning, cook in boiling water to which soda has been added in the proportion of  $\frac{1}{4}$  tsp to a cup of water. When almost tender, add one tsp of sugar and a pinch of mint to a quart of peas.

### 3. Give three methods of cooking asparagus.

Fresh asparagus should be tied into bunches and set upright in a saucepan of boiling salted water, with the tips above the water. The steam will be enough to cook the tender tips.

a) Serve asparagus on toast with drawn butter sauce. (See Sauces.)

b) In croustades with Bechamel sauce. (See Sauces.)

c) As a salad with either mayonnaise or French dressing. (See Sauces.)

### 4. What do you mean by "croustades"?

Croustades are thick pieces of bread from which a piece has been hollowed out in the centre forming a little box. They are then either fried, or buttered and browned in the oven until a golden yellow.

### 5. Why are baked potatoes sometimes soggy?

Because they are not pricked before being put into the oven and the condensed steam is unable to escape.

### 6. How long as a rule does it take to bake potatoes and how should they be prepared?

They should be carefully scrubbed and rubbed with butter or olive oil. They should be pricked and roasted until tender, about 45 minutes.



**7. Why would you buy beets with earth clinging to their roots, rather than clean ones?**

If they are clean, they may have wilted and been soaked in cold waters to freshen up.

**8. State exactly how you would prepare mashed potatoes for six people.**

I would cook six potatoes of medium size in boiling, salted water until tender, then put them through the ricer and add one-fourth cup of hot milk with 2 tbsps of melted butter or no milk or butter and 6 tbsps of hot cream and beat with a fork until light. I would then season with red pepper and salt to taste (one tsp of salt and a pinch of red pepper.) Another method is to make a hollow in the potatoes and pour in the cold liquid. When it begins to bubble, beat with a fork until light.

**9. Why should corn not be cooked in salted water?**

Salt would toughen the grain.

**10. How would you cook cauliflower, cabbage, or turnips or the strong-juiced vegetables?**

They should be cooked in open pots in rapidly boiling water to which soda has been added in the proportion of one-fourth tsp to one quart of water.

**11. State exactly how you would boil carrots and give three ways of preparing them for the table.**

Carrots should be blanched, that is plunged into boiling water for five minutes and then dropped into cold water and the skins wiped off. They should then be cooked in boiling salted water until tender. If the carrots are young, the water may be salted but, salt would harden the cellulose of old ones.

a) Carrots may be served with drawn butter sauce. (See Sauces.)

b) With cream sauce, highly seasoned.

c) They may be fried in butter and sprinkled with sugar.

**12. What do you mean by acidulated water and for what**

**purpose is it used?**

Acidulated water is water to which either lemon juice or vinegar is added in the proportion of one tbsp to a quart of cold water. Celery, apples and some other fruits and vegetables are rendered crisp by being soaked in acidulated water and also are kept from discoloring.

**13. Mention five ways of stuffing tomatoes.**

- a) With equal parts of highly seasoned, finely chopped meat, ✓ bread crumbs and with a little grated onion and parsley.
- b) With savory rice: rice that has been allowed to absorb all the gravy it can and which has been highly seasoned.
- c) With creamed celery on the top of which a raw egg has been dropped. Sprinkle with bread crumbs and cook until egg is set.
- d) With asparagus marinated with French dressing. (See Sauces.)
- e) With mayonnaise mixed with the chopped centres of tomatoes. (See Sauces.)

**14. Give five ways of frying raw potatoes.**

- a) **French fried**, cut into eighths on the length.
- b) **Saratoga chips**, cut into the thinnest possible slices.
- c) **Curls**, cut around and around the potato.
- d) **Marbles**, cut with a French cutter into little balls.
- e) **Baskets**, the tops scooped off and the centre cut out with a spoon.

**15. Give five methods of frying cooked potatoes.**

- a) **Lyonnaise**: diced potatoes fried in melted butter, 2 tbsps of butter and 1 tsp of chopped onion to a pint of potatoes.
- b) **Mississippi steamboat potatoes**: Lyonnaise potatoes to which one tbsp of vinegar and a whole egg well-beaten have been added just before serving.
- c) **Croûton potatoes**: Lyonnaise potatoes to which cream sauce and croûtons have been added in the proportion of one half cup each to one pint of croûtons.

d) **Potato omelet:** one pint of Lyonnaise potatoes to which three beaten eggs are added. Cook in omelet pan.

e) **Savory potatoes:** Lyonnaise potatoes to which one cup of tomato sauce is added in the proportion of one cup of sauce to one pint of potatoes.

**16. Give three variations of canned corn.**

a) **Succotash:** equal quantities of Lima beans and corn highly seasoned.

b) **Corn pudding:** one cup of milk beaten with two whole eggs, added to every can of highly seasoned corn. Cover with bread crumbs and bake in pudding dish.

c) **Corn oysters:** To every can of corn, add  $\frac{3}{4}$  cups of cracker crumb, 2 tbsps of milk, 1 well-beaten egg. Season highly and drop by spoonfuls on a hissing hot frying pan well-greased.

**17. Why is it better to steam vegetables than to stew them?**

By steaming them, all the juices are retained which would otherwise be lost.

**18. Why should potatoes be soaked in cold water for at least half an hour before cooking in the Spring?**

To draw out the surplus starch, which tends to make the potatoes waxy, when cooked.

**19. In how much water should vegetables be cooked?**

Vegetables should be cooked in just enough water to cover them, otherwise fuel is wasted.

**20. Give three methods of utilizing vegetable left-overs.**

a) **By a vegetable hash:** chopping all the vegetables together and frying in a little butter or bacon fat.

b) **By a vegetable macedoine:** chopping and mixing with a little highly seasoned white sauce.

c) **By vegetable timbales:** Add enough thin white sauce to the chopped vegetables to give the consistency of thick cream and then stir in one well-beaten egg for every cup and one-half of vegetable puree and sauce combined. Season highly

and fill buttered moulds. Poach until set in the middle.

**21. Explain the terms: macedoine, succotash, scallop.**

a) A macedoine is a mixture of vegetables.

b) Succotash is an Indian dish made by mixing equal parts of cooked corn and Lima beans.

c) A scallop is made by alternating layers of bread crumbs or white sauce with chopped meat or vegetables and topping with buttered bread crumbs. When cheese is mixed with the bread crumbs, the dish is called an "au gratin". All scallops are cooked in a pudding dish in the oven.

**22. How much salt should be used to one quart of water for boiling vegetables?**

Two tablespoons of salt.

**23. How much butter should added to a pint of mashed vegetables?**

Two tablespoons of butter.

**24. How may squash be prepared for table use?**

It should be cut into dice, steamed until tender and then mashed with butter.

**25. Mention five vegetables that make good scallops.**

Potatoes, tomatoes, onions, cauliflower and corn.

**26. Why should cucumbers be sliced and allowed to stand in cold water before being served?**

To draw out the bitter juices that disturb the digestive apparatus.

**27. What ingredients give a fine flavor to peas and tomatoes?**

a) To peas, add chopped mint in the proportion of one tsp to a quart.

b) To tomatoes, add a bay leaf and five cloves to every six or to every can.

**28. How may lettuce be kept fresh? how may it be made crisp?**

It may be kept fresh by putting it in a covered bucket in a cool place. It may be made crisp by wrapping in a cloth

and laying on ice for at least half-an hour.

**29. Why are beans sometimes bitter when baked?**

Generally because they have been baked in the water in which they were cooked, but oftener perhaps because of the nature of the beans themselves.

**30. How would you prepare "Boston Baked Beans"?**

Pick over beans and cover with cold water overnight. In the morning, drain and cover with fresh water. Bring to a boil. When you think they are about done, take one or two in a spoon and blow on them. If the skins break, they are sufficiently done. Drain again and for each quart of beans used, take one pound of salt pork. Scald, slice in two and put one slice in bottom of pot. Add to the beans, one tbsp of soda,  $\frac{1}{2}$  cup of molasses, one-half tbsp of mustard and one small chopped onion. Score the remaining salt pork and put on the top of the bean pot. Add enough boiling water to cover and bake from eight to ten hours in a covered pot. The cover may be removed during the last hour to brown the pork.

**31. What is blanching and what is its purpose?**

Blanching is the process of plunging first into boiling water and then into cold water to preserve the color in vegetables.

**32. Give three methods of serving onions.**

- a) Boiled with drawn butter sauce. (See Sauces.)
- b) Boiled with cream sauce. (See Sauces.)
- c) Scalloped with stale bread or white sauce. (See Sauces.)

**33. Mention three ways of stuffing peppers and how should the peppers be prepared?**

- a) With savory rice.
- b) With equal parts of chopped ham and highly seasoned bread crumbs.
- c) With creamed celery.

Peppers should always be blanched before being stuffed.

**34. Should the water in which vegetables have been boiled be thrown away?**

No, they should be used for soups or sauces. Potato water make an excellent substitute for milk in cake-making.

**35. How much spinach would you buy for six people and how should it be prepared?**

At least a peck. Wash thoroughly in several waters, then throw into a pot and cook over a slow fire. Chop and add cream, or butter and pepper and salt to taste. It may be packed in a buttered mould and steamed, then garnished with buttered toast points or hard-boiled eggs.

**36. How would you cook rice to be served as vegetable? With what vegetables may it be combined?**

Wash one cup of unpolished rice in several waters and then throw gently into rapidly boiling water (four times as much water as rice) and let cook until perfectly tender. The boiling should not cease while the rice is being added. Rice should always be cooked in a steamer or double boiler, otherwise it will stick to the bottom. Add one tbs of salt. Rice may be combined with tomatoes to form a "pilaf" or rolled into croquettes.

**37. What is a "pilaf"?**

A pilaf is nothing but rice boiled in highly seasoned tomatoes.

**38. Give three variations of mashed potatoes.**

**Chantilly potatoes:** Mashed potatoes, highly seasoned and well-creamed and cover with whipped cream and grated cheese of any variety. Brown in oven.

**Duchess potatoes:** Mashed potatoes, highly seasoned and well-creamed to which an well-beaten egg yolk is added for every cup of potatoes. Pile light and high in a vegetable dish.

**39. Give two recipes for potato omelet.**

a) 2 cups of diced potatoes, previously boiled.  $\frac{1}{2}$  cup of finely chopped bacon, 2 well-beaten eggs. 1 tsp of salt, one dash of red pepper.

Mix thoroughly and cook in an omelet pan.

b) 2 cups of well-creamed and well-seasoned mashed potatoes, 2 eggs, 2 tsps of salt, 1 dash of red pepper. 1 tsp of chopped parsley (not necessary).

Mix thoroughly and turn into well-buttered and hissing hot omelet pan.

**40. What is the Southern way of cooking sweet potatoes?**

Bake the required number of sweet potatoes, peel and slice. Fill a fireproof baking dish with layers of potato, brown sugar and tiny dots of butter. Cover with water and bake for about twenty minutes in a moderate oven or until well-browned.

**41. In buying potatoes, how would you know which are the best?**

Potatoes with rough skins are always the best.

**42. How would you cook Lima beans "à la Fermière"?**

Soak beans overnight in cold water, then drain and cook in boiling water to which a quarter of a teaspoonful of soda has been added for every quart of water. When tender, drain and put a layer in a fireproof baking dish. Cover with a layer of finely chopped carrots and onions in equal parts. *wooded in butter* Fill dish with alternate layers and then just cover with water. Sprinkle with bread crumbs and bake until slightly browned.

**43. How would you prepare egg-plant for the table?**

Slice and put into salted water with a weight on top. Leave for an hour, drain and dip in flour and then in bread crumbs and beaten egg. Fry in a few tbsps of butter or bacon fat.

b) Take off slice from top, scoop out centre with a spoon. Chop the centre fine and mix with half as much fine cracker crumbs. Add a well-beaten egg, one tsp of salt and a dash of red pepper. Fill shell, sprinkle with bread crumbs and bake.

**44. How can you keep salsify from discoloring?**

After it has been scraped, drop into acidulated water, until time for cooking.

**45. How could you make onion soufflé?**

To two cups of onion puree made by putting boiled onions through a strainer, add one-fourth cups of rich milk or cream and one-half cups of bread crumbs. Season highly to taste and for every cup and a half of liquid, add one well-beaten egg.

Put into a buttered soufflé dish or ramekins and cook thirty minutes in a moderate oven.

**46. Give two recipes for cooking cucumbers.**

a) Slice and cook in boiling salted water until tender. Serve with either drawn butter or cream sauce. (See Sauces.)

b) Cut into halves, scoop out the centre and fill with a dressing made of highly seasoned bread crumbs and finely chopped meat. Brown in the oven.

**47. What should be done with cabbage and cauliflower before cooking them?**

They should be soaked head downwards in a dish of cold water for an hour.

**48. How may cauliflower be kept white while being cooked?**

By boiling in a cloth or by adding one-fourth tsp of soda to every quart of water used.





## PASTRY

**1. What are the secrets of good pastry ?**

Pastry flour, cold water, chilled shortening, hot oven.

**2. Why should shortening not be added to the flour with the fingers ?**

It should be added with a fork or chopped in with two knives. If the fingers are used, there is danger of the shortening melting and being so closely incorporated with the flour that there will be no air-spaces between, a fact that would make the pastry heavy.

**3. What proportion of shortening should be used to flour ?**

From one-third to one-fourth as much shortening as flour.

**4. How much water should be used in general for pastry ?**

Just enough water to leave the mixing bowl clean. Too much water makes the pastry hard, too little, crumbly.

**5. Is there any danger of working the shortening too closely into the flour ?**

The shortening should be worked into the flour until the mixture looks mealy. If too much worked, the pastry will be dry and crumbly.

**6. Why should the shortening be chilled before making pastry ?**

Oily shortening always makes heavy pastry.

**7. Why should pastry be chilled before being put into the oven ?**

Chilling causes the air between the spaces to contract. On being put into a hot oven, they immediately expand and raise the pastry with them.

**8. Give three methods of glazing pastry.**

- a) With a whole egg, slightly beaten.
- b) With an egg yolk mixed with a tbsp of sugar.
- c) With a tbsp of cornstarch diluted with an equal quantity of water.

**9. Where should pastry be placed in the oven?**

Pastry should be placed on a grill on the floor of the oven.

**10. Does pastry require a quick or a slow oven?**

Pastry requires a very quick oven. A slow oven makes hard pastry.

**11. Give your formula for pastry with Crisco.**

2 cups of pastry flour,	1 egg yolk,
1 tbsp of lemon juice,	1 tsp of salt,
$\frac{3}{4}$ cups of Crisco,	cold water.

Work the chilled shortening into the flour with a fork. When mealy, add the lemon juice mixed with the well-beaten yolk and one-half cup of ice-water. Add more water as needed, until the pastry does not stick, but no crumbs are left in the bowl. Chill thoroughly or let stand for twenty-four hours in a cool place before using.

**12. How would you prepare pastry shells for lemon tarts?**

Roll the pastry rather thin and cover inverted tins. Prick and bake in quick oven until a golden brown.

**13. Why is pastry sometimes too brittle?**

When too much shortening has been used.

**14. Why is pastry sometimes hard?**

- Too much water.
- Cooked too slowly.
- Too heavy a flour.

**15. How could you keep the crust from sinking in a deep pie?**

By inverting a china cup in the centre.

**16. How could you prevent the juice from running out of a fruit pie?**

By standing a little funnel of paper in the centre. The juice will run up while cooking and then sink back when cool.

**17. How could you prevent the tops of oyster patties from slipping from the bottom in cooking?**

Brush a little cold water around the edge of the under part.

**18. How could you prevent the under-crust of a fruit pie from**

**getting soggy ?**

By brushing over with slightly beaten white of egg or by adding a tbsp of flour to the fruit.

**19. State exactly how you would make puff paste.**

1 lb. of pastry flour,	1 lb. of butter,
1 egg yolk,	1 tbsp of lemon juice,
$\frac{1}{2}$ tsp of salt,	cold water.

a) Wash hands in hot water and then in cold water and work butter until waxy and pliable. Divide into four parts and leave in a dish of cold water until needed. Reserve one tbsp of butter for immediate use.

b) Work reserved tbsp of butter into flour into which salt has been stirred. Use fork, but never fingers.

c) Add stiffly beaten egg yolk to lemon juice and mix with one-half cup of cold water. Stir into flour mixture with a fork or spoon. Add enough more cold water to make a dough that will just leave the bowl clean, but does not stick.

d) Roll out into oblong about one-fourth of an inch in thickness.

e) Take one part of the butter and break into small pieces so as to entirely cover one-third of the dough in the centre. Fold one end of the pastry over the butter, then the other. Press the edges to hold in the air.

f) Roll out into same shape, do not put in any butter. Fold as before.

g) Roll in napkin and set in cold place for ten minutes.

h) Repeat process beginning with (d) and finish with (e) after which the pastry may be cut into shapes and thoroughly chilled. It may be even frozen which makes it all the better.

i) Place thoroughly chilled pastry on a grill on the floor of a very hot oven, until thoroughly risen, when the heat may be slightly diminished either by lowering the gas or opening the oven door.

j) Glaze pastry either with whole egg slightly beaten, or

with a yolk of egg beaten with an equal quantity of sugar.

- 20. Is there any difference between the pastry for patties and for vol-au-vent and Condés ?**

Pastry for vol-au-vent and Condés should be rolled out twice everytime after the butter is enclosed. The rest of the proceeding is exactly the same.

- 21. Since puff pastry requires so hot an oven is there not danger of its burning at the bottom ?**

Yes, but the danger may be obviated by lining the pan with paper.

- 22. Is it necessary to grease the pans for pastry ?**

Not for rich pastry, such as puff pastry.

- 23. Is it advisable to use baking powder in pastry-making ?**

Some people always use a little, about one-quarter of a tsp to a cup of flour, but the taste is certainly better without it.

- 24. What effect has lemon juice on pastry ?**

It acts in such a way on the flour that it makes the pastry tender.

- 25. What effect has egg yolk on pastry ?**

It makes the pastry richer and flakier.

- 26. What are the chief kinds of shortening used in making pastry ?**

- a) Butter.
- b) Equal parts of butter and lard.
- c) Crisco.
- d) Beef suet.
- e) Chicken fat.
- f) Wesson oil.

- 27. What precaution must be taken in using Crisco for pastry making ?**

It must be well-salted and only four-fifths as much should be used if it is used as a butter substitute.

## CAKES

**1. What are the two great classes of cakes?**

Butter cakes and sponge cakes.

**2. Tell exactly how you would make a sponge cake? What kind of oven does it require?**

Separate the eggs and beat the yolks until stiff and lemon-colored, then gradually add in the finely-sifted, sugar, beating all the time. Beat in with very light strokes the stiffly beaten whites and then fold in the flour that has been sifted three times with the salt and baking powder or cream of tartar. Drop lightly into an unbuttered tin or into a tin that has been buttered and floured. Bake in a very slow oven until well-risen.

**3. When should cakes be iced? Give a formula for a good cooked icing?**

Cakes should not be iced until they have cooled, although an uncooked icing may be put on a slightly warm cake.

**Recipe :** Cook two cups of granulated sugar with  $\frac{1}{2}$  cup of boiling water until they form a soft ball in water or to 240 degrees on the thermometer. Pour very slowly, in a stream about the size of a knitting needle, on the stiffly beaten whites of 2 eggs. Beat until stiff enough to hold its shape.

**4. When after vigorous beating icing will not stiffen enough to hold its shape, what may be done?**

If a cooked icing, beat over steam, not hot water merely, until of the required consistency. If uncooked icing, add corn-starch in the proportion of 1 tsp to one pound of sugar.

**5. What is the standard method of mixing butter cakes?**

Cream the shortening until very light, and then gradually beat in the sugar. Add the eggs yolk and beat well. Sift the flour three times with the baking powder or soda and add alternately with the milk. Add the stiffly beaten whites and give a vigorous beating. Flavoring should be added last of all.

**6. What makes cakes coarse-grained ?**

- a) Coarse sugar.
- b) Insufficient beating at the end.
- c) Insufficient creaming of the shortening and sugar.

**7. Under what conditions should baking powder be used and in what proportions ?**

The ingredients with which baking powder is mixed should be as cold as possible. For cakes, 1 tsp of baking powder may be used to a cup of flour, but for biscuits and muffin batters the quantity is doubled. For every egg added,  $\frac{1}{4}$  tsp of baking powder is subtracted.

**8. Where should a cake be placed in an oven ?**

A cake should be placed as near the middle of the oven as possible so that it may be cooked evenly. It may be put on the shelf top to brown.

**9. How would you cool a sponge cake ? a butter cake ?**

A sponge cake should be inverted in the pan until cool, a buttered cake should be covered in a damp cloth, i. e. the bottom of the tin and allowed to steam before removing from the pan.

**10. How could you keep cakes fresh ?**

Cakes may be kept fresh in a tin box in which either bread or fruit are kept. Apples or oranges will give a delicate flavor to the cake, but bread will grow stale more quickly than when kept alone.

**11. What is a disadvantage of using powdered sugar in cake-making ?**

It has the advantage of being more easily creamed with the shortening, but it makes the cake drier and consequently less easy to keep.

**12. Give a standard formula for butter cakes.**

- |                                                   |                                           |
|---------------------------------------------------|-------------------------------------------|
| $\frac{1}{3}$ to $\frac{1}{4}$ cup of shortening, | 1 cup of sugar,                           |
| 2 eggs,                                           | $\frac{1}{2}$ cup of milk or water,       |
| 2 tsps of baking powder,                          | $1\frac{1}{4}$ to 2 cups of pastry flour, |
| 1 pinch of salt,.                                 | 1 tsp of flavoring.                       |

**13. How should nuts and fruit be added to cake batter ?**

Nuts and fruit should be coarsely chopped and mixed with just enough flour to coat them. They may be added just after the sugar and shortening are creamed or at the very end.

**14. When should soda be used instead of baking powder ?**

Soda should always be used with the following acids: lemon juice, cream of tartar, molasses, chocolate, brown sugar, vinegar, and dates.

**15. What proportion of soda should be used to 1 cup of sour milk ? 1 cup of molasses ? 1 tbsp of lemon juice ?**

1 cup of sour milk takes  $\frac{1}{2}$  tsp of soda.

1 cup of molasses takes 1 tsp of soda.

1 tbsp of lemon juice takes  $\frac{1}{2}$  tsp of soda.

**16. What liquid may be used to replace both butter and sugar in cake-making ?**

Cream, equal in amount to the butter and milk required, or the same amount of sour cream with soda.

**17. How long should butter and sugar be creamed ?**

Until very light and white around the edges.

**18. In how many ways may eggs be added to cake batter ?**

a) By beating in one at a time.

b) By beating the eggs alone and then adding to the batter.

c) By separating and adding the yolks after the sugar and the stiffly beaten whites last of all.

**19. What would result if sponge cake batter were beaten after the flour was added ?**

The cake would be tough.

**20. How might you replace the milk called for in a cake recipe?**

By either all water or half milk and water.

**21. When is pastry flour used and how would you distinguish it from bread flour ?**

Pastry flour should always be used wherever baking powder or soda is called for. Pastry flour when squeezed in the hand holds its shape, bread flour does not. Bread flour may

be used instead of pastry flour by putting 2 tbsps of corn-starch into every cup of flour used and filling up with bread flour.

**22. What utensils are to be preferred for cake-mixing ?**

Earthenware bowls, wooden spoons and wire egg-whips.

**23. Why do cakes sometimes crack across the top ?**

When cakes crack across the top, either there has been too much flour used for the batter or the oven was too hot at the beginning.

**24. What should be the oven conditions for cakes ?**

a) The oven, if gas, should be very hot, the cake set in as near the middle as possible and the heat turned off until the cake has risen well, then the oven should be relighted and a moderate temperature be kept until the cake is done.

b) The gas should be turned on at the same time that the cake is put in and kept at a moderate heat until finished.

**25. How can you tell whether a cake is done or not ?**

A butter cake leaves the side when it is thoroughly cooked. A straw, hatpin or skewer comes out perfectly clean when plunged into the deepest part of the cake.

**26. How should the pans be prepared for cake batter ?**

a) They may be simply buttered with clarified butter, lard or any other shortening. Ordinary butter should not be used as the salt in it tends to make the cakes stick to the pan.

b) The pans may be buttered, as above, and then lightly sprinkled with flour.

c) The pans may be lined with buttered or paraffine paper cut to fit the bottom.

**27. Is there any danger in putting in too much butter in the bottoms of cake pans ?**

There is as much danger from too much butter or shortening as from none at all. Every bit of the tin should be carefully rubbed, but there should not be one drop more than is necessary.



- 28. Why do cakes sometimes rise very high in the oven and fall immediately on being taken out ?**

Either there has been too much baking powder or other leavening agent used or the cake has cooked so quickly that the walls of the dough have not had time to harden.

- 29. How should the pans for angel and sponge cake be prepared ?**

They should be cooked in tube pans that have never been buttered.

- 30. What kind of oven does an angel cake require ?**

An angel cake requires a very slow oven until thoroughly risen when the heat may be slightly increased.

- 31. Which requires the hotter oven, — a layer cake or a loaf cake ?**

A layer cake requires a hotter oven as there is danger of the loaf cake's cooking on the outside and not on the inside.

- 32. If you have no baking powder and a recipe calls for it, how could you substitute ?**

a) Four eggs correspond to 1 tsp of baking powder.

b) For every tsp of baking powder required, use  $\frac{1}{3}$  tsp of soda and  $\frac{2}{3}$  tsps of cream of tartar.

- 33. How should the cream of tartar be added to the batter for angel cake ?**

It should be added to the egg whites after they have been beaten until foamy.

- 34. How could you change a plain standard butter cake into a chocolate loaf cake ? into a nut cake ? into a marble cake ? into a white cake ? into a golden cake ? (See no 12.)**

a) Use  $\frac{1}{3}$  cup butter and add 2 oz of chocolate melted.

b) Use  $\frac{1}{2}$  cup of coarsely chopped nuts rolled in flour.

c) Use three egg whites instead of 2 whole eggs.

d) Use four egg yolks instead of 2 whole eggs.

- 35. How may the flavor of orange or lemon be given to a cake without using essence ?**

By adding the finely grated rind either of a lemon or an orange.

**36. How should Crisco be used in cake-making ?**

As it is richer than butter only four-fifths as much should be used.  $\frac{1}{2}$  tsp of salt should be used for every quarter of a cup or four tbsps of Crisco. The bowl in which it is to be creamed may be warmed as it is harder to cream than butter.

**37. How could you make plain uncooked icing for a cake ?**

a) Add a little milk to pulverized sugar to give the desired consistency, flavor as wished.

b) Add an unbeaten egg white, with a pinch of cream of tartar to 1 cup of icing sugar and beat until of required consistency. Flavor as wished.

**38. How should chocolate be added to cooked icing ?**

Either cocoa or chocolate should be added after the icing is all made and ready to put on, otherwise it will not be glossy.

**39. How should icing be put on a cake ?**

With a spatula dipped as needed into boiling water.

**40. If cooked icing has become too thick, how can it be thinned?**

A few drops of hot water may be beaten in at a time until of the required consistency.

**41. How make a very fluffy icing ?**

By using three egg whites instead of two for the cooked icing recipe.

**42. How could you prevent the fruit from burning at the bottom of a fruit cake ?**

By putting in a layer of the plain batter before mixing in the fruit.

**43. What is your formula for Mocha icing ?**

Cream  $\frac{1}{4}$  cup of butter and gradually work into it  $1\frac{1}{4}$  cups of icing or pulverized sugar. Add coffee essence to taste and spread on cake.

**45. What is the difference between pulverized or icing sugar**

**and powdered or fruit sugar ?**

Pulverized sugar is just like flour, whereas powdered sugar on being rolled between the fingers feels grainy. It is simply extra ground granulated sugar.

**46. In what cakes may brown sugar be used ?**

In all dark or fruits cakes, brown sugar may be substitute for granulated sugar but soda must be used instead of baking powder.

**47. Why do cakes sometimes crack across the middle in cooking ?**

Either too much flour has been used or they have cooked too quickly.

**48. What makes cakes so brittle that they break on being taken out of the oven ?**

Too much shortening for the quantity of flour.

**49. How could you prevent a cake's rising in the middle ?**

By spreading the batter more to the sides than to the centre and cooking in a moderate oven.

**50. How would too much cream of tartar or lemon juice affect an uncooked icing ?**

They would so thin the icing that it would be impossible to thicken it again. They are used chiefly to whiten and flavor the icing.

**51. Why is it sometimes impossible to use uncooked icing in the decorating tube ?**

The sugar is added so rapidly that it makes the icing heavy. It should be added one-half cup at a time and thoroughly beaten in between.

**52. What is your recipe for jelly roll ?**

1 cup of fine sugar,	5 eggs,	1 cup of flour,
1 tsp of vanilla,	1¼ cups of pasry flour,	
1 tsp of salt,	1 tsp of baking powder.	

**53. What kind of pan should be used for angel and sponge cakes ?**

A Turk's head or pan with a tube in the centre.

**54. Give a formula for sponge cake made with potato flour.**

5 eggs,	$\frac{1}{2}$ cup of potato flour,
1 cup of fine sugar,	1 tsp of baking powder,
1 pinch of salt,	$\frac{1}{2}$ tbsp of lemon juice.

Separate the eggs and beat the yolks until thick and lemon-colored, gradually add the sugar, beating all the time. Next fold in the stiffly beaten whites. Sift the flour three times with the salt and baking powder and fold in very lightly. Add the juice last of all. Bake in a very moderate oven in an ungreased tin.



## CREAMS, GELATINES AND CHARLOTTEs

**1. What are the characteristics of good whipping cream?**

a) It should be "double", that is taken from milk at least twenty-four hours old.

b) It should be thoroughly chilled.

**2. What ingredients sometimes thicken cream so that it may be whipped?**

A few drops of lemon juice sometimes make thin cream capable of being whipped.

**3. What precaution should always be taken with very thick cream to prevent its turning to butter?**

A pinch of soda added to very thick cream before whipping will prevent its turning into butter.

**4. Why should gelatine always be dissolved in cold water before being mixed with the hot liquid?**

If mixed directly with the hot liquid, it has a gluey taste, which disappears when it is mixed first with cold water.

**5. Is there any truth in the statement that boiled gelatine will never set?**

Gelatine that has boiled will take just about twice as long to set.

**6. How much water should be added to gelatine to dissolve it?**

If sheet gelatine, enough to cover it, if powdered gelatine, three times its volume. For example, one tbsps of gelatine would be dissolved in three tbsps of cold water.

**7. How much sheet gelatine should be used to a quart of liquid?**

Five sheets give a good firm gelatine.

**8. May pineapple be used with gelatine ?**

Canned pineapple may, but fresh pineapple must always be scalded otherwise the gelatine will not set.

**9 How may gelatine be clarified ?**

By bringing to a boil and adding a slightly beaten egg white. Strain through a wet cloth.

**10. What causes gelatines to lose their sparkle and become dull ?**

If kept more than twenty-four hours, they become dull.

**11. How should a mould be prepared for gelatine ?**

If a plain mould, it may simply be rinsed with cold water, but if of an intricate pattern, it should be brushed over with a very light coat of olive oil or melted butter. The oil or butter in no way affects the gelatine beyond letting it slip easily from the mould.

**12. Why is it that sometimes gelatine will not set ?**

Because too much water has been used in proportion to the gelatine. The directions on the box of each brand should be carefully followed.

**13. Where should gelatine be put to set ?**

On ice, or in as cool a place as possible.

**14. How would you make a charlotte ?**

Dissolve the gelatine in a give quantity of cold water and then either add hot liquid or set the pan with the gelatine in a larger pan of hot water until thoroughly dissolved. Set away in a cool place and when it begins to thicken, beat in the whipped cream gradually.

**15. Mention five varieties of charlottes.**

**Oranges**, the gelatine is dissolved in hot orange juice.

**Chocolate**, the gelatine is dissolved in hot milk to which the cocoa or grated chocolate is added.

**Coffee**, the gelatine is dissolved in hot coffee.

**Maple**, the gelatine is dissolved in hot water which is afterwards mixed with maple syrup.

**Strawberry**, the gelatine is mixed with hot strawberry juice and then crushed pulp.

In every case the gelatine should first be dissolved in cold water and afterwards with the fruit juice, coffee, etc. The whipped cream should always be added just when the gelatine is beginning to set.

**16. Why is gelatine added to ice cream ?**

To give smoothness. It is also excellent in sherbets and water ices.

**17. Why is it that sometimes that are little pieces of gelatine that seem undissolved in a charlotte or jelly ?**

Either the gelatine was not sufficiently dissolved in the hot liquid or it was allowed to become too set before beating in the cream.

**18. How could you make a quick aspic ?**

Add Bovril or Oxo cubes to a given quantity of water. Season highly and mix with the requisite quantity of gelatine dissolved in cold water.

**19. If a very quick-setting gelatine is wanted, what should be used ?**

Agar-Agar or Japanese gelatine which should be used in the proportion of three-quarters ounce to one quart of liquid.

**20. How would you decorate a mould with eggs or vegetables cut in fancy shapes ?**

Dip the decorations into a little of the pure gelatine mixed with a little warm water. Fasten in place and set on ice or in a cool place. Let the rest of the gelatine get cool and then pour into the mould very gradually.

**21. How should gelatine be unmoulded ?**

Either dip the mould for a very few minutes into boiling water or cover with a cloth wrung out from very hot water. Invert the dish in which it is to be served over the mould and quickly turn, right side up. It should slip gently from the mould.

**22. Why do moulds of gelatine sometimes break across the centre on being unmoulded ?**

Either the gelatine had not sufficiently set or too little gelatine was used for the quantity of water.

**23. Should a knife be run around the edges of a mould ?**

Yes, if carefully done, it keeps the gelatine to slip away.

**24. What do you mean in cooking by a "sponge" ?**

A "sponge" is a whipped gelatine to which stiffly beaten whites are sometimes added. The gelatine should be whipped just when it is beginning to set.





## FROZEN DESSERTS

**1. What is the difference between an ice cream proper and a parfait ?**

Ice cream is made from sweetened and flavored thin cream, frozen in a can by means of a crank. A Parfait is made of sweetened and flavored whipped cream mixed with either egg yolks or whites and frozen by being buried in equal parts of rock salt and ice.

**2. Under what conditions will ice-cream be smooth and rich ?**

a) If the cream is single, or taken from milk less than twenty-four hours old, it alone should be used. Half milk and cream should be used, if double cream is used.

b) The milk should be scalded and the sugar stirred in until dissolved.

c) Rock salt should be thoroughly mixed with chipped ice in the proportion of one part of salt to three parts of ice.

**3. What is the difference between French Ice cream and Philadelphia Ice cream ?**

French ice cream is made from a custard basis or a mixture of milk and cream with the yolks of eggs.

Philadelphia ice cream is made from pure cream sweetened and flavored to taste.

**4. How does too much sugar affect ice-cream ?**

Too sweet a cream is very hard to freeze.

**5. Why should the freezer crank be turned slowly ?**

Because it freezes more quickly and the cream is smoother.

**6. Would it do just as well to put the ice and salt in by layers as to thoroughly mix them beforehand ?**

No, better results are obtained from thoroughly mixing the ice and salt.

**7. Should the ice be chipped or in fairly large pieces ?**

The smaller the ice is chipped the more quickly the cream will freeze.

**8. Is it important to keep the right proportions of ice and salt?**

The texture of the cream altogether depends upon the freezing process. If half and half ice and salt are used the mixture is granular and is known as a "mousse" or "granite".

**9. What is the difference between a sherbet and a water ice?**

A sherbet is a frozen fruit juice combined with gelatine and beaten egg whites. The gelatine is stirred into the juice before being packed, but the egg whites are stirred in only after the sherbet is half frozen. A water ice has no white of egg folded in, but otherwise is just like a sherbet.

**10. What is an economical way of making ice cream to be served with chocolate or maple sauce or fruit?**

By using Junket tablets. To three cups of rich milk add one cup of cream. Heat to about one hundred degrees or until it is lukewarm. Crush a Junket tablet and thoroughly mix with one tbsp of cold water. Sweeten milk to taste and stir in the dissolved tablet. Stand aside until it is set, then freeze as ordinary ice cream.

**11. Name four variations of Parfaits.**

Angel parfaits, beaten whites of eggs, sugar syrup and whipped cream.

Golden parfait, beaten yolks of eggs, sugar syrup and whipped cream.

Maple parfait, beaten yolks of eggs, maple syrup and whipped cream

Cocoanut parfait, angel parfait with shredded cocoanut.

**12. How should fruit be added to ice cream?**

The fruit should be reduced to a pulp and stirred into the cream when it is almost frozen, otherwise the fruit will freeze and make the dish most unpalatable.

**13. How should ice cream be moulded?**

It should be packed as tightly as possible into a mould. The cover put on and the seams covered with lard and then with strips of cotton. It should then be buried in ice and salt until needed. To unmould, dip for a minute or two into hot water.

**14. May snow be used to freeze creams and ices ?**

Yes, snow may be used just like ice, only it is a wise precaution to add a little hot water to start the snow melting.

**15. Should the water that comes from the melting ice or snow be poured off ?**

Not if the hole in the side of the freezer is not stopped up.

**16. Why is it that ice cream is sometimes full of little particles of ice ?**

Either the mixture was not rich enough, or the proper proportion of ice and salt was not used.

**17. If both eggs and cream are scarce what may be used to give body to ice cream ?**

Either arrowroot or cornstarch may be diluted and added to the milk, then cooked in a double boiler until thick.

**18. What precaution must be observed if ice cream is to be kept more than twenty-four hours ?**

Fresh cream must be used and it must be kept frozen hard as otherwise acidity is apt to develop which will react chemically with the tin and form dangerous compounds.

**19. What is the best kind of salt for freezing creams ?**

Rock salt gives much better results than any other.

**20. Why should not very thick cream be used to make ice cream ?**

If the cream is too thick, its richness prevent its freezing.



## BEVERAGES

### 1. What is the proper way of making tea ?

- a) Have freshly boiled water.
- b) A China or porcelain-lined teapot.
- c) A good brand of tea.

Put a teaspoonful of tea for each person to be served and one for the pot, into the teapot and pour boiling water over it. Allow to stand for five minutes before serving. Tea percolators are much used nowadays as they permit the removal of the tea leaves once the tea is sufficiently brewed.

### 2. Should tea ever be boiled ?

Never under any circumstances, as not only it destroys the flavor of the tea but makes it dangerous on account of the tannic acid developed.

### 3. May tea ever be re-heated ?

If not allowed to stand on the tea leaves there is no danger in re-heating although the flavor will, of course, be impaired.

### 4. What is your method of making iced tea ?

Make a tea infusion only half as strong as for hot tea. Set in the ice chest until thoroughly chilled and then pour over finely cracked ice. Serve with fruit or powdered sugar and slices of lemon. Some people claim that ice tea has a better flavor when the hot tea is poured directly over the ice. If ice is plentiful, there is no objection to this method, although to most people it would seem rather extravagant.

### 5. Is the lemon used for its flavor only in iced tea ?

No, the lemon juice acts as counteragent to the evil effects of tannic acid.

### 6. How would you make coffee for six people ?

- a) Have a porcelain-lined or enameled coffee pot.
- b) Put in one cup of finely ground coffee.
- c) Pour over it six cups of boiling water and set on stove

d) When it has come to a boil, add one whole slightly-beaten egg and the crushed shell to one-half cup of cold water and stir into coffee.

e) Bring to boil again and then set on back of stove until needed.

f) If café-au-lait is wanted, add three cups of rich milk or cream to taste and bring to a boil again. Let boil for three minutes. Set on back of stove until needed.

**7. What is the danger of boiling coffee ?**

a) It is apt to burn.

b) It loses its aroma.

c) It develops an abnormal amount of tannic acid.

**8. How should coffee be made with a percolator ?**

Coffee in the proportion of one tbsp to a person should be placed in the percolator and boiling water poured over it. When of sufficient strength it is ready to use.

**9. What is your opinion of putting coffee on in cold water ?**

It is certainly economical as all the strength of the coffee is utilized, but it lacks fine flavor.

**10. Why should coffee when purchased in quantity be bought in the bean rather than ground ?**

Because ground coffee, unless kept in sealed receptacles, quickly loses its savor. Indeed some maintain that after twenty-four hours, ground coffee detribrates. Moreover there is less danger of adulteration when the coffee is bought in the bean.

**11. What is your method of making chocolate ?**

a) Prepare scalded milk and water in the proportion of one part of water to three of milk.

b) For every cupful, mix one tsp of cocoa or chocolate rubbed to a paste with a little cold water into the milk mixture.

c) Add sugar to taste.

d) For six cups of chocolate, add one tsp of arrowroot dissolved in a little cold milk and  $\frac{1}{2}$  tsp of vanilla.

f) Add a pinch of salt.

Let cook in a double boiler for at least fifteen minutes,

being careful that the water in the under-dish does not touch the bottom of the pan containing the chocolate. Serve with whipped cream or put a marshmallow in the bottom of every cup.

**12. What is the objection to using all milk for chocolate or cocoa ?**

It is too rich for most people.

**13. How would you make iced chocolate ?**

By exactly the same method as hot chocolate. Pour over chipped ice and top with whipped cream.

**14. What is the object of using an egg in making coffee ?**

The yolk gives body to the coffee and makes it richer. The white and the shell serve to clarify the coffee.

**15. For ordinary occasions may the egg be dispensed with ?**

Yes, for ordinary occasions, many people keep the shells of eggs used for other purposes and use them as the whole egg to clarify the coffee.

**16. What may be done to prevent the milk from curdling when poured into the coffee ?**

It should always be scalded as otherwise it is very apt to spoil the coffee.

**17. What is choco ?**

It is a mixture of equal parts of coffee and chocolate.

**18. Why should chocolate always be made in a double boiler?**

Because otherwise it is very apt to adhere to the bottom and burn.



## JELLIES, JAMS PRESERVES AND PICKLES

**1. What is the difference between canning and preserving proper ?**

Canning is the preservation of fruit or vegetables in water or thin syrup.

Preserving is the storing away of fruits in a thick syrup.

**2. What are the advantages of canning fruit over preserving ?**

Canned fruit has a more natural flavor and is less rich than preserved fruit. On the other hand, preserved fruit is more easy to keep, as canned fruit requires very careful sealing and a cool storage room.

**3. Is it necessary to use sugar in canning ?**

No, the fruit if properly sterilized and sealed, will keep every bit as well in water alone.

**4. What is the density of syrups used for preserving ?**

a) A syrup of 40 degrees density or one pint of sugar to  $\frac{1}{2}$  pint of water.

b) A syrup of 32 degrees or  $\frac{1}{2}$  pint of sugar to a pint of water. They should be boiled together until they are perfectly clear and then skimmed of all impurities.

**5. What do you understand by " the cold pack " method ?**

It is the system by which fruit or vegetables are packed into sterilized jars after having been carefully blanched and then sterilized for a specified length of time.

**6. What do you mean by blanching ?**

By blanching, I mean quick boiling followed by a cold plunge. It is extremely effective in killing bacteria and preserving the color of vegetables.

**7. What is the " open kettle " process of canning ?**

The " open kettle " process is the old-fashioned method of

cooking vegetables or fruit in a large kettles and then transferring, by means of a dipper to heated and sterilized jars.

**8. What do you mean by "sterilized jars"?**

Sterilization is the process of destroying all bacteria by boiling for at least twenty minutes or subjecting to superheated stream. It is the great secret of successful canning and preserving. Otherwise, it is all "hit or miss".

**9. State exactly your method of preparing strawberry preserves.**

a) Stem the berries and wash thoroughly in a colander. Pack into sterilized jars as full as possible and pour over them a syrup made by cooking together sugar and water in the proportion of  $\frac{1}{4}$  cup of water to  $\frac{3}{4}$  lbs of sugar. Cover loosely and sterilize for ten or fifteen minutes. Tighten covers and invert. When cold wrap in paper or keep in dark, cool place.

b) Clean berries throughly and weigh three-fourths as much sugar as berries. Fill a kettle with alternate layers of berries and sugar and let stand for twelve hours. Bring to a boil and skim out berries. Fill Jars. Boil down syrup, adding one cup of water to every three-quarter of a pound of sugar used. Pour over fruit and seal.

**10. Give method of making jellies.**

With soft fruits, as strawberries, cherries, and grapes. Crush the fruit and let simmer until perfectly soft. Strain through a bag made of double thicknesses of cheesecloth or thin unbleached cotton. Do not squeeze. Take juice that drips out without pressure and boil in porcelain-lined or aluminum kettle for twenty minutes. For every pint of juice take three fourths pints of sugar and heat in an earthenware bowl. Add to the juice and boil for five or ten minutes more. Test with a syrup gauge which should register 25 degrees or try on a cold plate until it jellies. If the degree on the register is above 25, add more fruit juice, if below boil longer.

**11. What conditions may prevent jelly from "jelling"?**



- a) If the fruit is devoid of pectin.
- b) If the fruit is too ripe.
- c) If the fruit is gathered right after the rain.

**12. How may you determine whether the fruit has sufficient pectin ?**

Mix a tablespoon of the hot raw juice with a tablespoon of alcohol and if it becomes a thick, jelly like mass, there is enough pectin to make it jelly.

**13. How may pectin be supplied if it deficient ?**

- a) By adding apple juice which is rich in pectin.
- b) By cooking with citronelle which is remarkably rich in pectin.
- c) By cooking with either lemon or orange rinds with the inner white skin left on.

**14. What other substance besides pectin is necessary for juice to jelly ?**

A certain amount of acid is necessary and adds also to the flavor of the jelly, therefore if the fruit seems a little over-ripe, it is a wise precaution to add a little lemon juice about one tablespoonful to 2 quarts of juice.

**15. What difference is there in the making of grape and apple jelly ?**

All hard fruits like peaches, apples and quinces require the addition of a little water to start the juice flowing. Add just enough water to keep the fruit from sticking to the bottom about one cup to a quart of fruit, rather less than more.

**16. State exactly how you would prepare your jars for canning?**

I would put them on in cold water and boil them for twenty minutes or more. Then remove them without wiping and turn upside down. Fill then while still hot, but touch the rim as little as possible. It is a wise precaution to add a little baking soda, a tsp to a gallon of water, to the water in which the jars are sterilized.

**17. Why is it preferable to allow syrup to simmer rather than to boil violently ?**

Simmering makes a much clearer syrup than violent boiling.

**18. Why are cans turned upside down immediately after filling?**

To see if they are hermetically sealed, as otherwise, the air would get in and cause the fruit or vegetables to ferment.

**19. What precaution is necessary in transferring fruit from a leaky jar to another one?**

The contents should always be heated to boiling point as otherwise, there is danger of bacteria making their way into the fruit.

**20. Why are the air-bubbles removed with a silver and sterilized knife before the bottle is sealed?**

The less air enclosed, the greater the keeping quality of the fruit.

**21. Why is it better to let the syrup boil well before putting in the fruit instead of boiling both together?**

It is better to cook the fruit in water until tender and let the syrup simmer until clear, because if the fruit is boiled in the syrup it is apt to get tough and hard.

**22. What is a marmalade?**

It is a thick mixture of sugar and fruit boiled together until it jells. The citrous fruits, such as oranges, grape fruit lemons and pineapple are the chief fruits used for marmalades. The method is to take half as much sugar by weight as fruit and twice as much water as sugar. Cover finely chopped fruit, peel and all, with the requisite amount of water and let stand for twenty-four hours. Cook together until peel is transparent, then add sugar and let stand another twenty-four hours. Boil until of required thickness. Stir often as the sugar may caramelize and darken the marmalade. An especially delicious marmalade is made by taking an equal number of oranges, grapefruit and lemons.

**23. When bitter oranges cannot be had, how may the characteristic taste be given to orange marmalade?**

By boiling the seed in the water to be used and diluting to taste.

**24. How are both marmalades and jellies stored ?**

They may be covered with a thin coat of paraffine and then with parchment paper, or they may be covered with a paper dipped in brandy or alcohol, instead of the paraffine.

**25. How is the paraffine put on ?**

a) With a spoon so that there are no air-holes.

b) A teaspoonful may be put in the bottom of every glass and it will rise to the top when the hot juice is poured in and form an air-tight covering.

**26. How would you can string beans ?**

They should be canned within six hours of being picked. Scald for ten minutes, then give a cold plunge. Pack in sterilized jars. Cover with cold water and cook until perfectly tender with covers on loosely. Take off covers, when done, add one tsp of salt to each pint jar, fill to overflowing with boiling water and seal up. Cover jars with paper to prevent bleaching and store in a cool dry place.

**27. Should cherries be stoned before canning ?**

Some people prefer them stoned, other maintain that they have a better flavor when canned with the stones so it is purely a matter of choice. The same holds good of peaches.

**28. After all the juice that runs freely from crushed fruit has been collected should the fruit be discarded ?**

By no means. By the addition of a little water, a second and sometimes a third extraction may be made, less clear, but of good flavor.

**29. How would you make a fruit vinegar ?**

Add one quart of vinegar to three quarts of fruit and allow to stand from twenty-four hours to one week. Crush the fruit and strain, add as much sugar as liquid and boil for twenty minutes. Cork and sterilize again for twenty minutes.

**30. If you have no patent corker, how would seal fruit juices ?**

Fill the bottle with boiling juice, leaving a space of about two inches at the top. Plug with a tight wad of sterilized cotton. When cold cover with paraffine wax and sterilize a second time for 20 minutes.

**31. What would you do with jelly that would not "jell"?**

Make a syrup by adding more water and sterilizing thoroughly.

**32. How can you tell when jelly is sufficiently cooked?**

a) By using the syrup gauge which should always register 25 degrees, before the syrup is removed from the fire. If below 25, add more juice, if above 25, boil longer or add a little more sugar.

b) Drop a little of the syrup on a cold plate and if it jells, remove from fire and pour into, sterilized glasses.

**33. How can jelly be made from uncooked currants?**

Extract the juice, add the requisite amount of sugar, dissolve thoroughly and set in sun covered by a piece of glass until thoroughly "jelled".

**34. What precautions must be observed with regard to the rubbers used on preserving jars?**

They must be elastic, otherwise they will break and let in the air.

**35. What should be the density of the syrup used for canning?**

Measure by weight, one-third as much sugar as fruit. For every pound of sugar used, add one quart of water.

**36. Of what material should jelly bags be made?**

For a very clear jelly, the juice should be strained through a flannel bag. The second and third extraction may be strained through double thicknesses of cheesecloth.

**37. What utensils should be employed in jelly-making or preserving?**

Either porcelain-lined pots or aluminum ware as neither of these is affected by acids.

**38. State exactly how you would make raspberry jelly?**

Heat the fruit with from half to a quarter as many currants. Put through jelly bag, without squeezing, and measure three quarters as much sugar as juice. Heat sugar. Boil juice in shallow pan for twenty minutes, then add sugar and cook for five or six minutes more, testing as described above.

**39. How much jelly may be made at a time ?**

It is advisable to never put more than one quart of juice to cook at one time, as far better results are obtained as to delicacy and flavor than when larger amounts are made.

**40. Why should any fruit juice not be boiled, but only allowed to heat to 212 degrees ?**

Because heating above that temperature alters the flavor of the juice.

**41. How should dried fruits be prepared ?**

They should be soaked overnight in cold water and then either steamed or stewed until perfectly tender. Sugar should be added only towards the end, as its tendency is to harden the fruit .

**42. What fruits are suitable for jelly-making ?**

a) The juicy fruits to which no water should be added to extract the juice, such as, strawberries, raspberries, blackberries, elderberries, plums, currants, grapes and barberries.

b) Hard fruits to which water must be added as: quinces, apples, cranberries, apricots and peaches.

**43. Where should jellies be stored ?**

In a light, cool, dry place.

