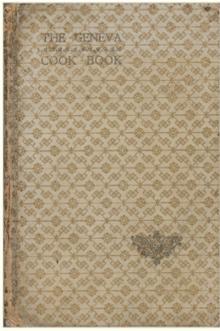
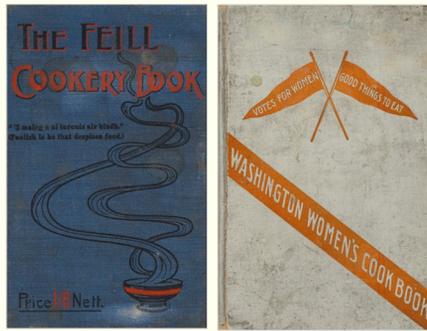


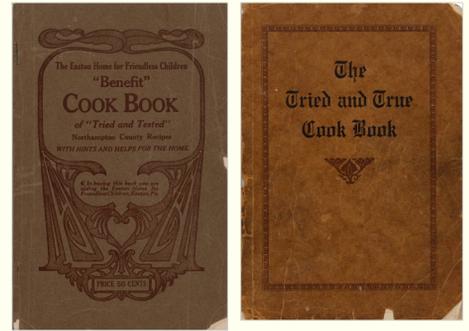
Community Cookbooks through the Years



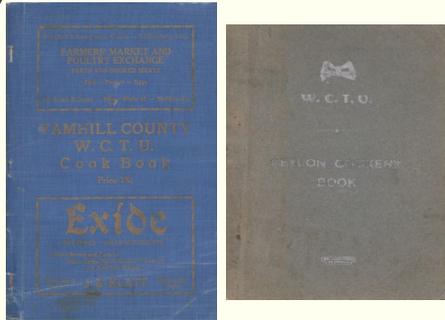
1890's



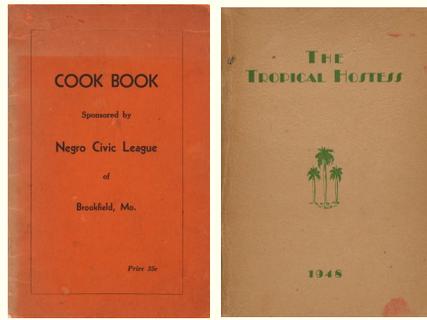
1910's



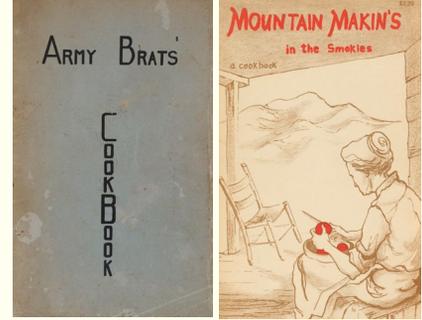
1920's



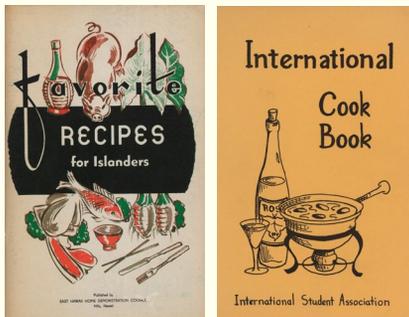
1930's



1940's



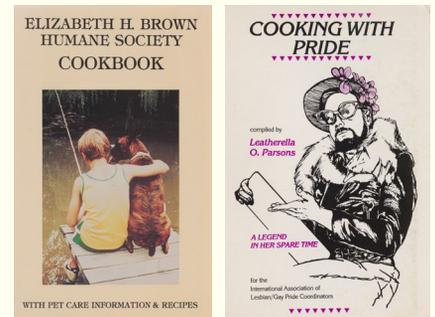
1950's



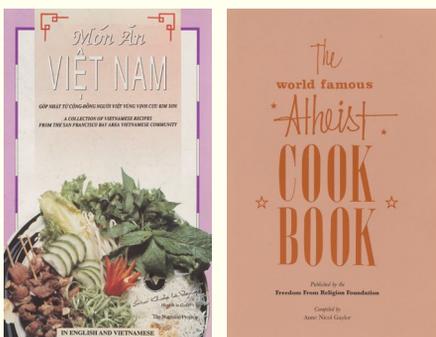
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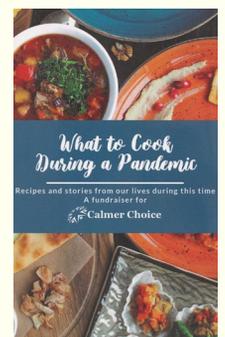
1980's



1990's



2000's



2020's

1895

The Geneva Cook Book

THE · GENEVA
COOK · BOOK



THE
Geneva Cook Book,

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OF THE

Medical and Surgical Hospital

OF GENEVA.

It means the knowledge of Medea, and of Circe, and of Calypso, and of Helen, and of Rebekah, and of the Queen of Sheba. It means the knowledge of all herbs and fruits, and balms and spices, and of all that is healing and sweet in fields and groves, and savory in meats. It means carefulness and inventiveness, and watchfulness and willingness, and readiness of appliance. It means the economy of your great-grandmothers and the science of modern chemists; it means much tasting and no wasting; it means English thoroughness and French art and Arabian hospitality; and it means, in fine, that you are to be perfectly and always, "ladies," loaf-givers.—RUSKIN.

Geneva, New York.
1895.

Scalloped Potatoes.—Cut four good sized boiled potatoes into small pieces. Put two tablespoonfuls of butter in a fryingpan and when melted add two tablespoonfuls of flour. Mix until smooth then add one pint of milk and stir *continually* until it boils; add a teaspoonful salt and three dashes black pepper; take from the fire. Put a layer of this sauce in the bottom of baking dish, then a layer of potatoes, then another layer of sauce and so on until all is used, having the last layer sauce; sprinkle the top lightly with bread crumbs and put in the oven for fifteen minutes to brown. Serve in dish in which it is baked.—*Mrs. Rorer.*

Escaloped Potatoes.—Slice raw potatoes very thin, put them in a baking dish, season well with salt, pepper and butter, fill up the dish with milk, sprinkle bread crumbs over the top and bake.

Fried Sweet Potatoes.—Cold boiled sweet potatoes; cut in slices lengthwise. To one well beaten egg add one tablespoonful of milk, with pepper and salt. Dip the slices and fry in butter until brown.

Entreés.

Broiled Chicken Breasts, with Sauce Piquante.—Cut the breasts from two tender chickens leaving the meat on the breastbone, par-boil and then broil. Serve with the following sauce: Two eggs, one tablespoonful of butter, the juice of half a lemon. Mix the yolks of the eggs and the butter, put on the stove and stir until it thickens, stir in the lemon. Beat the whites to a stiff froth and stir in just before serving.—*Mrs. Sturges.*

Chicken Livcrs en Brochette.—Put on a skewer chicken livers and slices of bacon alternately. Put in the oven and baste often. Season with pepper and salt, and serve with finely chopped parsley saturated with lemon juice.



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1907

The Feill Cookery Book

THE FEILL COOKERY BOOK

"'S maiz a ni tarcuil air biadh."
(Foolish is he that despises food.)

Price 1/6 Nett.



1907

The Feill Cookery Book

THE FEILL COOKERY BOOK.



GLASGOW:

M'NAUGHTAN & SINCLAIR, 29 CADOGAN STREET.

1907.

[Return to timeline](#)

SHEEP'S HEAD MOULD.

A good-sized head, plotted if possible, if not skinned

Hard-boiled egg
Pepper and salt

Boil the head till the meat leaves the bones easily, then take it off the fire and leave it till cold. Boil down the liquid to a pint, cut the head up in small bits, slice the tongue, line the bottom of a bowl with hard-boiled egg, then a layer of meat, season well with black pepper and salt, and as you fill up pour the liquid over. Leave it standing in a cool place all night, and it should then turn out very firm.

Miss L. M'INROY of Lude.

SHEEP'S HEAD PIE.

A sheep's head
Ham or bacon (cooked)

2 or 3 eggs (hard-boiled)
Pepper, salt, and mixed spice

Wash the head thoroughly, and boil till the bones shake out, strain the stock from the head, and cut slices of the ham or bacon. Cut the head in small pieces and put layers of it and the ham alternately into a pie dish, with the eggs (cut in slices), and season with the pepper, salt, and spices. Pour in the stock of head, and cover with a paste, and bake $\frac{3}{4}$ of an hour.

Miss L. M'INROY of Lude.

SNIFE PUDDING.

6 fresh snipe
Cayenne
Lemon juice
1 onion
1 tablespoonful flour
Chopped mushrooms

Parsley
A suspicion of garlic
Nutmeg Herbs
Truffles
Suet Paste
 $\frac{1}{2}$ pint wine

Halve the snipe, removing the gizzards and reserving the trail. Season the snipe with cayenne and lemon juice, and set aside till required. Slice up the onion, fry a light brown colour, add the mushrooms, parsley, garlic, nutmeg and herbs; moisten with wine and boil all for 10 minutes, then add the trail and rub through a sieve. Line a basin with suet paste rolled thin, put in the snipe, the sauce and some truffles; cover the top with paste, steam $1\frac{1}{2}$ hours, and serve hot.

Miss WALDER, Horsham.

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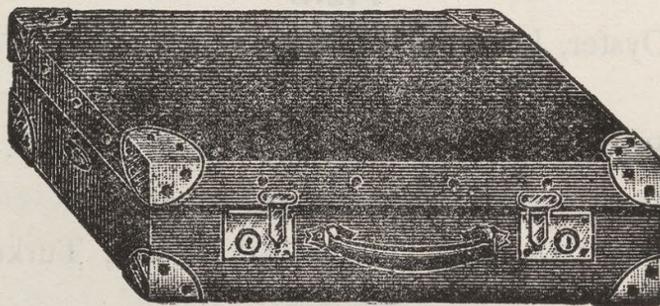
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GÆLIC RECIPES.



BREACAGAN BLASDA.

1 phunnd de Mhin-mhìn Ullaichte
2 ùnnsa Ime

2 ùnnsa Siùcair
1 Ugh.

Cuir an t-ìomlan ann an soitheach agus sloistir le blàthaich gus am bi agad taois thana a ruitheas á spain air a' ghreideal. Ma chi thu 'nuair tha na bonnaichean deas, gu bheil iad tuille's tiugh, dean an taois na's buige.

Le ugh eile, agus uachdar, no bainne blàth math a chur an aite blàthaich, bithidh na bonnaichean fìor bhlasda, ged a bhitheas iad car cosdail.

(*Translation.*)

BANNOCK SCONES.

1 lb. prepared (or patent) flour
2 oz. butter

2 oz. sugar
1 egg

Put all into a basin and work up with buttermilk into a stiff batter which can be dropped on a girdle with a spoon. If, when fired, they are too thick, this can be remedied by making the batter softer.

By the addition of one egg extra, and worked up with thick cream, or even pure warm milk, instead of buttermilk, it makes a most delicious, though somewhat expensive, scone.

CARAICEAGAN.

$\frac{1}{3}$ phunnd de Mhin-mhìn Ullaichte
 $\frac{1}{3}$ ùnnsachan Siùcair

1 ùnnsa Ime (air a leaghadh).
2 Ugh

Sloistir an t-ìomlan le blàthaich agus oibrich e gus am bi agad taois ro thana. Leig leis an taois ruith ás an spàin air a' ghreideal. 'Nuair a tha an taobh tha fodha donn tionndaidh an taobh eile fodha le sgèin. 'Nuair tha iad deas cha bu chòir dhaibh a bhi thar ceathramh an òirlich air tiughad, agus bu chòir an taois a bhi air a riaghailteachadh do réir so.

(Translation).

PANCAKES.

$\frac{1}{2}$ lb. prepared flour
3 oz. sugar

1 oz. butter (previously melted).
2 eggs

Mix these with buttermilk and work up into a smooth, soft batter. Drop the batter on the girdle with a spoon. When nicely browned, turn the cakes with a knife. When finished they should not be over a quarter of an inch in thickness, and the softness of the batter should be regulated accordingly.

CARAICEAGAN-TANA.

9 ùnnsachan Min-mhin Ullaichte
3 Uighean

1 ùnnsa Ime
4 ùnnsachan Siùcair

Cuir so uile ann an soitheach agus measgaich gu h-iomlan le bláthaich, no cè (uachdar) tiugh, gus am bi agad taois ro thana, teann air cho tana ri easach. Leig leis an taois ruith á spàin air a' ghreideal uiread 's a tha feumail; sgaoilidh e glé thana. 'Nuair a tha an darna taobh donn tionndaidh e le sgèin, agus donn an taobh eile. 'Nuair a tha iad deas cha bu chòir dhaibh a bhi thar an cóigeamh cuid de dh' òirleach air tiughad. Ma ghabhas tu na caraiceagan 'nuair tha iad deas, agus an sgaoileadh thairis le slamban mheasan no siùcar, agus an deanamh 'nan rolag, bithidh iad eireachdail mar dheireannan.

Air neo, gabh poiteag-charaiceag agus cuir innte leth-spain-tea de dh' im, cuir air an teine i gus am bi i *fuathasach teth*, agus dòirt innte cuid de 'n taois, crath a' phoiteag thar an teine, a chumail a suas an teas; 'nuair a tha an darna taobh deas, tionndaidh an taobh eile fodha. 'Nuair a tha e bruich bithidh an t-im uile sùighte; cuir a nis air trinnseare, crath deannag shiùcair air agus crathadh beag de dhinnsear agus riarach 'nuair tha e teth.

(Translation.)

CRUMPETS.

9 oz. prepared flour
3 eggs

1 oz. butter
4 oz. sugar

Put all the above into a basin and mix thoroughly with buttermilk or thick cream, and reduce it to a soft batter

something like gruel. Pour on the girdle with a ladle the quantity you require; it will spread out very thin. When sufficiently fired on one side turn it over with a knife and brown the other side. When finished, these should not be above one fifth of an inch in thickness. If you take the above when fired and spread over with jelly or sugar and roll them up tightly in paper till they set, they will make an excellent dessert.

Or again, take an omelet pan, and put into it half a teaspoonful of butter, heat it on the fire till *very hot*, and pour some of the above batter into it. Shake the pan over the fire to keep up the heat; when fired on one side, turn over. When cooked it will have absorbed all the butter; throw it on to a plate, dust it with sugar, sprinkle a little ground ginger over it, and serve it hot.

SGRATH-BREATHACH AOTROM.

1 phunnd Min-mhìn Chaoin

|
Uisge

1 phunnd Ime

Dinn an t-im am measg na min-mhìn agus gearr na th' ann 'na mhìrean beaga cruinne, mu mheadachd ceann na h-òrdaige: dean toll beag na mheadhon agus cuir uisge ann. Dean taois de'n mhin-mhìn's de'n im, gun an t-im a bhruthadh. Crath min-mhìn orra agus sgaoil a mach iad leis a' chrann-arain, cuir crathadh eile orra; fill thairis iad agus sgaoil a mach iad a dhà no tri uairean. Tuigidh tu ann an ùine ghoirid cia meud uair a dh' fheumar an sgaoileadh a mach.

(Translation.)

LIGHT PUFF PASTE.

1 lb. soft flour

|
Water

1 lb. butter

Press the butter flat amongst the flour, and cut it into small pieces the size of a marble; form a small hole in the centre and add water. Dough up the flour and butter with the hand without bruising the butter. Dust over and press out with rolling pin. Dust again; fold over and press out two or three times. Experience will determine the number of times to be given.

1909

Washington Women's Cook Book



WASHINGTON WOMEN'S COOK BOOK

1909

Washington Women's Cook Book

*Give us a vote and we will cook
The better for a wide outlook*

WASHINGTON WOMEN'S COOK BOOK

PUBLISHED BY
THE WASHINGTON EQUAL SUFFRAGE
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COMPILED BY
LINDA DEZIAH JENNINGS



1909:
TRADE REGISTER PRINT
SEATTLE, WASH.

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Sailors Recipes

"The ballot is an educator and women will become more practical and more wise in using it."

Furnished by Robert Carr, Cooks' Union, Local 33, Seattle. Mr. Carr has had about five years' experience as cook and steward on board sailing vessels, all over the world, and has had the record of being a most popular cook, one vessel delaying its date of sailing a week in order to get him.

Dolphin or Bonita.

Test for Poison: Dolphin are good to eat part of the year, and are poisonous at times. Boil a copper coin with the dolphin. If it tarnishes the copper, the dolphin is not fit to eat. If it remains bright, the dolphin is good.

To Make Fresh Water "Spin Out" When Supply Is Limited.

1. Catch and use all the rain water you can, in rain bags.
2. Boil potatoes in sea water.
3. Mix bread with sea water, as it improves the bread.
4. To soak salt meat or salt fish, put in a bag or rope bucket and hang over the stern of the ship for a while.

Sea Birds.

Almost all sea birds are good eating. To get rid of the fishy taste, skin them, for that is where the fishy taste is found. Stuff the birds with a sage dressing and lay a piece of salt pork all over each breast. Roast them and they are equal to any game.

Seal Livers and Seal Hearts.

Excellent, except when the seals are fasting during the breeding season.

Tail of a Shark.

Good eating. Boil it with plenty of spice and serve with a cream sauce.

Or cut it up in small pieces, lay it in a dish, season with salt and pepper and lay on whole spice. Cover with vinegar. Bake thirty minutes and set it aside to cool. Serve cold.

Porpoise.

Cut out the filets of porpoise, which is all that is good. Soak in salt water to draw out the blood. Cut holes in it and insert pieces of fat pork. Braise it (sear it) in a very hot oven. Put it in a kettle with a can of tomatoes, one-half cupful of vinegar, one-half pound salt pork, brown crust of bread size of a whole cut of an ordinary loaf, and, if possible, add carrots and turnips and onions.

Simmer for two and one-half hours. Take out the meat and strain off the gravy and serve separately. If the gravy is too strong, weaken with water, leaving the carrots and turnips in the gravy.

List of Store Seasonings Sufficient for Twelve Months' Voyages.

12 Bunches of marjoram.	24 Bunches of parsley.
18 Bunches of thyme.	2 Pounds of cloves.
18 Bunches of sage.	1 Pound of mixed spice.
12 Bunches of mint.	1 Pound of bay leaves.

N. B.—As the supply of these articles is somewhat limited, it is recommended that the cook bring the stock up to the above list before sailing.

Pea Soup.

Ingredients.

8 Quarts water.	2 Tablespoonfuls dripping.
3 Pints spit peas.	4 Pound piece of half cooked
2 Carrots, or piece of turnip	salt pork, or sufficient
same size.	salt stock to season.
2 Tablespoonfuls celery seed.	1 Teaspoonful sugar.
2 Tablespoonfuls flour.	6 Leaves of mint.

Method: Make the dripping hot in a large stew pan, slightly brown the flour, add celery seed and water, and stir well until boiling, then add the peas, mint, sugar and carrots, and simmer for two hours in covered pan. Add the pork, or stock, and simmer another half hour. Rub all through a wire sieve and warm up again before serving. It is not advisable to steep peas all night in warm weather as the water becomes sour.

1913

The Easton Home for Friendless
Children "Benefit" Cook Book

The Easton Home for Friendless Children

"Benefit"

COOK BOOK

of "Tried and Tested"

Northampton County Recipes

WITH HINTS AND HELPS FOR THE HOME

*In buying this book you are
aiding the Easton Home for
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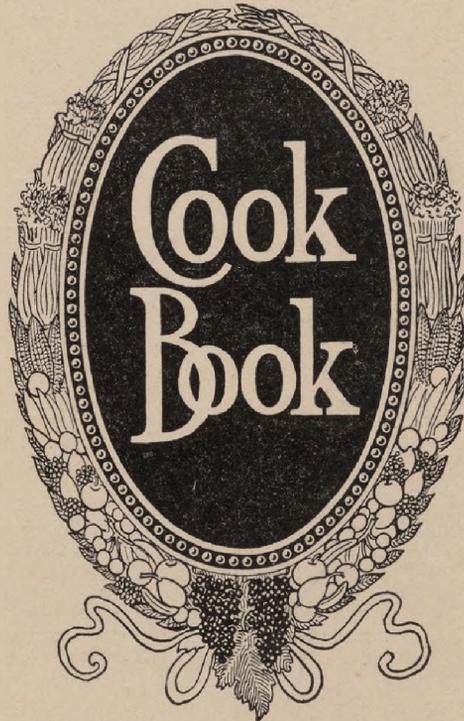
PRICE 50 CENTS

1913

The Easton Home for Friendless
Children "Benefit" Cook Book

*"Hark! The chiming clock to dinner calls;
A hundred footsteps scrape the marble hall."*—POPE.

THE EASTON HOME FOR
FRIENDLESS CHILDREN
"BENEFIT"



of Priceless "Tried and Tested" Northampton
County Recipes, with Minute Directions

A Practical and Economical Guide to Cooking and the Kitchen, forming
altogether one of the most valuable Household Books of the Day

ISSUED BY AND SOLD FOR THE BENEFIT OF

The Easton Home for Friendless Children
15th and Washington Streets, Easton, Pa.

PRICE, 50 CENTS

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Salads and Salad Dressing.

*A salad is a piquant sauce;
Like wit in human lives,
Its added zest and coloring
A company revives.*

MAYONNAISE DRESSING.—1 tablespoonful melted butter, 1 tablespoonful flour, 2 eggs (well beaten), 1 cupful of milk, $\frac{1}{2}$ cupful of vinegar, 1 teaspoonful mustard, 1 teaspoonful salt, $1\frac{1}{2}$ tablespoonfuls sugar. Boil until thick; stir all the while.—*Clara E. Miller.*

MAYONNAISE DRESSING.—1 desertspoonful butter, $\frac{1}{2}$ desertspoonful sugar, $\frac{1}{2}$ desertspoonful flour, $\frac{1}{2}$ desertspoonful mustard, pinch of salt, pinch of cayenne pepper; mix and beat up 1 egg, $\frac{1}{2}$ cupful milk, $\frac{1}{2}$ cupful vinegar; stir constantly while cooking.—*Mrs. Wm. H. Mutchler.*

SHRIMP SALAD.—1 can of shrimps. Wash and cut in halves. Make a dressing of 2 eggs, white beaten first, then yolks added, 1 tablespoonful of salad oil added slowly, 1 teaspoonful of salt and pepper, $\frac{1}{2}$ cupful of vinegar, little mustard. Stir all together on stove until it thickens. When cool pour over shrimps. Add celery or chopped lettuce.—*Mrs. E. Willenbecker.*

NUT SALAD.—Mix together 1 pint of shredded lettuce and 1 pint of shredded celery with 2 cups of chopped nuts. Dress with a little mayonnaise. Arrange in fresh lettuce and garnish with more mayonnaise.—*Mrs. A. Herman.*

PEPPER HASH.—2 dozen sweet green peppers, 2 dozen sweet red peppers, 2 large Spanish onions, chop fine, pour boiling water on and boil 10 minutes, drain thoroughly. Add 3 pints vinegar, 2 cupfuls brown sugar, 3 tablespoonfuls of salt; boil all 15 minutes; seal hot in pint jars.

PINEAPPLE SALAD.—1 can of sliced pineapple will serve 8 persons. Yolks of 6 eggs, 4 tablespoonfuls melted butter, $\frac{1}{2}$ cupful water to 1-3 cupful vinegar mixed together. Stir eggs, butter and vinegar together. Put in double boiler and beat to boiling point, not boil. When cool add a pinch of red pepper and salt, spoonful sugar and a little salt; then $\frac{1}{2}$ cupful double cream, whipped thick, which add to the custard, blanch almonds, $\frac{1}{2}$ cupful to 1 tablespoonful olive oil, roll very fine, drain pineapple well; put one slice on lettuce leaf cover with custard and sprinkle with nuts.—*Mrs. W. C. Pfauts.*

1, 2, 3, 4 CAKE.—1 cupful of butter, 2 cupfuls of sugar, 3 cupfuls of flour, 4 eggs, 2 teaspoonfuls of baking soda, 1 cupful of milk. For layer cake, beat whites and yolks of eggs separately. For loaf cake, beat sugar and butter together, then drop one egg at a time and beat hard, until you add flour.—*R. M. Lemer.*

FRUIT CAKE.—3 cupfuls of brown sugar, $1\frac{1}{2}$ cupfuls of butter, 4 eggs, 1 cupful of milk, 1 teaspoonful of soda, 2 teaspoonfuls of cream of tartar, 4 cupfuls of flour, save 2 for flouring fruit, 1 wine glassful of brandy, the juice of an orange or lemon, 1 tablespoonful of cinnamon, 1 teaspoonful of allspice, $\frac{1}{2}$ teaspoonful of mace, 1 nutmeg, 1 pound of raisins, 1 pound of currants, 1 pound of dates, 1 pound of figs, $\frac{1}{2}$ pound of citron.—*Mrs. H. R. Chedny.*

FEATHER CAKE.—2 cupfuls sugar, 1 cupful butter, 3 cupfuls flour, 4 eggs, 1 cupful milk, 2 teaspoonfuls of Royal Baking Powder. Bake in layers.—*Mrs. V. H. Fager.*

CURRENT CAKE.—1 pound sugar, 6 oz. butter, 5 eggs, whites beaten separately, 1 lemon, juice and grated rind, 1 cupful milk, 1 pound flour, $\frac{3}{4}$ pound currants, 2 teaspoonfuls Royal Baking Powder.—*Mrs. M. W. F.*

"NANCY HANKS" CAKE.— $1\frac{1}{2}$ cupfuls sugar; $\frac{1}{2}$ cupful butter; $\frac{1}{2}$ cupful milk, $\frac{1}{2}$ cupful sifted flour and 3 eggs. In starting the cake make this mixture first—8 tablespoonfuls grated chocolate; 5 tablespoonfuls granulated sugar; $\frac{1}{2}$ cup sweet milk. Boil together until it thickens a little, and beat until cool. Then stir into the batter made of the first named ingredients. Add $1\frac{1}{2}$ cupfuls flour and 2 teaspoonfuls Royal Baking Powder. Bake in layers and put together with boiled white icing.—*Cora Lee Snyder.*

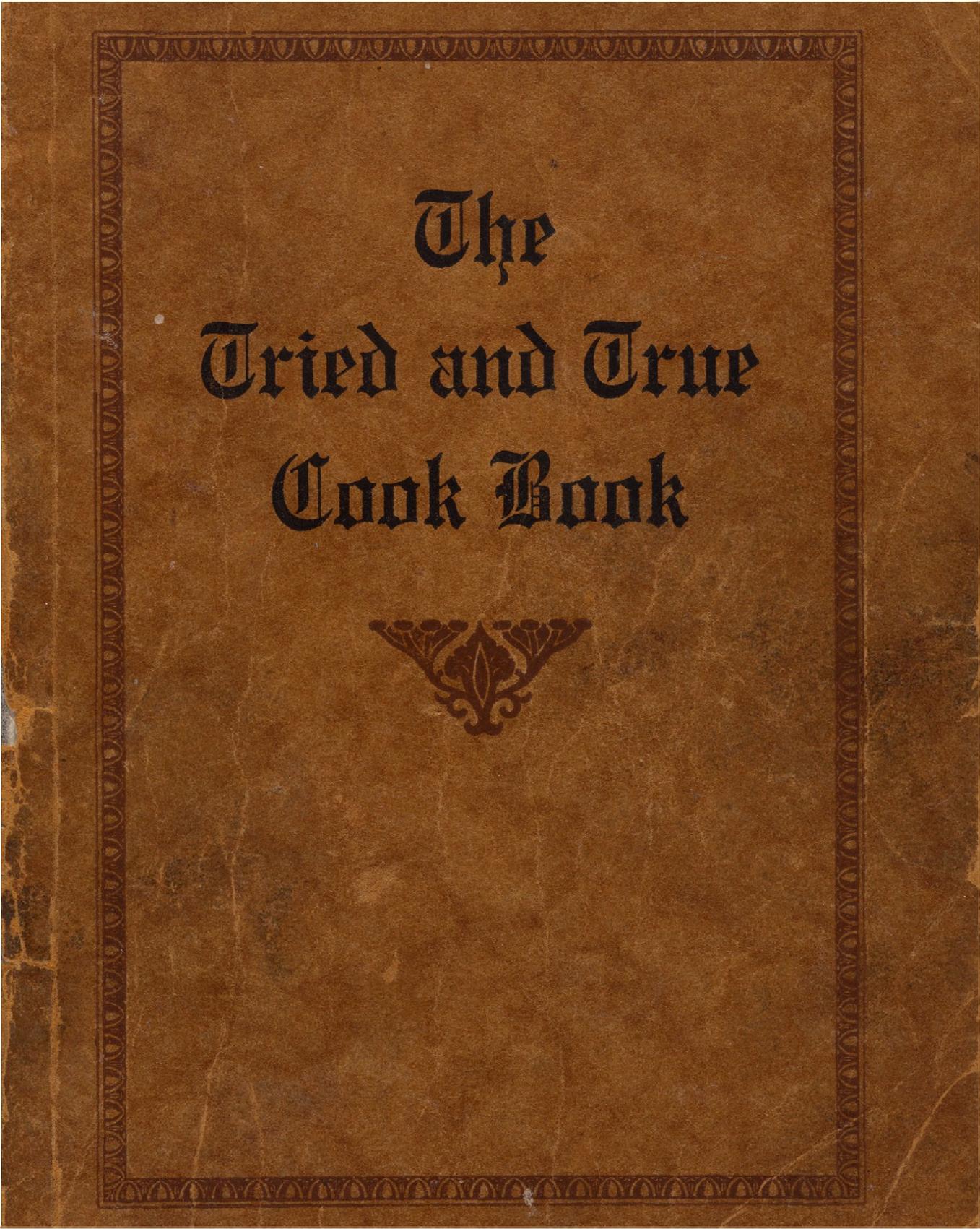
GRANDMOTHER NEBINGER'S BUCKEYE CAKE.—1 lb. sugar, 1 cupful butter, 1 cupful sweet milk, 6 eggs, 1 tablespoonful soda, 1 tablespoonful cream tartar, 1 lb. flour.

CORN STARCH CAKE.—4 eggs, 2 cupfuls flour, $\frac{1}{2}$ cupful water, 2 teaspoonfuls Royal Baking Powder, 2 cupfuls white sugar. Mix baking powder among flour dry. Slice each layer and spread with corn starch made of the following: $1\frac{1}{2}$ pints milk, yolks of 2 eggs, $1\frac{1}{2}$ teaspoonfuls Kingsford's Corn Starch. For icing use whites of 2 eggs and sufficient pulverized sugar.—*Mrs. Mary Starr.*

VIRGINIA CHRISTMAS CAKE.—1 cupful of butter, 1 pint of light brown sugar, 1 cupful sour cream, 4 eggs, 4 cupfuls flour, 1 teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful cloves, 1 teaspoonful nutmeg, 1 lb. seedless raisins, $\frac{1}{2}$ lb. currants, $\frac{1}{4}$ lb. citron, 1 small teaspoonful of soda. Add soda dry, sprinkling in the cake after it is mixed. Do not have oven too hot. Bake about an hour.—*Carrie Sees.*

Between
1913 and 1927

The Tried and True Cook Book



The
Tried and True
Cook Book

 [Return to timeline](#) 

Between
1913 and 1927

The Tried and True Cook Book

The Tried and True Cook Book

Containing Choice Recipes
From Many Households
Compiled by the Ladies of
the East Swanton Church
and Their Friends : : :



*“ But the hand that makes us famous,
or the hand that seals our fate,
Is the hand that does our cooking,
when we get to man’s estate ”*

Where recipes call for Gelatine use Knox Gelatine

BANBURY TARTS

1 cup seeded raisins.	1 cup sugar.
Juice and grated peel of 1 lemon.	1 cracker rolled fine.
	1 egg well beaten.

Mix thoroughly and cook about ten minutes. Cool before using. Make a good crust and bake in tiny turnovers. Nice for lunch box and picnics.

*Mrs. B. J. Brown.
Mrs. Holden.*

PRUNE PIE

1 cup stewed prunes.	Yolks of 2 eggs.
1 cup sweet cream.	1 teaspoon vanilla.
½ cup sugar.	A little salt.

Bake with under crust. Frost with whites of eggs.

Mrs. Ernest Royce.

CENTENNIAL PIE

1 cup raisins stoned and chopped; 1 cup sugar mixed with 1 tablespoon of flour; juice of 1 lemon and a little of the rind; 1 egg. Cold water enough to fill the pie.

Mrs. A. F. Durkee.

GRAPE PIE

Pop the pulps out of the skins into one dish, and put the skins into another. Then simmer the pulp a little over the fire to soften it; remove it and rub it through a colander to separate it from the seeds. Then put the skins and pulp together and they are ready for pies or for canning.

Mrs. F. S. Gillette.

Simply add water and sugar to the Knox acidulated package.

Sick Room Cookery

BARLEY WATER

$\frac{3}{4}$ tablespoon pearl barley, 1 quart cold water, salt, lemon juice, sugar. Pick over barley and soak in the water over night, or for several hours. Boil gently $1\frac{1}{2}$ hours. Strain, season with salt, lemon juice and sugar. Reheat and serve. Omit sugar and use cream in place of lemon juice, if preferred.

G. M. B.

OATMEAL WATER

1 cup of fine oatmeal, 2 quarts water (which has been boiled and cooled). Add oatmeal to the water and keep in a warm place (a temperature of 80 deg. F.) for $1\frac{1}{2}$ hours. Strain and cool.

G. M. B.

TOAST WATER

Equal measures of stale bread toasted, and boiling water, salt. Cut bread in $\frac{1}{4}$ in. slices, put in a pan and dry thoroughly in a slow oven until crisp and brown. Break in pieces, add water and let stand 1 hour. Strain through cheesecloth and season. Serve hot or cold.

Sybil Marr.

ALBUMENIZED MILK

$\frac{1}{2}$ cup milk, white of 1 egg. Put white of egg into a tumbler, add milk, cover tightly and shake thoroughly until well mixed.

Creta Marr.

CREAMED CRACKERS

Split butter crackers and spread with butter, salt and cheese if you like. Put them in a buttered pudding dish. Cover with milk and bake 30 minutes.

G. M. B.

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OUR CREED

I believe
In the Woman's Christian Temperance
Union
In her place in the world
In the vision of her leaders
In her part in the Dawn of a New Day.

I believe
That her holy purposes must be guard
That her holy purposes must be guarded
That the mothers of today
Must have within their hearts
The Spirit of the Mothers of the
Crusade.

I believe
That tears and toil and sacrifice
Are mothers share today, e'en as before
If children are to be guarded
And lives saved for higher things.

Thou who hast led us on,
Still guide our way,
We look to Thee and Thou dost give
To mothers who thus serve, a glorious
heritage
For their united work brings victory.
—Elizabeth A. Perkins.

Compiled by Unions located at
*Amity, Carlton, Dayton, McMinnville,
Newberg, Sheridan, Willamina
and Yamhill, Oregon*

W. C. T. U. COOK BOOK

*"Some are born with a wooden spoon in their mouth,
and some with a golden ladle."*

Soups

BEAN SOUP

One quart of baked beans; add 1 can of tomatoes, a little water or stock, and a meat bone of any kind, if convenient. Boil slowly 3 or 4 hours. Season to taste. Strain and serve with fried bread.

MILK SOUP

Cabbage, onion, celery, parsley, carrots, and potatoes, sliced fine. Cover with 1 quart of water. When tender, add a good slice butter, salt and pepper, and as much milk as the number to be served. Don't let the milk boil.

DUTCH SOUP

Six potatoes, 1 carrot, 1 onion, cut in dice; 2 slices of bacon, fried brown. Add to 1 quart hot water, 1 tablespoon butter, 1 tablespoon flour, stirred together and wet with milk. Season to taste. When ready to serve, put parsley in dish and pour the soup over.

CHICKEN NOODLE SOUP

One quart rich, chicken stock, well seasoned, 1 cup flour on mixing board, 1 teaspoon salt, 2 eggs, mixed with the hand and rolled very thin. Cut in strips with sharp knife and dry in the wind. Add to the stock and let simmer 15 minutes before serving.

RICE SOUP

One teacup cooked rice, 3 pints rich, sweet milk, butter size of an egg; salt and pepper to taste. Heat all together, being careful not to scorch.

OYSTER SOUP

Two quarts sweet milk, salt and pepper, made rich with good sized piece of butter. Place in granite dish, set in pan of water. Add the liquor from a pint of oysters (fresh or canned). Roll six soda crackers very fine and add to the milk. When just to boiling point, add the oysters and serve in five minutes.

EGG SOUP

Two quarts rich soup stock. When hot, add 2 well-beaten eggs and six rolled crackers. Let boil 10 minutes. Vegetables may be added if desired, but skimmed out before the eggs and crackers are put in.

POTATO SOUP

Six large potatoes cut fine, 2 onions boiled together until tender. Add 1 cup milk for each person. Salt, pepper and butter.

Vegetables

POTATOES ON THE HALF-SHELL — PRIZE WINNER

Service for 6. Time combining 12 minutes after potatoes are cooked. Three large uniform potatoes, 1 cup minced cooked codfish, 1 dash tobasco or teaspoon catsup; season to taste; scrub and slowly boil, potatoes 10 minutes; remove from water; grease well with crisco; bake in moderate oven until done. Split lengthwise; carefully scoop out centers. Mash and season as for creamed potatoes; add codfish; return to shells; heap milk soaked crumbs on top; brown in quick oven; garnish with celery leaves. A pleasing variation: Omit codfish, and add grated cheese to crumbs, or place poached egg in cavity left for that purpose; garnish with triangles of buttered toast.

AGNES M. HARRISON.

MINCED POTATOES

Take 6 good-sized cold boiled potatoes, 1 good-sized onion, 1 hard-boiled egg, chopped not too fine, salt and pepper to taste; any good salad dressing will do. Garnish with parsley.

BAKED POTATOES

Take a coffee can and punch 3 or 4 holes in bottom; place potatoes in can and set on heating stove. They bake in half or three-quarters of an hour. Try it and save time and fuel.

MRS. BANKSON.

POTATO BALLS

Two 2 cups hot riced potatoes, add 1 tablespoon milk, 1½ teaspoon salt, a few grains cayenne and yolk of 1 egg, slightly beaten. Shape in small nests; fill cavity with cube of pimento cheese; cover with potato mixture and roll until round; roll in flour; then in white of egg, slightly beaten and diluted with 2 tablespoons cold water, and then in fine breadcrumbs; try in deep fat; drain.

L. H.

BAKED CABBAGE IN CASSEROLE

Slice a firm head of cabbage and cook in boiling water until done; salt; while cabbage is cooking, melt a good-sized piece of butter in frying pan; when hot, throw in a cup of breadcrumbs and brown. Drain cabbage and put in the casserole and cover with buttered breadcrumbs and pour over sufficient white sauce and bake in oven about 20 minutes.

M. A. H.

GREEN PEAS WITH DUMPLINGS

Cook green peas in salt and water and season with butter; when done, make a dumpling dough and drop in the peas. Serve on one dish.

NEW ENGLAND BAKED BEANS

Wash thoroughly 1 pint navy beans, parboil in plenty of water until the skins will crack if blown upon... put into bean pot or deep enameled dish. Be sure and bake them in the water in which they have been parboiled. This is the secret of rich and nutritious baked beans. Add about 1 pound of minced salt pork. The pickled pork is much to be preferred over the dry salt pork. Add sugar to taste, as some prefer them sweeter than others. Also add a pinch of black pepper, a dash of mustard and a pinch of ginger. Be sure and keep plenty of water in them and bake from 6 to 10 hours in a steady, moderate oven. Tomato catsup can be added if the taste is desired.

BAKED BEANS

Soak 1 quart of beans over night; drain; cover with fresh cold water; add 1 teaspoon salt and cook until the skins will break easily; drain; put half of them in bean pot, put in one-half pound of salt pork with the rind scored; put in the remainder of the beans; add 2 tablespoons molasses and enough boiling water to cover well. Bake 10 to 18 hours in a slow oven, adding more water when necessary. Measurements level.

1928

Ceylon Cookery Book



W. C. T. U.

CEYLON COOKERY
BOOK

THE PRESS
OF Ceylon

Helene Eeles

W. C. T. U.

**CEYLON COOKERY
BOOK**

From Mrs Van Ryck

— 11 —

CURRY POWDER NO. 2 ✓

(Suitable for currying 1 lb. Meat)

1½ tbsp. coriander	2 tsp. small cumin
5 dry chillies	1" saffron
6 cloves of garlic	8 thin slices green
1 level tsp. pepper corns	ginger
1 tsp. large cumin	

*Roast, pound and sift.***Method** (to prepare curry)

Cut meat into slices, and salt. Add tamarind, lime juice, or vinegar, as preferred with the roasted curry powders as above.

Scrape ½ a coconut. Grind ½ of this and squeeze 1st and 2nd milk from the remainder. Add the 2nd milk to the meat. Put on fire and boil till tender. Pour off the gravy. Fry in 1 tsp. ghee or dripping, 1 oz. sliced onions and the pieces of meat. Pour back the gravy. Add the 1st coconut milk, and the ground coconut and cook over slow fire till oil rises. Add ½ tsp. sugar if desired.

— 44 —

CAKES AND SWEETS

LOVE CAKE

1 lb. rulang (or semolina)
 300 cadjunuts (or almonds)
 25 eggs 1/2 lb butter
 1 tsp. powdered cinnamon
 1 " " " cardamoms
 1 " " " grated nutmeg 2 lbs of sugar
 rind of 1 lime (or lemon)
 2 small wineglasses rose water

Method

Beat thoroughly the yolks of eggs and the sugar.
 Add the cadjunuts which have been pounded fine
 and soaked with half the rose water.

Warm the rulang and mix it with the butter
 and the spices. Mix all well together, with
 the rind of a lime cut up very fine. Beat well the
 whites of 6 or 7 eggs and add gradually to the mix-
 ture until it is fairly stiff. Add remaining rose water

Pour into flat pans which have been lined with
 buttered paper, and bake in a moderately heated
 oven.

COOK BOOK

Sponsored by

Negro Civic League

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Price 35c

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ABBREVIATIONS AND MEANINGS

t.—teaspoon.
 T.—Tablespoon.
 c.—cup.
 pt.—Pint.
 min.—Minutes.
 hr.—Hours.
 qt.—Quart.
 gal.—Gallon.
 lb.—Pound.
 ° F.—Degrees Fahrenheit.

SUBSTITUTIONS

1 square chocolate— $\frac{1}{4}$ c. cocoa.
 1 c. pastry flour—1 c. bread flour less 2 T.
 1 T. cornstarch—2 T. flour (for thickening).
 1 t. baking powder— $\frac{1}{4}$ t. soda and $\frac{1}{2}$ t. cream of tartar.
 1 c. milk— $\frac{1}{2}$ c. evaporated milk and $\frac{1}{2}$ c. water; or $\frac{1}{2}$ c. condensed milk and $\frac{1}{2}$ c. water (omit sugar in recipe); or 4 T. powdered milk and 1 c. water.
 1 c. sugar—1 c. honey and reduce liq- 3 T. and 1 t.; or 2 c. corn syrup and reduce liquid 6 T.

WEIGHTS AND MEASURES

A dash—less than $\frac{1}{8}$ t.
 2 cups—1 pint.
 4 cups—1 quart.
 3 teaspoons—1 tablespoon.
 4 tablespoons— $\frac{1}{4}$ cup.
 $5\frac{1}{3}$ tablespoons— $\frac{1}{3}$ cup.
 8 tablespoons— $\frac{1}{2}$ cup.
 12 tablespoons— $\frac{3}{4}$ cup.
 16 tablespoons—1 cup.
 4 cups flour—1 pound.
 $\frac{1}{2}$ pound nutmeats—1 cup nutmeats chopped.
 Juice of 1 medium lemon—3 T.
 $2\frac{1}{4}$ c. granulated sugar—1 pound.
 2 c. brown sugar firmly packed—1 lb.
 $3\frac{1}{2}$ cups Confectioners sugar—1 lb.
 14 egg yolks—1 cup.
 8 to 10 egg whites—1 cup.
 1 medium egg—2 ounces.
 2 cups butter—1 pound.
 2 tablespoons butter—1 ounce.

All measurements used in this book are level unless otherwise stated. Use standard measuring cups, spoons, etc. Table silverware, teacups, etc., are not standard.

- Quantities To Serve 100 -

Meat Loaf: 15 lbs. hamburger, 2 qts. bread crumbs, 3 whole eggs, 5 egg yolks, 1½ qts. milk, ½ lb. onions and 6 T. salt.

Weiners, frankfurters: 25 lbs.

Chicken: 30 lbs of dressed chicken.

Baked Ham: 2 fifteen pound hams.

Scalloped Oysters: 8 qts. oysters, 1 c. butter, 1 c. grated onions, 2 T. salt, 4 qts. milk, 8 qts. broken bread, 8 qts. broken crackers.

Corned Beef Hash: 25 lbs. corned beef, 15 lbs. cooked potatoes, 1½ lbs. onion, 4 qts. meat stock, gravy or milk.

Creamed Chipped Beef: 1 c. butter, 5 lbs sliced dried beef, 3 c. flour, 8 qts. milk, pepper to taste, 100 slices toast.

Thin White Sauce: 2 c. butter, 2 c. flour, 6 T. salt, ½ t. pepper, 9 qts. milk or 4½ qts. boiling water and 4½ qts. evaporated milk.

Corn Pudding: 2 gal. fresh or canned corn, 40 eggs beaten, 5 T. salt, ½ c. sugar, 1 T. onion juice, 4½ qts. milk, 1 c. butter, melted, chopped green peppers or grated cheese may be added for variation.

Oyster Stew: 6 gal. milk, 6 T. salt, 2 t. paprika, 4 or 5 gal. oysters, 1½ c. butter.

Macaroni & Cheese, 2 gals. broken macaroni, 4 lbs. cheese, ½ c. butter, 2 c. crumbs, 12 qts. thick white sauce.

Baked Beans: 5 qts. beans, 1½ c. molasses, ¾ c. sugar, 2½ T. each of mustard and paprika, 8 T. salt, 1½ lb. bacon or salt pork.

Scalloped Potatoes: 4 gal. sliced cooked potatoes, 6 qts. thin white sauce, ½ c. butter, 2 c. bread crumbs, ½ c. salt.

Stewed Tomatoes: 3 No. 10 cans, 3 qts. broken bread, 1½ c. sugar, 4 T. salt, ¾ c. grated onion, ¾ c. butter.

Peanut Loaf: 12 lbs. shelled peanuts (ground), added to 36 lbs. potatoes, pared, cooked and mashed. Add 12 eggs slightly beaten and 1 c. salt, 1½ t. pepper. Shape into loaves and roll in 2 qts. of buttered crumbs.

Cornmeal Mush: 4½ lbs. yellow cornmeal, 2½ gal. boiling water, 2 c. sugar, 2 c. salt. Add salt and sugar to boiling water. Add cornmeal slowly, stirring all the time. Cook three hours. Chill, slice and fry.

String Beans: 1 bushel string beans, ½ lb. butter, ¼ c. salt (or more), ¼ c. pepper.

Boiled Rice: 6½ lbs. rice, 1½ c. salt, 20 qts. boiling water.

Canned String Beans: 3 No. 10 cans string beans, ½ lb. butter, ¼ c. pepper, ¼ c. salt.

Baking Powder Biscuits, (200 biscuits): 12 qts. flour, 2 measuring cups or 32 level T. baking powder, ¼ c. salt, 3 c. shortening, about 5½ qts. milk.

Cottage Cheese Sandwich Filling: 5 lbs. cheese, 2½ c. green pepper, chopped, 2½ c. nuts, chopped, 1½ c. mayonnaise.

Egg Sandwich Filling: 4 doz. hard cooked eggs, 2 c. sifted crumbs, 4 T. salt, 1½ qts. mayonnaise, 3 T. lemon juice.

Ham Sandwich Filling: 4 lbs cooked ham, chopped, 2½ c. chopped pickles, 4 c. bread crumbs, sifted, 4 c. mayonnaise.

Cabbage Salad: 8 lbs. cabbage, 1 c. chopped pimiento, 3 c. chopped pickles, 1 c. chopped green pepper; 1½ qts. boiled salad dressing.

Potato Salad: 10 qts. boiled diced potatoes, 2 qts. celery, chopped, ¼ c. salt, 1 t. paprika, 1 qt. French dressing, 1 c. chopped parsley, 1 lb. can pimiento, ¼ c. chopped onion.

Lemonade (180 servings): 4 qts. lemon juice, 8 qts. sugar in 1 qt. water for syrup, 8 gal. water.

Hot Chocolate: 6 c. grated chocolate, 3 c. sugar, 2 t. salt, 3 gal. boiling water, 4 gal. milk, 8 t. vanilla.

Cocoa, (150 cups): 5 c. cocoa, 2 qts. cold water, 8 c. sugar, 10 qts. boiling water, 18 qts. hot milk, 1 t. salt.

Hot Tea (100 cups): 1½ c. tea, 18 qts. freshly boiled water.

Boiled Coffee, (150 cups): 12 c. ground coffee, 4 whole eggs, 5 c. cold water, 20 qts. boiling water, (2 c. cold water added to settle grounds after coffee has boiled).

Percolator Coffee: 12 c. coffee, 6 gal. water.

Plain Pastry: 4 qts. pastry flour, 8 t. salt, 4 c. cold fat, 2½ c. cold water. Yield 20 single crust or 12 double.

Butterscotch Pie Filling: Make syrup of 10 c. brown sugar and 1½ c. water. Add paste made of 3½ c. flour and 10 c. cold water, boil 1 min. Add 10 c. evaporated milk to 20 beaten egg yolks. Pour slowly into sugar mixture. Cook until mixture thickens. Stir constantly. Add 5 t. vanilla. Pour into baked pie shells. Cover with meringue and brown. Yield 10 pies.

- Canning -

BREAD & BUTTER PICKLES

12 large cucumbers.
2 c. sugar.
2 c. vinegar.
1 T. celery seed.
1 T. mustard (dry).
1 T. turmeric.
Slice cucumbers without peeling, and let stand in salt water for forty minutes. Heat liquid and other ingredients to the boiling point. Then add cucumbers and boil 10 minutes. Seal while hot. —Miss Ruth Herndon.

CORN RELISH

2 dozen ears corn cut off cob.
2 heads cabbage chopped fine.
6 pods of peppers (hot)
2 pods of green pepper.
2 T. each of white mustard seed, celery seed, ground mustard, turmeric.
2 c. vinegar.
4 c. sugar.
1 c. salt.
Mix all together. Heat to boiling and allow to boil 2 minutes. Seal in sterilized jars. —Mrs. Anna Brooks.

SWEET PICKLES

Put 1 peck (2 gal.) small cucumbers unwashed in salt brine (2 c. salt to 1 gallon soft water) for 12 days. Froth and scum indicates that they are fermenting and curing properly. Drain off. Put in cold pure water for 24 hours. Split lengthwise regardless of size. Put in kettle and cover with equal parts of water and vinegar. Add one rounded tablespoon of alum. Bring to a boil. Drain and put in a crock. Prepare a syrup made from 8 c. vinegar, 7 c. sugar, and 1 stick of cinnamon. Bring to a boil and cover the cucumbers. Each morning drain off syrup, add 1 c. sugar, heat and pour back over the cucumbers. Repeat this 9 times. Add a cup of sugar each time. Last time pack in sterile jars. Cover with syrup which is boiling hot. Put on rings and tops which have been sterilized. Seal and store. —Mrs. Era Johanson.

CANNED CORN ON THE COB

Select medium size ears of golden bantam corn (or white). Can the corn the same morning it is pulled. Silk and clean. Leave an inch stem on each ear to hold by. Add water to cover. Boil 20 minutes. Lift out of water. Put in $\frac{1}{2}$ gallon jars. Cover ears with same water it was cooked in. Add 1 t. salt and 1 t. sugar to each jar. Place in hot water bath and boil $2\frac{1}{2}$ hours.

—Mrs. J. W. Guthridge.

CANNED GREENS

Wash thoroughly. Blanch in steam 15 minutes. Cold dip. Cut in small pieces and pack or pack whole (not too tightly). Add 1 t. salt to each jar and cover with boiling water. Put on top and screw tight, then unscrew $\frac{1}{2}$ turn. Sterilize 120 minutes in hot water bath. Remove, completely seal and cool. —Mrs. Lenora Coursey.

GREEN TOMATO PRESERVES

Pour boiling water over 25 green tomatoes and remove the skins. Cut in slices and sprinkle with $\frac{1}{4}$ c. of salt. Cover with plate and let stand over night. Drain in the morning. Place prepared tomatoes in preserving kettle and add the juice and grated rind of 3 lemons, 2 lbs seeded raisins, 1 c. preserved ginger, 4 lbs. brown sugar, $1\frac{1}{2}$ c. cider vinegar. Cook slowly until thick like jam and then add 2 t. ginger, 2 T. cinnamon, 1 t. allspice, 1 t. cloves, 1 t. nutmeg tied in a bag. Add chopped nuts if you like.—Mrs. Carrie Pankey (deceased).

CANNED CORN

Cut young tender corn from the cob. Add 1 t. salt and 2 c. boiling water to each quart of corn. Boil 5 minutes. Partly seal and process for 70 minutes in a steam pressure cooker at 10 pounds or for $3\frac{1}{2}$ hours in a hot water bath. Remove from canner and seal quickly.

GOLDEN CONSERVE

4 c. diced fresh peaches.
4 c. diced fresh apricots.
2 c. crushed pineapple.
juice and rind of 1 orange.
juice and rind of 1 lemon.
5 c. sugar.
Combine ingredients and cook until thick and clear. Pour into sterilized glasses and seal with paraffin. Makes 12 glasses.

13 DAY SWEET PICKLES

Soak cucumbers in salt water 7 days. Pour water off and cover with boiling water. Let stand 24 hours. Pour off and cover with a solution of hot water and alum, 1 heaping tablespoon powdered or a piece size of walnut. Let stand 24 hours. Pour off and cover with boiling vinegar syrup. Vinegar Syrup: $2\frac{1}{2}$ qts. vinegar, 8 teacups sugar, 1 tablespoon celery seed, 1 box stick cinnamon (5c size). Pour off and heat every morning for three days and pour back on. After the fourth day they are ready for sealing in jars or for serving. —Mrs. Jessie Byrd.

1947

The Tropical Hostess

THE TROPICAL HOSTESS



1948

FAVORITE RECIPES
of
HAVANA HOSTESSES

★

We may live without poetry, music, and art;
We may live without conscience, and live without heart;
We may live without friends; we may live without books;
But civilized man cannot live without cooks.

He may live without books, —what is knowledge but grieving?
He may live without hope, —what is hope but deceiving?
He may live without love, —what is passion but pining?
But where is the man that can live without dining?

--OWEN MEREDITH

Published by the Woman's Society of Christian Service of the
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★

The recipes included in this book have been contributed by the members
of the Society and their friends.

★

First Edition 1936

Second Edition, revised and enlarged, 1947

THE TROPICAL HOSTESS

APPETIZERS AND BEVERAGES

It is nice to think
 The world is full of meat and drink
 With little children saying grace
 In every Christian kind of place.

ROBERT LOUIS STEVENSON

CHEESE BALLS FOR COCKTAIL BUFFET

Chutney (Major Gray) 1 tb. Butter 1 tb.
 Curry powder 1 t. Cream cheese 1 C.
 Freshly grated coconut.

1. Chop the chutney very fine and mix with the butter and curry powder.
2. Add cheese and mix thoroughly. Form into balls and roll in coconut.

MRS. EMERY MAY NORWEB

GUACAMOLE

Avocados 3 Curry powder 1 t.
 Cayenne $\frac{1}{8}$ t. Salt to taste
 Sugar $\frac{1}{8}$ t. Garlic juice 2 drops
 Bacon slices 5 Lemon juice.

1. Cut avocados in half (they must be fully ripe) and scoop out the pulp. Add lemon juice. Mash through potato ricer and then pass through a sieve.
2. Add the other ingredients except the bacon. Chill.
3. When ready to serve, fry the bacon and drain on paper. Crumble the crisp slices and add to the mixture. If desired, slivers of blanched almonds which have been fried golden brown in deep fat may be added.
4. Serve with buttered melba toast and celery stalks.

MRS. L. H. McMASTERS

Editors' Note: May also be served with crisp potato or green banana chips.

THE TROPICAL HOSTESS

PINEAPPLE AND CALABAZA CASSEROLE

Calabaza, diced 2 C. Brown sugar.
 Pineapple. 2 C. Minute tapioca 1 tb.
 Butter. 2 tb. Salt

1. Grate or dice the pineapple and mix with the diced calabaza, tapioca, and salt to taste. (If pineapple is diced, 1 tb. of water should be added).
2. Dot with butter and sprinkle brown sugar over the top. Cover and bake at 350° F. for 20 to 30 minutes. Remove the cover during the last part of the time so that the liquid which accumulates may evaporate.

MRS. S. A. NEBLETT

BAKED PLANTAINS

1. Place very ripe plantains, with peeling, in a baking dish in a very hot oven for 15 min.
2. Remove peeling, roll plantains in sugar, and return to the oven for 5 or 10 min. longer. Serve hot.

MRS. IRVING L. SMITH

CAMELIZED PLANTAINS

Ripe plantains. 4 Butter. 2 tbs. or more
 Sugar. ½ C. Cinnamon bark about 1 inch

1. Peel plantains and place whole in a frying pan in which the butter has been melted. Sprinkle with sugar and stick small pieces of cinnamon bark in the plantains.
2. Add 2 tbs. water to form vapor, cover the pan and cook very slowly until the plantains are cooked to the center and completely caramelized. They should be turned gradually as they cook.

SRA. JUANA SARDIÑAS DE PEREZ

PLATANOS EN TENTACION

Large, ripe plantains	Cinnamon bark
Orange juice	Sugar
Butter	

1. Peel plantains and stick a few slivers of cinnamon bark in them. Place in a buttered baking dish.
 2. Spread with butter and sprinkle with sugar. Pour the orange juice over them, about ¼ C. per plantain, and bake in moderate oven for about 45 min. until the plantains are cooked and the liquid reduced to sirup.
- Serve 1 plantain for each person.

MRS. POPLIN

1953

The Army Brats Cookbook

ARMY BRATS

COOKBOOK

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1953

The Army Brats Cookbook

THE ARMY BRATS COOKBOOK

A COLLECTION OF RECIPES COMPILED

BY

THE SAN FRANCISCO CHAPTER

OF

THE SOCIETY OF THE DAUGHTERS OF THE UNITED STATES ARMY

*Kerna Argues
presented to me by
Mary Fay Berrigan
5/54*

COMPILED AND EDITED

BY

BABA MUNTEANU

BETTY BEUTER

1953

 [Return to timeline](#) 

POULTRYARROZ CON POLLO
(CUBAN CHICKEN WITH RICE)

- 2 CUPS RICE
- 2 ONIONS CUT FINE
- 1 CLOVE GARLIC CUT FINE
- 1/2 GREEN PEPPER CUT FINE
- 1 CHICKEN DISJOINTED
- 1 CAN TOMATO PASTE
- 1 TEASPOON SAFFRON DISSOLVED IN WATER
- SALT AND PEPPER TO TASTE
- 1 PACKAGE FROZEN PEAS



FRY ONIONS, GARLIC AND GREEN PEPPER IN OLIVE OIL. REMOVE AND FRY CHICKEN A LIGHT BROWN. THEN ADD 4 CUPS BOILING WATER, COVER AND COOK SLOWLY 1 HOUR. ADD SAFFRON, SALT AND PEPPER. ADD 2 CUPS UNCOOKED RICE. COOK ABOUT 1/2 HOUR THEN ADD PEAS AND COOK 15 MINUTES. SERVE ON PLATTER WITH PIMENTOES ON TOP AS GARNISH.

COUNTRY CAPTAIN

- 3 HENS (ABOUT 4-4 1/2 LBS. EACH, CUT IN PIECES FOR SERVING. SOAK IN COLD SODA WATER 15 MINUTES AND REMOVE SKIN).
- 3 GREEN PEPPERS, CHOPPED FINE
- 4 ONIONS, MEDIUM SIZE, CHOPPED FINE
- 2 BUTTONS GARLIC, CUT FINE
- 1/2 CUP PARSLEY, CUT FINE
- 3 CANS TOMATOES
- 1/2 TEASPOON PEPPER
- 1 TEASPOON SALT
- 1/2 LB. OR MORE ALMONDS, BLANCHED
- 1 TABLESPOON CURRY POWDER
- 1/2 TEASPOON THYME
- 1 CUP CURRANTS
- DASH CAYENNE

ROLL SALTED CHICKEN IN FLOUR SEASONED WITH PAPRIKA AND FRY BROWN.

REMOVE TO ROASTER, ADD 1/2 CUP HOT WATER AND STEAM SLOWLY. TO FAT IN FRYING PAN, ADD GARLIC, ONIONS AND GREEN PEPPERS. ADD 1/2 CUP WATER AND COOK 15 MINUTES. ADD TOMATOES, SALT, PEPPER, CURRY AND THYME. COOK UNTIL SMOOTH, ADD CAYENNE AND POUR OVER CHICKEN IN ROASTER. COOK UNTIL CHICKEN IS TENDER. ABOUT 1 HOUR BEFORE SERVING ADD CURRANTS.

THIS AMOUNT TAKES ABOUT 3 LBS. RICE WHICH HAS BEEN PUT IN COLD WATER, LET COME TO A BOIL AND COOKED 15 MINUTES. REMOVE FROM FIRE, DRAIN AND PUT IN SIEVE OVER HOT WATER AND STEAM AN HOUR OR MORE. PUT RICE ON PLATTER WITH ALMONDS OVER TOP. PUT CHICKEN AROUND RICE AND POUR SAUCE IN ROASTER OVER ALL.

EAST INDIAN CURRY

1 STEWING CHICKEN

1 BAY LEAF

2 LARGE ONIONS

PUT CHICKEN WITH BAY LEAF AND ONIONS INTO A LARGE POT, COVER WITH WATER AND SIMMER UNTIL DONE.

WHEN CHICKEN IS DONE, LIFT IT OUT OF POT TO COOL AND STRAIN THE CHICKEN BROTH TO USE IN THE CURRY SAUCE.

WHEN CHICKEN IS COOL, SEPARATE FROM THE BONE. (DON'T CUT INTO SMALL PIECES - IT IS MUCH NICER TO HAVE LARGER PIECES OF CHICKEN IN THE CURRY SAUCE.)

CURRY SAUCE:

2 LARGE ONIONS, CUT FINE

3 APPLES CUT INTO SMALL PIECES

3 TABLESPOONS OF FLOUR

1/2 CUP RAISINS

1 SLICE OF LEMON PEEL

3 TABLESPOONS OF CURRY POWDER, HEAPING



COOK ONIONS IN BUTTER IN LARGE FRYING PAN UNTIL TRANSPARENT. ADD APPLES TO ONIONS AND COOK UNTIL THEY BEGIN TO LOSE THEIR CRISPNESS. REMOVE FRYING PAN FROM FIRE AND STIR FLOUR IN WITH APPLES AND ONIONS. ADD CHICKEN BROTH TO FLOUR PASTE AND COOK UNTIL YOU HAVE A THICKENED SAUCE. ADD LEMON PEEL, RAISINS AND AT LEAST 3 TABLESPOONS OF CURRY POWDER. (MORE CURRY IF YOU LIKE YOUR SAUCE

NASI GORENG
(INDONESIAN FRIED RICE)

2 RED PEPPERS, SLICED . (TABASCO OR CRUSHED RED PEPPERS TO TASTE MAY BE USED, FRESH OR PRESERVED. THE FRESH OR PRESERVED PEPPERS ARE PREFERABLY TO THE TABASCO)

1 LARGE ONION

1 TEASPOON TRASI (A SHRIMP PASTE OBTAINABLE IN HERB STORES)

2 CLOVES GARLIC

BOILED RICE

1 TABLESPOON BUTTER OR MARGARINE

SALT TO TASTE

MIX SPICES TOGETHER. FRY ALL INGREDIENTS EXCEPT THE RICE IN 1 TABLESPOON BUTTER OR MARGARINE. COOKED DICED MEAT MAY BE ADDED. ADD RICE, STIR AND FRY UNTIL HOT. MIX CONSTANTLY TO PREVENT STICKING TO PAN. THIS DISH CAN BE DECORATED WITH THE INDONESIAN OMELETTE SLICED FINE, FRIED ONIONS AND SCALLIONS. (SEE "EGGS" FOR THE INDONESIAN OMELETTE). COOKED SHRIMP MAY BE USED INSTEAD OF THE MEAT. SAVE SOME OF THE SHRIMP TO DECORATE THE DISH.

SPANISH ENCHILADAS

12 MACHINE MADE TORTILLAS

2 TABLESPOONS CHILI POWDER

1/2 TABLESPOON SALT

1 1/2 CUPS WATER

1/4 LB. CHEESE

2 MEDIUM ONIONS

1 CUP PLUS 1 TABLESPOON OIL OR SHORTENING

STEP 1

TO MAKE CHILI SAUCE:

IN 1 TABLESPOON OIL DISSOLVE 2 TABLESPOONS CHILI POWDER. ADD SALT. SIMMER 1 MINUTE.

STEP 2

GRATE CHEESE. CHOP ONION VERY FINE. COMBINE.

STEP 3

DIP TORTILLAS IN 2 TABLESPOONS SALT DISSOLVED IN 2 CUPS WARM

WATER. DRAIN.

STEP 4

PLACE 1 CUP OF OIL IN SKILLET AND HEAT. LEAVE ON LOW FIRE TO RETAIN THE SAME TEMPERATURE.

DIP THE DRAINED TORTILLAS IN HOT OIL AND LET STAND FOR A FEW SECONDS; THEN TAKE OUT AND PUT IN PAN WITH CHILI SAUCE THAT HAS BEEN LEFT ON LOW FLAME. LET SIMMER A FEW SECONDS THEN REMOVE AND PLACE ON PLATTER. MAKE A NEAT ROW OF CHEESE AND ONION MIXTURE ALONG SIDE OF TORTILLA AND ROLL. PUT EACH TORTILLA THROUGH SAME PROCESS. (AS OIL IS USED ADD MORE SO EACH TORTILLA IS COMPLETELY COVERED WHEN PUT IN SKILLET). (ADD WATER TO CHILI SAUCE AS IT BOILS DOWN). SERVE HOT. SERVES 6.

SQUASH 'CAJUN STYLE
(A LOUISIANA FAVORITE)

2 OR MORE LBS. OF SQUASH (SUMMER OR YELLOW)

SALT TO TASTE

BUTTER OR MARGARINE

1 ONION (LARGE SIZE IS BEST)

CLEAN AND QUARTER SQUASH. COOK IN SALTED WATER UNTIL TENDER WHEN POKED WITH FORK. NOT TOO TENDER OR ALL THE LIFE IS GONE. DRAIN SQUASH. SALT AND PEPPER TO TASTE AND ADD A LITTLE BUTTER. CHOP ONION AND BROWN IN A LITTLE MORE BUTTER IN FRYING PAN. THEN PUT SQUASH INTO THE PAN WITH THE ONION AND COOK IT OVER A LOW FLAME UNTIL READY, NOT MORE THEN 10 MINUTES.

SWEET POTATO PUFF

1/3 CUP BUTTER, MELTED

1 CAN SWEET POTATOES, DRAINED AND MASHED

1/4 TEASPOON GRATED LEMON PEEL

1/2 TEASPOON SALT

1/4 CUP SHERRY

CAYENNE

JUICE OF 1 ORANGE



1957

Mountain Makin's in the Smokies

\$2.29

MOUNTAIN MAKIN'S

in the Smokies

a cook book



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1957

Mountain Makin's in the Smokies

Mountain Makin's
in the Smokies

a cookbook

Published by
The Great Smoky Mountains Natural History Association
1957

HUNTER'S CORNMEAL CAKE

1 cup cornmeal

$\frac{1}{4}$ cup fat

$\frac{3}{4}$ teaspoon salt

Pinch of soda

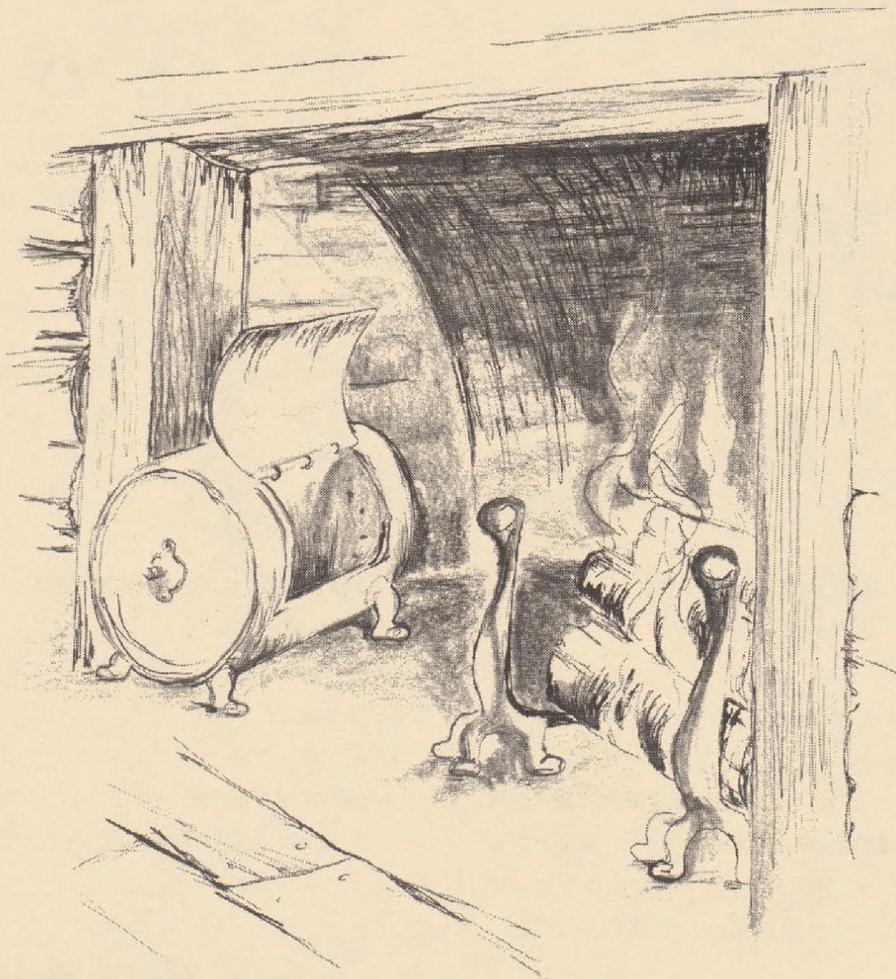
Add baking powder if you have it; if not bake without

Hot water enough to make a thick dough

Have a nice clean board, oak or birch. Place dough on board and place before an open fire and bake.

My husband used to go hunting before there was a National Park, and this is how they made bread in the mountains.

Mrs. Ben C. Fisher



HONEY SALAD DRESSING

¼ teaspoon dry mustard

½ teaspoon paprika

½ teaspoon salt

¾ cup salad oil

¼ cup honey

¼ cup vinegar or lemon juice

Combine dry ingredients. Blend in honey and add vinegar slowly. Add oil slowly and beat well. Shake well just before serving.

Mrs. J. O. Morrell

HOT CIDER TODDY

⅔ cup strained honey

7 cups cider

1 apple

Whole cloves

1 orange

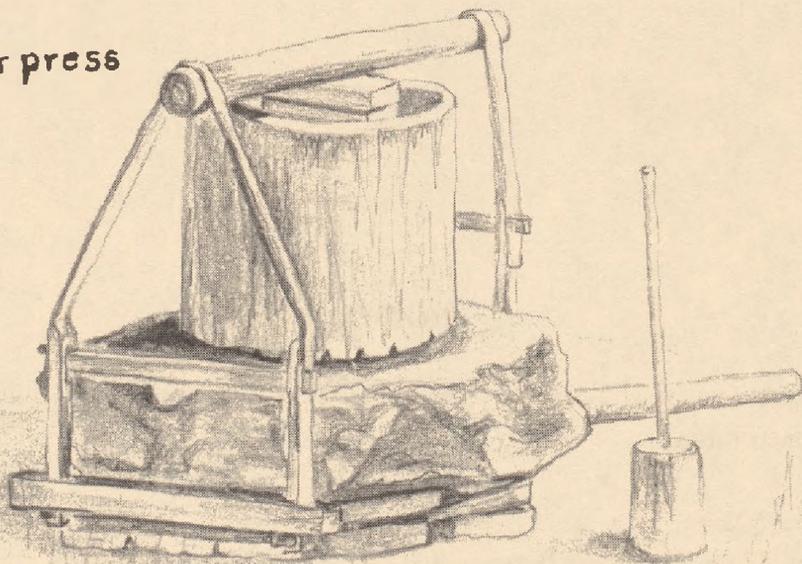
1 teaspoon grated orange rind

2 cups orange juice

Mix honey and 1 cup of cider well. Add rest of cider. Stud the apple and orange with cloves. Add to cider and heat. Add rind and juice, and heat for about 2 minutes longer. Serve piping hot.

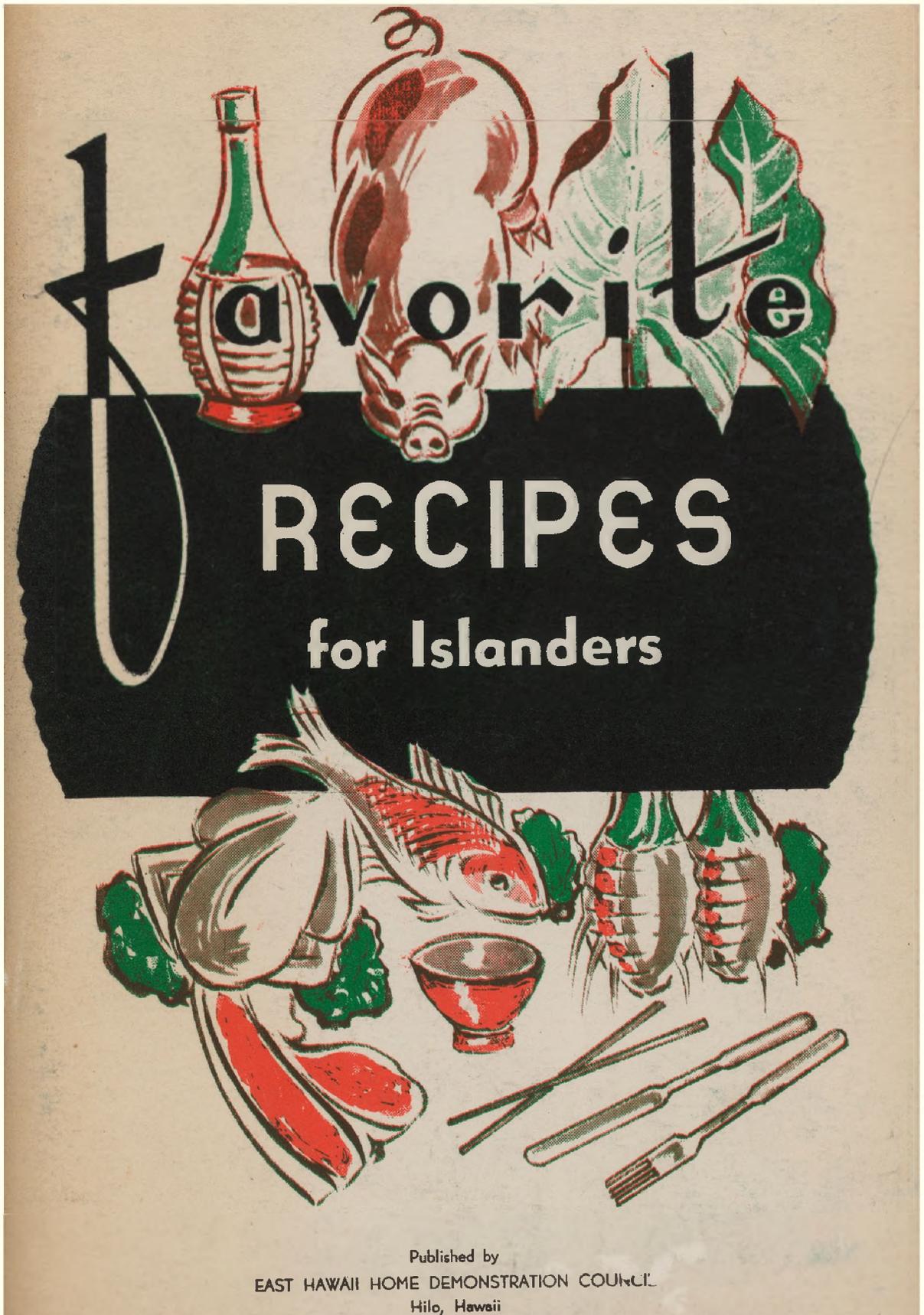
Mrs. J. O. Morrell

cider press



Between
1960 and 1972

Favorite Recipes for Islanders



Return to timeline

Favorite recipes of members of the East Hawaii University Extension Clubs were compiled through the generosity of contributors. The committee acknowledges with deep appreciation, all contributions sent in to make this book possible. We earnestly hope that you will derive much enjoyment through the use of this book.

COOK BOOK COMMITTEE

Mrs. Masae Saito, chairman

Mrs. Iwalani Kamoku

Miss Fumiko Fukumori

Mrs. Yukie Higashi

Mrs. Henrietta Pestrella

Mrs. Kayono Koike

All proceeds from the sale of this cook book shall belong to the East Hawaii Home Demonstration Council treasury.

HAWAIIAN DISHES

HAUPIA

2 T cornstarch 1/8 tsp salt
3 T sugar 2 c coconut milk

To make coconut milk: Pour 2 cups boiling water over 4 cups grated coconut; let stand 20 minutes, strain and measure coconut milk.

Make a smooth paste of dry ingredients and 1/2 cup of coconut milk. Add remaining milk, and cook on low heat; stirring rapidly. Cook until clear and thick enough to coat spoon. To avoid curdling be sure to use low heat. Pour into shallow pan; and set in cool place until firm.

For thick haupia or one which will hold its shape when cut, increase the cornstarch to 2 1/2 T.

BANANA PUDDING

Mrs. Mona Hao - Hualani

2 hands half-ripe bananas
Juice of 6 grated coconuts, strained
1 c honey

Mash bananas, add honey. Blend in coconut juice to make a soft dough. Place dough in ti leaves, dividing dough into 6 parts. Make into 6 bundles and steam for an hour or more. This will make 6 servings.

DUMPLING IN COCONUT JUICE

Mrs. Rose Hanoa - Hualani

4 c coconut juice 3/4 c coconut juice
2 c flour

Grate 4 or 5 coconuts. Strain. Measure and if not enough add water to make 4 3/4 cups juice. Boil juice (4 cups). Mix 3/4 cup juice with flour to make a soft dough. When juice is at boiling point, drop dough by teaspoon into juice and cook until done. Add sugar to taste.

BARBECUED KOALA MEAT

Mrs. Mildred Kaneta - Paukaa

1 piece koala meat (about 3#)
Short ribs may be substituted
4 T shoyu 1 piece ginger
2 1/2 T sugar 3 stalks green onions
2 cloves garlic

Grate garlic and ginger and add to shoyu and sugar mixture. Cut meat into sections and dip in sauce. Simmer on low flame for 2 1/2 hours.

Add green onions before serving. If liquid disappears before end of cooking, add small amount of water.

JAPANESE DISHES

SCRAMBLED EGGS WITH SHRIMPS

Mrs. Fusae Nakakura - Haina

5 eggs
1/2 c chopped green onions

1 c shrimps
1/2 tsp salt

Beat eggs and add salt. Grease pan and add eggs with shrimps. Add green onions when almost done. Fry until thick.

BEAN SPROUTS

Mrs. Fusae Nakakura - Haina

1/4 c meat
2 T shoyu
1 tsp fat
2 c bean sprout

1 tsp salt
Garlic
Ginger

Wash bean sprouts. Chop meat. Melt fat. Add salt. Add meat and fry until done. Add bean sprouts. Season.

FRIED STEAMED MULLET

Mrs. Jessie Kaukali - Paukaa

Clean and make two slits on each side of the fish. Season fish thoroughly with salt.

Then fry the fish in hot greased pan until nice and brown on both sides.

Remove fish and place in a pan or platter. Over the fish grate a clove of garlic and a piece of ginger root. Then gently pour over fish, the barbecue sauce. Lastly, sprinkle finely chopped green onions.

Place all in a steamer, and steam for a few minutes (3-5 minutes). Serve with hot rice.

To make barbecue sauce:

1/2 tsp prepared mustard
1 tsp sugar
1 T catsup

1/4 tsp vinegar
1/2 tsp Worcestershire sauce
3 T shoyu

Mix all together. More sauce may be used. The size of the fish will vary amount of sauce too.

STEAMED MULLET

Mrs. Thomas N. Saito - Houselots

1 1/2 lb mullet or
other small fish
1/2 medium-sized carrot,
shredded
4 slices onion
4 slices tomatoes

4 slices lemon
1 small ginger root,
minced or grated
2 T shoyu
1 tsp ajinomoto

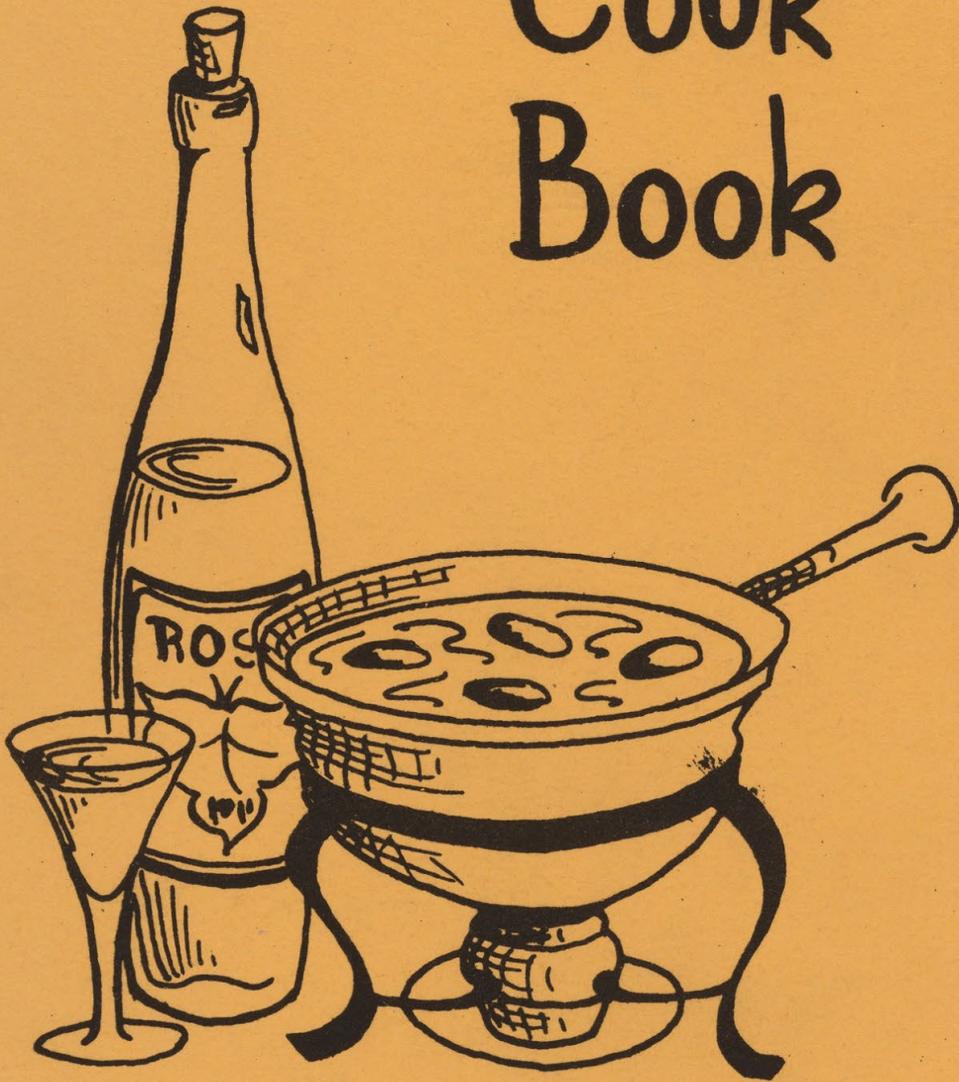
Have the fish cleaned and salted inside and out. Lay it on an oblong platter. Top with slices of tomato, lemon, and

1965

International Cook Book

International

Cook Book



International Student Association

INTERNATIONAL COOK BOOK

1965 Edition

We would like to express our appreciation to the wives of the I.S.A. Cooking Classes, and all the other wives and friends who so generously contributed their special-favorite recipies to the 1965 Edition of our Cook Book.

Many recipies were difficult in their telling, as their creators cook by handful, pinches, etc. As one student explained it, " We don't have recipies where I come from. If a girl doesn't learn how to cook from her mother, too bad. "

Special thanks to the members of the I.S.A. Wive's Committee who gathered the recipies and worked over them to make them understandable to all (hopefully).

A few of the best recipies from the past edition are included, most of them revised. We hope you will find these recipies good material for experimentation. Some of them will require adjustments here and there to suit your talents and palate.

International Student Association
of Greater Boston
33 Garden Street, Cambridge 02138, UN4-1600

RICE AND PEAS - Jamaica

1/2 cup red peas or gungo peas (kidney beans)	
2 cups rice	escallion
1 pint coconut milk	salt
salt	pepper

Place peas in 1 1/2 pints cold water and boil until tender. Add coconut milk, seasoning and salt to taste. Allow to boil briskly for five minutes. Add rice, stir with a fork. Cover and simmer until tender and water has dried out. Serves 6.

Coconut milk:

Wash grated coconut with hot water. Mash and strain.

PELLAU - Pakistan

2 cups chicken broth	3 cardamon seeds
1 package frozen peas	2 whole cloves
1 cup rice	1 cinnamon stick
nuts or fried onion rings	

Put frozen peas in saucepan with chicken broth and bring to a boil. Add rice and spices. Simmer until water is absorbed, about 20 minutes.

Serve garnished with hard boiled eggs, and sprinkle nuts or onion rings on top.

SWEETS

BEZ-BOOSA - Egypt

3 cups farina	1/4 cup grated coconut
2 cups sugar	1/4 pound ground fil-
1 pound melted butter	berts (hazelnuts)
1 1/2 cup water	1 1/2 - 2 cups syrup

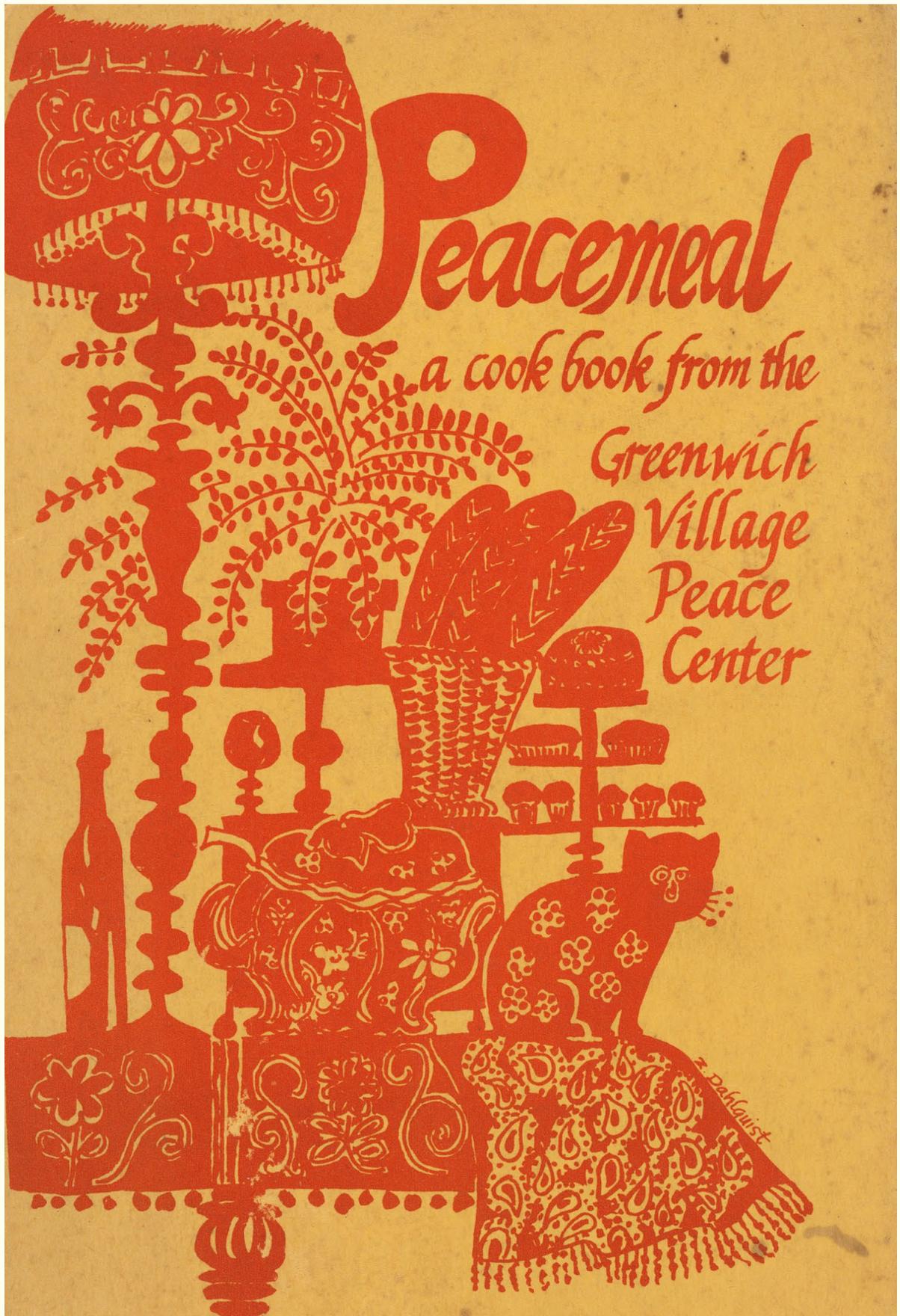
Melt butter. Mix farina and sugar and add 3/4 of the melted butter. Add coconut and filberts. Put in two 8-inch diameter cake pans and pour rest of melted butter on top. (Place almond halves on top for decoration)

Bake in 400 degree oven for 1/2 hour. Turn oven down to 250 degrees and bake for 1 1/2 hours more. If top is not browned, place under broiler briefly. Pour syrup over bez-boosa immediately upon taking out of the oven. This sweet will last for a long time at room temperature. In Egypt it is eaten with cream, so thick it is the consistency of butter.

Syrup:

2 cups sugar	1 1/2 cups water
	juice of 1/4 lemon

Add sugar and lemon juice to water and put over low heat. Stir until sugar is dissolved and liquid is clear. Bring to a boil and boil for about 10 - 15 minutes. When cool, syrup should be slightly thinner than honey.



Because I believe in the oral tradition in literature, I have been opposed to cookbooks. But I must concede I missed my chance. My mother and grandmother died silent and intestate—as far as borscht and apple pie are concerned. Or is it possible that I wasn't listening, that I was down the block drinking chocolate sodas and watching gang fights which, in my part of the Bronx, raged between the kids of the Third and Fourth International?

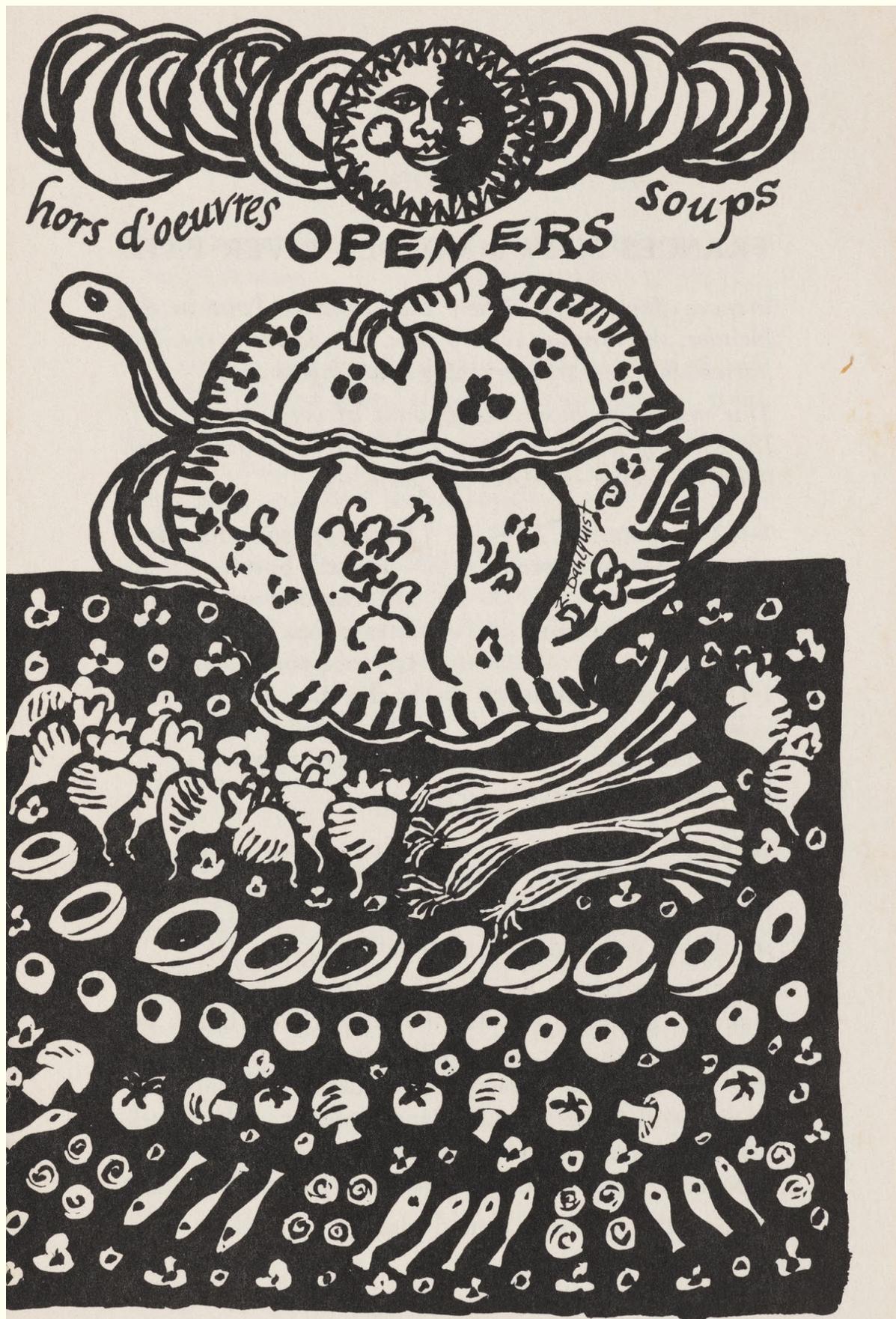
After that there was the war, then at last the daily life of grown-ups for which supper is prepared every night. I entered that world without a cookbook, but with an onion, a can of tomato sauce and a fistful of ground chuck. If I have progressed beyond that worried moment, it is not due to cookbooks but to nosiness and political friendships.

I know lots of these recipes, because in the 45 minutes between work and a Peace Center meeting I have often had to call Mary or Karl and ask, "How the hell did you say I should do that fish?" I have also gathered some hot tips at the Resistance dinners which we served once a week at the Peace Center to about a hundred young men who were *not* going to be part of the U.S. plan to torment and murder the Vietnamese people.

Certainly this cookbook is for people who are not so neurotically anti-authoritarian as I am—to whom one can say, "Add the juice of one lemon," without the furious response: "Is that a direct order?" This leads to the people who made this book. We are a local Peace Center in a public neighborhood. We have lived and worked in basements and lofts, churches and storefronts, and are now at St. Luke's Church.

Although I have not been very useful to the writing and editing of this cookbook, I now see it as a sensible action—since it's impossible to invite *everyone* to supper.

Grace Paley





peacemeal special:

THE POLITICS OF SOUP



Long ago in my early Village days, I chose a way of life that is currently fashionable—a life of poverty, loose ways, an alternate life style, communes. As many as 18 people lived all in one place, a one-room apartment with kitchenette. We pooled resources in order to eat, 18¢ from this one, 22¢ from that, enough to purchase the makings of a giant pot of soup.

I wasn't the soupmaker in those days; an elderly, Venetian transvestite did marvelous, mysterious things with a few greens, a drop of wine, a tomato or two. Dead now—the recipes unfortunately died with her/him. But while I didn't know how to cook it, I learned to value the life-giving qualities of soup, the sociability of a big pot bubbling on the stove, the political aspects, although in those days politics wasn't my bag. But it seemed to me then as it does now that soupmaking was a radical act, for to live cheaply and simply is the dream of every revolutionary.

Not quite a revolutionary, I have become political and my political life has frequently taken me into the kitchen. At the Peace Center, we cooked soup on various occasions, for draft counselor dinners and for draft resisters, at conferences, meetings, following actions in the dead of winter. It was these times when we shared a meal, a bowl of something hot and hearty, that kept us during the long, ugly, savage war, from total despair.

Sybil Claiborne

MINESTRONE

This soup is very satisfactory for a main course winter supper, served with a loaf of good Italian bread.

soup greens (2 carrots, celery with tops, onions)	1/2 pound zucchini, diced
2 cloves garlic, minced	1/2 pound green beans, cut in small pieces
1 pound or more shin beef and beef bone	1 small head cabbage, shredded
2 quarts water	20-ounce can chick- peas, drained and rinsed
1 tablespoon salt	pasta
1-pound can stewed tomatoes	grated Parmesan
1/2 cup parsley, minced	

Cut up soup greens. In a large soup kettle, put greens, garlic, beef. Add water, salt. Bring water to boil. Lower heat. Skim. Then simmer, covered, for about 2 hours.

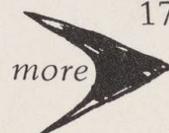
Add tomatoes and parsley. Simmer for another hour. Add zucchini, green beans, cabbage. When vegetables are done, remove meat and any loose bones. Strip meat from bones, cut in bite-size pieces and return to pot. Add chickpeas and continue cooking until peas are heated through. Taste for seasoning.

In the meantime, cook about 4 ounces of small pasta according to package directions. Serve soup over a heaping spoonful of pasta. Pass a bowl of Parmesan cheese. If any pasta is left at end of meal, add to soup and serve another day.

VARIATION—SWEET AND SOUR

When adding the tomatoes to the minestrone, also add juice of 1 large lemon and 2 tablespoons sugar. Keep tasting to get the right balance of sweet and sour. You may need a little more lemon or a little more sugar. Omit the chickpeas. Serve with pumpernickel bread.

17



1974

The Zucchini Cookbook



ZUCCHINI

COOKBOOK

compiled by

PLANNED PARENTHOOD
of Santa Cruz County

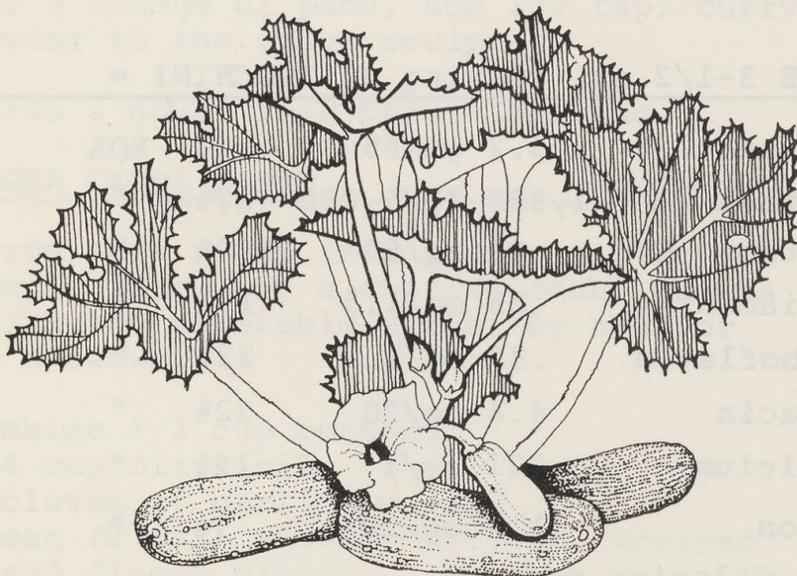
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HOW IT BEGAN!

THE PLANNED PARENTHOOD ZUCCHINI COOKBOOK started as a humorous fund raising idea, almost dismissed as "too silly"--and suddenly the idea caught fire. We began talking "zucchini" and friends throughout the community told us of their favorite recipes. Many of the "originals" have been improvised and improved on by cooks over the years.

First printed in 1973, this cookbook has succeeded beyond our original expectations with over 10,000 copies sold up and down the Pacific Coast. Requests for copies came from all over the United States. We offer our thanks to those who responded with such enthusiastic support.

With this third edition, revised, enlarged, indexed and newly illustrated, we hope that you will find both it attractive and easy to use, and worthy of your continued support. For within these pages you will discover some tempting and definitely delicious way to prepare that versatile vegetable, ZUCCHINI.



BAKED

Extra zucchini can easily be stuffed into favorite family casseroles. These hearty main dishes can be expanded to feed a company crowd - by throwing more zucchini into the pot!

ZUCCHINI-MEAT LOAF

Serves 8

This is an especially flavorful meatloaf.

Run through a food grinder:

2 small zucchini

2 medium onions

Saute the vegetables in:

1 tbsp. salad oil

Add, and simmer until tender:

2 med. tomatoes, peeled and chopped

Heat to lukewarm:

1/4 cup milk

Soak for 5 minutes in milk:

1 slice day-old bread, cubed

Stir into milk mixture:

1 egg, slightly beaten

1 tsp. Worcestershire sauce

1 small clove garlic, minced

1 tsp. salt

1/2 tsp. pepper

Add the sauteed vegetables and blend well.

Add and blend together thoroughly:

1 lb. ground beef

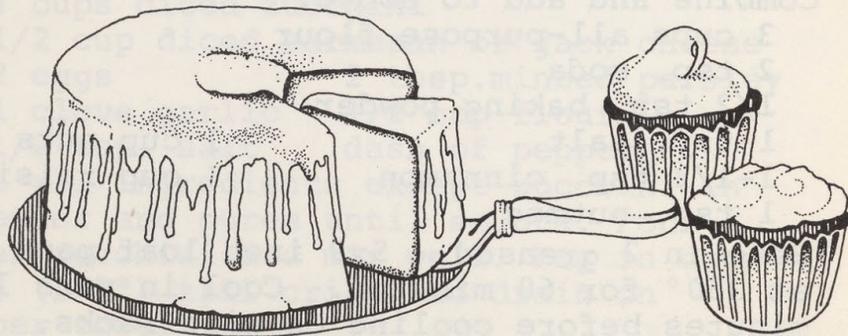
1/4 lb. ground pork

Pack into a 9x5 loaf pan. Let stand for at least an hour before baking so flavors blend. Bake at 325° for 1-1/2 hours. Let stand 10 minutes after taking from oven before serving.

SHERRY ZUCCHINI CAKE

3 cups sifted all-purpose flour
2 tsp. cinnamon
1-1/2 tsp. soda
1-1/4 tsp. salt
1 tsp. baking powder
1 cup salad oil
2 cups sugar
3 eggs
2 tsp. vanilla
2 tbsp. sherry
2 cups grated zucchini
1 tsp. grated lemon peel
1-1/2 cups chopped nuts
1 cup seedless raisins or chopped dates

Combine flour, cinnamon, soda, salt and baking powder, mixing well; set aside. Beat together salad oil and sugar; add eggs, one at a time, beating well after each addition. Add vanilla, sherry, zucchini and lemon peel; stir to blend. Fold in nuts and raisins. Turn into well greased 10-inch angel food cake pan or 9-inch bundt pan. Bake in 325° oven for 1 hour and 15 minutes, or until done. Let stand in pan for about 5 minutes then turn out on rack to cool. When cool, wrap and freeze. If desired, just before serving, drizzle on Vanilla Glaze: Mix together 1-1/2 cups sifted powdered sugar, 1/8 tsp. salt, 1 tbsp. soft butter and about 2 tbsp. light cream or sherry.



Elizabeth H. Brown

Circa 1987

Humane Society Cookbook

ELIZABETH H. BROWN HUMANE SOCIETY COOKBOOK



WITH PET CARE INFORMATION & RECIPES

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Circa 1987

Elizabeth H. Brown
Humane Society Cookbook

Elizabeth H. Brown Humane Society Cookbook



Including
A Pet Care Guide

Cover Photo: Jennie Krutilla, Ohio
Illustrations: Robin Rothman, Danville, Vt.
Pet Guide Photo: Richard Brown, Peacham, Vt.

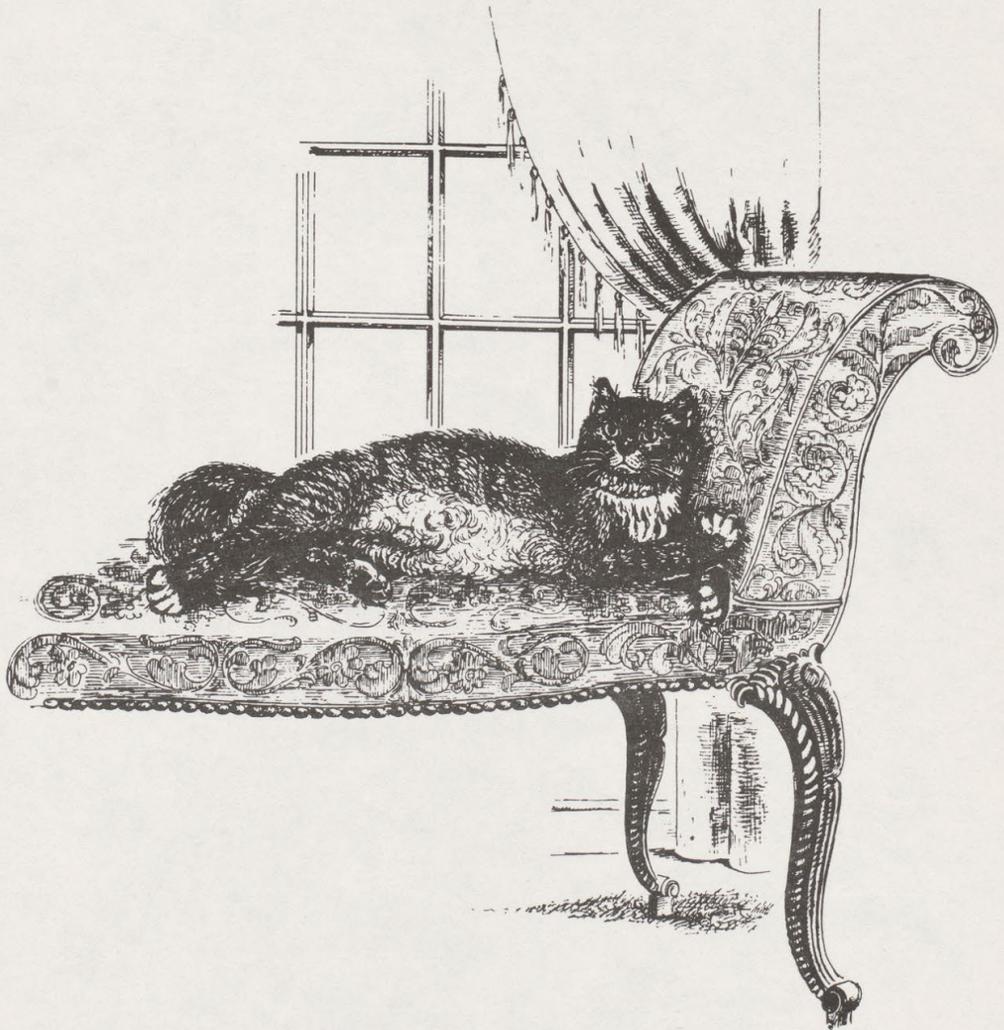
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Circa 1987

Elizabeth H. Brown
Humane Society Cookbook

The Pampered Pet



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FATTY MEAT MENU (Cat)

Dr. Pitcairn

1/4 c. cooked brown rice (or barley, bulgur or millet)	2 Tbsp. grated or chopped vegetables
1/3 c. (2 - 3 oz.) regular ground hamburger or fatty meat	1/3 c. creamed cottage cheese supplements as recommended

Warm up rice in saucepan or steamer. Add meat and vegetables if they are to be cooked. Mix in cottage cheese and supplements.

Yield: 1 cup.

DAIRY DELIGHT FOR CATS

Dr. Pitcairn

1 tsp. oil	1 Tbsp. grated or chopped vegetables
1 medium egg	vitamin/mineral supplements as desired
1/3 c. cooked brown rice	
1/2 c. creamed cottage cheese	

Add oil to warm skillet. Scramble egg and supplements lightly, then mix in other ingredients. Warm slightly. Serve.

Yield: 1 cup.

Note: Cooked bulgur, barley or millet can be substituted for rice; 2 1/2 tablespoons fatty meat can be used instead of the egg and 6 ounces tofu may be used in place of cottage cheese.

CAT OMELET

Dr. Pitcairn

1 Tbsp. nonfat dry milk	2 Tbsp. bean sprouts or grated or chopped vegetables
3 medium eggs	vitamin/mineral supplements as desired
3 Tbsp. dry-curd cottage cheese	

Mix milk with a little water and beat with the eggs. Turn into a hot greased skillet. When bottom of mixture is cooked, turn it over and place cottage cheese, vegetables and supplements on top. When firmly set, fold over and serve or scramble together all at once.

Yield: 1 cup.

VEGETARIAN DOGGIE CRUNCHIES

Dr. Pitcairn

4 c. chicken scratch or 7 grain cereal mix	1/2 c. buckwheat or whole wheat flour
2 c. soy flour or 1 c. soy grits	1/2 c. oil

4 eggs	1 Tbsp. nutritional yeast
1 Tbsp. kelp powder	1/2 tsp. codliver oil
1 Tbsp. bonemeal or 2/3 Tbsp. dicalcium phosphate	400 I.U. vitamin E

Soak scratch and soy grits (if used) overnight or a few hours. Drain off part of water, leaving enough to grind the mixture in blender until smooth. Mix in remaining ingredients. Spread thinly on oiled cookie sheets. Bake at 350° for 30 minutes or until toasted but not browned. If too soft, let dry in oven with heat off. Break into bite-sized pieces. If fed regularly, supplement with fresh foods (meat, table scraps, sprouts, etc.).

CAT & DOG CRUNCHIES WITH MEAT

Dr. Pitcairn

1 lb. ground chicken necks and gizzards (or other suitable meat)	3 Tbsp. bonemeal (or 2 Tbsp. dicalcium phosphate)
1 can chopped mackerel	1 Tbsp. sea salt or 2 Tbsp. kelp powder
2 c. full fat soy flour	4 Tbsp. oil or fat
2 c. whole wheat flour	1 Tbsp. codliver oil
1 c. rye flour	3 cloves garlic, minced
1 c. cornmeal	400 I.U. Vitamin E
1 c. wheat germ	1/2 c. chopped onion (optional)
1 c. nonfat dry milk	1 qt. water
1/4 c. alfalfa powder	1/2 c. nutritional yeast

Mix all ingredients together, except yeast, to make a fine dough. Spread flat on cookie sheets and roll to 1/4 - 1/2 inch thickness. Bake at 350° for 30 - 45 minutes. Break into bite-sized chunks when cool and sprinkle with yeast. (For cats, can cut into small squares or ribbons before baking.) Store in airtight container. Keep 2 or 3 days without refrigeration, longer with. If fed on a very regular basis, supplement with bits of fresh food such as meat, table scraps, sprouts or chopped vegetables.

WHEAT OR RYE CRISPS

Dr. Pitcairn

1 c. whole wheat or rye flour	1/3 c. water
1/4 c. soy flour	1/2 tsp. bone meal
3 Tbsp. lard or oil	

Mix flours. Mix oil or lard with water. Add liquid to flour and mix well. Roll out on cookie sheet and bake until golden brown at 350°. Break into bite-sized chunks (or precut with cookie cutter before baking).

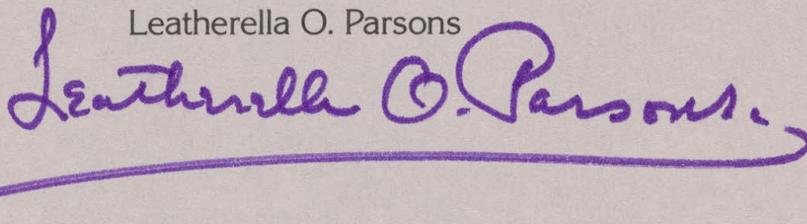
Dear Friends,

Those clever children at the International Association of Lesbian and Gay Pride Coordinators have asked me to start a Cookbook for them. Well, you know how I *love* to start things, so I agreed. Firstly, *thank you!* Your support of this marvelous collection benefits the IAL/GPC and, if you bought it locally, a Gay and Lesbian related organization in your area.

My thanks to all of you who sent in recipes! I had feared 47 lasagna and 226 onion dip recipes, but the diversity is staggering. I gained a kilo or two just reading them. This book proves the theory of a dear, dear friend, Primavera Supulveda, who says Gay men and women all have “abbondanza-mania” — that is knowing it is a sin to let a guest see the bottom of a casserole or serving platter, so many of these recipes will feed many.

Special thanks to Jon Dehart, Bryon Predika, P-Flag of Rockford, Illinois, Gigi, Barbara and Lynn Lavner for being so generous and great! I can only say that Marie Antoinette knew what she was talking about; although there are some deceptively healthy recipes. I won't say which ones for fear you won't try them. So pick a page, any page — cook, eat, and until the next time we meet, love yourselves and love each other, cause that's what we're all about! I love you all very, very much!

Leatherella O. Parsons



This book is dedicated to Turkey, Jimmers, Walter and so many others who have taken the second star to the right and gone on directly til morning.

We are gaining ground daily, but the number of recipes which came unsigned or signed with an obvious alias, let us know how many, for one reason or another, are still in the closet. Let's hope this book gives us all a bit of courage.

.....

PASTA WITH VODKA

1 1/2 lb. pasta, cooked
 7 Tbsp. butter
 6 Tbsp. vodka
 1 c. heavy cream
 3/4 tsp. hot pepper flakes
 1 scant cup tomato puree
 1 tsp. salt
 1 c. parmesan cheese

Melt the butter, add the pepper and vodka. Simmer for 2 minutes. Add the puree and cream. Simmer for 5 minutes. Add salt and cooked pasta while still at simmer. Toss, add cheese and mix well. Simmer until heated through.

Dick Parrinello, New York

CHOCOLATE PASTA

3 c. flour
 2 tsp. oil
 4 Tbsp. unsweetened cocoa
 FOR THE SAUCE:
 1 med. red onion
 3 stalks celery
 10 sprigs parsley
 1/2 c. olive oil
 1 c. red wine
 1/2 c. red wine vinegar
 2 Tbsp. pine nuts
 1 1/2 tsp. semi-sweet chocolate morsels
 4 extra large eggs
 a pinch salt
 2 carrots
 1 clove garlic, minced
 4 oz. pancetta
 1 lb. ground beef
 1 c. mashed tomatoes
 4 Tbsp. currants
 1 Tbsp. sugar

Proceed to make pasta by your usual method.

Chop onion, carrots, garlic, parsley, celery, and pancetta finely and saute in the olive oil over low heat for 15 minutes, stirring occasionally. Add the beef, break it up, stir and, when no longer red, add the wine, allow to evaporate, (about 15 minutes). Add the tomatoes, salt and pepper to taste, and simmer for 25 minutes.

In a bowl, put the vinegar, pine nuts, currants, sugar and chocolate chips. Mix and let rest for 20 minutes. When sauce is finished, add chocolate mixture and simmer for 5 more minutes. Pour on cooked pasta and serve.

Dolly Spacone

AVOCADO PASTA

3 1/2 c. flour
 3 very ripe avocados
 2 Tbsp. butter
 1/2 tsp. salt
 2 c. heavy cream
 red bell pepper strips, blanched for garnish
 1/4 tsp. salt
 3 eggs
 1 clove garlic, minced
 1/2 tsp. pepper
 3 Tbsp. parmesan cheese

PASTA: Put the flour and salt in a large mixing bowl. In another bowl, mash one of the avocados, which has been peeled and cubed. Stir in the eggs with a wooden spoon. Add the avocado mix to the flour and blend thoroughly in a bowl, or food processor. Turn out on a floured board and knead by hand for 5 minutes. It will be very soft so sprinkle it often with flour. Using a pasta machine, or by hand, roll into very thin sheets. Cut into 1 1/2 inch squares. Lay them on a cookie sheet and chill them in the freezer for 30 minutes.

Bring a large pot of water to boil. When squares are firm, drop them in and boil for 3 minutes. Drain. Return to the pot, add the butter, garlic, salt and pepper, cream, the two remaining avocados, peeled and cubed.

Sprinkle with cheese and stir gently over medium heat until hot.

Transfer to serving bowl. Toss with more cheese, garnish with red pepper strips which have been blanched for garnish, and enjoy.

Briney Deep, Pasadena, California

TURKISH COFFEE

*1/2 c. sugar
4 1/2 c. water*

*6 Tbsp. black-roast
pulverized coffee*

Mix the coffee and water and sugar and bring almost to a boil three times. Serve in tiny cups. Don't be upset if there is a muddy sediment in each cup. There is supposed to be, no matter how many times you strain the damned stuff. Liberace liked it, so I include it here.

Leatherella O. Parsons

GEOFFREY'S SNAKE BITE PUNCH

*1 1/2 c. sugar
8 c. dry white wine
1/2 tsp. bitters
1 1/2 c. diced fresh fruit
2 c. pineapple, canned or fresh*

*2 c. lemon juice
2 qts. dark rum
1 c. maraschino cherries
orange slices for garnish*

Mix all the ingredients except for the orange slices in a punch bowl and put it in the freezer overnight. An hour before serving, remove the bowl from the freezer and garnish the punch with the orange. Geoffrey Holder says this punch makes Lena Horne sparkle. See what you think.

Bob Carkuff, Detroit

JOSEPHINE'S (MAMA'S) HOT SPICE TEA

*2 family size tea bags
2 cinnamon sticks
5 whole cloves*

*1 c. pineapple juice
1 c. orange juice
1/4 c. lemon
1 1/2 cup sugar*

Bring to a boil and let stand 5 — 10 minutes. Remove the bags, the cinnamon sticks, and the cloves.

Jack T. Martin, Pleasant Hill, Tennessee

SANGRITA

*1 pt. orange juice
1 10-oz. can of chile salsa,
pureed in the blender*

*1 pt. tomato juice (Sacramento brand is best)
1 Tbsp. tobasco sauce*

Stir everything together and chill. When ready to serve, mix equal parts SANGRITA mix with either tequila or vodka.

Solo Basura, New York

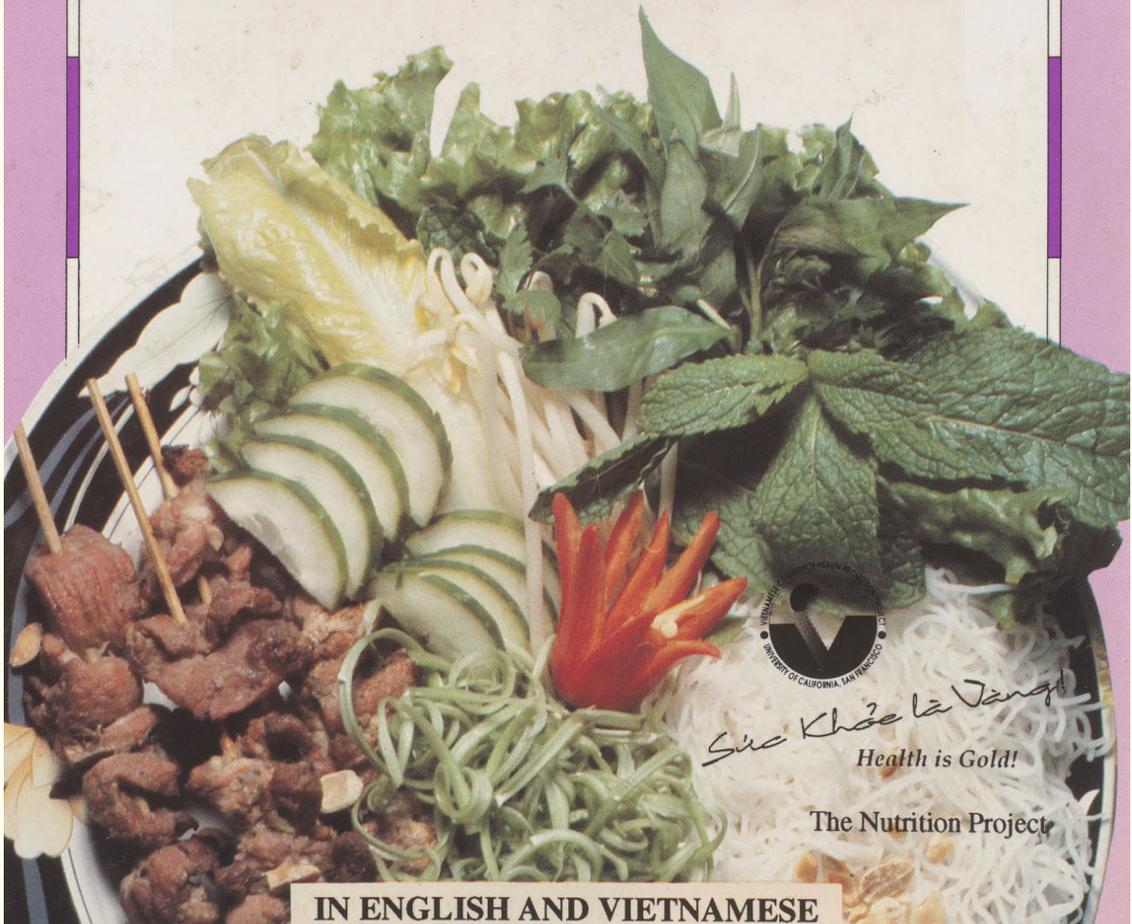




Món Ăn
VIỆT NAM

GÓP NHẬT TỪ CỘNG-ĐỒNG NGƯỜI VIỆT VÙNG VINH CỤY KIM SƠN

A COLLECTION OF VIETNAMESE RECIPES
FROM THE SAN FRANCISCO BAY AREA VIETNAMESE COMMUNITY



Sức Khỏe là Vàng
Health is Gold!

The Nutrition Project

IN ENGLISH AND VIETNAMESE

1992

Món ăn Việt Nam

~~NX~~ XW

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22-
JW

MÓN ĂN VIỆT NAM

Góp nhặt từ cộng đồng người Việt Vùng Vịnh Cựu Kim Sơn

A collection of Vietnamese recipes
from the San Francisco Bay Area Vietnamese Community

Biên soạn
Editors

Nguyễn Kim-Phúc
Shirley Hung
Hà Ngọc-Thể
Christopher N.H. Jenkins
Stephen J. McPhee

The Vietnamese Community Health Promotion Project

Sức Khỏe Là Vàng!

Chương Trình Dinh Dưỡng

Đại Học Y Khoa California, San Francisco

Health is Gold!

Nutrition Project

University of California, San Francisco

Tài trợ bởi

Bộ Y Tế, Tiểu Bang California

Hợp đồng số #91-12739

Supported by a grant from the

California Department of Health Services

Health Promotion Section Contract #91-12739

Tháng hai, 1992

February, 1992

BÁNH DẸO TRUNG THU

Thời gian: 30 phút

Vật liệu: (cho 5 cái bánh)

Nhân bánh:

8 oz. hạt điều rang, xay nhuyễn

1 oz. mè rang

1 oz. hạt dưa

1 oz. hạt hoa hướng dương

16 oz. mít bí, cắt hạt lựu

2 oz. mít dứa, cắt hạt lựu

2 oz. mít hạt sen

2 oz. margarine lỏng

32 giọt nước hoa bưởi

1/2 cốc đường

1/2 cốc bột nếp, rang khoảng 5 phút với lửa vừa

Vỏ bánh:

5 cốc bột nếp, rang khoảng 5 phút với lửa vừa

3 lbs. đường

40 giọt nước hoa bưởi

36 oz. nước lạnh

Cách thực hiện:

Nấu đường với nước lạnh cho sôi rồi để nguội. Rây bột nếp rang cho mịn, để riêng 1 cốc để làm bột khô. Trộn tất cả vật liệu ở phần nhân bánh với 1/2 cốc bột nếp rang để làm nhân.

Cho nước đường và 40 giọt nước hoa bưởi vào chậu của máy đánh bột rồi từ từ bỏ bột vào, đánh khoảng 10 phút. Sau đó lên số 4 đánh khoảng 1 phút, rồi lên số 8 đánh khoảng 1 phút nữa. Lấy bột ra lăn vào bột khô rồi nhồi thành hình dài. Cắt bột thành 10 miếng, mỗi miếng nặng khoảng 150 gr. Cán dẹp mỗi miếng bột, lăn lại bột khô. Rắc chút bột khô vào khuôn bánh cho khỏi dính, cho 1 miếng bột vào khuôn bánh và dùng ngón tay nắn xuống khuôn bánh, múc 1/4 cúp nhân bánh để ở giữa, rồi lấy 1 miếng bột khác xếp lên trên nhân bánh, ép lại cho thật chặt. Đập góc cạnh khuôn để lấy bánh ra. Thổi lớp bột khô ở trên mặt bánh đi. Dùng giấy nylon bao bánh lại. Bỏ vào hộp giấy.

Đề nghị:

Đây là món tráng miệng chứa chất béo trung bình và ít sodium.



MOONCAKE *BANH DEO TRUNG THU*

Preparation time: 30 minutes

Servings: 5

Filling:

8 oz annatto seeds* (*hat dieu*), roasted and finely ground
1 ounce roasted sesame seeds
1 ounce watermelon seeds, shelled
1 ounce unsalted sunflower seeds, shelled
16 ounces candied wintermelon, diced
2 ounces candied coconut, diced
2 ounces candied lotus seeds
2 ounces melted margarine
32 drops grapefruit flower extract* (*nuoc hoa buoi*)
1/2 cup sugar
1/2 cup glutinous rice flour, roasted in a non-stick pan over medium heat for 5 minutes

Dough:

3 pounds sugar
5 cups glutinous rice flour, roasted in a non-stick pan over medium heat for 5 minutes
40 drops grapefruit flower extract* (*nuoc hoa buoi*)

Preparation:

To prepare filling, combine all filling ingredients in a bowl and set aside.

To prepare dough, place sugar in a pot with 4 1/2 cups water and bring to a boil. Remove the pot from the heat, set aside and cool until it is just warm to the touch. In the meantime, sift the rice flour in a bowl. Add 40 drops of grapefruit flower extract to the sugar-water mixture. Reserve 1 cup rice flour, then slowly add remaining 4 cups while stirring constantly. When all the flour is added, mix with a blender at high speed for 10 minutes until smooth. Increase blender speed, if possible, to the second highest and highest speeds to blend for an additional one minute at each speed, respectively.

Remove dough batter and knead with some of the reserved rice flour to form the dough into a long roll. Cut the roll into 10 equal rounds. Knead each piece with some of the reserved rice flour before rolling out into a thin sheet.

Coat a Vietnamese mooncake mold* with some of the reserved rice flour. Line the mold with one of the sheets of dough. Place 1/4 cup of filling into each cake. Take another sheet of dough to cover the top. Press down firmly, flip over to remove from mold and brush off excess flour. Wrap the mooncake with wax paper and set aside until ready to serve. Repeat process with remaining sheets of dough.

Suggestions:

This is a medium fat, low sodium dessert. However, it is very sweet and should be consumed infrequently, especially by those prone to dental caries.

* Available in Asian markets.



rau quế

1998

The World Famous Atheist Cookbook

The
world famous
★ Atheist ★
★ COOK ★
★ BOOK ★

Published by the
Freedom From Religion Foundation

Compiled by
Anne Nicol Gaylor

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1998

The World Famous Atheist Cookbook

The
world famous
★ Atheist ★
★ COOK ★
★ BOOK ★

Published by the
Freedom From Religion Foundation
PO Box 750
Madison, Wisconsin 53701-0750
Copyright Freedom From Religion Foundation, 1998
ISBN 1-877733-10-5

Cover art and frontispiece illustration by Jo Kotula

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Heathen Honey Crinkles *Marcia Gascho*
(also known as 'Electricity Cookies')

When I was a little girl, about age 4, I thought these cookies tasted like electricity (?!?!), and my family has called them this name ever since.

- $\frac{2}{3}$ cup salad oil
- 1 cup granulated sugar
- 1 egg, unbeaten
- $\frac{1}{4}$ cup honey

Mix these 4 ingredients together. Then sift together:

- 2 cups all-purpose flour
- 1 tsp baking soda
- $\frac{3}{4}$ tsp ground mace (this adds distinctive flavor)

Combine and mix dough well. Chill dough for several hours, then shape into balls and dip into granulated sugar. Bake on ungreased cookie sheet at 350° until light golden brown.



The Last Word

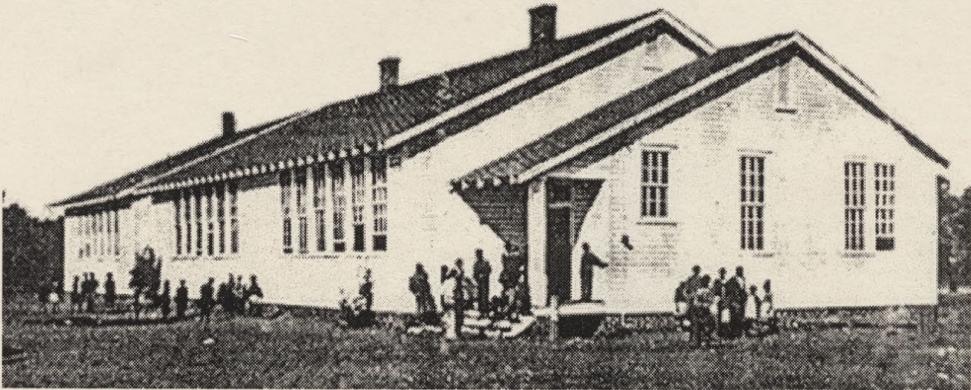
A cucumber should be well-sliced, dressed with pepper and vinegar, and then thrown out.

Samuel Johnson (1709–1784)



Circa 2006

The Colored Wo-Men's Cookbook



The Colored Wo-Men's Cookbook

produced by the

Historic Myrtle Beach Colored School
Museum and Education Center Committee



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Circa 2006

The Colored Wo-Men's Cookbook

The
Colored
Wo-Men's Cookbook

Recipes Courtesy of the Women and Men
Who Attended the
Myrtle Beach Colored School
and
Their Families and Friends

Cookbook Compiled By
The City of Myrtle Beach
Historic Myrtle Beach Colored School
Museum and Education Center Committee

First Edition
Copyright © May 2006

Mary Canty
Batwin Buzas
7 Lewis E. Cutler

BREADS

My Grandmama's Cracklin Corn Bread

My Grandmama was a wonderful cook but even she would cheat every once and a while and use corn bread mix.

1 Jiffy corn bread mix

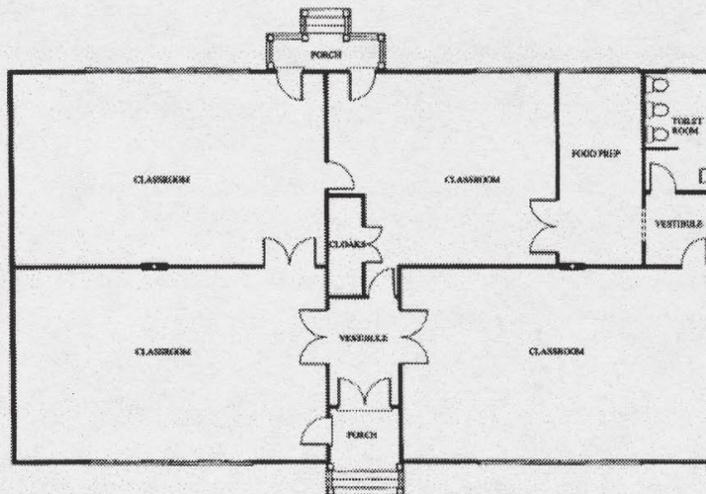
Either buy cracklings or dry pork fat bits by chopping fat and drying on low heat in a pan either in oven or frying pan. Drain well.

1 egg

Enough milk to make batter (follow directions on box)

Add cracklings and pour in greased pan. Bake until done but not too dry.

Diane Moskow-McKenzie



*Floor plan for the Historic Myrtle Beach Colored School
Museum and Education Center*

VEGETABLES

Hoppin Johns (Field Peas with Rice)

Southerners believe that eating Hoppin Johns on New Years Day will bring wealth in the New Year.

Field peas, small bag

Smoked neck bones or smoked hog jowls (my preference)

2 cups rice (season rice and peas to suit your taste)

Salt and pepper

Look through peas carefully. Remove all hard objects that look like small rocks and all black peas. Wash peas well. Use (1 bag or half bag) of peas and put in a pot with $\frac{1}{2}$ gallon of water. Bring to boil. Wash meat well. Add to pot with peas. Watch pot carefully. Never let water boil out. Cook peas until gravy is thick and dark brown.

When peas are done, prepare rice as usual. When water boils out of rice, add Hoppin Johns and simmer to desired texture. Add peas at your own discretion.

Martha E.C. Gore

MAIN DISHES

Spanions

Spanions can be found on the beaches of Myrtle Beach. They are a very small mollusk.

Approximately 1 quart of spanions

Fat back (salt pork)

3 tablespoons of flour mixed with water

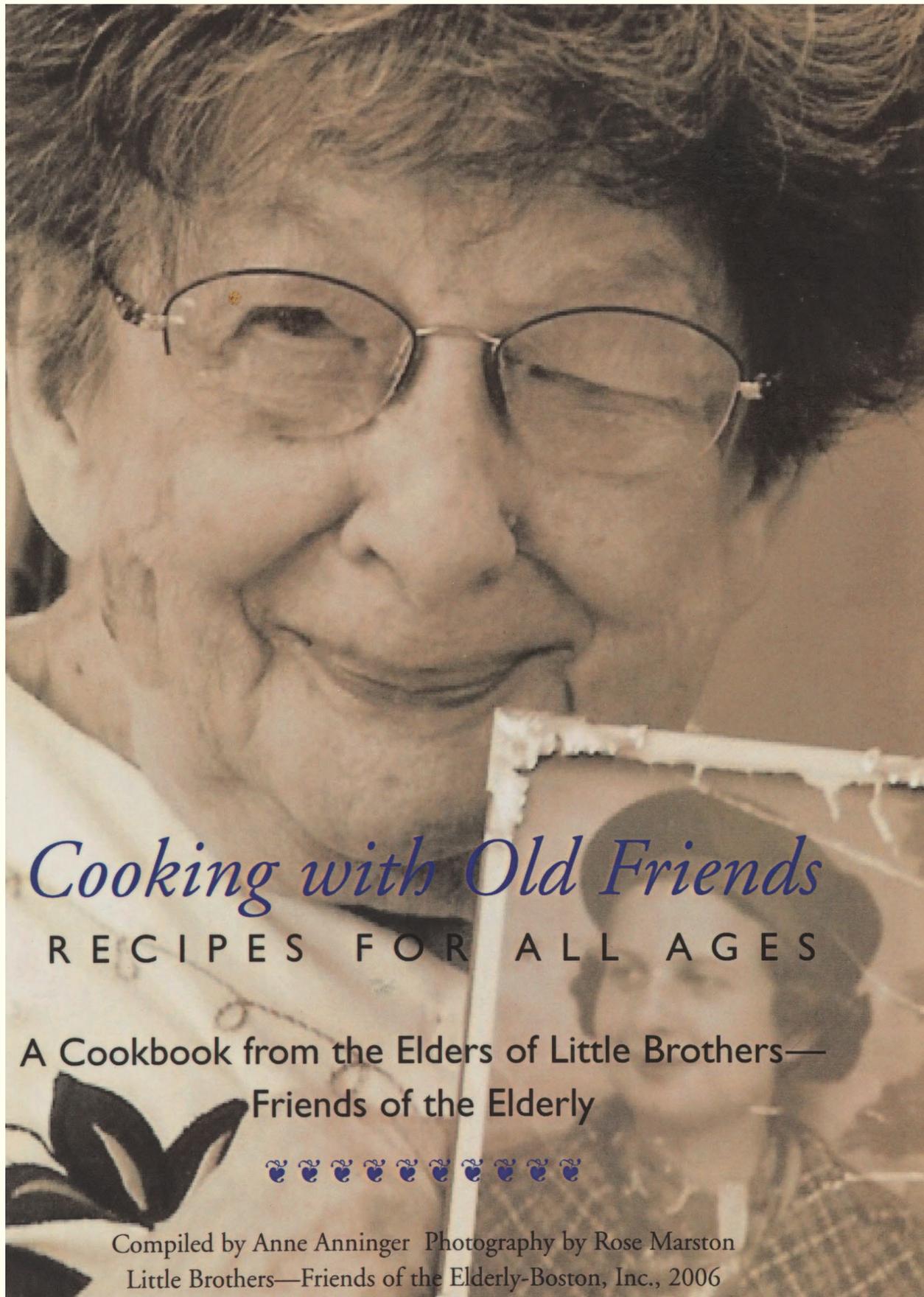
1 medium onion, chopped

Gather approximately 1 quart of spanions. Rinse well and drain. Place in a large container. Pour boiling water over the spanions. Do not cover them with the water. Just enough water is needed for them to open up. Remove from the shells and place in a saucepan or skillet where fat back has been prepared with a medium onion and flour. Add the water that had been poured over the spanions and cook for 10 to 20 minutes until mixture thickens. Serve over rice, grits or with corn bread.

Mary C. Canty

Fat back or salt pork was used for seasoning as well as the main meat with many meals.

Mary C. Canty



Cooking with Old Friends

RECIPES FOR ALL AGES

A Cookbook from the Elders of Little Brothers—
Friends of the Elderly



Compiled by Anne Anninger Photography by Rose Marston
Little Brothers—Friends of the Elderly-Boston, Inc., 2006

2006

Cooking with Old Friends

Cooking with Old Friends

RECIPES FOR ALL AGES

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Compiled by Anne Anninger Photography by Rose Marston



Little Brothers—Friends of the Elderly-Boston, Inc., 2006

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Genya & Maria

Genya and Maria recalled for us this recipe dating back to their life in Minsk.



Beef Stew with Okra

1 lb. beef stew meat, preferably chuck, diced

1 lb. okra

1 medium onion, finely chopped

2 tablespoons lard or 3 tablespoons oil

2 tablespoons flour

1 bouillon cube

5 medium tomatoes, peeled and seeded

3 tablespoons vinegar

Salt, pepper, sugar (if desired)

1/2 cup minced parsley

2 tablespoons minced dill



Pat the meat dry and roll in the flour; in an oven-proof heavy-bottomed pan, add the lard or the oil and sauté the meat until brown on all sides. Add the finely chopped onion and cook a few more minutes until translucent. Season with salt and pepper and cover the whole with water, adding 1 bouillon cube to the water. Cover and simmer at low temperature at least two hours until the meat is almost tender.

In the meantime clean and wash the okra and let it sit in water with two tablespoons of vinegar. Peel, quarter and seed the tomatoes.

When the meat is tender, drain the okra and add it to the pot together with the tomatoes, one tablespoon of vinegar, and the minced parsley and dill.

Preheat oven to 375 degrees.

When the okra is almost tender, remove the pan from the top of the stove and place it in the oven, at 375 degrees, for 15 to 20 minutes more. Adjust seasoning and serve.

Serves 6

Lela

Lela attributes a lot of powers to Sassafras tea, a cure for whatever ails you from colds to measles or even chickenpox. Bob added that it was a tonic and, even better, an aphrodisiac!



Sassafras Tea

5 cups water

5 pieces of washed Sassafras root

(red preferred to yellow; may be found in the produce section of the supermarket)

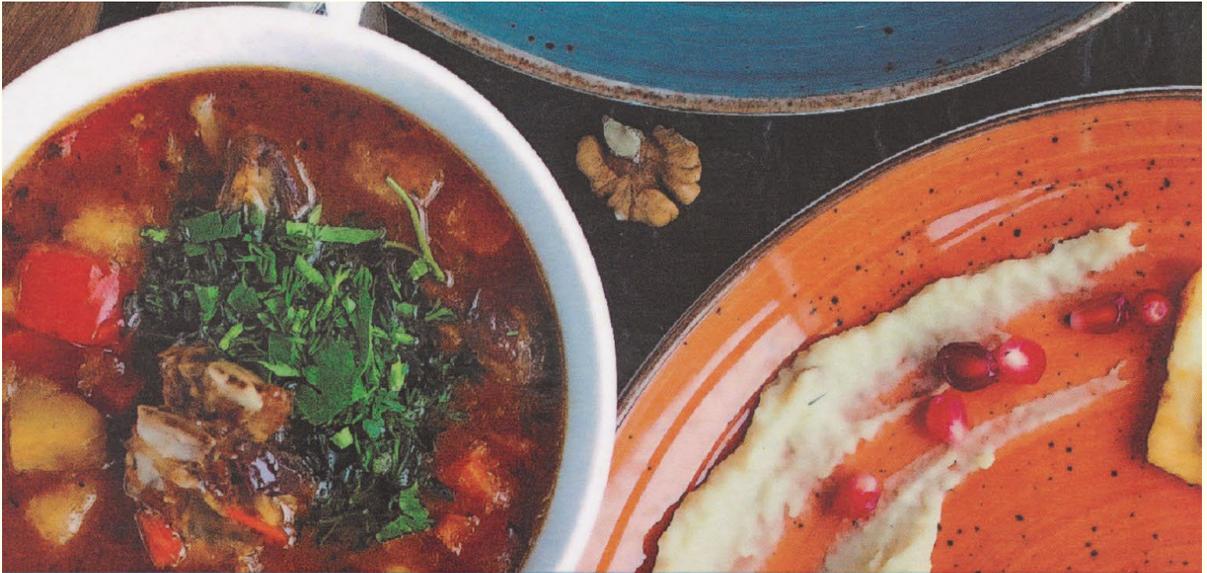
Bring water to boil and add roots. Simmer for 10 minutes. Cover, remove from the heat and let steep for 5 minutes. Serve hot, unsweetened, or with sugar or honey.

Makes 4 cups



2021

What to Cook during a Pandemic



What to Cook During a Pandemic

Recipes and stories from our lives during this time
A fundraiser for



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What to Cook During a Pandemic

A Fundraiser for Calmer Choice 2021

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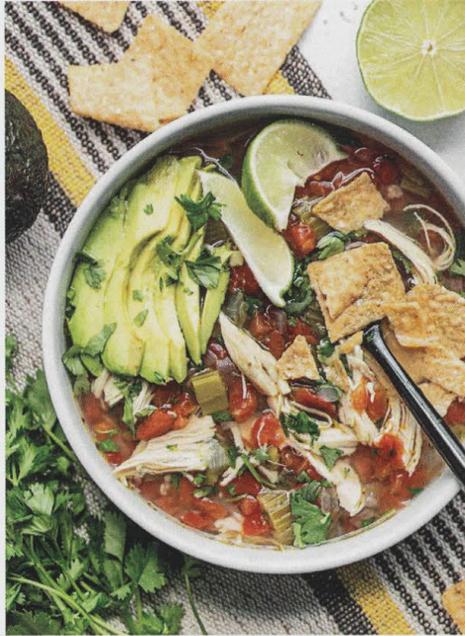
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Soups, Salads and Sauces



Dr Gundry's Tortilla Lime Soup

Betsy Bowes

¼ cup extra virgin-olive oil
 1 large yellow onion, diced
 3 celery stalks, minced
 2 garlic cloves, minced
 1 tsp ground cumin
 1/2 tsp chili powder
 1 ½ tsp salt, plus more to taste
 4 small tomatoes, peeled, seeded
 and minced (I use a can of Fire
 Roasted Tomatoes from Trader
 Joe's)

6 cups vegetable broth
 2 cups thinly sliced kale, ribs
 removed
 2 cups chopped, cooked pastured
 chicken
 Juice of 4 limes (sounds extreme, but
 yummy)
 4 tbsp chopped fresh cilantro
 1½ ripe avocado, minced or diced

Heat the olive oil in a large soup pot over medium-high heat. Add the onion and celery and cook until translucent, 3-5 minutes.

Add the garlic, cumin, chile powder, and salt to the pot and cook, stirring frequently, until garlic is fragrant, about 2 minutes

Add the vegetable broth and tomatoes and cook, covered, for 15-20 minutes.

Remove cover and stir in the kale, chicken and lime juice. cook until kale is wilted, about 3-5 minutes, then add cilantro and avocado.

Remove from heat, taste and season if needed, and serve immediately.

Preparation time is 30 minutes. Serves 6.

Personal Notes: This soup has been in my rotation for a couple of years now, but when the pandemic hit, it was a game changer. Our daughter, her husband and newborn were living with us from NYC and there was an extra family to feed.

I usually have all the ingredients in the house so it was easy to make and oh so yummy.

Not a big fan of cilantro? leave it out. Don't have an avocado on hand? No one will know. :)

That's Life: starting over one breath at a time.
~ Sharon Salzberg