

RECIPE

Manual

FOR NAVY, ARMY, AIR FORCE
MUNITIONS PLANTS, CAMPS
AND SCHOOLS

300

Standard Recipes
based on 100 Servings for
Experienced and
Inexperienced Cooks

7480
Greenlaw. B.F.

THE COOK'S

Recipe Manual

BY

Miss E. Middleton, B.A.

*Member of the Home Economics Dept.
Central Technical School, Toronto
In charge of Classes for Army Cooks*

Miss M. Ransom, B.A.

*Superintendent of the Great Hall
Hart House, University of Toronto*

Albert Vierin

*Chef of the Georgian Room
The T. Eaton Co. Ltd., Toronto*

Toronto

THE RYERSON PRESS

COPYRIGHT, CANADA, 1943, BY
THE RYERSON PRESS, TORONTO

All rights reserved. No part of this book may be reproduced in any form, by mimeograph or any other means (except by reviewers for the public press), without permission in writing from the publishers.

Published January, 1943

ACKNOWLEDGMENTS

Grateful acknowledgment is made to Miss J. Lambden, B.A., Director of the R.C.A.F. School of Cookery, Guelph; to Mr. J. R. Gilley of Hart House, University of Toronto; to the Home Economics Association of Toronto; and to all those who have so wholeheartedly given suggestions for the contents of this book.

PRINTED AND BOUND IN CANADA
BY THE RYERSON PRESS, TORONTO

Foreword

THIS BOOK is designed as a guide for cooks in the armed forces, munition plants, industrial plants and camps—or wherever large numbers are served. The tested recipes are based primarily on foods provided in the army rations and the book sets forth in simple form the procedure to be followed in their preparation. The cooking methods given are those suited to kitchens with very simple equipment, because it is more difficult to cook for large numbers where steam-jacketed kettles, vegetable steamers, electric food-mixers, etc., are not available. But when such mechanical devices have been installed, their use will greatly facilitate food preparation.

Each recipe yields 100 servings, based on practical cooking tests made to meet the requirements of men in the Army, Navy and Air Force. For women and those doing sedentary work, the majority of recipes will yield 125 servings. For less than 100 servings, recipes may be reduced proportionately.

TABLE OF WEIGHTS AND MEASURES

The following table gives the weight in ounces per Imperial Quart (40 oz.) of the foodstuffs as listed. The imperial quart is the basic measure used for all recipes in this book.

In the use of this table it must be noted that the measuring cup commonly found on the Canadian market today is an eight-ounce (wine measure) cup, while the larger measuring equipment (pint, quart, gallon) is based on the forty-ounce quarts (imperial measure), making five eight-ounce cups per quart.

To calculate the weight of one cup of the following, one-fifth of the quart weight must be taken.

<i>Item</i>	<i>Oz. per qt.</i>	<i>Item</i>	<i>Oz. per qt.</i>
Almonds—shelled.....	24	Dates—chopped.....	28
Apples—diced.....	20	Eggs—whole.....	36
sliced.....	20	yolks.....	40
cooked.....	40	melange.....	38
Butter.....	32	1 doz.....	20
Bran.....	8	Flour—pastry, unsifted	20
Baking powder.....	40	hard.....	20
Bread crumbs.....	16	whole wheat..“ ..	24
Cocoanut—chopped....	16	Ginger.....	16
shredded.....	12	Gelatine.....	24
Corn flakes.....	4	Honey.....	50
Corn meal.....	28	Jello.....	40
Corn starch.....	24	Jam.....	50
Cocoa.....	16	Lemon juice.....	40
Citron—chopped.....	24	Lemon rind.....	16
Corn syrup.....	60	Macaroni—raw.....	20
Cherries.....	32	cooked.....	32
Cheese—grated.....	16	Milk—whole.....	40
Cinnamon.....	16	dry.....	28
Cream of wheat.....	30	Molasses.....	50

<i>Item</i>	<i>Oz. per qt.</i>	<i>Item</i>	<i>Oz. per qt.</i>
Mustard.....	12	Walnuts—broken.....	20
Nutmeg.....	20		
Oil.....	36	VEGETABLES	
Orange Juice.....	40	Beans—dried.....	32
Pepper—white.....	20	Beets—cooked, diced..	32
Peanuts—skin off,		Cabbage—shredded,	
salted.....	24	raw.....	12
Prunes—as purchased	30	Carrots—diced, raw....	24
Pecans—broken.....	20	Cauliflower—diced,	
Raisins—texas seeded.	24	raw.....	16
sultanas.....	26	Celery—diced, raw.....	20
currants.....	28	Lentils.....	32
Rice or Barley.....	40	Mushrooms—sliced,	
Rolled oats—raw.....	13	raw.....	16
Savoury.....	8	Onions—diced, raw.....	24
Sugar—granulated.....	32	Potatoes—diced,	
brown.....	28	cooked....	28
fruit.....	36	diced, raw..	24
icing.....	36	mashed.....	36
Soda—baking.....	36	Peas—split.....	32
Salt.....	50	Peppers—green, raw,	
Sago.....	32	diced.....	24
Shortening.....	32	Spinach—shredded,	
Suet—chopped.....	16	raw.....	8
Tapioca—pearl.....	28	Turnips—diced, raw....	24

OVEN TEMPERATURES

When thermometers are not used for determining the temperature of an oven, a simple test may be made with flour.

Place a tablespoonful of flour on a pie plate or piece of paper. Put it in the centre of the oven. Leave for 5 minutes and then remove.

A light-brown flour indicates a slow oven of temperature 250°-325°F.

A golden-brown flour indicates a moderate oven of temperature 325°-375°F.

A dark-brown flour indicates a hot oven of temperature 375°-450°F.

ABBREVIATIONS

A.P. = As Purchased
E.P. = Edible Portion
Lb. = Pound
Oz. = Ounce
Bus. = Bushel
Gal. = Gallon
Qt. = Quart
Pt. = Pint
C. = Cup
Tbsp. = Tablespoon
Tsp. = Teaspoon

EQUIVALENTS

3 tsp. = 1 tbsp.
16 tbsp. = 1 c.
2 c. (10 oz.) = 1 pt.
2½ c. (8 oz.) = 1 pt.
2 pts. = 1 qt.
4 qts. = 1 gal.
1 pt. = 20 oz.
1 qt. = 40 oz.
1 gal. = 10 lbs.

HOT CEREALS

Porridge
Porridge should be of the consistency of soft jelly and should be free from lumps.

Cook at a low temperature.

Do not stir while cooking.

Serve very hot.



CEREALS

Cereals should be added slowly to boiling, salted water. Rolled Oats, Rolled or Cracked Wheat should not be stirred as stirring makes them sticky.

The longer the porridge is cooked, the better will be the flavour. The length of time required for thorough cooking may be shortened by boiling over the direct heat for at least half an hour. The proportions given in this book will require at least 30 minutes boiling before the porridge is placed over hot water.

GENERAL PROPORTIONS FOR MAKING PORRIDGE

Cereal	Weight	Measure	Water	Salt
Roller Oats.....	5 lbs. or 6	qts.	5 gals.	½ c.
Roller Wheat.....	5 lbs. or 5½	qts.	4 gals.	½ c.
Cracked Wheat.....	4 lbs. or 2½	qts.	5 gals.	½ c.
Wheatlets or other fine Cereals.....	5 lbs. or 2⅔	qts.	5 gals.	½ c.

YIELD

100 6-oz. servings.

METHOD

1. Have salted water boiling vigorously.
2. Add cereal slowly so that the water does not go off the boil. To avoid the formation of lumps, the dry cereal may be beaten in with a wire whip.
3. Cook *without stirring*. As the porridge becomes thick, scrape a wooden paddle across the bottom of the saucepan to prevent scorching.
4. Cook over the direct heat until thick—with the proportions given this should take 30 to 40 minutes.
5. Place the porridge pot over boiling water.
6. Cover and cook for at least one hour.
7. If made the previous night, reheat in the morning over hot water. Do not stir.
8. Serve very hot.

BAKED RICE

Measure	Weight	
	Lbs.	Oz.
1 pt. Fat or Butter.....	1	
2½ qts. Rice.....	6	4
1½ gals. Meat or Vegetable Stock	15	
¼ cup Salt.....		2½

METHOD

1. Melt fat in baking pans.
2. Wash rice thoroughly in cold water, drain well.
3. Place in the melted fat, stir to coat the rice with fat.
4. Bake for 20 minutes in a hot oven (450°F.).
5. Add boiling stock. It should be about 1 inch above the rice.
6. Bake in a hot oven until tender. If possible cover for the first 20 minutes.
7. Stir occasionally with a fork.
8. Add more hot liquid if required.
9. Serve under Stews, creamed Fish or Eggs or with Curry Sauce.

YIELD

100 3-oz. servings.

BOILED RICE

Measure	Weight	
	Lbs.	Oz.
4 qts. Rice.....	10	
8 gals. Boiling Water.....	80	
½ cup Salt.....		5

METHOD

1. Wash the rice thoroughly in cold water.
2. Add gradually to the rapidly boiling salted water.
3. Boil vigorously for 20 to 30 minutes, or until the kernels are tender.
4. Drain well.
5. If the rice is to be used as a vegetable, rinse with boiling water to separate the kernels.

YIELD

100 5-oz. servings.

EGGS**SOFT COOKED OR "BOILED" EGGS****METHOD**

1. In order to cook eggs evenly and prevent them from becoming rubbery, it is advisable to cook them below the boiling point of water, using about 4 gallons water for 100 eggs.
2. If the eggs are to be evenly done, they should be cooked in lots of 25.
3. Place the eggs in the boiling water. Leave over the direct heat until the water begins to boil again. Cover and place the pot at the back of the stove where it will keep hot without boiling.
4. Cooking time:

Soft—	4	minutes
Firm—	5	minutes
Very Firm—	6	minutes
Hard Cooked—	½	hour

SCRAMBLED EGGS

Measure	Weight	
	Lbs.	Oz.
1½ gals. Cracked Eggs.....	15	
1 gal. Milk or Water.....	10	
1 qt. Thick Cream Sauce.....	2	
½ c. Salt.....		5
2 tbsp. Pepper.....		

METHOD

1. Beat the eggs slightly. Add milk or water, salt, pepper and cream sauce.
2. The eggs may be cooked slowly over a low heat or in a water bath.
3. As the egg cooks on the bottom, lift carefully with a spoon and allow the uncooked egg to run under. Do not stir.
4. Remove from pan and serve at once. Keep warm over water which is hot but not boiling.

YIELD

100 4-oz. orders.

NOTE.—Milk may be substituted for cream sauce when small quantities are made and served immediately.

FRIED EGGS

METHOD

1. Heat fat in a shallow pan but do not let it smoke.
2. Break each egg into a saucer and slip into the hot fat.
3. Cook slowly, basting the eggs with the hot fat until the white is firm and a film forms on the yolk. If cooked at too high a temperature or for too long a time, the eggs will become shrivelled and rubbery.
4. Drain well and serve at once.

POACHED EGGS

METHOD

1. Boil water in a shallow pan. Remove to a cooler part of the stove, where the water will simmer but not boil.
2. Slip in each egg carefully. There should be enough water to cover the eggs.
3. When the white is firm and a film forms over the yolk, lift carefully from the water, drain well and serve at once.

FRENCH TOAST

Measure		Weight	
		Lbs.	Oz.
100 slices	Stale Bread	6	4
16	Eggs	1	12
3 qts.	Milk	7	8
1 tsp.	Salt		

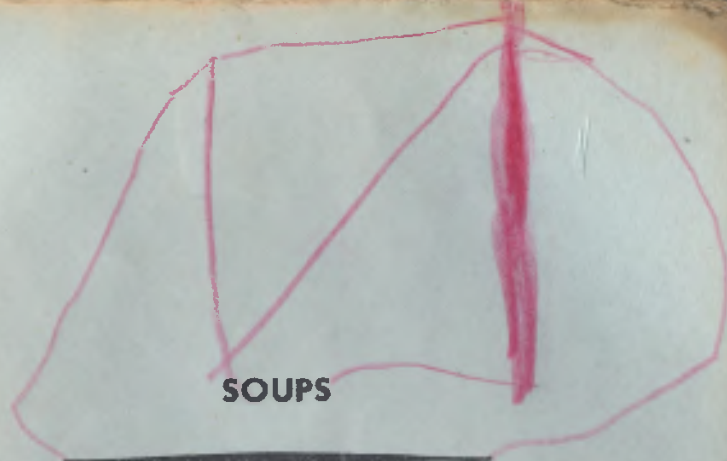
METHOD

1. Beat eggs sufficiently to mix them.
2. Add milk and salt.
3. Melt bacon fat in a heavy pan. Have it hot but do not allow it to smoke.
4. Cut bread into slices of medium thickness and dip in the milk and egg. Moisten both sides well.
5. Fry in bacon fat over a medium heat.

NOTE.—French Toast should be a golden brown in colour and should not be greasy. It must be served very hot, and should be prepared just before it is to be used. Serve with corn syrup, maple syrup, jam or bacon.

YIELD

100 slices.



Crack and use all meat bones except those of pork, for soup stock. Use ham bones, bacon rind and cuttings for dried bean and pea soup.

Use water from boiled and canned vegetables as part of the soup stock.

Save labour in preparation by putting the vegetables through a mincer.

Season soup carefully just before serving.

Introduce variety in soups by using vegetables in season.

Serve piping hot.

MEAT STOCK

Measure	Weight	
	Lbs.	Oz.
Bones.....	7 3/4	30
6 gals. Cold Water.....		60
Onions.....	0 9/16	3
Carrots.....	3/4	3
6 tbsp. Salt.....		4

METHOD

1. Break the bones to expose the marrow.
2. Add unpeeled washed vegetables, cut in pieces.
3. Add the water to the bones and vegetables.
4. Cover and heat to simmering, continue cooking just below boiling point for at least 8 hours.
5. Strain.
6. Cool slightly and skim off the fat. Use for soup, gravy or meat and vegetable sauces.

YIELD

5 gals.

NOTE:

1. Celery leaves, stalks and trimmings will improve the flavour of the stock.
2. Left-over vegetables may be used in making stock or may be added to the soup after straining the stock.
3. Part of the vegetables may be browned in fat before being added—this improves the flavour and colour of the stock.

BEAN SOUP

Measure	Weight	
	Lbs.	Oz.
A { 2 gals. Water	20	
1 gal. Dried Beans	8	
1/2 tbsp. Baking Soda		
B 1 1/2 gals. Water	15	
C { 3 gals. Hot Stock	30	
1 1/3 qts. Diced Onions	2	
1 1/3 qts. Diced Celery	1	10
1 1/3 qts. Diced Carrots	2	
1/2 cup Salt		5
Ham Bones or Bacon Rind		

METHOD

1. Soak A overnight. Drain. Discard the water.
2. Add beans to B. Cook for approximately 1 hour until very soft. Purée if possible.
3. Combine ingredients in C. Simmer 20 minutes.
4. Add beans and cook for 1 hour.

YIELD

100 8-oz. servings.

VARIATIONS

1. Use split peas or lentils instead of beans.
2. A thick puree of bean, pea or lentil soup (for Main Course).

METHOD FOR THICK PURÉE

1. Use 10 lbs. of dried vegetables in place of 8 in the recipe for bean soup.
2. Cook the vegetables with drained, soaked beans. When soft, purée.
3. Add the stock and simmer for 1 hour.

BEEF AND BARLEY

or

LAMB AND BARLEY

Measure	Weight	
	Lbs.	Oz.
A { 1/2 pt. Barley		10
1 qt. Water	2	8
B { 3 1/2 gals. Hot Stock (beef or lamb)	35	
1 1/2 pt. Diced Onions	1	2
1 qt. Diced Celery	1	4
1 1/2 pt. Diced Carrots	1	2
1 pt. Diced Turnips		12
C { 2 qts. Cold Water	5	
1 qt. Unsifted Pastry Flour	1	4
D { 2 qts. Canned Tomato	5	
1/2 cup Salt		5

METHOD

1. Cook A 1 hour.
2. Combine A and B and cook for ten minutes.
3. Mix C and strain. Add slowly to soup, stirring constantly.
4. Add D and cook for 1 hour.

YIELD

100 8-oz. servings.

BEEF CONSOMMÉ

Measure	Weight	
	Lbs.	Oz.
6 gals. Clear Soup Stock	60	
1 # 10 tin Tomatoes (strained)	6	8
Lean Raw Beef	10	
20 Egg Whites and Shells		
½ tsp. Pepper Berries		
1 Bay Leaf		
1 Clove Garlic		
6 Whole Cloves		
½ c. Salt		
Onions	1	
Carrots	1	
Celery	1	

METHOD

1. Make soup stock the previous day and chill thoroughly.
2. Mix the cold stock, tomatoes, beef, egg whites and crushed shells together.
3. Add the peeled, whole vegetables.
4. Heat to simmering point, stirring once or twice. Cover and simmer for 4 hours. *Do not* boil and *do not* stir.
5. Strain through a fine cloth, reheat and serve.

YIELD

100 8-oz. servings.

NOTE:

1. Save the meat from the soup to use in croquettes.
2. Veal or chicken consommé may be made by the same method.

BEEF BROTH WITH RICE

Measure	Weight	
	Lbs.	Oz.
4½ gals. Hot Beef Stock	45	
1½ pts. Diced Onion	1	2
A 1 qt. Diced Celery	1	4
1½ pts. Diced Carrots	1	2
1 pt. Diced Turnips		12
B 1½ pts. Raw Rice	1	14
C 2 # 2 tins Peas	2	8
½ cup Salt		5

METHOD

1. Simmer A for 1 hour in a covered pot.
2. Add B. Cook for an additional 20 minutes.
3. Add C. Reheat.

YIELD

100 8-oz. servings.

SCOTCH SOUP

Measure	Weight	
	Lbs.	Oz.
1½ cups Fat		12
3 qts. Thinly Sliced Onion	4	8
1½ pts. Unsifted Pastry Flour		15
3 gals. Hot Stock	30	
1½ qts. Rolled Oats	1	3
3 qts. Diced Potatoes	4	8
2 gals. Tomatoes	20	
6 tbsps. Salt		4

METHOD

1. Melt fat. Add the onions and cook until they are tender.
2. Add the pastry flour and blend well.
3. Add the stock slowly, stirring as you add.
4. When the thickened stock is boiling, sprinkle in the rolled oats slowly.
5. Add the potato and cook until tender.
6. Just before serving, add the tomatoes and salt. Reheat.

YIELD

100 8-oz. servings.

CHOWDER POLONAISE

Measure		Weight	
		Lbs.	Lbs.
A	2 qts. Kidneys.....	5	
	2 qts. Water.....	5	
B	3½ gals. Hot Stock.....	35	8
	1½ pts. Diced Carrots.....	1	2
	1½ pts. Diced Onions.....	1	2
	1 qt. Diced Celery.....	1	4
	1½ pts. Diced Green Pepper.....	1	2
C	3½ pts. Diced Potatoes.....	2	10
	2 qts. Cold Water.....	5	
D	1 qt. Unsifted Pastry Flour.....	1	4
	1 qt. Canned Tomatoes.....	2	8
	½ cup Salt.....		5
	1 pt. Diced Cooked Beets.....	1	

METHOD

1. Trim kidneys and dice. Simmer A for half an hour or until tender. Drain and rinse.
2. Combine ingredients in B. Simmer for 1 hour in a covered pot. Add kidneys.
3. Mix C and strain. Add slowly to B, stirring constantly.
4. Add D and cook for 10 minutes.

YIELD

100 8-oz. servings.

CORN CHOWDER

Measure		Weight	
		Lbs.	Oz.
A	8 #2 tins Corn (cream style).....	10	
	1½ pts. Diced Onion.....	1	2
	1 qt. Diced Celery.....	1	4
	2 Green Peppers.....		
	3 qts. Diced Potatoes.....	4	8
B	3 gals. Hot Stock.....	30	
	½ gal. Cold Water.....	5	
C	1 pt. Unsifted Pastry Flour..		10
	½ cup Salt.....		5
	1 tbsp. Savoury.....		

METHOD

1. Simmer A for 1 hour in a covered pot.
2. Mix B and strain. Add to A, stirring constantly, and cook for 20 minutes.
3. Add C.

NOTE.—If the corn is pureed, the flavour of the soup will be improved. Savoury and peppers may be omitted.

YIELD

100 8-oz. servings.

CREOLE SOUP

Measure		Weight	
		Lbs.	Oz.
1½ qts.	Raw Diced Onions.....	2	4
1 qt.	Raw Diced Celery.....	1	4
1½ qts.	Green Pepper.....	2	4
1½ gals.	Hot Canned Tomatoes....	15	
3 gals.	Hot Stock.....	30	
½ cup	Salt.....		5
¼ cup	Sugar.....		2
1¼ pts.	Raw Rice.....	1	9

METHOD

1. Combine all ingredients except rice. Cook for 1 hour.
2. Add raw rice and cook for an additional 30 minutes.

YIELD

100 8-oz. servings.

TOMATO BOUILLON

Measure		Weight	
		Lbs.	Oz.
2 gals.	Tomato Juice.....	20	
	or		
	Strained Canned Tomatoes		
3 gals.	Hot Stock.....	30	
1 pt.	Raw Diced Carrots.....		12
1 pt.	Raw Diced Onions.....		12
1 pt.	Raw Diced Celery.....		10
2 only	Bay Leaves.....		
4 only	Cloves.....		
1 qt.	Crushed Egg Shells.....		
½ cup	Salt.....		5

METHOD

1. Combine ingredients.
2. Simmer 1 hour.
3. Strain.

YIELD

100 8-oz. servings.

POTAGE JACKSON

Measure		Weight		
		Lbs.	Oz.	
A {	3½ qts.	Raw Diced Onion.....	5	4
	2 qts.	Raw Diced Celery.....	2	8
	1¾ qts.	Raw Diced Carrots.....	2	8
	1½ pts.	Raw Diced Turnips.....	1	2
	1¾ gals.	Raw Diced Potatoes....	10	8
	1 gal.	Hot Water.....	10	
B {	2 #2 tins	Peas.....	2	8
	2 #2 tins	Corn.....	2	8
C	1 gal.	Stock.....	10	
D {	1 gal.	Canned Tomatoes.....	10	
	½ cup	Salt.....		5

METHOD

1. Combine A and cook for 1 hour.
2. Add B and puree the soup.
3. Add C and cook for an additional 10 minutes.
4. Add D and reheat.

YIELD

100 8-oz. servings.

NOTE.—Tomatoes may be replaced by stock.

VEGETABLE SOUP

Measure		Weight	
		Lbs.	Oz.
A	4 gals. Hot Stock.....	40	
	1½ pts. Diced Onion.....	1	2
	1 qt. Diced Celery.....	1	4
	1½ pts. Raw Diced Carrots.....	1	2
	1 pt. Raw Diced Turnips.....		12
	1 pt. Diced Green Peppers....		12
B	2 #2 tins Peas.....	2	8
	2 #2 tins Corn.....	2	8
	½ cup Salt.....		5

METHOD

1. Cook A for 1 hour.
2. Add B. Cook for an additional 10 minutes.

NOTE:

1. Stock may consist of meat or vegetable stock or a combination of the two.
2. When vegetable stock is used, taste the soup before adding the salt.
3. Use any vegetables available (with the exception of beets), allowing 2 to 3 lbs. to 1 gallon of liquid. The above list is merely a suggestion.
4. Soup may be thickened with flour, using ½ cup (2 oz.) to 1 gallon soup.

VARIATIONS

Omit peas and corn and add 1 lb. raw macaroni to A and cook with the vegetables.

YIELD

100 8-oz. servings.

VEGETABLE CHOWDER

Measure		Weight	
		Lbs.	Oz.
A	3 gals. Hot Stock.....	30	
	1 qt. Raw Diced Onion.....	1	8
	2½ pts. Raw Diced Celery.....	1	9
	1 qt. Raw Diced Carrots.....	1	8
	1 pt. Raw Diced Turnips.....		12
	1 pt. Diced Green Peppers....		12
B	1½ qts. Raw Diced Potatoes....	2	4
	2 qts. Water.....	5	
C	1 qt. Unsifted Pastry Flour..	1	4
	2 qts. Tomatoes.....	5	
	2 #2 tins Peas.....	2	8
	2 #2 tins Corn.....	2	8
	½ cup Salt.....		5

METHOD

1. Cook A for 1 hour.
2. Mix B and strain. Add slowly to A, stirring constantly.
3. Add C and cook for an additional 10 minutes.

YIELD

100 8-oz. servings.

RICE AND TOMATO

Measure		Weight	
		Lbs.	Oz.
A	3½ gals. Hot Stock.....	35	
	1 pt. Raw Diced Onions.....		12
	1 pt. Raw Diced Carrots.....		12
	1 pt. Raw Diced Celery.....		10
	1½ pts. Raw Rice.....	1	14
B	1½ gals. Canned Tomatoes.....	15	
	½ cup Salt.....		5
	½ cup Sugar.....		4

METHOD

1. Combine ingredients in A. Cook for 1 hour.
2. Add B and cook for an additional 10 minutes.

YIELD

100 8-oz. servings.

FISH CHOWDER

<i>Measure</i>		<i>Weight</i>	
		<i>Lbs.</i>	<i>Oz.</i>
	Raw Diced Fish.....	5	
A {	1 ½ pts. Raw Diced Onions.....	1	2
	1 qt. Raw Diced Celery.....	1	4
	1 ½ pts. Green Pepper.....	1	2
	3 qts. Raw Diced Potatoes..	4	8
	3 gals. Hot Fish Stock.....	30	
B {	½ gal. Cold Water.....	5	
	1 qt. Unsifted Pastry Flour	1	4
C {	½ cup Salt.....		5
	1 tbs. Savoury.....		

METHOD

1. Simmer A for 1 hour.
2. Mix B and strain. Add slowly to A, stirring constantly. Cook for an additional 20 minutes.
3. Add C.

YIELD

100 8-oz. servings.

NOTE.—Green peppers and savoury may be omitted.

FISH STOCK

<i>Measure</i>		<i>Weight</i>	
		<i>Lbs.</i>	<i>Oz.</i>
	Fish Bones and Heads.....	15	
4 gals.	Boiling Water.....	40	
	Onions.....	1	8
	Celery Tops.....		8
	Carrots.....	1	8
1 only	Bay Leaf.....		
2 only	Cloves.....		

METHOD

1. Add fish bones and heads to boiling water.
2. Add unpeeled washed vegetables cut in pieces and heat to simmering point.
3. Cover and simmer for about ½ hour.
4. Strain and use in fish soups.

YIELD

3 gals.

CREAM SOUPS

A cream soup should be of smooth texture and should have the consistency of thick cream. The flavour of the main vegetable from which it is made should predominate,

Cream soups are made from a combination of milk, meat stock and vegetable and its stock.

GENERAL METHOD

- A. Melt the fat. Add chopped onion and celery when these are obtainable. Cook 10 minutes. Add flour and blend thoroughly.
- B. Heat milk and stock. Add them gradually to the above, stirring constantly. Cook for 20 minutes.
- C. Add the salt and the cooked vegetables which have been either puréed or put through a meat grinder.
- D. Reheat before serving.

CREAM OF CARROT SOUP**CREAM OF PEA SOUP****METHOD**

1. Follow the recipe for Corn Soup, using 10 lbs. of the cooked vegetable (approx. 1 gallon), in place of corn.
2. Use the vegetable water as part of the stock.

CREAM OF ASPARAGUS SOUP**CREAM OF SPINACH SOUP****CREAM OF ONION SOUP****METHOD**

1. Follow the recipe for Corn Soup, using 10 lbs. of the cooked vegetable (approx. 1 gallon) in place of corn.
2. Increase flour in Corn Soup recipe to 1 ½ qts. (1 lb. 14 oz.).
3. Use the vegetable water as part of the stock.

CREAM OF CELERY SOUP

Measure	Weight	
	Lbs.	Oz.
A ¹ { 1½ bus. Celery Tops	15	
{ 3½ gals. Hot Water	35	
A { 1 qt. Fat	2	
{ 1 pt. Raw Diced Onions		12
{ 1 pt. Raw Diced Celery		10
{ 1½ qts. Unsifted Pastry Flour	2	
B 1½ gals. Milk	15	
C ½ cup Salt		5
Pureed Vegetable and Stock from A ¹ .		

METHOD

1. Boil A¹ for 20 minutes. Strain and use liquid (there should be 3 gallons) as stock in the soup.
2. Finish according to general method for Cream Soups, page 27.

YIELD

100 8-oz. servings.

CREAM OF CHEESE SOUP

Measure	Weight	
	Lbs.	Oz.
A { 1 qt. Fat	2	
{ 1 pt. Raw Diced Onions		12
{ 1 pt. Raw Diced Celery		10
{ 1½ qts. Unsifted Pastry Flour	1	14
B { 1½ gals. Milk	15	
{ 3 gals. Stock	30	
C { 3½ qts. Grated Cheese	3	8
{ 6 tbsp. Salt		4

METHOD

1. Make according to general method for Cream Soups, page 27, adding grated cheese in place of pureed vegetables.

YIELD

100 8-oz. servings.

CORN AND TOMATO CHOWDER

Measure	Weight	
	Lbs.	Oz.
A { 1 qt. Fat	2	
{ 1 pt. Diced Raw Onions		12
{ 1 pt. Diced Raw Celery		10
{ 1 qt. Unsifted Pastry Flour	1	4
B { 1 gal. Milk	10	
{ 1 gal. Stock	10	
C { 6 qts. Canned Tomatoes	15	
{ 8 #2 tins Corn	10	
{ ½ cup Salt		5

METHOD

1. Make according to general method for Cream Soups, page 27.

YIELD

100 8-oz. servings.

POTATO AND CHEESE SOUP

Measure	Weight	
	Lbs.	Oz.
A { 2 gals. Raw Sliced Potatoes	12	
{ 1 gal. Raw Diced Onions	6	
{ 1 pt. Raw Diced Celery		10
{ 3 gals. Stock	30	
B 1 gal. Milk	10	
C { 1¼ qts. Grated Cheese	1	4
{ ½ cup Salt		5

METHOD

1. Boil A for 30 minutes and put through a sieve.
2. Heat B and add to A.
3. Add C slowly, stirring to avoid lumps. Simmer for 10 minutes.

YIELD

100 8-oz. servings.

CREAM OF POTATO SOUP

Measure		Weight	
		Lbs.	Oz.
A ¹	1½ gals. Raw Potatoes.....	9	
	2½ gals. Stock or Water.....	25	
A	1 pt. Fat.....	1	
	1 qt. Diced Onions.....	1	8
	1 qt. Diced Celery.....	1	4
	1 pt. Unsifted Pastry Flour.....		10
B	1½ gals. Milk.....	15	
C	½ cup Salt.....		5
	Pureed Vegetables and Stock from A ¹ .		

METHOD

1. Cook A¹. Measure the liquid after cooking and make up to 2½ gallons with water. Put the potatoes through the sieve.
2. Finish according to the general method for Cream Soups, page 27.

YIELD

100 8-oz. servings.

CREAM OF CORN SOUP

Measure		Weight	
		Lbs.	Oz.
A	1 pt. Fat.....	1	
	1 pt. Raw Diced Onions.....		12
	1 pt. Raw Diced Celery.....		10
	1 qt. Unsifted Pastry Flour..	1	4
B	1½ gals. Milk.....	15	
	2½ gals. Stock.....	25	
C	8 #2 tins Corn.....	10	
	½ cup Salt.....		5

METHOD

1. Make according to general method for Cream Soups, page 27.

NOTE:

1. Use cream style standard grade corn when available.
2. The stock may be vegetable, meat or a combination of the two. When neither are available, use water.

YIELD

100 8-oz. servings.

POTATO AND ONION SOUP

Measure	Weight	
	Lbs.	Oz.
A ¹ { 1½ gals. Raw Sliced Potatoes	9	
{ 1 gal. Raw Diced Onions	6	
{ 1½ gals. Water	15	
B { 1 pt. Fat	1	
{ 1 pt. Diced Celery		10
{ 1 pt. Unsifted Pastry Flour		10
C { 1½ gals. Stock	15	
{ 1 gal. Milk	10	
{ ½ cup Salt		5
{ Pureed Vegetable and Stock from A ¹ .		

METHOD

1. Cook A¹. Measure the liquid after cooking and make up to 1 gallon with water. Put vegetables through a sieve.
2. Finish according to general method for Cream Soups, page 27.

YIELD

100 8-oz. servings.

POTATO AND TOMATO MALAKOFF

Measure	Weight	
	Lbs.	Oz.
A ¹ { 1½ gals. Raw Sliced Potatoes	9	
{ 1½ gals. Stock	15	
B { 1 pt. Fat	1	
{ 1 pt. Diced Onions		12
{ 1 pt. Diced Celery		10
{ 1 pt. Unsifted Pastry Flour		10
C { 1½ gals. Tomato	15	
{ ½ cup Salt		5
{ Pureed Vegetable and Stock from A ¹ .		

METHOD

1. Cook A¹. Measure the liquid and make up to 1½ gallons with water. Put the potato through the sieve.
2. Finish according to the general method for Cream Soups, page 27.

YIELD

100 8-oz. servings.

CREAM OF TOMATO SOUP

<i>Measure</i>		<i>Weight</i>	
		Lbs.	Oz.
A	1 qt.	Fat.....	2
	1 pt.	Diced Onions.....	12
	1 pt.	Diced Celery.....	10
	1½ qts.	Unsifted Pastry Flour.....	1 14
B	1 gal.	Milk.....	10
	1¾ gals.	Stock.....	17 8
C	2 gals.	Tomato Juice or Canned Tomatoes.....	20
	½ cup	Salt.....	5
	½ cup	Sugar.....	4
	1½ tbsp.	Pepper.....	½

METHOD

1. Make according to general method for Cream Soups, page 27.

YIELD

100 8-oz. servings.

NOTE.—1 quart of tomato purée added to the soup will improve the flavour.

MEAT

-
1. Trim all meat bones well.
 2. Save all fat trimmings and render for use.
 3. Cook meat at a low or moderate temperature, 300°F. or 350°F. to avoid shrinkage.
 4. Save all renderings from roast or braised meat for gravy.
 5. Time the cooking so that the meat is ready just before it is to be served.
 6. Carve against the grain of the meat, using a thin, sharp knife.

Ration	Per man	Per day
Butter	1/2	oz
Sugar	2	"
Tea	2 1/2	"
meat bone	6	"
Boneless	7	"
Mutton	6	"
Pork	6	"
Bacon	2 1/2	"
Potatoes	20	"
P veg	8	"
F veg	16	"
Bread	4	"
Jam	1	"
Cheese	12	" twice a week
Cake (Muffin)	4	"
English		

EXPLANATION OF TERMS USED IN COOKING MEAT

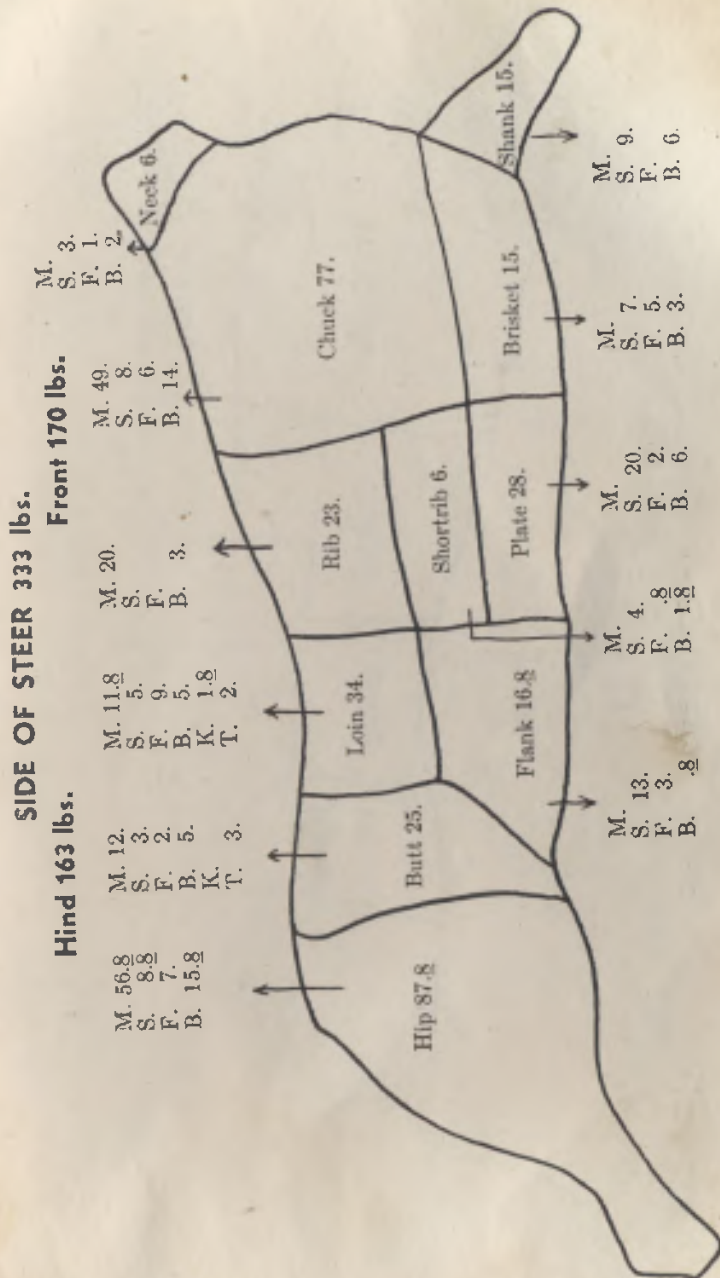
1. *Roasting*: Cooking tender meat in an oven without the addition of liquid.
2. *Braising*: Browning in the oven or on top of the stove.
3. *Pot Roasting*: Cooking braised meat in an oven or on top of the stove in a closely covered container, with the addition of a small quantity of liquid. This method is used for less tender cuts of meat.
4. *Boiling*: Cooking tough meat on top of the stove in a large volume of water.
5. *Stewing*: Cooking less tender meat, cut into pieces, by the method used in pot roasting.
6. *Pan Broiling*: Cooking tender meat in a shallow pan on top of the stove. The surface of the pan is rubbed with fat just to prevent the meat from sticking, but the cooking is done without the addition of further fat.
7. *Sauteing*: Cooking tender meat in a shallow pan on top of the stove. A small quantity of fat is melted in the pan before the meat is added.
8. *Deep Fat Frying*: Cooking food by immersing it in hot fat.

HOW TO USE THE MEAT CHARTS

1. Each of the following Charts of Beef, Lamb and Pork give the approximate yield of meat, bone and fat from a side of meat. The weights given are averages from a large number of carcasses of comparable size.
2. Each diagram is marked into wholesale cuts.
3. The total weight of each cut is given and the amount of meat, fat and bone which constitutes that total weight.
 - M. represents tender and less tender meat.
 - S. represents toughest meat, suitable for boiling, stewing, mincing only.
 - F. represents Fat.
 - B. represents Bone.
 - T. represents Tenderloin.
 - K. represents Kidney.
 - R. represents Rind.
 - S.P. represents Spareribs.
4. For the sake of brevity, weights are printed thus:
 5. 10 stands for 5 lbs. 10 oz.

USES FOR CUTS OF BEEF

Hip	Rump roast, pot roasts, swiss steaks.
Butt	Steaks, roasts.
Loin	Roasts, T-bone or porterhouse steaks.
Tenderloin	Steaks.
Ribs	Roast.
Chuck	Pot roast, swiss steaks.
Short ribs	Stew, meat pie, meat loaf, hamburg steak.
Plate	
Brisket	
Neck	
Shank	
Trimming	
Kidney	Braised or in stew.
Bones	Soup or gravy stock.
Fat	Render for cooking purposes.



SIDE OF YEARLING STEER 200 lbs.

Hind 102 lbs.

M. 8.4
S. 3.
F. 5.
B. 2.
T. 1.12

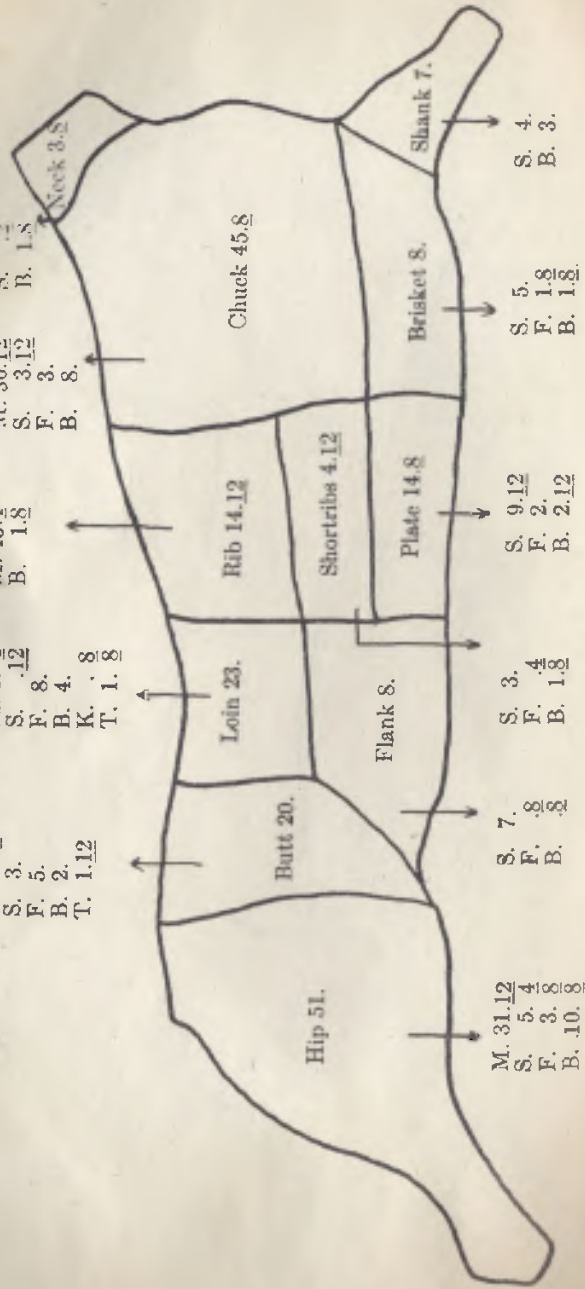
M. 8.4
S. 12.
F. 8.
B. 4.
K. 8.
T. 1.8

M. 13.4
S. 1.8

Front 98 lbs.

M. 30.12
S. 3.12
F. 3.
B. 8.

S. 2.
B. 1.8
Neck 3.8



SIDE OF COW 210 lbs.

Hind 110 lbs.

M. 8.4
S. 5.
F. 7.8
B. 3.4
T. 2.

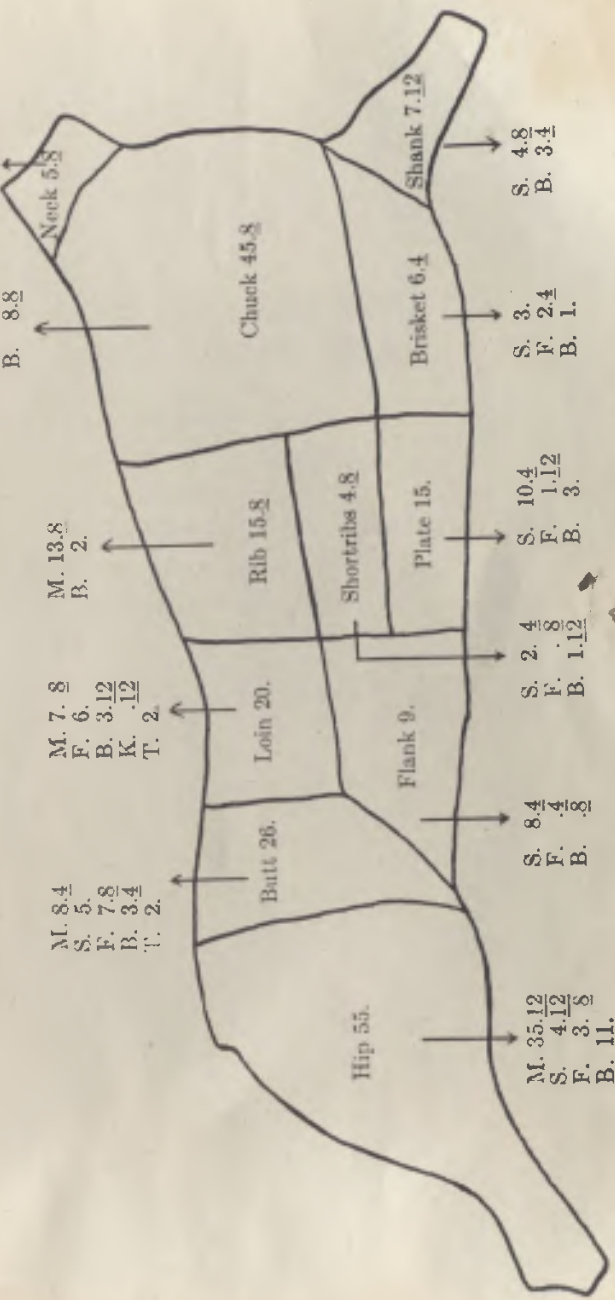
M. 7.8
F. 6.
B. 3.12
K. 12
T. 2.

M. 13.8
B. 2.

Front 100 lbs.

M. 31.8
S. 2.
F. 3.8
B. 8.8

S. 3.
F. 8.
B. 2.

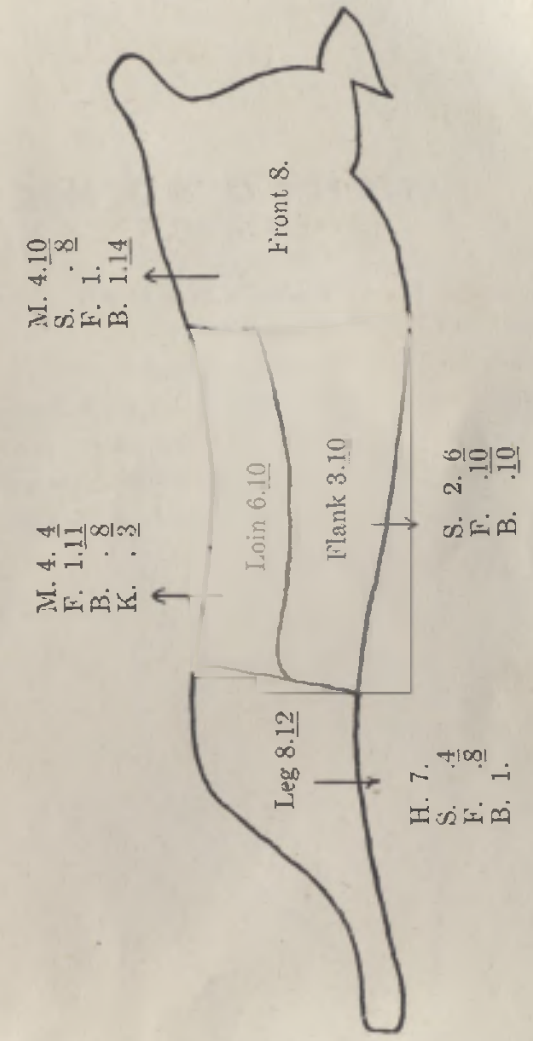


USES FOR CUTS OF LAMB OR MUTTON

Legs	Roasts, boiled meat.
Loins	Roasts, chops.
Shoulders	Roasts, boiled meat.
Flank or Trim	Irish stew, lamb pie.
Bone	Stock for mutton or scotch broth.
Fat	Render for cooking purposes.

Handwritten notes:
~~4 = 1 K 10~~ 40
 1 m = 4 F
 12
 3
 6

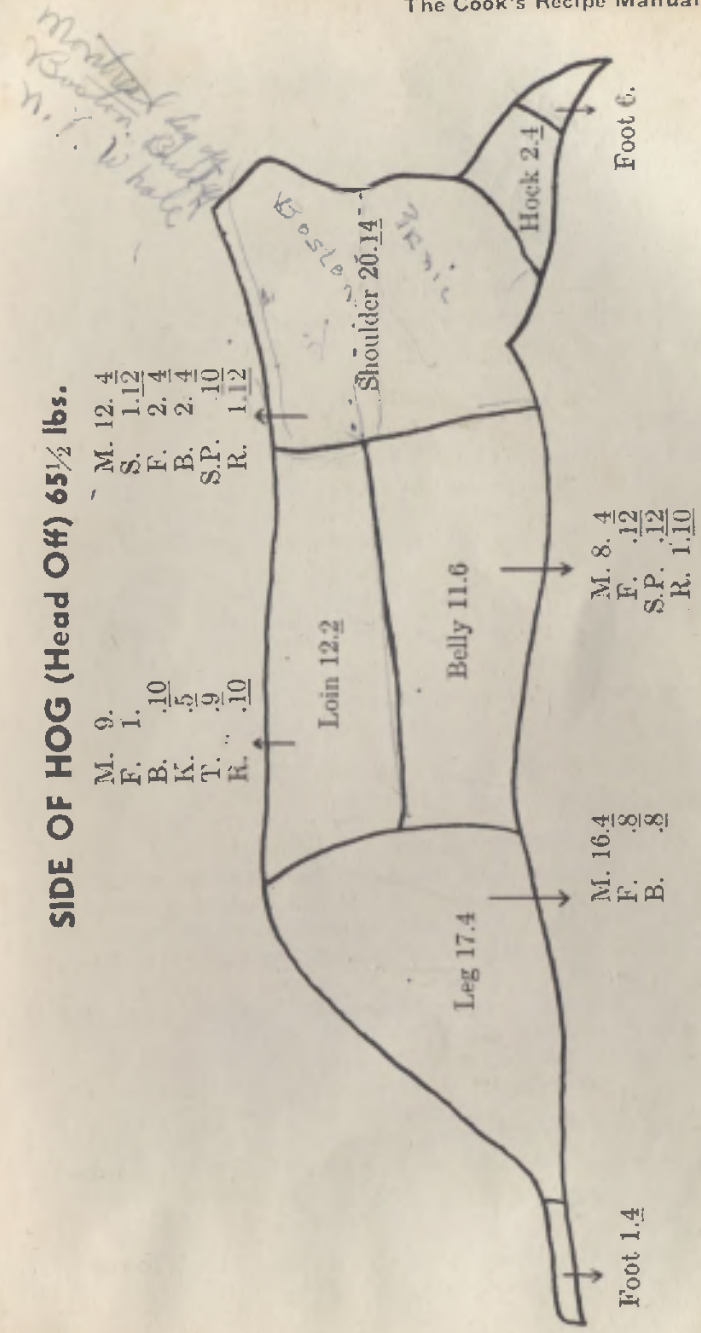
SIDE OF YEARLING LAMB 27 lbs.



USES FOR CUTS OF HOG

Legs	Roasts.
Loins	Roasts or chops.
Shoulders	Roasts.
Tenderloin	Roasts or steaks.
Belly	Pork pies, sausages, in baked beans.
Spareribs	Roasts or boiled ribs.
Feet and Hocks	Jellied, boiled, or pickled meat.
Fat	Render for cooking purposes.

SIDE OF HOG (Head Off) 65½ lbs.



BEEF STEW

Measure	Weight	
	Lbs.	Oz.
Lean Boneless Stewing Beef.....	35	
1 gal. Raw Diced Onions.....	6	

GRAVY FOR STEW

3 gals. Boiling Water.....	30	
1½ qts. Unsifted Pastry Flour.....	1	14
½ cup Salt.....		5
2 tsp. Pepper.....		

METHOD

1. Cut the meat into 1-inch dice.
2. Place in a deep, greased baking pan; brush with fat.
3. Braise for 1 hour in a moderate oven, 350°F.
4. Add finely chopped raw onions and cook with meat for 10 minutes.
5. Lift meat from pan, leaving the renderings and onions.
6. Make gravy from renderings, according to method on page 85.
7. Add gravy to meat. Cover closely.
8. Simmer in oven or on top of stove until tender.

YIELD

100 8-oz. servings.

VARIATIONS1. *Beef and Vegetable Stew.*

Variations of beef stew may be made by substituting 10 lbs. of raw vegetables or 5 lbs. of cooked vegetables for 5 lbs. of meat. Add raw vegetables when the gravy is added to the meat. Add cooked vegetables 10 minutes before the meat is tender.

The following vegetables make suitable additions to stew—

Carrots	Turnips	Celery
Potatoes	Green Peas	

2. *Beef and Kidney Stew.*

Reduce meat to 22 lbs. and add 8 lbs. of diced kidneys.

Preparation of Kidneys for Stew.

1. Trim and dice kidneys.
2. Simmer for 1 hour in water. Drain and add to the stew with the gravy.

BEEF AND KIDNEY PIE

Beef Stew—Recipe, page 46.

Pastry or Biscuit Dough—½ Standard Recipe.

METHOD

1. Prepare beef stew and put in shallow baking pans.
2. Cover with pastry crust or biscuit dough rolled to ¼-inch thickness, making several slits in the dough.
3. Bake in a hot oven 425°F. until the crust is cooked. Cut into portions and serve.

YIELD

100 9-oz. servings.

MEAT PIE

Measure	Weight	
	Lbs.	Oz.
Lean Stewing Meat.....	30	
1 gal. Raw Diced Onions.....	6	
3 gals. Boiling Water.....	30	
1½ qts. Unsifted Pastry Flour.....	1	14
3½ qts. Raw Diced Potatoes.....	5	4
½ cup Salt.....		5

Biscuit Dough or Pastry

Crust—½ standard recipe

METHOD

1. Cut the meat into 1-inch dice.
2. Place the meat in a deep, greased baking pan and brush with fat.
3. Braise for 1 hour in a moderate oven (350°F.).
4. Add finely chopped raw onions, and cook with meat for 10 minutes.
5. Lift meat from pan, leaving the renderings and onions.
6. Make gravy from renderings, according to method on page 85.
7. Add gravy to meat. Cover closely.
8. Simmer in oven or on top of stove until almost tender.
9. Add the diced raw potatoes and continue cooking until meat and potatoes are done.
10. Pour stew into shallow baking pans.
11. Cover with pastry crust or tea biscuit dough rolled to ¼-inch thickness, making several slits in the dough.
12. Bake in a hot oven (425°F.) until the crust is cooked.
13. Cut into portions and serve.

YIELD

100 9-oz. servings.

BRAISED LAMB OR MUTTON

Measure	Weight	
	Lbs.	Oz.
Stewing Lamb or Mutton..	50	
$\frac{3}{4}$ cup Salt.....		7 $\frac{1}{2}$

METHOD

1. Trim meat of excess fat and cut into 5-oz. portions.
2. Braise in a moderate oven (350°F.) for 1 hour. Pour off the melted fat and add the salt.
3. Add boiling water to a depth of about $\frac{1}{4}$ inch. Cover and continue cooking until the meat is tender.

Serve with baked rice and curry sauce or brown gravy made from the liquid in the pan.

YIELD

100 3-oz. servings.

IRISH STEW

Measure	Weight	
	Lbs.	Oz.
Lean Stewing Lamb or Mutton.....	28	
$2\frac{1}{2}$ gals. Hot Water.....	25	
$3\frac{1}{2}$ qts. Raw Diced Onions.....	5	4
$3\frac{1}{2}$ qts. Raw Diced Carrots.....	5	4
$3\frac{1}{2}$ qts. Raw Diced Potatoes.....	5	4
2 qts. Unsifted Pastry Flour.....	2	8
3 qts. Cold Water.....	7	8
$\frac{3}{4}$ cup Salt.....		7 $\frac{1}{2}$
2 * 2 tins Peas.....	2	8

METHOD

1. Cut meat into 1-inch pieces.
2. Add boiling water and simmer until the meat is almost tender.
3. Add diced raw vegetables and continue cooking until the meat and vegetables are done.
4. Mix flour and cold water. Strain. Add gradually to stew, stirring constantly. Cook until there is no taste of raw starch.
5. Add the salt and green peas.

YIELD

100 8-oz. servings.

SWISS STEAK

Measure	Weight	
	Lbs.	Oz.
100	6 oz. Steaks from Hip or Chuck of Beef.....	38
2	qts. Unsifted Pastry Flour.....	2 8
1	qt. Fat.....	4
2	qts. Raw Diced Onions.....	3
6	qts. Gravy.....	15
$\frac{1}{2}$ cup	Salt.....	5
2	tbsp. Pepper.....	$\frac{1}{2}$

METHOD

1. The steaks should be cut $\frac{1}{2}$ inch thick.
2. Dip each piece in the flour and sauté in the fat until brown on both sides. Place in a roasting pan so that the steaks overlap.
3. Sprinkle finely diced onions over the meat, add gravy and seasonings.
4. Cover the pan and bake in a moderate oven (350°F.) until the meat is tender (approx. $1\frac{1}{2}$ to 2 hours).

YIELD

100 4-oz. servings.

VARIATIONS*Spanish Steak.*

Reduce gravy to 4 quarts and add 2 quarts tomato sauce or canned tomatoes.

Swiss Steak with Broiled Mushrooms.

Select 200 large mushroom caps and wash. Sauté in butter until golden brown. Serve whole on top of the Swiss Steak.

MOCK DUCK

Measure	Weight	
	Lbs.	Oz.
Boneless Chucks or Hips of Beef ..	30	
Dressing.....	14	

METHOD

1. Cut lean beef in $\frac{1}{2}$ -inch slices—about 12 inches by 10 inches in size.
2. Spread with dressing, roll and tie. Or use thicker pieces of meat, slit them lengthwise, and insert the dressing in the pocket so formed. Tie with string. Brush with grease and salt.
3. Braise for 1 hour at 350°. Baste frequently.
4. Add hot water to the depth of $\frac{1}{4}$ inch in the roast pan. Cover and continue cooking until the meat is tender (approx. 1 hour).
5. Prepare gravy from renderings in pan, according to the general method, page 85.

YIELD

100 3-oz. servings.

DRESSING FOR MOCK DUCK

Measure	Weight	
	Lbs.	Oz.
3½ gals. Fresh Bread.....	14	
1½ pts. Butter or Fat.....	1	8
3 pts. Raw Diced Onion.....	2	4
1 tbsp. Pepper.....		$\frac{1}{4}$
$\frac{1}{4}$ cup Salt.....		2½

METHOD

1. Crumb the bread or cut into fine cubes after removing the crusts. Add seasonings.
2. Melt butter, add finely diced onion and cook thoroughly.
3. Combine crumbs, fat and onion.
(If stale bread is used, add 1 quart of milk or stock.)

NOTE.—1 cup of savoury added to the dressing will improve the flavour.

POT ROASTS OF BEEF

Pot roasting is used for tougher cuts of meat, such as the rump, chuck and round.

Boneless Meat..... 35 lbs.

METHOD I

1. Cut the meat into 7 to 8-lb. pieces, roll and tie.
2. Grease and salt the meat.
3. Braise for 1 hour in the oven at 350°F.
4. Make a brown gravy from the glaze in the pans, according to recipe, page 85. A few carrots and onions added to the gravy will improve the flavour.
5. Place the roasts in a pot. Add the gravy and cover tightly.
6. Simmer until tender on top of the stove or in a moderate oven (350°F.). Approximate time allowance for simmering: 30-35 minutes per inch thickness of roast.

METHOD II

1. Prepare the roasts and braise as in Method I.
2. Add a small quantity of water, about $\frac{1}{4}$ inch to each pan. Cover closely.
3. Simmer on top of the stove or in the oven at 350°F. until tender.
4. Diced vegetables may be added 1 hour before the roast is completely cooked.
5. Serve the roast with gravy made from the liquid in the pan. If necessary, add brown gravy stock to make 1½ gallons of gravy.

YIELD

100 4-oz. servings.

Variations for Pot Roast Gravy.

1. Add vegetables as in recipe for Vegetable Gravy, page 87.
2. Use canned tomatoes as part of the liquid in the gravy.
3. Add sliced sautéed mushrooms to the gravy before serving.
4. Sauté 1 pint finely chopped green pepper to the gravy before serving.

BROWNE POT ROAST WITH BEANS

Measure	Weight	
	Lbs.	Oz.
5 qts. Dried White Beans	10	
Pot Roasts	35	
1 gal. Raw Diced Onions	6	
$\frac{3}{4}$ qt. Unsifted Pastry Flour	1	
$\frac{1}{2}$ cup Salt		5
2 gals. Hot Water		

METHOD

1. Soak and cook the beans according to the general method for dried vegetables, page 112. Drain when partly cooked.
2. Brown roasts in oven at 350° for 45 minutes.
3. Add diced onion and cook for an additional 15 minutes.
4. Remove roasts and add flour and salt to the renderings left in the pan.
5. Add boiling water to make a thin gravy.
6. Place meat and beans in stock pots. Add the gravy.
7. Simmer on top of stove until tender.

YIELD

- 100 4-oz. servings of meat.
100 4-oz. servings of beans.

BOILED FRESH MEAT

Measure	Weight	
	Lbs.	Oz.
Boneless Meat	38	
2 qts. Raw Carrots	3	
2 qts. Raw Onions	3	
$\frac{1}{4}$ cup Salt		2 $\frac{1}{2}$
5 gals. Boiling Water	50	

METHOD

1. Cut the meat into 4 to 5-lb. pieces, roll and tie.
2. Place in stock pot. Add vegetables, seasoning and boiling water. The meat must be completely covered with water throughout the cooking period.
3. Simmer for 2 to 3 hours, or until tender. Do not boil. Skim frequently.
4. Serve cold or serve hot with a vegetable sauce.

NOTE.—Any left-over stock may be used for soup.

YIELD

100 4-oz. servings.

CUTS OF MEAT SUITABLE FOR BOILING

Beef	Mutton	Pork
Brisket	Shoulder	Fresh or Pickled Shoulder
Flank	Legs	Fresh or Pickled Legs
Plate	Rolled Loin	Hocks
Shank		
Chuck		

BOILED PICKLED MEAT

1. Corned Beef.
2. Pickled Pork.

METHOD

1. Wash the meat before cooking.
2. Use the method and quantity given for boiled fresh meat.
3. When the pickled meat is half cooked, taste the water. If the water is very salty, pour it off and finish cooking the meat in fresh boiling water.

VEGETABLE SAUCE FOR BOILED BEEF OR MUTTON

Measure		Weight	
		Lbs.	Oz.
½ pt.	Fat.....		8
1 pt.	Unsifted Pastry Flour.....		10
1 gal.	Stock from Boiled Meat.....	10	
½ gal.	Diced Cooked Vegetables.....	4	
1½ tbsp.	Salt.....		1

METHOD

1. Blend fat and flour together.
2. Add hot stock. Cook until there is no taste of raw starch. Strain.
3. Add cooked vegetables (carrots, onions, celery, peas) and salt.

YIELD

100 2½-oz. servings.

VARIATIONS

Add 1½ cup horseradish, grated.

BOILED SMOKED HAM

Smoked Ham..... 38 lbs. A.P.

METHOD

1. Follow the method used for boiling fresh meat, allowing ½ hour per lb. of meat, i.e. 5 hours for a 10-lb. ham.
2. Remove ham from the liquid and take off the skin. Save the ham stock for split pea or bean soup.
3. If ham is very fat, trim.
4. Serve the ham hot with raisin, orange or tartare sauce, or with mustard.

YIELD

100 4-oz. servings.

GLAZED HAM

Boiled Ham
Brown Sugar
Mustard

METHOD

1. Rub a mixture of brown sugar and mustard over the surface of the skinned ham, allowing 1 tsp. mustard to 1 cup of brown sugar.
2. Bake the ham in a hot oven until the glaze is a golden brown.
3. Serve with the same sauces as for boiled ham.

NOTE:

1. Corn syrup may be substituted for half the brown sugar.
2. Whole cloves may be pushed into the ham after the glaze has been put on and before the ham is baked.

SAUSAGE CAKES OR LOAF

Measure		Weight	
		Lbs.	Oz.
	Minced Pork Cuttings....	25	
	Minced Lean Beef.....	10	
3 qts.	Unsifted Pastry Flour....	3	12
3 qts.	Bread Crumbs.....	3	
1½ qts.	Water.....	3	12
2 tsp.	Sage.....		
2 tsp.	Nutmeg.....		
½ cup	Salt.....		5
2 tbsp.	Pepper.....		½

METHOD

1. Combine all the ingredients. Mix thoroughly.
2. Shape into 2-lb. loaves or 6-oz. cakes.
3. Bake in a moderate oven until thoroughly cooked. Bake sausage loaves at 350°F. for approximately 1½ hours. Pan broil sausage cakes or bake at 350°F. for approximately 15 minutes. Serve with brown gravy or applesauce.

YIELD

100 4-oz. servings.

MEAT LOAF

Measure	Weight	
	Lbs.	Oz.
3 qts. Dry Stale Bread	3	
1½ gals. Milk or Water or Tomato Juice	15	
1 pt. Raw, Finely Chopped Onion	12	
¼ cup Fat	2	
Minced Lean Beef from Chuck, Neck or Flanks	35	
½ cup Salt	5	
1 tbs. Pepper		¼

METHOD

1. Break up the bread and soak in the liquid until it is nearly all absorbed. If necessary, stir to break up the lumps.
2. Cook the onions in the fat until tender.
3. Combine all the ingredients.
4. Pack tightly in greased bread tins or shape into 2-lb. loaves and place in roast pans.
5. Bake in a moderate oven (350°) for 1 hour or until the meat is cooked.
6. Cut 10 slices per loaf. Serve 2 slices per order.
7. Serve with onion or vegetable gravy, tomato or chili sauce.

YIELD

100 4-oz. servings.

VARIATIONS OF MEAT LOAF

- A. One of the following may be substituted for an equal weight of meat.
1. 10 lbs. minced fresh pork, raw or cooked.
 2. 10 lbs. minced kidney.
 3. 4 lbs. green peas.
 4. 4 lbs. cooked diced carrots.
 5. 8 lbs. cubed cheddar cheese.
 6. 8 lbs. cooked macaroni.
- B. Spread Mock Duck dressing between two layers of the beef loaf mixture. This variation cannot be shaped into loaves but must be baked either in loaf tins or in roasting pans and will yield 100 6-oz. servings.
- C. *Hamburg steaks.* Shape into flat 6-oz. cakes and pan-broil or bake in a moderate oven (350°). Lift from the pan to drain off the fat. Serve with brown gravy, onion gravy or tomato sauce.

SCALLOPED BEEF AND RICE

Measure	Weight	
	Lbs.	Oz.
Lean Raw Beef from Chuck or Flanks	20	
1 pt. Fat	1	
1 gal. Raw, Finely Diced Onion	6	
2½ qts. Raw Rice	6	4
1 gal. Tomato Juice or Strained Tomato	10	
1 gal. Stock	10	
½ cup Salt		5

METHOD

1. Cut the beef into ½-inch dice.
2. Braise in the oven for 1 hour at 350°.
3. Melt fat, add raw onion and rice. Cook for 10 minutes, stirring continuously.
4. Add hot tomato juice and stock to rice. Bring to boil.
5. Add braised beef and mix well.
6. Bake in a covered pot in the oven at 350° or cook on top of the stove until the meat and rice are tender.

YIELD—100 8-oz. servings.

PREPARATION OF SAUSAGE MEAT

Measure	Weight	
	Lbs.	Oz.
Pork	24	
Beef	8	
1 gal. Dry Bread Crumbs	4	
2 qts. Water	5	
2 tbs. Sage		
2 tbs. Nutmeg		
4 tbs. Pepper		1
8 tbs. Salt		6

METHOD

1. Grind the meat.
2. Mix remaining ingredients thoroughly.
3. Combine the two mixtures and regrind.
4. Use as sausage meat or make into sausages.

YIELD—40 lbs. raw sausage meat (approx.).

ROASTS OF MEAT

Boneless Tender Meat.....35 lbs.

METHOD

1. Place the roasts in a greased pan.
2. If the meat is lean, coat with dripping or place pieces of suet on the top.
3. Bake in a moderate oven, 325°-350°F., according to the table given for roasting meat. When cooked at this temperature, it is not necessary to baste the meat.

YIELD

100 4-oz. servings.

TABLE FOR ROASTING MEAT AT 350°F.

The time of cooking depends on the diameter, not on the weight of the roast; measure the roast through the thickest part.

Beef—well done—	30 minutes per inch
medium	25 minutes per inch
rare	20 minutes per inch
Lamb	25 minutes per inch
Mutton	30 minutes per inch
Veal	30 minutes per inch
Pork	45 minutes per inch

YORKSHIRE PUDDING

Measure	Weight	
	Lbs.	Oz.
4 qts. Unsifted Pastry Flour....	5	
5 tbsp. Salt.....		3
30 Eggs.....		
5 qts. Milk.....	12	8
1 pt. Beef Drippings.....	1	

METHOD

1. Sift the flour and salt.
2. Add the unbeaten eggs to the milk.
3. Mix, and beat well.
4. Add to the flour.
5. Beat until bubbles form.
6. Pour beef drippings into 5 roasting pans heated very hot (size, 16 x 10½ x 3).
7. Pour the mixture into the pans. Place immediately in a moderate oven (350°F.). Bake for 45 minutes. Reduce heat of oven if it becomes too hot.

NOTE.—If possible, mix the pudding in small amounts—one-quarter or one-fifth of the recipe at a time.

PORK DRESSING

Measure	Weight	
	Lbs.	Oz.
½ pt. Fat.....		8
1 c. Finely Chopped Onion		6
4 qts. Bread Crumbs (fresh bread).....	4	
6 medium Apples.....	2	
3 tbsp. Salt.....		2
2 tsp. Pepper.....		
3 tbsp. Sage.....		

METHOD

1. Cook onions in the fat for 15 minutes or until tender.
2. Trim crusts from bread and make crumbs.
3. Peel and core apples. Dice.
4. Combine all ingredients.

If the dressing is cooked in the meat, this quantity is sufficient for 35 lbs. of roast. If the dressing is baked separately, double the amount.

PAN BROILED STEAK

METHOD

1. Trim and cut 100 5-oz. steaks suitable for broiling.
2. Heat heavy roasting pans or griddles and rub them over with trimmings of fat or suet, leaving only a thin film of grease in the pan.
3. Put the steaks in the pan. Leave without turning until the underside is browned.
4. Season with salt and pepper and turn.
5. Continue cooking until the steaks are done.
6. Steaks should be cooked quickly, but the pan should never become hot enough to cause the fat to smoke.
7. Cooking time:

	<i>1-inch steak</i>	<i>½-inch steak</i>
Rare.....	5-7 minutes	3 minutes
Medium.....	6-8 minutes	4 minutes
Well done.....	8-10 minutes	5 minutes

NOTE.—When space on top of the stove is limited, the steaks may be cooked rare and finished in a moderate oven (6-8 minutes).

SAUTÉD LIVER

<i>Measure</i>	<i>Weight</i>	
	<i>Lbs.</i>	<i>Oz.</i>
Liver.....	25	
¼ cup Salt.....		2½
2 tbsp. Pepper.....		½
2 qts. Unsifted Pastry Flour....	2	8

METHOD FOR LIVER

1. Cut liver into slices of ½ inch thickness, allowing 4 oz. per serving.
2. Add salt and pepper to flour.
3. Dip slices of liver into flour.
4. Sauté in hot fat, until the liver is well browned and cooked through to the centre. Turn once.
5. Serve with brown gravy, onion gravy or bacon.

NOTE:

1. Liver becomes very hard and dry when overcooked or sautéd at too high a temperature.
2. Liver may be browned on top of the stove and the cooking finished in a moderate oven.

BACON

200 moderately thick slices.....12 lbs.

METHOD

1. Arrange bacon in large pans with the slices slightly overlapping.
2. Cook in a moderate oven (350°F.) until the fat is a light brown.
3. Lift bacon from the fat and drain. Transfer to an ungreased pan. When possible, place paper on a rack in the pan in order to drain off the fat more thoroughly.

JELLIED MEAT

<i>Measure</i>	<i>Weight</i>		
	<i>Lbs.</i>	<i>Oz.</i>	
A {	1½ gals. Water or Stock.....	15	
	1 qt. Chopped Onion.....	1	8
	1 c. Chopped Parsley.....		4
	4 tbsp. Salt.....		2½
	1 tbsp. Pepper.....		
	Diced Cooked Meat.....	15	
B {	¾ qt. Gelatine.....	1	
	1 qt. Cold Water.....	2	8

METHOD

1. Combine A and simmer for 20 minutes.
2. Combine B. Let stand until the water is absorbed.
3. Combine A and B. Stir until they are thoroughly mixed and the gelatine is dissolved.
4. Pour into deep pans that have been moistened with cold water.
5. Stand in a cool place to set. Protect from dust by covering lightly with a paper or clean cloth.
6. Keep cool until ready to use.

YIELD

100 5-oz. servings.

BAKED HASH

Measure		Weight	
		Lbs.	Oz.
A	3½ gals. Raw Diced Potatoes....	21	
	1 gal. Raw Diced Onions.....	6	
	2 qts. Brown Gravy.....	5	
	2 qts. Water.....		
	½ c. Salt.....		5
B	2 gals. Cooked Diced Meat....	16	

METHOD

1. Combine A, bake in a hot oven (400°F.) or boil on top of the stove until the potatoes are almost tender.
2. Add the diced meat and continue cooking until the potatoes are tender and the meat is hot.

YIELD

100 6-oz. servings.

MEAT CROQUETTE

Measure		Weight	
		Lbs.	Oz.
A	4 pts. Fat.....	4	
	4 qts. Unsifted Pastry Flour..	5	
	3 qts. Milk.....	7	8
	3 qts. Stock.....	7	8
B	1½ cup Cooked Onions.....		11
	Cooked Meat.....	15	
	¾ cup Salt.....		7½

METHOD

1. Combine A as a cream sauce.
2. Add B, bring to a boil, cook ½ hour on a slow heat, stirring frequently.
3. Pour into pans and cool.
4. Shape into 5-oz. croquettes.
5. Dip in flour, egg wash and bread crumbs.
6. Fry in deep fat at 375°F. till brown. Place in pans and finish heating in oven for 10 minutes.

NOTE.—This mixture should be made the previous day.

YIELD

100 5-oz. croquettes.

MEAT AND POTATO CAKE OR RISSOLE

Measure		Weight	
		Lbs.	Oz.
	2½ gals. Mashed Potatoes.....	25	
10	Eggs.....	1	
	1½ gals. Minced Cooked Meat... 15		
	1½ cups Cooked Onions.....		11
	½ cup Salt.....		5
	1 tbsp. Pepper.....		

METHOD

1. Combine all the ingredients thoroughly.
2. Mould into 6-oz. cakes.
3. Dip in flour and fry on a griddle or brush with fat and bake for 20 minutes in a hot oven at 400°F.

NOTE:

1. For Rissole, dip cake in flour-egg wash and bread crumbs. Fry in deep fat at 350°F. till brown. Place in pan and finish heating in oven for 10 minutes.
2. 1 cup chopped parsley may be added.

YIELD

100 6-oz. cakes.

MEAT TURNOVER

	Weight
Pie Crust.....	20 lbs.
Shepherd's Pie Mixture.....	20 lbs.

METHOD

1. Roll the crust and cut in 5-inch squares.
2. Place three ounces of meat mixture in centre of each square.
3. Wash edges with milk. Turn and pinch together.
4. Bake on sheets in a moderate oven (375°F.) for 30 minutes or until brown.
5. Serve with tomato sauce or chili sauce.

YIELD

100 5-oz. turnovers.

MEAT AND PASTRY ROLL**MEAT MIXTURE**

Measure		Weight	
		Lbs.	Oz.
	Minced Cooked Meat	20	
1 qt.	Diced Cooked Onions	2	8
1 qt.	Gravy or Tomato Juice	2	8
4 tbsp.	Salt		2½
1 tbsp.	Pepper		

METHOD

1. Combine all the ingredients and shape into 2½-lb. loaves, about 10 inches long.

PASTRY**METHOD**

1. Prepare pie pastry according to the recipe, page 158.
2. Divide into 10 equal portions of approximately 1½ lbs. each.
3. Roll into oblong sheets about 12 inches by 8 inches. Place 1 loaf of meat mixture on each sheet.
4. Fold pastry around the meat.
5. Bake in a hot oven (375°-400°F.) for about ½ hour. Serve with tomato or chili sauce or gravy.

YIELD

100 6-oz. servings.

VARIATION

Meat and Biscuit Roll: Substitute Tea Biscuit recipe, page 156 for pastry.

RICE AND BEEF CROQUETTE

Measure		Weight	
		Lbs.	Oz.
A	1 pt. Fat		1
B	2 qts. Raw Chopped Onion		3
	2 qts. Raw Rice		5
C	1 gal. Stock		10
	1 gal. Tomato Juice		10
D	Minced Cooked Beef	15	
	Eggs		1
	½ cup Salt		5
	1 cup Chopped Parsley or Stems		

METHOD

1. Melt A in a heavy pan.
2. Add B. Fry for 15 minutes.
3. Heat C, add B. Simmer for 20 minutes.
4. Add D. Cook for an additional 15 minutes over a low heat. Cool.
5. Mould into 5-oz. croquettes.
6. Dip in flour, egg wash and bread crumbs. Fry in deep fat at temperature 375°F.
or
Place on baking sheets, brush with melted fat. Brown in a hot oven 450°F.

YIELD

100 6-oz. croquettes.

CORNERD BEEF

Measure	Weight	
	Lbs.	Oz.
5 gals. Water.....	50	
2 qts. Salt.....	6	4
Saltpetre.....		2½
Mixed Spice.....	1	

METHOD

1. Heat 1 gallon of water and add spice tied in a bag, salt and saltpetre. Stir until the salt is dissolved.
2. Add to the balance of the water.
3. Keep in a covered tub that has no metal fittings.
4. Place the meat in the brine, leave for 2 to 3 weeks. The meat must be kept covered with the brine.

NOTE.

1. To shorten the time required for pickling to 5 or 6 days, increase the salt to 10 lbs. and add 2 lbs. of sugar.
2. The flavour of the meat will be improved by adding to the brine 1 lb. each of raw sliced carrot, onion and celery.

SUGGESTIONS FOR USING CORNERD BEEF**MEAT LOAF**

Use 2 parts cooked cornerd beef and 1 part cooked beef in meat loaf recipe. Serve hot or cold.

SHEPHERD'S PIE

Substitute all or part cornerd beef in shepherd's pie recipe. Use stock rather than gravy for liquid.

MEAT TURN-OVER

Substitute cornerd beef for fresh minced beef. Use stock instead of gravy.

JELLIED MEAT

Use cornerd beef in the jellied meat recipe. Hard-cooked egg cut in slices may be arranged on the bottom of the pan before pouring in the meat mixture.

CORNERD BEEF HASH I

Measure	Weight	
	Lbs.	Oz.
5 gals. Diced Raw Potatoes.....	30	
2 qts. Diced Raw Onions.....	3	
1 gal. Stock.....	10	
Canned Cornerd Beef.....	18	

If canned cornerd beef is not used, buy 30 lbs. boneless cornerd beef. Cook, trim and remove excess fat.

METHOD

1. Combine potatoes, onion and stock.
2. Bake or cook on top of stove until tender.
3. Add diced meat and bake for 30 minutes at 350°F. or cook on top of stove.

If the canned cornerd beef is very fat, heat separately and pour off melted fat before adding the meat to the vegetables.

YIELD

100 8-oz. servings.

CORNERD BEEF HASH II

Measure	Weight	
	Lbs.	Oz.
2 qts. Minced Raw Onion.....	3	
1 pt. Fat.....	1	
3½ gals. Dry Mashed Potatoes.....	35	
3 gals. Minced Cornerd Beef.....	18	
Salt.....		
Pepper.....		

METHOD

1. Cook the minced onion in the fat until tender.
2. Combine the potatoes, minced meat and cooked onion.
3. Add salt and pepper to taste.
4. Spread 2 inches to 3 inches deep in heavy, greased baking pans.
5. Bake in a hot oven until heated through and the under surface is well browned.
6. Cut into portions and serve with the browned side up.

YIELD

100 8-oz. servings.

SHEPHERD'S PIE

Measure		Weight	
		Lbs.	Oz.
A {	1/2 pt. Fat		8
	1 qt. Minced Raw Onions	1	8
	Minced Cooked Meat	25	
B {	3 tbsp. Salt		2
	1 tsp. Pepper		
C {	2 qts. Stock, Gravy or Tomato Juice	5	
	2 1/2 gals. Hot Mashed Potatoes (2/3 Recipe)	25	

METHOD

1. Cook A for 10 minutes or until onion is tender.
2. Combine A and B.
3. Spread in baking pans and heat.
4. Cover with C. (The mashed potatoes should be quite dry. 1 pint of milk is sufficient for the quantity of potatoes required.)
5. Brush surface with fat and brown in the oven. Cut into squares and serve with tomato or chili sauce or brown gravy.

YIELD

100 8-oz. servings.

9-100 3.70
 18 200
 15 300
 55
 125

FISH

Keep fish cold to avoid spoilage and loss of flavour.
 Keep separate from other foods in the refrigerator.
 When possible, cook frozen fish without thawing.
 Bake or broil fish quickly to keep the flavour.
 Cook fish thoroughly but do not overcook.
 Serve immediately after cooking.

10-3-75

Noo 17.	42	18
Dec		30
Jan		21
Feb		77
Mar		65
Apr		75 PTS.
May		
Jun		
Jul		
Aug 12.		2
		3
		30
Sept. - 93		
1 = 98		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

FRESH OR FROZEN FISH

BREADED FILLETS OR STEAKS

Fillets of Fish or Fish Steaks..... 40 lbs.

PREPARATION

1. Fresh—cut into 6-oz. servings.
Frozen—cut into 6-oz. servings when thawed sufficiently to handle.
2. Dry the surface of the fish with a clean cloth.
3. Coat each piece with flour to which salt and pepper have been added, then dip in egg-wash and sifted bread crumbs (see page 83).

COOKING

Use one of the following methods and serve with tomato or tartare sauce.

METHOD I

SAUTÉD FISH FILLETS OR STEAKS

1. Heat heavy pans and add melted fat to the depth of $\frac{1}{4}$ inch.
2. Put in the fillets, brown on one side, turn and brown on the other. The pan should be as hot as possible without allowing the fat to smoke.
3. After the fish is browned, lower the heat and finish cooking.
4. Cook fresh fillets 10 minutes per inch thickness.
Cook frozen fish 15 minutes per inch thickness.
5. Lift from the pan and keep in a warm place until served.

YIELD

100 5-oz. servings.

METHOD II

BAKED FILLETS OR STEAKS

1. Sauté lightly on both sides.
2. Transfer to baking pans and finish cooking in a hot oven (450°F.). The time required will be that given for sautéed fish.
3. When fish is cooked, remove from the hot oven and keep in a warm place until served.

YIELD

100 5-oz. servings.

METHOD III

FRIED IN DEEP FAT

1. Fry the fish until golden brown in colour, according to the method, page 83.
2. Lift from the fat, place in baking pans and cook in a hot oven from 5 to 7 minutes.
3. Remove from the hot oven and keep in a warm place until ready to serve.

YIELD

100 5-oz. servings.

METHOD IV

FRIED IN BATTER

Fillets of Fish.....	40 lbs.
Fish Batter.....	16 lbs.

METHOD

See method under Fish Batter (page 73).

FISH BATTER

Measure		Weight	
		Lbs.	Oz.
5½ qts.	Unsifted Pastry Flour..	6	14
3	tbsp. Baking Powder.....		1½
6	tbsp. Salt.....		4
2½ qts.	Milk.....	6	4
12	Eggs.....	1	4
½ pt.	Butter (melted).....		8

METHOD

1. Mix and sift dry ingredients.
2. Beat the eggs slightly, add to the milk, and blend with the dry ingredients.
3. Add the melted butter.
4. Dip the fish fillets into the batter. If fish used has been frozen, thaw and dry well before dipping in batter.
5. Fry at 370°F. in deep fat, according to the general directions, page 83.
6. Finish cooking in a hot oven. Serve with tomato sauce.

YIELD

Batter for 100 orders of fish.

DRAWN BUTTER SAUCE

Measure		Weight	
		Lbs.	Oz.
1½ pts.	Butter.....	1	8
1	pt. Flour.....		10
3	tbsp. Salt.....		2
½	tsp. Pepper.....		
1	gal. Hot Water.....	10	
½ c.	Vinegar or Lemon Juice.....		4

METHOD

1. Make according to the method for cream sauce (page 90).
2. When cooked, add lemon juice.
3. Serve with Sautéed or Baked Fish.

YIELD

100 1½-oz. servings.

BAKED FISH WITH DRESSING

	Weight	
	Lbs.	Oz.
Dressed Fish (A.P.).....	65	
or		
Fillets of Fish.....	40	
Dressing.....	10	
Mashed Potatoes ($\frac{2}{3}$ Recipe).....	25	

METHOD

1. Bone fish.
2. Spread out flat in a greased baking pan, skin side down.
3. Cover with dressing to $\frac{1}{2}$ inch depth.
4. Cover this with hot mashed potatoes.
5. Cook in a hot oven for 10 to 15 minutes.

YIELD

100 10-oz. servings.

FISH DRESSING

Measure	Weight	
	Lbs.	Oz.
2 pts. Finely Chopped or Grated Onions.....	1	8
1 $\frac{1}{2}$ pts. Melted Bacon Fat or Butter.....	1	8
1 $\frac{3}{4}$ gals. Bread Crumbs (bread 2 or 3 days old).....	7	
$\frac{1}{2}$ cup Salt.....		5
$\frac{1}{2}$ tbsp. Pepper.....		

METHOD

1. Cook the onions in the melted fat until tender but not browned.
2. Combine crumbs and seasonings.
3. Add to melted fat.

YIELD

10 lbs. dressing.

NOTE.—When available, add 1 pint of chopped parsley.

KEDGEREE

Measure	Weight	
	Lbs.	Oz.
2 qts. Rice.....	5	
6 qts. Cooked Fish.....	12	
or		
Raw Dressed Fish.....	18	
18 Eggs.....	1	14
$\frac{1}{4}$ cup Salt.....		2 $\frac{1}{2}$
1 tbsp. Pepper.....		
2 qts. Cream Sauce.....	5	
1 $\frac{1}{2}$ pts. Butter (melted).....	1	8

METHOD

1. Cook rice in rapidly boiling salted water until almost tender—about 20 minutes. See general method, page 10.
2. Rinse thoroughly in cold water.
3. Break the cooked fish into large flakes.
4. Place the rice in the greased baking pans to the depth of $1\frac{1}{2}$ inches.
5. Add the flaked fish carefully—use a fork to combine fish and rice.
6. Separate the eggs. Beat the yolks slightly and add them with the salt and pepper to the cream sauce.
7. Beat the whites until stiff and fold into the sauce.
8. Pour over the rice and fish, mixing gently so that the fish and rice are not broken.
9. Pour the melted butter over the top.
10. Bake in a moderate oven (350°F.) for 35 minutes.

SCALLOPED FISH

Measure		Weight	
		Lbs.	Oz.
15	qts. Cooked Fish or Canned Salmon	30	
2	gals. Cream Sauce	20	
½	c. Salt		5
2	tbsp. Pepper		½
5	qts. Buttered Bread Crumbs	5	10

METHOD

1. Prepare cream sauce.
2. Prepare buttered crumbs.
3. Remove skin and bones, and then break the fish into pieces. If canned salmon is used, crush the bones and add to the fish.
4. Fill greased baking tins with alternate layers of fish and sauce.
5. Cover with buttered crumbs.
6. Bake in a moderate oven (350°F.) until the fish is thoroughly heated and the crumbs are brown—about 35 minutes.

YIELD

100 8-oz. servings.

VARIATIONS

1. *Scalloped Fish, Potatoes and Eggs.*

Reduce quantity of fish to 15 lbs. Add 10 lbs. diced cooked potatoes and 4 dozen hard-cooked eggs, cut in quarters.

2. *Fish with Macaroni or Rice.*

Add 1 cup finely diced raw onion by cooking it in the fat used in making the cream sauce.

Reduce the quantity of fish to 20 lbs.

Add:

10 lbs. cooked macaroni (2½ lbs. raw)

or

10 lbs. cooked rice (3 lbs. raw)

3. *Fish Pie.*

Use ⅔ recipe for scalloped fish. Omit the buttered crumbs.

Arrange mashed potatoes as a top crust, using ½ recipe for mashed potatoes.

FISH LOAF

Measure		Weight	
		Lbs.	Oz.
	Cooked Fish	20	
40	Eggs	4	3
2	gals. Thick Cream Sauce	20	
5	qts. Bread Crumbs	5	
1	qt. Butter	2	
½	cup Salt		5
2	tbsp. Pepper		

METHOD

1. Flake the fish after removing bones and skin. When canned salmon is used, drain off the liquid, remove skin, crush bones and use them.
2. Beat eggs.
3. Combine all the ingredients.
4. Pack into greased tins. Bake in a moderate oven (350°F.) for one hour.
5. Serve hot with egg sauce or serve cold with salad.

VARIATION

Add 2½ quarts grated cheese (2½ lbs.) to the cream sauce before combining with the other ingredients.

FISH CAKES

Measure		Weight	
		Lbs.	Oz.
1½	gals. Cooked Flaked Fish	15	
3	gals. Mashed Potatoes	30	
1½	cups Cooked Diced Onion	1	
2	tbsp. Pepper		½
½	cup Salt		5

METHOD

1. Combine all the ingredients.
2. Mould into 6-oz. cakes.
3. Dip in flour, egg-wash and crumbs.
4. Dry in deep fat (temp. 360°F.)
or
5. Coat with flour and sauté in a small amount of fat either on top of the stove or in the oven.

YIELD

100 6-oz. cakes.

SALT FISH

Salt fish must be freshened before it is used.

TO FRESHEN SALT FISH

1. Break the fish into pieces or shred. Do *not* use a steel knife or fork for this purpose.
2. Wash to remove the salt from the surface.
3. Cover with cold water, heat to boiling. Pour off the water.
4. Repeat No. 3 until the water is only slightly salty.

SALT COD HASH

Measure	Weight	
	Lbs.	Oz.
Flaked Salt Cod.....	25	
4 gals. Cooked Diced Potatoes.....	25	
1 cup Chopped Raw Onion.....		6

METHOD

1. Freshen the salt cod according to the directions given above.
2. Cook the onions in a small quantity of fat until tender.
3. Combine all the ingredients.
4. Put the hash in heavy pans which have been greased, and brown on top of the stove or in a slow oven (300°F.).

YIELD

100 8-oz. servings.

CODFISH CAKES

Measure	Weight	
	Lbs.	Oz.
Salt Codfish.....	12	8
4¼ gals. Raw Diced Potatoes.....	25	
1 pt. Butter.....	1	
20 Eggs.....	2	
2 tbsps. Salt.....		1½
1 tbsps. Pepper.....		

METHOD

1. Shred the codfish. Freshen according to the method, page 78.
2. Simmer the fish and the potatoes until tender but not overdone.
3. Remove from the fire and drain thoroughly, shaking over the heat to make mealy and dry. Mash well.
4. Add butter, beaten eggs and seasonings. Mix thoroughly.
5. Form into 2½-oz. cakes 2 hours before frying, so that the cakes will be dry on the outside. This will prevent them from soaking up the grease and from falling apart.
6. Fry to a golden brown in deep fat (Temp. 360°F.). or sauté in a small quantity of fat on top of the stove.

YIELD

100 servings of two cakes each.

SMOKED FISH

SMOKED FILLETS

Boiled Smoked Fillets..... 40 lbs.

METHOD

1. Cut the fillets into 6-oz. servings and put in baking pans.
2. Cover with boiling water and cook in a hot oven.
3. Drain the fish well.
4. Serve with a cream or egg sauce.

YIELD

100 5-oz. servings.

CREAMED SMOKED FILLETS

Smoked Fillets..... 30 lbs.
2 gals. Cream Sauce..... 20 lbs.

METHOD

1. Boil the whole fillets on top of the stove or in the oven.
2. Remove the bones and break into pieces.
3. Add the cream sauce and reheat.

YIELD

100 7-oz. servings.

VARIATIONS

1. Cover with buttered crumbs and bake in the oven.
2. Add 1 pint finely chopped parsley to the cream sauce.
3. Serve on baked rice.
4. Add 1 cup finely chopped green pepper.

SCALLOPED FINNAN HADDIE AND POTATO

5. Reduce the quantity of fish to 20 lbs. and add 10 lbs. sliced cooked potatoes and $\frac{1}{2}$ cup cooked, chopped onion. Arrange fish, potatoes and onions in alternate layers in a greased baking dish. Add cream sauce, cover with buttered crumbs and bake in a moderate oven until thoroughly heated and the crumbs are brown.

FATS AND DEEP-FAT FRYING

FATS

All the fat from an animal carcass can be utilized in cooking.

1. Beef suet from the inside of the carcass and leaf lard from the inside of the pig should be reserved for baking. Chicken fat is also suitable for this purpose.

2. Mutton and lamb fat, as well as the fat from beef and pork trimmings, may have a strong flavour. It should be reserved for meat and vegetable dishes.

PREPARATION OF FAT FOR USE

The fat must be melted and strained in order to separate it from the connective tissue which surrounds it. This process is called rendering.

TO RENDER FAT

1. Chop the fat and remove as much of the connective tissue as possible or put through a grinder.
2. Add a small quantity of water (1 quart to 10 lbs. fat) and bring to a boil.
3. Boil over a low heat until the fat is melted.
4. Strain through a cloth or fine sieve.
5. Stir the fat occasionally as it cools.

CRACKLINGS

Cracklings are the residue left after suet or lard is rendered. Sufficient fat remains in these to make them valuable. They may be substituted for fat in the cooking of meats and vegetables.

Quantity—5 pints cracklings= 1 pint fat

TO REMOVE DISAGREEABLE FLAVOURS FROM FAT

Slightly burned fat, bacon dripping and other fats having an objectionable flavour may be improved by boiling in water.

METHOD

1. Allow the fat to harden.
2. Scrape all sediment from the bottom of the cake of fat.
3. Place the fat in a pot and add boiling water.
4. Boil 5 to 10 minutes.
5. Cool.
6. Remove the cake of fat from the surface of the water.

DEEP-FAT FRYING

CHOICE OF FAT

When the ordinary commercial fats are not available and the choice is limited to animal fats, use one of the following:

1. Rendered Beef Suet.
2. Rendered Beef Suet—2 parts.
Rendered Pork or Bacon Fat—1 part.
3. Rendered Beef Suet—2 parts.
Rendered Pork Fat—2 parts.
Rendered Mutton Fat—1 part.
4. Rendered Beef Suet—3 parts.
Mutton—1 part.

TEMPERATURE OF FAT

1. Fat used for frying must be heated to the exact temperature required for cooking the food.
2. The fat must be held at that temperature throughout the period of cooking.
3. If the temperature is too high, the food will burn and will have a disagreeable flavour, due to the fact that the fat has been allowed to "smoke." Animal fat should not be heated above 360°F. If the temperature of the fat is too low, the food becomes greasy.

TESTS FOR FAT TEMPERATURE

1. A fat thermometer gives the temperature most accurately.
2. When no thermometer is available, drop 1-inch cubes of bread, free of crust, into the hot fat. The cube should brown in 60 seconds at a temperature of 360°F.

METHOD FOR DEEP-FAT FRYING

1. Have the frying kettle half-full of melted fat. Iron bean-pots are excellent for deep-fat frying.
2. Test the temperature of the fat.
3. Have the food at room temperature.
4. Lower the food into the kettle. Be sure that all the food is covered by the fat. Do not put in large quantities of food at a time as this lowers the temperature of the fat.
5. When the food is a delicate brown, remove from the fat and drain on racks or crumpled brown paper. Keep the food hot until ready to serve.
6. Test the temperature of the fat before putting in the next lot of food.

When large quantities of food are being fried, they may be browned in the fat and then placed in pans in the oven to finish cooking.

CARE OF FAT AFTER USING

1. Cool the fat slightly and then sprinkle in a small quantity of water, about 1 tbsp. at a time, or cook a few thin slices of potato in the fat. These two methods will remove foreign flavours.
2. Strain through a cloth.
3. Store in covered containers in a cool, dark place.

TO BREAD FOODS FOR DEEP-FAT FRYING

1. Coat with flour.
2. Dip in egg-wash.
3. Roll in finely sifted bread crumbs (see page 134).

EGG WASH

Measure

12	Eggs
1 gal.	Milk
½ c.	Salt
2	tbsp. Pepper

METHOD

1. Beat the eggs.
2. Add the other ingredients.

FRENCH FRIED POTATOES

50 lbs. Potatoes A.P.

METHOD

1. Wash and pare the potatoes. Cut into lengthwise fingers about $\frac{1}{2}$ inch in width.
2. Chill by standing in cold water.
3. Dry between cloths.
4. Par-cook (blanch) in deep fat at temperature (330°F.) for 10 to 12 minutes.
5. Lift from fat, drain.
6. Blanch all the potatoes. Just before serving, finish cooking and browning the potatoes in deep fat, at temperature 360°F. Drain well. Serve at once.

YIELD

100 5-oz. servings.

DOUGHNUTS

Measure		Weight	
		Lbs.	Oz.
A	$\frac{1}{4}$ pt. Fat.....		4
	$1\frac{1}{2}$ pts. Sugar.....	1	8
B	8 Eggs.....		14
C	1 pt. Milk.....	1	4
D	$3\frac{1}{2}$ qts. Unsifted Pastry Flour.....	4	6
	$\frac{1}{2}$ c. Baking Powder.....		4
	2 tbsps. Salt.....		1
	4 tbsps. Mace.....		

METHOD

1. Make according to the general method for cakes, page 138.
2. Turn out onto a floured board, roll to $\frac{1}{2}$ -inch thickness and cut with a doughnut cutter.
3. Fry in deep fat at 375°F. according to the general directions, page 83.

YIELD

100 medium-sized doughnuts.

SAUCES

FOR MEAT, FISH, AND VEGETABLES

GRAVY STOCK

Measure	Weight	
	Lbs.	Oz.
Bones.....	25	
Celery Leaves and Stalks....	8	
Sliced Onions.....	8	
3 gals. Hot Water or Soup Stock ..	30	

METHOD

1. Break bones into small pieces. Brown for two hours in oven.
2. Add vegetables and brown for an additional $\frac{1}{2}$ hour.
3. Add hot water or soup stock. Simmer for 1 hour in oven.
4. Strain off liquid and simmer until it reduces to $1\frac{1}{2}$ gallons.
5. Use as liquid in making brown gravy.

BROWN GRAVY

Measure	Weight	
	Lbs.	Oz.
$2\frac{1}{2}$ pt. Renderings from Meat ..	1	4
1 qt. Unsifted Pastry Flour....	1	4
$7\frac{1}{2}$ $1\frac{1}{2}$ gal. Hot Water.....	15	
10 2 tbsps. Salt.....		1

METHOD

1. If there is not 1 pint renderings in the pan, add dripping to bring it up to this amount. If there is more than a pint, pour off the excess fat.
2. Brown the renderings in the pan on top of the stove if the colour is not a dark brown.
3. Add flour and salt, mix thoroughly.
4. Add the hot water gradually, stirring until smooth.
5. Cook until there is no taste of raw flour.

YIELD

100 $2\frac{1}{2}$ -oz. servings.

CURRY SAUCE

Measure	Weight	
	Lbs.	Oz.
1 pt. Fat.....	1	
1 qt. Chopped Vegetables (carrots, onions, celery).....	1	4
1 qt. Chopped Fruit (apples, plums, rhubarb).....	1	8
½ c. Curry Powder.....		2
1 pt. Unsifted Pastry Flour.....		10
1 gal. Water or Stock.....	10	
2 tbsp. Mixed Spice.....		

METHOD

1. Melt fat.
2. Add fruit and vegetables and mixed spice. Cook until the vegetables are almost tender.
3. Add curry powder and continue cooking until the vegetables are soft.
4. Add flour.
5. Add liquid slowly, stirring constantly.
6. Simmer gently for ½ hour or longer, and push through a sieve.
7. Add salt to taste.

NOTE.—This sauce may be used for curried meats or rice.

YIELD

1 gallon.

ONION GRAVY

Measure	Weight	
	Lbs.	Oz.
½ pt. Fat.....		8
3 qts. Diced Raw Onions.....	4	8
1½ gals. Gravy.....	15	

METHOD

1. Cook onions in fat till evenly browned.
2. Add to gravy.

YIELD

100 2½-oz. servings.

VEGETABLE GRAVY

Measure	Weight	
	Lbs.	Oz.
1¼ gal. Gravy.....	12	8
½ gal. Cooked Vegetables.....		4

METHOD

Add gravy to diced cooked vegetables (carrots, peas, onions, celery). Heat and serve.

YIELD

100 2½-oz. servings.

ORANGE SAUCE

Measure	Weight	
	Lbs.	Oz.
½ pt. Vinegar.....		10
½ pt. Brown Sugar.....		7
3 qts. Hot Brown Gravy.....	7	8
4 Oranges.....		
2 tbsp. Salt.....		1¼
1 tsp. Pepper.....		

METHOD

1. Bring vinegar and sugar to the boil and add to the hot gravy.
2. Grate outside skin of oranges and squeeze out the juice. Add these to the gravy.
3. Add seasonings. Serve with baked ham.

YIELD

100 1½-oz. servings.

VARIATION**Raisin Sauce**

Substitute 1½ pints sultana raisins (1¼ lbs.) for the orange juice and rind.

RAISIN SAUCE

Measure		Weight	
		Lbs.	Oz.
1½ qts.	Brown Sugar	2	10
6 tbsp.	Mustard		1
3 tbsp.	Cornstarch		1½
1½ pts.	Seedless Raisins	1	4
6	Cloves		
1½ pts.	Vinegar	1	14
5 qts.	Water or Ham Water	12	8

METHOD

1. Mix dry ingredients.
2. Add vinegar and water.
3. Cook until the mixture forms a syrup.
4. Serve with cold or hot ham or tongue.

YIELD

100 2½-oz. servings.

TOMATO SAUCE

Measure		Weight	
		Lbs.	Oz.
A {	1 c.	Fat	8
	1 c.	Chopped Onion	5
	1 c.	Chopped Celery	4
B {	1 gal.	Tomato Juice	10
	1 gal.	Stock	10
C {	1 qt.	Water	2 8
	1½ c.	Cornstarch	7½
	3	tbsp. Salt	2

METHOD

1. Braise ingredients in A.
2. Heat B and add to A.
3. Blend ingredients in C and add slowly to A and B, stirring constantly. Continue to cook until sauce is thickened and there is no taste of raw starch.
4. Strain and serve hot with meat loaf, hamburg steak or fish.

YIELD

100 2½-oz. servings.

QUICK CHILI SAUCE

Measure		Weight	
		Lbs.	Oz.
1½ pts.	Diced Onions	1	2
3 qts.	Tomatoes (Canned)	7	8
1½ pts.	Vinegar	1	14
1½ tbsp.	Cinnamon		
3	tbsp. Salt		2
1½ pts.	Sugar	1	8

METHOD

1. Mix all ingredients together and cook 30 minutes.

YIELD

1 gallon or 100 1½-oz. servings.

VARIATION

1 pint diced celery (10 oz.) may be added before cooking. Serve with meats—hot or cold—meat cakes, rissoles or fish.

PREPARED MUSTARD

Measure		Weight	
		Lbs.	Oz.
1	pt. Mustard		6
⅓	c. Sugar		2
1½	tbsp. Salt		
½	c. Flour		2½
1	pt. Vinegar	1	4
1	pt. Hot Water	1	4

METHOD

1. Combine dry ingredients.
2. Add vinegar and hot water slowly, stirring constantly.
3. Boil until there is no taste of raw flour.
4. Cool. Use in the preparation of sandwich fillings.

NOTE.—This mixture will keep indefinitely if stored in a covered jar in a cool place.

CREAM SAUCE

Measure		Weight	
		Lbs.	Oz.
1 pt.	Fat.....	1	6 26
1½ pts.	Unsifted Pastry Flour....	1	6 "
6 qts.	Hot Milk or Milk and Stock.....	15	9
3 tbsp.	Salt.....		2

METHOD

1. Melt the fat. (Use butter, dripping or shortening.)
2. Add the flour, blending well. Heat until the mixture froths.
3. Add the hot liquid gradually, stirring as you add.
4. Cook over hot water about 15 minutes or until there is no taste of raw starch.

YIELD

1½ gallons.

VARIATIONS

1. *Cheese:* Add 1½ quarts grated cheese (1½ lbs.).
2. *Egg:* Add 1 dozen chopped hard-cooked eggs.
3. *Parsley:* Add 2 cups chopped parsley.
4. *Vegetable Sauce:* Use at least half of the vegetable stock as part of the liquid.

THICK CREAM SAUCE

Measure		Weight	
		Lbs.	Oz.
1½ pts.	Fat.....	1	8
1¼ qts.	Unsifted Pastry Flour....	1	9
6 qts.	Hot Milk or Milk and Stock.....	15	
3 tbsp.	Salt.....		2

METHOD

Make according to the method given above for Cream Sauce.

VEGETABLES

-
1. Pare as thinly as possible or cook with the skins on.
 2. If vegetables are old or withered it may be necessary to soak them overnight in cold water before paring.
 3. Cook according to methods that will retain their food value and that will produce an appetizing appearance.
 4. Save vegetable water for soup stock.
 5. Cook only until tender and serve immediately.

COOKING OF FRESH VEGETABLES

Vegetables should be cooked by methods that will retain the food value and that will also produce an appetizing appearance.

TO AVOID LOSS OF FOOD VALUE IN COOKING

1. Prepare vegetables only a short time before they are to be cooked. Try to plan your work so that they will not have to be left standing in cold water for several hours.
2. Whenever possible, leave the skin on. When paring, remove only a very thin skin.
3. Arrange the cooking time so that the vegetables will not stand for more than a few minutes before serving.
4. Bake or steam vegetables when it is possible to do so.
5. Although it is necessary to cover pared potatoes with cold water to prevent discolouration, they should be left in the water for only a very short time.

In the active services, since equipment is necessarily limited, boiling is usually the most practicable method for cooking vegetables. The loss in boiling is greater than in baking or steaming, but with care this loss can be greatly reduced.

TO AVOID LOSS OF FOOD VALUE WHEN VEGETABLES ARE BOILED

1. Observe the first three general rules given above.
2. Unless the time required for cooking will be too greatly prolonged, leave the vegetables whole or cut into large-sized pieces. This does not apply to cabbage or turnips because the colour and flavour of these two vegetables will be spoiled by long cooking.
3. Vegetables should be cooked quickly. Have the water boiling when the vegetable is added and keep it boiling throughout the cooking period.
4. Boil gently to prevent the vegetable from breaking.
5. Drain as soon as tender.
6. Use as much of the vegetable water as possible for gravy, soups and sauces.

GENERAL METHOD FOR BOILING VEGETABLES

For the purpose of boiling, vegetables are classified according to colour, into white, yellow, green and red.

White Vegetables

Potatoes
Parsnips
Celery

Yellow Vegetables

Carrots
Squash
Yellow Beans

Red Vegetables

Beets

Green Vegetables

Beet Greens
Broccoli
Green Beans
Green Cabbage
Green Celery
Green Peas

There are a few vegetables that have a very strong flavour. These are all boiled by the same method, regardless of their colour.

STRONG-FLAVOURED VEGETABLES

Cauliflower Onions
Cabbage Turnips
Leeks

METHOD FOR WHITE, YELLOW AND RED VEGETABLES

1. Wash the vegetables thoroughly.
2. Pare or scrape if necessary.
3. Leave whole, cut in half or in medium-sized pieces or dice, according to the vegetable.
4. Add boiling water to cover.
5. Boil gently, having the lid on the saucepan.
6. Add salt when half-cooked.
7. Drain as soon as tender. Do not over-cook.

METHOD FOR GREEN AND STRONG-FLAVOURED VEGETABLES

1. Wash the vegetable thoroughly.
2. Cook in a large volume of boiling water.
3. Leave the lid off the saucepan.
4. Cook for as short a time as possible in order to retain the colour.
5. Add the salt when half-cooked.
6. It may be necessary to add more water.

QUANTITIES

The following amounts yield 100 4- to 5-oz. servings.

<i>Measure</i>	<i>Weight</i>
Potatoes.....	50 lbs. A.P.
Fresh Green Peas.....	50 lbs. A.P.
½ cup Salt.....	5 oz.
Other Vegetables.....	35 lbs. A.P.
⅓ cup Salt.....	3½ oz.

Salt should be added when the vegetables are almost cooked.

TIME REQUIRED FOR COOKING

No definite time can be given for cooking, as this depends on the age of the vegetable, the size and shape of the pot and the heat of the stove.

Arrange the cooking time so that the vegetables will stand only a few minutes before they are served.

PREPARATION AND SERVING OF VEGETABLES

FRESH GREEN BEANS

35 lbs.

1. Remove ends and strings of beans.
2. Cut into thin strips, either lengthwise or diagonally. If the beans are long, cut the lengthwise pieces into halves or thirds.
3. Cook according to the general method for green vegetables.
4. Add melted butter and serve very hot.

BOILED BEETS

35 lbs.

1. Cut off the leaves about $\frac{1}{2}$ inch from the beet.
2. Scrub beets thoroughly.
3. Cook according to general method for red vegetables.

TIME—Young Beets—40 minutes
Old Beets—Indefinitely

4. When tender, plunge in cold water for a minute. Slip skins off. Slice or dice and reheat in a small quantity of the beet stock.

To avoid loss of colour while cooking, the skin of raw beets must not be broken.

PICKLED BEETS

35 lbs. Raw Beets

SAUCE

2 qts. Beet Stock
1 pt. Vinegar
 $\frac{1}{3}$ c. Sugar

METHOD

1. Boil beets, slice.
2. Dissolve sugar in vinegar and beet stock.
3. Pour over beets.
4. Serve hot or cold.

HARVARD BEETS

35 lbs. Raw Beets

SAUCE

$\frac{3}{4}$ qt. Sugar
 $\frac{1}{2}$ c. Cornstarch
 $1\frac{1}{2}$ qts. Beet Stock
1 qt. Vinegar

METHOD

1. Boil beets, slice.
2. Mix cornstarch and sugar.
3. Add boiling beet stock gradually, stirring all the time.
4. Boil until clear and there is no taste of cornstarch.
5. Add vinegar.
6. Pour over boiled, sliced beets. Reheat.

CABBAGE

35 lbs.

1. Trim off the heavy outer leaves, quarter and remove core.
2. Cut into slices *not more than $\frac{1}{8}$ -inch thick*.
3. Cook according to the general method for strong-flavoured vegetables.
Never cook cabbage whole or in large pieces. Boil young green cabbage 5 to 6 minutes. Boil old cabbage 12 to 15 minutes.
4. Cabbage requires very thorough draining and must be served immediately.
5. Cabbage may be served plain with butter or melted bacon fat or in a cream sauce.

CARROTS

35 lbs.

1. Scrub carrots thoroughly.
2. Scrape or pare.
3. Cut large carrots in uniform pieces of medium size. Cook small or medium carrots whole.
4. Cook according to the general method for yellow vegetables.
5. Carrots may be served diced, mashed or creamed or with vegetable sauce.

DICED CARROTS

1. Cut pared carrots into $\frac{1}{2}$ -inch dice.
2. When cooked and drained, add butter and seasonings.

MASHED CARROTS

1. Mash hot, freshly cooked carrots.
2. Add $\frac{1}{2}$ lb. butter and salt and pepper to taste.

CREAMED CARROTS

1. Prepare 25 lbs. carrots, A.P.
2. Add freshly cooked carrots to $1\frac{1}{2}$ gallons cream or vegetable sauce.

MASHED CARROTS AND PARSNIPS

18 lbs. Carrots, A.P.

18 lbs. Parsnips, A.P.

1. Cook carrots and parsnips separately, following the general methods for yellow and white vegetables.
2. Mash together and season.

ONIONS

35 lbs. A.P.

1. Select onions of uniform size.
2. Pare off outer skin and remove root.
3. Cook according to general method for strong-flavoured vegetables.
4. Serve plain or with cream sauce.

BAKED ONIONS

35 lbs. A.P.

1. Choose small or medium-sized onions.
2. Boil for 10 minutes.
3. Place in a well-greased pan. Brush with melted fat.
4. Bake in a moderate oven until tender. If possible, cover for the first 15 minutes.
5. Baste occasionally after removing the lid.
6. Bake for approximately 1 hour.

PARSNIPS

35 lbs.

1. Scrub thoroughly. Pare. If the parsnips have a woody centre, remove it before cooking, then dice, slice or cut the parsnips into fingers.
2. Cook according to the general method for white vegetables.
3. Serve diced, mashed or creamed.

CREAMED PARSNIPS

1. Prepare 25 lbs. parsnips, A.P.
2. Add freshly cooked parsnips to $1\frac{1}{2}$ gallons of cream sauce.

DICED PARSNIPS

1. Cut pared parsnips into 1-inch dice.
2. Add $\frac{1}{2}$ lb. butter and salt and pepper to taste.

MASHED PARSNIPS

1. Mash hot, freshly cooked parsnips.
2. Add $\frac{1}{2}$ lb. butter and salt and pepper to taste. Mix thoroughly.

POTATOES

BAKED POTATOES

1. Select large or medium potatoes of uniform size.
2. Scrub thoroughly. Remove bruised or cut parts.
3. Place in a hot oven (400°-450°F.) and bake until tender ($\frac{3}{4}$ to 1 hour).
4. As soon as the potato is cooked, make a single cut or a cross on the top to allow the steam to escape.

BOILED POTATOES

50 lbs. A.P.
 $\frac{1}{2}$ cup Salt

METHOD

1. Choose potatoes of uniform size.
2. Scrub thoroughly and remove bruises.
3. Cook according to the general method for white vegetables.
4. Drain thoroughly.
5. Stand the uncovered pot at the back of the stove for a few minutes to dry the potatoes.

BROWNE POTATOES #1

1. Scrub and pare medium-sized or small potatoes. Cover with cold water.
2. Drain very thoroughly after removing from the cold water.
3. Place in a baking pan containing $\frac{1}{4}$ inch melted fat. Season with salt and shake the pan over the top of the stove until the potatoes are well coated with the fat. There should be very little extra fat in the pan.
4. Bake in a hot oven (400°-425°F.) until tender (about 1 hour). The potatoes should be turned once.

BROWNE POTATOES #2

1. Scrub and pare medium-sized or small potatoes.
2. Boil until almost tender. Drain.
3. Place in baking pan containing $\frac{1}{4}$ inch fat. Season with salt and pepper.
4. Bake in a hot oven (450°F.) until tender.
5. Baste occasionally with the fat in the pan. Turn the potatoes once.

BAKED POTATOES AND CARROTS

Measure	Weight	
	Lbs.	Oz.
2½ gals. Raw Sliced Carrots	15	
3½ gals. Raw Sliced Potatoes	20	
1 gal. Raw Sliced Onions	6	
½ pt. Fat		8
2½ qts. Boiling Water or Stock	6	4
4 tbsp. Salt		2½

METHOD

1. Place vegetables in alternate layers in a greased pan. Add water, fat and salt.
2. Cover. Bake in a moderate oven until tender (350°F.). Add more water as needed.

YIELD

100 6-oz. servings.

CREAMED POTATOES

Measure	Weight	
	Lbs.	
Potatoes, A.P.	40	
1½ gals. Cream Sauce	15	

METHOD

1. Scrub and pare potatoes of uniform size.
2. Boil until tender.
3. Cool and cut into $\frac{3}{4}$ -inch dice.
4. Make the cream sauce according to the method, page 90.
5. Add the diced potatoes to the hot cream sauce and reheat without stirring. The stock pot should be placed in a pan of hot water to prevent scorching.

YIELD

100 6-oz. servings.

SCALLOPED POTATOES

Measure	Weight	
	Lbs.	Oz.
1½ gals. Cream Sauce.....	15	
4 tbsp. Salt.....		2½
4 gals. Sliced Raw Potatoes.....	24	
Melted Butter.....	1	

METHOD

1. Make a cream sauce according to the recipe, page 90.
2. Add the 4 tbsp. salt.
3. Grease baking pans.
4. Fill with alternate layers of thinly sliced potato and cream sauce, having sauce on top.
5. Sprinkle with melted butter.
6. Bake in a medium oven (325°-350°F.) until the potatoes are tender (approximately 1½ hours).

YIELD

100 6-oz. servings.

VARIATIONS

To the recipe for scalloped potatoes, add—

1. 10 lbs. lean corned beef, diced.
2. 5 lbs. thinly sliced raw onion. Place a layer of onion on each layer of potato.

MASHED POTATOES

Measure	Weight	
	Lbs.	Oz.
Potatoes, A.P.....	50	
¾ c. Salt.....		8
1 c. Butter.....		8
2 qts. Heated Milk.....	5	

METHOD

1. Scrub and pare the potatoes. Boil until tender, following the method given for white vegetables.
2. Drain thoroughly. Place the uncovered saucepan over a low heat to dry the potatoes.
3. Mash until free from lumps.
4. Add the butter, heated milk and salt. Beat until the potatoes are creamy.

YIELD

100 5-oz. servings.

DUCHESS POTATOES

Measure	Weight	
	Lbs.	Oz.
4 gals. Mashed Potatoes (hot or cold).....	35	
1 qt. Beaten Eggs.....	2	6
Melted Fat.....		

METHOD

1. Add the beaten eggs to the mashed potatoes and beat thoroughly.
2. Spread in greased baking pans.
3. Brush the top with melted fat.
4. Reheat in a hot oven (400°-450°F.).

YIELD

100 5-oz. servings.

LYONNAISE POTATOES

10 lbs. Raw Onions
25 lbs. Cooked Potatoes
Salt and Pepper

METHOD

1. Peel and cut the onions into thin slices.
2. Cook in a small quantity of fat until tender and golden brown in colour.
3. Peel boiled or steamed potatoes and cut into $\frac{1}{4}$ -inch slices.
4. Add to the cooked onion. Season. Cook until the potatoes are thoroughly heated and browned.

YIELD

100 5-oz. servings.

HASHED BROWN POTATOES

35 lbs. Cooked Potatoes
Salt and Pepper

METHOD

1. Use boiled or baked potatoes.
2. Cut into $\frac{1}{2}$ -inch dice. Add salt and pepper.
3. Heat in a well-greased pan.
4. When thoroughly heated, press into a cake and brown.
5. Turn and brown on the other side.

YIELD

100 5-oz. servings.

HOME-FRIED POTATOES

35 lbs. Cooked Potatoes
Salt and Pepper

METHOD

1. Peel boiled potatoes and cut into $\frac{1}{4}$ -inch slices.
2. Melt a small quantity of fat in a heavy pan. Add the potatoes, salt and pepper. Cook until brown.
3. Turn frequently to prevent burning.

CHEESE AND POTATO CAKES

Measure	Weight	
	Lbs.	Oz.
Potatoes, A.P.....	38	
or		
4 gals. Cooked Potatoes.....	28	
5 tbsp. Salt.....		3
$\frac{1}{2}$ tbsp. Pepper.....		
5 qts. Grated Cheese.....	5	

METHOD

1. If raw potatoes are used, cook, drain, add the seasonings and mash.
2. Add the grated cheese. Mix thoroughly.
3. Spread about 1 inch thick on greased baking pans.
4. Brown in a fast oven (400°-425°F.) for approximately 20 minutes.
5. Cut into squares and serve hot.

YIELD

100 5-oz. servings.

POTATOES AU GRATIN

Measure	Weight	
	Lbs.	Oz.
2 qts. Grated Cheese.....	2	
$1\frac{1}{2}$ gals. Hot Cream Sauce.....	15	
4 gals. Boiled Potatoes.....	28	
4 tbsp. Salt.....		$2\frac{1}{2}$

METHOD

1. Add the grated cheese to the hot cream sauce.
2. Cut the potatoes into $\frac{3}{4}$ -inch dice.
3. Combine sauce, diced potatoes and salt.
4. Pour into greased baking dishes.
5. Heat in a moderate oven (350°F.).

YIELD

100 6-oz. servings.

NOTE.—1 pint of grated cheese may be kept out and added to 2 quarts of buttered bread crumbs. This may be sprinkled on the top of the pans of potatoes and browned in the oven.

LEFT-OVER POTATOES

LEFT-OVER BAKED POTATOES

While the potatoes are still warm, scoop out the inside and keep in a cool place.

Use for

Hashed Brown Potatoes
 Cream of Potato Soup
 Potato and Cheese Soup

If they are mashed and well beaten while still warm, they may be used as left-over mashed potatoes.

LEFT-OVER BROWNE D POTATOES

Cut off the browned surface and use for

Hashed Brown Potatoes
 Home-fried Potatoes
 Lyonnaise Potatoes
 Cream of Potato Soup
 Potato and Cheese Soup

LEFT-OVER BOILED POTATOES

Use in making

Hashed Brown Potatoes
 Home-fried Potatoes
 Lyonnaise Potatoes
 Potatoes au Gratin
 Left-over Scalloped Vegetable
 Potato Salad
 Cream of Potato Soup
 Potato and Cheese Soup
 Corn Beef Hash I
 Baked Hash

LEFT-OVER MASHED POTATOES

Use in making

Cheese and Potato Cakes
 Fish and Potato Cakes
 Duchess Potatoes
 Cream of Potato Soup
 Potato and Cheese Soup
 Meat and Potato Cakes
 Corned Beef Hash II
 Potato Croquettes

SQUASH

When a steamer is not available, squash should be baked rather than boiled.

It may be served in pieces or it may be mashed.

BAKED SQUASH

35 lbs.

METHOD I

If the squash have tender skins and are not large, cut in half, scoop out the fibres and seeds. Bake in a moderate oven until tender.

Remove the squash from the shell and mash until free from lumps. Add salt, pepper and butter. Beat thoroughly. Keep hot in the oven until served.

METHOD II

1. Cut in halves or large pieces, scoop out the fibres and seeds.
2. Pare and cut into servings.
3. Place in baking pans, sprinkle with salt and pepper, add about $\frac{1}{4}$ inch of water. Cover with another pan.
4. Bake in a moderate oven until tender.
5. Serve in pieces or mash as in Method I.

METHOD III

Bake as in Method II without paring the pieces. Serve without mashing.

TOMATOES

Tomatoes should be used raw but, since they deteriorate very rapidly, it is sometimes necessary to cook them in order to avoid waste.

They may be stewed, baked, scalloped or substituted for canned tomatoes in making tomato sauce, soup or baked beans and tomato.

CANNED TOMATOES

5 #10 tins

1. Open cans just before serving.
2. Whenever possible, serve without heating.
3. When serving hot, bring to the boil quickly. Add salt and pepper to taste and serve at once.

NOTE.—Canned tomatoes are one of the chief sources of Vitamin C in the Canadian Ration for the Army and Air Force. This vitamin is readily destroyed by heat and exposure to air.

STEWED TOMATOES

Measure	Weight	
	Lbs.	Oz.
Raw Tomatoes	35	
Butter	1	
4 tbsp. Salt		2½
1 tbsp. Pepper		

METHOD

1. Wash tomatoes. Dip in boiling water for 1 minute.
2. Remove skins and any soft spots.
3. Cut into large pieces.
4. Cook over a moderate heat in a covered saucepan until tender.
5. Add fat, salt and pepper.

YIELD

100 4-oz. servings.

TURNIPS

35 lbs. A.P.

Turnips are cooked according to the general method for strong-flavoured vegetables.

If over-cooked they will have a disagreeable colour and flavour.

Turnips may be served diced or mashed.

OLD TURNIPS

1. Old turnips usually take a very long time to cook unless they are cut into small pieces.
2. To reduce the strong flavour—
 - (a) Cook 1½ lbs. whole, pared potatoes with 35 lbs. of diced turnips. Remove the potatoes before serving the turnip.
 - (b) Reduce the quantity of turnip to 26 lbs. After mashing them, add 9 lbs. of mashed potatoes and beat the mixture thoroughly.

MACEDOINE OF VEGETABLES

This is a mixture of two or more diced vegetables. Each vegetable must be boiled separately. They are combined while hot and served with melted fat or butter, salt and pepper.

The vegetables commonly used are—

Turnip
Parsnip
Carrot
Green Beans
Green Peas
Cauliflower (in flowerlets)

LEFT-OVER VEGETABLES

Left-over vegetables can be used in making appetizing dishes and should not be thrown away. If the quantity is too small to be used in any other way, the vegetable may be added to soup stock.

SCALLOPED VEGETABLES

Left-over vegetables, with the exception of tomatoes, may be reheated in cream sauce in the oven. They should be cut in pieces of uniform size. This is the best method for reheating cabbage or turnip. The surface should be well covered with buttered crumbs.

PROPORTIONS FOR SCALLOPED VEGETABLES

<i>Measure</i>	<i>Weight</i>	
	Lbs.	Oz.
Cooked Vegetables.....	25	
1 gal. Cream Sauce.....	10	
2 qts. Buttered Crumbs.....	2	8

METHOD

1. Spread a layer of cooked vegetables on the bottom of a greased baking pan.
2. Add a layer of cream sauce.
3. Repeat until the pan is full, having sauce as the top layer.
4. Cover with buttered crumbs.
5. Cook in a moderate oven until the vegetables are thoroughly heated and the crumbs are brown.

YIELD

100 5-oz. servings.

NOTE.—Several vegetables which combine well in flavour may be heated in this way.

PREPARATION OF CANNED VEGETABLES

20 # 2 tins (20 oz.)

YIELD

100 3-oz. servings.

Canned vegetables should be heated in the liquid from the can. They should be cooked only long enough to heat them through. Longer cooking destroys the vitamin content.

After draining the vegetable, save the liquid to use in sauce, soup and gravy.

CANNED CORN

5 # 10 tins

Corn can usually be heated without the addition of liquid. Heat the corn slowly, stir frequently, add salt, pepper and butter to taste.

(If there is danger of burning, add a small quantity of milk or cream sauce. The amount required depends on the type and quality of the corn.)

YIELD

100 5-oz. servings.

SCALLOPED CORN

<i>Measure</i>	<i>Weight</i>	
	Lbs.	Oz.
5 # 10 tins Canned Corn.....	32	8
2 qts. Milk.....	5	
A 3 tbs. Salt.....		2½
1 tbs. Pepper.....		
Fat.....	1	
B 2 qts. Buttered Crumbs....	2	8

METHOD

1. Combine A and pour into greased baking pans.
2. Cover with buttered crumbs.
3. Bake in a moderate oven (350°F.) until the corn is hot and the crumbs are brown (20 to 30 minutes).

YIELD

100 5-oz. servings.

TOMATO JUICE COCKTAIL

5 * 10 tins Canned Tomatoes, or
 20 * 2 tins Canned Tomatoes
 Salt and Pepper
 Onion Juice

METHOD

1. Press cold canned tomatoes through a fine sieve until only the seeds remain. Scrape the outside of the sieve to remove all the pulp.
2. If the sieved tomatoes seem too thick to drink, dilute with cold water to the desired consistency.
3. Season to taste with salt, pepper, sugar and onion juice.
4. Chill thoroughly before serving.

YIELD

100 5-oz. servings.

DRIED VEGETABLES

Most dried vegetables must be soaked for several hours before cooking. They should then be cooked in boiling water.

BOILED BEANS

Measure	Weight	
	Lbs.	Oz.
9 qts. White or Lima Beans.....	18	
3 gals. Cold Water.....	30	
1 tbsp. Baking Soda.....		

METHOD

1. Wash the beans. Pick them over and remove any that are blemished.
2. Place in a large pot and add cold water until it is about 2 inches above the beans—approximately 3 gallons. Add the baking soda. Soak overnight.
3. Drain off any water that is left.
4. Cover with boiling water. Boil gently or simmer until tender. Add 2½ oz. salt (4 tbsp.) when the beans are almost cooked.
5. Drain thoroughly.

YIELD

100 7-oz. servings.

SUPPER DISHES**BACON CHOWDER**

Measure	Weight	
	Lbs.	Oz.
Potatoes, A.P.....	28	
Onions, A.P.....	3	
Bacon.....	6	
12 * 2 tins Corn.....	15	
2 * 10 tins Tomatoes.....	13	
4 tbsp. Salt.....		2½
2 tsp. Pepper.....		

METHOD

1. Prepare the potatoes and cut into ½-inch cubes. Par-boil and drain well.
2. Chop the onions, dice the bacon, then brown and fry together until the onions are tender.
3. Combine all the ingredients, heat to simmering point and continue cooking for 15 minutes.

YIELD

100 8-oz. servings.

BAKED BEANS WITH TOMATO

Measure	Weight	
	Lbs.	Oz.
9 qts. Dried Beans.....	18	
1 qt. Sliced Onions.....	1	8
1½ pts. Fat.....	1	8
2¼ gals. Canned Tomatoes.....	22	8
¾ cup Salt.....		7½
1 tbsp. Pepper.....		

METHOD

1. Soak and cook the beans according to the general method, page 112. Drain thoroughly.
2. Cook the sliced onions in the fat until tender.
3. Arrange the ingredients in layers in bean pots. Cover.
4. Bake in a slow oven (300°-325°F.) for two hours or more.

YIELD

100 8-oz. servings.

BAKED BEANS IN TOMATO SAUCE

Measure	Weight	
	Lbs.	Oz.
9 qts. Dried Beans	18	
1 gal. Water	10	
2½ gals. Tomatoes	25	
1 qt. Fat	2	
1 qt. Sliced Onions	1	8
1½ qts. Unsifted Pastry Flour....	1	14
2 tbsp. Mustard		
2 tbsp. Pepper		
¾ c. Salt		7½

METHOD

1. Soak and cook beans according to the general method, page 112. Drain thoroughly.
2. Add the water to the tomatoes and heat to boiling.
3. Melt fat, add the onions and cook until tender.
4. Mix the flour and seasonings and add to the fat and onions. Blend well and continue cooking until the mixture froths.
5. Add the hot tomatoes gradually, stirring as you add. Cook and stir until the sauce thickens.
6. Push through a sieve until only the tomato seeds and onions remain.
7. Place the cooked beans and the tomato sauce in bean pots. Cover. Bake for at least 2 hours in a slow oven (300°-325°F.).

YIELD

100 12-oz. servings.

BOILED MACARONI

Measure	Weight	
	Lbs.	Oz.
770 gal 30 5 qts. Macaroni	6	4
1 cup Salt		10
30 5 gals. Water	50	

METHOD

1. Break macaroni into 1-inch pieces, wash in cold water.
2. Add gradually to rapidly boiling salted water. Boil until tender (about 20 minutes).
3. Strain and rinse in hot water.

YIELD

3 gals. or 25 lbs. cooked macaroni.

VEGETABLE AND MACARONI

Measure	Weight	
	Lbs.	Oz.
1½ gals. Carrots	10	
1½ gals. Fresh Green Beans....	10	
Salt Pork	5	
1 gal. Chopped Onion	6	
2 qts. Macaroni	2	8
1 # 10 tin Canned Peas with liquid	6	9
¾ cup Salt		7½

METHOD

1. Prepare and dice carrots and beans. Cook until tender.
2. Dice salt pork; fry until very crisp and brown.
3. Remove the pork and fry the onions in the pork dripping.
4. Boil macaroni until tender. Drain.
5. Combine all ingredients. Bake in a greased baking dish until heated through.

YIELD

100 7-oz. servings.

MACARONI AND CHEESE

Measure	Weight	
	Lbs.	Oz.
5 qts. Macaroni.....	6	4
1½ pts. Fat.....	1	8
1½ qts. Unsifted Pastry Flour....	1	14
6 tbsp. Salt.....		4
3 gals. Milk.....	30	
1½ gals. Grated Cheese.....	6	
1 gal. Buttered Crumbs.....	4	8

METHOD

1. Cook the macaroni according to the general method, page 115. Drain well.
2. Combine A as a cream sauce.
3. When cooked, add the grated cheese and stir until it is melted.
4. Add the cooked macaroni.
5. Pour into greased baking pans.
6. Cover with buttered crumbs.
7. Brown in a slow oven (300°-325°F.).

YIELD

100 10-oz. servings.

NOTE:

1. Macaroni and cheese may be served without baking in the oven, in which case the buttered crumbs are omitted.
2. Spaghetti may be substituted for macaroni.
3. If old cheese is used, reduce the quantity to 3 lbs.

MACARONI, TOMATO AND CHEESE

Measure	Weight	
	Lbs.	Oz.
5 qts. Macaroni.....	6	4
1½ qts. Sliced Onions.....	2	4
1 qt. Fat.....	2	
1¾ qts. Unsifted Pastry Flour....	2	3
6 tbsp. Salt.....		4
1 tbsp. Pepper.....		
2½ gals. Hot Canned Tomatoes... 25		
1½ gals. Grated Cheese.....	6	

METHOD

1. Cook the macaroni according to the general method, page 115. Drain well.
2. Cook the sliced onion in the fat until tender.
3. Add the flour and seasonings to the fat and onion, and continue cooking until the mixture froths.
4. Add the hot canned tomatoes, slowly, stirring constantly until it thickens.
5. Add the grated cheese and stir until it is melted.
6. Combine with cooked macaroni.
7. This may be served without further cooking or it may be covered with buttered crumbs and baked in a slow oven (300°-325°F.) until browned on top.

YIELD

100 9-oz. servings.

NOTE.—Spaghetti may be substituted for macaroni.

MACARONI WITH TOMATO AND MEAT

Measure		Weight	
		Lbs.	Oz.
13 qts.	Diced Raw Meat	26	
1½ qts.	Sliced Onions	2	4
6 qts.	Raw Macaroni	7	8
1 pt.	Fat	1	
1 qt.	Flour	1	4
6 tbsp.	Salt		4
2 tbsp.	Pepper		
2½ gals.	Canned Tomatoes	25	
2½ gals.	Stock	25	

METHOD

1. Braise the meat for 45 minutes at 350°F.
2. Add the sliced onions and braise 15 minutes longer. Drain off the melted fat.
3. Cook the macaroni according to the general method, page 115.
4. Make a tomato sauce, using the remaining ingredients.
5. Lift the meat and onions from the pan and add to the sauce. Cover and cook over a low heat or bake in a moderate oven (350°F.) until the meat is tender.
6. Add the cooked macaroni and reheat.

YIELD

100 13-oz. servings.

VARIATIONS

Macaroni with Tomato, Cheese and Meat.

1. Reduce the meat to 20 lbs. and add 4 lbs. grated cheese just before adding the macaroni.

Scalloped Macaroni, Tomato and Meat.

1. Substitute 12 lbs. of diced cooked meat for the raw meat.
2. Make a tomato sauce, cooking the onions in the fat before the flour is added.
3. Combine all the ingredients and pour into baking dishes.
4. Cover with 1 gallon of buttered crumbs and bake in a moderate oven (350°F.) for ½ hour.

NOTE.—Spaghetti may be substituted for macaroni.

MACARONI AND MEAT BALLS

Measure		Weight	
		Lbs.	Oz.
A	1 pt. Fat	1	
	1 gal. Raw Diced Onion	6	
B	1 gal. Hot Canned Tomatoes	10	
	¾ gal. Hot Stock, Vegetable or Meat	7	8
C	1 cup Cornstarch		5
	or		
C	2 cups Unsifted Pastry Flour		8
	5 tbsp. Salt		4
	1 qt. Cold Stock	2	8
D	3½ qts. Raw Macaroni	4	6

METHOD

1. Cook ingredients in A together for 10 minutes.
2. Add to B and bring to the boil.
3. Mix ingredients in C and add gradually to the above, stirring constantly until it boils. Continue cooking for 20 minutes or until there is no taste of raw starch.
4. Add the macaroni cooked according to the general method, page 115.

MEAT BALLS

Meat Loaf Mixture 30 lbs.

METHOD

1. Form the meat into walnut-sized balls.
2. Place in greased baking pans and bake in a moderate oven until meat balls are cooked through (about 15 minutes).
3. Lift the meat balls from the pan, allowing any fat to drain off. Add to the macaroni and sauce.
4. Serve very hot.

YIELD

100 9-oz. servings.

SPANISH RICE

Measure	Weight	
	Lbs.	Oz.
2 1/2 qts. Rice	6	
1 1/2 gals. Stock or Water	15	
1 pt. Fat	1	
1 1/2 qts. Sliced Onions	2	4
2 gals. Canned Tomatoes	20	
1/2 cup Salt		5
2 tbsp. Pepper		
1 1/2 gals. Grated Cheese	6	

METHOD

1. Add rice to hot stock and either boil or bake for 20 minutes. Drain.
2. Melt fat, add sliced onions and cook for 10 minutes.
3. Combine all ingredients, including fat in which onion was cooked.
4. Bake in a moderate oven (350°F.) 1/2 hour or longer.

YIELD

100 7-oz. servings.

VARIATIONS

1. Add 3 lbs. diced cooked bacon.
2. Add 1 quart chopped green pepper or diced celery. Cook in the fat with the onion.
3. Reduce rice by 2 lbs. and add 7 lbs. diced, cooked meat.

BOSTON BAKED BEANS

Measure	Weight	
	Lbs.	Oz.
9 qts. Dried Beans	18	
1 pt. Sugar	1	
3/4 c. Salt		7 1/2
1/4 c. Mustard		
1 pt. Molasses	1	9
2 qts. Boiling Water	5	
5 qts. Diced Fat Pork	10	

METHOD

1. Soak and cook the beans according to the general method, page 112.
2. Mix the dry ingredients together, then add the molasses and boiling water.
3. Place the cooked beans and the diced pork in bean pots. Pour the mixture over them.
4. Bake in a slow oven (300°-325°F.) for several hours. Keep them closely covered. Add water as required to keep them almost covered with liquid.

YIELD—100 6-oz. servings.

BOSTON BROWN BREAD

Measure	Weight	
	Lbs.	Oz.
1 1/2 qts. Cornmeal	2	10
1 1/3 qts. Rye Flour	2	
1 1/3 qts. Graham Flour	2	
5 tbsp. Salt		3
5 tbsp. Baking Soda		2 1/4
1 1/2 pts. Molasses	2	6
1 gal. Buttermilk	10	
2 qts. Raisins	3	4

METHOD

1. Mix and sift the dry ingredients—add the raisins.
2. Make a well in the centre and pour in the liquids. Mix just sufficiently to moisten the dry ingredients.
3. Pour into greased baking pans or tins to a depth of about 1 1/2 inches. Cover and steam for 3 hours.
4. Slice and serve hot with baked beans.

YIELD—100 servings.

CHEESE RAREBIT

Measure		Weight	
		Lbs.	Oz.
1 qt.	Butter.....	2	
1½ qts.	Unsifted Pastry Flour..	1	14
2 gals.	Hot Milk.....	20	
10 qts.	Grated Cheese.....	10	
5 tbsp.	Salt.....		3
½ c.	Lea & Perrin's (if avail- able).....		5
5 tbsp.	Mustard.....		

METHOD

1. Melt butter, add flour, blend thoroughly and cook until the mixture froths.
2. Add hot milk gradually, stirring as you add. Cook over a low heat until there is no taste of raw flour.
3. Add the cheese and stir until it melts.
4. Add seasonings.
5. Serve hot on crisp toast or crackers.

YIELD

100 5-oz. servings.

VARIATIONS—*Mexican Rarebit*

Use 1 gallon hot strained canned tomatoes and 1 gallon milk.

SUGGESTIONS FOR USING CHEESE

If old cheese is used in the preparation of any of these dishes, reduce the quantity given in the recipe by one-half.

1. Cheese Soup.
2. In Cheese Sauce on Cooked Vegetables.
3. Combine with buttered crumbs on top of scalloped dishes.
4. Macaroni and Spaghetti dishes.
5. Spanish Rice.
6. In Cheese and Potato Cakes.
7. In Fish Loaf.
8. Cheese Rarebit.
9. Combine with the flour in Apple Crisp.
10. Cheese Pastry on Apple Pie.
11. Toasted open-faced Cheese Sandwich.
12. As a filling for sandwiches.
13. Cheese Straws.
14. Cheese Toast.

SALADS AND SALAD DRESSINGS

Salad should be cool, crisp and appetizing in arrangement, colour and flavour.

Chill all ingredients thoroughly.

Handle salads as little as possible.

Serve vegetable or fruit salad daily.

ATIRA
RT

PREPARATION OF LETTUCE

Cut the entire core from the centre of head lettuce. Hold the head under the cold-water tap, allowing the water to run into the hole made by the removal of the core. This will separate the leaves.

Trim heads, cutting away all unusable outside leaves. Soak heads for 1 hour in cold water. Remove and place in a container in refrigerator in such a way as to permit them to drain. Cover heads and let stand for several hours to become crisp. Separate leaves and serve.

PREPARATION OF CELERY HEARTS

Cut off leafy part of the stalks and keep for use in the soup stock.

Trim off the outer coarse stalks, wash and scrub them with a small brush and use diced in salads or sandwiches.

Wash and brush the remaining part of the celery. Trim the heart to a point and cut the head into 4-6 pieces.

BEEF AND CELERY SALAD

Measure	Weight	
	Lbs.	Oz.
3 gals. Diced Cooked Beets	24	
1½ gals. Diced Celery	7	8
½ pt. Finely Diced Onions		6
3 pts. Boiled Dressing	3	12
1 pt. Vinegar	1	4
⅓ cup Salt		3
2 tsp. Pepper		

METHOD

1. Mix all ingredients together, having chilled them before.
2. Serve on lettuce with cold meat or other vegetable salad.

NOTE.—½ cup grated horseradish will improve the flavour.

YIELD

100 5-oz. servings.

CABBAGE SALAD

Measure		Weight	
		Lbs.	Oz.
6 gals.	Shredded Cabbage.....	18	
1 pt.	Onions.....		12
1 pt.	Vinegar.....	1	4
2 qts.	Mayonnaise.....	5	
1½ pts.	Boiled Dressing.....	2	
⅓ cup	Salt.....		3
2 tsp.	Pepper.....		

METHOD

1. Select firm, crisp cabbage. Remove the coarse outer leaves and the heart.
2. Wash thoroughly and drain.
3. Shred very fine and chill.
4. Add remaining ingredients just before serving.

YIELD

100 4-oz. servings.

VARIATIONS

Add one or a combination of the following when available:

Diced Celery, Shredded Carrots, Finely Chopped Onions, Finely Chopped Green Peppers.

SALAD GREENS

1. This is a salad composed mainly of coarsely shredded head or leaf lettuce, to which one or more of the following vegetables may be added. The greater the variety of ingredients the more attractive is the salad.
2. Marinate the greens in French dressing and chill in the refrigerator for ½ hour before serving.
3. Prepare 7 gallons for 100 servings.

Coarsely Shredded Spinach	Diced Cucumber
Finely Chopped Onion	Diced Tomatoes
Sliced Radishes	Water Cress
Finely Chopped Green Pepper	Finely Shredded Cabbage

COMBINATION SALAD

Measure		Weight	
		Lbs.	Oz.
1½ gals.	Cooked Diced Potatoes....	10	8
4 #2 tins	Peas.....	4	
4 #2 tins	Beans.....	4	
1 gal.	Diced Celery.....	5	
1 gal.	Diced Cooked Carrots.....	8	
1 pt.	Finely Diced Onions.....		12
3 qts.	Boiled Dressing.....	7	8
⅓ cup	Salt.....		3
2 tsp.	Pepper.....		

METHOD

1. Combine all ingredients together. Mix carefully in order not to break up the vegetables. Chill.
2. Serve on lettuce with cold meat or other salads. Garnish with hard-cooked egg.

YIELD

100 5-oz. orders.

SALMON SALAD

Measure		Weight	
		Lbs.	Oz.
24 tins	Salmon (1 lb. tins).....	20	
2 gals.	Diced Celery.....	10	
½ pt.	Finely Diced Onions.....		6
2 qts.	Boiled Dressing.....	5	
⅓ cup	Salt.....		3
2 tsp.	Pepper.....		

METHOD

1. Remove skin and bones from salmon and flake. Add remaining ingredients. Chill before serving.
2. Serve on lettuce with vegetable salad.

YIELD

100 5-oz. servings.

POTATO SALAD

Measure		Weight	
		Lbs.	Oz.
4	gals. Cooked Diced Potatoes...	28	
1	qt. Finely Diced Onions.....	1	8
2	qts. Mayonnaise.....	5	
1	qt. Boiled Dressing.....	2	8
$\frac{1}{3}$	cup Salt.....		3
2	tsp. Pepper.....		

METHOD

1. Cut the potatoes in $\frac{1}{2}$ -inch dice.
2. Combine all ingredients together carefully. Chill.
3. Serve on lettuce with cold meat.

YIELD

100 5-oz. servings.

VARIATIONS

Add one or a combination of the following when available:

Diced Tomatoes
 Diced Celery
 Diced Cucumber
 Diced Radishes
 Chopped Parsley
 Chopped Egg
 Chopped Green Peppers

TOMATO JELLY

Measure		Weight	
		Lbs.	Oz.
$\frac{2}{8}$	pt. Gelatine.....		8
1	pt. Cold Water.....	1	4
8	# 2 $\frac{1}{2}$ tins Tomatoes (1 $\frac{1}{2}$ gals.).....	14	
8	only Bay Leaves.....		
5	only Cloves.....		
$\frac{1}{2}$	tsp. Cinnamon.....		
1	pt. Celery Leaves and Stalks.....		
3	tbsp. Salt.....		2
8	Onion Slices.....		6
$\frac{3}{4}$	cup Sugar.....		
1	cup Vinegar.....		
4	tbsp. Lemon Juice.....		

METHOD

1. Dissolve gelatine in cold water.
2. Simmer spices and 2 tins of tomatoes together for 20 minutes. Add gelatine. Continue to heat until all gelatine is dissolved. Strain. Add sugar.
3. Puree remaining tomatoes and add to hot spiced mixture. Add vinegar and lemon juice.
4. Pour into moistened moulds or pans. Allow to set in a cool place.

YIELD

100 $2\frac{1}{2}$ -oz. servings.

FRENCH DRESSING

Measure		Weight	
		Lbs.	Oz.
½ pt.	Vinegar.....		10
1	tblsp. Salt.....		½
1	tsp. Pepper.....		
1	tsp. Mustard.....		
1	tblsp. Onion Juice.....		
1½ pts.	Salad Oil.....	1	11

METHOD

1. Mix all ingredients together.
2. Shake well before using.

YIELD

1 quart

NOTE.—This dressing may be made in larger quantities and kept in a covered container in a cool, dark place.

MAYONNAISE

Measure		Weight	
		Lbs.	Oz.
2	tblsp. Pure Mustard.....		1¼
A 4	tblsp. Salt.....		2½
4	tblsp. Sugar.....		2
B ½ pt.	Vinegar.....		10
C 12	only Egg Yolks.....		
2	tblsp. Onion Juice.....		
D 1 gal.	Salad Oil.....	9	

METHOD

1. Mix ingredients in A together.
2. Add B. Blend well.
3. Add C. Beat together.
4. Add D very gradually, beating constantly.

YIELD

6 Xgallon.

NOTE.—A modified mayonnaise may be made by mixing together equal quantities of boiled dressing and mayonnaise.

BOILED SALAD DRESSING (with eggs)

1. Reduce the flour in recipe for boiled salad dressing to ½ pint (5 oz.).
2. When the mixture is cooked, pour some of it slowly into 12 eggs which have been well beaten.
3. Return this mixture to the saucepan.
4. Cook for 5 minutes over hot water, stirring constantly.
5. When cool add the vinegar.

YIELD

1 gallon.

BOILED SALAD DRESSING (without eggs)

Measure		Weight	
		Lbs.	Oz.
A ½ pt.	Butter.....		8
B {	5 tblsp. Salt.....		3
	½ pt. Sugar.....		8
	½ cup Pure Mustard.....		5
1¼ pts.	Unsifted Pastry Flour.....		12
C 3	qts. Hot Milk.....	7	8
D 1½ pts.	Vinegar.....	1	14

METHOD

1. Melt A.
2. Mix B and add to A.
3. Add C slowly, stirring constantly.
4. Cook over hot water or a low heat until it is thick and has no taste of raw flour.
5. Cool. Add D.

YIELD

1 gallon.

SANDWICHES

BREAD

The bread for sandwiches should be fresh but firm enough to slice easily. The thickness of the slices will depend upon the purpose for which the sandwiches are intended.

Substantial sandwiches—24 slices to a 1½-lb. loaf
Small sandwiches —32 slices to a 1½-lb. loaf

BUTTER

The butter used in sandwiches should be worked with a knife or spoon until it is soft enough to spread easily. The butter for sandwiches should *never* be melted.

For large quantities, the hard butter may be put through a mincer with the filling. Use a coarse blade and put the butter and filling through twice.

QUANTITIES

Bread: It is impossible to state the exact amount required.
For meals—4 to 8 thick slices per man
For parties—3 to 4 thin slices

Butter: ¼ lb. to a 1½-lb. loaf of bread

Filling: ¾ lb. to a 1½-lb. loaf of bread

MAKING THE SANDWICHES

1. Handle the bread as little as possible.
2. Use a palette knife or one with a broad blade that is not sharp.
3. Arrange several slices of bread in pairs on a clean surface.
4. Use only one or two strokes of the knife for spreading.
5. Cover the entire slice of bread with butter and filling.

STORING THE SANDWICHES

Line a clean box with brown or waxed paper, pile the sandwiches in neatly and cover with paper. If they are to be kept for several hours, spread a clean damp cloth on top of this paper before putting the lid on the box. When possible, store in a cool place.

FILLINGS

Sandwich fillings should be moist but not wet. They should be well seasoned. Chopping the ingredients is preferable to mincing, but when making large quantities a mincer will probably be necessary. In this case, always use a coarse blade so that the ingredients will be in small pieces rather than in a paste.

The salad dressing used in fillings should be without sugar.

CHEESE

Grate or put through a mincer. Moisten with salad dressing or prepared mustard.

CHEESE AND JAM

Spread both slices of bread with a thin layer of cheese moistened with salad dressing. Spread a thin layer of jam on one before putting the slices together.

TOASTED OPEN-FACED CHEESE

1. Prepare cheese filling.
2. Spread on toast or on thin slices of bread.
3. Place on baking sheets and cook in a hot oven until the cheese melts.
4. Serve very hot with cooked bacon on top.

EGG

Cook eggs. Put through a mincer and moisten with salad dressing.

Additions:

1. A small quantity of onion minced with the egg.
2. A small quantity of grated or minced cheese.
3. Diced celery.

JAM OR MARMALADE

Spread on buttered bread.

MEAT

Slice meat. Place on buttered bread and spread with prepared mustard.

FISH

Flake fish. Mix with salad dressing. (Canned sardines should be drained and then broken up with a fork before spreading.)

STALE BREAD

BUTTERED BREAD CRUMBS

Measure	Weight	
	Lbs.	Oz.
1 gal. Fresh Bread Crumbs.....	4	
1 pt. Butter or Other Fat.....	1	

METHOD

1. Use bread three or four days old. Break into fine crumbs.
2. Melt fat in a pan large enough to hold all the crumbs.
3. Add crumbs. Mix lightly until fat is evenly distributed.

USE

1. On the top of scalloped dishes.
2. As a basis for meat, fish or poultry dressing.
3. Apple or Rhubarb Betty.

MELBA TOAST

1. Cut stale bread into $\frac{1}{4}$ -inch slices.
2. Place on pans at the back of the stove or in a spent oven, until the corners begin to curl.
3. Continue drying in a very slow oven until the colour changes to a golden brown.

USE

Serve at any meal in which there is no other crisp food.

VARIATION

(Grated cheese may be sprinkled on the bread before drying.)

DRY BREAD CRUMBS

Save all crusts, stale bread, Melba toast, etc. Place in pans and dry out in a very slow oven or cover with paper or a cloth and dry on the back of the stove. When very crisp but not browned, put through a meat grinder. Keep in a perfectly dry, covered container in a dry place.

USE

1. For breading food that is to be sautéed or fried in deep fat. It should be sifted before being used.
2. In suet puddings or Dutch apple pie.
3. In fruit pies to prevent absorption of liquid by pastry.
4. In meat loaf and Salisbury steak.

DESSERTS

FLOUR

1. Flour should be used by weight.
2. When it is necessary to measure by volume, sift the flour once before measuring.
3. The flour may be either pastry or bread flour. It is difficult for an inexperienced person to distinguish between them, but when pastry flour is squeezed in the hand it stays together, bread flour does not.
4. The proportions given in the following recipes are for pastry flour. If bread flour has to be substituted, use $\frac{7}{8}$ of the amount given in the recipe and leave the other ingredients unchanged.

FAT

Shortening, margarine, butter and rendered beef or pork fat are the fats commonly used.

TO RENDER BEEF OR PORK FAT FOR BAKING

1. Follow the method given for rendering, on page 81.
2. When the strained fat starts to cool add a large volume of water.
3. Allow the fat to harden, remove from the water, scrape off any residue.
4. Melt the fat and beat with a wire whip as it cools again.
5. In winter the rendered beef suet is harder than in the summer and requires the addition of a softer fat to make it pliable. Add 1 lb. of butter or rendered pork fat to 10 lbs. of rendered suet during the period of beating.
6. Fat for baking should not be kept in the refrigerator.

How to Substitute Sour for Sweet Milk in a Recipe

If the milk is but slightly soured, no alteration in the recipe is necessary.

The following changes apply only when using thick (clabbered) sour milk or buttermilk:

1. Beat the sour milk until smooth.
2. Substitute an equal quantity of sour milk for the sweet.
3. Add 1 tsp. of soda per quart of sour milk.
4. Use $\frac{3}{4}$ of the amount of baking powder given in the recipe.

How to Substitute Baking Powder for Eggs in a Recipe

Add $\frac{1}{2}$ tsp. baking powder for each egg omitted.

How to Substitute Dried Eggs for Fresh Eggs

Dried eggs may be used successfully in flour mixtures.

1 lb. dried egg = 3 doz. eggs

How to Substitute Honey for Sugar

In recipes for cakes and cookies a small amount of the sugar may be replaced by honey. The quantity of honey used should never exceed $\frac{1}{7}$ of the total weight of the sugar.

When substituting honey, warm a little of the milk and add the honey to it.

How to Substitute Corn Syrup for Sugar

In recipes for cakes and cookies, sugar may be replaced by corn syrup. Substitute not more than $\frac{1}{4}$ of the sugar by weight.

CAKES

All cakes may be made by the "Muffin Method" or the "Cake Method." The muffin method takes less time but produces a coarser, less tender product.

If all ingredients used in making cakes are at room temperature, the mixing can be done very quickly and the batter will not curdle.

CAKE METHOD FOR LARGE QUANTITIES

1. Test the oven according to the method, page 6, to make certain that it is approximately 350°F.
2. Grease the tins.
3. Weigh out all the ingredients.
4. Mix and sift dry ingredients (D in recipe).
5. Work the fat (A in recipe) until it is soft enough to spread.
6. Add the sugar in small amounts and combine with the fat until the mixture is no longer gritty.
7. Add the eggs (B in recipe), two at a time, and mix until all the ingredients are well blended.
8. Add about 1 quart of the mixed and sifted dry ingredients (D in recipe). Combine thoroughly.
9. Add $\frac{3}{4}$ of the liquid (C in recipe) and break up the above mixture into large pieces, but do not try to work in the milk.
10. Stir in the remaining ingredients.
11. Add the remaining liquid and stir gently into the batter.
12. When the mixture is well combined it should be light, smooth and creamy.
13. Pour into the greased pans and bake in a moderate oven (350°-375°F.). The time depends upon the size of the pan—
Muffin tins—25-30 minutes
Large tins—45 minutes to 1 hour
14. A cake is cooked:
 - (1) When it begins to shrink from the sides of the pan.
 - (2) If the surface springs back when pressed lightly with the finger tip.
 - (3) When a tooth-pick thrust into the centre comes out dry.

PLAIN CAKE (Inexpensive)

Measure	Weight		
	Lbs.	Oz.	
A {	1 qt. Shortening.....	2	
	or		
A {	1 qt. Butter.....	2	
	2 qts. Sugar.....	4	
B 16	Eggs.....	1	12
C {	$1\frac{3}{4}$ qts. Milk.....	4	6
	$\frac{1}{4}$ c. Vanilla.....		2
D {	$5\frac{1}{2}$ qts. Unsifted Pastry Flour	7	
	$\frac{3}{4}$ c. Baking Powder.....		6
	3 tbsps. Salt.....		2

METHOD

Make according to the general cake method, page 138, or the muffin method, page 152.

YIELD

100 servings.

VARIATIONS

1. *Chocolate:* Add 2 lbs. of cocoa or chocolate and omit 1 lb. of flour.
2. *Spice:* Add 7 tbsps. of cinnamon and 3 tbsps. of allspice and nutmeg.
3. *Cinnamon:* Add $\frac{1}{2}$ c. of cinnamon.
4. *Raisin:* Add 5 lbs. of raisins (or currants). Dust with part of the flour and add last.

WHITE CAKE

Measure		Weight	
		Lbs.	Oz.
3 1/2 pts.	Butter or Shortening	3	8
2 1/2 qts.	Granulated Sugar	5	
32	Eggs	3	5
6 qts.	Unsifted Pastry Flour	7	8
5/8 c.	Baking Powder		5
2 tbsp.	Salt		1
2 1/2 qts.	Milk	6	4
3 tbsp.	Vanilla		

METHOD

1. Make according to the general cake method, page 138.
2. Bake in a moderate oven (350°F.) for 30 to 45 minutes.

YIELD

100 large pieces.

PRUNE CAKE

Measure		Weight	
		Lbs.	Oz.
A {	2 1/2 qts. Lard	5	
	2 1/2 qts. Sugar	5	
B 2 doz.	Eggs	2	8
C {	5 qts. Unsifted Pastry Flour	6	4
	5 tbsp. Soda		2 1/2
C {	1 1/2 tbsp. Cloves		
	7 tbsp. Cinnamon		1 1/2
	7 tbsp. Nutmeg		1 1/2
D {	1 qt. Milk	2	8
	1 1/2 qts. Prune Juice	3	12
	2 qts. Sieved Prunes	4	
2	tbsp. Salt		1

METHOD

Make according to general cake method, page 138.

YIELD

100 servings.

NOTE.—This cake may be served hot with sauce, as a pudding.

CHOCOLATE CAKE

Measure		Weight	
		Lbs.	Oz.
3 1/2 pts.	Butter or Shortening	3	8
3 1/2 qts.	Sugar	7	
24	Eggs	2	8
	Cocoa or Chocolate	1	
5 qts.	Unsifted Pastry Flour	6	4
5/8 c.	Baking Powder		5
2 tbsp.	Salt		
2 1/2 qts.	Milk	6	4
3	tbsp. Vanilla		

METHOD

1. Make according to the general cake method, page 138.
2. Bake in a moderate oven (350°F.) for 30-45 minutes.

YIELD

100 large pieces.

APPLE SAUCE CAKE

Measure		Weight	
		Lbs.	Oz.
A {	3 1/2 pts. Fat	3	8
	4 qts. Brown Sugar	7	
B {	3 qts. Raisins	5	
	3 qts. Currants	5	
	1 gal. Dry Apple Sauce	10	
C {	5 1/2 qts. Unsifted Pastry Flour	7	
	2 tbsp. Baking Soda		1
	5 tbsp. Baking Powder		2 1/2
	3 tbsp. Salt		2
	4 tbsp. Cinnamon		1
2	tbsp. Nutmeg		

METHOD

1. Combine A according to general cake method.
2. Add ingredients in B.
3. Mix and sift C—add to A and B.
4. Bake in a slow oven (250°-300°F.) until cooked, approximately 2 hours.

YIELD

100 orders.

EGGLESS, MILKLESS, BUTTERLESS CAKE

Measure	Weight	
	Lbs.	Oz.
A { 3 pts. Brown Sugar.....	2	10
1½ qts. Water.....	3	12
1 pt. Lard.....	1	
5 qts. Seeded Raisins.....	7	8
3 tbsp. Cinnamon.....		
4 tbsp. Cloves.....		1
1 tbsp. Nutmeg.....		
2 tbsp. Salt.....		1
B { 3 qts. Unsifted Pastry Flour	3	12
1½ tbsp. Baking Powder.....		
C { 2 tbsp. Baking Soda.....		1
1½ pts. Hot Water.....	1	14

METHOD

1. Boil ingredients in A for 3 minutes. Cool.
2. Mix and sift ingredients in B.
3. Dissolve ingredients in C.
4. Add B and C to A.
5. Pour into greased pans and bake in a moderate oven (350°F.) until cooked, approximately 1 hour.

YIELD

100 2½-oz. servings.

NOTE.—This cake may also be used hot as a pudding. Serve with butterscotch sauce.

GINGERBREAD

Measure	Weight	
	Lbs.	Oz.
A { 2¼ qts. Brown Sugar.....	4	
18 Eggs.....	1	14
B { 1 qt. Molasses.....	3	
2 tbsp. Baking Soda.....		1
C { 5 qts. Unsifted Pastry Flour.....	6	4
3 tbsp. Baking Powder.....		1½
¾ cup Ginger.....		2½
1½ tbsp. Salt.....		
2 tbsp. Cinnamon.....		
D 2¼ qts. Water.....	5	10
E 1½ pts. Fat.....	1	8

METHOD

1. Mix A. Blend thoroughly.
2. Mix B and add to A.
3. Mix and sift C and add alternately with D to the above mixture.
4. Melt E and add.
5. Pour into greased pans and cook at 350°F. This makes 3 pans—15 x 21.

YIELD

100 large pieces.

NOTE.—Gingerbread may be used hot as a pudding. Serve hot strained applesauce or butterscotch sauce on top.

JELLY ROLL

Measure	Weight	
	Lbs.	Oz.
2 1/8 qts. Fine Sugar.....	5	4
21 Medium-sized Eggs.....	2	3
5 qts. Unsifted Pastry Flour....	6	4
1/2 c. Baking Powder.....		4
1 3/4 qts. Milk.....	4	6

METHOD

1. Warm the sugar slightly.
2. Beat the eggs until light. Add the sugar gradually and continue beating until the mixture is stiff and lemon coloured.
3. Sift flour and baking powder together. Fold the flour and the milk alternately into the beaten eggs.
4. Pour the batter to the depth of 1/4 inch into 7 baking sheets (approx. 15 inches by 21 inches), which have been lined with greased paper.
5. Bake in a hot oven (400°F.).
6. When the cake is baked and while still hot, turn on to a slightly sugared flour bag. Spread with filling immediately and roll up, leaving the bag around the roll for several minutes until it cools.
7. When cool cut each roll into 15 slices.

YIELD

100 servings.

FILLING FOR JELLY ROLL

Jam	Chocolate Pie Filling
Jelly	Lemon Pie Filling
Butterscotch Pie Filling	

NOTE.—Jelly roll may be made very quickly by the muffin method, but the product is not quite as light as when made by the method given above.

LIGHT FRUIT CAKE

Measure	Weight	
	Lbs.	Oz.
A { 5 pts. Butter.....	5	
3 qts. White Sugar.....	6	
B 40 Eggs.....	4	2
C { 2 gals. Unsifted Pastry Flour..	10	
1 cup Baking Powder.....		8
3 tbsp. Salt.....		2
D { 6 qts. Raisins.....	10	
3 pts. Mixed Peel.....	2	
1 qt. Glacé Cherries.....	2	

METHOD

1. Cream A together.
2. Add B slightly beaten.
3. Mix and sift ingredients in C together, reserving 1 lb. of flour to dust on the fruit.
4. Add C and D to the above mixture.
5. Pour into deep baking pans lined with heavy paper and bake in a moderate oven (350°F.) for several hours.

YIELD

100 5-oz. servings.

BUTTER ICING

Measure	Weight	
	Lbs.	Oz.
1 pt. Butter.....	1	
2 3/4 qts. Icing Sugar.....	.6	
1 pt. Milk.....	1	4
2 tsp. Vanilla.....		

METHOD

1. Cream butter until soft.
2. Add sifted icing sugar gradually, work into butter very thoroughly.
3. Add milk, a small amount at a time. Add vanilla.
4. Beat thoroughly.
5. Spread on cold cake.

VARIATIONS

Mocha Icing: Substitute 1 pt. of strong coffee for milk.

Chocolate Icing: Add 1 lb. of melted chocolate or cocoa.

Orange Icing: Add juice and rind of 3 oranges and 2 lemons in place of part of the liquid.

UNCOOKED MARSHMALLOW ICING

Measure	
1 pt. Corn Syrup or Honey	
1/16 tsp. Cream of Tartar	
12 Egg Whites	

METHOD

1. Heat the corn syrup or honey until lukewarm.
2. Add the cream of tartar to the egg whites and beat until stiff but not dry.
3. Add the honey or syrup gradually to the beaten whites and continue to beat until the mixture is stiff enough to spread.
4. If corn syrup is used, add either grated lemon rind or 2 tbsp. of spice to the icing.
5. Spread on cake.

YIELD

Icing for 100 orders of cake.

PLAIN COOKIES

Measure	Weight	
	Lbs.	Oz.
A { 1 pt. Fat.....	1	
{ 1 3/4 pts. Sugar.....	1	12.
B 5 Eggs.....		8
C { 1 c. Milk.....		8
{ 1 1/2 tsp. Vanilla.....		1/4
4 1/2 { 2 qts. Unsifted Pastry Flour	2	8
D { 2 tbsp. Baking Powder.....		1
{ 1 tbsp. Salt.....		

METHOD

1. Make according to the general cake method, page 138.
2. Roll out to 1/4-inch thickness and cut with 2 3/4-inch cutter. Place on a greased baking sheet. Bake in a moderate oven (350°F.) for 10-15 minutes. If a cutter is not available, finish as sugar cookies.

YIELD—100 cookies.

OATMEAL COOKIES

Measure	Weight	
	Lbs.	Oz.
A { 2 1/4 qts. Brown Sugar.....	4	
{ 2 1/2 pts. Fat (melted).....	2	8
{ 6 3/4 qts. Rolled Oats.....	5	8
B { 3 tbsp. Soda.....		1 1/2
{ 3 c. Hot Water.....	1	8
C { 3 3/4 c. Unsifted Pastry Flour	4	11
{ 1 1/2 tbsp. Salt.....		

METHOD

1. Mix ingredients in A together.
2. Dissolve B and add to A. Add C.
3. Roll out to 1/4-inch thickness and cut with a 2 3/4-inch cookie cutter.
4. Bake in a moderate oven (350°F.) 10-15 minutes.

YIELD—100 cookies.

FRUIT COOKIES

Measure	Weight		
	Lbs.	Oz.	
A { 1 qt. Fat.....	2		
	2 qts. White Sugar.....	4	
B { 6 Eggs.....	10		
	Flavouring.....	1	
C 1½ pts. Milk.....	1	14	
D { 5 qts. Unsifted Pastry Flour.....	6	4	
	½ c. Baking Powder.....	4	
	1½ tbsp. Salt.....		
2 qts. Raisins.....	3	4	

METHOD

1. Make according to the cake method, page 138.
2. Roll out to ¼-inch thickness and cut with 2¾-inch cutter. Place on greased baking sheets.
3. Bake in a moderate oven (350°F.) 10-15 minutes.

YIELD—100 cookies.

SUGAR COOKIES

Measure	Weight	
	Lbs.	Oz.
2 pts. Fat.....	2	
3 pts. Sugar.....	3	
	Flavouring.....	1
1 pt. Milk.....	1	8
4½ qts. Unsifted Pastry Flour....	5	10
1 tbsp. Salt.....		
½ c. Baking Powder.....		4

METHOD

1. Make according to the cake method, page 138.
2. Shape into a roll 1 inch in diameter and as long as the baking pan.
3. Place on greased baking sheets and flatten to ¼-inch thickness with the fingers.
4. Bake in a moderate oven 10-15 minutes. Cut in squares.

YIELD—200 cookies.

ROLLED OATS COOKIES

Measure	Weight		
	Lbs.	Oz.	
A { 1½ qts. Fat (butter and drip- ping).....	3		
	3½ qts. Brown Sugar.....	6	
B { 6½ qts. Rolled Oats.....	5		
	1¾ qts. Milk.....	4	6
C { 5½ qts. Unsifted Pastry Flour.....	7		
	1 cup Baking Powder.....		8
	4 tbsp. Salt.....		2½

METHOD

1. Cream the ingredients in A together.
2. Add B.
3. Mix and sift C together and add to the mixture. Chill.
4. Roll out to ⅛-inch thickness and cut in squares, or shape into rolls 1 inch in diameter and place the rolls on a greased baking sheet. Press out to ⅛-inch thickness with the hands. Using a knife, mark off into pieces of suitable size.
5. Bake in a moderate oven (350°F.) 10-15 minutes.

YIELD

250 cookies.

VARIATION

Substitute 2 lbs. of corn syrup for 2 lbs. of sugar.

RAISIN OATFLAKES COOKIES

Measure	Weight	
	Lbs.	Oz.
A { 1 pt. Fat	1	
3 pts. Sugar	3	
B 4 Eggs		7
C { 3/4 pt. Water	1	
2 tbsp. Vanilla		1
2 tsp. Salt		
D { 1 1/4 qts. Rolled Oats	1	
2 qts. Unsifted Pastry Flour	2	8
2 tbsp. Baking Powder		1
4 tbsp. Cinnamon		
E 1 1/4 qts. Raisins	2	

METHOD

1. Make according to the general method for cakes, page 138. Add the raisins last.
2. Drop from a spoon on to a greased baking tin. Use 1 oz. raw dough in each cookie.
3. Bake in a moderate oven (350°F.) for about 10-15 minutes until both top and bottom are golden brown in colour.

YIELD

200 cookies.

SHORTBREAD

Measure	Weight	
	Lbs.	Oz.
1 1/2 qts. Butter	3	
3 c. Brown Sugar	1	
3 1/2 qts. Unsifted Pastry Flour	4	6

METHOD

1. Cream butter and sugar.
2. Add the flour. Blend well together until the dough cracks slightly.
3. Make dough into rolls 1 inch in diameter. Chill thoroughly.
4. Slice into squares. Bake in a slow oven (275°F.) until firm and the shortbread is lightly coloured.

YIELD

200 shortbreads.

MOLASSES COOKIES

Measure	Weight	
	Lbs.	Oz.
1 qt. Shortening	2	
1 3/4 qts. Sugar	3	8
1 tbsp. Salt		
8 Eggs		13
1 pt. Molasses	1	9
1 pt. Water	1	4
5 1/2 qts. Unsifted Pastry Flour	7	
4 1/2 tbsp. Allspice		1
5 1/2 tbsp. Soda		2 1/2

METHOD

1. Make according to the cake method, page 138.
2. Shape dough into rolls 1 inch in diameter and as long as the baking pans.
3. Place on greased baking pans and press to 1/4-inch thickness with the fingers or a fork.
4. Bake in moderate ovens 15-20 minutes.
5. When baked, cut into squares for serving.

YIELD

200 cookies.

MUFFINS

A good muffin is even in shape, well browned, has a rough, pebbly top and a coarse, even texture.

When a muffin has a shiny surface, rises in peaks, or has large, uneven holes inside, it has been over-mixed.

MUFFIN METHOD

1. Test the oven according to method, page 6, to make certain it is hot (425°F.).
2. Grease muffin tins or shallow baking pans.
3. Mix and sift the dry ingredients (A in recipe).
4. Beat the eggs, add the milk. Melt the fat (B in recipe).
5. Make a hollow in the centre of the dry ingredients and pour in the eggs, milk and the melted butter.
6. Stir quickly until the dry ingredients are moistened. The mixture will be lumpy but do not try to get the lumps out.
7. Pour into the well-greased muffin tins or baking pans until they are $\frac{2}{3}$ full.
8. Bake in a hot oven (400°-450°F.) until golden brown in colour, approximately 25 minutes.

This method will give a coarse-grained product with a rough surface—a typical muffin.

PLAIN MUFFINS

Measure		Weight	
		Lbs.	Oz.
A {	6½ qts. Unsifted Pastry Flour.....	8	
	3 tbsp. Salt.....		2
	⅞ cup Baking Powder.....		7
	1 pt. Sugar.....	1	
B {	16 Eggs.....	1	12
	3 qts. Milk.....	7	8
	1¼ pts. Fat.....	1	12

METHOD

Make according to general method for muffins, above.

YIELD

200 medium-sized muffins.

PLAIN MUFFINS WITHOUT EGGS

Measure		Weight	
		Lbs.	Oz.
7 qts.	Unsifted Pastry Flour....	8	12
3 tbsp.	Salt.....		2
1⅞ cups	Baking Powder.....		9
1½ pts.	Sugar.....	1	8
3 qts.	Milk.....	7	8
1 qt.	Fat.....	2	

METHOD

Make according to general method for muffins, page 152.

YIELD

200 medium-sized muffins.

VARIATIONS

Cornmeal: Substitute 2 lbs. cornmeal for 5 lbs. of flour.

Whole Wheat: Substitute 2 lbs. whole wheat for 3 lbs. of flour.

Honey: Substitute 1 lb. honey for 1 lb. of sugar. Add the honey to the liquid.

Bacon: Add 1½ lbs. cooked diced bacon to the dry ingredients.

Cheese: Add 2 lbs. grated old cheese to the dry ingredients.

Raisin: Add 5 lbs. sultana raisins to the dry ingredients.

Flaked Wheat: Substitute 3 lbs. of flaked wheat for 3 lbs. of flour.

BRAN MUFFINS

Measure			Weight		
			Lbs.	Oz.	
A {	2	qts.	Unsifted Bread Flour.....	2	8
	1 1/2	qts.	Unsifted Pastry Flour.....	1	14
	7	qts.	Bran.....	3	8
	3	tbsp.	Salt.....		2
	1	c.	Baking Powder.....		8
B {	1	qt.	Sugar.....	2	
	16		Eggs.....	1	12
	1	gal.	Milk.....	10	
	1 1/4	pts.	Molasses.....	2	
	3	pts.	Fat.....	3	

METHOD

Make according to the general method for muffins.

YIELD

200 medium-sized muffins.

JOHNNY CAKE

Measure			Weight	
			Lbs.	Oz.
1 3/4	qts.	Unsifted Pastry Flour..	2	3
1 3/4	qts.	Unsifted Bread Flour....	2	3
1 1/4	qts.	Cornmeal.....	2	3
4	tbsp.	Salt.....		2 1/2
7/8	c.	Baking Powder.....		7
1	pt.	Sugar.....	1	
16		Eggs.....	1	12
2	qts.	Milk.....	5	
1 3/4	qts.	Fat (melted).....	1	12

METHOD

1. Make according to general method for muffins.
2. Bake in a moderate oven (350°f.).

YIELD

100 servings.

PANCAKES

Measure			Weight	
			Lbs.	Oz.
2 1/2	qts.	Unsifted Pastry Flour...	3	2
3/4	c.	Baking Powder.....		6
1/2	c.	Salt.....		5
3	qts.	Bread Crumbs.....	3	
1 1/4	gals.	Milk.....	12	8
12		Eggs.....	1	4
1	pt.	Melted Fat.....	1	

METHOD

1. Mix and sift the dry ingredients together and add the bread crumbs.
2. Beat the eggs slightly. Add the milk and melted fat.
3. Stir this into the dry ingredients to make a smooth batter.
4. Pour batter into a hot well-greased frying pan, using 1 1/2 oz. to a pancake.
5. Cook until bubbles break on the upper surface. Turn and brown on the other side. Keep the pan well greased.
6. Serve at once with bacon; butter and brown sugar; maple or corn syrup.

YIELD

200 pancakes.

TEA BISCUITS

A good tea biscuit should double in bulk as it cooks, should be golden brown on top and bottom and should be fine grained and rather flaky inside.

When insufficiently mixed they have a rough, mottled surface and do not rise properly. When over-mixed they are tough.

TEA BISCUIT METHOD

- Grease the pans.
- Mix and sift dry ingredients (A in recipe).
- Work in the fat (B in recipe) with the fingers. The fat should be evenly divided into pieces about the size of a green pea. Shake the bowl occasionally so that the pieces of fat come to the top and then work on those that are too large.
- Add the milk (C in recipe) gradually to moisten all the dry ingredients.
- When all the milk has been added, mix the whole thing together. It should be very moist, but not too sticky to handle.
- Turn on to a lightly floured table and knead for about 1 minute.
- Roll or pat to $\frac{1}{2}$ -inch thickness. Cut with a cookie cutter or knife.
- Place close together on the greased baking pans.
- Allow to stand at room temperature for 20 minutes.
- Bake in a hot oven (450°F.) for 15 to 20 minutes.
- When biscuits have doubled in bulk and are golden brown in colour, test by breaking one open to be sure that it is cooked through to the centre.

Measure		Weight	
		Lbs.	Oz.
A	6½ qts. Unsifted Pastry Flour	8	
	$\frac{3}{4}$ c. Baking Powder		6
	4 tbsps. Salt		2½
B	1 qt. Fat	2	
C	2 qts. Milk	5	

METHOD

Make according to general method for tea biscuits.

YIELD

200 medium-sized tea biscuits.

VARIATIONS

Quick Tea Biscuits: Use the standard recipe. Drop from a spoon onto the greased sheet, in place of kneading and cutting.

Cheese Tea Biscuits: To the standard recipe add 3 quarts of grated cheese (3 lbs.). Reduce fat to 1 lb.

Orange Tea Biscuits: To the standard recipe

- (1) add 1 qt. Grated Orange Rind..... 1 lb.
1 pt. Orange Juice..... 10 oz.
 $\frac{1}{2}$ pt. Sugar..... 8 oz.

- (2) Reduce Milk to 1½ qts.

Raisin Tea Biscuits: To the standard recipe add 2½ pts. raisins (2 lbs.).

Plain Scones: To the standard recipe,

- (1) add 1½ pts. White Sugar..... 1 lb. 8 oz.
8 Eggs..... 14 oz.

- (2) Reduce Milk to 1¾ quarts.

METHOD FOR SCONES

Follow general method for making tea biscuits and, after rolling dough to a thickness of $\frac{1}{2}$ inch, place in pie plates or baking pans and mark into triangles.

Raisin Scones: To the plain scone recipe add 2½ pints raisins (2 lbs.).

BUTTERSCOTCH BISCUITS

Measure

Weight

Tea Biscuit Dough, page 156

	Lbs.	Oz.
2 qts. Brown Sugar	3	8
1 pt. Butter	1	

METHOD

- Make tea biscuit dough.
- Roll on floured board and cut into strips 6 inches wide.
- Cream butter and sugar.
- Spread sugar mix on dough.
- Roll like a jelly roll and cut into slices 1 inch wide.
- Bake at 425°F. in greased pans with the cut surface up.

YIELD

200 biscuits.

PASTRY

Good pastry is tender, flaky, golden brown and has a good flavour.

Too much handling makes pastry tough.

Too much water makes it hard, therefore add just enough to hold the mixture together in order to work with it.

The fat used should be firm. Soft fat makes pastry greasy. Very hard fat is difficult to blend with the flour.

When possible, use bread flour on the board for rolling pastry.

It is inadvisable to use a wash on the pastry as it tends to toughen the crust.

Pastry should be cooked in a hot oven.

PASTRY

Measure	Weight	
	Lbs.	Oz.
6½ qts. Unsifted Pastry Flour....	8	
5 tbsp. Salt.....		3½
2 qts. Fat.....	4	
1¾ qts. Water (approx.).....		

METHOD

1. Mix salt and flour.
2. Rub ½ fat thoroughly into flour with fingers. Break remaining fat into ½-inch pieces and add.
3. Make a well in centre of flour mixture. Pour in 1½ quarts of the water.
4. Toss the flour mixture and water lightly together until the latter is evenly distributed. If the mixture does not hold together, add the remaining cup of water. The mixture must not be stirred or kneaded in any way.
5. Turn out on lightly floured board. Cut off ½ lb. pastry. Roll out to ⅛-inch thickness. Place on pie plates. Press down edges and trim.

NOTE.—When possible make the pastry the night before or at least several hours before using. Store in refrigerator or cool room.

YIELD

17 9-inch double pie crusts.

PASTRY SHELLS

1. Use recipe and roll out as for plain pastry.
2. Place on plate, press down edges and trim.
3. Prick the pastry thoroughly with a fork.
4. Bake in hot oven (450°-500°F.).

TOP FOR SINGLE CRUST PIE (Deep Fruit Pies)

1. Fill baking dishes with pie filling.
2. Roll out pastry and cut slightly larger than the size of the baking dish. Make 2 or 3 slits in centre of pastry.
3. Spread pastry over top of baking dish and press the edges under the rim.
4. Bake in hot oven if filling is precooked and in a medium oven (375°-400°F.) if filling is raw.

APPLE PIE Using Fresh Apples

Measure	Weight	
	Lbs.	Oz.
6 gals. Peeled Apples.....	30	
3 pts. Sugar.....		3
2 tbsp. Cinnamon.....		
1 tbsp. Salt.....		

METHOD

1. Partially cook the apples. Add sugar, cinnamon and salt.
2. Line pie plate with pastry. Allow 1½ lbs. filling for each pie.
3. Cover with pastry.
4. Bake in hot oven (425°F.) until the apples are tender and the pastry is browned.

YIELD

17 9-inch pies.

VARIATION

Apple Pie with Cheese Pastry: Omit 1 lb. of fat from the pastry recipe. Add 3 quarts grated cheese (3 lbs.) to the flour.

APPLE PIE**Using
Canned Apples**

Measure	Weight	
	Lbs.	Oz.
4 # 10 tins Apples.....	26	
5 ½ pts. Brown Sugar.....	5	
1 ½ tbsp. Cinnamon.....		

METHOD

1. Mix apples, sugar, cinnamon.
2. Finish as fresh apple pie.

YIELD

17 9-inch pies.

APPLE PIE**Using
Evaporated Apples**

Measure	Weight	
	Lbs.	Oz.
2 ½ gals. Water.....	25	
Dried Apples.....	5	
2 pts. Sugar.....	2	
2 tbsp. Cinnamon.....		
1 tbsp. Salt.....		

METHOD

1. Soak apples in water, according to method for dried fruit. Page 206.
2. Partially cook the apples. Add sugar, cinnamon and salt.
3. Finish as fresh apple pie.

YIELD

17 9-inch pies.

DUTCH APPLE PIE

Measure	Weight	
	Lbs.	Oz.
Raw Apples, A.P.....	25	
1 ½ qts. White Sugar.....	3	
1 qt. Fine Dried Bread Crumbs.....	1	
2 qts. Undiluted Evaporated Milk.....	5	
½ pt. Butter.....		8

METHOD

1. Prepare half the recipe for pastry and line tins.
2. Arrange apples, cut in quarters, on top of the pastry.
3. Mix crumbs and sugar. Sprinkle over the apples, allowing ¾ c. to each pie, and dot with butter.
4. Pour undiluted milk over the mixture.
5. Bake immediately in a very hot oven for 15 minutes. Reduce heat and finish baking in a slow oven—about 30 to 40 minutes.

YIELD—17 9-inch pies.**FRUIT TURNOVERS**

Measure	Weight	
	Lbs.	Oz.
Pastry.....	20	
Cooked Fruit Filling.....		

METHOD

1. Roll out pastry to ⅛-inch thickness and cut in oblongs, approximately 5 inches by 7 inches.
2. Place the filling on one half of the pastry square. Make a slit in the other half and fold it over to cover the filling. Press the edges tightly.
3. Bake on sheets in a hot oven (425°F.).

Apple: 20 lbs. of apple pie filling. Use 3 oz. per turnover.*Raisin:* 20 lbs. of raisin filling. Use 3 oz. per turnover.*Prune:* 16 lbs. of prune filling. Use 2½ oz. per turnover.*Mince-meat:* 16 lbs. of filling. Use 2½ oz. per turnover.*Jam:* 10 lbs. of jam filling. Use 1½ oz. per turnover.**YIELD**—100 turnovers.

BUTTERSCOTCH PIE

Measure	Weight		
	Lbs.	Oz.	
A {	1 qt. Butter.....	2	
	5 qts. Brown Sugar.....	8	12
	2 qts. Unsifted Pastry Flour..	2	8
	or		
	1 qt. Cornstarch.....	1	8
	2 tbsp. Salt.....		
	1½ gals. Hot Milk.....	15	
	24 Egg Yolks.....		
	3 tbsp. Vanilla.....		

METHOD

1. Caramelize ingredients in A to a golden brown over the direct heat.
2. Heat milk over hot water or in a steam kettle. Add enough of the milk to A to give the consistency of a cream sauce. Pour this mixture back into the remaining milk, stirring constantly, and cook until there is no taste of raw starch.
3. Beat the egg yolks slightly. Add part of the hot mixture to the yolks, stirring as you add. Return this to the original mixture and continue cooking until there is no taste of raw yolk (about 5 minutes).
4. Remove from heat and cool slightly.
5. Add vanilla.
6. Pour into baked pie shells. Allow to set.
7. Top with meringue and brown in a very slow oven or serve plain or with whipped cream.

YIELD

17 9-inch pies.

CREAM PIE

Measure	Weight	
	Lbs.	Oz.
2 gals. Hot Milk.....	20	
2 qts. Sugar.....	4	
2 tbsp. Salt.....		
2 qts. Unsifted Pastry Flour..	2	8
or		
1 qt. Cornstarch.....	1	8
2 qts. Cold Milk.....	5	
24 Egg Yolks.....		
4 tbsp. Vanilla.....		
½ pt. Butter.....		8

METHOD

1. Heat the milk in a double boiler or steam kettle.
2. Mix sugar, salt, cornstarch or flour and the cold milk. Blend well together.
3. Add this to the hot milk, stirring constantly. Cook until thick and until there is no taste of raw starch.
4. Beat the egg yolks slightly. Add part of the hot mixture slowly to the yolks, stirring as you add.
5. Remove from the heat and cool slightly.
6. Add vanilla and butter.
7. Pour into baked pie shells. Allow to set.
8. Top with meringue and brown in a very slow oven, or serve plain or with whipped cream.

NOTE.—If the sugar is added just before removing the filling from the heat, instead of combining it with the cornstarch, the quantity of sugar may be reduced to 3 lbs.

If some form of double boiler or steam kettle is not available, make one out of two stock pots, one inside the other, or stand a stock pot in a roast pan containing boiling water.

YIELD

17 9-inch pies.

LEMON PIE

Measure	Weight	
	Lbs.	Oz.
4 qts. Sugar.....	8	
2 tbsp. Salt.....		
2 qts. Cornstarch.....	3	
or		
4 qts. Unsifted Pastry Flour....	5	
2 gals. Boiling Water.....	20	
½ pt. Lemon Rind (grated)....		4
24 Egg Yolks.....		
1½ qts. Lemon Juice.....	3	12
1 pt. Butter.....	1	

METHOD

- Mix sugar, salt, cornstarch or flour. Blend well together.
- Add the boiling water gradually, stirring as you add.
- Cook until clear and there is no taste of raw starch.
- Add the grated lemon rind.
- Beat the egg yolks slightly. Add part of hot mixture to yolks. Return to original mixture and continue cooking until no taste of raw yolk remains (about 5 minutes).
- Remove from heat, add lemon juice and butter and cool.
- Pour into baked pie shells. Cover top with meringue and brown in a slow oven or serve plain or with whipped cream.

YIELD

17 9-inch pies.

MERINGUE FOR PIES

Measure	Weight	
	Lbs.	Oz.
1 pt. (24) Egg Whites.....	1	
⅔ qt. Fine White Sugar.....	1	5
½ tsp. Salt.....		

METHOD

- Add sugar and salt to egg whites.
- Beat until mixture is thick and stands in peaks.
- Spread on the surface of pie and cook in a very slow oven (250°F.) until a delicate brown.

YIELD

Meringue for 17 9-inch pies.

CHOCOLATE PIE

Measure	Weight	
	Lbs.	Oz.
2 gals. Hot Milk.....	20	
1½ qts. Cocoa.....	1	8
1 qt. Cornstarch.....	1	8
2 qts. White Sugar.....	4	
2 qts. Cold Milk.....	5	
2 tbsp. Salt.....		
4 tbsp. Vanilla.....		

METHOD

- Heat the milk over hot water.
- Mix the cocoa, cornstarch, sugar and salt and cold milk. Blend well together.
- Add this to the hot milk, stirring constantly. Cook until thick and there is no taste of raw starch.
- Remove from heat. Add vanilla. Cool slightly.
- Fill baked pie shells.
- Top with meringue and brown in a very slow oven or serve plain or with whipped cream.

NOTE.—If the sugar is added just before removing the filling from the heat, instead of combining it with the cornstarch, the quantity of sugar may be reduced to 3 lbs.

YIELD

17 9-inch pies.

CUSTARD PIE

Measure	Weight	
	Lbs.	Oz.
48 Eggs.....	5	
3 pts. Sugar.....	3	
2½ gals. Cold Milk.....	25	
2 tbsp. Vanilla.....		
1 tbsp. Salt.....		

METHOD

1. Beat the eggs slightly and add sugar. Stir well.
2. Add cold milk, vanilla and salt.
3. Pour into uncooked crusts and sprinkle with grated nutmeg.
4. Bake in moderate oven (350°F.) for 40 minutes or until a knife inserted in the centre comes out clean.

YIELD—17 9-inch pies.

BUTTER TART

Measure	Weight	
	Lbs.	Oz.
3 pts. Currants or Raisins.....	2	10
1 pt. Butter.....	1	
1 pt. Shortening.....	1	
4½ pts. Brown Sugar.....	4	
14 Eggs.....	1	8
3 Lemons (juice and rind)		
1 tbsp. Salt.....		
Pie Pastry.....	10	

METHOD

1. Cover currants with hot water. Let stand.
2. Cream butter, shortening and brown sugar together.
3. Add eggs and beat until light.
4. Add drained currants, lemon juice, rind and salt to the creamed mixture.
5. Roll out pastry ⅛-inch thick—cut in circles to fit tart tins.
6. Put 1½ oz. mixture in each shell. Bake in a moderate oven (325°F.).

YIELD—100 4½-inch tarts.

MINCEMEAT PIE

Measure	Weight		
	Lbs.	Oz.	
2½ qts. Chopped Suet.....	2	8	
1 qt. Unsifted Pastry Flour.....	1	4	
A {	1 tsp. Cinnamon.....		
	1 tsp. Nutmeg.....		
	2 tsp. Salt.....		
	1 qt. Sugar.....	2	
	5 pts. Raisins.....	4	
	5 pts. Currants.....	4	
	3 gals. Apples (cored and peeled).....	15	
	2 qts. Citron.....	3	
1½ pts. Peel.....	1	8	

METHOD

1. Dredge suet with flour. Put through food chopper.
2. Add ingredients in A.
3. Chop peel and citron fine.
4. Chop or cut the apple into coarse pieces.
5. Add peel, citron and apple to the other ingredients.
6. Store in a keg for at least two weeks before using.
7. Keep the keg in a cool place.
8. Put 1½ lbs. filling into uncooked pastry shells. Cover with pastry and bake in a hot oven (425°F.) or until the pastry is cooked.

YIELD

17 9-inch pies.

PRUNE PIE

Measure	Weight	
	Lbs.	Oz.
2 gals. Dried Prunes.....	15	
2 gals. Water.....	20	
2 sticks Cinnamon.....		
1¼ pts. Cornstarch.....	1	
2½ pts. Sugar.....	2	8
1 qt. Cold Water.....	2	8
½ pt. Lemon Juice.....		
1 tsp. Lemon Rind.....		
1 tbs. Salt.....		
½ pt. Butter.....		8

METHOD

1. Wash prunes. Add water and soak overnight.
2. Add cinnamon sticks and cook until fruit is tender. Remove cinnamon sticks, pour off the liquid and make up to 1 gallon with water. Pit the prunes.
3. Blend cornstarch and sugar with cold water. Add to the boiling prune juice and cook until clear and there is no taste of raw starch.
4. Add lemon juice and rind, salt, butter and pitted prunes.
5. Keep in a cool place overnight.
6. Fill uncooked pie shells. Cover with pastry. Bake in hot oven at 450°F.

YIELD

17 9-inch pies.

PUMPKIN PIE

Measure	Weight	
	Lbs.	Oz.
3 cups Honey.....	2	
or		
2½ qts. Brown Sugar.....	4	6
A 1½ pts. Unsifted Pastry Flour.....	1	
2 tbs. Cinnamon.....		
4 tbs. Ginger.....		
1 tbs. Salt.....		
2 # 10 tins Pumpkin.....	13	
1 gal. Hot Milk.....	10	
16 Eggs.....	1	12

METHOD

1. When using sugar, combine all the ingredients in A. When using honey, combine all but the honey.
2. Add the pumpkin and the hot milk. If honey is used, add it also.
3. Cook over hot water, stirring until thick. Continue cooking until there is no taste of raw starch.
4. Beat the eggs slightly and add part of the hot pumpkin. Return to the original mixture and cook until there is no taste of raw egg (about 5 minutes).
5. Cool. Pour into baked pie shells and allow to set for 1 hour before serving.

NOTE.—This filling may be mixed without cooking and poured into unbaked pie shells. Bake in a hot oven for 15 minutes and finish baking in a slow oven until the filling is firm.

NOTE.—Cooked squash may be substituted for pumpkin.

YIELD

17 9-inch pies.

RAISIN PIE I

Measure	Weight		
	Lbs.	Oz.	
2 gals. Raisins	13		
1½ gals. Cold Water	15		
A {	3 pts. Sugar	3	
	¾ qt. Cornstarch	1	
	2 tbsp. Salt		
	½ gal. Cold Water	5	
B {	1 tbsp. Cinnamon		
	½ pt. Lemon Juice		8

METHOD

1. Wash raisins. Soak overnight in the cold water.
2. Bring raisins and water to a boil.
3. Mix ingredients in A and pour very slowly into the hot raisins. Cook until the mixture is clear and there is no taste of raw starch.
4. Remove from heat. Add B.
5. Pour into uncooked pie shells. Cover with pastry and bake in a hot oven (450°F.).

YIELD

17 9-inch pies.

VARIATION

Raisin Squares:

This pie may be cooked in large baking pans or sheets and when cold cut into squares for serving.

RAISIN PIE II

Measure	Weight	
	Lbs.	Oz.
2 gals. Raisins	13	
2 qts. White Sugar	4	
1 pt. Lemon Juice	1	
½ cup Lemon Rind (grated)		1½
1 pt. Dry Bread Crumbs		8

METHOD

1. Wash raisins. Soak for 10 minutes in boiling water to cover. Drain well.
2. Add sugar, lemon juice, grated rind, and bread crumbs to the drained raisins.
3. Pour into uncooked pie shells. Cover with pastry. Bake in a hot oven (450°F.).

YIELD

17 9-inch pies.

RHUBARB PIE

Measure	Weight	
	Lbs.	Oz.
5 gals. Trimmed Raw Rhubarb	25	
4 qts. Sugar	8	
1 qt. Hot Water	2	8
2 tbsp. Salt		1
1 qt. Cornstarch	1	8
1 qt. Cold Water	2	8
5 tbsp. Grated Orange Rind (if available)		

METHOD

1. Wash and cut rhubarb into 1½-inch pieces.
2. Add sugar, hot water and salt. Bring to boil.
3. Mix cornstarch with cold water. Add to rhubarb, stirring gently to avoid breaking up the fruit. Cook until clear and there is no taste of raw starch.
4. Add orange rind. Cool.
5. Fill uncooked pie shells. Cover with pastry crust and bake in moderate oven (375°F.).

YIELD

17 9-inch pies.

RHUBARB AND APPLE PIE

Measure		Weight	
		Lbs.	Oz.
1 gal.	Diced Rhubarb.....	5	
3 #10 tins	Canned Sweetened Applesauce.....	20	

METHOD

1. Cook the rhubarb until tender, adding just enough water to prevent it from sticking.
2. Drain off the juice.
3. Add the pulp to the cold applesauce.
4. Pour into unbaked pie shells. Cover with strips of pastry.
5. Bake in a hot oven (425°F.) for at least 25 minutes or until the undercrust is well done.

YIELD

17 9-inch pies.

NOTE.—Raw or canned unsweetened apples may be made into pie fill, sweetened and added to the rhubarb.

APPLE BETTY

Measure		Weight	
		Lbs.	Oz.
	Apples, A.P.....	30	
1½ qts.	Sugar.....	3	
4 tbsp.	Cinnamon.....		1
4½ tbsp.	Salt.....		3
1 cup	Lemon Juice (if available).....		8
7½ qts.	Crumbs (bread or cake).....	7	8
1 pt.	Butter.....	1	

METHOD

1. Wash, pare and cut apples into thin slices.
2. Combine sugar and flavourings with the apples.
3. Melt butter, add crumbs, mix together thoroughly.
4. Fill greased shallow baking pans with alternate layers of apples and crumbs. Finish with crumbs on top.
5. Bake in a moderate oven (375°F.) until apples are tender.

YIELD

100 4-oz. servings.

APPLE CRISP

Measure		Weight	
		Lbs.	Oz.
	Apples, A.P.....	30	
1½ pts.	Water.....	1	8
½ cup	Lemon Juice (if available).....		4
1 qt.	Butter or Shortening.....	2	
2½ qts.	Brown Sugar.....	4	6
4 tbsp.	Cinnamon.....		1
3 qts.	Unsifted Pastry Flour....	3	12
4½ tbsp.	Salt.....		3

METHOD

1. Cream butter.
2. Mix sugar, cinnamon, flour and salt and work into the butter to form a crumbly mixture.
3. Wash, quarter, core, peel and slice apples.
4. Arrange sliced apples in shallow greased baking pans. Add water and lemon juice.
5. Spread mixture over apples.
6. Bake in a moderate oven (350°F.) until the apples are tender and the crust is crisp.

YIELD

100 4-oz. servings.

VARIATION

Add 4½ lbs. mild grated cheese to the mixture of butter and sugar before spreading it over the apples.

APPLE DUMPLING

Measure	Weight	
	Lbs.	Oz.
100		Medium-sized Apples..
3	qts.	Brown Sugar..... 5
1½	tblsp.	Nutmeg.....
2	tblsp.	Cinnamon.....
		(Pie Crust) Pastry..... 25

METHOD

1. Peel and core apples.
2. Mix sugar, nutmeg and cinnamon together. Fill core of apple.
3. Roll out pastry to ¼-inch thickness and cut into squares to fold over apples. Bake in hot oven (400°F.) until apples are tender and pastry brown.
4. Serve hot with brown sugar sauce, lemon sauce or milk.

YIELD

100 orders.

BAKED APPLE PUDDING

Measure	Weight	
	Lbs.	Oz.
4	gals.	Fresh Apples, Sliced..... 20
1	pt.	White Sugar..... 1
3	tblsp.	Cinnamon.....
4	tblsp.	Salt..... 2½
		¼ Tea Biscuit Recipe....

METHOD

1. Mix sugar, cinnamon and salt together. Add to the sliced apples.
2. Place mixture in shallow baking pans.
3. Cover with the tea biscuit dough rolled to ¼-inch thickness and bake in a moderate oven (350°F.) for about 45 minutes.
4. Serve hot with butterscotch, nutmeg, lemon sauce or milk.

YIELD

100 3-oz. servings.

APPLE ROLL WITH BUTTERSCOTCH SAUCE

Measure	Weight	
	Lbs.	Oz.
		Tea Biscuit Dough (Standard Recipe), page 156.
		Raw Apples, A.P..... 20
1	gal.	Butterscotch Sauce..... 10

METHOD

1. Prepare tea biscuit dough, using 8 lbs. of flour. Cut into 10 equal parts and roll out in rectangles.
2. Make 1 gallon butterscotch sauce.
3. Pare and slice apples. Mix with 1 to 1½ lbs. of sugar and 1 tsp. cinnamon.
4. Spread apples on biscuit dough. Roll like a jelly roll and place in greased baking tins.
5. Bake in a hot oven (425°F.) for 15 minutes.
6. Cover with butterscotch sauce. Continue baking another 25 minutes at 375°F.
7. Cut each roll into 10 servings.

YIELD

100 5-oz. servings.

VARIATIONS

1. The pudding rolls may be baked without sauce and sauce poured over before serving.
2. Other fruits that may be used in place of apple are:
 - Fresh Fruit—10 lbs. blueberries or cherries (sweetened).
 - Pie Fillings—10 lbs. blueberry, cherry, apricot, mince or apple.
 - Dried Fruits—8 lbs. of jam or 3 lbs. of raisins, currants or evaporated apples. When using the latter, make into pie filling and cool slightly before spreading on the dough.

NOTE.—When a cooked filling is used in the roll, reduce the total time of baking to 25 minutes.

DUTCH APPLE CAKE

BISCUIT DOUGH

Measure		Weight	
		Lbs.	Oz.
A	6½ qts.	Unsifted Pastry Flour	8
	1 cup	Baking Powder.....	8
	3 tbsp.	Salt.....	2
	1 pt.	Fat.....	1
B	1 pt.	Sugar.....	1
C	12	Eggs.....	1 4
	1½ qts.	Milk.....	3 12

APPLES

Fresh Apples..... 20

or

2 #10 tins Solid Pack Apples..... 13

SUGAR AND SPICE MIX

1 pt. Sugar..... 1

1½ tsp. Cinnamon.....

1 tsp. Mace or Nutmeg.....

BUTTER

½ pt. Butter..... 8

METHOD

1. Combine A as in making tea biscuit dough.
2. Add B and mix in lightly.
3. Mix ingredients in C and combine with the dry ingredients as in making tea biscuits.
4. Place the dough on greased baking sheets, roll or press out to ¼-inch thickness.
5. Prepare raw apples, cutting them into eighths, lengthwise. If the skins are tender, they may be left on. When canned apples are used, cut in lengthwise pieces, similar in size to the raw.
6. Press the thin edge of the pieces of apple into the dough.
7. Combine the sugar and spice and sprinkle over the apples and dough.
8. Melt the butter and pour over the top.
9. Bake in a hot oven (400°-425°F.) for approximately 20 to 25 minutes.
10. Serve hot with butterscotch or lemon sauce or fresh milk.

YIELD—100 4-oz. servings.

VARIATION

Dutch Prune Cake.

Substitute 3 quarts raw prunes (6 lbs.) for the apples. Cook and pit prunes before placing them on the dough. Serve with a sauce made from prune juice.

APPLE ROLLED OATS CRISP

Measure		Weight	
		Lbs.	Oz.
A	1½ qts.	White Sugar.....	3
	1 tsp.	Salt.....	
	1 tbsp.	Cinnamon.....	
	1 cup	Unsifted Pastry Flour.....	4
		Apples, A.P.....	30
B	1 qt.	Butter.....	2
	2 qts.	Unsifted Pastry Flour.....	2 8
	1 tsp.	Baking Soda.....	
	2 tsp.	Baking Powder.....	
	2 qts.	Rolled Oats.....	1 10
	2	Brown Sugar.....	3 8

METHOD FOR A

1. Combine white sugar, salt, cinnamon and flour.
2. Prepare apples and cut into slices. If the skins are tender, do not peel.
3. Mix the dry ingredients with the apples and spread in baking pans.

METHOD FOR B

1. Cream the butter.
2. Sift the flour, baking powder and soda. Add the sugar and rolled oats. Work these into the butter.
3. Spread on top of the apple mixture (A).
4. Bake in a moderate oven until the apples are tender and the crust is brown.
5. This pudding may be used hot or cold; serve plain or with milk, or serve with lemon sauce.

YIELD

100 4-oz. servings.

RHUBARB ROLLED OATS CRISP

Measure	Weight	
	Lbs.	Oz.
A 4 gals. Diced Rhubarb.....	20	
1 qt. Sugar.....	2	
1 pt. Unsifted Pastry Flour.....		10
B 1 pt. Butter.....	1	
2 qts. Unsifted Pastry Flour.....	2	8
C 2½ qts. Rolled Oats.....	2	
1½ qts. Sugar.....	3	

METHOD

1. Combine A and let stand in baking pans for 30 minutes.
2. Cream B.
3. Add C. Spread on top of A.
4. Bake in a moderate oven until the rhubarb is tender and the crust is brown.

YIELD—100 4-oz. servings.

APPLE TAPIOCA

Measure	Weight	
	Lbs.	Oz.
3 qts. Pearl Tapioca.....	5	4
3 gals. Boiling Water.....	30	
3 tbsp. Salt.....		2
6 qts. Raw Sliced Apples.....	7	8
2 qts. Sugar.....	4	
1 tbsp. Nutmeg.....		

METHOD

1. Soak tapioca overnight in cold water. There should be sufficient water to cover the tapioca to the depth of about 1 inch. Pour off the water.
2. Add the salt to the boiling water and cook tapioca in it until it is clear. When the tapioca becomes thick, finish cooking over a low heat or, preferably, over hot water.
3. Spread sliced apples in the bottom of a baking dish, sprinkle with the sugar and nutmeg. Pour cooked tapioca on top.
4. Bake in a quick oven until the apples are tender.

YIELD—100 5-oz. orders.

PRUNE ROLL WITH PRUNE OR LEMON SAUCE

1. Prune Filling
2. Prune Sauce
3. Tea Biscuit Mixture

Measure	Weight	
	Lbs.	Oz.
6 qts. Raw Prunes.....	11	
1½ qts. Sugar.....	3	
2 tbsp. Cinnamon.....		
2 tbsp. Nutmeg.....		
¾ pt. Cornstarch.....		9
or		
1½ pts. Unsifted Pastry Flour....	1	

METHOD

1. Cook the prunes according to the general method for dried fruit, page 206.
2. When the prunes are tender, drain them and measure the liquid. Make up to 1½ gallons with boiling water.
3. Combine sugar, spices and cornstarch or flour. Add enough of the prune juice to make a thin paste. Bring remaining prune juice to the boil. Add the paste gradually and continue cooking until it thickens.
4. Pit the prunes and add 1 quart of the thickened prune juice to them. Cool slightly.

PRUNE SAUCE

1. Use the remainder of the thickened prune juice as sauce
2. When available, add the grated rind of 4 lemons and ½ cup lemon juice to the prune sauce. When lemon juice is used, add 1 lb. sugar also. The sauce would be improved by the addition of 1 lb. of butter.

TEA BISCUIT DOUGH

1. Prepare tea biscuit dough, using 8 lbs. of flour. Cut into 10 equal parts and roll into rectangles.
2. Spread each with filling. Roll like a jelly roll.
3. Place the prune rolls in greased baking pans.
4. Bake in a hot oven for 15 minutes.
5. Cover with prune sauce and continue baking for 10 to 15 minutes.
6. Cut each roll into 10 servings.

YIELD

100 5-oz. servings.

BREAD PUDDING

Measure		Weight	
		Lbs.	Oz.
	Stale Bread.....	5	
2 gals.	Hot Milk.....	20	
16	Eggs.....	1	12
$\frac{3}{4}$ qt.	Sugar.....	1	8
2 tbsp.	Salt.....		1
3 tbsp.	Vanilla.....		1
1 pt.	Butter.....	1	

METHOD

1. Crumb the bread or cut into dice or break into pieces.
2. Combine the remaining ingredients as for baked custard, adding the butter last.
3. Pour over the bread mixture and leave for $\frac{1}{2}$ hour. If broken bread is used, beat with a wire whip after it has stood. Pour into greased pans.
4. Bake in pans of warm water in moderate oven (350°F.) until a knife thrust into the centre comes out clean (about 1 hour).
5. Serve hot with milk or cream.

NOTE.—If evaporated milk is used, substitute 8 lbs. of the milk and $1\frac{1}{4}$ gallons water for fresh milk.

YIELD

100 4-oz. servings.

VARIATIONS

1. $2\frac{1}{2}$ quarts raisins (4 lbs.) may be added to the recipe.
2. Drop spoonfuls of jam on the pudding just before baking it. Use about 2 lbs. of jam.

CARAMEL BREAD PUDDING

Measure		Weight	
		Lbs.	Oz.
	Stale Bread.....	5	
5 qts.	Hot Milk.....	12	8
16	Eggs.....	1	12
2 tbsp.	Salt.....		1
1 qt.	Cold Milk.....	2	8
2 qts.	Sugar.....	4	
1 qt.	Boiling Water.....	2	8

METHOD

1. Crumb the bread or cut into dice or break into pieces.
2. Heat the milk in a double boiler or steam kettle.
3. Beat the eggs slightly. Add the salt and cold milk.
4. Pour into the hot milk, stirring as you add.
5. Add the bread and let stand for $\frac{1}{2}$ hour.
6. Caramelize the sugar. When golden brown in colour, add the boiling water gradually; stir during and after each addition. Boil for 10 minutes.
7. Add to the milk and bread. If broken bread has been used, beat with a wire whip.
8. Pour into greased baking dishes and place in pans of warm water.
9. Bake in a moderate oven (350°F.) until a knife thrust into the centre comes out clean (about 1 hour).
10. Serve with milk or cream.

YIELD

100 4-oz. servings.

CHOCOLATE BREAD PUDDING

Measure	Weight	
	Lbs.	Oz.
1¼ gals. Stale Bread.....	5	
2 gals. Hot Milk.....	20	
16 Eggs.....	1	12
1½ qts. Sugar.....	2	8
2 tbsp. Salt.....		1
1 pt. Cocoa.....		8
3 tbsp. Vanilla.....		1½
1 pt. Butter.....	1	

METHOD

1. Use the method for plain bread pudding. Combine the cocoa with the sugar before adding to the other ingredients.
2. Serve hot with milk or cream or cold with hard sauce.

YIELD

100 4-oz. servings.

LEMON PUDDING

Measure	Weight	
	Lbs.	Oz.
1 pt. Butter.....	1	
4 qts. Sugar.....	8	
46 Eggs.....	5	
1 qt. Unsifted Pastry Flour....	1	4
5½ qts. Milk.....	13	12
24 Lemons (juice and rind)		

METHOD

1. Cream butter.
2. Add sugar gradually, cream well.
3. Add beaten egg yolks, beat thoroughly.
4. Add flour and milk.
5. Add lemon juice and rind.
6. Fold in beaten egg whites.
7. Pour into baking dishes. Cook in a pan of water in a moderate oven (350°F.) until a knife thrust into the spongy top comes out clean.

YIELD

100 4-oz. servings.

STEAMED DATE PUDDING

Measure	Weight			
	Lbs.	Oz.		
A {	7 qts. Unsifted Pastry Flour.....	8	12	
	3 qts. Brown Sugar.....	5	4	
	½ cup Baking Soda.....		3½	
	4 tbsp. Salt.....		2½	
	2 tbsp. Cinnamon.....			
	1 tbsp. Cloves.....			
	1 tbsp. Nutmeg.....			
	6 qts. Chopped Dates.....	10	8	
	B {	16 Eggs.....	1	12
		2½ qts. Milk.....	6	4
C {	1½ qts. Molasses.....	4	11	
	1 pt. Melted Butter.....	1		

METHOD

1. Mix A thoroughly.
2. Beat B slightly and add to ingredients in C.
3. Add wet ingredients to A.
4. Finish as steamed suet pudding, page 184.
5. Serve hot with butterscotch sauce.

YIELD

100 4-oz. servings.

VARIATION*Steamed Raisin Pudding.*

Substitute an equal quantity of raisins for the dates.

STEAMED SUET PUDDING

Measure		Weight	
		Lbs.	Oz.
A	7½ qts. Unsifted Pastry Flour..	9	
	1 c. Baking Powder.....		8
	6 tbsp. Salt.....		4
B	1 qt. Sugar.....	2	
	1 qt. Suet.....	1	
C	36 Eggs.....	3	12
	2½ qts. Milk.....	6	4

If eggs have been omitted, make the following changes in the recipe:

Increase Flour to 8 qts. (10 lbs.)
 Increase B.P. to 1¼ c. (10 oz.)
 Increase Sugar to 1½ qts. (3 lbs.)
 Increase Suet to 1¾ qts. (1¼ lbs.)

METHOD

- Mix and sift A.
- Add B, finely chopped.
- Beat ingredients in C together. Add to A and B.
- Half fill greased tomato tins (28-oz. size) or honey pails. If they do not have close-fitting lids, tie a piece of greased paper tightly over the top of each. If suitable containers are not available, pour in 2-lb. lots into heavy cotton cloths (from flour bags). Tie tightly with string, leaving sufficient space for pudding to double in volume.
- Place in pots of boiling water. The water should reach almost to the top of tins and should be kept at simmering point throughout.
- Steam for 2 to 3 hours. Use the tests given in the general cake method to determine whether the pudding is cooked.
- Serve hot with butterscotch, lemon or nutmeg sauce.

YIELD

100 3-oz. servings.

NOTE:

- This pudding may be kept for 2 or 3 days in the containers or cloths and then reheated in boiling water.
- The pudding may be baked in a moderate oven (375°F.) in place of steaming.

VARIATIONS OF STEAMED SUET PUDDING

- Steamed Fruit Pudding*—Flour 2 quarts of raisins (3 lbs.) or other dried fruit and add to batter.
- Steamed Spice Pudding*—Sift 4 tbsp. cinnamon and 3 tbsp. ginger with the dry ingredients.
- Steamed Ginger Pudding*—Sift ¾ c. ground ginger (2½ oz.) with the dry ingredients.
- Steamed Apple Pudding*—Place a thick layer of sliced apples (20 lbs. A.P.) in baking pans. Sprinkle with sugar, pour batter on top to a depth of 1 inch. The pans must not be more than half full.

Cover tightly with greased paper and steam or leave uncovered and cook in a moderate oven (375°F.).

CARROT PUDDING

Measure		Weight	
		Lbs.	Oz.
A	1½ qts. Unsifted Pastry Flour	2	
	3 tbsp. Baking Soda.....		1½
	1 gal. Brown Sugar.....	7	
	5 qts. Stale Bread Crumbs..	5	
	6 tbsp. Salt.....		4
	5 tbsp. Cinnamon.....		1
B	2½ tsp. Ginger.....		
	2½ tbsp. Allspice.....		
C	2 gals. Raisins.....	13	
	3 qts. Suet (finely chopped)	3	
C	1 gal. Minced Raw Carrots.		
	1 gal. Minced Raw Potato..		
	1 pt. Sour Milk.....	1	

METHOD

- Mix and sift ingredients in A.
- Add B.
- Add C and combine well.
- Finish as steamed suet pudding, page 184. Serve with lemon or butterscotch sauce.

YIELD

100 4-oz. servings.

MARMALADE PUDDING

Measure		Weight	
		Lbs.	Oz.
A {	3¼ qts. Unsifted Pastry Flour	4	
	1 gal. Dried Bread Crumbs..	4	
	2 qts. Sugar.....	4	
	1½ tbsp. Salt.....		1
	6 tbsp. Baking Soda.....		2½
	1 gal. Suet.....	4	
1 gal. Water.....	10		
1½ pts. Marmalade.....	2		

METHOD

1. Mix and sift ingredients in A.
2. Add finely chopped suet.
3. Add water and marmalade and mix until smooth.
4. Finish as steamed suet pudding, page 184. Serve hot with butterscotch sauce.

YIELD—100 3½-oz. servings.

PRUNE UPSIDE DOWN CAKE

Measure		Weight	
		Lbs.	Oz.
A {	4¼ qts. Raw Prunes.....	8	
	1½ gals. Water.....	15	
B {	1 qt. Brown Sugar.....	1	12
	1 pt. Corn Syrup.....	2	
C	Pudding Batter.....		

METHOD

1. Soak prunes. Cook till tender and pit. Save the prune juice.
2. Grease the baking pans heavily with fat.
3. Mix the brown sugar and corn syrup together and spread on bottom of the pans. Put prunes on top.
4. Pour cottage pudding batter over the prunes and bake as cottage pudding.
5. Make a sauce from the prune juice according to recipe, page 179.
6. Serve the pudding hot with the fruit on top and pour the sauce over it.

YIELD—100 servings.

COTTAGE PUDDING

Measure		Weight	
		Lbs.	Oz.
A {	1 qt. Shortening.....	2	
		or	
	1 qt. Butter.....	2	
B {	2 qts. Sugar.....	4	
	16 Eggs.....	1	12
C {	1¾ qts. Milk.....	4	6
	¼ cup Vanilla.....		2
D {	5½ qts. Unsifted Pastry Flour.....	7	
	¾ cup Baking Powder.....		6
	3 tbsp. Salt.....		2

METHOD

Make according to general cake method, page 138. Serve hot with butterscotch, lemon or jam sauce.

YIELD

100 orders.

VARIATIONS

1. *Chocolate*—Add 1 lb. 4 oz. chocolate to recipe. Reduce flour to 5 quarts (6 lbs. 6 oz.).
2. *Apple*—Pour batter over 15 lbs. apple-pie filling.
3. *Raspberry*—Pour batter over 10 lbs. raspberry jam.

HALF-HOUR PUDDING

Measure		Weight	
		Lbs.	Oz.
1½ pts.	Brown Sugar	1	5
5 qts.	Unsifted Pastry Flour	6	4
¾ cup	Baking Powder		6
2 tbsp.	Salt		1
2½ qts.	Raisins	4	
2 qts.	Milk	5	

METHOD

- Mix and sift sugar, flour, baking powder and salt.
- Add raisins.
- Add milk, stir just enough to wet the dry ingredients.
- Pour into greased baking dishes to the depth of 1 inch.
- Combine the following ingredients:

Measure		Weight
2¼ qts.	Brown Sugar	4 lbs.
2½ gals.	Water	25 lbs.
¾ pt.	Fat	12 oz.
2 tbsp.	Nutmeg	
- Pour over the pudding.
- Bake in a hot oven (425°F.) for approximately 30 minutes.

YIELD

100 servings.

TAPIOCA PUDDING

Measure		Weight	
		Lbs.	Oz.
2½ qts.	Pearl Tapioca	4	6
3½ gals.	Hot Milk	35	
12	Eggs	1	4
2 qts.	Sugar	4	
2 tbsp.	Salt		1
3 tbsp.	Vanilla		1½

METHOD

- Soak the tapioca overnight, or for at least four, hours in water to cover. Drain.
- Heat milk in double boiler or steam kettle, add tapioca and cook until clear.
- Beat the eggs slightly. Add sugar and salt.
- Add part of the hot liquid to the eggs and sugar, stirring as you add. Return this mixture to the hot milk and cook until it thickens and there is no taste of raw egg (about 5 minutes).
- Remove from heat. Add vanilla.

NOTE.—When making this dessert with evaporated milk, cook the tapioca in 2 gallons (20 lbs.) of water. When the tapioca is clear, add 15 lbs. of undiluted evaporated milk. Heat and then finish as above.

YIELD

100 6-oz. servings.

BAKED RICE PUDDING

Measure		Weight	
		Lbs.	Oz.
1 ½ qts.	Raw Rice	4	
2 ½ gals.	Hot Milk	25	
2 tbsp.	Salt		1
2 ½ pts.	Sugar	2	8
¾ tbsp.	Nutmeg		
1 pt.	Butter	1	

METHOD

1. Boil the rice for 10 minutes according to the general method, page 10. Drain and rinse in hot water.
2. Spread the rice in baking pans.
3. Heat the milk in a double boiler or steam kettle.
4. Add remaining ingredients to the milk and pour over the rice.
5. Bake in a slow oven (300°F.) until the rice is tender (about 4 hours). Stir occasionally, using a fork.
6. Serve hot with milk, cream or maple syrup.

YIELD—100 4-oz. servings.

SAGO PUDDING

Measure		Weight	
		Lbs.	Oz.
4 gals.	Hot Milk	40	
1 ¾ qts.	Sago	3	8
16	Eggs	1	12
2 qts.	Sugar	4	
4 tbsp.	Salt		2 ½
½ pt.	Butter		8
4 tbsp.	Vanilla		2

METHOD

1. Heat milk in a double boiler or steam kettle.
2. Add the sago gradually, stirring as you add. Cook until the sago is clear.
3. Beat the eggs slightly. Add the sugar and salt. Stir in some of the hot sago. Return this to the original mixture and cook, stirring gently, until it thickens and there is no taste of raw egg (5 minutes).
4. Remove from the heat. Add the butter and vanilla.
5. Cool and serve with milk or cream.

YIELD—100 7-oz. servings.

BAKED RICE PUDDING
(using evaporated milk)

Measure		Weight	
		Lbs.	Oz.
1 ½ qts.	Raw Rice	4	
4 ½ qts.	Boiling Water	11	4
6	1 lb. tins Evaporated Milk (undiluted)	6	
2 tbsp.	Salt		1
2 ½ pts.	Sugar	2	8
1 gal.	Fresh Milk	10	
¾ tbsp.	Nutmeg		
1 pt.	Butter	1	

METHOD

1. Wash the rice in hot water.
2. Add the boiling water and soak for several hours or overnight.
3. Cook in a double boiler or at back of stove until all the water is absorbed.
4. Add the undiluted evaporated milk and salt to the rice.
5. Heat the fresh milk. Add the sugar, nutmeg and butter.
6. Pour over the rice.
7. Bake in a moderate oven (350°F.), stirring occasionally with a fork (about 4 hours) or cook over hot water on top of the stove.

YIELD

100 4-oz. servings.

VARIATION

Baked Rice and Raisin Pudding.

Add 2 ½ quarts raisins (4 lbs.) to the hot fresh milk before pouring it over the rice.

CREAMED RICE

Measure		Weight	
		Lbs.	Oz.
1½ qts.	Raw Rice	5	
3 gals.	Hot Milk	30	
¾ qt.	Cornstarch	1	2
20	Eggs	2	2
3 qts.	Sugar	6	
4 tbsp.	Salt		2
2 tbsp.	Vanilla		1

METHOD

1. Wash the rice in hot water.
2. Cook rice for 10 minutes in boiling salted water according to general method, page 10. Drain and rinse with hot water.
3. Bring hot milk to simmering point in double boiler or stock pot. Add the rice and cook until the kernels are tender.
4. Mix the cornstarch with enough cold water to make a paste. Pour gradually into the hot milk, stirring constantly, and continue cooking until the mixture thickens and until there is no taste of raw starch.
5. Beat the eggs slightly. Add the sugar and salt and mix together. Add part of the hot rice mixture to the eggs, stirring as you add. Stir this back into the original mixture. Cook for an additional 3 minutes.
6. Remove from the heat and add the vanilla.
7. Cool and serve with mock maple syrup or fruit sauce.

YIELD

100 7-oz. servings.

VARIATION

Butterscotch Rice.

1. Make as creamy rice but use brown sugar in place of white.
2. Keep out 1½ quarts of sugar (3 lbs.). Add ½ pint of butter (8 oz.) and caramelize these over the direct heat.
3. Add to the pudding just before removing it from the heat.

BUTTERSCOTCH PUDDING

Measure		Weight	
		Lbs.	Oz.
3 gals.	Hot Milk	30	
4 qts.	Brown Sugar	7	
2 tbsp.	Salt		1
2 qts.	Cold Milk	5	
1 cup	White Sugar		7
1½ qts.	Corn Starch	2	4
½ cup	Boiling Water		4
4 tbsp.	Vanilla		2

METHOD

1. Heat the milk in a double boiler or steam kettle.
2. Combine brown sugar, salt and cornstarch, add cold milk.
3. Add this mixture to hot milk. Stir constantly until the mixture thickens.
4. Caramelize the 1 cup white sugar, add the ½ cup boiling water. Boil 10 minutes. Add to the thickened mixture.
5. Continue cooking until there is no taste of raw starch.
6. Remove from heat, add vanilla.

YIELD

100 7-oz. servings.

CARAMEL PUDDING

Measure	Weight	
	Lbs.	Oz.
3 gals. Hot Milk.....	30	
2 tbsp. Salt.....		1
1½ qts. Cornstarch.....	2	4
or		
3 qts. Unsifted Pastry Flour....	3	
2 qts. Cold Milk.....	5	
4½ qts. White Sugar.....	9	
2 qts. Boiling Water.....	5	
4 tbsp. Vanilla.....		2

METHOD

1. Heat the milk in a double boiler or steam kettle.
2. Combine the salt, cornstarch or flour and the cold milk.
3. Stir gradually into the hot milk, continue stirring until it thickens. Cover.
4. Caramelize the sugar; add the boiling water gradually. Boil 10 minutes.
5. Add to the cornstarch mixture.
6. Continue cooking until there is no flavour of raw starch. Stir occasionally.
7. Remove from heat. Add vanilla.
8. Serve plain or with milk or cream.

YIELD

100 7-oz. servings.

CHOCOLATE PUDDING

Measure	Weight	
	Lbs.	Oz.
3½ gals. Milk.....	35	
3 qts. White Sugar.....	6	
3 tbsp. Salt.....		2
1½ qts. Cocoa.....	1	8
or		
Chocolate.....	2	
1¼ qts. Cornstarch.....	1	14
or		
2½ qts. Unsifted Pastry Flour....	3	2
2 qts. Cold Milk.....	5	
4 tbsp. Vanilla.....		2

METHOD

1. Heat the milk in a double boiler or steam kettle.
2. Combine the dry ingredients. Add the cold milk and mix to a thin paste.
3. Stir this gradually into the hot milk. Continue stirring until the pudding thickens. Cover.
4. Cook until there is no taste of raw starch. Stir occasionally.
5. Remove from the heat. Add the vanilla. Cool before serving.
6. Serve with milk or cream.

NOTE.—When chocolate is used, melt the chocolate over hot water, stir into the pudding when the latter begins to thicken.

YIELD

100 7-oz. servings.

VANILLA PUDDING

Measure		Weight	
		Lbs.	Oz.
3½ gals.	Hot Milk (dried or fresh only).....	35	
2 qts.	Sugar.....	4	
2 tbsp.	Salt.....		1
2 qts.	Cold Milk.....	5	
1½ qts.	Cornstarch.....	2	4
	or		
3 qts.	Unsifted Pastry Flour....	5	12
4 tbsp.	Vanilla.....		2

METHOD

1. Heat the milk in a double boiler or steam kettle.
2. Combine the dry ingredients. Add the cold milk and mix to a thin paste.
3. Stir this gradually into the hot milk. Continue stirring until the pudding thickens. Cover.
4. Cook until there is no taste of raw starch. Stir occasionally.
5. Remove from heat. Add vanilla. Cool before serving, if possible cover tightly with waxed paper to prevent a skin from forming.
6. Serve with milk; fruit, jam, butterscotch or custard sauce; stewed fruit or jam.

YIELD—100 7-oz. servings.

VARIATION

Custard Cornstarch Pudding.

METHOD

1. Reduce the cornstarch to 1 quart (1½ lbs.) or reduce flour to 2 quarts (2½ lbs.).
2. Follow the method given for blanc mange.
3. When the cornstarch is cooked, add 32 eggs. Beat the eggs slightly, add some of the hot mixture to the beaten eggs, stirring as you add. Return this to the original mixture and continue cooking until there is no taste of raw egg (about 5 minutes).
4. Remove from heat. Cool.
5. This may be served with fruit or sauce as suggested for blanc mange.

YIELD—100 7-oz. servings.

LEMON JELLY

Measure		Weight	
		Lbs.	Oz.
A {	2/3 pt. Gelatine.....		8
	1 qt. Cold Water.....	2	8
B {	4 qts. Granulated Sugar.....	8	
	2 tbsp. Salt.....		1
	2½ gals. Boiling Water.....	25	
C {	1 pt. Lemon Rind.....		8
	1 qt. Lemon Juice.....	2	8

METHOD

1. Soak A for 5 minutes.
2. Combine ingredients in B and boil until the sugar is dissolved.
3. Add A and stir to dissolve gelatine.
4. Add C and strain into moistened pans to set.
5. Serve with custard sauce or with fruit or cream.

YIELD

100 5-oz. servings.

NOTE:

1. This jelly makes an excellent base for the addition of many fruits.
2. When partially set, the jelly may be whipped until foamy, chilled, and served with custard sauce.

APRICOT JELLY

Measure		Weight	
		Lbs.	Oz.
A { 2	gals. Apricots.....	6	
	Water.....	20	
B { 1	$\frac{2}{3}$ pt. Gelatine.....		8
	qt. Cold Water.....	2	8
C { 3	qts. Sugar.....	6	
	2 tbsp. Salt.....		1
D 1	pt. Lemon Juice.....	1	4

METHOD

1. Soak A overnight. Cook until apricots are tender. Strain off the juice. (If there is not $1\frac{1}{2}$ gallons, add water.)
2. Soak B for 5 minutes.
3. Add B and C to hot apricot juice. Heat until both are dissolved. Cool slightly.
4. Add D and pour into moistened pans to set.
5. When partially set, add apricots, whole or diced. Chill until firm.
6. Serve with custard sauce or cream.

YIELD

100 5-oz. servings.

PRUNE JELLY

Measure		Weight	
		Lbs.	Oz.
A { 2	gals. Prunes.....	8	
	Water.....	20	
B { 1	$\frac{2}{3}$ pt. Gelatine.....		8
	qt. Cold Water.....	2	8
C { 3	qts. Sugar.....	6	
	1 tbsp. Salt.....		1
D 1	pt. Lemon Juice.....	1	4

METHOD

1. Soak A overnight. Cook until prunes are tender. Strain off the juice. (If there is not $1\frac{1}{2}$ gallons, add water.)
2. Soak B for 5 minutes.
3. Add B and C to hot prune juice and heat until they are both dissolved. Cool slightly.
4. Add D and pour into moistened pans to set.
5. When partially set, add diced prunes. Chill until firm.
6. Serve with custard sauce or cream.

YIELD

100 5-oz. servings.

MIXED FRUIT JELLY

Measure	Weight	
	Lbs.	Oz.
A { 3/8 pt. Gelatine.....		8
1 qt. Cold Water.....	2	8
B { 3 qts. Sugar.....	6	
2 tbs. Salt.....		1
C { 2 gals. Fruit Juice made up to with water.....	20	
1 pt. Lemon Juice.....	1	4
D 1 gal. Mixed Fruits.....	8	

METHOD

1. Soak A for 5 minutes and then put over low heat to dissolve gelatine.
2. Add B to A and continue heating until sugar is dissolved. Cool slightly.
3. Add C and pour into moistened pans to set.
4. When partially set, add D. Chill until firm.
5. Serve with custard sauce or cream.

YIELD—100 5-oz. servings.

COFFEE JELLY

Measure	Weight	
	Lbs.	Oz.
A { 1 qt. Coffee (dry).....	1	
2 1/2 gals. Boiling Water.....	25	
B { 2/8 pt. Gelatine.....		8
1 qt. Cold Water.....	2	8
C { 3 qts. Sugar.....	6	
2 tbs. Salt.....		1
D 1 pt. Lemon Juice.....	1	4

METHOD

1. Boil A for about 7 minutes. Strain to remove the coffee grounds.
2. Soak B for 5 minutes.
3. Add B and C to A. Heat to dissolve the sugar and gelatine. Cool slightly.
4. Add D. Pour into moistened pans to set.
5. Serve with custard sauce.

YIELD—100 5-oz. servings.

LEMON SNOW

Measure	Weight	
	Lbs.	Oz.
A { 1 1/2 qts. Water.....	25	
3 qts. Sugar.....	6	
1/2 c. Lemon Rind.....	2	8
B { 1/2 gal. Cold Water.....	5	
1 1/4 qts. Cornstarch.....	2	
C Juice of 24 Lemons....		
D 36 Egg Whites.....		

METHOD

1. Bring ingredients in A to the boil.
2. Mix ingredients in B together and add gradually to A, stirring constantly. Cook until there is no taste of raw starch.
3. Remove from the heat and add C. Pour into pans and allow to set until fairly firm.
4. Beat D until stiff but not dry. Add the cornstarch mixture and continue to beat until quite stiff.
5. Serve with custard sauce.

YIELD

100 3-oz. servings.

PRUNE WHIP

Measure			Weight	
			Lbs.	Oz.
A {	3 qts.	Prunes.....	5	8
	2 gals.	Water.....	20	
B {	$\frac{2}{3}$ pt.	Gelatine.....		8
	$1\frac{1}{2}$ pts.	Cold Water.....	1	14
C	2 qts.	Sugar.....	4	
D {	$\frac{1}{2}$ pt.	Lemon Juice.....		10
		Grated Rind of 5 Lemons.....		
		Egg Whites.....		
E	32			

METHOD

1. Soak A. Cook until tender. Remove prunes from juice, pit and cut in pieces or puree. Measure prune juice and make up to 7 quarts with boiling water.
2. Soak B for 5 minutes.
3. Add B and C to the hot prune juice. Stir until dissolved.
4. Add D.
5. Cool until partially set. Beat until foamy.
6. Beat E until stiff but not dry. Add the gelatine mixture and continue to beat until quite stiff. Fold in the prunes.
7. Serve cold with custard sauce.

YIELD

100 3-oz. servings.

NOTE.—1 quart cornstarch ($1\frac{1}{2}$ lbs.) may be substituted for gelatine. Mix the cornstarch with cold water to make a paste. Pour gradually into hot prune juice, stirring constantly, and cook until there is no taste of raw starch.

RHUBARB WHIP

Measure			Weight	
			Lbs.	Oz.
A {	$3\frac{1}{2}$ gals.	Rhubarb, E.P.....	17	8
	$2\frac{1}{2}$ qts.	Sugar.....	5	
B {	1 pt.	Gelatine.....		12
	1 qt.	Cold Water.....	2	8
C {	$\frac{1}{2}$ cup	Lemon Juice.....		4
		Grated Rind of 2 Lemons.....		
D	32	Egg Whites.....		

METHOD

1. Cut rhubarb into $\frac{1}{2}$ -inch pieces. Cover and mix with sugar. Let stand 20 minutes or until juice begins to appear. Cook over low heat until soft.
2. Strain off syrup; measure and make up to 3 quarts with boiling water.
3. Soak B for 5 minutes.
4. Add B to hot rhubarb juice. Stir until gelatine is dissolved.
5. Add C.
6. Cool until partially set. Beat until foamy.
7. Beat D until stiff but not dry. Add the gelatine mixture. Continue beating until quite stiff. Fold in rhubarb pulp.
8. Serve with custard sauce.

YIELD

100 3-oz. servings.

APPLESAUCE

Measure	Weight	
	Lbs.	Oz.
1 1/4 bushels Apples, A.P.....	50	
1 qt. Sugar.....	2	
3 qts. Boiling Water.....	7	8

METHOD

1. Wash the apples. Cut in quarters, core and peel, removing all bruised parts. Place in a brine made of 1/2 tsp. salt to 1 gallon cold water.
2. Lift the apples from the brine, rinse in cold water.
3. Slice thin if there is time, otherwise cook the quarters.
4. Add the boiling water, cover and cook quickly until tender. If the apples are dry, add more water. Stir frequently.
5. When cooked, add the sugar. If the apples are very tart, more sugar may be required.

NOTE:

1. When possible, cook the applesauce in two lots in order to prevent discoloration.
2. If the skin of the apple is very tender, applesauce, pie fillings and puddings may be made by slicing the apples thinly and leaving skins on.

YIELD

100 6-oz. servings.

APPLESAUCE

Measure	Weight	
	Lbs.	Oz.
3 #10 tins Canned Apples.....	20	
1 qt. Boiling Water.....	2	8
1 qt. White Sugar.....	2	
1 tbsp. Whole Cloves.....		

METHOD

1. Drain apples. Save juice. Put apples on a board and chop with a knife.
2. Add boiling water to sugar and cloves and apple-juice. Heat to dissolve the sugar.
3. Add chopped apples and cook until all the apple is soft.
4. Chill and serve.

YIELD

100 3 1/2-oz. servings.

BAKED APPLES

1. Select 100 medium-sized apples, suitable for baking and free from bruises.
2. Wash, core, score and place in baking dishes.
3. Fill each centre with sugar, about 1 tbsp. to an apple.
4. Pour boiling water around apples, allowing 3 quarts to 100 apples.
5. Bake in a moderate oven until tender—35 to 45 minutes. Baste frequently.
6. Lift into serving dishes. Pour the syrup over the fruit.

YIELD

100 servings.

STEWED RHUBARB

Measure	Weight	
	Lbs.	Oz.
5 gals. Diced Rhubarb.....	25	
4 qts. Sugar.....	8	
1 qt. Water.....	2	8

METHOD

1. Wash rhubarb. Peel if the skin is very tough. Cut into 1-inch pieces.
2. Put in a stock pot, add sugar and water. Mix well; cover. Let stand 20 minutes.
3. Cook slowly until tender.

NOTE:

1. Rhubarb may be cooked in a covered dish in a moderate oven.
2. If orange rind is available, add 1 cup grated rind with the sugar.

YIELD

100 5-oz. servings.

DRIED FRUITS

Dried fruits should be picked over and then thoroughly washed before being used.

SOAKING

They should be soaked in fresh water before being cooked. The length of time and the amount of water required for soaking depends upon the dryness of the fruit. The following proportions are suitable for most dried fruits:

PROPORTIONS FOR SOAKING

1 lb. Fruit
1½ pts. Water

TIME FOR SOAKING

Very dry fruit—6-8 hours
Moist fruit —2-3 hours

COOKING

1. Cook the fruit in the water in which it was soaked.
2. Cook below boiling point until tender. Add extra water if there is not sufficient to cover the fruit.
3. Add the sugar when the fruit is tender. Cook long enough to dissolve the sugar. The amount of sugar required varies with the kind of fruit. It is advisable to add a small quantity at a time and taste the syrup.

STEWED PRUNES

Prunes..... 12 lbs.
Sugar..... 3 lbs.

Soak and cook according to the general method given for dried fruits.

The thinly shaved rind of two or three lemons cooked with the prunes will improve the flavour.

EVAPORATED APPLES

Dried Apples..... 5 lbs.
Sugar..... 1½ lbs.

Soak according to the general method, using the proportions given for dried fruits. Since the dryness of apples varies more widely than other fruits, it may be necessary to add more water.

Ground cinnamon or lemon juice will improve the flavour and should be added to taste.

BUTTERSCOTCH SAUCE

Measure	Weight	
	Lbs.	Oz.
2 qts. Brown Sugar.....	3	8
1 pt. Butter.....	1	
1½ cups Cornstarch.....		7
	or	
3 cups Unsifted Pastry Flour....		12
2 tbsp. Salt.....		1
1½ gals. Boiling Water.....	15	
2 tbsp. Vanilla.....		

METHOD

1. Melt butter, add sugar and cook over a low heat until it becomes golden brown in colour. Stir constantly.
2. Remove from heat, add cornstarch or flour and salt gradually, mixing well after each addition.
3. Add boiling water slowly, stirring as you add. Boil until there is no taste of raw starch.
4. Remove from heat, add vanilla.

YIELD

100 2½-oz. servings.

CARAMEL SAUCE

Measure		Weight	
		Lbs.	Oz.
1 gal.	Brown Sugar.....	7	
	or		
3½ qts.	White Sugar.....	7	
1 gal.	Boiling Water.....	10	
1½ cups	Cornstarch.....		7
	or		
3 cups	Unsifted Pastry Flour....		12
1½ tbsp.	Salt.....		
1 qt.	Cold Water.....	2	8
1 pt.	Butter.....	1	
1 tbsp.	Vanilla.....		

METHOD

1. Melt sugar in a heavy pan until it becomes a golden brown. Use a moderate heat and stir constantly until all lumps are melted.
2. Add part of the boiling water, very slowly. Stir constantly as you add it. When the caramel is of the consistency of a thick syrup, add it to the rest of the boiling water.
3. Mix salt and cornstarch or flour with enough water to make a thin paste. Add slowly to the sugar and water. Stir constantly.
4. Boil until there is no taste of raw starch.
5. Add butter.
6. Remove from heat and add the vanilla.

YIELD

100 2½-oz. servings.

CORN SYRUP SAUCE

Measure		Weight	
		Lbs.	Oz.
1 pt.	Brown Sugar.....		14
½ pt.	Butter.....		8
1¼ c.	Cornstarch.....		6½
3½ qts.	Boiling Water.....	8	12
3 qts.	Corn Syrup.....	11	
1 tsp.	Salt.....		
2 tbsp.	Vanilla.....		

METHOD

1. Cook the brown sugar and butter together over a low heat until the mixture becomes golden brown in colour. Stir constantly.
2. Add the cornstarch and blend well.
3. Add the boiling water slowly, stirring as you add.
4. Add the corn syrup. Cook until there is no flavour of raw starch.
5. Add vanilla and salt.
6. Serve, hot, on suet or cottage pudding.

YIELD

100 2½-oz. servings.

JAM SAUCE

Measure	Weight	
	Lbs.	Oz.
2½ qts. White Sugar.....	5	
1½ cups Cornstarch.....		7
or		
3 cups Unsifted Pastry Flour....		12
5 qts. Boiling Water.....	12	8
1 qt. Jam.....	3	
½ pt. Lemon Juice.....		10

METHOD

1. Mix the sugar and cornstarch.
2. Add the boiling water gradually, stir constantly until the mixture boils. Cook until there is no taste of raw starch. Add the jam, mix well.
3. Remove from the heat and add the lemon juice.

NOTE.—When there are no lemons available, reduce sugar to 2½ lbs.

YIELD—100 2½-oz. servings.

LEMON SAUCE

Measure	Weight	
	Lbs.	Oz.
2 qts. White Sugar.....	4	
1½ cups Cornstarch.....		7
or		
3 cups Unsifted Pastry Flour....		12
Rind from 7 Lemons.....		
1½ gals. Boiling Water.....	15	
1 pt. Butter.....	1	
7 Lemons (juice and rind)..		

METHOD

1. Combine sugar, cornstarch or flour and grated lemon rind.
2. Add boiling water gradually. Stir as you add and continue stirring until the mixture boils.
3. Cook until there is no taste of raw starch. Add butter.
4. Remove from heat, add lemon juice and serve.

YIELD—100 2½-oz. servings.

MOCK MAPLE SYRUP

Measure	
1 gal. Water	
2 gals. Brown Sugar	
1 tsp. Maplex	
1 qt. Maple Syrup	

METHOD

1. Boil water and brown sugar together for 2 minutes.
2. Add the Maplex and maple syrup.
3. Serve hot with pancakes or with rice pudding.

YIELD

100 4-oz. servings.

VANILLA SAUCE

Measure	Weight	
	Lbs.	Oz.
A {	1½ qts. Sugar.....	3
	1½ cups Cornstarch.....	7
	or	
	3 cups Unsifted Pastry Flour.....	12
	2 tbsp. Salt.....	
B	1½ gals. Boiling Water.....	15
C {	1 pt. Butter.....	1
	6 tbsp. Vanilla.....	

METHOD

1. Combine sugar, cornstarch and salt.
2. Add boiling water gradually, stirring as you add, and boil until there is no taste of raw starch.
3. Remove from heat, add butter and vanilla.

YIELD

100 2½-oz. servings.

VARIATION

Nutmeg Sauce—Add 3 tbsp. nutmeg and reduce vanilla to 2 tbsp.

CUSTARD SAUCE

Measure	Weight	
	Lbs.	Oz.
2 gals. Milk	20	
32 Eggs	3	2
1 qt. Sugar	2	
1 tbsp. Salt		
1 tbsp. Vanilla Extract		
or		
1 tsp. Almond Extract		

METHOD

1. Combine ingredients as in making baked custard.
2. Cook over hot water, stirring slowly and continuously until the sauce is thick enough to coat a metal spoon. Add flavouring.
3. Strain at once into a cold container and stir for several minutes to cool quickly.
4. Cover and chill.
5. Serve as a sauce for fruit or jelly.

YIELD

100 3½-oz. servings.

NOTE.—If the custard curdles, beat with a wire whip until smooth.

INEXPENSIVE CUSTARD SAUCE

Measure	Weight	
	Lbs.	Oz.
1¾ gals. Milk	17	8
½ pt. Cornstarch		6
1 tbsp. Salt		
1 qt. Cold Milk	2	8
16 Eggs	1	12
1 qt. Sugar	2	
2 tbsp. Vanilla		1

METHOD

1. Heat the milk in a double boiler or steam kettle.
2. Mix the cornstarch, salt and cold milk to a thin paste. Add the paste gradually to the hot milk, stirring as you add.
3. Cook until the mixture thickens slightly and there is no taste of raw starch. Stir constantly.
4. Beat the eggs slightly add the sugar and then part of the thickened milk, stirring as you add. Return to the original mixture and continue cooking until there is no taste of raw egg (about 5 minutes).
5. Remove from the heat and add the vanilla.
6. Strain at once into cold containers and stir for several minutes to cool quickly.
7. Cover and chill.
8. Serve as a sauce for fruit or jelly.

YIELD

100 3½-oz. servings.

CUSTARDS

Custards are mixtures of egg and milk with sugar and flavouring added; they must be cooked in a double boiler or oven-poached, to avoid curdling.

BAKED CUSTARD

Measure	Weight	
	Lbs.	Oz.
3 gals. Hot Milk.....	30	
5 doz. Eggs.....	6	4
1½ qts. Sugar.....	3	
1 tbsp. Salt.....		
2 tbsp. Vanilla Extract.....		
or		
½ tbsp. Cinnamon or Nutmeg....		
or		
1 tbsp. Almond Extract.....		

METHOD

1. Heat the milk over hot water.
2. Beat the eggs sufficiently to mix them.
3. Add sugar, salt and flavouring.
4. Add part of the hot milk to the egg and sugar, stirring as you add.
5. Return this mixture to the hot milk and combine thoroughly.
6. Pour into baking pans or custard cups.
7. Place these in a pan of hot water.
8. Bake in a moderate oven until a knife thrust into the centre comes out clean.
9. Remove immediately from the hot water and cool as quickly as possible.
10. Serve plain, or with whipped cream, fruit sauce, butter-scotch or chocolate sauce.

YIELD

100 6-oz. servings.

Dietre

BEVERAGES

Rules for making Tea or Coffee:

1. Neither tea nor coffee should be boiled.
2. Both tea and coffee should be made with freshly boiling water. Water that has been boiling for a long time will not give as good a flavour.
3. Keep one pot for tea only and reserve another one for coffee.
4. Both pots must be washed and rinsed very thoroughly after using. When not in use, the lids should be left off.
5. Keep tea bags and coffee bags separate. Rinse in clear hot water after using. Keep in clear cold water until needed again. Do NOT wash them with soap.
6. Tea or coffee should be prepared only a few minutes before serving time.

CARE OF COFFEE URNS

1. Scour the urns thoroughly each day with baking soda, using a small brush to clean the faucets. Do not use any other cleansing agent.
2. Whenever urns are not in use, leave a small amount of water in the inner lining.
3. Keep the coffee bag clean by washing in cold water (never use soap). When not in use, keep the bag in a bowl of cold water.

GENERAL RULES FOR MAKING COFFEE IN URNS

1. If using new urns, boil well with coffee before using, to eliminate the taste of lead from the joints.
2. When using a new leach bag—wash in cold water before putting it in urn.
3. Always use fresh water for making coffee. This means that all of the water should be drained from the water urn every night. Have the fresh water boiling hard and use at once.
4. Never use water out of the jacket for making the coffee.
5. Do not allow the water in the jacket to leak into the urn. Look into the urn each day before making coffee to see that no water has leaked in.
6. Always keep plenty of water in the jacket of the urn and be sure that it is near the boiling point. Coffee will not hold its flavour if allowed to get cool.
7. The urn and all utensils must be hot from start to finish.
8. Do not allow the coffee to bubble over the top of the bag or work under the ring, or grounds will get into the coffee and tend to make it muddy.

Pi

SPECIFIC RULES FOR MAKING COFFEE IN URNS

1. Check water in jacket to make sure it is well filled and hot.
2. Fill water urn with water. If steam heated, turn heat on so the water will be boiling just in time to make coffee.
3. If coffee bag is dry, rinse it in cold water.
4. Look into the coffee urn to see that no water has leaked in before starting.
5. Weigh or measure coffee carefully and put in bag.
6. Allow water to flow from the water urn into the coffee urn, measuring water carefully.
7. Repour about $\frac{1}{4}$ of the coffee.
8. Let coffee ripen for 5-10 minutes and serve.

Proportions for Coffee, see below.

STEEPED COFFEE

2 $\frac{1}{2}$ lbs. Coffee
5 gals. Water

METHOD

1. Have water freshly boiling in a perfectly clean pot.
2. Put in the coffee bag as when making tea (page 219).
3. Bring to a boil. Remove at once from the heat.
4. Let stand 15 minutes. Press the bag thoroughly with a spoon, as you lift it out. Drain well.
5. Keep the coffee hot and keep it covered.
6. When using evaporated milk, mix 4 1-lb. tins of milk with six of water, heat and add to the coffee just before serving.

YIELD

6 gallons.

PROPORTIONS FOR COFFEE

10 oz. Coffee to 1 gallon water.
16 oz. " " 2 " "
20 oz. " " 3 " "
30 oz. " " 5 " "

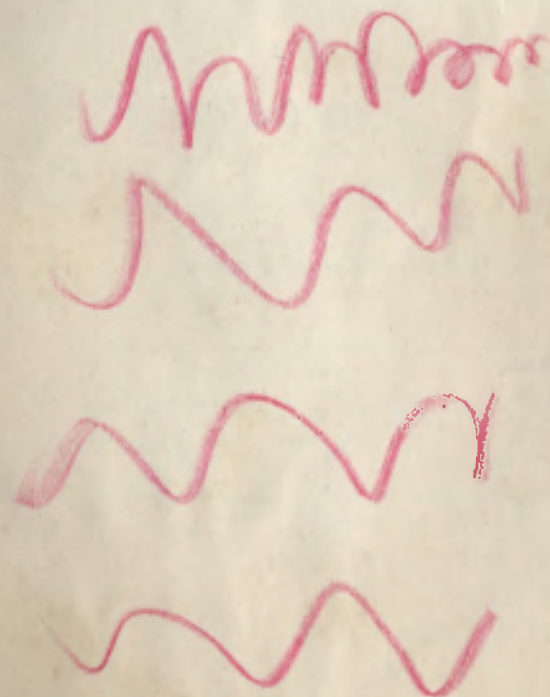
6 oz. Coffee to each additional gallon.

TEA

$\frac{1}{2}$ lb. Tea
6 gals. Water

METHOD

1. Have water freshly boiling in a perfectly clean pot.
2. Put the tea in a thin cotton bag and tie the bag tightly at the top. The dry tea should occupy only $\frac{1}{3}$ of the bag in order to allow for expansion.
3. Remove from heat at once. Cover. Let stand in a warm place from 5 to 7 minutes. Move the bag around in the water, lift out, drain thoroughly.
4. Keep the tea covered.
5. When evaporated milk must be used, add 1 $\frac{3}{4}$ tins just before serving.
6. Tea should be made just before it is to be served, as it deteriorates very rapidly on standing.



COCOA

Measure	Weight	
	Lbs.	Oz.
1½ qts. Cocoa	1	8
1½ pts. Sugar	1	8
1 tsp. Salt		
3 gals. Water		
3 gals. Milk		

METHOD

1. Mix cocoa, sugar, salt and water.
2. Boil for 5 minutes.
3. Add milk and reheat.

YIELD

6 gallons.

COCOA PASTE

Measure	Weight	
	Lbs.	Oz.
1½ gals. Water	15	
1 tbsp. Salt		
3 qts. Granulated Sugar	6	
6 qts. Cocoa	6	

METHOD

1. Boil water, salt and sugar until latter is dissolved.
2. Add cocoa, stirring until smooth and thick. Cook for 5 minutes.
3. Keep covered in a cool place until used. Add paste to hot milk to taste.

YIELD

Paste for 24 gallons cocoa.

INDEX

A
Abbreviations—Table of 6

B
Beef—See Meats.

BEVERAGES
Cocoa 220
Cocoa Paste 220
Coffee—General Rules 215
Steeped 218
Urn 217, 218
Tea 215, 219

Bread Crumbs 134
Boston Brown Bread 121

C
CAKES
Apple Sauce 141
Chocolate 139, 141
Cinnamon 139
Eggless, Milkless, Butterless 142
Gingerbread 143
Jelly Roll 144
Light Fruit 145
Method for Making 138
Plain 139
Prune 140
Raisin 139
Spice 139
White 140

Cake Fillings—see Pies.

CAKE ICINGS
Butter 146
Chocolate 146
Marshmallow 146
Mocha 146
Orange 146

CEREALS
Cracked Wheat 9
Rice—baked 10
Rice—boiled 10
Rolled Oats 9
Rolled Wheat 9
Wheatlets 9

CHEESE
Suggestions for using 122

COOKIES
Fruit 148
Molasses 151
Oatmeal 147
Plain 147
Raisin Oat Flake 150
Rolled Oats 149
Short Bread 151
Sugar 148

D
DEEP-FAT FRYING
Care of fat 83
Choice of fat 82
Method 83
Prep. of food for 83
Temperature 82
Test. for temperature 82

DESSERTS
Bread Puddings
Caramel 181
Chocolate 182
Jam 180
Plain 180
Raisin 180

Cornstarch Puddings
Blanc Mange 196
Butterscotch 193
Caramel 194
Chocolate 195
Custard 196
Vanilla 196

Custards
Baked 214
Custard Sauce 212, 213

Fruit Desserts
Apple Crisp 173
Apple Betty 172
Apple Rolled Oats Crisp 177
Apple Sauce 204
Baked Apples 205
Evaporated Apples 206
Prunes, stewed 206
Rhubarb Rolled Oats Crisp 178
Rhubarb, stewed 205

Gelatine Desserts
Apricot Jelly 198
Coffee Jelly 200

INDEX—Continued

Lemon Jelly.....	197
Lemon Snow.....	201
Mixed Fruit Jelly.....	200
Prune Jelly.....	199
Prune Whip.....	202
Rhubarb Whip.....	203

Pies and Tarts

Apple.....	159
Butterscotch.....	162
Butter Tarts.....	166
Canned Apple.....	160
Chocolate.....	165
Cream.....	163
Custard.....	166
Deep Fruit.....	159
Dutch Apple.....	161
Evaporated Apple.....	160
Fruit Turnovers.....	161
Lemon.....	164
Meringue for pies.....	164
Mincemeat.....	167
Pumpkin.....	169
Prune.....	168
Raisin I.....	170
Raisin II.....	170
Raisin Squares.....	170
Rhubarb.....	171
Rhubarb and Apple.....	172
Squash.....	169

Puddings

Apple Dumpling.....	174
Apple Cottage.....	187
Apple Pudding—baked....	174
Apple Pudding—steamed	185
Apple Roll.....	175
Carrot.....	185
Chocolate Cottage.....	187
Cottage.....	187
Date.....	183
Dutch Apple.....	176
Dutch-Prune.....	177
Eggless, milkless, butter- less.....	142
Fruit.....	185
Fruit Roll.....	175
Gingerbread.....	143
Ginger.....	185
Half-hour.....	188
Jam Roll.....	175
Lemon.....	182
Marmalade.....	186
Prune.....	140
Prune Roll.....	179
Prune, Upside-down.....	186

Raisin.....	183
Raspberry Cottage.....	187
Spice.....	185
Suet.....	184

Rice, Sago and Tapioca

Baked Rice.....	190
Baked Rice and Raisin....	191
Butterscotch Rice.....	192
Creamed Rice.....	192
Rice (Evap. milk).....	191
Sago.....	190
Apple Tapioca.....	178
Tapioca.....	189
Doughnuts.....	84

E

EGGS	
Dried.....	137
Fried.....	12
Hard-cooked.....	11
Poached.....	12
Scrambled.....	11
Soft-cooked.....	11
Wash.....	83
Equivalents—table of.....	6

F

FATS	
Cracklings.....	81
Preparation for use.....	81
Removal of flavour from.....	81
Rendering of.....	81
Rendering for baking.....	135

FISH

Baked.....	72
Baked with Dressing.....	74
Batter for frying.....	73
Breaded.....	71
Cakes.....	77
Codfish Cakes.....	79
Freshening of Salt Fish....	78
Fried in deep fat.....	72
Fried in batter.....	72
Frozen.....	71
Kedgerree.....	75
Loaf.....	77
Pie.....	76
Salt Cod Hash.....	78
Sautéd.....	71
Scalloped.....	76
Scalloped Finan Haddie....	80
Smoked Fillets—boiled....	80
Smoked Fillets—creamed	80
French Toast.....	12

INDEX—Continued

G

GRAVIES	
Brown.....	85
Onion.....	86
Stock.....	85
Vegetable.....	87

M

MACARONI	
Boiled.....	115
and Cheese.....	116
and Meat Balls.....	119
and Vegetables.....	115
Tomato and Cheese.....	117
Tomato and Meat.....	118
Tomato, Cheese and Meat.....	118

MEAT

Charts—how to use.....	37
Cuts for boiling.....	53
Explanation of cooking terms.....	37
Jellied.....	61
Kidneys—Prep. of.....	46
Liver.....	60
Loaf.....	56
Loaf with dressing.....	56
Pickled.....	53
Pie.....	47

Beef

and Kidney Pie.....	47
and Kidney Stew.....	46
and Vegetable Stew.....	46
Boiled.....	53
Charts.....	39-41
Corned—Prep. of.....	66
Corned, use of.....	66
Corned Beef Hash I.....	67
Corned Beef Hash II.....	67
Cuts, uses of.....	38
Hamburg Steak.....	56
Mock Duck.....	50
Pot Roast.....	51
Pot Roast with beans.....	52
Roast.....	58
Scalloped with Rice.....	57
Spanish Steak.....	49
Steak, Pan-boiled.....	60
Stew.....	46
Swiss Steak.....	49
<i>Lamb and Mutton</i>	
Boiled.....	53

Braised.....	48
Chart.....	43
Cuts, uses of.....	42
Irish Stew.....	48
Roast.....	58

Pork

Bacon.....	61
Boiled Ham.....	54
Chart.....	45
Cuts, uses of.....	44
Dressing.....	59
Glazed Ham.....	55
Pickled.....	53
Roasting at 350°F.....	58
Sausage Cakes.....	55
Sausage Loaf.....	55
Sausage Meat.....	57

Left-over Meats

Baked Hash.....	62
Croquettes.....	62
Meat and Biscuit Roll.....	64
Meat and Pastry Roll.....	64
Meat and Potato Cakes....	63
Meat Turnovers.....	63
Rice and Beef Croquettes	65
Scalloped with macaroni..	118
Shepherd's Pie.....	68
Spanish Rice.....	120
Melba Toast.....	134

MUFFINS

Bacon.....	153
Bran.....	154
Cheese.....	153
Cornmeal.....	153
Flaked Wheat.....	153
Honey.....	153
Johnny Cake.....	154
Method for.....	152
Plain.....	152
Raisin.....	153
Whole Wheat.....	153
Without Eggs.....	153
Mutton—See Meats.	

O

Oven Temperatures.....	6
------------------------	---

P

Pan Cakes.....	155
Pastry.....	158
Pastry, Cheese.....	159
Pastry Shells.....	159
Pork—See Meats.	
Porridge—See Cereals.	

INDEX—Continued

S

SALADS

Beet and Celery	125
Cabbage	126
Celery	125
Combination	127
Fish	127
Lettuce	125
Potato	128
Salad Greens	126
Salmon	127
Tomato Jelly	129

SALAD DRESSINGS

Boiled	131
French	130
Mayonnaise	130
Without Eggs	131

SANDWICHES

Cheese	133
Cheese and Jam	133
Egg	133
Fillings—General Rules...	133
Fish	133
Jam	133
Making of	132
Meat	133
Quantities	132
Toasted open-face	133

SAUCES FOR DESSERTS

Butterscotch	207
Caramel	208
Corn Syrup	209
Custard	212
Custard (inexpensive)	213
Jam	210
Lemon	210
Nutmeg	211
Mock Maple Syrup	211
Vanilla	211

SAUCES FOR FISH, MEAT AND VEGETABLES

Cheese	90
Chili	89
Cream	90
Curry	86
Drawn Butter	73
Egg	90

Orange	87
Parsley	90
Prepared Mustard	89
Raisin I and II	87, 88
Tomato	88
Vegetable (for boiled meat)	54

SOUPS

Bean	16
Beef and Barley	17
Beef Broth with Rice	19
Beef Consommé	18
Chowder Polonnaise	20
Corn Chowder	21
Corn and Tomato Chowder	29
Cream Soups—General Method	27
Cream of Asparagus	27
Cream of Carrot	27
Cream of Celery	28
Cream of Cheese	28
Cream of Corn	31
Cream of Onion	27
Cream of Pea	27
Cream of Potato	30
Cream of Spinach	27
Cream of Tomato	34
Creole	22
Fish Chowder	26
Fish Stock	26
Lamb and Barley	17
Lentil	16
Meat Stock	15
Mutton and Barley	17
Potage Jackson	23
Potato and Cheese	29
Potato and Onion	32
Potato and Tomato	33
Rice and Tomato	25
Scotch	19
Split Pea	16
Tomato Bouillon	22
Vegetable	24
Vegetable Chowder	25

Spaghetti—See Macaroni.

SUPPER DISHES

Bacon Chowder	113
Baked Beans in Tomato Sauce	114
Baked Beans with Tomato	113

INDEX—Continued

Boston Baked Beans	121
Boston Brown Bread	121
Cheese Rarebit	122
Fish Pie	76
Kedgerce	75
Macaroni and Cheese	116
Macaroni and Meat Balls	119
Macaroni, Tomato and Cheese	117
Macaroni, Tomato and Meat	118
Mexican Rarebit	122
Pan Cakes and Bacon	155
Scalloped Beef and Rice	57
Scalloped Finnan Haddie and Potato	80
Scalloped Fish, Potatoes and Eggs	76
Scalloped Fish with Macaroni	76
Scalloped Fish with Rice	76
Scalloped Macaroni, Tomato and Meat	118
Scalloped Potatoes with Corned Beef	102
Spanish Rice	120

T

TEA BISCUITS

Butterscotch	157
Cheese	157
General Method	156
Orange	157
Plain	156
Quick	157
Raisin	157
Scones	157
Scones—Raisin	157
Tomato Jelly	129
Tomato Juice Cocktail	112

V

VEGETABLES

Beans—dried	112
baked in Tomato Sauce	114
baked with Tomato	113
Boston Baked	121
Fresh Green	96
Beets—boiled	96
Harvard	97
Pickled	96

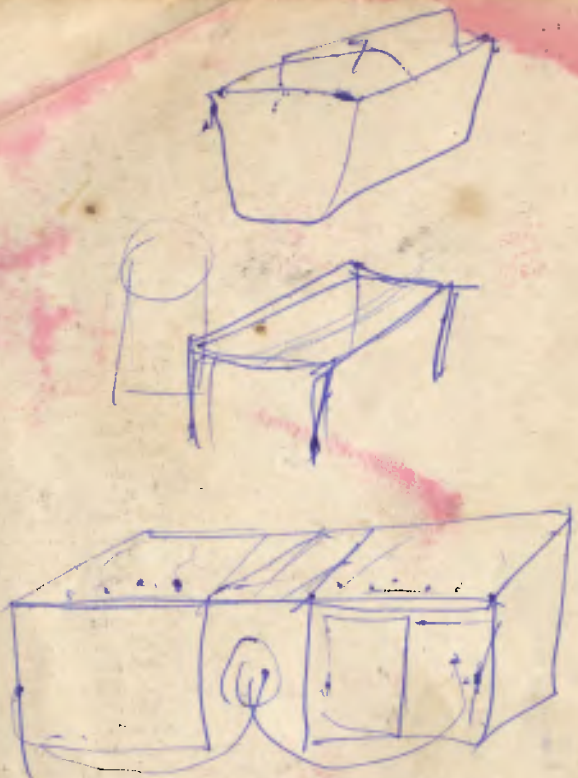
Boiled—General Method	94
Cabbage	97
Canned, Prep. of	110
Carrots—boiled	97
Creamed	98
Diced	98
Mashed	98
Mashed with Parsnips	98
Celery Hearts	125
Corn—canned	111
Scalloped	111
Lettuce	125
Onions—Baked	98
Boiled	98
Creamed	98
Parsnips—Boiled	99
Creamed	99
Diced	99
Mashed	99
Mashed with Carrots	98
Potatoes Au Gratin	105
Baked	100
Baked with Carrots	101
Boiled	100
Browned	100
Potato and Cheese Cakes	105
Potatoes—Creamed	101
Duchess	103
French Fried	84
Hashed Brown	104
Home-Fried	104
Left-over (uses for)	106
Lyonnais	104
Mashed	103
Scalloped	102
Scalloped with Corned Beef	102
Scalloped Vegetables	110
Squash—Baked	107
Tomatoes, Stewed	108
Tomato Juice Cocktail	112
Turnips	109

W

Weights and Measures	4, 5
----------------------	------

Y

Yorkshire Pudding	59
-------------------	----



WIRE-O BINDING
Patented 1936