THE WINTER COOK BOOK

REVISED

September, 1934

RECIPIES
For Montana Home Grown Products

FRUITS AND VEGETABLES ARE VALUABLE FOODS

Fruits and vegetables should be served and eaten every day because they are rich in the minerals needed for building and repairing bones, teeth and other tissues, and because these foods keep the body in good running order. They contain vitamins necessary for health, and the normal growth and development of the body. Because of their bulk, vegetables and fruits also help to prevent constipation.

These nutrition facts indicate the necessity for a liberal use of fruits and vegetables in the diet the year around, winter as well as summer. “But,” objects the housewife, “vegetables and fruits are too expensive in winter” or, “we can’t get fresh vegetables at our store in winter time.” Thus cost and an available supply are the problems to be solved. Home production and storage is the best answer to both. Carrots, cabbage, beets, rutabagas, parsnips, squash, onions and potatoes can all be successfully grown and stored on Montana farms. Peas, beans, corn, spinach, tomatoes and several other vegetables can be successfully grown and canned or dried for winter use (except in perhaps a few sections where the season is too short for corn and tomatoes to mature). These home stored and canned foods greatly reduce the cost and add pleasing variety to winter meals.

When the home supply fails, it is good economy to buy cabbage and the root crops in quantity for home storage. Canned tomatoes, canned spinach, dried peas, beans and corn and dried fruits bought in quantity are wise food expenditures when the home garden disappoints. Quantity buying is always more economical than buying piece-meal. Food prices generally advance as mid-winter approaches. Early fall when the supply is plentiful and price most reasonable is the time for laying in the winter’s vegetables and fruits.*

*Directions for drying and storing vegetables see F. B. 879 “Home Storage of Vegetables” and F. B. 984 “Farm and Home Drying of Vegetables,” issued by United States Department of Agriculture, Washington, D. C.
Good practices in vegetable cookery are the same winter and summer. However, in winter more stored and canned vegetables must be used. The lack of a supply fresh from the garden or market calls for better planning on the part of the housewife to insure attractiveness and variety. The fewer kinds at hand the more the methods of preparation need to be varied so that the family will not tire of those that are available. This bulletin provides information on the preparation of various fruits and vegetables for winter use.

**RULES FOR COOKING VEGETABLES**

Cook all vegetables the shortest possible time. Cook till just tender. Overcooking injures flavor and color, destroys vitamins, causes loss of mineral content and lessens the digestibility of some vegetables. Do not keep hot on stove after cooking is finished.

**CAUTION**

To avoid danger of botulism poisoning from home-canned vegetables observe these precautions:

1—Thoroughly inspect contents of can or jar at time of opening.

2—Heat thoroughly all vegetables which appear sound and wholesome so that the entire mass boils for at least ten minutes.

3—Home-canned vegetables which are to be used in salads should be boiled and chilled before using.

If vegetables are to be cooked in water, have water boiling vigorously. Drop prepared vegetables in and bring quickly back to boiling. Remove from heat the moment they are done.

Cook strong flavored vegetables—cabbage, cauliflower, brussels sprouts, rutabagas, turnips, onions—the shortest possible time in rapidly boiling water in an uncovered kettle.

Cook green vegetables—cabbage, green beans, peas, asparagus, brussels sprouts—in rapidly boiling salted water (1 to 1½ t salt per qt. of water) in uncovered kettle for shortest possible time. To avoid injury to color use a generous volume of water.
Cook mild flavored vegetables—carrots, beets, parsnips, squash, Irish potatoes, sweet potatoes, celery, wax beans—in a small amount of water, or steam or bake them.

**POTATO RECIPES**

**Mashed Potatoes**

Pare potatoes as thinly as possible and drop immediately into cold water. When all are ready put potatoes into rapidly boiling water. Rapid boiling tends to make potatoes mealy. When done, drain and dry by holding pan over heat a few minutes. Mash thoroughly. Measure with the eye. For each pint add 1 to 1½ t salt, 1 to 1½ T butter and 1 c hot milk. Beat vigorously with a heavy whip to make light and fluffy. Very mealy potatoes will require more milk. Serve immediately garnished with bits of butter, pepper or paprika.

Note: If boiled potatoes must stand before serving, cover with a few layers of cheesecloth to absorb moisture which otherwise would make potatoes soggy. Never put lid on dish or pan.

**Whipped Potatoes With Cheese**

Pile the hot mashed and seasoned potatoes in a shallow baking dish. Whip the cream till stiff and spread over the mound of potatoes. Sprinkle with grated cheese. Place in a moderate oven till cheese is melted and browned. Serve at once.

**Baked Potatoes**

Select smooth, uniform-sized potatoes. Scrub thoroughly, dry and rub with fat (bacon fat preferred) and put in oven to bake. Time depends on the variety of potato, size of potato and temperature of oven. Potatoes 2 inches in diameter take about 60 minutes. It is economy to put potatoes into a cold oven and heat oven and potatoes at the same time. Put into too hot an oven, a heavy inedible crust will form outside and the best part of the potato will be discarded. Potatoes should be turned a few times during baking. As soon as done slit lengthwise and across with a paring knife and squeeze the potato lightly to help steam escape. A lump of butter, salt, pepper, and paprika is placed in the slit and the potatoes served at once.

**Scalloped Potatoes**

Make a white sauce of flour, seasoning, and milk. Pour over potatoes which have been sliced and arranged in a buttered baking dish. Cover and bake till almost tender. Remove cover, finish baking and brown.

Variations: Slices of bacon with mustard or slices of ham in bottom of dish make a one dish meal. One fourth as many sliced carrots mixed among the potatoes make an attractive and tasty dish.

**Dutch Potatoes**

6 potatoes 6 slices fat salt pork or bacon
6 link sausages Pepper
Pare medium sized potatoes and remove centers with apple corer. Put sausage in each potato. Place in baking pan and lay a slice of salt pork or bacon over each. Pepper lightly and bake till potatoes are tender, basting occasionally with drippings and a little hot water. Potatoes may be left unpared if desired.

**German Escaloped Potatoes**

<table>
<thead>
<tr>
<th>Potatoes</th>
<th>2 c chicken broth</th>
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<tbody>
<tr>
<td></td>
<td>1 c milk</td>
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Fill a buttered baking dish with diced potatoes. Mix milk and broth and thicken with flour. Season as desired. Pour over potatoes to just cover. Bake till potatoes are almost done. Sprinkle with buttered crumbs and finish baking.

**Oven Tanned Potatoes**

- 6 potatoes
- 4 T butter
- 1 c grated cheese

Boil potatoes in salted water till almost tender. Drain and while hot roll in the fat and then in the cheese. Brown in a hot oven for about 15 minutes.

**Stuffed Baked Potatoes with Carrots**

<table>
<thead>
<tr>
<th>Potatoes</th>
<th>Carrots</th>
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<tbody>
<tr>
<td>Butter</td>
<td>Salt and pepper</td>
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<tr>
<td>Cream</td>
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Select medium sized smooth potatoes. Wash, brush with fat and bake till done according to directions for baking potatoes. Cut baked potatoes lengthwise and scoop out centers. Put through a potato ricer with equal parts of cooked carrots. Add cream, butter, salt and pepper and whip till fluffy. Fill potato shells rounding each one. Put in oven to puff and brown slightly. Garnish with paprika and serve.

**Hashed Browned Potatoes (leftovers)**

<table>
<thead>
<tr>
<th>Cold boiled potatoes</th>
<th>Fat</th>
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<tbody>
<tr>
<td>Milk</td>
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Heat small amount of fat in a large frying pan. Add cold sliced potatoes. Cover with milk and cook till milk begins to bubble. Season with salt and pepper and hash with knife till potatoes are very fine and all milk is absorbed. Brown on bottom. Turn on hot platter and serve.

**Franconia Potatoes**

Cook uniform sized potatoes in salted boiling water for ten minutes. Drain dry and place in hot oven around roasting meat for about 45 minutes or 1 hour before roast is done. Baste frequently. Serve on platter with roast.

**Baked Sliced Potatoes**

<table>
<thead>
<tr>
<th>2 1/2 c raw sliced potatoes</th>
<th>Pepper</th>
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<tbody>
<tr>
<td>1 1/2 T salt</td>
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Put layers of seasoned potatoes in a buttered glass baking dish. Put bits of butter on each layer. Cover and bake in hot oven till browned.
Potato Puff

6 medium potatoes riced
3 T butter
½ t salt
2 eggs

¾ c grated cheese
½ c bread crumbs
½ t paprika

Add butter, seasoning and eggs to the hot riced potatoes. Beat till light and pile on a buttered baking dish. Cover with grated cheese and then with crumbs mixed with the melted butter. Bake till crumbs are brown.

Hungarian Potatoes

1 qt diced raw potatoes
3 T shortening
1 T chopped onion

2 c tomatoes
1 t salt
¼ t paprika

Melt shortening, add onion and cook till slightly browned. Add remaining ingredients and place in greased baking dish. Cover and bake 1½ hours.

CARROT RECIPES

Glazed Carrots

6 large carrots
¼ c brown sugar
½ c butter
¼ c hot water
Juice ½ lemon

Cook carrots 15 minutes in boiling salted water. Remove skins, cut into thick slices or quarters and place in baking dish. Cover with a syrup made of the sugar, water, lemon juice, and butter. Bake till brown, basting occasionally. A syrup of boiled cider may be used.

Normandy Carrots

2 c cooked carrots, cubed
½ c sugar
¼ c vinegar
2 T butter
1 T cornstarch
¼ t salt

Mix dry ingredients, add vinegar and butter and cook till smooth and thick. Add cooked carrots. Serve very hot.

Belgian Carrots

½ medium sized onion
3 T butter
Carrots
Salt and pepper
1 t sugar

Grate the onion, and fry in the butter until it begins to brown. Add the carrots that have been scraped and cut in thin slices lengthwise and then the seasonings. Cook over a very low flame. Sprinkle with minced parsley when served. Old carrots cooked this way taste like new ones.

Carrots Delmonico

6 carrots
1 T sugar
1 T butter
2 egg yolks
¼ c cream
3 T butter
3 T flour
1 c liquid in which carrots are cooked
¼ t lemon juice

Scrape and dice carrots and put in a casserole. Cover with boiling water with 1 T sugar and 1 T butter. Bake uncovered till tender. Make a white sauce of butter, flour and 1 c of liquid in which carrots were cooked. Mix cream with beaten egg yolks. Add to white sauce and cook till egg thickens. Add ¼ T of lemon juice, and seasonings. Pour over drained carrots and serve very hot.
Carrot Ring

1½ c cooked carrots sieved
1½ c soft bread crumbs
1 c milk
1 t grated onion
1 t salt
¼ t paprika
Pinch pepper
3 egg yolks
3 egg whites

Combine all ingredients and seasonings except the egg whites, and mix together thoroughly. Fold in the stiffly beaten egg whites. Turn into a greased ring mold. Set the mold in a pan of hot water and bake 1 hour in a moderate oven (350°F) or until a knife inserted in the center comes out clean. Turn onto a hot platter and fill the center with creamed peas or other creamed vegetables.

Stuffed Carrots

Select large uniform carrots. Scrape and cut in halves, also remove slice from other side so pieces will lie flat in dish. Cook till tender and remove centers with sharp spoon or apple corer. Fill with one of the following stuffings:

Spinach Stuffing for Carrots: Fill carrots prepared as above with cooked, finely chopped and seasoned spinach. Round tops smoothly. Pour melted butter over and serve very hot.

Cheese Stuffing for Carrots: ½ c breadcrumbs, ½ c hot milk, ½ c grated cheese, 1 T butter, salt and pepper.
Mix together and stuff carrots as directed above. Sprinkle with grated cheese and put in oven till heated through. Garnish with paprika.

Rice and Nut Stuffing for Carrots: ½ c bread crumbs, ¼ c peanut butter, ¼ c hot milk, salt and pepper.
Mix peanut butter with a little hot milk till smooth. Add remaining milk and bread crumbs. Season with salt and pepper. Stuff carrots. Sprinkle few crumbs over top and set in oven till crumbs are brown.

Carrots Southern Style

6 medium carrots
2 T butter
¾ t pepper
1 small onion
2 egg yolks
1 t salt

Scrape, wash and slice carrots. Cook in boiling water to which onion and seasonings have been added. When tender, drain. Blend fat and flour in a saucepan. Add carrots and stir carefully. Just before serving add well beaten yolks of eggs. Stir till eggs are set. Serve at once.

Carrots and Peas with Green Mint

2 c carrots cooked and cubed
Few sprigs of mint
Salt and pepper
1 c green peas, cooked
Butter
Sugar

Cook carrots, peas and mint leaves together a few minutes. Drain. Add salt and pepper, a generous amount of butter and sprinkle with sugar. Set in oven till sugar melts. Serve garnished with fresh mint leaves.

Carrot Jam

1½ lbs carrots
3 lemons
Sugar

½ c chopped nuts
1 qt cold water

Run carrots through fine knife of food chopper. Add water and bring to a boil. Cover tightly and cook very slowly till tender. Add fruit which
has been washed and sliced paper thin. Measure and add \( \frac{3}{4} \) the volume of sugar. Stir and cook quickly till a sample rapidly cooled is thick as jam. Add the nuts and pour into sterile glasses.

**Carrot Pudding**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 1/2 c brown sugar</td>
<td>1 c ground suet</td>
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<tr>
<td>3 c flour</td>
<td>1 c grated carrot</td>
</tr>
<tr>
<td>4 t baking powder</td>
<td>1 c chopped figs</td>
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<tr>
<td>1 t cinnamon</td>
<td>1 c milk</td>
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<tr>
<td>1/4 t allspice</td>
<td>2 eggs</td>
</tr>
<tr>
<td>1/4 t nutmeg</td>
<td>1/2 lemon—grated rind and juice</td>
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<tr>
<td>1 c seeded raisins</td>
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Sift and mix ingredients. Add suet and fruit and mix till fruit is well floured. Add milk, beaten eggs and carrots. Mix thoroughly. Steam in greased pans for 3 hours. Serve with lemon sauce, hard sauce or apricot sauce (See dried fruit recipes).

**RECIPES FOR SPINACH AND GREENS**

**Spinach Egg Baskets**

6 slices bacon
1 can spinach

Shred bacon and cook till crisp. Add juice drained from spinach and cook till almost evaporated. Add spinach. Divide into small mounds with a hole in the center of each. Drop an egg into each mound. Sprinkle with salt and pepper. Cover pan and cook slowly till egg is desired consistency. Serve very hot garnished with paprika and bits of butter.

**Baked Spinach**

2 c chopped, cooked spinach
(either canned or fresh)
1/2 t salt
1/2 t pepper

1 T butter
3 hard-cooked eggs
1 c minced ham
1 c white sauce

Season spinach with salt, pepper and butter. Spread one-half of the spinach in a buttered, glass baking-dish, then add a layer of minced ham—one cupful is sufficient—next, the hard-cooked eggs chopped fine, a layer of seasoned white sauce, and last the remainder of the spinach. Sprinkle one-fourth cupful of grated cheese over the top and set in a 500° F oven until a rich brown.

**Baked Cream Spinach**

1 pk. spinach
1/2 c buttered crumbs
Salt and pepper

2 eggs, slightly beaten
1/2 c milk
1/2 c grated cheese

Add butter and seasonings to cooked and drained spinach. Place part of it in buttered baking dish. Sprinkle on half the cheese. Add remaining spinach and cheese. Combine beaten eggs and milk and pour over spinach. Cover with buttered crumbs and bake in oven 20 minutes. Serve hot.

**Beet Greens with Bacon Dressing**

1 pt cooked beet greens
1/4 lb bacon, shredded
1 T sugar
1 t flour

1 egg
1 t salt
Pepper
2 T bacon fat

Fry the bacon crisp. Mix dry ingredients and combine with the beaten egg and bacon fat. Toss and cook all together till egg is cooked. Serve hot.
Savory Spinach

1 qt. spinach, cooked (or 2 lbs fresh)
1/3 c butter
1/4 t salt

Melt butter and add vinegar, shredded green pepper and pimento. Add salt and liquid drained from spinach. Cook till pepper is tender. Add spinach, heat thru thoroughly. Serve at once. Serves 8.

Spinach and Cheese Scallop

2 c cooked spinach
1 c grated cheese
1 c bread crumbs

Chop spinach and add seasonings. Arrange alternate layers of spinach cheese and crumbs in a greased baking dish, having crumbs on top. Dot with butter and bake 15 minutes in a hot oven.

Spinach and Carrot Loaf

2 c chopped greens
3/4 c carrots, cooked and diced
3 eggs, slightly beaten

Mix, place in greased pan and bake in moderate oven for 1/2 hour.

Buttered Greens

1 qt spinach or other greens
2 to 3 T lemon juice or vinegar
3 T butter

Cooked Greens in Nest of Rice and Potato

Boiled rice or potato
Cooked greens
Cheese sauce
Salt

Place cooked greens in a nest of hot cooked rice; brown in oven and serve with a cream sauce or cheese sauce.

Spinach and Cheese Souffle

2 c cooked drained spinach
3 egg yolks
1/2 c milk
2 T melted butter

1/4 lb grated cheese
1 t salt
pepper

Combine milk with beaten egg yolks, melted butter, grated cheese and seasonings. Heat slowly in a double boiler till smooth and thick. Combine half of this sauce with the chopped spinach and fold in the beaten egg whites. Turn the mixture into a well greased casserole, place casserole in a pan of hot water, and bake in a moderate oven till firm. Turn out on a hot plate and pour the remainder of the hot cheese sauce around the mold. Garnish with parsley.

TOMATO RECIPES

Tomatoes are perhaps our cheapest source of vitamin C. In winter when raw foods are scarcest they are especially valuable in the diet. Here are some good recipes:
Stewed Tomatoes

To one quart of tomatoes add half a minced onion, two cloves, and salt, pepper and sugar to taste. Add butter liberally just before taking up, and heat the saucers in which it is to be served. After delicately seasoning the stewed tomatoes, they may be poured on squares of hot buttered toast and served as a main dish, for luncheon. Or pour over the stewed tomatoes a liberal amount of hot buttered croutons the last minute just before serving. When scalloping tomatoes, always cut them in pieces, put in a dish, and season highly with minced onion, two or three cloves, salt and pepper. Mix well and use in layers with crumbs instead of slicing directly in the baking-dish as is usually done.

Scalloped Tomato Surprise

Cook 3 large, but delicate onions in boiling salted water until soft but not broken. Lay them in the bottom of a buttered baking dish, with a sharp knife divide in quarters, not cutting entirely through the onions. Press the quarters slightly apart and between each two sections put one tablespoonful of chopped and seasoned left-over meat of any kind. Carefully pour around 3 cupfuls of well seasoned canned tomatoes to which have been added one-fourth cupful of bread crumbs. Dot liberally with butter, sprinkle with fine crumbs, add more dots of butter and bake in a hot oven one-half hour.

Scalloped Tomatoes

2 c tomatoes 2 T sugar
1 T minced onion Pepper
1 c bread crumbs 1 t salt
2 T butter

Melt butter and add crumbs. Do not brown. Use either canned or fresh tomatoes, cut in pieces, add the onion and seasonings. Cover the bottom of a buttered baking dish with a layer of tomatoes, then a layer of crumbs. Repeat, having crumbs over the top. Dot with butter and bake until brown.

Tomato Juice Cocktail

3 c canned tomato juice 2 T lemon juice
1 small onion, sliced very thin 3 drops tabasco sauce
1 T vinegar 2 bay leaves
1 t horseradish 1 T Worcestershire sauce
1 stalk celery, shredded 1 t chili sauce

Combine all ingredients and allow to stand 15 minutes. Strain and serve very cold.

Tomato and Hominy

2 c boiled hominy 2 T fat
1 c canned tomato 2 T flour
½ t salt Pepper
Dry bread crumbs

Make sauce of melted fat and flour, tomato juice and seasonings. Combine with hominy, put into baking dish, cover with crumbs and bake 30 minutes in a moderately hot oven—400 degrees. Variations: corn, or string beans may be substituted for hominy.

Tomatoes and Rice

1 c rice 1 T bacon fat or drippings
2 c tomatoes 2 slices bacon, minced

Cook rice till about half done. Drain and add tomatoes and bacon fat and minced bacon. Cook slowly until all liquid is absorbed and rice is done.
**Tomato Souffle**

2 c strained tomato 3 egg whites, beaten  
1 t cornstarch Pepper  
3 egg yolks beaten Salt  
½ c bread crumbs 1 t sugar  

Mix cornstarch, salt, sugar and 1 c tomatoes. Cook till smooth. Stir in beaten egg yolks and cook till thick. Cool somewhat and fold in beaten egg whites. Have 1 c seasoned tomato pulp poured over crumbs in bottom of baking dish. Pour egg mixture over and bake in moderate oven till egg is set. Set dish in pan of water.

**Green Tomato Pie**

4 green tomatoes, medium size ½ lemon  
½ t cinnamon 1½ T cornstarch  
¼ c sugar 1 T butter  
½ t salt 1 c raisins  

Slice tomatoes, add sugar, salt, cinnamon and very thinly sliced lemon. Cook till tomatoes are tender and thicken with cornstarch which has been mixed in a little water. Cook 15 minutes, add butter and raisins. Cool and turn into a crust which has been prebaked 5 minutes in a hot oven. Cover with a top crust and bake 15 minutes in a hot oven (400-425 degrees F).

**Stewed Green Tomatoes**

8 large green tomatoes ¼ c sugar  
1½ t salt ¼ c bread crumbs  
Pepper Little onion juice  
2 T butter  

Scald the tomatoes, remove skins and cut them into sections. Stew them till tender, add the seasonings and crumbs which have been browned in the fat. Serve hot.

**Green Tomatoes Saute**

Cut green tomatoes into half inch slices. Sprinkle them with salt, dip in flour or fine dry bread crumbs and fry till tender in hot fat.

**ONION RECIPES**

**Baked Stuffed Onions**

6 medium large onions ¼ c milk  
⅛ c chopped ham or bacon 1 T butter  
or nuts Salt and pepper  
⅛ c soft bread crumbs Dry bread crumbs  

Remove slice from top of onion and cook until almost tender in large amount of salted water. Drain, remove centers, leaving 6 onion cups. Chop the centers of onions, combine with ham, soft crumbs and seasoning. Fill onions with the stuffing. Place in buttered baking dish. Cover with dry crumbs and the milk and bake till tender. A slice of cheese may be laid over each onion before baking. Serves 6.

**Baked Onions**

6 medium onions Salt and pepper  
4 T butter Juice of 1 lemon  

Browned Onions

12 small onions
1 c brown stock

Sugar
Salt and pepper

Boil onions for 15 min. Drain and place in buttered baking dish. Pour brown stock over them. Sprinkle with sugar, salt and pepper and bake till tender, basting frequently. Serves 6.

Onions de Luxe

1 1/2 lbs Bermuda onions
2 c grated cheese

2 T butter
Salt and pepper

Slice onions and cook in large amount of salted water in open kettle till tender. Drain, add cheese, butter and seasoning. Serve on toast.

Scalloped Onions with Apples

3 large apples
2 onions, parboiled
1 T sugar
1 t salt
2 T butter
1 c bread crumbs
1 T vinegar or lemon juice
Water

Arrange alternate slices of onions and apples in buttered baking dish. Sprinkle each layer with salt, sugar and crumbs. Melt butter, add lemon juice and water. Pour enough over each layer to moisten. Cover with buttered crumbs and bake till onions and apples are done. Serves 6.

Fried Onions and Apples

3 T butter
1 qt sliced, tart apples
1 pt sliced onions
1 T sugar
1/4 t salt

Melt fat in heavy skillet. Add apples and onions. Cover, cook slowly till nearly tender. Stir frequently to prevent burning. Uncover, sprinkle salt and sugar over apples and onions and continue cooking till lightly browned. Serve at once.

French Fried Onions

1 c milk
Sliced, mild onions separated into rings
1 c flour
1 egg
1/4 t salt

Make batter of milk, flour and egg. Dip onion rings into batter and drain. Fry in deep fat till golden brown. Spread on absorbent paper and sprinkle with salt. These, like potato chips, will keep a week.

Baked Onions in Tomato Sauce

Onions
Tomato sauce
Butter
Toasted crumbs

Cut onions in half. Put in buttered baking dish. Cover with well seasoned tomato sauce and bake till onions are tender. Cover with toasted crumbs and let brown in oven. Serve at once.

BEET RECIPES

Baked Beets—No. 1

Wash, cut off stem and root end. Place on rack in oven. Bake slowly till tender (4 or 5 hours). Cool enough to handle and slip off skins. Slice and season with salt, butter, sugar and honey, pepper and a small amount of vinegar or sweet cider. Reheat and serve. Beets prepared in this way
have a wonderfully rich color and flavor and are practical if baked when heat is required for other things.

**Baked Beets—No. 2**

Pare and slice beets and place in covered baking dish. Add ½ c of cider or ¼ c vinegar and ¼ c water. Season with salt, pepper and sugar. Cover dish and bake in oven slowly till tender. Shake and stir occasionally so all will lie a part of time in the liquid and be evenly colored.

**Savory Beets**

| 6 medium beets   | 1½ T grated onion       |
| 3 T butter       | Pinch grated nutmeg     |
| 1½ t sugar       | ¾ t salt                |
| 1½ T vinegar or lemon juice |

Cook beets till tender. Skin and dice. Make sauce of other ingredients. Pour over hot beets and serve. Serves 6.

**Harvard Beets**

| 12 small beets or 2 c diced cooked beets | Salt and pepper |
| ½ c sugar | 2 T butter |
| 1½ T cornstarch | ¾ c vinegar |
| ½ c water |


**Russian Beets**

| 12 small beets, cooked | Salt |
| 2 T sugar | Pepper |
| 2 T vinegar | 1 T flour |
| 2 T butter | ½ c sour cream |

Dice beets finely and heat in a saucepan with sugar, vinegar, salt and pepper. Add butter blended with the flour and cook till slightly thickened. Add sour cream, heat and serve.

### CABBAGE RECIPES

**Stuffed Cabbage**

| 1 medium head cabbage | 1 c white sauce |
| 1 c left over meat chopped fine (ham especially nice) | 2 T parsley, minced |
| 1 c bread crumbs | 1½ t salt |
| Dash of pepper |

Cook cabbage till almost tender, in large amount of boiling salted water. Turn upside down to drain. Remove heart of cabbage and fill with stuffing made of remaining ingredients. Tie up in cheese cloth and finish cooking (filling side up) till tender. Very attractive sliced and served at the table.

**Cabbage a la Buttercup**

| Small head of cabbage | 1 c milk |
| 2 T fat | ¾ t salt |
| 2 T flour | 5 T grated cheese |

Take a small firm head of cabbage and cut in eighths not cutting through the heart. Tie in a thin cloth and cook in large amount of rapidly boiling salted water 35 minutes. Remove from cloth and place on large flat serving
dish so sections divide like petals of a flower. Have cheese sauce made of remaining ingredients. Pour over cabbage. Sprinkle with grated cheese and paprika and serve at once.

“Five-Minute” Cabbage

Drop shredded mild cabbage into hot milk and simmer for 5 minutes. Thicken with blended flour and butter. Season with salt and a little cream. Serve hot.

Hot Cole Slaw

2 eggs
⅛ c water
⅔ c vinegar
2 T sugar
Shredded cabbage

ład:ed' mild cabbage into hot milk and simmer for 5 minutes. Thicken with blended flour and butter. Season with salt and a little cream. Serve hot.

Cabbage in Sour Cream Dressing

1 small head cabbage
1 egg
½ c vinegar
1 t sugar
Salt and pepper

Shred cabbage and cook a few minutes. Drain and season with salt and pepper. Mix egg, vinegar, sugar, cream and butter. Bring to boiling point and pour over the cabbage. Sprinkle with paprika and pepper before serving. Serves 6.

GREEN BEAN RECIPES

Green Beans a la Russe

1 pt canned green beans
½ c sour cream
2 T flour
1 T sugar
1 T vinegar
2 T chopped parsley
1 T melted butter
Salt and pepper
Fry onion and parsley in melted butter till crisp. Add the liquid from the canned beans. Combine all dry ingredients and add to sauce. Cook till smooth and thickened. Add cream and beans and cook 5 minutes. Serve at once.

Creamed String Beans with Onions

⅛ lb small white onions
1 pt can string beans
Salt and pepper
1 c liquid
2 T butter
2⅔ T flour
Cook onions in salted water in open kettle till tender. Drain and add string beans. Make a white sauce of butter, flour and liquid from canned beans adding milk if necessary to make cupful. Season well with salt and pepper. Add vegetables and heat thoroughly. Serve at once.
*DRIED BEAN RECIPES*

**Boston Baked Beans**

- 3 c dried beans
- 2 t salt
- 2 T molasses
- 2 T sugar
- ¼ t mustard
- ½ lb fat salt pork

Navy beans, lima, yellow-eyes and kidney beans may all be baked by this recipe.

Soak beans overnight in cold water. Add more water if needed and bring to simmering point. Cook till skins begin to burst. Drain and put into bean pot or baking dish with cover. Mix seasoning with 1 c boiling water and pour over beans. A small peeled onion may be first put in bottom of bean jar as desired. Score pork and bury in the beans so that just the rind is exposed. Add boiling water to cover. Put lid on and bake in a slow oven (300°F) for at least 6 hours. Add more water as needed. Remove cover for the last half hour to crisp the pork. Eight or ten hours baking is not too long.

**Braised Lima Beans**

- 1½ c dried lima beans
- ½ c chopped celery
- ½ c chopped onion
- ½ c chopped carrot
- Salt and pepper
- 1 c stock

Soak beans overnight in cold water and parboil for 10 min. Drain and mix with vegetables. Season with salt and pepper. Add stock. Cover and bake till beans are tender. (About 1½ hours in moderate oven).

**Baked Lima Beans**

- 2 c dried lima beans
- ½ c diced salt pork
- ½ c minced onion
- 1 c diced carrots
- 2 c boiling water
- 2 T butter

Soak beans overnight and drain. Put salt pork into skillet and cook 5 min. Add onions and carrots and cook till brown. Combine with beans and mix well. Turn into casserole, add water and butter. Cover and bake till tender or about 3 hours in moderate oven (350 degrees F).

**Savory Succotash**

- 1 c dried red kidney beans
- 2 T bacon fat
- 1 small onion
- 2 T chopped green pepper
- 1 No. 2 can corn

Soak beans overnight in cold water. Cook till tender. Cook green pepper and onion in fat till soft and browned. Add corn and beans and simmer a few minutes. Serve hot.

**SAUERKRAUT RECIPES**

**Sauerkraut and Spareribs**

**Side of Spareribs Sauerkraut**

If ribs are fresh, salt and let stand overnight. Place curved side up in a large baking pan. Cover completely with sauerkraut and pour enough water over all for baking. Bake in moderate oven till meat is very tender. Potatoes may be added when meat is nearly done. Serve in separate dishes.

*See also recipes for Great Northern Beans issued by Montana Extension Service.*
Sauerkraut and Navy Beans
The tartness of sauerkraut combines well with the blandness of navy beans. Season sauerkraut with bacon fat and cook in a heavy skillet till heated through. Serve with boiled beans.

Sauerkraut with Cheese and Bacon
4 c sauerkraut 1 c grated cheese
6 slices bacon
Place alternate layers of sauerkraut and grated cheese in buttered baking dish or casserole. Put strips of bacon on top. Bake in hot oven, 450° until cheese is melted and bacon crisp. Serves 6.

Sauerkraut with Tomatoes
2 c sauerkraut 1 c cooked tomatoes, drained
1 c celery, diced 2 T butter
1 c buttered dry bread crumbs 1 c tomato juice
1 t salt
Arrange sauerkraut, celery, tomatoes and crumbs in two alternate layers in a greased baking dish. Sprinkle each layer lightly with salt. Pour tomato juice and melted butter over vegetables. Cover with crumbs and bake in a moderate oven (375°). Serves 8. If celery is not available celery seed adds a nice flavoring.

Sauerkraut and Carrot Salad
2 c sauerkraut 1 c cream dressing
8 medium carrots ½ c walnut meats
Grate carrots. Combine with sauerkraut. Add cream dressing. Serve on lettuce or cabbage leaves and decorate with nut meats.

Moulded Sauerkraut Salad
2 T gelatin ½ c diced beets
2 T cold water ½ c diced carrots, cooked
2 c sauerkraut juice ¼ c diced celery
3 T sugar
Soften gelatin in cold water and dissolve in hot sauerkraut juice. Add sugar and let cook. When mixture begins to thicken add the vegetables. Chill and serve on lettuce with mayonnaise.

SQUASH RECIPES
Steamed Squash
Squash Salt and pepper
Butter
Pare squash very thinly. Cut in slices, removing seeds and stringy portion. Place in steamer over a kettle of boiling water and cook until tender (30-40 min.) Drain and place in stew pan with butter, salt and pepper to taste. Cook uncovered over a slow fire for 15 minutes, stirring once or twice.

Squash Baked in Cream
Pare squash and cut into uniform pieces. Put in buttered baking dish. Sprinkle with salt and pepper. Pour cream over to almost cover. Bake slowly till squash is done.
THE WINTER COOK BOOK

Glazed Squash
Remove seed and fibers from Hubbard Squash, cut into squares, and place in shallow buttered baking dish. Brush the surface with melted butter. Sprinkle with brown sugar, salt and paprika and bake in a moderate oven till tender (350° F).

Squash Hawaiian
Add 1 cup drained grated pineapple to the recipe for glazed squash before baking.

Squash Brown Betty
Cover the bottom of a buttered pudding dish with uncooked summer squash cut in small, thin pieces, and sprinkle with sugar and a very small dash of cinnamon; add a layer of whole wheat bread, crumbled and liberally dotted with butter.
Alternate these layers until the dish is full, having a layer of bread on top. Pour in enough milk to moisten well and bake slowly until thoroughly done and nicely browned. Serve hot with hard sauce.

TURNIP RECIPES

Turnip Supreme
1 qt diced turnips
1 c white sauce
2 eggs
2 T chopped onion
1/2 lemon, juice and grated rind

Cook turnips according to general directions. Make white sauce, add onions and well beaten eggs and cook till eggs are done. Remove from fire and add lemon juice and rind. Pour over turnips and serve.

Turnips and Corn (left over dish)
Turnips, cooked and cubed
Salt, pepper
Corn, canned
Butter
Use equal parts of turnips and corn. Season and cook together a short time. Do not cook too long. The strong flavor of the turnips blends with the mild flavor of corn.

CORN RECIPES

Southern Corn Custard
1 No. 2 can corn
2 c scalded milk
2 T melted butter
2 eggs
2 T sugar
1 t salt
Pepper

Beat eggs slightly. Add other ingredients and mix thoroughly. Pour into well buttered baking dish or individual custard cups. Set in pan of boiling water and bake in moderate oven (325° F) till firm. Serve very hot.

Corn a la King
3 c canned corn
1 small green pepper
1 egg
1/2 t salt
1/2 c milk
1 T butter
Pepper
Pimento

Cook corn, pepper and pimento 20 minutes in a double boiler. Beat egg, add milk and turn into corn mixture. Add butter and seasoning and cook till slightly thickened. Serve on toast points,
Scalloped Corn with Celery

2 c corn
1 c celery leaves, finely chopped
1 c toasted bread crumbs
1 c hot milk

1 t salt
1 T green pepper or pimento chopped
2 T butter

Arrange corn, celery and crumbs in alternate layers in a baking dish. Add fat and seasoning to hot milk and pour over vegetables. Cover with toasted crumbs and bake 20 minutes in moderate oven.

Luncheon Corn

2 c corn
1 ½ c milk or stewed tomato
1 t salt
2 T butter

1 t sugar
Toast
Paprika
Parsley

Cook corn in milk or tomato for 5 min. Add seasoning. Pour into dish lined with thin crisp buttered toast. Garnish with toast points standing up around the edge and with parsley and paprika.

Corn Oysters

2 c canned corn drained
2 egg yolks
2 T flour

1 T melted butter
Salt and pepper
3 egg whites

Combine corn, beaten egg yolks, flour, melted butter and fold into beaten egg whites. Drop by tablespoonful into deep hot fat. Fry till light brown. Drain on soft paper and serve with catsup or chili sauce.

PARSNIP RECIPES

Parsnips and Egg Sauce

4 or 5 parsnips
2 T flour
2 T butter

½ t pepper
2 hard-cooked eggs
1 c milk or chicken broth

Peel parsnips, quarter and cook according to general directions. Make a white sauce of flour, butter, milk and seasonings. Turn the drained parsnips into the sauce and add the hard cooked eggs which have been quartered. Serve in hot vegetable dish.

Parsnips and Sausage

6 medium sized parsnips
¼ c water

Graham flour
1 lb sausage

Steam or boil parsnips till tender. Drain and peel. Cut in half lengthwise and cover with sausage. Roll in flour and fry or bake.

Glazed Parsnips

6 medium parsnips
¾ c brown sugar
¼ c butter

Salt
Pepper
Paprika

Cook parsnips in boiling salted water till tender. Cut in halves or quarters and place in a buttered baking dish. Cover with remaining ingredients and bake in a medium oven till brown and well glazed.
WINTER SOUPS

Vegetable Chowder

- ¼ lb salt pork or bacon
- 1 onion
- 1 pt tomatoes
- 4 potatoes
- 1 c minced potatoes
- 2 c milk
- 2 T flour
- 2 t salt

Cook onion with bacon or pork for five minutes. Add water and tomatoes and cook until vegetables are soft. Cut carrots and potatoes into small pieces and cook in water until tender. Drain and add with milk to other ingredients.

Borscht

- 1 small onion
- 2 T butter
- 4 potatoes
- 2 T flour
- 2 c milk
- 2 c cut cabbage
- 1 T salt
- 1 T vinegar
- 1 c minced parsley

Mince the onion and fry in butter until light brown. Add to the meat stock with the other vegetables. Simmer 2 hours, season with vinegar, salt and pepper. Serve, then add to each helping, 1 T sour cream.

Pot-Au-Feu

- 4 lbs beef brisket
- ½ head cabbage
- 6 leeks
- 1 large onion
- 2 carrots
- 1 T minced parsley
- 4 cloves
- 8 peppercorns
- 1 T salt
- 6 qts water
- Bread

Put the meat and water in a soup kettle and let it come gently to the boiling point. Skim well. Stick the onion with the cloves. Add the onion, peppercorns, salt and kitchen bouquet and let the whole simmer for four hours. About an hour before serving add the leeks, carrots and cabbage. Just before serving cut the bread in thin slices and put a slice in each soup plate. Add some of each of the vegetables and a piece of the meat and strain the broth into each dish. Sprinkle with chopped parsley.

Sour Cream Potato Soup

- 2 c ground, raw potato
- 3 c boiling water
- 1 thinly sliced onion
- 1 t salt
- ½ t pepper
- 1 c sour cream

Cook potatoes for 15 minutes in the boiling water with the salt, onion and pepper. Stir in the cream, reheat together and serve piping hot with minced parsley sprinkled over the top.

Rice Tomato Soup

- 4 c water
- 2 T rice
- 1 qt tomatoes (or No. 2 can)
- ½ bay leaf
- ½ medium onion
- 1 t salt
- 1 t sugar
- 2 T butter

Combine ingredients and cook till rice is mushy or about 30 minutes. Remove bay leaf. Serve hot with crisp toast strips. If desired soup may be run through a sieve.
Salads offer attractive ways of introducing raw foods into the diet. Raw fruits and vegetables should be used freely because they contain more vitamin, mineral, bulk and roughage than cooked vegetables. This is especially true of vitamin C, the anti­scorbutic vitamin. All vegetables and fruits that are palatable in the raw state should be served raw frequently.

Salads require chewing, a practice often sadly neglected to the detriment of digestion and the health of teeth and gums.

Salads are “filling” foods and tend to discourage over eating. Salads add pleasing contrasts in color, texture and flavor to the meal.

The problem of salad making in wintertime is a very real one. Individual salads seem to need a garnish of some sort. If lettuce is not available cabbage leaves make a very good substitute. The leaf may be used whole as a cup to hold a fruit or vegetable salad or the cabbage may be shredded and formed into a bed for the salad proper. The desired touch of green may be obtained from the window box of parsley which is found in many kitchens. Pimento is available in cans and may be used to give color. For special occasions apple or orange cups may be made and the salad served in these; they are decorative enough in themselves and do not need any garnish.

The apple is one of the most valuable of fruits as a foundation for salad. The well known cole slaw may be trimmed up by adding tart apples cut in small pieces. To prevent apples from discoloring dip them in lemon juice, or if preparing a number to be cut fine, drop them into water to which a little salt has been added—1 t to 1 qt. of water. Red apples add much to the appearance of a salad if used without paring. They may be scooped out and filled with any salad which blends well, chicken salad being an especially fine filling. Even the everyday waldorf salad is prettier if made of red apples with the skins left on.

**WINTER SALAD COMBINATIONS**

- Cabbage, diced pineapple and sour-cream dressing.
- Cabbage, chopped peanuts and boiled dressing.
- Cabbage, diced celery, diced apple, chopped nuts and cream dressing.
- Cabbage with French dressing and celery seed.
- Cabbage, chopped beet pickles, diced celery, diced hard-boiled eggs and dressing.
Cabbage, dates and salted peanuts with sour cream dressing.
Cabbage, grated raw carrots, peanuts, boiled dressing.
Cabbage, diced pineapple, diced apples, boiled dressing, garnished with whipped cream and blanched almonds.
Cabbage, beets and horse radish with sweetened vinegar. This is a good combination with a meal of baked beans.
Cabbage, mild onions, celery seed, cream dressing.
Shredded cabbage, diced bananas, cream dressing.
Cabbage, pineapple, coconuts, dressing.
Carrots, raisins, peanuts, mayonnaise.
Carrots, cooked peas, celery, mayonnaise.
Carrots, raisins, diced apples, boiled dressing.
Carrots, shredded coconuts, French dressing.
Carrots, chopped raw spinach, celery, peanuts, French dressing.
Carrots, grated cheese, paprika, dressing.
Carrots, cabbage, raisins, dressing.
Apples, celery, nuts, raisins or dates, mayonnaise and whipped cream.
Apples, cold chicken, celery, nuts, mayonnaise.
Apples, cabbage, raisins, dressing.
Apples, Bermuda onion, French dressing.
Apples, celery, pineapple, orange, coconut, dressing.
Apple, celery, peanut butter, lemon juice.
Apple, celery, peanut butter, dates, dressing.

**Tomato Jelly Salad**

2 c canned tomatoes
1 c hot water
1 t chopped onion
2 T vinegar
1 t salt

1 t sugar
\(\frac{1}{4}\) t cayenne pepper
2 T gelatin
\(\frac{1}{4}\) c cold water
\(\frac{1}{4}\) c celery

Combine first ingredients. Bring to boiling point and put through sieve. Soak gelatin in cold water and dissolve in hot water. Add to first mixture. Cool and add celery when mixture begins to set. Turn in individual molds and chill. Serve on lettuce with dressing. Sliced olives, hard-boiled egg, etc., may be used as a garnish.

**Perfection Salad**

2 T gelatin
\(\frac{1}{2}\) c cold water
\(\frac{1}{2}\) c mild vinegar
1 c boiling water

1 pimento chopped
1 t salt
Juice 1 lemon
1 c shredded cabbage

Soak gelatine in cold water 5 minutes and dissolve in boiling water. Cool and add vinegar, lemon juice, sugar and salt. Strain and when mixture begins to set, add vegetables. Turn into mold and chill. Serve on lettuce with any desired salad dressing. Note: Apple, pineapple, green peas, or nuts may be substituted for pineapple or cabbage. Gelatin salads should always have at least one crisp ingredient.
Health Salad

Dissolve a package of lemon gelatin in a cup of boiling water and add one cup of juice from a can of crushed pineapple. Cool and add one cup of crushed pineapple, one cup raw carrot, one-half cup chopped apples, one-fourth cup sugar, one teaspoon salt. Serve on lettuce with salad dressing.

Tart Tomato Salad

1 pkg lemon jello
1 pt can tomatoes
1 1/2 t lemon juice
Salt
1 t Worcestershire sauce
1/2 c celery, sliced thin
1/2 c diced sweet pickle

Strain tomatoes, beat to boiling and add gelatin. Add lemon, salt and Worcestershire sauce. Chill and when mixture begins to thicken add vegetables. Turn into molds to set. Serve on lettuce with mayonnaise.

Beet and Apple Salad

1 pkg lemon gelatin
1 c boiling water
1 c beet juice
1/2 t white pepper
1 T vinegar
1 c diced beets
1 c diced apples
1 t salt

Dissolve lemon gelatin in boiling water. Add seasoning, vinegar and beet juice. Cool and when mixture begins to thicken add beets and apple. Turn into individual molds to set. Serve on lettuce with any desired dressing.

Cranberry Salad

1 1/2 c raw cranberries
1/2 c orange
1 c sugar
1 pkg lemon gelatin
1/4 c cold water
1 c hot water

Put cranberries and orange (rind and all) through the food grinder. Add the sugar and let stand 1 hour. Soak gelatin in cold water 5 min. Add boiling water. Cool and add fruit. Turn into individual molds and chill. Serve in lettuce cups. Garnish with mayonnaise made with lemon juice.

Fruit Salad Dressing

1/2 c pineapple juice
1/4 c sugar
1/2 t salt
1 T cornstarch

Mix dry ingredients. Add unbeaten egg and juice. Cook in double boiler till thick. Add whipped cream.

Cheese Cole Slaw

2 c shredded cabbage
1/4 c grated cheese
1 t salt
1 T brown sugar
1/4 t mustard
1 T vinegar
Cayenne and paprika
1/2-1 c buttermilk

Mix cabbage and cheese. Combine seasonings and add buttermilk, the amount depending on the thickness. Pour over cabbage. Garnish with green pepper rings.
WINTER FRUITS

Fruit is perhaps the most refreshing of foods, hence its popularity as a breakfast appetizer. It is also one of the most important foods to promote good health and nutrition, a happy combination. Here is one food which is both enjoyable and valuable.

By far the most common fruit food, especially in winter, is the apple and the apple is adapted, perhaps more than any other fruit, to a great variety of uses in the household. Apples are pleasing either raw or cooked. They may be stewed, baked or canned to equally good effect from the standpoint of palatability and attractiveness. Apples combine well with other fruits and with many other food materials.

Apples may be served in such a variety of ways that they may be used daily on the menu, yet not become monotonous. Almost everyone is fond of apple sauce either plain or in any one of its fancy dresses. Apple snow made of egg white beaten until light and folded into the sauce, may be served with cream, plain or whipped, with a soft custard, with jelly or with a fruit juice. Even the one standard American dish—apple pie—may have a number of new variations added to its train.

APPLE RECIPES

Baked Apple Variations

White or brown sugar and butter.
Raisins, dates or figs.
Crushed pineapple.
Sugar and cocoanut.
Pared, dipped in red syrup and baked. Put meringue on top and brown.
Baked, cooled and ice cream and butterscotch sauce added.
Quartered and brown sugar and butter added. Marshmallows browned before serving.
Quartered and maple syrup added.
Sugar, lemon juice and jelly served on top.

Southern Style Baked Apples

Core and cut into halves six fine apples. Lay in baking dish skin down. Pour over this a syrup made of sugar, water and lemon juice, using about two cups of water, half a cup of sugar and two tablespoons of lemon. Bake until tender, being careful not to break. Place these on a serving dish. Fill the centers with apple jelly and pour liquid from the pan over them. Press a meringue onto the tops of apples; bake in a moderate oven just a few moments.

Apple Mapleine

Take a cup of mapleine syrup and one and one-half cups of water, two tablespoons of butter. Boil to a sauce. Halve eight apples and bake in syrup until tender, basting with syrup until the apples are glazed. Serve with whipped cream.
Baked Apples and Marshmallows

8 apples
½ c marshmallows cut in quarters
1 c brown sugar

Brown sugar syrup—(½ c water, 1 c sugar)


Mint Apples

Make a syrup of 2 parts sugar and 1 part water (the amount depends on the quantity of apples to be prepared). Color green with vegetable coloring and flavor with a drop or two of oil of peppermint. Pare and core small apples and simmer in the mint syrup till tender but not mushy. These may be used with roast lamb or served in their syrup as a dessert topped with whipped cream and chopped nuts or cocoanut.

Cranberry Apple Sauce

2 c cranberries
2 c sliced tart apples
1½ c sugar
1½ c water

Combine sugar and water and boil 5 minutes. Add berries and apples. Cover and simmer gently until fruit is clear and tender.

Apple Crisp

4 c sliced apples
1 t cinnamon
7 T butter
½ c sugar
¾ c flour

Cut 6 or 8 apples in ¼ inch slices. Butter a baking dish, add the apples, and pour over the water and cinnamon. Work together the sugar, flour and butter until crumbly. Spread over the apple mixture and bake uncovered. Serve while warm with whipped cream.

Graham Brown Betty

½ c butter
2 c graham cracker crumbs
½ c brown sugar
¼ lemon—rind and juice
1 qt sliced apple
¼ t nutmeg
½ c water

Melt butter and add crumbs. Mix apples, lemon, nutmeg and sugar. Place alternate layers of crumbs and apple mixture in buttered baking dish. Have crumbs on top and bottom. Pour water over top. Bake 1½ hours in a moderate oven (350 degrees F). Serve cold with whipped cream.

Deep Dish Apple Tapioca

¾ c minute tapioca
3 tart apples, thinly sliced
2½ c hot water
1 c seedless raisins
½ t salt
1/4 c molasses
1/2 c sugar
1/4 t nutmeg
1/4 t cinnamon
2 T butter

Sprinkle tapioca over apples, in greased baking dish. Add water, raisins, and salt, and bake in moderate oven (375°F) for 20 minutes, stirring every 5 minutes. Add molasses, sugar, nutmeg, cinnamon, and butter, and bake 20 minutes longer, or until apples are tender. Serve hot or cold with lemon, maple, or hard sauce, or garnish with whipped cream. Serves 6.
Apple Meringue Pie

1½ c thick, tart apple sauce 2 T butter or butter sub-
3 egg yolksstitute
1 lemon
¾ c granulated sugar mixed with 2 T cornstarch
3 egg whites 6 T powdered sugar

To the apple sauce add the beaten egg yolks, lemon juice and grated rind and the sugar, increasing the amount of sugar, if desired. Cook till thick in double boiler. Pour into baked crust to which grated cheese was added during the mixing. Make meringue of egg whites and powdered sugar. Spread on top of the pie and return to the oven to brown slowly.

Dutch Apple Pudding

1 c milk 1 egg
2½ c flour 5 T baking powder
6 T fat Apples or plums
Cinnamon 1 T salt
8 T sugar

Spread dough in pan 1 in. thick and place slices of apples in rows on top. Sprinkle with sugar and cinnamon. Bake in hot oven 20 minutes. Serve with fruit sauce or cream and sugar.

Apple Sauce Cake

¾ c butter 1 T salt
1½ c brown sugar 1 T cinnamon
1 egg ½ t cloves
1 t soda 1¼-2 c flour
1 c thick apple sauce

Cream shortening and sugar together. Add beaten egg and mix well; dissolve soda in apple sauce and add. Sift salt, cinnamon, and cloves with part of the flour and add to the first mixture. Add enough more flour to make a fairly stiff batter. (The amount depends upon the thickness of the apple sauce). Pour into a greased loaf pan and bake in moderate oven (350 degrees F.) 50 to 60 minutes. 1 cup raisins may be added to the batter.

Apple Gingerbread

6 apples ¾ c sugar
2 t lemon juice

Wash, pare, core and slice apples. Put them in an oblong glass dish or aluminum pan. Add lemon juice and sugar. Place uncovered in a hot oven, while gingerbread batter is being prepared (or about ten minutes) remove apples from oven and pour batter over them. Bake fifty minutes in moderate oven.

The gingerbread is made as follows:

1 egg 2 c flour
½ c sugar ½ t cinnamon
1 c sour milk ½ t salt
¾ t ginger ¾ t baking soda
¾ t nutmeg 1 t baking powder
½ c molasses 3 T fat

Measure, mix and sift the dry ingredients. Beat the egg, add the sugar, the sour milk, molasses and the melted fat. Add the dry to the liquid ingredients, beat the mixture thoroughly and pour over the apples as directed above.
Apples with Sweet Potatoes

Pare and quarter cooking apples. Sweet potatoes pared and cut about same size as the apple quarters. To 1 qt. of half apples and half potatoes add 2 slices of lemon or orange, 2 cloves, 1 c brown sugar, and salt to season. Place in covered baking dish and bake till potatoes are tender. Remove orange and cloves, stir mixture and serve. Butter may be added if desired. If there is too much liquid in pan, cook down on top of stove before serving. Serve as vegetable with pork roasts or chops.

DRIED FRUITS FOR WINTER

Practically everything that may be said for the use of fresh fruits in the diet is equally true of dried fruits. Dried fruits have some things in their favor in that they are found in the market in all seasons of the year and in all sections of the country; they are less difficult to keep and require less room for storage. Fruits in dried form are least expensive.

Prunes, raisins, dates, currants, and figs are similar in food value. The iron content of raisins has been overemphasized in some ways; they contain iron, though in no higher percentage than the others in this group, in fact, rather less. There is enough to be said in their favor as a food, however, to make it unnecessary to unduly stress any point.

Figs have not been used to as great an extent and are not capable of as many combinations because they contain so many seeds. The skin and seeds of canned and preserved figs are not so tough, therefore these are gaining in popularity. A very delicious seedless Texas fig is obtainable on the market. Figs of good quality are worthy of a more prominent place in the dietary and these seedless figs should find a good market.

Peaches, apricots and to some extent, berries and other small fruits are available in dried form. These serve well in regions where it is difficult to obtain fresh fruit. It is far better to use these than to limit fruit on the menu.

DRIED FRUIT RECIPES

Stewed Prunes

Properly cooked prunes are nutritious and delicious. To be properly cooked they should be washed thoroughly, covered with warm or hot water and allowed to stand until tender. If kept on the range or elsewhere to keep the water hot, less time is required. If not, after the soaking process they should be cooked for a short time only, below the boiling point. No sugar need be added to California prunes of good quality, but Oregon prunes are more tart and one may prefer them sweetened a little. Some prefer the prunes uncooked after the soaking; it is not really necessary to cook them if they are tender. They may be served plain as a breakfast fruit or in combination with cereal. Cornflakes, shredded wheat, cream of wheat, cream of barley or farina are well adapted to serving with prunes, dates or raisins.
Breakfast Prunes

Carefully look over and wash prunes. Cover with water and let stand two to twelve hours, according to state or dryness. Cook slowly in a covered dish until tender. Cool without uncovering. This method prevents shrinking and develops the natural sweetness of the fruit. Other dried fruits may be cooked in this same manner. If the fruit is sour enough to need sugar, add when the cooking is finished, stirring carefully to avoid breaking fruit and re-covering at once.

Norwegian Prune Pudding

3 T cornstarch
1/2 c sugar
1/2 c cold prune juice
1 t cinnamon
1 1/2 c hot prune pulp and juice
2 T lemon juice

Mix starch, sugar and cinnamon thoroughly. Add prune juice and stir till smooth. Add prune pulp and lemon juice and cook till smooth and thick. Mold and cool. Serve with cream or lemon sauce. One or two sticks of cinnamon may be added to prunes while soaking and cooking instead of using the ground spice.

Jellied Prunes

2 T gelatin
1/2 c cold water
1/2 c boiling water
1/4 c sugar

Cook prunes according to directions. Drain, saving the juice. Stone prunes and cut in pieces. Combine pulp and juice. There should be 2 cupfuls; if not, add hot water. Soak gelatin in cold water 5 min. Dissolve in hot water and add sugar. Cool, add lemon juice, prune mixture. Turn into mold to set. Serve with plain or whipped cream.

Prune Betty

2 c cooked pitted prunes
1 c toasted fine bread crumbs
2 T butter
1 c hot prune juice
1/2 c marmalade or jelly

Butter baking dish. Cover bottom and sides with bread crumbs; add a layer of prunes, a layer of marmalade and a layer of crumbs. Continue until all are used, having last layer of crumbs. Break the butter into bits and sprinkle over top. Pour hot prune juice over all; bake in medium oven about 15 minutes. Serves four persons. Dried apricots or equal parts apricots and prunes may be used.

Prune Cream Pie

1/4 c sugar
2 T flour
1 c hot milk
2 eggs
1 t vanilla
1/4 c finely chopped walnuts
1 c cooked pitted prunes
1/4 t salt

Mix sugar and cornstarch, add scalded milk gradually. Pour over egg mixture, add prune pulp and walnuts. Mix well; pour into pan lined with pastry. Sprinkle a little grated nutmeg over top and set into a hot oven, reducing heat after ten minutes. Bake until firm in center, about 30 minutes.
Prune and Rolled Oat Drop Cookies

2 eggs
1 c sugar
½ c flour
1 t baking powder
¼ t salt
½ c milk

1 c cooked pitted prunes
¼ c prune juice
1 t vanilla
3 T melted shortening
3 c rolled oats

Beat eggs; add sugar gradually, beating until creamy, add the melted fat. Sift together flour, baking powder and salt and add to egg mixture alternately with milk. Beat until smooth; add chopped prunes and other ingredients in order given. Drop on well greased cookie pan 3 inches apart. Bake in a moderate oven from 15-20 minutes. These cookies make a wholesome dessert for children.

Prune Ice Cream

2 c prune pulp
2 c sugar
Juice 2 lemons
Juice 2 oranges

Put prunes through sieve. To 1 c pulp add all next five ingredients. Whip cream, mix altogether thoroughly and freeze.

Casserole of Dried Fruit

4 c figs, prunes, apricots, or a mixture of these soaked several hours

Put fruit in a casserole with water in which fruit has been soaked. Add sugar and lemon slices. Cover and bake at 350°F (moderate oven) till tender. Cool without uncovering to prevent shrinking. Serve as dessert with or without cream or serve cold.

Dried Fruit Whip

1 c pulp of cooked dried apricots, prunes or peaches
Sugar to taste

1 egg white
1 T lemon juice
Dates

Mix fruit pulp and lemon juice and sweeten to taste. Add 1 egg white. Beat with rotary egg beater till stiff. Serve very cold in sherbet cups. Decorate with strips of date.

Dried Fruit Salad

Prunes, large
Dates
Raisins

Cottage cheese
Nuts
Cocoanut

For each salad use 2 prunes, 2 dates and 2 T raisins. Cook prunes, cool, stone and stuff with cheese. Stone dates and stuff with nuts. Chop raisins, form in balls and roll in cocoanut. Arrange on lettuce leaf and serve with mayonnaise.

Souffle of Dried Fruit

1 c pulp of cooked, dried apricots, prunes or peaches
1 c sugar

⅛ c orange juice
4 egg whites
Cream

Cook fruit pulp, sugar and orange juice till slightly thick. Fold into stiffly beaten egg whites. Turn into greased baking dish and bake 20 minutes at 175 degrees F. Serve with cream.
Apricots and Prunes

\[
\begin{align*}
\frac{1}{2} \text{ lb dried apricots} & \quad 1 \text{ lemon—juice} \\
1 \text{ c dried prunes or figs} & \quad 1 \text{ orange—juice and grated rind} \\
\frac{1}{4} \text{ t salt} & \quad \frac{1}{2} \text{ c sugar}
\end{align*}
\]

Wash and cover the apricots and prunes with warm water. Soak several hours or over night if possible. Add lemon and orange juice and grated rind and cook the mixture very slowly at simmering temperature until the apricots and prunes are tender. Remove from the fire, add sugar (more than \(\frac{1}{2}\) cup may be desired), salt and stir until dissolved. Serve cold for breakfast, or as a dessert with or without cream. One-half cup of grated pineapple may be substituted for the lemon and orange, or it may be omitted.

Dried Apricots—Stewed

Wash and cover dried apricots with warm water; soak several hours or over night if possible. Put over slow fire; cook until tender in same water in which they were soaked; add sugar to taste after removing from fire and stir until sugar is dissolved. If a thick syrup is desired, remove apricots and cook juice slowly until like thin syrup. Use as a breakfast fruit, for dessert with or without cream, or as a basis for various puddings, etc. Long soaking and very slow cooking bring out the fine flavor of the fruit and develop the natural fruit sugars. Equal parts of prunes and apricots cooked together make a very delicious sauce.

Apricot Cake Filling

\[
\begin{align*}
1 \text{ c cooked apricots} & \quad 1 \text{ c sugar} \\
2 \text{ egg whites} & \quad \text{Pinch of salt}
\end{align*}
\]

Mash apricots thoroughly. Add sugar. Add salt to egg whites and beat until stiff, then fold in the apricots. Pile on slices of sponge cake and place in oven until nicely browned. Left-over, practically dried cake may also be used in this way or the filling may be spread on fresh layers and when browned the layers may be stacked in the usual way.

Apricot Tapioca

\[
\begin{align*}
2 \text{ c stewed apricots} & \quad 2 \text{ c milk} \\
\frac{1}{2} \text{ c sugar} & \quad \frac{1}{4} \text{ c minute tapioca} \\
2 \text{ eggs} & \quad \text{Pinch of salt}
\end{align*}
\]

Scald milk, add sugar, salt and tapioca and cook until tapioca is clear and transparent. Stir in beaten yolks and remove at once from fire. Mash apricots and stir into tapioca when cold. Place in serving dish and cover with a meringue made of the egg whites and 2 T of sugar. Brown nicely and serve cold.

“Prune-Cot” Filling for Shortcake

\[
\begin{align*}
2 \text{ c cooked prunes} & \quad 1 \text{ c sugar} \\
2 \text{ c cooked apricots} & \quad \frac{1}{2} \text{ T lemon juice}
\end{align*}
\]

Mix and serve over baked and buttered shortcake.

Apricot Roly Poly

\[
\begin{align*}
2 \text{ c flour} & \quad \frac{1}{4} \text{ c milk} \\
4 \text{ t baking powder} & \quad \text{Cooked apricots} \\
\frac{1}{4} \text{ t salt} & \quad \text{Syrup} \\
2 \text{ T sugar} & \quad \frac{1}{2} \text{ c apricot juice} \\
4 \text{ T fat} & \quad 1 \text{ c sugar} \\
1 \text{ egg} & \\
\end{align*}
\]

Mix as baking powder biscuits, sift dry ingredients, rubbing in fat, adding
egg slightly beaten with milk. Roll to ¼ inch thick in an oblong. Spread with cooked apricots, sprinkle with sugar, dot with butter, roll crosswise to make a long roll, place in a well-greased bread pan. Bake in hot oven about ten minutes, reduce heat. Baste with syrup made by boiling apricot juice and sugar two minutes. Serve with cream. Will serve six persons.

**Apricot Pudding Sauce**

1 c cooked dried apricots  4 T sugar
2 T lemon juice  2 t cornstarch
1 c apricot juice

Press cooked apricots through coarse sieve; add lemon and apricot juice. Mix sugar and cornstarch and add to hot mixture. Cook ten minutes. Serve over boiled rice, cornstarch pudding, or slices of stale cake.

**Peach Bavarian**

1 c peaches, cooked  ¼ c sugar
2 t gelatin  ¼ c hot water
3 egg whites  ¼ c cold water
1 c whipping cream

Run peaches through the colander, add sugar, dissolve gelatin in ¼ c cold water and allow to stand for 5 minutes. Add boiling water and strained peaches to gelatin. Set in a cool place until slightly hardened and beat until very light with an egg whip. Stir in stiffly beaten egg whites and the cream which previously has been whipped. Pour into mold which has been dipped in cold water and set in a cold place until hard. Dried apricots or prunes may be used.

**Peach Custard Pie**

1 c dried peaches  ¾ c sugar
2 c milk  ½ t cinnamon
3 eggs  ½ t salt
Pastry

Cook peaches according to directions for cooking dried fruits and put through sieve. Scald milk, add beaten eggs mixed with sugar, cinnamon and salt. Add peaches and pour into unbaked pie shell. Sprinkle top with cinnamon. Put in hot oven for 10 minutes. Reduce temperature and finish baking.

**Fig Tapioca**

¾ c granulated tapioca  1 c cut figs
½ t salt  ½ c brown sugar
4 c boiling water  Nuts

Add tapioca slowly to boiling water and salt, and cook over hot water until clear. Add figs and sugar and cook five minutes. Pour into pudding dish or into individual dishes and garnish with halved walnuts or pecans. Serve very cold with plain or whipped cream. Prunes may be used instead of figs.

**Dried Apricot Jam**

½ lb dried apricots  7 c sugar
3½ c water  1 c liquid pectin

Soak apricots overnight in the water, then simmer them for ½ hour in a covered kettle. Skim out the fruit, mash thoroughly and combine with the juice. There should be 4 cups of juice and pulp. If not, add water to make that volume. Add the sugar and mix well. Put on a hot fire and
stir constantly. Bring to a full rolling boil and boil 1 minute. Remove from the heat and stir in the pectin. Skim and pour quickly into sterile glasses. Seal the top with hot paraffin.

**Dried Peach Conserve**

- ½ lb dried peaches
- 2 c cold water
- 1 c raisins
- 1 lemon

Soak the peaches overnight. In the morning add the raisins, lemon juice, finely cut oranges and the sugar. Simmer for 1 ¼ hours. Add the nuts a few minutes before it is done. Seal the hot conserve in sterile glasses.

**Apricot-Pineapple Conserve**

- 1 lb dried apricots
- 1 orange sliced thin
- 2 c grated pineapple and juice
- ½ c blanched almonds

Cook apricots till tender in water to cover. Add pineapple and orange and cook a few minutes. Add an equal measure of sugar to the fruit and cook it to the jellying stage. Add the shredded nuts. Seal the hot conserve in sterile jars.