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Cereals and Other Starchy Foods

Time Table for Cooking

	Amount	Water	Salt	Time
Oatmeal	1 c	2-3 c	1 t	1 or more hrs.
Cream of Wheat	1 c	5 c	1 t	½ hr. or more.
Rice	1 c	4 c	¼ t	30 minutes
Corn Meal	1 c	3½ c	1 t	3 or more hrs.
Grits	1 c	4 c	1 t	3 or more hrs.

OATMEAL COOKED IN DOUBLE BOILER

1 c oatmeal 2 c boiling water ½ t salt.

Add oatmeal, mixed with salt, to boiling water. Cook directl over the fire 5 to 10 min.; stir to prevent burning; then steam in double boiler 1 hr. or until well cooked. If more water is needed, add boiling water. Oatmeal is very delicious when served with apples that have been cooked in a thin syrup until tender.

CREAM OF WHEAT

6 c boiling water 1 t salt 1 c Cream of Wheat

To the boiling water add the salt. Stir in gradually the Cream of Wheat. Cook over fire 5 min., stirring occasionally to keep from burning. Steam in double boiler for 30 min. Then add ¼ lb. of stoned dates or ¼ lb. of steamed figs, raisins or soaked prunes that have been cut in small pieces.

SPANISH RICE

Mix	1 c washed rice	3½ t salt
	3 c water	2 onions (medium) grated or run
	2 c strained tomato	through grinder
	2 T butter	2 pimentos (cut fine)

All measurements level. c-cup; t-teaspoon; T-tablespoon.

Put the mixture on the stove and let it come to a boil. When it boils cover and set in the oven. Cook from 1 to 1½ hrs. or cook 2 hrs. in fireless cooker. If cooked in open dish use 4 c water.

STEWED POTATOES

1 qt sliced rap potatoes	¼ t pepper
2 oz. fat bacon	1 t salt
2 slices onion (chopped fine	1 T flour
½ c milk	

Slice potatoes and bacon thin. Spread half the latter on the bottom of a baking dish. Add half the potatoes and sprinkle with half the seasoning. Add the remainder of potatoes and then the rest of the reasoning. Blend the milk and flour, pour into the dish and spread the remainder of the bacon on top. Cover closely and cook for 45 min. in a moderate oven. Remove the cover and cook for 20 min. longer in order to brown the bacon.

THIN WHITE SAUCE

1 T butter	Few grains pepper
1 T flour	½ t salt
1 c milk	

Melt butter, add flour and seasoning. When blended, add the milk, stirring constantly. Boil for 2 min. (¼ c grated cheese may be added or 1 slice of onion chopped fine.)

SCALLOPED ONIONS

Peel and slice large onions in ¼ inch slices and boil until tender. Fill pan with layers of onions and bread crumbs; add salt, pepper and bit of butter. Cover with 1 c white sauce and sprinkle with buttered crumbs and brown in oven.

Corn, Cabbage, Carrots, Turnips, Oyster Plant, etc., may be prepared in the same way.

CAULIFLOWER AU GRATIN

Remove leaves, cut off stalk, and soak 30 min. (head down) in cold water to cover. Cook (head up) 20 min. or until soft in boiling salted water. Drain and place the whole cooked cauliflower, or separated flowerlets, on a dish for serving. Sprinkle with grated cheese, cover with buttered crumbs and place on oven grate to brown crumbs; remove from oven and pour 1 c white sauce around the cauliflower.

MASHED POTATOES WITH CREAMED CODFISH

To one cup of white sauce add the yolks of 2 eggs and 2-3 c of cooked codfish. Rice mashed potatoes around a small inverted bowl on a platter. Remove bowl from platter and fill cavity with creamed codfish. Beat the whites of 2 eggs and season with salt and pile lightly on the creamed codfish. Bake in hot oven until eggs are delicately browned. Garnish with parsley and pimentos or parsley and tomatoes.

MACARONI LOAF

$\frac{3}{4}$ c macaroni	$\frac{3}{4}$ c cooked and chopped meat
1 c cream	or 1 c grated cheese
1 c soft bread crumbs	1 t onion juice
$\frac{1}{4}$ c butter	1 T chopped parsley
1 T red or green pepper	3 eggs
	1 t salt

Cook the macaroni in boiling salted water until tender. Drain and rinse in cold water. Scald the cream, add bread crumbs, butter, pepper, salt, meat, onion juice, the beaten eggs and macaroni. Line a quart baking-dish with buttered paper, turn in mixture, set in pan on many folds of paper in a dish of hot water and bake in a moderate oven from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Serve with tomato or mushroom sauce.

TOMATO STOCK

$\frac{1}{2}$ bu. ripe tomatoes	2 bunches parsley
5 large bunches celery	8 bay leaves
6 large onions	6 green peppers
	Salt

Cook together, rub through colander, reheat to boiling point and strain through fine sieve. Can be used in place of tomatoes preparing tomato soup.

TOMATO SAUCE

2 T butter	$\frac{1}{8}$ t pepper
2 T flour	1 c stewed and strained
$\frac{1}{2}$ t salt	tomatoes
Slice of onion	$\frac{1}{2}$ T capers

Melt butter, add dry ingredients and blend thoroughly. Cook tomatoes with a slice of onion for a few minutes, then remove onion and add tomatoes gradually to butter and flour. Cook thoroughly. Add capers if desired.

HARVARD BEETS

12 small beets $\frac{1}{2}$ T corn starch
 $\frac{1}{2}$ c sugar $\frac{1}{2}$ c vinegar
2 T butter

Cook beets in boiling water until soft, remove skins and cut in thin slices or small cubes. Mix the sugar with the corn starch. Add the vinegar and boil 5 min. Pour over beets and let stand on back of range $\frac{1}{2}$ hr. Just before serving add 2 T butter. Note: Do not cut through the beet skin before cooking it. The juice will escape if the skin is cut. In removing the beet leaves be careful not to cut too close to the beet. Be sure to leave about $\frac{1}{2}$ inch of leaf stem on the beet. If flour is used in place of corn starch 1 T of flour should be used.

CORN CHOWDER

1 can corn 3 c scalded milk
2 c potatoes cut in $\frac{1}{4}$ 3 T butter
 inch pieces Salt
3 in. cube fat salt pork Pepper
1 sliced onion 8 common crackers

Cut pork in small pieces and fry out; add onion and cook 5 min. stirring often that onion may not burn; add potatoes to fat; then add 2 c boiling water; cook until potatoes are soft, add corn and milk, then heat to boiling point. Season with salt and pepper; add butter and crackers. Turn chowder into a tureen and serve. This chowder is a fine dish to make for supper some cold, stormy night.

CABBAGE A LA TULIP

Slit a head of cabbage (through to the core) crosswise 4 times. Slip a hood of cheese cloth over the head to prevent the leaves from falling apart. Cook in a kettle of water until tender. Remove the head and adjust the cut sections to resemble a tulip. Pour over the following: Thin white sauce to which has been added $\frac{1}{4}$ c grated cheese and 2 unbeaten egg yolks. Heat until the cheese is melted.

BUTTERED VEGETABLES

Cabbage, carrots, beets and peas, which have been cooked until tender are very delicious when heated in a double boiler with butter, salt and pepper.

SAUTE'D PARSNIPS

Cut cold, boiled young parsnips in sixths, lengthwise. Saute' in butter until delicately browned and sprinkle with salt and pepper.

BAKED CARROTS

Scoop out a portion of carrot. Fill cavity with bread dressing. Bake until carrots are tender.