



VEGETABLES

(Continued from the June number)

Canned Corn

Canned corn may be used satisfactorily in most dishes that call for green corn. If, before cooking it, the contents of the can be turned into a fine colander, and cold water poured over it to wash off the liquor in which it was preserved, the taste will be cleaner and sweeter. Like all other canned goods, corn should be opened and poured out upon an open dish for some hours before it is used in order to get rid of the undesirable flavor and smell.

Corn Fritters

One can of corn, two eggs, seasoning to taste, two tablespoonfuls of milk or cream. Beat the eggs well; add the corn a little at a time, beating it very hard; salt to taste; add one tablespoonful of butter; stir in milk and thickening enough to hold it together for frying.

Boiled Corn

Husk the corn, clearing the ear of every strand of

silk, and trim off the stem and top neatly. Boil fifteen or twenty minutes, according to the age of the corn. Drain, sprinkle the corn with salt, and serve upon a hot napkin over a platter. Fold the corners of the napkin over the corn.

Canned Peas

Drain and leave the peas in cold water for ten minutes, put on in salted boiling water, cook fifteen minutes. Then drop in a lump of white sugar and cook five minutes longer. Then drain. Add butter, pepper, and salt and serve.

Lima Beans

After shelling, cook the lima beans about half an hour in boiling water with a little salt. Drain them dry. Then stir in a lump of butter half the size of an egg. Add salt and pepper to taste, and serve.

Boston Baked Beans

Needed ingredients: one pound of dried navy beans; three-fourths of a pound of

salt pork; 4 tablespoonfuls of molasses; one-half teaspoonful of mustard; one-half teaspoonful of salt; one-fourth teaspoonful of soda; water.

Soak the beans overnight. Drain and cover with fresh cold water, adding salt and soda. Cook to the boiling point. Then allow to simmer until tender (not soft). Drain. Mix one cup of cold water, mustard, and molasses, and stir well into the beans. Put into a baking dish which has been lined with a layer of pork. Place the balance of the pork on top and cover with hot water. Bake in a covered pan for five hours in a slow oven. Then uncover the pan and bake one hour more.

Baked Squash

Needed ingredients: one squash; 2 tablespoonfuls of butter; one egg; one-fourth of a cup of milk; bread-crumbs, salt and pepper.

Boil and mash the squash, stir in the butter,

and egg, beaten light, milk, and pepper to taste. Fill a buttered baking pan with this, strew bread-crumbs over the top, and bake to a nice brown.

Fried Egg-Plant

Needed ingredients: one large egg-plant; one egg; one cup of milk; one-half cup of flour; pepper and salt; lard for frying.

Slice the egg-plant about half an inch thick, peeling the slices. Lay them in salt and water for an hour, placing a plate on them to keep them down. Wipe each slice dry, and dip into batter made of egg, milk, flour, pepper and salt. Fry in boiling lard. Drain off the grease, and serve.

Stuffed Sweet Pepper

Make an incision in one side of each pepper, and extract the seeds through this with a small piece of a stick. Stuff the peppers with ground tongue, chicken, ham, or veal, mixed with boiled rice and seasoned with salt, a little onion-juice, and a little butter. Sew up the peppers with a few stitches, pack them into a baking dish, pour in enough weak soup-stock to keep them from burning, cover and bake them in a moderate oven for an hour. Then remove the strings and place on a dish.

Make a brown gravy and pour over them. Serve them hot.

Buttered Parsnips

Boil the parsnips until tender and scrape. Slice lengthwise and fry quickly in a little butter heated in a frying-pan and seasoned with a little pepper and salt. Shake and turn until the parsnips are well coated and hot through. Pour the butter over them, and serve.

Creamed Celery

Cut the celery into pieces an inch long. Cook tender in boiling, salted water. Drain this off, and cover with a cupful of hot condensed milk which has been diluted. Let it simmer five minutes, and then serve.

Young Turnips

Peel and quarter the turnips. Cook them half an hour, or until tender, but not broken, in boiling salted water. Drain, still without breaking, and place in a dish. Sprinkle with pepper and salt, then butter plentifully, and serve. Turnips must be served hot, or they are not good.

Cauliflower

Cook the cauliflower. Then drain well and remove the flowerettes. Tear the rest to pieces with a fork, lay it in a deep dish, and sprinkle over it a little

salt and pepper. Add grated cheese and a few dried bread-crumbs moistened with milk. Then add the top layer of the flowerettes and sprinkle with salt, pepper, and cheese. Bake until slightly brown and then serve.

Stewed Carrots

Scrape and boil the carrots whole three-quarters of an hour. Then drain and cut into cubes half an inch square. Cover the diced carrots in a sauce-pan with a weak soup-stock. Cook them twenty minutes or until tender. Add then two tablespoonfuls of milk, a tablespoonful of butter cut up in one cup of flour, salt and pepper to taste. Let it simmer five minutes, and then serve.

Savory Pechay

Select the tenderest stalks of pechay and lay aside in cold water. Cut the outer, coarser stalks in inch-and-a-half lengths. Stew in a cupful of stock seasoned with half a teaspoonful of onion-juice, salt, and pepper. Cook, covered, for an hour, slowly. Drain and press in a colander. Return the stock to the fire, and when it boils, put the tender stalks, also cut into short lengths, into it. Cook gently until tender, thicken with a spoonful of flour or starch, boil up, and serve.