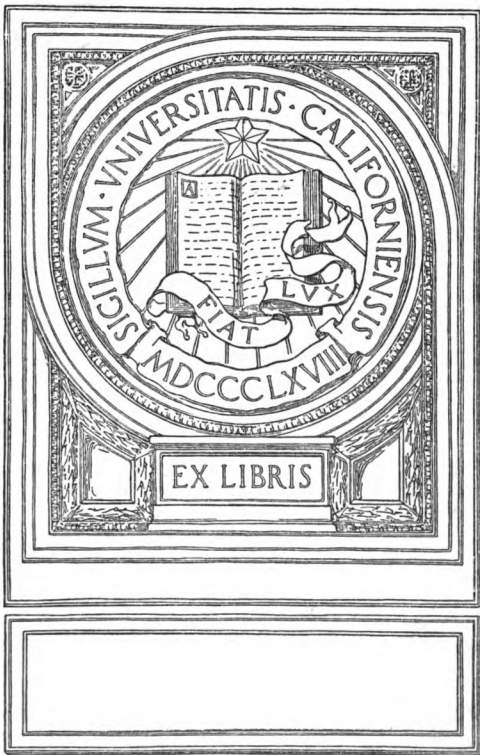




U. S. NAVY
COOK-BOOK

1920



U. S. NAVY COOK-BOOK

SECOND EDITION

REVISED

at the

Commissary School U. S. Naval Training
Station, Newport, Rhode Island

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PREFACE

The Commissary School established at the Naval Training Station, Newport, Rhode Island, is for the purpose of qualifying men for the various ratings of the commissary branch.

The present capacity of the school is as follows: Commissary stewards class, 30; ship's class, 130; and bakers class, 80. The length of the course of instruction in each class is four months.

Candidates for the rate of commissary steward must be ship's cooks, first class, or bakers, first class, and recommended by their commanding officer to the Bureau of Navigation for a course of instruction in the Commissary School. On arrival at the school they are given an oral examination to determine their qualifications. They are then given lectures and practical work in the general duties of a commissary steward, the navy rations, the organization of the general mess, the routine of the commissary department, placing the commissary department in and out of commission, accounting, dietary principles, provisions, the menu and the efficiency in the commissary department. The course of instruction is divided into four grades or classes; the time required to complete each grade is about four weeks. A new class is started on the first of each month and men who are in the waiting class are admitted to the first grade. Students received during the month are placed in the waiting class. Before advancing from one grade to another, students are required to pass a satisfactory examination. Monthly reports of fitness are made of each student and after completing the course he is given

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a written examination and, if found qualified, is recommended for the rating of commissary steward and sent to general service.

Candidates for the rate of ship's cook are enlisted in the rating of ship's cook, third or fourth class, or landsman. On arrival at the Training Station they are given one month of military training before being transferred to the Commissary School. On entering they are given an oral examination to determine their knowledge of cooking and butchering. They are then given lectures and practical work in the experimental galley. The practical work consists of butchering and the preparation and cooking of the different foodstuffs. Lectures cover the personnel of the commissary department, the general duties of a ship's cook, cooking, preparation of dishes, beverages, carving, the daily bill of fare, dietary principles and efficiency in the galley. After satisfactorily completing the course, they are rated according to their ability as ship's cooks, third or fourth class, and sent to general service.

Candidates for the rate of baker are enlisted as baker, second class, or landsman, and receive the same military training as ship's cooks. On entering the school they are given an oral examination and lectures and practical work. The practical work consists of making bread and pastry. The lectures cover the personnel of the commissary department, general duties of a baker in the navy, dietary principles, materials, baking wheat bread and other breads, cakes, pastry, desserts, efficiency in the bake shop and adverse conditions. After satisfactorily completing the course they are rated baker, second class, and sent to general service.

METHODS OF COOKING

The cooking of foodstuffs for the proper nutrition of the human body while necessary to some articles of food is not necessary to all articles. Foods are cooked for various reasons; for instance, to render mastication easy by softening the tissues and fibers of meats and vegetables, to facilitate and aid digestion, to eliminate certain foreign parasites, such as tinea of tapeworm in beef and mutton, trichina in pork and the ptomain poisons of decayed tissues, especially in fish.

The actual cooking of food should not be confounded with the preparation of dishes of food; as there are only about eight methods of cooking, while in the preparation of dishes the methods are almost countless.

Whatever method is used in the cooking of food the results are the same, the only difference obtained being the flavors produced by the method employed. For example: It would be impossible to obtain the flavor of roast beef by boiling it, yet as far as the eupeptic properties of the meat go they would be the same cooked by either method, as both methods soften the tissues and fibers, and aside from the individual flavors obtained by the manner of cooking there would be but little difference.

Whether meats are roasted, boiled or fried it is our object to retain as much as possible of the nutritive and flavoring extracts in the meats, and this result can be obtained only by using the proper temperatures. The

meats should first be subjected to a high temperature, as by this means the pores of the meat are quickly closed and the albumin nearest to the surface of the meat is coagulated; then the temperature is reduced to enable the heat to slowly penetrate to the center of the meat, thus cooking it through; then the temperature again reduced and continued until the cooking has become complete.

ROASTING AND BROILING

Both these forms of cooking are practically the same and consist of exposing the meats to the action of the heat from an open fire. In roasting, the meats are continually turned while in the process of cooking, this turning being accomplished by means of a mechanical device known as a roasting jack; but this form of cooking meats is practiced very little outside of the larger hotels. However, a similar result may be obtained if the meat is broiled, whereby it is placed in a broiler and held over a very hot, clear fire and allowed to remain until the surface has become seared and the pores of the meat have become closed; the meat should then be turned and the other side treated in the same manner. The meat is then moved further from the heat when the cooking is continued until done.

The broiler should be clean, well heated, and greased before using. As salt applied to raw meat tends to toughen the fibers, it should not be applied to the meat until it is very nearly cooked.

BAKING

The practice of baking meats is much more general than roasting or broiling, and when meats are properly baked

they have a flavor almost as good as that produced before the open fire. The meat should first be cut into pieces of desired size, then wiped with a damp cloth and placed in a baking pan, into which small pieces of fat, or some drippings, have previously been placed. The oven should have a temperature of at least 450° F., then the meat placed within and allowed to remain for at least 30 minutes. At the end of this time the meat has become well seared (or browned), and in the meanwhile should have been turned and basted with the fats in the bottom of the pan. The temperature of the oven should then be reduced to about 350° F., the meat seasoned with salt and pepper, and a small quantity of stock or water poured over it. The meat should then be turned and basted frequently until it has finished cooking. Whether the meat has been thoroughly cooked or not, may be determined by the color of the juices that flow from it when it is cut; this juice should be of a dark wine color.

BOILING AND SIMMERING

These are two methods of cooking that are simply the result of the temperature used, and the principle is identical with that of roasting with the exception that the flavor of roasted meat is lacking; however, meats may be boiled and be just as juicy and tender as meats that have been roasted, if proper attention is given to the process. In the first place, we must obtain the maximum temperature of 212° F. (or boiling), the meats should be as near as possible all of one size, placed in the boiling water, and allowed to remain for at least 30 minutes; then the heat should be reduced until the water but simmers. This

simmering should be continued until the meats have become tender. Boiling should never be allowed to take place after the meat has been in the water for the first 30 minutes, as the continued boiling would serve to toughen the fibers of the meat and spoil the flavor near its surface. Season at the end of the first 30-minute period. The process of simmering should be strictly adhered to in order that proper results may be obtained when meats are cooked by boiling. The proper temperature for simmering is about 180° F. Serve the meat with a good sauce.

FRYING AND SAUTÉING

Frying consists of completely submerging the article to be cooked in deep fat or oil. The fat should always be at the boiling point, otherwise the food would absorb the fat and produce a very indigestible article. It must be kept in mind that fat at a boiling heat does not bubble, but remains perfectly still with a thin, blue vapor rising from its surface, and this thin, blue vapor must not be confounded with the thick, dark-colored smoke that arises from burning fats. Foods cooked by frying are usually first coated with beaten egg and then covered with bread- or cracker-crumbs, which is, indeed, a very good method, serving as it does to retain the juices of the meats. The articles to be fried should be placed within the hot fat in very small quantities or their entrance would serve to cool the fat below the desirable temperature and thus cause the food to absorb the fat.

Care should be taken that the fat does not burn, as fat that reaches this temperature undergoes a chemical change and is split up into fatty acids and glycerine; and from

glycerine is produced a substance called aerolein which has a very irritating effect upon the mucous membrane; hence, the disfavor in which fried food is held.

Unlike frying, sautéing is a method of cooking food in only enough fat to keep the article from sticking to the pan in which it is being cooked. The pan should be well heated and then a small quantity of fat or oil put in it, then the article should be placed in it and quickly seared on both sides, the temperature then reduced and the article allowed to finish cooking. The article should never be completely cooked on one side as this method would serve to drive out all the juices of the meat, making it tough and tasteless.

BRAISING

This manner of cooking comprises three distinct methods: First, the meats, with a small quantity of fats, are placed within a closed vessel or braising pan and allowed to remain there until the meats have become thoroughly brown; then flavoring herbs and vegetables are added. The whole is then cooled for about 15 minutes, after being well dredged with flour; then sufficient water or stock to half cover the meat is added. The temperature is then sufficiently reduced to allow the article to simmer for about 3 or four hours, or until tender. Thus we have the three distinct methods which comprise sautéing, steaming and simmering, obtaining the flavor of roast meat with the tenderness produced by the prolonged steaming and simmering. Tough meats may be treated in this way with a marked tenderness resulting. In braising meats they should at all times be kept tightly covered in order that the steam may be retained in the vessel.

STEAMING

This is a process useful in cooking puddings, etc. It has no advantages over boiling such articles of food. The steam merely tends to keep the article dry while cooking. Such articles may be steamed in an ordinary pot or copper by placing a small quantity of water in the bottom of such receptacles and inverting a pan over the water, then placing the article to be cooked upon the inverted pan. The water should be replaced as it boils away until the article is cooked.

THE PREPARATION OF SOUP STOCK

Strictly speaking, soups should be regarded more as a stimulant than as a food, composed, as they are, chiefly of water combined with flavoring juices of meats, herbs and vegetables. Soups are divided into two classes: clear and thick. In the latter, such materials as are rich in carbohydrates are used, as beans, peas, rice, lentils and starch, and in this class of soups the caloric value is greatly increased, so that practically the main function of soups is that of a stimulant. They excite the salivary glands, causing a copious flow of saliva and gastric juices, which material is very necessary to the proper digestion of the more solid foods.

The basis of all soups is commonly known as stock, which is simply a combination of water, the flavoring juices of meats, vegetables and spices, together with a small percentage of the nutritive principles contained in meats. When meats that are used in the preparation of stock are white (such as chicken and veal) the stock is known as white stock and is used in the preparation of soup that is required to be of a light color. Stocks required for light or brown soup may be prepared from any kind of meats, cooked or raw. All stocks are prepared in the same manner, with one object in view, namely: to extract as much as is possible of the flavoring and nutritive juices of the materials used. The flavoring juices are readily extracted by the process of long and slow cooking. This cooking

should take place at a temperature of less than 160° F., as the nutritive juices are of an albuminous nature and will coagulate at a temperature above 160° F., after which it becomes insoluble in water. To illustrate the meaning more fully, we may take a bowl of cold water and mix the water with the white of an egg; it will be noticed that no change takes place with the exception that the liquid turns a little opaque. But if the water should be boiling and then the egg mixed with it, we see a decided change. The albumin immediately becomes coagulated and it is then impossible to bring it back to a liquid state. That should teach us that in order to extract the greater amount of the nutritive principles, it is necessary to keep the temperature of the water in which the meats are cooking as low as possible for some considerable time to facilitate the dissolving of the albumen.

Aside from the flavoring and nutritive extracts from the meats, we have the flavors of herbs, vegetables and spices. These, combined with various minerals and salts, tend to produce palatable stock. Great care should be exercised in the use of these vegetables and herbs, as each has a distinctive flavor and no one flavor should be allowed to predominate over the others, but all should blend to produce a palatable flavor.

Nothing is more nauseating than the excessive use of bay-leaves or strong turnips in a soup, as they will predominate over the natural flavor of the meats; the latter flavor being much desired in a properly prepared soup stock.

The following rules may be found useful in the preparation of soup stocks:

1. Meats should be cut into small pieces.

2. Bones should be broken and the large joints cut with cleaver.

3. Vegetables should be cleaned, washed and cut into halves.

4. Spices should be placed in a muslin bag.

Meats, bones and vegetables should be placed in cold water and allowed to remain so for 30 minutes, then the heat applied slowly and kept near, but below, 160° F. for some time, then more heat applied until the simmering point is reached. The simmering should be allowed to continue without ceasing for at least 5 hours. The spices should be cooked for 1 hour and then removed. The fats should be removed and the stock strained, and then it is ready for use in the preparation of soups. The stock should never be allowed to boil.

The following is a summary of ingredients needed for the preparation of soup stock for 100 men :

Bones and soup meats.....	25	lbs.
Carrots	2	“
Onions	4	“
Parsley	$\frac{1}{4}$	“
Celery	$\frac{1}{2}$	“
Leeks	$\frac{1}{2}$	“
Cloves	12	No.
Whole peppers	$\frac{1}{4}$	oz.
Mace	$\frac{1}{8}$	“
Sufficient water to make 12 gals. of stock.		

In consideration of the fact that the amount of soup prepared for a number of men depends somewhat on the amount of other dishes that will be served in the dinner, the quantity of soup must, of course, be lowered where the

quantity of the other part of the meal is raised; however, the following recipes are given:

MACARONI SOUP

12 gals. stock	12 egg yolks
4 lbs. macaroni	Salt and pepper to taste

Break the macaroni into 2-inch lengths. Place in boiling salted water and cook for 20 minutes, then remove and add it to the stock and cook it for 15 minutes. Beat the egg yolks and add them gradually to some of the soup, then mix the whole amount together 5 minutes before serving.

NOODLE SOUP

12 gals. stock	12 egg yolks
4 lbs. noodles	Salt and pepper to taste

Prepare in the same manner as the previous recipe.

VERMICELLI SOUP

12 gals. stock	12 egg yolks
5 lbs. vermicelli	Salt and pepper to taste

Prepare in the same manner as the previous recipe, but the vermicelli should be cooked in the stock for 20 minutes.

VEGETABLE SOUP

12 gals. stock	5 lbs. tomatoes
2 lbs. carrots	3 lbs. flour
1 lb. turnips	Salt and pepper to taste
2 lbs. onions	

Vegetables should all be cut into small dice shape. In preparing vegetable soup the flavor of the vegetables is

greatly improved if the vegetables are slightly sautéed in hot butter or fat. Prepare as for soup stock. After removing the bones from the stock, the tomatoes are added and cooked for 1 hour longer. Thicken with the flour and serve.

ENGLISH BEEF SOUP

Use the same ingredients as for vegetable soup, except that 4 pounds of pearl barley are substituted for the flour, also that small pieces of the soup meat may be served in the soup. The barley should first be soaked in cold water for 30 minutes and then either boiled separately or in the soup. If boiled separately, the liquid should be added to the soup.

SCOTCH BROTH

12 gals. stock	2 lbs. carrots
$\frac{1}{8}$ oz. thyme	2 lbs. turnips
5 lbs. pearl barley	1 lb. leeks or onions

This soup is best prepared from the stock of boiled mutton. Strain the stock and add the barley and vegetables, and then simmer until the barley is soft. Season with the thyme, and salt and pepper as required. (This soup may be slightly thickened with flour.)

ONION SOUP

12 gals. stock	3 lbs. milk
10 lbs. onions	5 lbs. bread for
4 lbs. flour	croutons

Boil the onions in the stock until tender; then thicken with a good white roux; then add the milk, and season.

Just before serving, the croutons are added. A little chopped parsley greatly improves the appearance and flavor of this soup.

CREAM OF CELERY SOUP

12 gals. stock	3 lbs. milk
5 lbs. celery	5 lbs. bread for
5 lbs. flour	croutons

Wash the celery well and separate the whitest parts. Cook the remainder in the stock until tender. Remove the celery and strain the stock. Dice the white parts of the celery and boil them in salted water until they are tender; then prepare a white roux, with which thicken the soup; add the diced celery, and bring to a boil. Add the milk, season, and just before serving add the croutons.

RICE AND TOMATO SOUP

10 gals. stock	4 lbs. rice
10 lbs. tomatoes	5 lbs. onions

Add the tomatoes and the finely chopped onions to the stock and cook until tender; then add the rice and cook until it is well starred. Season and serve.

CREAM OF TOMATO SOUP

10 gals. stock	3 lbs. milk
20 lbs. tomatoes	$\frac{1}{8}$ oz. baking soda
3 lbs. onions	5 lbs. bread for
5 lbs. flour	croutons

Boil together the tomatoes and onions until they become a pulp, then mash and strain through a fine colander; add

to the stock and thicken well with a white roux. Simmer for 30 minutes; then add the soda and then the milk. Season and serve with the croutons. The consistency of this soup should be that of a good thick cream.

POTATO SOUP

12 gals. stock or water	$\frac{1}{2}$ lb. butter
40 lbs. potatoes	$\frac{1}{8}$ oz. mace
10 lbs. onions	5 lbs. bread for croutons

If water is used instead of the stock, 3 pounds of milk should be added. Peel and boil the potatoes until they are fit to mash; then add the stock or boiling water. Chop the onions very fine and add them to the stock and boil until they are tender; add milk (if used). Season with the mace, salt and pepper, also a handful of chopped parsley. Add the croutons just before serving.

PRINTANIER SOUP

12 gals. stock	3 lbs. peas
4 lbs. carrots	3 lbs. string beans
4 lbs. turnips	2 lbs. celery
3 lbs. leeks	

Cut the celery into small squares and sauté for a few minutes, add it to the stock and cook until tender; then add the peas and the string beans, the latter cut into small pieces. Season and serve.

JULIENNE SOUP

12 gals. stock	3 lbs. cabbage
4 lbs. carrots	3 lbs. string beans
4 lbs. turnips	2 lbs. celery
3 lbs. leeks	

This soup is prepared in the same manner as printanier soup, with the exception that any vegetables capable of being cut into long, thin strings may be used, such as carrots, cabbage, turnips, onions, etc.

BEAN SOUP

12 gals. ham stock or water	5 lbs. onions
3 gals. beans	12 lbs. tomatoes

In preparing this soup the beans should first be soaked in cold water for about two hours, then the water removed and replaced with fresh water, and the beans allowed to boil slowly. In the meantime, cut the onions into small slices and add them to the soup with some ham stock or ham bones. Cook all together until the beans are well broken. One hour before serving, the tomatoes should be added; the ham bones should be removed after a slight boiling.

DRIED PEA SOUP

12 gals. ham stock or water	5 lbs. carrots
15 lbs. peas	5 lbs. bread or
5 lbs. onions	croutons

Prepare in the same manner as for bean soup, estimating the quantity of tomatoes needed. A few carrots improve the flavor of this soup.

OYSTER SOUP

5 gals. milk	2 lbs. butter
3 gals. oysters	

Blanch the oysters in their own liquid until they are half cooked, then skim them out and set aside. Strain the

liquid and add the milk; when this boils, thicken slightly with roux, boil for three minutes, then add the oysters and cook them until they are firm. Season and serve. Do not let the milk boil too long or it will curdle.

HOW TO CLEAR STOCK

The clearing of soup stock for consommé may be accomplished by careful preparation. Stock may be cleared without trouble if the following directions are adhered to: Keep the stock continually simmering, but do not allow to boil. Use a stock pot if available, whereby the stock may be drawn off through a spigot and strained through a flannel cloth; but as this method cannot be used where a ship is in motion, the following directions are given:

Chop fine, some lean beef, add 2 egg whites together with the shells of same to every pound of meat; and after the stock has cooled, add this to it, mix well and gradually bring to a boil; then reduce the temperature and allow to simmer slowly for about 30 minutes; strain through a fine cloth. The liquid thus produced is called consommé, and may be drunk either hot or cold, and is used in the preparation of the following soups:

CONSOMMÉ ROYAL

12 gals. cleared stock (consommé)

24 egg yolks

Mix the well-beaten yolks with a little more than their bulk of milk, season, and pour into a pan 1 or 2 inches deep; then place in a second pan containing boiling water and bake in a moderate oven until firm; cut into half-inch dice, add to the consommé and then serve.

**CONSOMME WITH MACARONI, NOODLES OR
VERMICELLI**

12 gals. cleared stock (consommé)
5 lbs. macaroni, noodles or vermicelli

All of the above-mentioned pastes must be boiled in salted water, seasoned and then added to the consommé.

CONSOMMÉ WITH TAPIOCA

12 gals cleared stock (consommé) 4 lbs. tapioca

Soak the tapioca over night, drain and add to the consommé; boil for 40 minutes, season and serve.

CONSOMMÉ WITH SAGO

12 gals. cleared stock (consommé) 4 lbs. sago

Prepare as for consommé with tapioca.

CHOWDERS

CLAM CHOWDER

30 lbs. potatoes	2 lbs. milk
3 gals. clams	$\frac{1}{8}$ oz. thyme
5 lbs. salt pork or bacon	5 lbs. tomatoes
5 lbs. onions	Water sufficient to
5 lbs. flour	make 10 gallons

Peel and dice the potatoes and then boil in slightly salted water until about three-quarters cooked, drain and reserve the stock. Dice the salt pork or bacon and place in the pan with a little water and fry until the meat becomes slightly brown; then add the onions, finely chopped, and cook for 5 minutes; add the flour and stir well. Remove from the fire and add to the potato stock and simmer slowly. If soft-shell clams are used the bellies are removed and the tough parts are added to the potato stock together with the liquid, onions and meat, and allowed to simmer for 30 minutes. Fifteen minutes before serving add the potatoes, clam bellies, seasoning, and pepper and salt, and a small pinch of thyme. If the clams are tough they should be finely chopped and cooked for 30 minutes in the stock. This chowder may be greatly improved if the milk is added just before serving. Tomatoes may or may not be used with this chowder.

FISH CHOWDER

20 lbs. fish	2 lbs. milk
30 lbs. potatoes	$\frac{1}{8}$ oz. thyme
5 lbs. salt pork or bacon	Fish stock or water
5 lbs. onions	enough to make
10 lbs. tomatoes	10 gallons

Prepare the stock from the head and tails of the fish. Dice the salt pork or bacon and fry it out on the range; then add finely chopped onions and fry until brown. Cut the fish small and boil with the diced potatoes until the potatoes are well cooked; thicken slightly with roux. Season with thyme, salt and pepper. Just before serving add the milk.

FISH DISHES

Great care should be taken to see that fish to be used for food are fresh. The best way to determine this is by the firmness of the flesh, the brightness of the eye and the bright red color of the gills.

The most common methods of cooking are boiling, baking and frying. Large fish are generally boiled, medium-sized are baked or broiled and the smaller ones are fried. Extremely large ones, such as cod, haddock and halibut, are usually cut into steaks and then fried. When boiling fish the flavor may be greatly improved by adding vinegar, salt, bay-leaves, whole peppers, parsley, onions, or a few slices of lemon to the water.

Fish for baking should be well cleaned and scaled and have fins and tails removed. A prepared dressing of stale bread, well seasoned with butter and sage, onions, pepper, salt and any other aromatic herbs that may be fancied should be placed in the fish. The fish should then be placed in well-greased baking pans and have a little melted butter or fat poured over it, then covered with bread-crumbs or cracker dust, and a few slices of bacon or salt pork laid on the top of it. The addition of tomatoes and a few slices of onion will improve the fish.

FRIED FISH

60 lbs. fish

4 lbs. flour

8 eggs

Bread-crumbs or cracker dust

Clean and scale the fish, wash well in cold water, then drain and dip it in dry flour, then in well-beaten eggs, and

lastly in bread-crumbs. Allow it to stand for 10 minutes and then fry in deep, hot fat.

FISH FRIED IN BATTER

60 lbs. fish	4 lbs. flour
4 eggs	3 oz. baking powder

Clean as before, and then prepare a frying batter from the flour, eggs and baking powder, seasoned with salt. Dip the fish into the batter and then fry in deep, hot fat.

FISH FRITTERS

25 lbs. fish	8 eggs
10 lbs. flour	2 lbs. milk
8 oz. baking powder	

Cold boiled fish or salt cod may be used for these fritters. If using salt fish it must first be well freshened and then picked apart and added to a batter composed of the following: Flour, egg, milk and baking powder. When using cold boiled fish salt will be necessary. Mix well and fry as ordinary fritters in hot fat.

CANNED SALMON FRITTERS

25 lbs. salmon	8 oz. baking powder
10 lbs. flour	2 lbs. milk

Prepare the batter as above and season with salt and pepper; drain off the liquor, break the fish in small pieces and add to the batter. Fry in deep, hot fat.

CANNED CODFISH FRITTERS

Use the same quantity of ingredients as for the previous recipe, prepare in the same manner, except that canned codfish is used.

OYSTER FRITTERS

2 gals. oysters	8 oz. baking powder
10 lbs. flour	2 lbs. milk

First blanch the oysters slightly in their own liquid; remove oysters and strain the liquid. Prepare the fritter batter as in the previous recipes, adding the oyster liquid. Add the oysters and fry in deep, hot fat. If canned oysters are used it is not necessary to blanch them.

CLAM FRITTERS

2 gals. clams	8 eggs
10 lbs. flour	2 lbs. milk
8 oz. baking powder	

Use soft-shell clams for fritters. Drain the liquid from the clams, let come to a boil, skim and strain and then allow to get cold. Mix a fritter batter as above, making it quite thick, add the clams and fry.

CANNED SALMON CROQUETTES

30 lbs. salmon	4 bunches of parsley
5 lbs. flour	Cracker dust
8 eggs	

Remove the salmon from the liquid and mince up into small pieces. Prepare a well-seasoned heavy roux and mix with the salmon, then set aside to become cold. Chopped parsley may be added, if desired. When cold mold into

cones or cylinders, roll first in flour, then in beaten eggs, and lastly in the cracker dust. Allow to stand for 10 minutes and fry in deep, hot fat.

LOBSTER CROQUETTES

60 lbs. lobster, fresh, or 35 lbs. lobster, canned

Prepare in the same manner as salmon croquettes, substituting the lobster. If fresh lobster is used it should be chopped fine.

CRAB CROQUETTES

35 lbs. crab meat

Prepare in the same manner as lobster croquettes, substituting canned or fresh crab meat.

CANNED SALMON CAKES

50 lbs. peeled potatoes	8 eggs
25 lbs. salmon	3 lbs. flour

Boil the potatoes, mash well and let cool. Remove salmon from the tins, drain, chop very fine, add to the mashed potatoes and season. Mold in round flat cakes, dip in flour and fry in a small quantity of hot fat. The addition of eggs greatly improves this dish.

CODFISH CAKES

50 lbs. peeled potatoes	8 eggs
25 lbs. codfish	3 lbs. flour

Prepare the same as salmon cakes, using codfish instead of salmon. If shredded codfish is used and is too salty, freshen with cold water.

MEATS

ROAST BEEF

Cut 80 pounds ribs of beef into 6-pound pieces; wipe dry. Place in roasting pans and rub in as much flour all over as the meat will hold, letting a little of the flour drop over the bottom of the pan. Place dots of drippings over the top of the roast, using about 4 tablespoonfuls in all. Place pan in the oven and let alone for 25 minutes or until browned nicely. Then draw out the pan and pour in about 3 cupfuls of boiling water. Baste the meat all over, place back in the oven and close drafts, reducing the temperature of the oven to a very moderate heat. Baste every 10 or 15 minutes. When nearly done season with salt and pepper; baste again. You cannot baste the meat too often. Figure about 13 minutes to the pound to cook the meat. The first intense heat of the oven sears the meat, retaining the juices. Reducing the heat cooks the inside without further scorching the surface.

When meat is done, remove from pan. Set pan on top of the range, add a little hot water and stir well to detach all the particles of flour that have adhered to the pan. Boil and stir for 4 or 5 minutes, then strain into a gravy dish. Skim off all fat which you keep for drippings.

The practice of adding flour to the roasting pan, to burn and thicken the gravy, and with burned, bitter tasting sugar, should be discouraged. No more thickening is really required than the stray particles of flour which fell from

the meat when first started to roast. These have cooked well and browned during the time of roasting.

BRAISED BEEF

56 lbs. beef	4 bay-leaves
2 lbs. salt pork	12 cloves
2 lbs. carrots	Celery tops
2 lbs. turnips	3 lbs. onions
Flour	

The kind of meat best for this purpose is round, vein and shoulder-clods. Cut the fat pork 3 inches long and $\frac{1}{2}$ inch square; dice the vegetables. Cut the meat in about 8-pound pieces, take a steel and punch a hole parallel with the grain of the meat and insert one of the lardons of pork, continue this until all the pork is used. Place a baking pan on top of the range, put remaining scraps of salt pork together with some beef drippings in the bottom of the pan, allow to become hot, then add the beef which has been previously well dredged with flour, allow to become well browned, then add the diced vegetables and cook for 20 minutes, then add the stock or water to fill the pan, invert another pan to prevent escape of steam and finish cooking in the oven, turning the basting the meat frequently; this process of braising may be carried out in the same manner by using the steam coppers. Remove the fat from the liquid. strain, season and serve.

BOILED BEEF

70 lbs. beef	2 lbs. turnips
2 lbs. onions	2 lbs. carrots

Cut the beef in 8-pound pieces, place in boiling water and allow it to boil hard for 15 minutes, then reduce the tem-

perature to simmering, add the onions, carrots and turnips whole, a little salt and pepper may be added; this meat should be served with one of the following sauces: pickled horse radish sauce, onion sauce or tomato sauce.

FRIED BEEFSTEAK

60 pounds of steak in $\frac{1}{2}$ -pound pieces, place some drippings in pan and allow to become very hot, then add the steak, searing on both sides; remove from the pan, place in another pan and sprinkle with salt, pepper and a little butter. In cooking large quantities of steak the first cooked should be rather rare. Steak may be cooked on top of the range, first wiping off the plates and well greasing with fat; in cooking steak in this manner it may be left in large pieces and cut later.

BROILED STEAK

Cut 60 pounds of steak 1 inch thick, have a good clear fire and very hot, heat a broiler and grease well, lay a steak on the broiler and sear both sides as quickly as possible, then remove a little further from the fire and finish cooking, place in the pan or dish, season with salt, pepper and butter.

STEWED STEAK (SPANISH)

60 lbs. steak

8 lbs. tomatoes

5 lbs. onions

1 lb. flour

Cut the steak in $\frac{1}{2}$ -pound pieces, sear quickly on top of the range, place in the copper, dredge with flour, cook 5 minutes; slice the onions and add them to the steak, then the tomatoes and sufficient water or stock to cover, stew

very gently until tender, season with salt and pepper, or green peppers may be sliced and cooked with the steak.

HAMBURGER STEAK NO. 1

40 lbs. hamburger	10 lbs. bread
5 lbs. onions	

Chop the onions very fine, soak the bread in cold water, squeeze dry and add to the meat, season with salt and pepper, mix well and mold in cakes, then fry on the range in very little grease.

HAMBURGER STEAK NO. 2

50 lbs. hamburger	5 lbs. onions
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Chop the onions very fine, mix well with the hamburger meat, season with salt and pepper, mold in flat cakes and fry on a smoking hot griddle, using a small quantity of fat to keep from sticking.

BEEF LOAF

Pass 35 pounds of meat through meat grinder, add 10 pounds of bread-crumbs, season with 2 ounces of pepper, 8 ounces of salt, add 2 pounds of chopped onions, 1½ dozen eggs, 1½ gallons of stock; mix all ingredients well and form in loaves. Place in pans and bake for 1½ hours in moderate oven, basting with a little stock; serve cold.

BEEFSTEAK PIE

40 lbs. beefsteak	2½ lbs. lard
5 lbs. onions	6 oz. baking powder
10 lbs. flour	8 oz. salt

Cut the steak in 6-ounce pieces, sear well in a hot, well-greased pan; place the meat in the baking pan, slice and fry

the onions slightly, make a thin brown roux in the pan the steak was fried in, and pour over the steak, there should be sufficient to just cover the meat; prepare a biscuit dough, cover meat and bake for 40 minutes.

ROAST BEEF HEARTS

40 pounds of beef hearts, salt and pepper, bay-leaves, beef drippings and flour. Wash the hearts in cold water, removing all the blood from the cavities; have some water boiling in the copper, drop the hearts and bay-leaves in and boil for 30 minutes, remove from the copper, prepare a bread dressing, place a layer in a black pan, then place the hearts on top, dredge with flour, season with salt and pepper and a little beef drippings, bake in a moderate oven, baste with stock and serve very hot with a brown sauce.

BEEF STEW

40 lbs. peeled potatoes	2 lbs. tomatoes
30 lbs. beef	2 lbs. flour
10 lbs. carrots	Salt and pepper to
10 lbs. onions	taste

Cut the meat in small pieces, pare the vegetables, cut in even-size pieces and keep separate in cold water; place the meat in the copper, cover with water and cook for 30 minutes, add the carrots, onions and tomatoes, cook until tender, skim off the surplus fat, thicken with flour and serve.

BEEF SEA PIE

Prepare as for beef stew and place in baking pans; prepare a biscuit dough, cover the pans, wash with beaten eggs and cook 30 minutes in hot oven.

RAGOUT OF BEEF

Prepare as for beef stew, except after cutting the meat in pieces place some drippings or fat in the copper and allow to become hot, then flour the meat well and add to the fat in the copper. When meat is brown, add the carrots and onions and cook a little longer, add the tomatoes and sufficient water to well cover the meat, simmer until all is tender and add the potatoes, cook until done, thicken with brown roux, season with salt and pepper.

BEEF KIDNEYS

Wash and soak in salt water 35 pounds of kidneys and cut into 1-inch cubes, then wash and put on in cold fresh water and bring to a boil, draw off the water and wash thoroughly; place scouse kettle on range with drippings and simmer until brown; add 4 pounds of finely chopped onions and 4 tins of tomatoes, season with 8 ounces of salt, and $\frac{1}{4}$ ounce of cayenne pepper, simmer for $1\frac{1}{2}$ hours, add 4 gallons of stock or boiling water and thicken with flour; this can be served with boiled rice or mashed potatoes.

BEEF PLATES BOILED

40 pounds of clear meat, sage dressing. Bone the meat and split to make an even surface, prepare a sage dressing,

and spread evenly on the surface, then roll the meat, tie well with twine, place in boiling water, to which has been added a few bay-leaves, cloves and thyme, salt and pepper; allow to boil rapidly for 30 minutes, then reduce to simmering and slowly cook until tender; remove and slice. To be served hot, or may be allowed to cool and serve as cold meats.

BEEF PLATES BRAISED

Same quantities as above; after rolling the plates they should be placed in the copper with some good beef drippings and well dredged with flour; after they are well browned, sufficient water should be added to partly cover them, then add spices, let simmer until very tender, and serve as described for boiled beef plates.

MINCED BEEF NO. 1

Take 30 pounds of lean beef and cook (left over meats can be used), put through meat chopper with 5 pounds of onions, place in scouse kettle with a little butter, add 2 cans of tomatoes and place on back of range to simmer, add 8 ounces of salt, 2 ounces of pepper, 1 ounce of mace, 4 ounces of chopped parsley, and stock enough to cover; thicken with flour and serve on toast.

MINCED BEEF NO. 2

Prepare meat same as recipe No. 1. Place 2 pounds of butter in scouse kettle, when melted add 2 pounds of flour, stir continuously, when smooth add 3 gallons of

stock, $\frac{1}{4}$ ounce of cayenne pepper, 8 ounces of salt. Divide roux into two scouse kettles or receptacles holding 8 gallons; take 5 pounds of onions, parboil for 30 minutes, then run through chopper, add onions to chopped meat, then add to the roux and simmer 20 minutes and serve on toast, or serve in border of mashed potatoes. If Spanish minced beef is desired, add Spanish peppers and lemon juice.

BEEF À LA MODE NO. 1

50 pounds of clear meat cut in 4-ounce pieces. Place in copper with 4 pounds of beef drippings, and simmer slowly for one-half hour, then add 5 pounds of carrots, cut in 1-inch cubes, 5 pounds of sliced onions and 1 quart of vinegar; cover and simmer 20 minutes longer, stirring occasionally, then add 3 cans of tomatoes, salt and pepper to taste; add 6 gallons of stock or water, simmer 15 minutes thicken with 2 or 3 pounds of flour thickening; serve with boiled, peeled potatoes.

BEEF À LA MODE NO. 2

Cut 60 pounds of round of beef in 5- or 6-pound pieces, daub with 3 pounds of fat, salt pork, cut in $\frac{1}{2}$ -inch strips, sear in scouse kettle with beef suet until brown, add 1 quart of vinegar, 1 ounce cloves, 1 ounce allspice, 8 ounces of salt, 2 ounces of pepper, add stock to cover, simmer 3 hours, take the meat out and thicken the gravy with about 3 pounds of flour thickening; serve with mashed potatoes or stewed macaroni and tomatoes.

ROAST VEAL

Using 80 pounds of veal, prepare and cook in the same manner as roast beef. This meat should be cooked well done, and may be served with a dressing.

FRICASSEE OF VEAL

Cut into small pieces 50 pounds of veal, place in copper with sufficient water to cover, add 10 pounds of finely chopped onions and cook until tender. Then prepare a good cream sauce from the veal stock, add the yolks of a few eggs, and mix with the veal. Season and simmer a few minutes. Garnish with chopped parsley and green peas.

VEAL STEW

Prepare in the same manner as beef stew.

RAGOUT OF VEAL

Prepare in the same manner as ragout of beef.

CREAM OF VEAL

30 pounds of veal and 5 pounds of ham chopped fine; prepare roux. Place 3 pounds of butter or drippings in scouse kettle, add $2\frac{1}{2}$ pounds of flour, when smooth add 2 gallons of milk, cream or stock; dilute 4 cans of cream in 3 gallons of water, having it boiling hot before adding to roux, stir constantly, adding 6 ounces of salt; when smooth add meats, 1 ounce of nutmeg and $\frac{1}{2}$ ounce of cayenne pepper, simmer 10 minutes and serve on toast. Chicken and mutton may be prepared the same way.

VEAL SALAD

30 pounds of cooked veal and 5 pounds of pork, chopped very fine, an equal quantity of chopped cabbage and celery in equal proportion to meat. Salt and pepper to taste and serve with boiled dressing. Cooked potatoes can be used in place of so much cabbage and celery. Dressing is made of $\frac{1}{2}$ dozen eggs, 2 quarts of vinegar, 4 ounces of mustard, 2 cans of cream, $\frac{1}{2}$ pound of butter, 1 pound of sugar, 4 ounces of flour, and 4 quarts of water.

VEAL OR BEEF AND POTATO SALAD

Peel 40 pounds of boiled potatoes, 5 pounds of onions, sliced thin, chop 30 pounds of meat very fine, and cut up potatoes in cubes, add 2 ounces of pepper, 8 ounces of salt, 1 gallon of hot stock or boiling hot water, $2\frac{1}{2}$ quarts of salad oil, 2 quarts of vinegar, mix thoroughly; have 2 bunches of parsley chopped fine and add to mixture, which means a great improvement. Save some of the parsley for garnishing with the addition of hard-boiled eggs, cut in thin slices (lettuce may also be used); this salad can be prepared with boiled dressing or mayonnaise dressing, omitting the vinegar and oil.

VEAL CROQUETTES

Prepare in the same manner as beef croquettes.

VEAL OR BEEF LOAF

40 pounds of meat, 2 bunches of parsley, put through the meat chopper, add 6 pounds of stale, soaked bread, 8 eggs and a little good stock, season with salt, pepper and a little

mace and thyme. Mold in loaves and place in baking pans, cover with a little beef drippings, bacon or butter, cook in the oven about 1 hour, basting frequently with a little stock, then it may be served hot or cold.

BOILED LEG OF MUTTON

75 pounds of mutton cooked the same as boiled beef; serve with caper, onion or pickle sauce.

ROAST LEG OF MUTTON

Wash 75 pounds of mutton, remove shank bone, wipe dry and rub well with ground ginger (this removes rank flavor), then cook as roast beef; serve with mint sauce.

ROAST PORK LOINS

80 pounds of pork loins, remove chine bone and proceed as for roast beef. This meat must be served well done. Reserve the bones for beans or pork stew.

STUFFED SHOULDERS OF MUTTON OR VEAL

80 pounds of shoulders, remove the bones and fill the cavities with a good sage dressing, then proceed as for roast beef.

ROAST LEG OR SHOULDER OF PORK

75 pounds of pork, remove the bone, skin the fat, and reserve the fat for baked beans or fry it out for lard, then place the meat in the baking pans and proceed as in the usual manner.

FRIED PORK CHOPS

70 pounds of pork loins, cut the chops very thin, season with salt and pepper, then fry in hot pans on the range until well done.

VARIOUS MEAT RECIPES

CORNED BEEF HASH

Peel and boil 75 pounds of potatoes, mash them, add 25 pounds of chopped corned beef and 5 pounds of chopped onions; season with salt and pepper; place in a well-greased baking pan, smooth over the top, baste with beef drippings, bake brown in the oven. This hash may be fried and browned on both sides in a frying pan on the top of the range.

BOILED CORNED BEEF

Wash 75 pounds of corned beef, place in the copper in cold water and bring to a boil. If the stock is too salty, renew the water and let boil slowly or simmer for about 3 hours.

FRESH BEEF HASH

Peel and cut into cubes 70 pounds of potatoes, cook in copper until almost done, then drain. Cut 25 pounds of meat into small cubes. Have 5 pounds of partly fried onions in 4 pans, add the meat and potatoes to them, season with salt and pepper, and sauté on the range until brown.

BEEF CROQUETTES

Run through the meat chopper 40 pounds of cooked meats and 3 pounds of parboiled onions. Put in the scouse kettle 2 pounds of drippings and 2 pounds of flour and prepare a thick, white roux. Add this to the meat

and season with salt, pepper, mace and chopped parsley. When shaped, dredge with flour, dip in beaten eggs, then in cracker or bread-crumbs, and fry to a golden brown in deep, hot fat.

BEEF POTATO CROQUETTES

Run through the meat chopper 25 pounds of cooked meat and 3 pounds of parboiled onions, add 25 pounds of cooked mashed potatoes, mix well, let cool, shape, and proceed as for beef croquettes. Fry in deep, hot fat.

FRIED BEEF LIVER

Wash, skin and remove sinew from 45 pounds of liver. Cut into slices about $\frac{1}{2}$ inch thick, sprinkle with salt and pepper, dip in plenty of flour and fry in a little hot fat until well browned. Cooking liver too long makes it hard and tough. If bacon is to be served with the liver, use only 40 pounds of liver and add 10 pounds of bacon. This dish should be served with a good onion gravy.

VEAL CUTLETS

Take 60 pounds of veal cutlets, cut thin. Sprinkle with salt and pepper, dip in flour, then in beaten eggs, then in bread-crumbs. Fry in deep, hot fat until a golden brown.

COLD SLICED CORNED BEEF

Place the tins of corned beef in the refrigerator for at least 24 hours before using, then remove it from the cans, cut in slices $\frac{1}{2}$ inch thick, and replace in ice box until ready to serve.

CORNED BEEF FRIED IN BATTER

Slice cold corned beef in $\frac{1}{4}$ -inch slices, dip in good batter and fry quickly in deep, hot fat, then serve with tomato sauce.

RISSOLES AND CROQUETTES OF CORNED BEEF

Cut the cold corned beef in 2-inch cubes, place in black pans and sauté in hot oven, drain off the liquid, then brown some salt pork (cut in small dice) on the range, add some chopped onions, then add sufficient flour to absorb all the fat; reduce this roux with the liquid from some tinned peas and the strained liquid from the corned beef, season with thyme, pepper and a little salt, then add some parsley, and cooked diced potatoes; add the peas to the meat, pour on the sauce, cover with a good biscuit paste and bake in a good oven. The addition of canned tomatoes greatly improves the dish.

BOILED SALT PORK (NAVY)

Remove the pork from the barrels and cut off the fat, allowing only about $\frac{1}{2}$ inch to remain on the lean (return the fat to the barrels and reserve for other use); place the pork in cold water to soak all night. When ready to cook place the pork in the copper with plenty of cold water, allow to come very slowly to a boil, then repeat the process twice more, and the last time allow to remain simmering until tender.

FRIED SALT PORK

After the pork has soaked all night and has been par-boiled, it may be cut in slices and fried on the range, in this case it is advisable to allow a little more fat to remain. A

brown gravy may be made by frying some onions in a pan, after the pork has cooked, then add flour and reduce with water.

BOILED HAM

Ham should be placed in cold water to soak over night, then washed off and placed in the copper with plenty of cold water (if very salty bring very slowly to a boil and remove the water once or twice), then bring to a boil, simmer slowly until the small bone in the hock can be easily removed. This process will take about 4 hours. A better way is to allow the hams to boil about 2 hours, then turn off the steam and cover tight and allow the hams to finish cooking and cooling at the same time in their own liquid, this will be in about 4 hours more. This method produces a very juicy ham.

FRIED SMOKED HAM

Take 65 pounds of ham, wipe clean and trim the hams. Cut into thin slices, place in pan or copper of cold water (just enough to cover the ham), bring water to a boil and strain off. Put as many pans as necessary on the range and cover the bottom with clean grease, fry ham slowly until brown on both sides, season with pepper and serve with fried eggs or with fried potatoes (omitting eggs), or with fried hominy, or it can be served with creamed potatoes. Compressed ham can be used in place of smoked ham, in which case it is not necessary to bring the ham to a boil, and use only 35 pounds of ham.

BAKED SPICED HAM

Take hams that have not been boiled too much, remove the skin and stick whole cloves in the fat $\frac{1}{4}$ inch apart, then

dust with cinnamon, sprinkle with powdered sugar and fine bread-crumbs, and bake in a good oven, basting with fat in pan. The addition of a few sliced onions in the pan improves the flavor.

TINNED HAM

Canned ham for use should be prepared in this manner : Remove the hams from the cans, break apart, place in black pans and bake in a good hot oven, removing the fat and liquid from time to time. In this manner, the ham will be browned and will have the flavor of fried ham.

FRIED BACON

The bacon may be sliced in thin slices, then placed in cold water and allowed to come to a slow boil, drain off all the water and fry on top of the range. Bacon should not be cooked too much, for it has a tendency to dry out after cooking.

SMOKED TONGUE

Tongues should be soaked in cold water over night, then cooked in the same way as ham ; when done the small bone in the root may be detached and the skin should be removed. As with ham, tongues are greatly improved by allowing them to cool off in the liquid in which they were cooked.

POULTRY

When preparing poultry, if frozen it should be thawed out in cold water, wiped dry and all the pin feathers removed; then cut off the tips of the wings, feet at the knee-joints, cut off head at the end of the neck, remove crop, remove the oil sack, cut around the vent, make a cut across the belly, and remove the entrails, taking care not to break the gall sack, trim off the liver, gizzard and heart, wash the chicken or turkey. All poultry should be singed to remove the fine hair.

ROAST TURKEY OR CHICKEN

Clean as above, stuff with bread dressing, place in baking pans, place a slice of salt pork or some good drippings over the breast and roast in oven, basting frequently.

CHICKEN STEW

Cut the chicken in small pieces, wash and place in cold water, add some peeled and sliced onions, simmer slowly until leg of chicken is tender, add some cooked diced potatoes, thicken with flour, season and serve.

METHOD OF PREPARING AND COOKING VEGETABLES

All vegetables should be as fresh as possible; look them over, wash well, removing all decayed or unripe parts; let them stand in cold water for some time before using. Always have the water boiling before putting them in it. Young or summer vegetables do not require as much cooking as old ones. All green vegetables should be cooked uncovered. Potatoes may be boiled in cold or hot water. If vegetables, such as beets, turnips and cabbage, are very old and tough, a little bicarbonate of soda cooked in the water with them will help the cooking. All dried vegetables should be allowed to soak in cold water for some time before using.

BOILED POTATOES

Pare and eye the potatoes and boil in slightly salted water; when cooled, drain off half the water, place a little butter on top of the potatoes, drain off the remainder of the water and pour over two or three times, finally drain off the water, then allow the potatoes to steam.

PEELED BAKED POTATOES

Prepare potatoes as for boiling, cut large ones in half, place some drippings in a pan, add the potatoes, sprinkle with salt and pepper and bake in hot oven, or they may be browned on top of the range and allowed to finish cooking in the oven.

BAKED POTATOES

Wash, wipe and cut off the ends of some good round potatoes, place in black pan and bake in good oven until soft; these potatoes are improved if a little grease is placed in the pan in which they are cooked, as it softens the skin.

MASHED POTATOES

Prepare as for boiled potatoes; when boiled remove all the water, then add butter, pepper and salt, mash well, being careful to remove all lumps, then add the milk and some of the potato stock and beat well to make light.

SAUTÉ POTATOES

Take whole boiled potatoes, remove the skin and cut in $\frac{1}{4}$ -inch slices, have a pan ready containing a good quantity of beef drippings, heat it and place the potatoes in the pan, season with salt and pepper and sprinkle with chopped parsley, fry on top of the range until well done.

LYONNAISE POTATOES

Prepare as for sauté potatoes, with the exception that before placing the potatoes in the pan, have some sliced onions fried in the pan, mix all together, then fry as for sauté potatoes.

HASH BROWN POTATOES

Take cold boiled potatoes, peel and chop up in small dice, have a pan ready on the range with some beef drippings in it, heat well and add the potatoes, season with salt and pepper and some chopped parsley, fry a few minutes, this

makes the potatoes into a compact mass, and brown well on both sides; or, after frying them they may be browned in the oven, first covering them with a little grease.

FRENCH FRIED POTATOES

Wash and peel the potatoes, cut into long cubes and place in cold water to stand for one hour, then drain off the water and remove as much as possible from the potatoes; have a pan of boiling fat ready and fry the potatoes a golden brown, season with salt after cooking.

AMERICAN FRIES

Take some cold boiled potatoes, remove the skin and cut into 1-inch cubes, fry a golden brown in good, deep, hot fat, season with salt after frying.

COTTAGE FRIED POTATOES

Take new peeled potatoes and cut into thin slices, have a pan ready in which there is a quantity of fat, then add the potatoes, season with salt and pepper and fry on a range, then finish cooking in the oven.

STUFFED BAKED POTATOES

Prepare and cook potatoes as for baked potatoes; when cooked cut through the center and remove the potatoes from the skin, mash, season with salt, butter, chopped parsley and milk, mash well, refill the skin, brush the surface of the potatoes with a little milk or with the white of an egg, then cook in a quick oven.

POTATO CROQUETTES

Prepare some thick mashed potatoes adding some egg yolks, when almost cold, mold in any desired shape, dip in flour and beaten eggs and then roll in cracker dust or bread-crumbs, fry quickly in deep, hot fat.

POTATO CAKES

Make preparations as for potato croquettes, mold in round, flat cakes, dip in flour and fry in a small quantity of fat until slightly brown on both sides.

CREAMED POTATOES

Peel and cut into salted water, and boil until about three parts cooked, remove the water and prepare a good cream sauce, pour the sauce over the potatoes and allow them to simmer for a few minutes, then sprinkle with chopped parsley and serve.

BOILED SWEET POTATOES

Wash and remove the ends of the potatoes, place in boiling water and cook until soft, peel and return to copper, pour over some melted butter, then allow them to steam for a few minutes and serve.

FRIED SWEET POTATOES

Prepare as for boiled potatoes, allow them to become cold, remove the skins and cut into thick slices, fry in deep, hot fat, or cut in thick slices and sauté in a very little fat, the same as for sauté potatoes.

CANDIED SWEET POTATOES

Prepare as for boiling, remove the skins, place in well-greased pans, sprinkle with powdered sugar and brown in a good hot oven.

BAKED SWEET POTATOES

Prepare in the same manner as white potatoes.

BOILED CABBAGE

Remove the decayed parts, cut the cabbages in fourths or eighths according to size, remove the stem and place in cold water to soak, wash well, drain and place in boiling water and cook until thickest stems are tender. A handful of salt thrown in the water when soaking young spring cabbage will cause any worms that may be in it to come out; care should be taken that none remain in the cabbage.

HOT SLAW

After washing the cabbage, take a vegetable slicer or a sharp knife and slice the cabbage very fine in strips, have sufficient boiling water in the copper to half cover the cabbage, cook until about half done, then add the following ingredients: Oil, vinegar, sugar, pepper and salt sufficient to taste. The addition of a few sliced onions cooked with the cabbage is relished by some people.

COLD SLAW

Slice the cabbage same as for hot slaw, and add a good French dressing one hour before using.

BOILED TURNIPS

The best turnips for serving boiled are early summer turnips, white; these should be peeled, cut in quarters and boiled in salted water. The most common turnips are the yellow ones, and are difficult sometimes to soften; these should be peeled, washed, cut in small pieces and placed in boiling water, to which has been added a small quantity of baking soda, boil until tender. When serving turnips this way they are usually cooked with salt pork or corned beef to give them a flavor.

MASHED TURNIPS

Prepare in the same manner as boiled turnips; after cooking tender drain off the water, add butter, pepper and salt, mash well and drain through colander.

MASHED TURNIPS WITH POTATOES

Prepare as for mashed turnips, adding one-third potatoes. Mixing this is a good method for it removes any strong flavor that is in the turnips.

CREAMED TURNIPS

Prepare as for boiled turnips, cutting them into 1-inch cubes, boil and drain off the water, add a good cream sauce, simmer for 10 minutes and serve.

BOILED CARROTS

Scrape off the outside skins, wash and cut lengthwise in two, allow them to remain in cold water for 1 hour, and boil in salted water, ham stock or corn beef stock.

BOILED CARROTS WITH GREEN PEAS

Prepare as for boiling, cut them in $\frac{1}{4}$ -inch dice, boil in boiling salted water until cooked, then add the same quantity of tinned peas, thicken with a little roux, season with salt and pepper; a little butter may be added.

CREAMED CARROTS

Prepare as for boiled carrots, cutting them in 1-inch cubes, boil in salted water, drain them, add cream sauce.

BOILED ONIONS

Remove the skins, roots and tops, wash in cold water, boil in salted boiling water until tender, then drain off the water, season with salt, pepper and butter.

CREAMED ONIONS

Prepare same as for boiled onions, drain the water, then add a good cream sauce prepared from the stock of the onions.

FRIED ONIONS

Prepare onions same as for boiling, slice in $\frac{1}{4}$ -inch slices; place a black pan on the range, then add water to cover the bottom, put the onions in, then add about 2 pounds of fat, invert another pan over it and allow them to steam until all the water has evaporated, then remove the inverted pan and finish frying.

BOILED PARSNIPS

Prepare and cook in the same manner as for carrots, serving with plenty of butter over them.

CREAMED PARSNIPS

Prepare in the same manner as creamed carrots.

BOILED KALE

Wash and remove the decayed parts, cut off the large stock and soak in cold water, then drain off and cook in boiling salted water until tender; or, it may be cooked in ham or salt pork stock, thereby adding to the flavor.

BOILED SPINACH

Prepare and cook in the same way as boiled kale, with the exception that very little water is required to cook it in.

FRIED EGGPLANT

Remove the outside skin and slice in $\frac{1}{2}$ -inch slices, prepare a batter of eggs, flour and baking powder, and fry in deep, boiling fat; or, slices may be dipped in flour and fried in a little fat.

BOILED STRING BEANS, FRESH

Beans should be perfectly fresh, the ends and strings removed and boiled in salted water until tender; if the beans are very large they may be sliced lengthwise. Cooked bacon, ham or salt pork with the beans greatly add to the flavor.

GREEN PEAS, FRESH

Shell the peas, allow them to soak in cold water and cook in salted water until soft to the touch, drain off the water and season with salt, pepper and butter.

LIMA BEANS, FRESH

Prepare and cook in the same manner as green peas.

BOILED LIMA BEANS, DRIED

Place the beans in cold water, wash and remove all the straw and dirt floating on top of the water; repeat this process at least twice, then remove the beans by means of a colander putting the beans to soak in clean, fresh water for at least 5 hours; then drain off the water, add fresh water and allow to come slowly to a boil, cook until tender, drain off the water and season with butter, salt and pepper.

GREEN PEAS, DRIED

Prepare in the same manner as dried lima beans.

KIDNEY BEANS, DRIED

Prepare and cook in the same manner as dried lima beans, and if preferred, a thin, white sauce may be prepared and added to any other vegetables to be served, making them go further.

THICKENING AGENTS AND SAUCES

The use of sauces for meats, vegetables and certain deserts is required to give flavor to what may be otherwise a tasteless dish. In cooking, certain cuts of meats, owing to their toughness, usually require prolonged cooking and if it were not for the sauce served with them they would be exceedingly unpalatable and tasteless. A number of sauces are thick, and about the consistency of good cream. There are several methods of producing this condition by means of the following preparations:

WHITE ROUX

White roux may be prepared from either butter fats, or oil; when prepared from the latter we, of course, do not obtain the individual flavor of butter, consequently the roux is not rich. Take equal quantities of good drippings and sieve in the flour, stirring continually until the mass becomes firm, care must be taken that it does not become brown.

BROWN ROUX

Prepare in the same manner as white roux, using one-fourth more drippings. Heat the drippings to a frying point. then sieve in the flour, stirring continually until the desired color has been obtained, care must be taken that the heat is not too intense or the flour will not brown evenly.

FLOUR

In using flour as a medium for thickening sauces, stews, etc., care must be taken that it has been worked perfectly smooth; sieve the flour in the pan, then make a large hole in the center of the flour, place the cold water in the center and with a spoon or wire, stir or whip the water in rotation, the water will gradually absorb the flour, producing a smooth paste.

CORNSTARCH

This article is used where a clear, transparent sauce is required, it is prepared in the same manner as flour.

BROWN SAUCE

Reduce a brown roux with stock, fry a few onions, add to the sauce and simmer for 30 minutes, then strain and season with salt and pepper.

WHITE SAUCE

Reduce a good white roux with some good white stock, chop or grind a few onions, add to the sauce, allow to simmer for 30 minutes, then strain, season with salt and pepper and a small piece of butter.

CREAM SAUCE

Reduce a white roux with boiling milk to the desired consistency, season with salt, pepper and butter, finish with a little cream.

CAPER SAUCE

Prepare a good white sauce, add whole capers or finely chopped pickles; if capers are used a small quantity of the

taragon vinegar may be added. The stock from the boiling mutton may be used in preparing the white roux.

ONION SAUCE

Prepare a thick cream sauce, slice up the onions and boil separately, when cooked tender add to the cream sauce, season with butter, salt and pepper.

CELERY SAUCE

Boil the tops and roots of celery in some good stock, when tender mash and strain, thicken the liquid with a white roux, take the tender white parts of celery, dice in small pieces and boil, when tender add to the sauce, season with butter, pepper and salt.

HORSERADISH SAUCE

Prepare a good white sauce, add sufficient grated horseradish to flavor well.

CUSTARD SAUCE

Heat some water to a boiling point, then thicken well with cornstarch, beat some eggs well, together with some sugar, milk and vanilla extract; when the thickened water has cooled off well, add the mixture, allow to come almost to a boiling point, but do not allow to boil, then serve.

VANILLA SAUCE

Prepare in the same manner as custard sauce, flavoring well with vanilla extract

TINNED FRUIT SAUCE

Take the syrup from tinned fruit, add sufficient sugar to sweeten, add a little lemon peel and then add an equal quantity of water, bring to a boil, then thicken with cornstarch, boil for 10 minutes, then serve.

CHOCOLATE SAUCE

Bring some water to a boil, mix well together sufficient cornstarch and enough cocoa to give a light brown color, add to the boiling water, cook 10 minutes, then allow to cool off. Beat well together some eggs, flavor with vanilla, add to the liquid, heat and serve.

HARD SAUCE

Cream some butter with the hand with twice the amount of powdered sugar; when soft as thick cream, add flavoring of nutmeg and some well-beaten whites of eggs, beat well together with an egg-whip and set aside in the refrigerator to become hard.

GOLDEN SAUCE

Prepare a hard sauce, then substitute yolks of eggs for the white and mix, omit nutmeg, using a flavoring of vanilla.

The following sauces are suitable for service with the articles mentioned:

Roast Meats.—Brown sauce, tomato sauce, onion sauce.

Boiled Meats.—Caper sauce, onion sauce, horseradish sauce, celery sauce.

Roast Chicken and Turkey.—Giblet sauce, brown sauce, Spanish sauce.

Fried Chicken.—Cream sauce, celery sauce, tomato sauce.

Breaded and Fried Pork, Mutton and Veal Chops.—Brown sauce, tomato sauce, mustard sauce.

Roast Mutton.—Brown sauce, mint sauce, dish gravy.

Boiled Mutton.—Caper sauce, onion sauce, celery sauce.

Boiled Poultry.—Egg sauce, cream sauce, celery sauce.

Baked Fish.—Tomato sauce, pan sauce.

Fried Fish.—Tartar sauce, tomato sauce.

Boiled Fish.—Egg sauce, cream sauce, drawn butter sauce, parsley sauce.

Croquettes and Meat Cakes.—Tomato sauce, brown sauce, onion sauce.

Roast Ham.—Spanish sauce, tomato sauce, brown sauce.

DESSERTS, PUDDINGS, PASTRIES (FOR 100 MEN)

BREAD PUDDING NO. 1

Take 8 pounds of stale bread, cut in 1-inch cubes, put in 2 baking pans, beat up in dishpan 1 dozen of eggs, 2 pounds of sugar, 2 ounces of salt, 3 pounds of evaporated milk, 3 ounces of extract, 3 gallons of water, mix and pour over the bread, then spread over each pan $\frac{1}{4}$ pound of currants, previously well washed and picked, shake a little cinnamon or nutmeg over the top and allow to stand $\frac{1}{2}$ hour. Then bake in slow oven for 1 hour. Small pieces of butter placed over the pudding before baking improves it. This pudding should be served with custard sauce.

BREAD PUDDING NO. 2

Take 8 pounds of stale bread, soak in cold water, squeeze perfectly dry, mix 2 cans of evaporated milk, 1 gallon of water, 2 pounds of sugar, 1 dozen eggs, 2 quarts of molasses, 1 ounce of cinnamon, 2 ounces of salt, $\frac{1}{2}$ ounce of cloves, $\frac{1}{4}$ ounce of nutmeg, mix all ingredients well together, pour over the bread, let stand for 15 minutes, then add 2 pounds of currants, 2 pounds of raisins, 2 pounds of chopped evaporated apples. Have black pans well greased, divide the mixture in them, smooth off the top and cover with some pieces of butter or beef drippings, bake in moderate oven about 1 hour. If the mixture appears dry add a little more water.

LEMON SUET PUDDING

14 lbs. stale bread	4 cans milk
5 lbs. suet	4 oz. lemon extract
5 lbs. sugar	2 gals. water
18 eggs	

Soak the bread in cold water, squeeze dry, beat the eggs, sugar, extract and milk together, then add the salt and water. Chop the suet fine, mixing with it 1 pound of flour, then add all the ingredients together, using sufficient water to moisten. Bake slowly for 2 hours, basting the top with some melted butter, serve with molasses or lemon sauce.

COTTAGE PUDDING

9 lbs. flour	1½ lbs. lard or butter
9 oz. baking powder	4 oz. salt
6 lbs. sugar	2 oz. extract
1 doz. eggs	1½ gals. water

Cream sugar and lard well together and add eggs, one at a time; beat well and then sieve in the flour and baking powder, then moisten with water. Bake in greased pans and serve with vanilla sauce.

INDIAN PUDDING

9 lbs. cornmeal	3 pts. molasses
3 lbs. flour	4 qts. water
3 oz. salt	8 lbs. can milk
8 oz. butter	1 oz. ground ginger

Place the water, milk, butter, syrup and salt in the copper and let heat, then add the cornmeal and ginger and flour, the latter ingredients being previously mixed well together.

Stir well and mix, then let cook for about 30 minutes. Place in well-greased pans, smooth off the top with butter and bake for about 2 hours, then serve with molasses sauce.

RICE CUSTARD PUDDING

9 lbs. rice	1½ doz. eggs
5 lbs. sugar	6 oz. salt
4 lbs. can milk	2 oz. extract
4 gals. water	8 oz. butter

Wash and boil the rice in salted water. Put in buttered pans. Cream sugar, butter and eggs, add the milk and the extract. Mix part of this with pudding, and spread the other over the top. Let bake in slow oven until light brown.

CUSTARD PUDDING

4½ doz. eggs	3 qts. water
15 lbs. milk	4 lbs. sugar
1 lb. flour	¼ oz. nutmeg

Whip the eggs light with sugar, add the flour, nutmeg, milk and water. Put buttered dishes in pans of water. Bake in moderate oven until cooked.

CORNSTARCH PUDDING

9 lbs. cornstarch	6 lbs. milk
5 lbs. sugar	2 doz. eggs
4 oz. extract	9 gals. water
½ lb. butter	6 oz. salt

Place the water, sugar, salt, butter and milk in the copper and allow to come to a boil. Mix the cornstarch with cold water and add to the ingredients in the copper. Stir well, shut off the steam and when cooled off add well-

beaten egg yolks and extract. Place in pans, beat the egg whites to a frost and spread on top, then bake in the oven until brown.

TAPIOCA PUDDING

10 lbs. tapioca	$\frac{1}{2}$ lb. butter
5 lbs. sugar	4 cans milk
4 oz. extract	1 doz. eggs

Soak the tapioca in cold water for 30 minutes, then turn on the steam until cooked soft, add the butter and mix the beaten eggs, sugar and milk well together, then add the tapioca after it has cooled off. Place in baking pans and bake in the oven until brown on top, then allow to cool off before serving.

STEWED APPLES OR APPLE SAUCE

10 lbs. evaporated apples	$\frac{1}{2}$ oz. cinnamon
3 lbs. sugar	1 lb. cornstarch

Soak the apples as long as possible in cold water, then boil in fresh water to which has been added $\frac{1}{4}$ ounce of cooking soda. Add the cornstarch, previously mixed with cold water; strain and mash through a sieve, then add sugar and spices and serve cold.

STEWED PEACHES

12 lbs. peaches	3 lbs. cornstarch
4 lbs. sugar	Peel of 3 lemons

Soak the peaches in cold water, boil in water to which has been added $\frac{1}{4}$ ounce of soda; when well cooked add the cornstarch, previously mixed with cold water, then add the sugar and serve cold.

MISCELLANEOUS RECIPES

MACARONI RECIPE NO. 1

Place 10 pounds macaroni in boiling water, add 8 ounce of salt and boil for 25 minutes, or until soft, then drain of water. Braise 20 pounds of fresh beef in a scouse kettle until tender with 5 pounds of onions, add 3 cans of tomatoe and stock, season to taste. Pour contents over macaroni. Place in baking pans, sprinkle with bread-crumbs and grated cheese and place in a moderate oven. Bake about 15 minutes.

MACARONI RECIPE NO. 2

Prepare 18 pounds macaroni same as recipe No. 1. Place on range 6 gallons of stock and 4 gallons of milk and let come to a boil, then make roux by placing in scouse kettle 4 pounds of drippings and $2\frac{1}{2}$ pounds of flour, $\frac{1}{2}$ ounce of nutmeg and $\frac{1}{2}$ ounce of red pepper; stir briskly, add the stock until thin enough, add 8 ounces of salt, then place macaroni in pans and cover with the above ingredients, cover with plenty of cheese, then with bread crumbs. Place on top cubes of butter or drippings and bake in oven until brown.

POTATO AU-GRATIN

Prepare as creamed potatoes, then place potatoes in a pan or dish and mix in some grated cheese, smooth off the top and sprinkle with plenty of cracker dust, then some more cheese, and finally bake in a hot oven with some small pieces of butter until well browned.

BAKED BEANS

3½ gals. beans	2 oz. mustard
1 lb. salt	3 lbs. salt pork
1½ pts. molasses	2 lbs. onions
2 oz. pepper	

The beans should first be washed and then picked over, removing all the foreign particles, they should then be soaked in cold water for at least 6 or 7 hours, the water drained off and replaced by fresh. They should then be brought slowly to a boil and cooked until the skins will readily come off by pressure between the fingers. Drain off the water and prepare a mixture of molasses, salt, pepper and dry mustard, then add to the beans and mix well. Take scouse kettle and place layer of beans on the bottom, then take 2 onions, slice and place on the beans, then the pork cut in small pieces. Fill the kettle to about 2 inches from the top. Place more pork or ham fat, add enough water to just cover beans and bake in a slow oven for at least 6 or 7 hours, adding water as it evaporates.

BOILED HOMINY

8 lbs. hominy	1 lb. butter
4½ gals. water	¼ lb. salt
4 lbs. milk	

Place water in the copper, add and dissolve the salt. Turn on the steam and stir in the hominy, let it cook slowly until almost cooked, then add the milk and butter. Finish cooking and serve. In case coarse hominy or grits are used, soaking in cold water improves it.

FRIED HOMINY

Cook as for boiled hominy; take black pans, cover the bottoms with paper, then put the boiled hominy in pans, level off and allow to become cold, turn the pan upside down on the table, remove the paper, cut in slices, dip in beaten eggs and flour and fry in deep, hot fat.

JOHNNY CAKES

12 lbs. cornmeal	6 oz. salt
$\frac{1}{2}$ lb. butter	

Place the cornmeal in the copper, add salt and butter, then sufficient boiling water to make a thick paste; fry spoonfuls on a well-greased griddle, browning both sides of cakes.

GRIDDLE CAKES

12 lbs. flour	Salt
8 oz. baking powder	12 eggs
4 lbs. milk	

Sift the flour, baking powder and salt well together, reduce the milk with water, beat the eggs light, add the milk to the flour, then add the eggs. Care should be taken in mixing all kinds of batter containing baking powder, as the more it is worked the greater the loss of the gas from the baking powder. Griddle cakes of all descriptions should be cooked on a well-greased and hot griddle on the top of the range. The top of the range may be well cleaned and the cakes cooked on the plates, pieces of fat pork or such thing being the most medium for doing this.

BREAD GRIDDLE CAKES

12 lbs. flour	8 oz. baking powder
5 lbs. stale bread	6 eggs
1 qt. molasses	2 lbs. milk
4 oz. salt	

Put bread to soak in warm water, when well soaked squeeze dry and add the well-beaten eggs, milk and molasses; sift together the flour, salt and baking powder, add to the prepared bread, mix together and fry on well-greased griddle.

CORNMEAL GRIDDLE CAKES

Prepare the same way as griddle cakes, substituting 3 pounds of cornmeal for three-fourths flour, and adding a small quantity of molasses.

BREAD DRESSING FOR PORK OR VEAL

8 lbs. stale bread	$\frac{1}{2}$ oz. sage
6 oz. salt	$\frac{1}{2}$ oz. pepper
5 lbs. beef drippings	Rind of 2 lemons,
4 lbs. onions	chopped fine
$\frac{1}{4}$ oz. thyme	

Put the bread to soak in warm water and when soft squeeze very dry, add the seasoning and cut very fine. Melt the drippings and mix with the preparations. Place in well-greased pans and bake in oven, adding a little more fat over the top if it becomes too dry.

OYSTER DRESSING FOR POULTRY

8 lbs. stale bread or crumbs	1 lb. parsley
2 qts. oysters	$\frac{1}{2}$ lb. butter
6 eggs	Salt and pepper

Strain the oysters, remove all shells and place the liquid on the fire, allow to come to a boil, remove the scum and strain over the bread. Beat the eggs well and add to the bread, then add the parsley, salt, pepper and melted butter and oysters. Mix and stuff the poultry, or it may be baked in greased pans.

SWEET POTATO DRESSING FOR POULTRY

Prepare in the same manner as for oyster dressing. Substitute sweet potatoes cut in small pieces and use 5 pounds of bread instead of 8 pounds.

STUFFED GREEN PEPPERS

Green peppers may be stuffed with any meat croquette preparation or may be stuffed with a mixture of boiled rice and chopped meat. The peppers should be cut through the center and all seeds removed. The stalks may be trimmed off and if desired they may be blanched in boiled water, boiling for 5 minutes. This removes the necessity of being too long in the oven, and also removes some of the heat of the pepper. After blanching they should be stuffed with the preparation, a little cracker- or bread-crumbs placed on the top, then place in baking pans and brown well in the oven, basting frequently with a little milk or butter.

POTATO SALAD

40 lbs. potatoes

Parsley

5 lbs. onions

Take cold boiled potatoes, remove the skins and slice very thin, add the chopped parsley and thinly sliced onions, then prepare a French dressing and mix well together, let stand 1 hour before serving.

STRING BEAN SALAD

19 lbs. string beans

2 pts. vinegar

(no liquid)

2 pts. oil

4 lbs. onions

8 oz. salt

3 lbs. potatoes

1 oz. pepper

1 doz. eggs

 $\frac{1}{2}$ oz. mustard

Peel the boiled potatoes, allow to become cold; chop the onions fine and add the well-drained beans. Prepare the dressing by adding the yolk of the eggs to potatoes (now mashed), then the salt, pepper and mustard, mixing and rubbing well together, then add the oil and vinegar a little at a time, stirring continuously until all is used. The dressing is then mixed with the string beans and garnished with lettuce.

VEGETABLE SALAD

Prepare in the same manner as string bean salad. Any kind of cooked vegetables may be used, such as beets, potatoes, green peas, string beans; and raw vegetables, such as celery, onions, lettuce and green apples. All to be cut in small pieces, mixed well together, then add dressing and garnish with lettuce leaves.

CUCUMBERS

30 pounds of cucumbers. Peeled and placed in cold water to soak, then thinly sliced and a French dressing poured over them and served at once. Cucumbers that are soaked in salt water or that are allowed to remain in the dressing for some considerable time become tough and indigestible.

SLICED TOMATOES

40 pounds of tomatoes. Wash and remove the skin, cut in slices $\frac{1}{8}$ inch thick and serve with a French dressing.

LETTUCE

25 pounds of lettuce. Should be served as fresh as possible, the leaves should be pulled apart and allowed to soak in cold water, and then well washed and looked over, broken in small pieces and 5 minutes before serving, a French dressing poured over it. In no instance should lettuce be washed in salted water or the dressing added any length of time before serving.

COFFEE

3 lbs. coffee

10 gals. water

Place the coffee in a muslin bag large enough to contain 3 times the amount. Tie the mouth of the bag as near the end as possible, this gives the coffee plenty of room to expand. Place the coffee in cold water and bring slowly to a boil. Keep boiling for 20 minutes, then turn off the steam, add a little cold water and keep covered tightly.

TEA

1 lb. tea

10 gals. water

Bring the water to a boil, then add the tea, which has previously been placed in a large muslin bag. Tea should never be allowed to boil, only steamed for about 15 or 20 minutes.

COCOA

2 lbs. cocoa

4½ lbs. sugar

½ lb. cornstarch

4½ lbs. milk

Place 9 gallons of water in a copper and bring to boil, mix the cocoa, sugar and cornstarch with ½ gallon of cold water, add the boiling water and cook for 10 minutes, turn off the steam just before serving, add the milk; mix with the remainder of cold water.

FRENCH DRESSING FOR SALAD

4 pts. salad oil

1 oz. dry mustard

5 pts. vinegar

Dash of Worcestershire

¼ lb. pepper

sauce

Mix well together, then add gradually the oil and vinegar, beating and stirring continuously. This dressing should be used as soon as made as it will separate in about 20 minutes.

MAYONNAISE DRESSING

1 doz. eggs

4 oz. salt

¼ oz. pepper

1 gal. oil

¼ oz. paprika

1 pt. vinegar or lemon

2 oz. mustard

juice

Separate the yolks from the whites, place yolks in mixing bowl, add mustard, pepper and paprika, after being well

mixed add oil, stirring continuously while adding the oil, add vinegar and salt. When all ingredients have been used, whip the whites of eggs until they become stiff, then stir it with the mayonnaise. All ingredients should be ice cold before mixing and not placed on any article until ready to serve.

BREAD AND PASTRY

FLOUR

Flour should be stored at a temperature ranging from 65 degrees to 75 degrees Fahrenheit. It should be neither too cold nor too warm. It is best to place it in bakeshop a few days before using.

WATER

The temperature at which a dough is to be made, as well as the amount of yeast used, depends a great deal upon the quality of water—hard water requiring more yeast than soft water. In normal conditions the temperature of the dough should be 84 degrees Fahrenheit.

SALT

Salt retards fermentation, and the lightness of the loaf depends upon the amount of salt used. 8 to 10 ounces of salt is the proper amount for a 10-quart pail of water. The amount used depends upon other ingredients, such as sugar, lard, oil, etc., added to the dough.

A good quantity of salt and yeast will make a better loaf and flavor than where less salt is used; it is well to use a little more salt in hot weather to prevent a possibility of sour bread.

FLAVOR

A cool dough with plenty of salt and yeast will make a highly flavored loaf of bread. The lack of flavor to the

bread is usually caused by letting the dough get too old or setting it too warm, as well as not using enough salt.

KEEPING OF YEAST

Immediately upon receiving yeast it should be stored in a cool, dry place, but should be kept from freezing.

YIELD

100 pounds of flour will absorb from 25 to 32 quarts of water, depending upon the quality of flour used. The yield of bread to the 100 pounds of flour averages approximately from 140 to 150 one-pound loaves.

TEMPERATURE

The temperature of the dough should be regulated according to the temperature of the bakeshop, ranging from 74 degrees to 84 degrees Fahrenheit. If the flour is cool, the water should be a little warmer than usual, but if the flour is warm the water should be cool in proportion.

BREAD DOUGH (SPONGE SYSTEM)

70 lbs. 14 oz. flour	1 lb. lard
1 lb. sugar	10 oz. yeast
1 lb. salt	19 qts. water

Set sponge, using all of the yeast, one-half of the water (lukewarm) and about three-sevenths of the flour, after this is well mixed set aside and dust well with flour, allow to rise until it has been up and dropped back 1 inch from the top, time 3 to 3½ hours, the sponge is then ready for doughing. Add the remaining water, which should be

regulated to temperature, that is, it should not be as warm as used for sponge, next add salt, sugar and lard, all this should be well mixed and sponge well broken up before adding remainder of flour, then add remaining flour and mix the whole thoroughly; after mixing allow to rise until it will recede to the touch of the hand, time about $1\frac{1}{2}$ hours; lay over and let rise for about 30 to 45 minutes more; it is then ready to be scaled into loaves.

NEW FLOUR

When using a new grade of flour always make it a point as to the amount of water a hundred pounds will absorb so as to regulate the stiffness of your dough.

In cold weather always store flour for immediate use in a warm place.

Sponges and doughs should always be well mixed, as a poorly mixed dough never gives good results.

Use as little flour as possible in forming loaves.

Always weigh all ingredients carefully, especially the salt.

Never dissolve yeast in water more than lukewarm, as hot water will kill the yeast.

Always be careful not to let bread proof too much, as an overproof loaf will show a coarse grain.

If you have not developed the touch of the dough, a good way is to put it in the oven when it becomes proofed to twice its original size.

The proper heat for baking is 400 degrees Fahrenheit, this heat is used for most all bread baking; time about 45 minutes.

WHITE BREAD (STRAIGHT DOUGH SYSTEM)

NAVY	CIVILIAN
75 lbs. 2 oz. flour	72 lbs. 12 oz. flour
1 lb. sugar	1 lb. sugar
1 lb. salt	1 lb. salt
10 oz. lard	1 lb. lard
12 oz. yeast	12 oz. yeast
17 qts. water	18 qts. water

For about 100 one-pound loaves, scale at 18 ounces. Dissolve the salt and yeast separately in part of the water, then add to remainder of water, next add sugar and lard, lard should always be previously melted, last add the flour, mix thoroughly and allow to rise—for the first time, 3 to 3½ hours; second time, 1 to 1½ hours; third time, ¾ to 1 hour. The above periods of time are to be according to the warmth of dough and bakeshop, also to the amount of yeast used. It is then ready to scale and form into loaves. Total time for dough, 4¾ to 6 hours.

HOMEMADE BREAD

68 lbs. 15 oz. flour	1 lb. 15 oz. lard
1 lb. 15 oz. sugar	10 oz. yeast
1 lb. 1 oz. salt	19 qts. water

For about 100 one-pound loaves, scale at 18 ounces. Follow straight dough method, excepting the dough should be allowed to rest ½ hour longer before scaling off.

VIENNA OR HARD CRUST ROLLS

68 lbs. 4 oz. flour	1 lb. 4 oz. lard
1 lb. 4 oz. sugar	10 oz. yeast
1 lb. 2 oz. salt	20 qts. water

For about 100 one-pound loaves, or 100 dozen rolls, scale bread at 18 ounces, also scale each dozen rolls at 18 ounces. Set either sponge or straight dough. After dough is ready, scale into pieces and round them up. Let rise for about 15 to 20 minutes, then round them over again, let rest again for about 15 minutes, after which shape into Vienna loaves, lay the loaves smooth side down on a cloth-covered board, pull the cloth up enough between each loaf to prevent them from sticking together. Allow to rest until double in size, then bake in medium hot oven. Before putting in oven (top down) wash with a little milk, also put 3 or 4 slanting cuts on top of loaf, for this operation always use a sharp knife. If part milk is used, deduct 3 ounces of sugar and 2 ounces of lard for each quart of milk used in place of water. If there is not a brick hearth in your oven, turn a sheet pan upside down, wipe clean and dust lightly with flour, lay bread or rolls on this and bake.

RYE BREAD

47 lbs. 2 oz. wheat flour	1 lb. 5 oz. salt
23 lbs. 5 oz. rye flour	20 qts. water
10 oz. yeast	

For about 100 one-pound loaves, scale at 18 ounces. Sponge system, using all of the yeast and one-half of the water, lukewarm, and about three-sevenths of the flour mixed. After sponge is mixed allow to rest until it recedes, time about 3 hours. When sponge is ready, dissolve the salt in remainder of water, which should be regulated to temperature, add this water to sponge, mix and last add the remaining flour. Mix dough smooth, and allow to rise for

about $1\frac{1}{2}$ hours, or when it will recede to the touch of the hand. Punch down and fold insides and ends, dust lightly, allow to rest for about 15 or 20 minutes more, then scale off and round them into loaves, allow them to spring for about 15 minutes, then shape into loaves, proceed then the same as Vienna bread, only in place of washing it with milk before baking use water, also wash with water immediately after it is baked. This bread can stand a hotter over than other bread.

RYE BREAD (STRAIGHT DOUGH SYSTEM)

Mix all ingredients together, dissolving the salt and yeast separately in part of the water, add all together and proceed to mix; after dough is mixed smooth allow to rise for about 3 hours or until it will recede to the touch of the hand, punch and lay over and allow to get full proof again which will require about 1 hour and 15 minutes, it is then ready to scale into loaves, proceed the same as for sponge system.

GRAHAM BREAD

For about 100 one-pound loaves, scale at 18 ounces. Same as white bread, but add one-quarter to one-third graham flour, it is well to add $\frac{1}{2}$ pint of molasses to each 10 quarts of water used in making the dough.

ENTIRE WHEAT BREAD

For about 100 one-pound loaves, scale at 18 ounces. Exactly the same as graham bread, only substitute entire wheat flour for graham flour; as much as one-half entire wheat flour can be used with the other half wheat flour.

RAISIN BREAD

68 lbs. flour	14 oz. yeast
3 lbs. sugar	2 oz. cinnamon
11 oz. salt	9 lbs. 2 oz. raisins
1 lb. 13 oz. lard	16 qts. water

For about 100 one-pound loaves, scale at 18 ounces. Use straight dough system.

CORN BREAD

2 lbs. sugar	2 oz. salt
14 oz. lard	5 lbs. flour
$\frac{1}{2}$ doz. eggs	2 lbs. cornmeal
$2\frac{3}{4}$ qts. milk	5 oz. baking powder

For 100 men, at the rate of about $2\frac{1}{2}$ ounces per man. Weight of batch before baking $16\frac{1}{4}$ pounds, allowing about $1\frac{1}{2}$ pounds for baking off. The above will make two navy bread pans, scale each pan at 8 pounds 1 ounce. Cut 50 portions from each.

ROLLS (NAVY)

16 lbs. 6 oz. flour	10 oz. lard
1 lb. 3 oz. sugar	4 oz. yeast
3 oz. salt	$4\frac{3}{4}$ qts. water

For 100 men, 2 rolls to a man, each roll weighing about 2 ounces when baked. Scale in 5-pound 1-ounce pieces and cut 36 rolls from each. In making dough follow instructions given under white bread recipe.

ROLLS (CIVILIAN)

16 lbs. 1 oz. flour	1 lb. 3 oz. lard
1 lb. 3 oz. sugar	4 oz. yeast
3 oz. salt	4½ qts. water

If milk is used deduct 3 ounces of sugar and 2 ounces of lard for each quart in place of water. This dough may be made into all kinds of shapes desired, and will make approximately 25 dozen rolls, each dozen scaled at 18 ounces. Follow instruction given under white bread recipe. This batch has the same weight as rolls (navy) and may be used in place if desired. The proper heat for baking all rolls and sweet doughs is from 340 degrees to 360 degrees Fahrenheit.

COFFEE CAKE (NAVY)

5 lbs. 10 oz. flour	9 oz. lard
1 lb. sugar	2 oz. yeast
1 oz. salt	1½ qts. water

For 100 men at the rate of about 1½ ounces per man, baked with streusel. Scale in pieces 5¼ pounds, make up in long shape, let set for about 20 minutes, roll out into squares the size of pan. Place in pan and brush over with melted butter, prick well with a fork to remove all air spaces in the dough, then sprinkle with the following streusel. This will make 2 pans 13 x 26 inches, cut 50 portions from each.

STREUSEL (FOR THE ABOVE BATCH)

7 oz. flour	½ oz. salt
6 oz. sugar	3½ oz. butter or
½ oz. cinnamon	lard

Do not use lard if butter can be obtained. If butter is used do not use salt for making streusel. Mix flour, sugar, salt and cinnamon together, last add lard or butter and proceed to rub together the same as pie dough. In making dough follow instructions given under white bread recipe.

CINNAMON BUNS

6 lbs. 12 oz. flour	9 oz. lard
1 lb. sugar	2 oz. yeast
1 oz. salt	2 qts. water

For 100 men, 1 to the man, at the rate of about $1\frac{3}{4}$ ounces each when baked. Scale in pieces of $6\frac{1}{4}$ pounds, make up in long shape, let set for about 20 minutes, then roll into strips about $\frac{1}{4}$ inch thick, 18 inches wide, and any length, brush over with melted butter or oil and sprinkle with a mixture of sugar and cinnamon. Make this sheet into a roll, commencing on the outer edge. Cut 50 buns from each piece, lay them on well-greased baking pans which have been sprinkled with sugar, placing them about $\frac{1}{4}$ inch apart. Let rise until double in size, then bake in oven about 360 degrees Fahrenheit. Turn them out of pan immediately to prevent them from sticking. In making dough follow instructions given under white bread recipe.

RAISED DOUGHNUTS

10 lbs. flour	1 lb. lard
1 lb. 12 oz. sugar	4 oz. yeast
2 oz. salt	$2\frac{1}{8}$ qts. water

For 100 men, two to the man, at the rate of about $1\frac{1}{2}$ ounces each before frying. Scale in pieces of $9\frac{3}{8}$ pounds,

roll out into sheets $\frac{1}{4}$ inch thick, 18 inches wide, and any length. Cut 100 doughnuts from each piece, or cut like rolls and form into twists. Another way is to cut them off like rolls, form into round balls and let set for about 15 to 20 minutes, after which they are flattened down with the palm of the hand, and with the finger or round pointed stick pierce a hole through the center, again leaving them rise until double in size. Then fry in hot lard or cooking oil. Doughnuts are always placed on cloth-covered or dusted board when being made up to let proof. In making dough follow instructions given under white bread.

CINNAMON CAKE

For 100 men. Use coffee cake recipe, but in place of putting streusel on top, substitute with a mixture of granulated sugar and cinnamon.

JELLY DOUGHNUTS

For 100 men. Use doughnut recipe, roll up into balls, allow to rise for about 15 minutes, then flatten them a little with the palm of the hand, place a little fruit jelly or jam in the center and pinch the edges together to enclose the fruit, lay them on flour-dusted cloth, smooth side up, cover with a floured cloth, let rise until nearly double in size, then fry in hot lard or cooking oil.

SWEET DOUGH (CIVILIAN)

5 lbs. 15 oz. flour	14 oz. sugar
2 oz. yeast	14 oz. lard
1 oz. salt	1 $\frac{3}{4}$ qts. water

Enough for about 10 pounds of baked goods. The above dough can be used for the following: Coffee cake, cinna-

mon cake, plain buns, cinnamon buns, doughnuts and currant buns.

PLAIN CAKE (NAVY)

3 lbs. 6 oz. granulated sugar	3 oz. baking powder $\frac{1}{4}$ oz. baking soda
1 lb. 11 oz. lard	$\frac{1}{2}$ oz. salt
1 doz. eggs	$\frac{1}{20}$ oz. lemon flavor
$2\frac{1}{2}$ qts. milk	5 lbs. 5 oz. flour

For 100 men, at the rate of about $2\frac{1}{2}$ ounces per man. Weight of batch before baking $16\frac{1}{4}$ pounds, allowing about $1\frac{1}{2}$ pounds for baking off, or $1\frac{1}{2}$ ounces to each pound.

For citron cake add 1 pound of finely sliced citron.

For raisin cake substitute raisins for citron, use either plain or spice cake mix.

For fruit cake add 1 pound of citron and 1 pound of raisins, use plain or spice cake mix.

For cocoanut cake use plain cake mix, sprinkle on top of cake before baking 4 ounces of cocoanut.

Enough for two navy bread pans. Scale each pan at 8 pounds 1 ounce; cut 50 portions from each.

CHOCOLATE CAKE (PLAIN)

3 lbs. 6 oz. granulated sugar	$2\frac{1}{10}$ oz. baking soda $\frac{1}{4}$ oz. vanilla
1 lb. 11 oz. lard	$\frac{1}{2}$ oz. salt
1 doz. eggs	4 lbs. 11 oz. flour
$2\frac{1}{2}$ qts. milk	10 oz. cocoa

For 100 men, at the rate of about $2\frac{1}{2}$ ounces per man. Weight of bath before baking $16\frac{1}{2}$ pounds, allowing about $1\frac{1}{2}$ pounds for baking off, or $1\frac{1}{2}$ ounces to each pound.

SPICE CAKE (NAVY)

3 lbs. 6 oz. granulated sugar	$\frac{1}{2}$ oz. salt
1 lb. 11 oz. lard	5 lbs. 3 oz. flour
1 doz. eggs	1 oz. cinnamon
$2\frac{1}{2}$ qts. milk	$\frac{3}{4}$ oz. allspice
$2\frac{1}{10}$ oz. baking soda	$\frac{1}{2}$ oz. cloves

For 100 men, at the rate of about $2\frac{1}{2}$ ounces per man. Weight of batch before baking $16\frac{1}{4}$ pounds, allowing about $1\frac{1}{2}$ pounds for baking off, or $1\frac{1}{2}$ ounces to each pound.

MARBLE CAKE (NAVY)

LIGHT PART	DARK PART
$2\frac{1}{4}$ lbs. granulated sugar	1 lb. 2 oz. granulated sugar
1 lb. 2 oz. lard	9 oz. lard
$\frac{2}{3}$ doz. eggs	$\frac{1}{3}$ doz. eggs
$1\frac{1}{2}$ qts. milk	$\frac{3}{4}$ qt. milk
2 oz. baking powder	$\frac{1}{7}$ oz. baking soda.
$\frac{1}{8}$ oz. baking soda	$\frac{1}{8}$ oz. salt
$\frac{1}{3}$ oz. salt	$1/12$ oz. vanilla powder
$1/30$ oz. lemon extract	3 oz. cocoa
3 lbs. 9 oz. flour	1 lb. 9 oz. flour

For 100 men, at the rate of about $2\frac{1}{2}$ ounces per man. Weight of batch before baking $16\frac{1}{4}$ pounds, allowing about $1\frac{1}{2}$ pounds for baking off, or $1\frac{1}{2}$ ounces to each pound.

JELLY LAYER CAKE NO. 1

4 lbs. 2 oz. granulated sugar	2 qts. milk 4 lbs. 3 oz. flour
5 oz. lard	6 oz. baking powder
$\frac{2}{3}$ doz. eggs	$\frac{1}{20}$ oz. lemon extract

For 100 men, at the rate of $2\frac{1}{2}$ ounces per man. Weight of batch before baking $13\frac{3}{4}$ pounds. Will make 4 layers, using navy bread pan, must be greased with cold lard and well dusted with flour; scale each layer at 3 pounds 7 ounces, bake in hot oven. For filling cake use the following: 1 pound 14 ounces of jam or jelly, 8 ounces of cocoanut on top.

JELLY LAYER CAKE NO. 2

3 lbs. 10 oz. granulated sugar	3 oz. baking powder 4 lbs. 10 oz. flour
$1\frac{1}{2}$ doz. eggs	$\frac{1}{20}$ oz. lemon extract
$1\frac{3}{8}$ qts. milk	

For 100 men; same weight as jelly layer cake No. 1. Grease and line pans with paper.

JELLY ROLL NO. 1

2 lbs. 13 oz. granulated sugar	$4\frac{3}{4}$ oz. baking powder $4\frac{3}{4}$ lbs. flour
$1\frac{7}{8}$ doz. eggs	$\frac{1}{20}$ oz. lemon extract
$1\frac{3}{8}$ qts. milk	

For 100 men, at the rate of about $2\frac{1}{2}$ ounces per man. Weight of batch before baking $12\frac{1}{2}$ pounds. The above will

make 4 large rolls; bake in sheet pans and scale each at 3 pounds $\frac{1}{2}$ ounce and bake in hot oven. Use jelly or jam, 1 pound to each roll.

JELLY ROLL NO. 2

2 lbs. 15 oz. granulated sugar	$\frac{3}{4}$ oz. baking soda $1\frac{1}{2}$ oz. cream tartar
$1\frac{5}{8}$ doz. eggs	$\frac{1}{20}$ oz. lemon extract
$1\frac{1}{2}$ qts. milk	4 lbs. 6 oz. flour

For 100 men; same weight as jelly roll No. 1. Scale the same as jelly roll No. 1 and use the same amount of jelly or jam.

LAYER CAKE

2 lbs. 14 oz. sugar	$4\frac{1}{4}$ oz. baking powder
1 lb. 7 oz. butter	$\frac{1}{20}$ oz. lemon or vanilla extract
$1\frac{1}{4}$ doz. eggs	$\frac{1}{8}$ oz. nutmeg
$2\frac{7}{8}$ qts. milk	5 lbs. 8 oz. flour

For 100 men, at the rate of about $2\frac{1}{3}$ ounces each. Weight of batch before baking 16 pounds 5 ounces. This batch will make 40 small single layers, scale each layer at $6\frac{1}{2}$ ounces. Make 20 two-layer cakes and cut 5 portions from each.

CHOCOLATE ICING NO. 1

2 lbs. 11 oz. granulated sugar	5 oz. cocoa 4 oz. butter
1 pt. milk	$\frac{1}{30}$ oz. liquid vanilla

Will make enough chocolate icing for the above batch. In making boiled icing, boil until strings are visible from

the spoon with which it is being stirred, then remove and beat until it becomes stiff, add about 1 good gill more of milk to slacken; it is then ready for use.

CHOCOLATE ICING NO. 2

Use the same ingredients as for boiled icing No. 1; have about 6 egg whites well beaten in place of the extra gill of milk, use when icing has been boiled enough, add to the whites slowly, keep beating continually until it is all added.

BROWN BREAD NO. 1

1 lb. burnt sugar	2 oz. salt
1 lb. granulated sugar	4½ lbs. flour
14 oz. lard	1¼ lbs. whole wheat flour
½ doz. eggs	1¼ lbs. cornmeal
2¾ qts. milk	2 oz. yeast
	½ oz. baking soda

For 100 men, at the rate of about 2½ ounces per man. The above will make 2 navy bread pans, scale each pan at 8 pounds 2 ounces, cut 50 portions from each; if 1 pint of molasses is used in place of burnt sugar, deduct ½ pint of milk. This should be let set to rise for about 1½ hours after dropping out into pans bake in hot oven.

BROWN BREAD NO. 2

4 lbs. 3 oz. cornmeal	2 oz. salt
4 lbs. 3 oz. rye meal	1 qt. molasses
3 oz. baking powder	2¾ qts. milk

For 100 men, at the rate of about 2½ ounces per man. Weight of batch 16¼ pounds. Mix dry ingredients well,

add molasses and milk, beat thoroughly and put in greased molds. Steam for $3\frac{1}{2}$ hours, after which bake in oven long enough to dry out.

PLUM DUFF (BAKED)

4 lbs. sugar	1 qt. water
$2\frac{1}{2}$ lbs. butter or lard	6 lbs. dried fruit
1 oz. baking soda	$11\frac{1}{2}$ lbs. flour
1 doz. eggs	Spices and salt as
2 qts. molasses	required

Mix and bake in well-greased pans.

PLUM DUFF (BOILED OR STEWED)

The same ingredients, substituting 3 pounds of finely chopped suet for the lard or butter, place in bags or molds and either steam or boil for 4 hours.

PIE DOUGH NO. 1

37 lbs. flour	8 oz. salt
18 lbs. 8 oz. lard	$9\frac{1}{2}$ qts. water

Enough for 100 ten-inch pies. Total weight $74\frac{1}{4}$ pounds. Allow about $11\frac{1}{8}$ ounces of dough for each pie, top and bottom.

PIE DOUGH NO. 2

35 lbs. 12 oz. flour	8 oz. salt
$20\frac{1}{2}$ lbs. lard	$8\frac{3}{4}$ qts. water

Enough for 100 ten-inch pies. Same weight as above batch, but a richer dough. For mixing pie dough, rub lard well with flour, then add water with the salt being dis-

solved in it. This is then lifted together. Care should be taken not to work pie dough too much for the more it is worked the tougher the dough will be.

PIE DOUGH, FOR BOTTOMS ONLY, NO. 1

24 lbs. 10 oz. flour	5 oz. salt
12 lbs. 5 oz. lard	6 $\frac{1}{8}$ qts. water

Enough for 100 ten-inch pies.

PIE DOUGH, FOR BOTTOMS ONLY, NO. 2

23 lbs. 14 oz. flour	5 oz. salt
13 lbs. 11 oz. lard	5 $\frac{7}{8}$ qts. water

Enough for 100 ten-inch pies.

DRIED PEACH PIE

40 lbs. evaporated	34 qts. water
peaches	1 oz. cinnamon
18 lbs. 8 oz. sugar	1 lb. 12 oz. cornstarch

Enough for 100 ten-inch pies. Use about 1 $\frac{1}{4}$ pounds of filling for each pie. In preparing peaches for pie, soak first for about 12 hours in 30 quarts of water, then place in copper or on range and let simmer until tender, add sugar and cinnamon, stirring this in well, then bring to a boiling point and add starch, which should be mixed in the remaining 4 quarts of water. In adding starch it should be poured in gradually, at the same time stirring so as to prevent it from becoming lumpy, it is then removed from copper or range and ready to be used in pie.

DRIED APPLE PIE

25 lbs. evaporated apples	41 qts. water 2½ oz. cinnamon
18 lbs. 8 oz. sugar	2 lbs. cornstarch

Enough for 100 ten-inch pies. Use about 1¼ pounds of filling for each pie. Apples are prepared the same as peaches—soak in 35 quarts of water, using the remaining 6 quarts for the starch.

MINCE PIE (NAVY MINCE MEAT)

67 lbs. 12 oz. mince-meat	25 qts. water
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Enough for 100 ten-inch pies. Use about 1 pound 3 ounces of filling for each pie. Soak the mince meat in water for about 12 hours, it is then ready for use.

TINNED APPLE PIE

125 lbs. apples	2½ oz. cinnamon
18 lbs. 12 oz. sugar	

Enough for 100 ten-inch pies. Use about 1¼ pounds in each pie. One-quarter of the juice may be saved. Boil and use 3 ounces of cornstarch to each quart.

TINNED PEACH PIE

125 lbs. peaches	6¼ lbs. sugar
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Enough for 100 ten-inch pies. Save all of juice, boil, using 3 ounces of cornstarch to each quart.

TINNED APRICOT PIE

Same as for peach.

PUMPKIN PIE NO. 1 (NAVY)

96 lbs. tinned pumpkin	2 lbs. 12 oz. cornstarch
8½ doz. eggs	16 lbs. sugar
2½ qts. molasses	4 oz. cinnamon
12 lbs. evaporated milk	5 qts. water

Enough for 100 ten-inch pies. Beat up eggs and sugar enough to dissolve sugar, add to pumpkin, then add molasses and cinnamon, last add cornstarch which has been mixed with the 5 quarts of water, mix all well together, it is then ready to put into pie shelves. Use 1½ pounds of filling for each pie.

PUMPKIN PIE NO. 2

56 lbs. 10 oz. pumpkin	2¾ lbs. cornstarch
23 lbs. sugar	4 oz. cinnamon
7 doz. eggs	2 qts. molasses
28 $\frac{5}{8}$ qts. milk	

Enough for 100 ten-inch pies. Mix same as pumpkin pie No. 1, but place shelves in oven first, then pour in filling.

CUSTARD PIE (PLAIN)

15 lbs. sugar	3½ lbs. cornstarch
55½ qts. milk	¼ oz. lemon or vanilla extract
18½ doz. eggs	¼ oz. nutmeg or mace

Enough for 100 ten-inch pies. Beat sugar and eggs until sugar becomes dissolved, add milk, saving enough to dissolve the starch, last add flavoring and starch; it is then ready to our into pie shelves. Bake in oven about 400 degrees Fahrenheit. Use 3 quarts of filling in each pie.

COCOANUT CUSTARD PIE

10 lbs. cocoanut	2 $\frac{2}{3}$ oz. salt
13 $\frac{1}{2}$ lbs. sugar	1 $\frac{1}{2}$ oz. nutmeg
18 $\frac{2}{3}$ doz. eggs	$\frac{2}{3}$ oz. lemon or vanilla
6 $\frac{1}{4}$ lbs. spring flour	extract
51 qts. milk	

Enough for 100 ten-inch pies. Beat sugar and eggs until sugar becomes dissolved, add flour and beat, then add milk and other ingredients; it is then ready to be poured into the shelves. Use $\frac{3}{4}$ quart of filling in each.

SHORT CAKE

8 lbs. 5 oz. flour	9/12 doz. eggs
1 lb. 2 oz. sugar	1 $\frac{3}{4}$ qts. milk
2 lbs. 2 oz. butter	7 oz. baking powder

Enough for 100 men, 2 $\frac{1}{3}$ ounces each. If lard is used in place of butter, use $\frac{1}{2}$ ounce of salt. This dough is to be baked like biscuits.

BAKING POWDER BISCUITS

14 lbs. 11 oz. flour	7 oz. salt
1 lb. 1 oz. sugar	2 lbs. 12 oz. lard
10 $\frac{1}{2}$ oz. baking powder	4 $\frac{3}{8}$ qts. milk

Enough for 100 men, 2 to a man. Roll out in strips about $\frac{3}{8}$ of an inch thick and cut 200 biscuits from mix.

A biscuit cutter can be made by taking a milk can and melting one end off and piercing a few holes in the other.

PER MAN PER MEAL TABLE

The following is useful as a guide for commissary stewards in making up requisitions and for daily issues to the galley and bakery:

CRACKERS

Oysters, for table.....	1/8	lbs
Breading	1/20	"
Soda, for table.....	1/16	"

BREAD, FRESH

Fresh, for table.....	1/3	"
Pudding	1/6	"
French toast	1/4	"
Plain toast	1/4	"
Dressing	1/6	"
Breading	1/16	"
Croutons	1/8	"
Hamburger	1/16	"

FLOUR

Bread, for table.....	1/4	"
Cakes, plain	1/10	"
Pies	1/10	"
Rolls	1/4	"
Biscuit, baking powder.....	1/6	"
Hot cakes	1/6	"

Thickening	1/30	lb.
Dumplings	1/8	"
Fritters	1/6	"
Doughnuts	1/6	"
Turnovers	1/10	"
Crullers	1/8	"
Coffee cake	1/4	"
Corn bread	1/10	"
Jelly roll	1/15	"
Cookies	1/60	"
Gravy	1/50	"
Custard pie	1/20	"
Sea pie	1/8	"
Plum duff	1/12	"
Cottage pudding	1/8	"
Batter	1/20	"
Yorkshire pudding	1/8	"
Roux	1/20	"
Buckwheat, for hot cakes	1/8	"
Cornmeal, for mush	1/8	"
Cornmeal, for corn bread	1/16	"
Cornmeal, for corn cakes	1/16	"
Cornmeal, fried	1/8	"
Cornmeal, for breading	1/40	"

BACON, TINNED

Fried, straight	1/3	"
With liver	1/10	"
For chowder	1/50	"
Boiled	1/4	"

Fried with eggs.....	1/7	lb.
With baked fish.....	1/50	"
For beans	1/20	"
Potato salad	1/8	"

CORNED BEEF

For hash	1/8	"
Cold, sliced	1/6	"
Mulligan	1/4	"
Omelet	1/12	"
Minced meat	1/8	"
Sandwiches	1/12	"

CHIPPED BEEF

On toast	1/10	"
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CODFISH, TINNED

Creamed	1/5	"
Hash	1/8	"
Chowder	1/16	"
Cakes	1/8	"
Salad	1/16	"
Cakes, breaded	1/4	"

SALMON

Croquettes	1/8	"
Cold	1/3	"
Salad	1/6	"
Hash	1/8	"
Baked	1/8	"

Loaf	1/4	lb.
Escalloped	1/4	"
Creamed	1/4	"

SARDINES

On toast	1/4	"
Salad	1/8	"

VIENNA SAUSAGE

Chopped	1/3	"
Plain	1/3	"
Fried	1/3	"
Sandwiches	1/16	"

LUNCHEON MEAT

Fried	1/4	"
Cold	1/5	"
Fried with eggs	1/8	"
Omelet	1/16	"
Sandwiches	1/8	"

CORNER BEEF, FRESH

Boiled	4/5	"
Hash	1/4	"
Cold	3/4	"
Meat cakes	1/4	"

SALT PORK

For beans	1/25	"
Lean, boiled	1/2	"
Chowder	1/50	"

SALT MACKEREL

Broiled	1/2	lb.
Boiled	1/2	"
Fried	1/2	"

BACON, SMOKED

Boiled	1/3	"
Fried, straight	1/4	"
Fried with eggs.....	1/8	"

HAM, SUGAR-CURED

Boiled	3/5	"
Fried	3/4	"
Baked	3/5	"
Omelet	1/15	"

SHOULDER, SUGAR-CURED

Boiled	2/3	"
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FRANKFURTERS

Steamed	1/3	"
Chopped	1/3	"
Griddled	1/3	"

BOLOGNA

Fried	1/2	"
Cold	1/7	"
Omelet	1/16	"
Hash	1/8	"

TONGUE, SMOKED

Cold	1/4	lb.
Boiled	1/4	"

BEEF, FRESH

Minced	1/3	"
Boiled	3/4	"
Chili	1/8	"
Chop suey	2/5	"
Pot roast	2/3	"
À la mode.....	3/4	"
Steak	3/4	"
Stew	1/3	"
Croquettes	1/3	"
Goulash	1/3	"
Pot pie	1/3	"
Hamburger	1/3	"
Curry	1/2	"
Breaded strips	1/2	"
Loaf	1/3	"
Roast	3/5	"
Railroad hash	1/3	"
Braised	2/3	"
Hash	1/4	"
Creamed on toast	1/3	"
Cold roast	1/2	"

MUTTON, FRESH

Roast	2/3	"
Stew	1/2	"
Chops	3/4	"

Fricassee	1/2	lb.
Boiled	3/5	"
Sea pie	1/3	"
Curry	1/4	"

PORK LOINS

Roast	3/4	"
Chops, plain	3/5	"
Chop suey	1/3	"
Pork pie	1/3	"
Boiled	3/5	"
Chops, breaded	1/2	"

PORK SAUSAGE

Fried	1/2	"
Boiled	2/5	"
Cakes	1/2	"

VEAL, FRESH

Roast	2/3	"
Stew	3/8	"
Cutlets, breaded	3/4	"
Fricassee	1/2	"
Loaf	1/3	"
Croquettes	1/3	"
Salad	1/3	"

LIVER

Fried	3/8	"
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HAMBURGER

Loaf	1/4	lb.
Cakes	1/4	"
Minced meat	1/6	"
Stuffed peppers	1/6	"

CHICKEN OR FOWL

Roast	4/5	"
Fried	3/4	"
Fricassee	3/4	"
Salad with potato	1/2	"
Salad with celery	1/2	"
Stew	2/5	"
Croquettes	3/5	"
Chop suey	2/5	"

TURKEY

Roast	3/4	"
Salad	1/3	"

FISH, FRESH

Fried	2/3	"
Baked	2/3	"
Cakes	1/8	"
Chowder	1/16	"

EGGS, FRESH

Fried	1/6	doz.
Boiled	1/6	"
Scrambled	1/6	"

Hot cakes	1/120 doz.
Mayonnaise dressing	1/150 "
Batter	1/120 "
Plain omelet	1/6 "
Dumplings	1/200 "
Ham omelet	1/8 "
Cakes	1/50 "
French toast	1/100 "
Cookies	1/150 "
Pumpkin pie	1/60 "
Custard pie	1/30 "
Corn bread	1/75 "
Hamburger	1/100 "
Puddings	1/100 "
Fritters	1/120 "
Croquettes	1/100 "

BEANS, NAVY

Baked	1/29 gal.
Soup	1/80 "
Boiled	1/25 "

BEANS, LIMA

Baked	1/35 "
Boiled	1/50 "

BEANS, KIDNEY

Chili	1/60 "
Boiled	1/30 "
Baked	1/29 "

PEAS, SPLIT

Soup	1/80	gal.
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ASPARAGUS, TINNED

On toast	1/4	lb.
Creamed	1/4	"

LIMA BEANS, TINNED

Boiled	1/4	"
Salad	1/8	"
Succotash	1/8	"

STRING BEANS, TINNED

Pickled	1/3	"
Boiled	1/4	"
Salad	1/8	"

CORN, TINNED

Stewed	1/3	"
Pudding	1/4	"
Fritters	1/16	"
Chowder	1/16	"
Succotash	1/8	"

PEAS, TINNED

Creamed	1/4	"
Soup	1/6	"
With carrots	1/8	"

SPINACH, TINNED

Boiled	1/3	"
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TOMATOES, TINNED

Stewed	1/4	lb.
Soup	1/8	"
Soups	1/40	"
Beans	1/20	"
Gravy	1/45	"
Pot roast	1/40	"
Stew	1/20	"
Sauce	1/10	"
Chop suey	1/20	"
Spanish rice	1/8	"
Macaroni	1/8	"
Cold	1/4	"
Chili con carni	1/20	"

PUMPKIN, TINNED

For pies	1/5	"
Mashed	1/4	"

BEETS, TINNED

Pickled	1/6	"
Salad	1/20	"

TURNIPS, FRESH

Mashed	2/5	"
For stew	1/20	"
Mashed with potatoes.....	1/4	"
Boiled	1/3	"
New England dinner	1/5	"
Pot roast	1/20	"
Vegetable soup	1/50	"

CARROTS, FRESH

Creamed	1/4	lb.
Stew	1/20	"
Pot roast	1/20	"
With peas	1/8	"
For soups	1/50	"

TOMATOES, FRESH

Sliced	1/3	"
Salad	1/6	"

BEETS, FRESH

Pickled	1/4	"
Salad	1/10	"

ONIONS, GREEN, FRESH

Plain	1/5	"
Salad	1/20	"

SQUASH, FRESH

Creamed	1/2	"
Stewed	2/3	"
For pies	1/2	"
Baked	3/5	"

PUMPKIN, FRESH

Creamed	1/2	"
Stewed	2/3	"
For pie	1/2	"
Baked	3/5	"

STRING BEANS, FRESH

Boiled	2/3	lb.
Salad	2/5	"

PEAS IN POD

Creamed	3/5	"
Stewed	3/4	"

CORN ON COB

Plain	3/4	"
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SPINACH, FRESH

Boiled	4/5	"
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CAULIFLOWER

Creamed	4/5	"
Au gratin	4/5	"

LETTUCE

Sugared	1/5	"
With salad	1/15	"

CUCUMBERS

For salad	1/7	"
Plain	2/5	"

CELERY

Chop suey	1/15	"
Plain	1/4	"
For salad	1/8	"

For soup	1/30	lb.
Creamed	1/3	"

RADISHES

Plain	1/6	"
Salad	1/20	"

RHUBARB, FRESH

For pie	5/4	"
Sauce	5/4	"

PARSNIPS, FRESH

Fried	1/2	"
Creamed	1/3	"
Baked	1/2	"

EGGPLANT

Fried	1/5	"
Baked, stuffed	1/3	"

PEPPERS, RED AND GREEN

Chili	1/20	"
Stuffed	1/6	"
Spanish sauce	1/50	"
Chop suey	1/100	"
Salad	1/20	"
Seasoning agent	1/100	"

ASPARAGUS, FRESH

Creamed	1/3	"
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PARSLEY

For garnishing 1/100 lb.

POTATOES, IRISH

Mashed 3/5 “
 Boiled, peeled 1/2 “
 With the jackets 2/5 “
 German fried 3/4 “
 French fried 3/4 “
 Stew 1/2 “
 Salad 2/5 “
 Baked, peeled 3/5 “
 Lyonnaise 1/2 “
 Escalloped 1/2 “
 Baked with jackets 1/2 “
 Au gratin 3/5 “
 For hash 3/5 “
 Croquettes 1/2 “
 Hash brown 2/3 “
 Creamed 1/2 “
 For soup 3/20 “
 Chowder 1/10 “
 Potato cakes 3/5 “
 Fish cakes 1/2 “
 Stuffed, baked 2/3 “
 Railroad hash 1/2 “
 For yeast 1/200 “

POTATOES, SWEET

Boiled 3/5 “
 Candied 4/5 “

Pie	1/5	lb.
Fried	3/4	"
Baked	3/4	"

ONIONS, FRESH

Fried	3/5	"
Dressing	1/20	"
Boiled	2/5	"
Creamed	2/5	"
Chop suey	1/5	"
Soups	1/25	"
Salad	1/15	"
Hash	1/20	"
Stew	1/20	"
Hamburger	1/30	"
Chowder	1/25	"
Pot roast	1/50	"
Gravies	1/50	"
Spanish omelet	1/40	"
Lyonnais potatoes	1/20	"

CABBAGE, FRESH

Boiled	2/3	"
Cold slaw	1/3	"
Hot slaw	3/5	"
Chop suey	1/4	"
Vegetable soup	1/20	"
Fried cabbage	2/3	"
Creamed	3/5	"
New England style	1/2	"

RICE

Steamed	1/8	lb.
Croquettes	1/6	"
Pudding	1/10	"
Cakes	1/10	"
Soup	1/50	"
As cereal	1/8	"
Spanish style	1/10	"

CORNSTARCH

Pudding	1/30	"
Puddings	1/200	"
Tomato sauce	1/200	"

BARLEY

Soup	1/50	"
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HOMINY GRITS

As cereal	1/10	"
Fried	1/8	"

ROLLED OATS

For cereal	1/10	"
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TAPIOCA

Plain pudding	1/10	"
Fruit pudding	1/15	"

APPLES, DRIED

Sauce	1/10	"
Pie	1/7	"

Dumplings	1/8	lb.
Pudding	1/20	"
Apple cake	1/20	"
Plum duff	1/50	"
Turnovers	1/10	"

CITRON

Fruit cake	1/13	"
Plum duff	1/13	"
Plain cake	1/50	"

CURRENTS

Pudding	1/100	"
Pie	1/5	"
Currant cake	1/50	"
Plum duff	1/20	"
Cinnamon buns	1/75	"
Fruit cake	1/20	"

COCOANUT

Pie	1/10	"
Cake	1/50	"
Fruit pudding	1/50	"

PEACHES, DRIED

Pie	1/7	"
Turnovers	1/10	"
Stewed	1/8	"
Cake	1/20	"

RAISINS

Pie	1/15	lb.
Plain cake	1/50	"
Fruit cake	1/40	"
Bread pudding	1/50	"
Raisin cake	1/10	"
Plum duff	1/30	"
Bread	1/50	"

APPLES, TINNED

Pie	1/6	"
Apple cake	1/5	"
Sauce	1/7	"
Puddings	1/12	"
Dumplings	1/5	"
Plum duff	1/30	"
Turnovers	1/5	"
Fruit salad	1/25	"
Fritters	1/10	"

APRICOTS, TINNED

Plain	2/5	"
Pie	1/3	"
Turnovers	1/6	"
Fruit salad	1/30	"
Puddings	1/6	"
Short cake	1/12	"

PEACHES, TINNED

Plain	1/2	"
Pie	2/5	"

Turnovers	1/4	lb.
Salad	1/7	"
Puddings	1/6	"
Short cake	1/12	"

PEARS, TINNED

Plain	1/2	"
Pie	2/5	"
Turnovers	1/4	"

PINEAPPLE, TINNED

Plain	2/5	"
Pudding	1/20	"
Pie	2/5	"
Cake	1/7	"
Salad	1/8	"

PRUNES

Plain	1/5	"
Pie	1/4	"

JAMS

Plain	1/6	"
Turnovers	1/20	"
Cake	1/20	"

APPLE BUTTER

Plain	1/20	"
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MINCE-MEAT

Pie	1/10	lb.
Plum duff	1/30	"
Turnovers	1/20	"

PEACHES, FRESH

Plain	1/2	"
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PEARS, FRESH

Plain	1/2	"
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CHERRIES

Plain	1/3	"
Pie	1/3	"

GRAPES

Plain	1/3	"
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STRAWBERRIES

Cake	1/4	"
Plain	1/3	"

BLACKBERRIES

Plain	1/4	"
Pie	1/3	"

BLUEBERRIES

Plain	1/4	"
Pie	1/5	"

HUCKLEBERRIES

Plain	1/4	lb.
Pie	1/5	"

RASPBERRIES

Plain	1/3	"
Pie	1/5	"

CRANBERRIES

Sauce	1/7	"
Pie	1/5	"
Turnovers	1/6	"

WATERMELON

Plain	5/4	"
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CANTELOUPE

Plain	3/4	"
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PLUMS

Plain	1/3	"
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GRAPE FRUIT

Plain	2/3	"
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PINEAPPLE, FRESH

Plain	1/2	"
For fritters	1/2	"

APPLES, FRESH

Plain	1/3	"
Pie	1/4	"

Salad	1/15	lb.
Sauce	1/3	"
Dumplings	1/3	"
Baked	1/3	"
Apple cake	1/100	"
Fritters	1/10	"

BANANAS

Plain	1/3	"
Cake	1/8	"
Salad	1/16	"
Pie	1/16	"

LEMONS

For iced tea	1/70	"
Lemonade	1/13	"
Pie	1/20	"

ORANGES

Plain	3/7	"
Fruit salad	1/16	"

COFFEE

Plain	1/30	"
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COCOA

Plain	1/25	"
Pudding	1/200	"
Pie	1/75	"
Chocolate cake	1/100	"
Layer cake	1/150	"

TEA

Plain	1/100 lb.
Iced tea	1/150 "

MILK, EVAPORATED

Coffee	1/150 "
Pudding	1/100 "
Cocoa	1/50 "
Cake	1/50 "
Soup	1/80 "
Ice cream	1/4 "
Cereals	1/10 "
Oyster stew	1/8 "
Custard pie	1/5 "
Mashed potatoes	1/100 "
Minced meat	1/75 "
Pumpkin pie	1/9 "
Cream pie	1/5 "
Creamed vegetables	1/100 "
Baking powder biscuits.....	1/75 "
Hot cakes	1/65 "
Cream sauce	1/100 "
Chicken fricassee	1/50 "

MILK, FRESH

For cereals	1/16 gal.
For oyster stew.....	1/35 "

CATSUP

Plain	1/100 "
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BUTTER

For cake 1/75 lb.

CHEESE

Table 1/8 "

Macaroni 1/75 "

Au gratin 1/75 "

BAKING POWDER

Cake 1/300 "

Biscuits 1/160 "

Hot cakes 1/80 "

Corn bread 1/100 "

Dumplings 1/160 "

MACARONI

Baked 1/8 "

VERMICELLI

For soup 1/50 "

PICKLES

Plain 1/5 "

SAUERKRAUT

Plain 1/4 "

SUGAR

Pie 1/20 "

Cake 1/15 "

Bread 1/300 "

Coffee	1/25	lb.
Tea	1/30	"
Puddings	1/25	"
Cranberry sauce	1/7	"
Cereals	1/10	"
Cocoa	1/25	"

OYSTERS

Dressing	1/100	"
Stew	1/20	"

CLAMS

For chowder	1/25	"
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BUTTER

For table	1/32	"
For cake	1/75	"

LARD

Deep fry	1/10	"
Pie dough	3/8	"
Biscuits, baking powder.....	1/32	"
Cake	1/40	"
Bread	1/300	"
Rolls	1/300	"
Corn bread	1/90	"

OIL EQUIVALENT

Deep fry	2/25	"
Pie dough	3/100	"

Biscuits	1/40	lb.
Cake	1/50	“
Bread	1/376	“
Rolls	2/325	“
Corn bread	2/225	“
Mayonnaise	3/100	“
French dressing	3/100	“

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