THE NEW RUTHERFORD COOK BOOK

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The New Rutherford Cook Book by Anonymous

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ANONYMOUS

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Trieste

The New
Rutherford Cook Book

compiled by

The Ladies Aid
of South Bristol
Maine

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RUTHERFORD COOK BOOK

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Soups

"Spare your breath to cool your porridge."

FISH CHOWDER

3 pounds of fresh pollock or cod
½ pound salt pork
1 quart sliced potatoes
2 good sized onions

Fry pork in deep kettle and take out scraps. Put in your fish in medium pieces, add potatoes and onions, dredge with flour, add pepper and salt and nearly cover with cold water. Cook until potatoes are done. When ready to serve take from stove and put in one quart of milk and about one-fourth pound of butter.—*Mrs. M. N. Crowley.*

CLAM STEW

One pint clams boiled ten minutes in one cup water saved from the clams. Add one quart milk scalding hot, a generous piece of butter, pepper to taste.—*Mrs. O. T. Gamage.*

CLAM CHOWDER

1 quart clams
1½ quarts milk
3 potatoes
3 slices salt pork
Butter half size of egg

Fry out pork, add clams chopped slightly, potatoes sliced thin, a little pepper and boiling water to just

cover clams and potatoes. Boil till potatoes are done, then add milk and butter.—*Mrs. O. T. Gamage.*

POTATO SOUP

6 boiled and mashed potatoes
1 quart milk
¼ pound butter
1 egg
Celery, salt and pepper to season

While mashing potatoes add butter and gradually pour in the boiling milk. Stir well and strain through a seive. Heat again and when ready to serve pour over the beaten egg in the tureen.—*Mrs. Clarinda Gamage.*

LOBSTER STEW

One quart milk, scalded in double boiler; add one pint boiled, chopped lobster, butter size of walnut, salt and red pepper to taste.—*Albertine French.*

OYSTER BUILLON

Take one pint oysters cut in small pieces, cover with cold water and simmer ten minutes. Strain through fine sieve and serve very hot. When serving add one teaspoonful whipped cream to each cup.—*O. T. G.*

CREAM OR CORN SOUP

1 can corn
1 pint milk
1 tablespoon butter

Press the corn through a sieve, add milk and butter, bring to boiling point, season with salt and pepper.—*A. M.*

CORN STEW

1 can corn, heated
Add 1½ pints milk
Butter size of an egg
Salt and pepper to season

Bring to a boil and serve with toasted crackers.—*M. F. Tibbetts.*

MOCK BISQUE SOUP

1 can, or 1 quart stewed tomatoes
1 quart milk
½ teaspoon soda
1 tablespoon flour
2 tablespoons butter

Strain tomatoes, heat and add soda. Rub butter and flour together and add to heated tomato. Boil, then add milk. Be careful that soup does not boil after adding milk. Season with salt and pepper.—*E. G. McFarland.*

CREAM OR CHICKEN SOUP

1 pint chicken stock
1 pint milk
1 tablespoon flour
2 tablespoons butter or chicken fat

Rub butter or fat and flour together, add to stock and boil ten minutes, add milk, season with salt and pepper and it is ready to serve.—*E. G. M.*

CORN CHOWDER

1 qt. of sliced potatoes
1 pint water
4 slices salt pork fried

Cook until potatoes are nearly done then add

1 can corn
1 pint milk

A small piece of butter, salt and pepper to taste.—*Mrs. Warren L. Gamage.*

BARLEY SOUP

Boil ½ cup of pearl barley in 1 quart of water for two hours. Add this to 2 quarts of soup stock, let boil five minutes. Add salt and pepper. Serve with crackers. —*Mrs. Frances Leeman.*

OYSTER STEW

1 quart milk
1 pint oysters
Butter size of an egg
Salt and pepper to taste

Scald milk in double boiler. Cook oysters in as little water as possible in separate dish until edges ruffle.

When milk is thoroughly scalded, add oysters, then salt and pepper, the butter last. Serve immediately with toasted oyster crackers and sweet pickles.—*Mrs. Elliott P. Gamage.*

VEGETABLE SOUP

Put on to boil in morning early about 2 pounds soup meat with bone. Run through meat chopper small piece of cabbage, turnip, carrot, onion, potato. Cook about two hours after vegetables are added. Just before serving, put in part of can of Van Camps tomato soup.—*L. R. Otis.*

SPLIT PEA SOUP

Soak 2 cups split peas over night. Put in kettle with one onion, ham bone, three quarts cold water. Simmer gently about three hours or until peas are well cooked. Strain and season.—*Lula Bowman.*

VEGETABLE SOUP WITHOUT STOCK

1 cup shredded cabbage
½ cup each diced turnip and carrots
1 small onion
½ teaspoon minced parsley
Salt and pepper
2 qts. water
5 teaspoons butter
¼ cup barley

Boil three hours adding water as it boils away.—*L. M. Bowman.*