

**JUST FOR TWO: A  
COLLECTION OF  
RECIPES DESIGNED  
FOR TWO PERSONS**

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Just for two: a collection of recipes designed for two persons by Amelie Langdon

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A COLLECTION OF RECIPES  
DESIGNED FOR TWO PERSONS

BY  
AMELIE LANGDON

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## PREFACE

Recipes designed for small families are rare, and yet there are thousands of wives in our cities who cook for only two. It follows that they must either cut down large recipes found in the ordinary cook book, which can rarely be done successfully, or they must cook the full amount with resulting waste. During my experience of keeping house in a flat for my husband and myself, I have tried to cook with economy with the help of my large cook book, and I have both wasted and experimented much and have gradually compiled for my own use a book of proved recipes, many of which have been given me by friends who have compounded and proved them. I now publish the book, believing that it will fill a long felt need. It has been my aim in preparing the book to have it contain rules for making many dainty and delicious dishes not often found in cook books.



What shall I have for dinner?  
What shall I have for tea?  
An omelet, a chop or two,  
Or a savory fricassee?

Dear! how I wish that Nature  
When she made her mighty plan  
Hadn't given the task to woman  
To care for hungry man,

—Anon.



SOUPS
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Soup will be as good the second day as the first if heated to the boiling point. It should never be left in the pot, but should be turned into a dish or shallow pan, and set aside to get cold. Never cover it up, as that will cause it to turn sour very quickly.

Before heating a second time, remove all the fat from the top. If this be melted in, the flavor of the soup will certainly be spoiled.

Thickened soups require nearly double the seasoning used for thin soups or broth.

The meat from which soup has been made is good to serve cold thus: Take out all the bones, season with pepper and salt, and catsup, if liked, then chop it small, tie it in a cloth, and lay it between two plates, with a weight on the upper one: slice it thin for luncheon or supper: or make sandwiches of it: or make a hash for breakfast: or make it into balls, with the addition of a little wheat flour and an egg, and serve them fried in fat, or boil in the soup.

An agreeable flavor is sometimes imparted to soup by sticking some cloves into the meat used for making stock: a few slices of onions fried very brown in butter are nice; also flour browned by simply putting it into a saucepan over the fire and stirring it constantly until it is a dark brown.

Clear soups must be perfectly transparent, and thickened soups about the consistency of cream. When coups and gravies are kept from day to day in hot weather, they should be warmed up every day, and put into fresh-scalded pans or tureens, and placed in a cool cellar. In temperate weather, every other day may be sufficient.

#### EGG DUMPLINGS FOR SOUP.

To half a pint of milk put two well-beaten eggs, and as much wheat flour as will make a smooth, rather thick batter free from lumps: drop this batter, a tablespoonful at a time, into boiling soup.

#### SHRIMP BISQUE.

Stir one heaping tablespoonful of flour with enough milk or cream to make a paste: put into the sauce pan one-half pint of milk—good measure; the yolk of one egg well beaten; tablespoonful of butter, salt and pepper to taste; add one-half cup chopped shrimps the last thing. Serve hot.

#### CREAM OF TOMATO SOUP.

One-half pint of canned tomatoes, one-half pint of milk, one heaping teaspoonful of butter, quarter teaspoonful of soda. Cook tomatoes a few minutes and then strain them, put on the stove again, adding the butter, salt and pepper, and a little of the soda, and thicken with flour until quite thick; heat the milk separately in a double boiler until boiling hot: When time to serve, add the remainder of the soda to the tomatoes and a little minced parsley. Lastly add the boiling milk. Serve in heated soup bowls.

## CREAM OF CELERY.

Cut the outside stalks of a bunch of celery in small pieces; boil until tender, keeping covered with water; when boiled tender rub through a gravy strainer; add one pint and one-quarter of milk, teaspoonful of butter, salt, and stir in slowly a little flour paste; let boil a little and serve hot.

## WINTER VEGETABLE SOUP.

Scrape and slice one small turnip, and one carrot, and peel one small onion and fry all with a little butter until a light yellow; add three stalks of celery, two of leeks, cut into small pieces; stir and fry all for five minutes; when fried, add two stalks of parsley minced, one clove, salt and pepper and a little grated nutmeg; cover with three pints of boiling water, and simmer for one hour. Take off the scum, strain and serve.

## OYSTER SOUP.

One pint of oysters, one-half pint of milk, one heaping teaspoonful of butter, one-half teacupful of boiling water; salt and pepper. Strain all the liquor from the oysters; add the water and heat. When near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they ruffle. Stir in the butter, cook one minute, and pour into the tureen. Stir in boiling milk and send to table hot.

## CLAM SOUP.

One dozen clams chopped fine. Put over the fire the liquor that was drained from them, one cupful of water, add the