

**THE BLUE AND GOLD
COOK BOOK;
RECIPES OF QUALITY**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649083244

The blue and gold cook book; recipes of quality by Anonymous

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

ANONYMOUS

**THE BLUE AND GOLD
COOK BOOK;
RECIPES OF QUALITY**

WE are gratified to be able to present to our friends and patrons the "Blue and Gold Cook Book" because we believe that it will meet with the appreciation we hope for and can assure you that an extraordinary amount of time and care has been expended in collecting and editing this volume of recipes. We have found in our experience that almost every cook book which has heretofore been published has given too much space to ordinary recipes, within the ken of every experienced housewife.

Our assumption is that the lady who uses a cook book knows the ordinary rudiments of the Art of Cookery—that in turning to the pages of a cook book she does so in the anticipation of finding therein something new—something that will appeal through its very novelty.

With that end in view we have delved deeply into the question and hope that our labors have not been in vain—and that the recipients of this book can truly say they have found therein something new—something worth while.

The mistress of the home who is suddenly confronted with a houseful of company for either luncheon, dinner or supper, may turn to the menus which are provided and feel assured that any one of them is perfect in its way and will earn for the hostess the appreciation of her guests.

You will find simple recipes—and elaborate ones—chafing dish specialties—canapes and salads—all essential factors that make for the successful meal—and the height of accomplishment is attained when you augment these preparations with the zest contained in every bottle of Blue and Gold Lager.

Very truly yours,

OAKLAND BREWING AND MALTING CO.

W O M E N INTERESTED

in the success of the dinner will not fail to provide the most appetizing and palatable beverage. This is conceded by particular people.

Blue and Gold Lager

Prejudice for Eastern products has been almost universally abolished wherever consistent test of the famous local beer has been made.

H O M E P R O D U C T S A R E U N E Q U A L E D

This beer is a pleasing wholesome beverage, devoid of any injurious effect and a credit to the best menus.

\$ 1 . 2 5 P E R C A S E

12 large or 24 small bottles — delivered.

Dinners

Olives Celery Radishes
 Blue Points on Half Shell
 Onion Soup a la Savarin
 Fillet de Sole Cucumbers
 Crown of Lamb
 Fresh Vegetables Potato Balls
 Breast of Chicken a la Sam
 Ward
 Asparagus Vinaigrette
 Peach Melba Ice Cream
 Roquefort au Port
 Coffee

* * *

Olives Celery Radishes
 Lobster and Crabmeat Cocktail
 Chicken Bouillon
 Planked Whitefish, French
 String Beans
 Steak a la Mansfield
 Roasted Potatoes
 Breast of Prairie Chicken
 Asparagus Salad Baked Alaska
 Roquefort Cheese
 Coffee

* * *

Olives Celery Radishes
 Little Neck Clams
 Chicken Gumbo Creole
 Fillet of Salmon, Parisian Style
 Crown of Roasted Lamb,
 French Peas
 Duchesse Potatoes
 Roast Duck, Currant Jelly
 Artichoke Vinaigrette
 Pear Nordica
 Camembert Cheese Coffee

Salted Almonds, Olives, Celery
 Anchovy Butter on Toast
 Chicken Bouillon
 Salmon Trout a la Celine
 Fillet of Beef, Broiled
 Mushrooms
 Potato Souffle
 Squab en Casserole
 Cherry Salad Chestnut Flake
 Gorgonzola Cheese
 Coffee

* * *

Olives Celery Radishes
 Canape a la Russe
 Clear Green Turtle Soup
 Lobster and Shrimp, Saute
 Royale
 Ham in Burgundy
 French Fried Potatoes
 Breast of Partridge
 Cumberland Sauce
 Grape Fruit Salad, Cafe Parfait
 Port de Salut
 Coffee

* * *

Olives Celery Radishes
 Bisque of Lobster
 Baked Sole Cucumber Salad
 Larded Sweetbreads, Saute
 Baked Cauliflower
 Philadelphia Squab, Crabapple
 Jelly
 French Endive Salad
 Maple Mousse Coffee

Suppers

Beef Steak Sandwiches with
Marrow
Celery Rolls Olives
Sweetbread Salad
Camembert Cheese
Blue and Gold Lager

* * *

Ham, Southern Style
Wine Olives Rolls Nuts
Shad Roe and Cucumber Salad
Cheese Balls
Blue and Gold Lager

* * *

Sliced Smoked Goosebreast
(Rye Bread)
Imported Sardines and Crackers
Curried Eggs
Neufchatel Cheese
Blue and Gold Lager

* * *

Oysters au Gratin
Celery Parker House Rolls
Chicken Sandwiches
Blue and Gold Lager

* * *

Danish Sandwiches
Welsh Rarebit
Olives Dill Pickles
French Rolls
Blue and Gold Lager

* * *

Lobster a la Thackeray
Celery Radishes
Lettuce Salad
Swiss Cheese

Celery Radishes
Crab Meat a la Richmond
Beef Steak Sandwiches with
Marrow
Roquefort Cheese
Blue and Gold Lager

* * *

Celery Olives
Sweetbread Cocktail
Herring Salad
Cream Cheese with Bar le Duc
Blue and Gold Lager

* * *

Cold Lobster Mayonnaise Sauce
Raw Beefsteak, a la Tartar
Stuffed Eggs with Caviar
Blue and Gold Lager

* * *

Chicken Salad Wafers
Cottage Cheese
Dill Pickles Salted Almonds
Blue and Gold Lager

* * *

Stuffed Peppers Rye Bread
Camembert Cheese
Wafers Assorted Pickles
Blue and Gold Lager

* * *

Celery Ripe Olives
Spaghetti, Eggs and Cheese
Club Sandwiches
Blue and Gold Lager

Cooking

Cooking is the art of preparing food by the aid of heat, for the nourishment of the human body. The principal ways of cooking are boiling, broiling, stewing, roasting, baking, frying, sauteing, braising, fricasseing and steaming.

BOILING: Cooking in boiling water. Boiling point, 212 F.

BROILING: Cooking over a glowing fire.

STEAMING: Cooking over boiling water.

STEWING: Cooking for a long time in water below the boiling point. Simmering point, 185 F.

ROASTING: Cooking before a glowing fire.

BAKING: Cooking in an oven.

FRYING: Cooking in hot deep fat, deep enough to cover article to be cooked.

SAUTEING: Cooking in a small quantity of fat.

BRAISING: A combination of stewing and baking.

FRICASSEING: A combination of frying and stewing.

HOUSEHOLD RULES—HOW TO MEASURE.

All measurements should be made **LEVEL**.

Accurate measurement is essential to insure good cooking.

A half-pint cup is the standard. They can be had with fourths and thirds indicated.

A cupful is a cup filled **LEVEL** with the top. To measure a cupful, fill lightly with a spoon, taking care not to shake the cup; then level with the knife.

A spoonful is a spoon filled **LEVEL** with the top. First sift the material into the bowl, dip in the spoon, lift it slightly heaping, and level it by sliding the side of a knife across the top of the spoon. Do not level by pressing it.

Half a spoonful is obtained by dividing through the middle lengthwise.

A speck of anything is what will lie within a space $\frac{1}{4}$ inch square.

WHAT COOKS SHOULD KNOW.

Allow four eggs to each quart of milk in making cup custards.

Allow from four to six eggs to each quart of milk in making a custard to be turned from the mold.

Rice will absorb three times its measure of water and a large quantity of milk or stock.

One ounce of butter equals two level tablespoons.

One ounce of flour equals four tablespoons.

One ounce of butter and one-half ounce of flour are used to thicken one cup of liquid in making a sauce.

Allow two level teaspoons of baking powder to each cup of flour when no eggs are used.

One cup of sugar will sweeten one quart of any mixture to be served chilled or frozen.

One teaspoonful of extract will flavor one quart of custard or pudding to be served unfrozen.

One teaspoonful of extract will flavor one quart of mixture to be frozen.

One level teaspoon of salt will season one quart of soup, sauce or vegetables.

The ordinary French dressing (three tablespoons oil, one and one-half tablespoons vinegar, one-fourth level teaspoon salt, one-eighth level teaspoon pepper, and one-quarter teaspoon of sugar) will marinate one pint of salad.

One teaspoon of water or milk should be allowed for each egg in making an omelet.

WEIGHTS AND MEASURES AT A GLANCE.**The Fountain of Good Cookery is Accuracy.**

By level measurements are meant a spoon or cup filled full with dry material, then leveled off smooth, to the spoon's edge. Flour is sifted before being lifted into the cup or