

HOW TO COOK VEGETABLES

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How to Cook Vegetables by Mrs. S. T. Rorer

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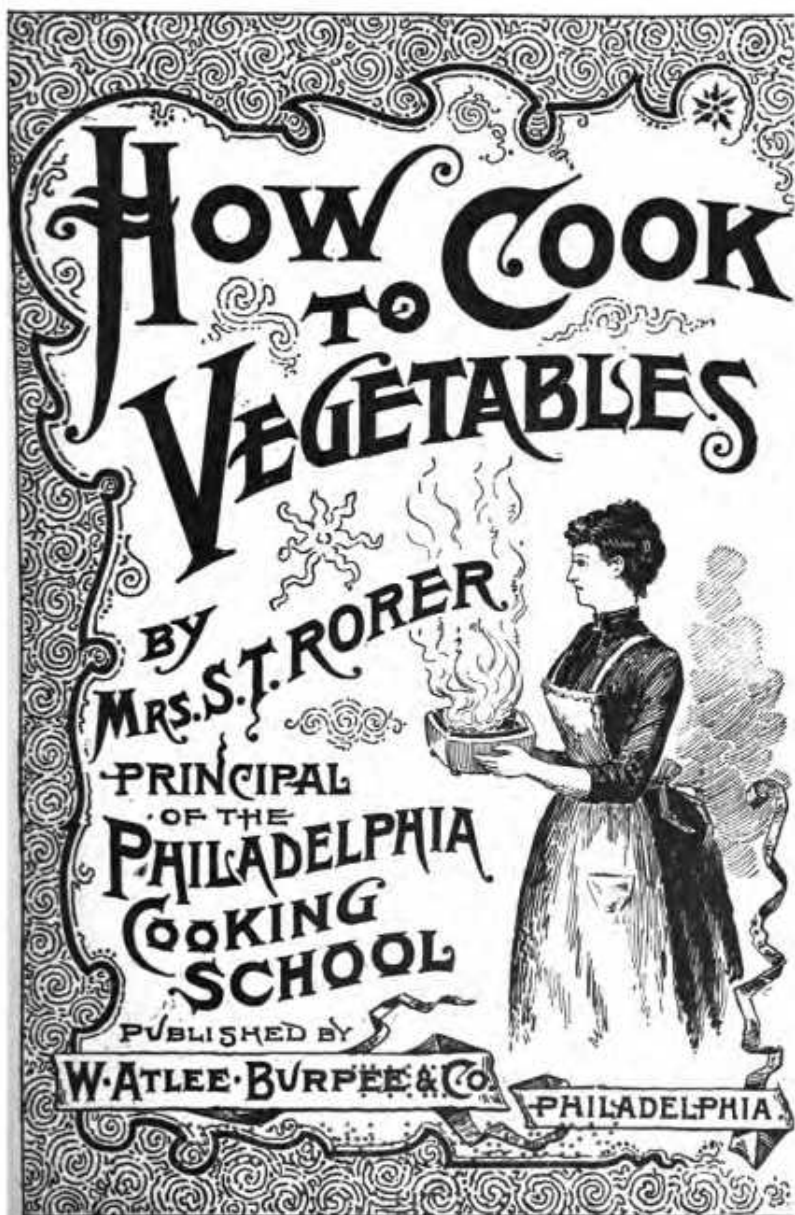
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MRS. S. T. RORER

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RORER.

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compiled by
MRS. S. T. RORER,

PRINCIPAL OF THE PHILADELPHIA COOKING SCHOOL; EDITOR OF "TABLE TALK";
AUTHOR OF MRS. RORER'S COOK BOOK, ETC., ETC.



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PUBLISHER'S PREFACE.

The frequent receipt of inquiries as to the method of using certain Vegetables which are not generally grown in America suggested to us the advisability of having prepared a book on HOW TO COOK VEGETABLES. With this end in view we communicated with Mrs. S. T. Rorer early last Summer, with the result now before you.

Mrs. Rorer needs no introduction to the Housekeepers of America. As Principal of the Philadelphia Cooking School, Editor of Table Talk and Author of Mrs. Rorer's Cook Book, she is known throughout the United States. All the recipes published on the following pages have been carefully tested by Mrs. Rorer, and can scarcely fail to prove satisfactory if the directions are carefully followed. We trust the publication of this little book will increase the consumption of Vegetables and extend the varieties in general use.

In order to prevent needless correspondence from the book trade would state that "How to Cook Vegetables" is not published for sale, but for distribution among our customers as a premium, on the following conditions:— Any purchaser of Seeds, Bulbs or Plants to the amount of \$3.00 is entitled to receive, if a request accompanies the order, a copy bound in paper covers, while every purchaser to the amount of \$5.00 is entitled to receive a copy substantially bound in cloth.

W. ATLEE BURPEE & CO.

Philadelphia, Jan. 17, 1891.

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HOW TO COOK VEGETABLES.

Few things show the difference between comfortable and slovenly housekeeping more quickly than the dressing of vegetables. Potatoes, one of the most important of vegetables (served in nearly every household once a day), are rarely cooked in a wholesome or even palatable manner; out of every ten plates that come to the table but one will be found perfect. All green vegetables should be freshly gathered, washed in cold water, and cooked in freshly boiled water until tender, not a moment longer. After water has boiled for a time, it parts with its gases and becomes hard, and most vegetables are better cooked in soft water. It is a well-known fact that all vegetables containing casein, such as split peas, lentils, or beans, do not boil soft or tender in hard water. The salts of lime, sulphate, or gypsum which these seeds contain coagulate the casein, which renders the seeds unpalatable and unwholesome. The solvent power of pure soft water has such an effect upon these same vegetables when green that it will entirely destroy the firmness, color and outside covering (skin), allowing the juice to pass out into the water. Consequently, it must be remembered that all green vegetables must be cooked in hard water, and all dry vegetables in soft. A teaspoonful of common salt added to a gallon of water hardens it at once. A half teaspoonful of bicarbonate of soda to a gallon of water renders it soft.

Young, green vegetables should be cooked in boiling, salted water. Onions, if boiled in pure, soft water, are

almost tasteless, and all the after-salting cannot restore to them the sweet saline taste and the strong aroma which they possess when boiled in salted water.

If green vegetables become wilted, sprinkle them with cold water. Do not soak them in salted water, as this toughens them. Peas, beans, and lentils are the most nutritious of all vegetable substances. They are said to contain as much carbon as wheat, and almost double the amount of nitrogen. The nitrogenous elements of these vegetables, consisting chiefly of vegetable casein, shows at once that we must arrange with care our daily bills of fare; and housekeepers are frequently at a loss to know just what kind of vegetables should be served with different kinds of meats, game, and fish to make them combine properly. A thorough acquaintance with these facts cannot be too highly estimated, as it is not a matter of fashion, but a necessity; for instance, if a man has baked beans for his dinner, he should certainly have served with them pork; the beans being nitrogenous, the meat must fill in the carbon. While we arrange our daily bills of fare in proper proportions to satisfy each organ, peace and harmony prevail in the system, but let us take too much liberty, and serve mashed potatoes daily with our pork and see what happens. An excitement is at once produced; each organ makes a strong effort to reject its enemy, and the whole system becomes out of order. Still, we fail to read this lesson of nature, teaching us to keep out of our stomachs all things that overload and crowd any such organ.

Why do we eat butter on our bread, or why should we serve potatoes with our lean beef, or (as I have said) pork with our beans? Simply to nourish ourselves properly. Bear in mind that during the process of living we use up and cast away certain matter which must be replaced by equivalent substances, and these substances must be found