

**SUNSHINE COOK BOOK: A
COLLECTION OF VALUABLE
RECIPES AND MENUS GATHERED
FROM VARIOUS SOURCES**

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Sunshine Cook Book: A Collection of Valuable Recipes and Menus Gathered from Various Sources by Mrs. Jennie E. Underhill

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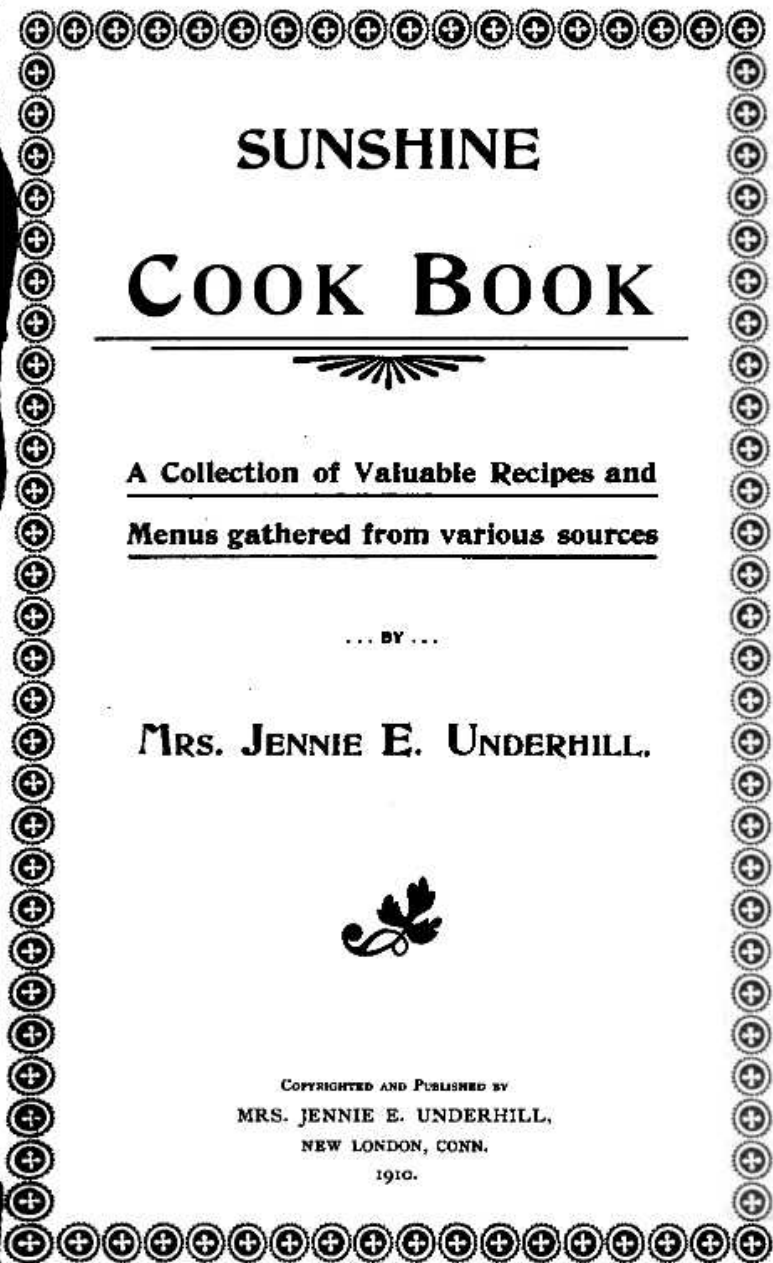
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MRS. JENNIE E. UNDERHILL

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FROM VARIOUS SOURCES**



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A Collection of Valuable Recipes and
Menus gathered from various sources

... BY ...

MRS. JENNIE E. UNDERHILL.



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1910.

"The receipts in this book
Are all *tried* and true,
So with glad sunshine spirit
They're *passed on* to you."

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SOUP.

SOUP STOCK.

Select a shank of beef and have it sawed in pieces about two inches long. Wash the meat in cold water. Put into a soup-pot allowing one quart of cold water for each pound of meat and one-half teaspoon of salt for each quart of water. Place over a moderate fire till it comes to a boil then skim carefully, after which cover it close and set where it will boil gently for two hours. Then skim again and add a small onion, a few slices of carrot, and a stick or two of celery and boil until the meat on the shank is tender. Strain through a fine sieve and set away until the next day when the soup should be a solid jelly from which all the fat can be removed. For use melt a portion of this jelly, add more salt and pepper and let boil up once and serve in hot tureen. If rice or maccaroni is used have them cooked and add them while hot to the soup.

A shank weighing six pounds will serve twelve people.

CREAM OF CORN SOUP.

One can of corn simmered with a little water for fifteen minutes, then pressed through a coarse sieve. Season with salt, butter and a tiny pinch of cayenne. Add one cup of boiling milk.

PUREE OF CORN.

Put 1 can of corn through a vegetable masher, add 3 cups of milk, 2 tablespoons flour wet with a little of the milk, large lump of butter, pepper, salt and a little sugar, cook a few minutes and serve with croutons.

CROUTONS.

Put a tablespoon of butter into a hot frying-pan, cut some dry bread into small squares, when the butter begins to brown add the bread and fry lightly.

Croutons are sometimes bread toasted slowly until quite brown and cut in dice.

SPLIT PEA SOUP.

One cup dried split peas, $\frac{1}{4}$ pound salt pork, 1 level tablespoon flour, 1 tablespoon butter, 1 tablespoon celery, salt and pepper. Look the peas over, wash them and soak in cold water over night. Drain and put them to boil with the salt pork and simmer gently six hours, adding the seasoning about an hour before done. If not cooked enough the thick part will settle. Strain the soup and return it to the kettle. Rub the butter and flour together. Stir into the soup and cook a few minutes. Boiling water or hot milk may be used to thin the soup if too thick.

GREEN PEA SOUP.

1 can green peas.	1 onion,
1 pt. of stock or water,	2 tablespoons butter,
1 tablespoon flour,	1 cup of cream,
1 cup milk,	Salt and pepper.

Cover peas with water and boil with an onion until they will mash easily. Mash, add 1 pint of stock or water. Cook together the butter and flour until smooth, but not brown. Add to the peas, then add milk and cream (or 2 cups of milk), season with salt and pepper and boil up once. Strain and serve.

CREAM OF CHEESE SOUP.

1 quart of milk,	$\frac{1}{2}$ teaspoon onion juice,
1 tablespoon chopped carrot,	$\frac{1}{4}$ cup butter, yolks of two eggs,
2 level tablespoons flour,	Salt and pepper.
$\frac{1}{2}$ cup grated cheese,	

Heat but do not scald the milk; rub butter, flour, onion and carrot together in a saucepan, add the hot milk gradually, stirring constantly. Strain and return to the double

boiler and add the cheese and stir till melted, then add the eggs well beaten. Whip with an egg beater till covered with froth and serve at once.

CELERY SOUP.

1 bunch celery,	Butter size of walnut,
1 pt. milk,	Salt and pepper.

Cut celery (except heart pieces) into small dice, cover with cold water and boil three to four hours. Rub through colander, put back into pan with pint of milk and butter. Salt and pepper to taste. Let it come to a boil. Serve hot.

CELERY SOUP.

Put a veal bone to boil in 1 quart of water. After skimming it well add:

2 tablespoons rice,	1 pint celery (cut very
1 teaspoon celery salt,	fine),
	1 onion.

Let this boil till reduced to one pint. Take out the meat and pass the soup through a colander, mashing and extracting as much of the puree as possible, passing the stock through it two or three times. Boil 1 quart of milk separately, rub 2 tablespoons of flour in a half cup of butter, add this to the boiled milk. After cooking it a few minutes add the milk to the celery puree and serve at once, mixing milk and puree well.

CREAM OF ONION SOUP.

Peel and slice thin one dozen onions and fry a light brown in a little butter. Add 2 cups of milk and 1 quart of water, 1 teaspoon sugar and salt and pepper to taste, cook for thirty minutes. Strain and add a cup of cream and two hard boiled eggs chopped fine and serve at once.

CREAM OF ASPARAGUS SOUP.

1 bunch of asparagus,	1 small onion,
1 pt. water,	2 tablespons butter,
1 qt. milk,	Pepper and salt.
2 tablespoons flour,	

Cook asparagus and onion until asparagus is tender. Remove onion and rub the rest through a strainer. Blend flour and butter. Add milk gradually. Boil five minutes. Add stock and pulp. Heat and season to taste.

RICE AND ONION SOUP.

1 tablespoon butter or drippings,	1 stick of celery,
3 tablespoons rice,	1 onion (sliced),
2 tablespoons parsley, chopped,	1½ teaspoons salt,
	1 bay leaf,
	7 cups of boiling water.

Fry the onion in the drippings then put all the ingredients into a kettle and boil till rice is tender, add the parsley and serve.

CREAM OF SPINACH SOUP.

½ peck spinach,	3 tablespoons flour,
1 quart stock,	3 tablespoons butter,
2 cups cream or milk,	Pepper and salt to taste.

Cook spinach one-half hour without water. Chop fine and rub through a sieve. Add stock, thickening, seasoning and simmer five minutes. Add hot cream and serve.

CREAM OF LIMA BEAN SOUP.

Cook 1 pint of lima beans in salted water till perfectly tender then press through a colander. Add 1 quart of milk, a tablespoon of grated onion and a bay leaf. Pour into a double boiler and stir in 1 tablespoon of butter and two of flour that have been rubbed together. Cook and stir constantly till thick and smooth. Put through sieve, season with salt and pepper and serve.

BAKED BEAN SOUP.

Baked Beans,	Tomato,
Salt,	Pepper.