

HOT WEATHER DISHES

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Hot Weather Dishes by Mrs. S. T. Rorer

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MRS. S. T. RORER

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BY

MRS S T RORER

AUTHOR OF PHILADELPHIA COOK BOOK

CANNING AND PRESERVING

HOME CANDY MAKING



PHILADELPHIA
ARNOLD AND COMPANY
LIBRARY STREET

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PREFACE

During the hot weather old housekeepers frequently become embarrassed over the arrangement of seasonable dishes.

The Author, feeling this difficulty, sends this little directory as a helpmate to her fellow housewives.

SARAH T. RORER

VEGETABLES

FRENCH OR GLOBE ARTICHOKE

This artichoke is a plant resembling a thistle, with a large scaly head like the cone of a pine. The receptacle underneath and the lower part of the leaves composing the head are the edible parts. It is an excellent and delicate vegetable.

Strip off the coarse outer leaves and cut the stalks off about an inch from the bottom, wash well in plenty of cold water, then throw them in boiling water, add a teaspoonful of salt and *boil* slowly until the outer leaves are very tender, and can be pulled out easily; take them from the fire and stand carefully upside down in a flat colander or plate to drain. When ready to serve, arrange them in a circle upon a hot dish, the tops up, and pour over them sauce Hollandaise, or the artichokes may be served undressed, and the sauce served in individual dishes, thus allowing each one to dip the leaves of the artichoke into the sauce before eating.

JERUSALEM ARTICHOKE

This artichoke is a species of sunflower, being a tuber, like a potato. Wash well in cold water, throw them into clean

cold water and soak two hours. Scrape off the skin, holding the artichoke as much under water as possible to prevent it from getting dark, throwing each one as soon as finished into a bowl of clean cold water. Drain and cover with boiling water, add a teaspoonful of salt, and *boil* until tender, about fifteen minutes. Watch closely or they will harden again. Drain and serve with Cream Sauce.

PICKLED JERUSALEM ARTICHOKEs

Boil the artichokes as directed in preceding recipe, drain and place them in a stone jar. To each quart of artichokes allow one pint of cider vinegar, one bay leaf, one slice of onion, four whole cloves and a blade of mace. Put the vinegar in a porcelain-lined kettle, add all the other ingredients, stand over a moderate fire, and bring slowly to boiling point, then pour this over the artichokes and stand away to cool.

They will be ready for use in twenty-four hours, and will keep nicely for two weeks.

LYONNAISE ARTICHOKEs

Boil, drain and slice one pint of artichokes. Put two ounces of butter in a frying pan, slice into it one small onion, then add the artichokes and fry until a golden brown, stirring carefully. When done skim them carefully from the butter, place in a hot dish, sprinkle with salt, pepper and chopped parsley.

Serve immediately.

SCALLOPED ARTICHOKEs

Boil one quart of artichokes as directed. Drain and cut into slices. Make one pint of Cream Sauce. Put a layer of this sauce in the bottom of a baking dish, then a layer of

artichokes, sprinkle lightly with salt and pepper, then another layer of sauce, and so on until all is used. Sprinkle the top over lightly with stale bread crumbs and stand in a quick oven about fifteen minutes, to brown.

Serve in the dish in which they were baked.

BOILED ASPARAGUS No. 1

Cut off the tough white ends, and wash the asparagus carefully in cold water. Scrape the white part which remains, and throw into cold water until all is finished. Tie in small bundles, put in boiling water, and *boil* for twenty minutes; then add a teaspoonful of salt, and boil ten minutes longer. While the asparagus is boiling, toast squares of bread, butter while hot and lay on a heated platter. Lift the asparagus carefully from the water; drain, and place on the toast with the heads all one way. Cut the strings and carefully remove them, and stand the dish where the contents will keep warm. Put a tablespoonful of butter in a frying pan to melt, add to it one tablespoonful of flour, mix until smooth, and then add a half pint of the water in which the asparagus was boiled, stir continually until it boils, add a half teaspoonful of salt, two dashes of black pepper and one ounce of butter, take it from the fire and stir until the butter melts; pour over the asparagus and serve.

BOILED ASPARAGUS No. 2

Wash and boil the asparagus as directed in the preceding recipe. When done, drain and serve on a folded napkin. Sauce Hollandaise should be served with it.

RAGOUT OF ASPARAGUS

Clean and boil one bunch of asparagus, and then cut into pieces one and a half inches long. Cut one head of lettuce and one onion into small pieces. Put two ounces of