

**MOHAWK VALLEY COOK BOOK,
COMPILED AND PUBLISHED BY THE
LADIES' SOCIETY OF ST. MARK'S
LUTHERAN CHURCH CANAJOHARIE.
N. Y. 1889. FIRST EDITION**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649450459

Mohawk Valley Cook Book, Compiled and Published by the Ladies' Society of St. Mark's Lutheran Church Canajoharie. N. Y. 1889. First Edition by Various

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—BY—

THE LADIES' SOCIETY

—OF—

ST. MARK'S LUTHERAN CHURCH,

CANAJOHARIE, N. Y.

1889.

FIRST EDITION.

A copy of this Cook Book will be mailed to any address on
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1889,
PRESS OF L. C. CHILDS & SON,
UTICA, N. Y.

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PREFACE.

"She looketh well to the ways of her household."

THE MOHAWK VALLEY COOK BOOK has been prepared and carefully revised with special reference to the needs of young and inexperienced housekeepers; great pains have been taken to write out each recipe clearly, so that if followed closely, success will be certain; and *all have been thoroughly tested and proved to be valuable.* Much of the information which it contains will be found useful in every home, of which the "house-mother" is herself the head; to these and all, the contents of this little book are commended by

THE LADIES OF ST. MARK'S LUTHERAN CHURCH,

Cunajoharie, N. Y.

SOUPS.

GENERAL DIRECTIONS.

In making soups of almost every kind, it is absolutely necessary to wash the meat thoroughly before putting it into the kettle, with plenty of cold water to cover it. For a general rule, allow one quart of water to one pound of meat; set it on the range or stove where it will heat slowly, and as soon as the scum begins to rise, stand with skimmer in hand, and take it carefully off, until no more appears. Should the water boil too violently, throw in half a cup of cold water, and turn the meat over in the kettle, when the rest of the scum will be disengaged and float to the top. When this is done, set the kettle where it will simmer slowly for at least four hours, not adding any salt until nearly done. If the soup is wanted for use the same day, it should now be strained through a colander, the fat skimmed off, and allowed to settle for a few minutes, when it can be returned to the kettle, to add whatever ingredients or seasoning may be desired. The juices of the meat will be best extracted, if it is cut in small pieces, and the larger bones crushed, before putting into water. It is better, if possible, to make the soup or stock the day before it is wanted, strain it, and set it aside in a bright tin pan, or large earthen bowl; when cold, the fat will lift off easily, before putting it on the stove, and it can be poured off carefully, so as not to disturb the settlings. Should a perfectly clear broth be desired, it can be strained again, (after heating, if the soup has jellied) through a bag, which has first been wrung out of hot water. Cheese cloth, doubled, makes the softest and most suitable straining bag for this purpose.

The meat of beef shank makes a standard soup,—veal or mutton added to this give additional flavor to it; or these can be used alone. The trimmings of large roasts, of chops, steak, etc., can all be used to make delicious broths, taken raw, or after having been upon the

table, and the bones and less choice portions of fowls,—turkey, chicken or duck, can be saved for the same purpose. These cooked meats should be thoroughly washed in scalding water, to remove all taste of gravy or dressing, then put into the kettle with plenty of cold water, skimming if necessary, and proceeding according to former directions. Should the soup boil down too much, hot water can be added at any time after skimming.

A half-cup of rice is sufficient for from three to four quarts of soup. It should be well washed, and boiled in the broth for at least half an hour; the same quantity of sago is needed, but will boil in half the time. If herbs are used for flavoring, they should be tied in small bunches if fresh, or in a small piece of soft cloth if dried. If not wanted for immediate use, the soup or stock will keep for several days, if set away in a very cool place.

VEGETABLE SOUP.

To three quarts of stock, add a large handful of cabbage cut very fine, three large potatoes cut into dice, half a pint of tomatoes, one or more onions, as desired, also cut fine; carrots in small pieces can be added, and all boiled for half an hour, or longer, until vegetables are thoroughly cooked. If you wish thickening, beat together one egg, one heaped teaspoon of flour, and two tablespoonfuls of milk, and add it to the soup a few minutes before serving. It is well to stir gradually into this mixture of milk, egg and flour, a little of the hot broth; then return all to the kettle, stirring the soup, as it is poured in, to prevent curdling.

ASPARAGUS SOUP.

Take about seventy heads of asparagus, cut away the hard parts, and boil the rest until tender. Throw half of it into cold water; press the rest through a sieve, or fine colander, and stir it into three pints of stock; add salt, pepper, a teaspoon of sugar, and let all come to a boil; cut the remaining asparagus into small pieces, put them into the soup, let it boil up, and then it is ready to serve.

FROM "50 SOUPS."

MACARONI SOUP.

Break one-third of a pound of macaroni into small (two inch) pieces; boil for half an hour, or until soft, in slightly salted water, then drain. Have about two quarts of stock, boiling hot; add the cooked macaroni; season with salt and white pepper; boil a moment, and serve.

VERMICELLI SOUP.

Boil in stock—beef or mutton—two tablespoonfuls finely minced celery to one quart; when tender, and about five minutes before taking up, stir in two tablespoonfuls of vermicelli, broken into pieces.

BLACK BEAN SOUP.

Soak one pint and a half of black beans in water over night; put them over the next morning to cook, in plenty of cold water, adding more as it boils away; in four hours, and perhaps sooner, they will be soft enough to mash through a colander; stir them gradually into two quarts of boiling stock, with half a pint of cooked tomatoes, which have previously been put through a colander; mix a tablespoon of flour, very smooth, with a little water, and stir into the soup just before taking up; slice about half a lemon into the tureen just before serving. MRS. EMELINE F. SMITH.

WHITE BEAN SOUP.

This can be made in the same way, omitting the tomatoes and the sliced lemon.

POTATO SOUP.

Three medium sized potatoes, 1 pint sweet milk, 1 teaspoon of chopped onion, 1 teaspoon each of chopped celery and parsley. (The latter two may be omitted.) One tablespoon of butter, rubbed with $\frac{1}{2}$ tablespoon of flour, and cooked in $\frac{1}{4}$ pint of boiling milk. Boil the potatoes in salted water, until quite soft, and boil the onion, celery and parsley in the pint of milk. When potatoes are cooked, drain and mash them, and pour over them the boiling milk, stirring fast. Put through a fine strainer, rubbing as much of the potato through as possible,—set on the stove to boil, adding