

**THE ALTRURIAN  
COOK BOOK:  
FAVORITE RECIPES**

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The Altrurian Cook Book: Favorite Recipes by Troy Altrurian Club

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**TROY ALTRURIAN CLUB**

**THE ALTRURIAN  
COOK BOOK:  
FAVORITE RECIPES**



THE  
ALTRURIAN  
COOK BOOK

FAVORITE RECIPES CONTRIBUTED BY THE  
WIVES AND DAUGHTERS OF

T R O Y

"And through the halls there walked to and fro  
A jolly yoeman, marshal of the same,  
Whose name was Appetite."—SPENCER.



1910  
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Printed 1910.



Dedicated  
TO THE CITIZENS OF TROY,  
Who have so generously favored us with their  
patronage this book is  
GRATEFULLY DEDICATED.

**W**HAT does cookery mean? It means the knowledge of all fruits and herbs and balms and spices, and all that is healing and sweet in the fields and groves, and savory in meats. It means carefulness, and inventiveness, and watchfulness, and willingness, and readiness of appliance. It means the economy of your great grandmother and the science of modern chemists. It means much tasting and no wasting; it means English thoroughness, and French art and Arabian hospitality; and as you are to see imperatively that everybody has something pretty to put on, so you are to see even yet more imperatively that everybody has something nice to eat.—RUSKIN.

## Preface

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Another cook book, when of cook books there is no end?

Our only apology for bringing this one to your notice, is the recognition of the fact, that in the culinary art, great progress is constantly being made, and there should never be an end to cook books.

In giving these, our favorite receipts, we lay no claim to originality, having compiled those which long experience have proven reliable and good.

You will find in this volume, choice soups, good bread, substantial meats, delicious cakes, dainty deserts, excellent pastry, and in short, all that an old or young housekeeper needs to aid her in preparing palatable and attractive dishes for her table. We believe that where care is exercised and directions followed, the results in every case will be satisfactory; always bearing in mind Ruskin's saying, "If food is carelessly prepared, no one expects Providence to make it palatable." To all who have in any way contributed to this enterprise and thereby made its success a possibility, we are indebted for a simple, practical book, which we trust will be its own recommendation, wherever it may find an abiding place.



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## SOUPS

"With dispatchful looks in haste  
She turns, on hospitable thoughts intent,  
What choice, to choose for delicacy best  
What order so contrived, as not to mix,  
Taste not, well joined, unelegant, but bring  
Taste after taste upheld with kindest change."  
PARADISE LOST.

### A GOOD GAME SOUP.

In the game season a good soup may be prepared at very little expense by using the remnants of different dishes. Take the legs and bones, break up and boil in some broth for an hour. putting in all the meat from the breasts of birds left over. Boil four or five turnips and mash them fine. Pound the meat up fine and pass through a sieve. Strain the broth, add the meat and turnips and heat all together. Mix the yolks of three or four eggs with half pint of cream. Stir into the soup and remove just as it comes to a boil as boiling curdles it.

### BEAN SOUP.

A very good recipe can be made from the remains of baked beans, the home baked beans giving it a good color; add water to thin, a bit of onion, cook to a pulp, and pass through a colander; if a little stock or some pieces of fresh meat are at hand, add to it. A pint of tomatoes, boiled and strained, added to the bean soup makes a pleasant change. MRS. M. E. BAIRD.

### BEAN SOUP.

Boil pint of beans in water with piece of salt pork, not too fat; when nearly done add one onion minced fine, a tablespoon of flour, salt and cayenne pepper; strain and serve with toast or crackers which have been warmed in oven.

**BEEF SOUP.**

Put beef on to boil in cold water and cook until tender. For four quarts of soup take three good sized potatoes, two onions, a handful of chopped cabbage and three good-sized tomatoes; cook all until tender, then remove meat, drain vegetables and mash them fine; brown a tablespoon of flour in one of butter, put all into the liquid and let it come to a boil; add salt and pepper to taste.

MRS. B. R. HOUSER.

**BEEF VEGETABLE SOUP.**

Take soup bone, cover with cold water and let it boil slowly, skimming thoroughly. An hour before dinner chop fine one-half head of cabbage, three or four good sized potatoes, one turnip, two carrots, one tomato, half a root of celery, one onion, and a cup of corn; (peas may be added if desired.) Add with chopped meat to soup, season with salt and pepper and a few cloves.

MISS CALLIE GATES.

**BOUILLON.**

Take a fifteen-cent leg of beef, boil six hours. One hour before done add one-third of a lemon peel, three heads of cloves, a little nutmeg, four stalks of celery, a little red pepper, a few leaves of parsley, one-half onion; salt to taste. When done strain into a crock and when cool skim off grease; heat slowly when preparing to serve.

MRS. E. A. JACKSON.

**CALF'S HEAD SOUP.**

Lay one calf's head in cold water over night. Remove the large bones, take out the tongue and brains and set aside; put on to cook in eight quarts of water and boil until meat drops from bones; chop the meat very fine and season with salt and pepper, cabbage, onion, potato, celery, and tomato, if you like, one tablespoon browned flour, a teaspoon whole cloves and three or four slices of lemon.

**CLEAR SOUP.**

A few points are essential in making good soup. Beef is the best meat, as it contains the best nourishment. The meat should be allowed to simmer and not boil hard. If a shank or joint is