

**THE CHICAGO HERALD  
COOKING SCHOOL: A  
PROFESSIONAL COOK'S  
BOOK FOR HOUSEHOLD USE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649510566

The Chicago Herald Cooking School: A Professional Cook's Book for Household Use by Jessup Whitehead

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**JESSUP WHITEHEAD**

**THE CHICAGO HERALD  
COOKING SCHOOL: A  
PROFESSIONAL COOK'S  
BOOK FOR HOUSEHOLD USE**



THE  
CHICAGO HERALD

◇ COOKING ◇ SCHOOL ◇

A PROFESSIONAL COOK'S BOOK  
FOR HOUSEHOLD USE,

CONSISTING OF

A Series of Menus for Every Day Meals and for Private Entertain-  
ments, with Minute Instructions for making  
Every Article Named.

ORIGINALLY PUBLISHED IN THE CHICAGO DAILY HERALD.

---

BY

JESSUP WHITEHEAD,

*Author of the "Oven and Range," "Hotel Cook Books and "Cooking for Profit."*

---

CHICAGO,  
1883.

---

641.61  
v 5 120.

Entered according to Act of Congress, in the year 1882, by JESSUP WHITEHEAD, in the  
Office of the Librarian of Congress, at Washington.

---

ALL RIGHTS RESERVED.

PUBLISHED BY THE AUTHOR  
At the Office of the Daily National Hotel Reporter,  
180 & 182 Washington Street,  
CHICAGO, ILL.

REPRODUCTION BY BLOOMSBURY BOOKS & CO.  
109 and 114 Clark Street,  
CHICAGO.

PRINTED AND BOUND BY JOHN ANDERSON & CO.  
37 and 39 Franklin Street,  
CHICAGO.





DEDICATION



IF THE matters herein contained prove useful in book form as we are assured they have already been found in their serial publication, the credit is due to Mr. JAMES W. SCOTT, publisher of the CHICAGO DAILY HERALD, who first admitted me to print before the HERALD's day, and has been constant with generous aid and encouragement for a task of several years' continuance.

THE AUTHOR





## →\*PREFACE\*←

---

ALL THE BOOKS of this description that have been worthy of consideration seem to have had a leading motive for their composition, either to introduce foreign modes, to teach new schools of cookery or new extremes of ornamentation, to teach manners, or to put in practice the theories of great chemists and new idea doctors—Leibig, Graham, the vegetarians, and others. If a motive can be found for the work in hand, it is to make good cooks; such as are always in demand at good wages. It was commenced in a persistent endeavor of the writer, to break in untrained assistants to do cooking as it should be done, and the utmost plainness of language and exactness of quantities that were necessary in such cases have been preserved as the main requisites to the usefulness of the book. Already, before the appearance of the *Cooking School* in book form, a sort of wondering surprise had been expressed that fine cooking could be such a plain and easy matter, as if there was an expectation that the mysterious part would begin after awhile; but doubtless the day is past for the most necessary art of cookery to be hidden and made unintelligible by the use of unknown words and phrases. At least, when the writer wanted assistants to do something in a certain way, he used the kind of language to make them understand. Perhaps that is why this is called a cooking school.

In regard to the reliability of the recipes, it would be expressing but little to say they have all been tried, for they have been matters of daily practice for years, and most of them have been changed and im-

proved until it is believed the highest pitch of excellence has been reached and may always be by those who carefully follow the directions. There is much more in the book than at first may appear, for nothing is repeated and almost every dish—every meat dish and soup at any rate is a model for a number of other articles to be prepared in the same way, for example: there is one real fricassée thickened with eggs, that of frogs; one stew with wine, that of terrapin; one bird pie with brown gravy, one with common stew gravy; one example of a blanquette or white dish, the supreme of fowl, and so it will be found all through. There has been a special avoidance of the terrible "or" of most cook books, which invariably leads off to different persons' ways of doing the same thing and to the inquirer who does know something when she has read the first recipe, ending by knowing nothing after perusing them all. Where there are more ways than one, one of them must be the best, and the author of a cook book should be able to say which it is.

As to the menus, the writer has never during an extended experience found it practicable or desirable to follow a pattern bill-of-fare in every particular, there are too many reasons for changing the intentions; either there is something in the house that must be used, or the dealer who supplies the house has not the particular article on hand or something else is in the way, so that, at best, a pattern menu can only serve as a suggestion of dishes to choose from. As nothing is repeated in the lists of available dishes here presented, the number of changes and substitutions that can be made will be found very considerable.

## THE HERALD COOKING SCHOOL.

This hungry man's delight which we have before us is the New England Boiled Dinner. It is much more pleasant to treat of a thing as the very article than to have it appear vaguely as one of the indefinite number and variety of boiled dinners. It gives one a sense of possession. Doubtless there were in the long ago other boiled dinners, but they lacked the staying quality, and were incomplete in some important particulars; this has come down the stream from the granite hills like a rock in a river, jostled and chipped and worn smooth and rounded up into an entity with a name just like a boulder. It would be interesting to inquire how comes it just this, neither more nor less, a rounded up dishful, symmetrical in its proportions, passing current in the market of meals over the city counters as a pumpkin or melon or cabbage head in the vegetable market, although made up of parts. Suppose it to have originated where the soil was thin, where the potatoes were small and few in a hill, and had to battle with the stones to grow at all, and the parsnips and carrots found no place to push their long roots down and so gave it up and stopped short: where the vegetables were habitually small and could be crowded many in a dish; where the pork had always two streaks of lean to one of fat, and the beef only appeared when a neighbor killed and lent a quarter till the other neighbor should kill and pay it back, what preservative principle has enabled the New England Boiled Dinner to keep itself together through all the changes encountered while spreading over this great country? Why did it not lose one thing here, and another there and get mixed up and obliterated? How did it get over the difficulties in the rich valleys of the West when it found the vegetables growing to enormous sizes and the corn-fed beef and pork all fat? How often must there have been spoonfuls of succotash or of beans, or a section of squash or pumpkin, or peas or corn surreptitiously crowded into the dish? Why did they not remain? How did the New England Boiled Dinner get rid of them and come out clean as we see it to-day? And having passed through so much, how much more could it endure and come out intact? In going South how much of an addition of corn, peas, butter beans, rice, and sweet potatoes can it bear and still be itself? In going down the Pacific, at

what degree of mixture with water and Chili pepper will it cease to be itself and become Mexican stew? "Take away my first, take away my second, take away my all, and I am still the same," says the riddle, but can the New England Boiled Dinner say the same?

Let us take it apart and see what it is composed of. How many of its parts, if any, could be lopped off before it would cease to be?

### MENU NO. 1.—DINNER.

#### 1.—New England Boiled Dinner

Consists of:

2 portions of corned beef.

1 portion of salt pork

1 portion of cabbage

1 potato.

1 parsnip.

1 carrot.

1 turnip.

1 onion.

1 beet.

For five persons the average required will be two pounds of corned beef (raw weight) and one half-pound of pork. Wash the beef in plenty of cold water and put it on in cold water to cook. Shave off whatever of the outside of the pork you would not like in soup, and boil the pork with the beef, but for a much shorter time.

Cut the vegetables in pieces and cook each kind separately if practicable; the beets at any rate must be kept apart, and the cabbage should be drained of the first water and finished boiling in a second or with the meat. Pare the potatoes before cooking, steam them and serve them whole.

When all are done place all the vegetables in sections to themselves on a large platter, slice the beef and pork and lay on the top and send to table hot.

To cook such a dish as that properly is more of a triumph of common sense than of skill. Had the New England Boiled Dinner been left to depend for its preservation upon us, the very fine cooks, it would have perished and been forgotten long ago, for through the division of labor in large houses it often occurs that the cook who makes the compounds knows nothing about the plain vegetables. So the boiled dinner that has