

# **THE YOUNGSTOWN COOK BOOK**

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The Youngstown cook book by Various

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**VARIOUS**

**THE YOUNGSTOWN  
COOK BOOK**



...THE...  
YOUNGSTOWN COOK BOOK

COMPILED BY THE LADIES OF THE  
FIRST PRESBYTERIAN CHURCH

YOUNGSTOWN, OHIO

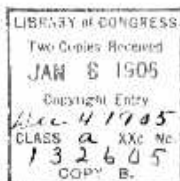
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"We may live without poetry, music and art;  
We may live without conscience, and live without heart;  
We may live without friends; we may live without books;  
But civilized men can not live without cooks.  
He may live without books—what is knowledge but grieving?  
He may live without hope—what is hope but deceiving?  
He may live without love—what is passion but pining?  
But where is the man that can live without dining?"—*Lucile*.

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## PREFACE

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Cooking is an art which is capable, more than any other, of ministering to the comfort and enjoyment of life. It is not surprising, therefore, that from the earliest times great attention and study have been bestowed upon its cultivation.

The cook book made its appearance among the first listings of literature. Archistratus, who was the guide of Epicurus in his pleasures, and enjoyed the reputation of inventing made dishes first, attempted to pursue, for the use of posterity, the rules he successfully followed in preparing feasts for the philosophers or statesmen who ate his fish done in oil and wine and fragrant herbs. His task was a comparatively easy one, as the variety of food—meat or vegetable—that found its way to the table of the Greeks of his time was by no means great, and the field widened with each of his successors, as wealth, refinement, and commerce increased the wants of men, at the same time they afforded opportunities for supplying them.

In our own language there were cook books before Chancer sung, or Tyndal translated the Bible, and with each generation they have increased in number and improved in quality.

It is not pretended that they can make good cooks give that skill and knack which are in part almost genius, and in part the result of early training and careful practice. There are rules, however, which it may require skill to follow, but which, if followed, will prepare for the table dishes which will gratify the appetite and please the palate, without offending the stomach.

It has been the aim of cook books to gather these rules as the results of the experience of those who were at the time most celebrated for the mastery of their art; and the ladies of the First Presbyterian Church of Youngstown offer to the public this their contribution to kitchen literature. All the receipts are known to be good, as they are used by the most experienced housewives. No pains have been spared to make this book meet the needs of the time, and it is confidently believed that it is without any serious faults, either in what it offers, or in what it omits, in the way of rules for the guidance of cooks. It has been a work involving great expenditure of time and labor, and the compilers do not see wherein there is anything lacking, or they could have done better. They now offer it to housekeepers everywhere, asking for it a fair trial, and unhesitatingly promise no failures where the receipts are faithfully followed.

## Measures for Housekeepers

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Wheat flour—One pound is one quart.

Indian meal—One pound two ounces is one quart.

Butter, when soft—One pound is one quart.

Loaf sugar, broken—One pound is one quart.

White sugar, powdered—One pound and one ounce is one quart.

Best brown sugar—One pound two ounces is one quart.

Ten eggs—Are one pound.

Flour—Eight quarts are one peck.

Liquids—Sixteen large tablespoonfuls are one-half pint.

Eight large tablespoonfuls—Are one gill.

Four large tablespoonfuls—Half a gill.

Two gills—Are half a pint.

A common-sized tumbler—Holds half a pint.

A common-sized wine glass—Half a gill.

Seventy-five drops—Are equal to one teaspoonful.

Three cupfuls of sugar—One pound.

Five cupfuls of flour—One pound.



# The Youngstown Cook Book

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## SOUPS

### REMARKS.

Good stock is the basis of all soups and gravies. When made in large quantities a stock pot is necessary, otherwise an enamelled kettle of fair proportions answers.

Use the shin of beef, the knuckle of veal and breast of mutton or lamb. It is not necessary to have the best cuts of meat or fowl but it should always be fresh. Cut the meat into small pieces and crack the bone, use cold water and let stand for awhile on the back of the stove before starting to boil. Allow one quart of water to every pound of beef; let simmer slowly for six to eight hours. As it boils, a scum will rise which should be removed. Strain off the stock and set away to cool; when cold, remove the fat which forms a cake on the top of the stock. On this account stock should always be made the day before it is wanted. In cool weather it is well to make enough to last several days. In clear or cream soups use lamb, veal or chicken stock. All vegetables for soup should be boiled soft before adding to the soup. In using onions to saute them, first in a little butter, colors and adds to the flavor.

**BEEF STOCK.**—Six pounds hind shin of beef, six quarts of cold water, ten pepper corns, ten cloves, one carrot, one turnip, two small onions, four pieces celery, a sprig of herbs and parsley, a tablespoonful of salt; cook as for consomme letting it stand at least an hour before putting on stove. For thick soups bones or meat left from steaks or roasts may be used, being careful to remove all burned parts; put about one pound of raw meat with it.

**STOCK FOR SOUP.**—Have a large pot on the back of the stove—put in lean beef either after having been cooked or before—in

the proportion of one pound of beef to one quart of water; add pork rinds with all the fat taken off—this may cook slowly for two or three days—when cold, skin off all the fat and put into another vessel. This stock may be used for all soups in which meat broth is required. By adding for thickening either barley, rice, sage, macaroni or vermicelli, it will make any of these soups.—*Mrs. Wm. Bonnell.*

CONSOMME.—Four pounds hind shin of beef, three pounds knuckle of veal, a three pound chicken, six quarts of cold water, one carrot, one turnip, two onions, six stocks celery, twelve pepper corns, twelve cloves, a sprig of parsley, a bay leaf, a sprig of marjoram, thyme, one tablespoonful salt. Let this stand for two hours, then put on back of the stove allowing an hour to have it come to a boil. Then let it simmer gently for five hours, straining and squeezing out the juice from the meat, let it stand until cold, skin off all the fat, put a piece of tissue paper on it to absorb the remaining fat, clear the soup with one white of egg and shell to every quart of soup. Let it boil ten minutes stirring constantly until it comes to a boil, then pour in one-half cup of cold water, let it stand on the back of the stove ten minutes, strain it through a cloth or sieve. If you wish to keep the stock, pour into Mason jars. The natural fat on the top protects it. By a stock of celery it means a single piece. Always allow one quart of water to one pound of meat with bone and little fat for soup stock.

BEEF SOUP.—Boil a soup bone about four hours. Then take out meat into a chopping bowl, put the bones into the kettle, slice very thin one small onion, six potatoes and three turnips into the soup; boil until all are tender; have at least one gallon of soup when done. It is improved by adding crackers rolled or noodles just before taking off. Take the meat that has been cut from the bones, chop fine while warm, season with salt and pepper, add one teacup of soup saved out before putting in the vegetables, pack in a dish and slice down for tea or lunch when cold.—*Mrs. C. D. Arms.*

TOMATO STOCK.—One bushel tomatoes, three dozen green peppers (seeds removed), one peck of cooking onions cut all into

pieces. Put into a kettle—with tomatoes and onions—enough water to keep them from sticking to the kettle; let them boil until thoroughly cooked, then strain; put liquor on again removing all scum. Can in Mason jars, air tight. Use half and half with meat stock for soup.—*Mrs. W. J. Sampson.*

CORN SOUP.—Cover a small soup bone with two quarts of cold water, add the corn cut from four large ears, six medium sized tomatoes cut up, a half pint of lima beans; let boil slowly three hours. One-half hour before dinner pour in one quart of milk, reserving a small quantity to mix with a tablespoonful of flour, stir in to make the soup the consistency of cream; add a little chopped parsley, pepper and salt.—*Mrs. Mason Evans.*

CORN SOUP.—Shank of veal, one onion, one dozen ears of fresh corn, one quart of rich cream, two tablespoonfuls of flour. Boil the veal the day before wanted; the following morning skim off all the fat and set it on the fire. One hour before serving tie a small onion in a muslin bag and add it to the soup leaving it in long enough to flavor. Cut the corn from the ear, putting it in soup thirty minutes before serving, season with pepper and salt and the cream and flour; let come to a boil stirring constantly.—*Mrs. W. S. Bonnell.*

PUREE OF CORN.—One-half dozen ears of corn grated, one and one-half pints of veal or chicken stock, one onion, one pint cream, a little flour to thicken, butter, pepper and salt. Boil corn in one cup of water until done; then put through the colander into stock; cut up onions and cook a little while in the stock. Put cream into sauce pan, let come to a boil, season with pepper, salt and butter. When stock is boiling, stir in a little thickening. Cook thoroughly, stirring all the time; then strain through a fine sieve.—*Miss Kate Arms.*

TOMATO SOUP.—One quart of tomatoes, one onion, two ounces of flour, four ounces of butter, two tablespoonfuls of sugar, two of salt, one-third of a teaspoonful of Cayenne pepper, three pints of water, one-half pint of milk. Boil tomatoes and onions in water for three-quarters of an hour. Have salt, pepper, sugar, butter and flour rubbed smoothly together like thin cream;