

**THE ROCKY
MOUNTAIN
COOK BOOK**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649694679

The Rocky Mountain Cook Book by Caroline Trask Norton

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CAROLINE TRASK NORTON

**THE ROCKY
MOUNTAIN
COOK BOOK**

THE
ROCKY MOUNTAIN
COOK BOOK

BY
CAROLINE TRASK NORTON

Graduate from the Boston
School of Domestic Science.

Formerly Teacher of Cooking at the School of
Domestic Science, Denver, Colo.

This Book is adapted to cooking in both high and low altitudes.
All the receipts given have been thoroughly
tried by the author.

DENVER, COLO.:
THE W. F. ROBINSON PRINTING CO.

1903.

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This book is dedicated to my Denver friends, whose words of encouragement and appreciation have so greatly aided me during my two years of work with them.

PREFACE.

Knowing the difficulty of most people in this high altitude to find their cooking always satisfactory, the author has endeavored to give them in this book the benefit obtained from teaching and housekeeping in Denver, making high altitude cooking a special study. The greatest difference between sea level cooking and here is in the cakes. Most of the sea level receipts can be used here by adding another egg to them, that gives a delicious moist, rich cake.

Water boils at sea level at 212°. In Denver, where the air is much lighter, it boils at 202°; therefore, it does not get as hot here, so vegetables or anything boiled requires a little longer cooking.

The luscious Boston baked beans can be cooked equally as good here if soaked eighteen hours before parboiling. The author has endeavored to make her receipts practical, wholesome, and easily followed by the most inexperienced cooks. She has not attempted giving much information on chemistry and food values, leaving that for the cooking schools that are becoming such a necessity all over the country. No girl's education is complete without such a course. Girls should not take upon themselves the most important position in life without a thorough knowledge of its requirements. Such a knowledge will enable them to feed their families intelligently, inexpensively, and to give them the variety that the system requires.

Food for invalids should be selected and cooked with the greatest care. At the end of the book are given a few receipts that can be used for invalids. Scientific cooking should fill an important part in the training of a nurse.

The desire of the author will be obtained if the book proves helpful to all who use it and inspires them with the wish for more knowledge in the art of cooking.

GENERAL RULES.

Be correct in measurements for perfect results.

Use a standard measuring cup.

Scald milk over hot water.

Cook vegetables in freshly boiled salted water.

To butter crumbs—one tablespoonful of melted butter mixed with two tablespoonfuls of crumbs.

To get the juice from onions, cut across the grain, cutting in halves and grate.

Caramel.—Caramel is used for sauce and to color soups and sauces. The flavor depends upon the degree to which the sugar is cooked. Put one cupful of granulated sugar in a sauce pan, stir until the sugar has melted and turned brown, then add three-fourths cup of hot water; let it cook slowly until the sugar has dissolved and cooked to a thin syrup.

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