

THE PALISADES COOK BOOK

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The Palisades Cook Book by Ladies' Aid Society

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LADIES' AID SOCIETY

**THE PALISADES
COOK BOOK**

THE PALISADES COOK BOOK

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LADIES' AID SOCIETY

OF THE

TENAFLY PRESBYTERIAN CHURCH

REV. FISHER HOWE BOOTH, Pastor

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THE PALISADES COOK BOOK

Compiled by MRS. F. L. COLVER

CONTENTS

Beverages	211
Bread	80
Arranged by Mrs. Louis E. Tuttle.	
Cakes and Icing.....	126
Arranged by Mrs. Virginia L. Clarke.	
Canning and Preserving.....	204
Arranged by Mrs. John H. DeMott.	
Chafing Dish Recipes.....	179
Arranged by Miss Nannette Tuttle.	
Cheese	189
Arranged by Mrs. Clinton H. Fuller.	
Confectionery	230
Arranged by Miss Ada Clark.	
Cookies and Crullers.....	153
Arranged by Mrs. Geo. W. Kyburg.	
Custards, Creams and Jellies.....	116
Arranged by Mrs. Henry B. Palmer.	
Eggs	177
Entrées	30

Fish and Sea Food.....	20
Ice Cream and Frozen Dainties.....	109
Arranged by Mrs. Clara A. Swift.	
Invalid Recipes.....	213
Arranged by Mrs. Emma G. Clark.	
Meats.....	39
Arranged by Mrs. W. J. White.	
Meat and Fish Sauces.....	51
Arranged by Mrs. Chas. R. Brown.	
Menus.....	254
Arranged by Mrs. Fisher Howe Booth.	
Pickles and Catsup.....	193
Arranged by Mrs. Edwin Demarest.	
Pies.....	165
Arranged by Mrs. Chas. W. Potter.	
Puddings and Sauces.....	94
Arranged by Mrs. Vernon E. Carroll.	
Salads and Salad Dressing.....	70
Arranged by Mrs. J. B. W. Lansing.	
Sandwiches.....	172
Arranged by Mrs. Samuel J. Baxter.	
Soups.....	7
Arranged by Mrs. Charlotte Westervelt.	
Vegetables.....	57
Arranged by Mrs. J. J. Haring.	
Weights and Measures.....	151

SOUPS

"For soup is but the first of those delights which go to make the coming bill of fare."

STOCK FOR SOUP.

Have a large pot on the back of the stove. Put in lean beef in the proportion of 1 pound beef to 1 quart water. Add pork rinds with all the fat taken off. This may cook slowly two or three days. When cold skim 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, sago, macaroni or vermicelli, you have any of these soups.

MRS. F. L. COLVER.

BOUILLON.

Two pounds lean beef chopped fine. Pour over it 1 quart cold water, put in a porcelain kettle, cover tight and let it simmer four hours. Strain off the tea and let it cool. Beat the white of 1 egg and add to the tea; put it on the stove and stir until it comes to a boil. Let it boil until it becomes perfectly clear, skimming; then strain through a fine napkin and season to taste.

MRS. F. L. COLVER.

CONSOMMÉ.

There are many ways of preparing this broth, but for excellence and economy, practitioners will find this worthy of attention: Procure from your butcher several good beef bones well broken or sawed through, and a pound or two of beef well chopped. Place the beef bones in a roasting or dripping pan, add a pint or so of water, and place in a moderate oven until the bones acquire a nice light brown color; then place in a large pot or stew-pan and cover with cold water, when it will be easy to take the fat from the str-

face; then bring to a boil, skim, and add vegetables according to taste and convenience, such as a few onions, carrots, and turnips; also about 1 blade mace, 4 cloves, 8 allspice, 2 bay leaves, a sprig of thyme, and 2 of marjoram. When this has simmered several hours take the beef previously mentioned, add 2 eggs (yolks and whites), mix well in a stew-pan, add a gill or so of cold water or broth, and strain the stock just made into the mixture. Stir with a spoon, place again on the stove and simmer for an hour or so; then take a cloth, wet it well in hot water, wring it out thoroughly, and strain the consommé gently through this, taking care not to disturb the thick part. Place the broth on the fire, bring to a boil, skim, and serve with toast, macaroni, poached eggs, julienne (vegetables shredded and cooked in broth or salted water), rice, barley, quenelles, or in fact, any garniture which convenience and taste may suggest. Consommés of game or fowl may be prepared in the same manner.

MRS. F. L. COLVER.

WHITE STOCK.

6 lbs. shin of veal,	8 quarts cold water,
1 fowl,	Salt and pepper.

Let come to a boil and then set back and let it simmer for six hours. Skim every once in a while. Next add:

2 onions,	4 sticks celery,
1 blade of mace,	1 stick cinnamon.
3 tablespoons butter (not necessary if meat or fowl be fat),	

Let boil slowly one hour longer. Strain and cool quickly. In the morning take off all the fat, turn jelly gently into a deep dish and scrape sediment off. Put away in cool place in stone pot. Keep one week in Winter, three days in Summer.

A. R. F.

BEEF BOUILLON.

3 teaspoons extract of beef, $\frac{1}{4}$ cup carrots, onions and
 2 quarts of water, celery, cut in dices,
 1 sprig parsley, 1 tablespoon salt,
 $\frac{1}{2}$ bay leaf, 1 tablespoon butter.
 $\frac{1}{4}$ tablespoon whole pepper,

Take the water boiling hot, and add the extract, vegetables and seasoning. Cook thirty minutes, strain and serve in bouillon cups.

Mrs. SAMUEL WESTERVELT.

ICED BOUILLON.

Flavor beef bouillon with a small quantity of Sherry wine, chill and serve cold.

Mrs. SAMUEL WESTERVELT.

ITALIAN CONSOMMÉ.

2 tablespoons macaroni, 3 cups rich consommé,
 4 tablespoons mushrooms, 2 tablespoons butter,

Cook macaroni in boiling salted water until tender, plunge into cold water and cut into rings. Cut mushrooms into slices, and sauté mushrooms and macaroni in the butter. Heat consommé, and add mushrooms and macaroni and serve.

A. R. F.

VEGETABLE SOUP.

Fifteen cents of soup bones, $\frac{1}{2}$ cup rice, $\frac{1}{2}$ cup tapioca, can of tomatoes, 3 carrots, 3 onions, bay leaf and a few cloves, gallon of cold water. Let simmer six hours.

Mrs. SAMUEL WESTERVELT.

POTATO SOUP.

Six potatoes, 1 large onion. Boil till tender, put through a coarse strainer. Add gradually 1 quart of hot milk and boil up together. Beat up 1 egg in soup tureen just before pouring in soup to serve.

E. S. W.