

**A BOOK FOR THE COOK:  
OLD FASHIONED  
RECIPTS FOR NEW  
FASHIONED KITCHENS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649444762

A Book for the Cook: Old Fashioned Receipts for New Fashioned Kitchens by Various

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Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

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**VARIOUS**

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A BOOK  
FOR THE COOK.

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OLD FASHIONED RECEIPTS

... FOR ...

NEW FASHIONED KITCHENS.

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PUBLISHED UNDER THE AUSPICES OF

The Village Improvement Society

... OF ...

Greenfield Hill, Conn.



1917



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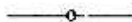
5TH AVENUE AND  
30TH STREET,  
NEW YORK.

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TELEPHONE CALL, 3741-38TH ST.

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# A BOOK FOR THE COOK.



## PREFACE.

The object of the compilers of  
A BOOK FOR THE COOK

has been, to collect valuable old fashioned receipts inherited by them from the original settlers of the New England states.

Many of these formulas have been jealously guarded and secretly preserved in private families who were famous for them, and they have been obtained only through the courtesy of individuals, now to be given to the public for the first time.

Doubtless this book will prove a valuable assistant in every kitchen, while the old time associations that it will revive will appeal to all good housewives. It will also commend itself to those interested in the instruction of children in hygienic cooking that calls for trained skill and scientific knowledge. Although courses in cooking have only recently been introduced into the public schools of the country, the usefulness of the study has been universally acknowledged and commended; therefore not only teachers but scholars will be pleased to have the benefit of successful receipts that have been tried by generations of skilled cooks.

The advertisements that have been inserted, add greatly to its value, as they are useful guides to where the best articles necessary to a household can be obtained, and they have been selected with unusual care with reference to this purpose.

This book is dedicated to all good housewives and especially to Mrs. Frederic Brouson, who has been foremost in her interest and generosity in promoting the work of THE GREEKFIELD HILL VILLAGE IMPROVEMENT SOCIETY.



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**ELASTIC STARCH** is the only genuine article.

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## SOUPS.

**FRENCH BOUILLON.**—3 pounds shin of beef, 1-4 pound calves liver. After washing, put in covered pot of cold water, let warm slowly, skim before boiling and add 1 carrot, 1 turnip, 1 parsnip, peeled and cut in four pieces; 1 spray parsley, 2 beets cut in half, 2 whole peppers, 2 whole cloves, 1 small bay leaf, 1 teaspoon salt, 1-4 nutmeg grated, cover and boil slowly 4 hours, put in bowl, use next day after taking off fat. —*Mrs. H. H. Duryee.*

**FRENCH BOUILLON.**—Put 5 pounds of beef in cold water, cover, simmer until scum is taken off, then let boil slowly, add 2 carrots cut in half, 1 white turnip, 1 parsnip, 2 leeks, 1 celery root, a little parsley, 1 bay leaf, 2 cloves, 2 whole peppers, 1 garlic; boil slowly five or six hours. Very nourishing. —*Mrs. Kissam.*

**CALVE'S HEAD SOUP.**—To the head and feet add at least 10 quarts of water, when boiled sufficiently to enable you to remove the meat from the bones, take them out of the water and select the best pieces for the stew, return all into the pot and let the soup boil well. Take out all the bones about 2 hours before it is to be served and add the following seasoning: A tablespoonful of ground cloves, 1 of allspice, 1-2 of mace, 1-2 of a nutmeg, 1-4 teaspoonful of cayenne pepper, black pepper and salt to the taste. 2 white onions and 3 tablespoonful of thyme, savory and sweet majoram, mixed well and passed through a sieve; have ready force meat balls, which must be made of tender veal outlets and about the fourth part of the fat of some salt pork, minced very fine and seasoned with a little nutmeg, pepper and salt; beat up an egg and mix it in, then roll in balls with flour and fry them a light brown, put the balls in the soup and also the yolk of a hard boiled egg and a few slices of lemon. About 20 minutes before serving, put into the soup one quart of white wine and one pint of port, or if you do not care to mix the wines, put in 3 pints of either one. If you cannot procure the feet you may substitute 2 pounds of soup meat. Brown about a 1 1-2 pint of flour, mix with it nearly 1-2 a pound of butter rolled very smooth, and stir it into the soup half an hour before you dish it. The brains must be tied in a clean linen cloth and boiled; when done they may be returned to the soup or made into cakes, to serve with the stew, by mixing them with a little flour, an egg, pepper, salt and nutmeg, formed into little cakes and fried.

**THE STEW.**—Put the best pieces of the meat into a stew pan with butter and flour on the bottom, lay them close together, season as you do the soup, flour the top, cover all with soup and put it into the oven; garnish with slices of lemon and lay the balls on top. —*Theodora Duer.*

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**GUMBO SOUP.**—Joint 2 chickens, cut up 2 onions, and fry with the chicken in lard a light brown, while frying, add a tablespoonful of flour and continue to fry until a dark brown, then pour on 4 or 5 quarts of water and put on to boil with some slices of ham cut up small, 1 teaspoonful of black pepper, 1-2 teaspoonful of cayenne. The gumbo must boil steadily for 3 hours, just before serving add a tablespoonful of pounded sassafras and give 1 boil up.

—*Louisa Troup.*

**OKRA SOUP.**—2 pounds of lean beef in pot with 7 quarts of water, (put it on at 9 o'clock in the morning if for a 3 p. m. dinner,) let it boil up once and then remove all the scum, add 3 dozen Okras cut in round slices very thin, 2 white onions chopped fine, 1 dozen ripe tomatoes, removing the skin and cut up fine, add salt and pepper, a little thyme, and let it boil gently but steadily until served, add to it corn cut off the cob, lima beans and 2 new potatoes, and then add another quart of water, boil gently or it will burn.

—*Charlotte Bumkehoff.*

**CRAB SOUP.**—Clean the Crabs and put in water; to 2 dozen clams put 1 gallon of water, boil it down to 2 quarts, thicken the soup with the fat of the crabs, a bit of butter rolled in flour, half a pint of cream, pepper and salt to the taste, a little parsley and a few bits of biscuit, and a little bacon; when dished take out the bacon.

**CORN SOUP.**—1 pint of grated green corn, 1 qt. of milk, 1 pint of hot water, 1 heaping tablespoonful of flour, 2 tablespoons of butter, one slice of onion, salt and pepper to taste; cook the corn in the water 30 minutes, let the milk and onion come to a boil, have the flour and butter mixed together and add a few tablespoons of the boiling milk, when perfectly smooth stir into the milk and cook 8 minutes, take out the onion and add the corn, season to taste and serve.

—*Mrs. Thomas B. Bartram.*

**PEA SOUP.**—Blanch a quart of large peas, with some lettuce and chervil, mix them together and pass through a sieve, add some soup to them and bring to a boil, then add half a quart of thick cream and a piece of butter. Pour this in the soup dish on 1-2 quart of small peas which have been well cooked. You can add, if you like, a little chopped up lettuce and some sorrel, cut in very fine slices, and a little chervil.

—*Sara G. Bronson.*

**JULIENNE SOUP.**—Take some soup meat for the soup, also the gizzard, wings, heart, etc. and carcase of chickens, and cook it 6 or 7 hours; then have some slices of beef cut up very fine, add it to the soup and cook it again at least 2 hours.

**JULIENNE.**—Cook an onion which is cut very fine, then add the vegetables—carrots, turnips, leeks, celery and a large piece of turnip, so that you can take it out just before serving; bring it to a glaze; now add the soup, (and for 6 persons,) put in one piece of sugar, and reduce it to a glaze at least twice more. Have the soup boiling, half an hour before serving take the grease off.

—*Eliza Winthrop.*

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**Knox's Gelatine will Set Quicker** THAN ANY OTHER.