

THE KIRMESS COOK-BOOK

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The Kirmess Cook-book by Various

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VARIOUS

**THE KIRMESS
COOK-BOOK**

THE



KIRMESS



COOK-BOOK.

*The "Kirmess" may charm with its hours of delight,
With its radiant young dancers entrancing the sight,
But the vision will vanish, 't will last but a day;
The picture so lovely fades surely away.
Not so with our "Cook-Book." This friend, tried and true,
Will ever be near you, in "broil" or in "stew,"
With its "whips" for your foes, and its "kisses" for friends;
So for former bad cooking you now make amends,
As you buy for yourself, or you buy it for others,
Remembering the help it will be to all mothers,
And the "Union," long-waiting, expectant, alert,
Shall have its well-merited, well-earned "dessert."*

BOSTON:

WOMEN'S EDUCATIONAL AND INDUSTRIAL UNION.

1887.

BOSTON:
Alfred Mudge & Son, Printers, No. 24 Franklin Street.
1887.

PREFACE.

THE following receipts have been collected from the members of the Women's Educational and Industrial Union and their friends, and have all been used and are recommended by them. The names of contributors have been given, as far as they would allow. Receipts from other cook-books have been acknowledged, as far as known, but nearly all have been so changed by persons using them as to be practically new receipts. The book contains many receipts that have long been in use in families, and hints about cooking common things which it is believed will be found useful by cooks and housekeepers.



BREAD.

"Here is bread which strengthens man's heart, and therefore called the staff of life."

White Bread.

To each quart of flour, add one teaspoonful of salt, one third of a cup of home-made yeast, or one half of a compressed yeast cake, lard the size of a walnut. Mix with as much warm water or milk as it will readily take up. Knead till it snaps, like elastic, from the sides of the pan, let it rise in a warm place over night, in the morning knead for a few minutes, using no more flour, put it into the baking pan, and let it rise from half to three quarters of an hour, then bake.

MRS. M. H. E.

Brown Bread.

Two cups of graham meal, one cup of Indian meal, one cup of rye meal, one cup of molasses, two cups of sour milk, one teaspoonful of saleratus, one teaspoonful of salt. Steam five hours.

MRS. DE L. SHEPLER.

Excellent Brown Bread.

One heaping cup of Indian meal, one heaping cup of rye, one heaping cup of graham, one cup of sour milk, one cup of sweet milk, two thirds cup of molasses, one egg, heaping teaspoonful of soda, salt. Steam four hours, set in oven fifteen minutes. Raisins are a nice addition.

Mrs. A. S.

Eye Bread.

Baked in earthen cups. Two cups of rye meal, two cups of milk, one cup of sugar, two eggs, one teaspoonful of soda, one half teaspoonful of salt. Fill the cups one third full. Bake half an hour.

Mrs. C. L. HALLETT.

Hannock.

Three cups of oat meal, two cups of flour, salt, small piece of butter; moisten with water; roll thin.

Mrs. A. S.

Sweetbreads.

Six eggs, one quart of flour, one pint of milk, one cup of sugar, one tablespoonful of melted butter, three teaspoonfuls of yeast powder. Gem pans should be very hot. Bake twenty or twenty-five minutes.

Mrs. F. S.

Tessie's Wheaten Biscuit.

(From a Contraband.)

Make a quart of flour short with butter and lard, wet with cold water, and make pretty stiff. Put on a wooden block or board, beat out thin, sprinkle with flour, then fold up and repeat the beating (with mallet or pestle), "till it begins to go pop, pop, pop, — it'll crack mos' like a whip, — then you know it's done." Cut into thin biscuits and bake.

Breakfast or Tea Rolls.

Three cups of milk, one half cup of butter and lard mixed, one half cup of sugar, one third cake of compressed yeast. Heat milk, butter, and lard together; when cool dissolve yeast and add milk. Put three pints of flour in a mixing bowl, make a hole in the centre, and gradually stir in milk until a thin batter or sponge is formed. Sprinkle flour over the top and set to rise. When risen, which will be in about two hours, mix and knead, adding more flour if necessary. When light, roll out quite thin and cut with a small cutter. Put a small piece of butter in the centre of each roll, fold across the middle, pinch across the fold with thumb and forefinger, raise until very light and bake in a quick oven.