

# VEGETABLES

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" Every man shall eat in safety,  
Under his own vine, where he plants."

## PARSNIPS.

Scrape parsnips, cut in halves, remove the white, pithy heart, boil in salt water until tender, then fry in butter.

## VEGETABLE OYSTERS.

Scrape the roots and drop into cold water at once. Cut across in thin slices and cook till tender, toast slices of bread and lay in a deep dish, add to the salsify when tender a little salt, thicken slightly with butter and flour and pour it over the toast.

## POTATO POT PIE.

Half dozen potatoes sliced, 1 cup sour milk,  $\frac{1}{2}$  spoon soda, flour enough to make a soft dough. Roll out, cut in strips, place in the kettle a handful of potatoes, sprinkle with salt, pepper and butter, cover with a layer of the dough, another layer of potatoes until you use all the material, cover with dough last on top. Pour boiling water to cover and cook twenty minutes.

## COOKED CAULIFLOWER.

Take cauliflower, cut up in small pieces, cook in water until tender, salt to suit the taste, drain, pour on milk and season with butter, pepper and salt, 1 tablespoon flour stirred up in milk. Stir this in the cauliflower, let it boil and serve hot.

**VEGETABLES.****BOSTON BAKED BEANS.**

Two quarts of white soup beans which have been soaked all night,  $\frac{1}{4}$  cup of molasses, 1 pound of salt pork, scored on top and 1 teaspoon soda. Sprinkle the soda dry in bottom of baking dish, then put in beans and pork and cover with water, bake in a slow oven all day.

**MACARONI AND CHEESE.**

Pour boiling water over macaroni and boil until tender, then pour off water, place in baking dish a layer of macaroni, then a layer of grated cheese, and so on until dish is full, seasoning each layer with salt, pepper and bits of butter, then put on 1 cup milk. Bake slowly  $\frac{1}{2}$  hour.

**CORN OYSTERS.**

One pint of boiled sweet corn sliced down,  $\frac{1}{2}$  teaspoon black pepper,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  teaspoon salt, 2-3 cup flour, 1 egg. Beat all thoroughly together and fry same as for griddle cakes.

**SARATOGA CHIPS.**

Slice potatoes very thin into cold water, let stand several hours, lay on cloth to dry. Fry a few at a time in boiling hot lard, lay them on paper as you take them out. Salt them.

**BAKED TOMATOES.**

Cover the bottom of an earthen dish with ripe tomatoes, sliced, then a layer of bread crumbs seasoned with pepper, salt and butter, then another layer of tomatoes, and so on till the dish is filled, letting the top layer be of bread crumbs. Bake 15 minutes.

**ASPARAGUS.**

Remove the scales, cut in half-inch lengths, use only tender part, let stand in salted water several hours, drain, cover with boiling water, cook until tender, drain, cover with milk, add butter, pepper, salt, if needed a little thickening.

**PLUM DUMPLINGS.**

Sift two teaspoons baking powder with 1 quart flour, use sweet milk to make stiff batter. Put 1 quart plums in a kettle and cover with water well sweetened, drop the dough in the kettle with the plums and boil until done.

**CORN, TO FRY.**

Cut corn from cob till there is about a quart of it and carefully pick out all bits of stalk or silk, beat 2 eggs very light, stir them into corn with 2 tablespoons of flour; salt and pepper, have some lard hot and drop in the corn tablespoonful at a time. Fry a light brown.

**MACARONI AND TOMATOES.**

Boil  $\frac{1}{4}$  pound of macaroni in boiling salted water until tender, blanch and arrange on hot platter; mince  $\frac{1}{2}$  pound raw ham and brown in a little of its own fat; spread this over the macaroni; pour over the whole a pint of thick, stewed tomato pulp, garnish with dry bread crumbs browned in butter.

**SPAGHETTI.**

Break  $\frac{1}{2}$  package spaghetti into small pieces; add  $\frac{1}{2}$  teaspoon of salt, cover with boiling water and boil for 20 minutes; add one pint of tomatoes,  $\frac{1}{2}$  cup of chopped cheese, 2 tablespoonfuls of butter, a pinch of pepper and cook for 10 minutes; add  $\frac{1}{2}$  cup of cream just before removing from the stove.

**SUCOOTASH.**

Take 1 pint shelled Lima beans (green), wash, cover with hot water, let stand five minutes, pour off, place over fire and boil fifteen minutes; have ready corn cut from six good sized ears and add to beans, boil half an hour, add salt, pepper and 2 tablespoons butter. String beans may be used, cooking 1 hour before adding corn.

**LIGHT DUMPLINGS.**

One pint sour milk, 1 quart of flour, 1 egg, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon soda, flour, baking powder and soda sifted together.

**SCALLOPED POTATOES.**

Peel and slice raw potatoes thin for frying, butter an earthen dish, put in layer of potatoes, season with salt, pepper and butter (and a bit of onion chopped fine, if liked), sprinkle a little flour over, now another layer of potatoes with seasoning; continue until dish is full. Just before putting in oven pour one quart hot milk over. Bake three-quarters of an hour. Cold boiled potatoes may be used the same way, it will take less time to cook them; they are delicious either way.

**BOSTON BAKED BEANS.**

Soak small white beans over night in fresh water, in the morning put them in a kettle with a second water sufficient to cover and parboil until the skins present a shriveled appearance. Pour off the water, add salt to the beans, place in the middle of the beans, a piece of bacon. Mix in a cup a tablespoon of molasses or brown sugar, half a teaspoon soda and half a teaspoon dry mustard, and add this to the beans. The above quantities are for a quart of beans. Cover with warm water and bake five hours. Keep watch that the water does not dry out until the beans are thoroughly cooked.

**FRIED EGG PLANT.**

Slice about half an inch thick; pare and parboil in salt water, then dip in beaten egg and flour and fry in half butter and half lard.

**MUSHROOMS.**

Split and soak in weak salt water a few hours, drain well, flour and fry in butter to a nice brown.

**MUSHROOMS.**

To test mushrooms, sprinkle salt on the gills; if they turn yellow, they are poisonous; if they turn black, they are good.

To broil mushrooms, dip them in melted butter, season with salt and pepper, broil on both sides, and serve on toast.

**TOMATOES.**

Take small ripe tomatoes, put on lettuce leaf in individual dishes, make the following dressing: Scant half cup vinegar, 1 egg, 2 tablespoons sugar, little salt, teaspoon butter, boil, stir till cool, put spoonful over each tomato. This makes a pretty dish.

**NEW POTATOES AND CREAM.**

Wash and rub new potatoes with a coarse cloth or scrubbing brush; drop into boiling water and boil briskly until done, and no more; press a potato against the side of the kettle with a fork, if done it will yield to a gentle pressure. In a sauce-pan have ready some butter and cream, hot, but not boiling, a little green parsley, pepper and salt; drain the potatoes, add the mixture, put over hot water for a minute or two, and serve.

**BAKED MACARONI.**

Put in a baking dish one layer of macaroni then a layer of cheese, add a tablespoon of butter, another layer of macaroni, etc., fill the dish with milk, bake until it jellies.

**SAUER KRAUT.**

Make early in the light of the moon. Use just 1 pint of salt to a thirty-two gallon barrel of kraut, and you will not fail to have it first class.

**LIMA AND KIDNEY BEANS.**

These beans should be put in boiling water, a little more than enough to cover them, and boil until tender—from half an hour to two hours—serve with butter and salt upon them.

These beans are in season from the last of July to the last of September. There are several other varieties of beans, used as summer vegetables, which are cooked as above.

#### BAKED SWEET POTATOES.

Wash and scrape them, split them lengthwise. Steam or boil them until nearly done. Drain and put them in a baking dish, placing over them lumps of butter, pepper and salt; sprinkle thickly with sugar and bake in oven.

#### FRIED SALSIFY.

Stew the salsify as usual till very tender; then with the back of a spoon or a potato jammer mash it very fine. Beat up an egg, add a teacup of milk, a little flour, butter and seasoning of pepper and salt. Make into little cakes, and fry to a light brown in boiling lard, first rolling in beaten eggs and then flour.

#### CABBAGE WITH CREAM.

Remove the outer leaves from a solid, small-sized head of cabbage, and cut the remainder as fine as for slaw. Have on the fire a spider or deep skillet, and when it is hot put in the cabbage, pouring over it right away a pint of boiling water. Cover closely, and allow it to cook rapidly for ten minutes. Drain off the water and add half a pint of new milk, or part milk and cream; when it boils, stir in a large teaspoon of either wheat or rice flour, moistened with milk; add salt and pepper, and as soon as it comes to a boil serve. Those who find slaw and other dishes prepared from cabbage indigestible, will not complain of this.

#### FRIED POTATOES WITH EGG.

Slice cold boiled potatoes and fry in good butter until brown; beat up one or two eggs, and stir into them just as you dish them for the table; do not leave them for a moment on the fire after the eggs are in, for if they harden they will not be half so nice; one

egg is enough for three or four persons, unless they are very fond of potatoes; if they are, have plenty and put in two.

#### STEWED PUMPKIN.

Stew pumpkin, cut into small pieces, in a  $\frac{1}{2}$  pint water; and, when soft, mash with potato masher very fine, let the water dry away, watching closely to prevent burning or scorching.

#### POTATO FILLETS.

Pare and slice the potatoes thin; cut them if you like, in small fillets, about a quarter of an inch square, and as long as the potato will admit; keep them in cold water until wanted, then drop them into boiling lard; when nearly done, take them out with a skimmer and drain them, boil up the lard again, drop the potatoes back and fry till done; this operation causes the fillets to swell up and puff.

#### SWEET POTATOES.

Boiled, steamed and baked the same as Irish potatoes; generally cooked with their jackets on. Cold sweet potatoes may be cut in slices across or lengthwise and fried as common potatoes; or may be cut in halves and served cold.

#### STRING BEANS.

Break off the end that grew on the vine, drawing off at the same time the string upon the edge; repeat the same process from the other end; cut them with a sharp knife into pieces half an inch long and boil them in just enough water to cover them. They usually require one hour's boiling, but this depends upon their age and freshness. After they have boiled until tender and the water boiled nearly out, add pepper and salt, a tablespoon butter, and half cream; if you have not the cream, add more butter. Many prefer to drain them before adding the seasoning, in that case they may lose the real goodness of the vegetable.

**TO BOIL RICE.**

Pick over the rice carefully, wash it in warm water, rubbing it between the hands, rinsing it in several waters, then let it remain in cold water until ready to be cooked. Have a sauce pan of water lightly salted; when it is boiling hard pour off the cold water from the rice and sprinkle it in the boiling water by degrees, so as to keep the particles separated. Boil it steadily for twenty minutes, then take it off the fire and drain off all the water. Place the sauce pan with the lid party off, on the back of the stove where it is only moderately warm, to allow the rice to dry. The moisture will pass off and each grain of rice will be separated, so that if shaken the grains will fall apart. This is the true way of serving rice as a vegetable, and is the mode of cooking it in the southern states where it is raised.

**VEGETABLE HASH.**

Chop rather coarsely the remains of vegetables left over from a boiled dinner, such as cabbage, parsnips, potatoes, etc., sprinkle over them a little pepper; place a sauce pan or frying pan over the fire, put in a piece of butter the size of a hickorynut, when it begins to melt, tip the dish so as to keep in the steam. When heated thoroughly take off the cover and stir occasionally until well cooked. Serve hot. Persons fond of vegetables will relish this dish very much.

**SPINACH.**

It should be cooked so as to retain its bright, green color, and not be sent to the table, as it so often is, of a dull-brown or olive color; to retain its fresh appearance, do not cover the vessel while it is cooking. Spinach requires close examination and picking, as insects are frequently found on the leaves.

**STEWED TOMATOES.**

Pour boiling water over a dozen sound, ripe tomatoes; let them remain for a few moments; then peel off the skins, slice them and put them over the fire



in a well-lined tin or granite ware sauce pan. Stew them about twenty minutes; then add 1 tablespoon butter; salt and pepper to taste; let them stew fifteen minutes longer and serve hot. Some prefer to thicken tomatoes with a little grated bread, adding a teaspoon sugar, and others who like the flavor of onion, chop up one and add while stewing; then again some add as much green corn as there are tomatoes.

**BAKED WINTER SQUASH.**

Cut open the squash, take out the seeds, and without parting cut it up into large pieces; put the pieces on tins and dripping pan, place in moderately hot oven and bake about an hour. When done, peel and mash like mashed potatoes, or serve the pieces hot on dishes, to be eaten warm with butter like sweet potatoes. It retains its sweetness much better when baked this way than when boiled.

**SCALLOPED POTATOES.**

Peel and slice raw potatoes thin, put a layer in a baking dish, season with salt, pepper and butter, add another layer of potatoes, and so on until the dish is full; put over the top a little cream or milk, a few bread crumbs and small pieces of butter; bake one hour and serve hot.

**BEEF GREENS.**

Wash young beets clean, do not separate roots from leaves, look over carefully to see that no bugs or worms remain. Boil in salted water from half to three-quarters of an hour. Take out and drain in a cullender. Dish and dress with butter, pepper and salt, if needed. Serve hot with vinegar.

**FRENCH FRIED POTATOES.**

Cut raw potatoes into long cubes and fry in deep, hot fat until done. Serve with broiled beefsteak.

**VEGETABLES.****TURNIPS.**

Wash, peel, cut in thin slices across the grain and place in kettle in as little water as possible; boil until you can easily pierce with a fork; drain well, season with salt, pepper and butter; mash fine. Do not boil too long, as they are much sweeter when cooked quickly.

**ONIONS STEWED.**

Peel and quarter and boil in water until cooked tender. Drain, season with butter, milk, salt and pepper.

**COOKED RICE.**

Cook in water until soft, add chicken broth and a little salt. Good.

**SCALLOPED CORN.**

To either fresh or canned corn add salt, pepper and butter to taste. Place alternately a layer of corn with layer of cracker crumbs in a baking dish. Make mixture of two well-beaten eggs and sufficient milk to cover corn. Pour in baking dish; bake one-half hour or until done. Serve hot.

**SCALLOPED ONIONS.**

Boil 8 onions in salted water, changing water twice. Drain and cut in halves, if large. Place in baking dish, season with salt and pepper, and pour a white sauce over them. Cover with bread crumbs, put bits of butter on top, set in oven to brown.

**BOILED CARROTS.**

Wash thoroughly, scraping the skin all off, put into boiling water in which there should be a little salt. Boil until tender; drain, cut lengthwise; put into a hot dish and sprinkle with pepper and bits of butter.

**MEMORANDA.**

