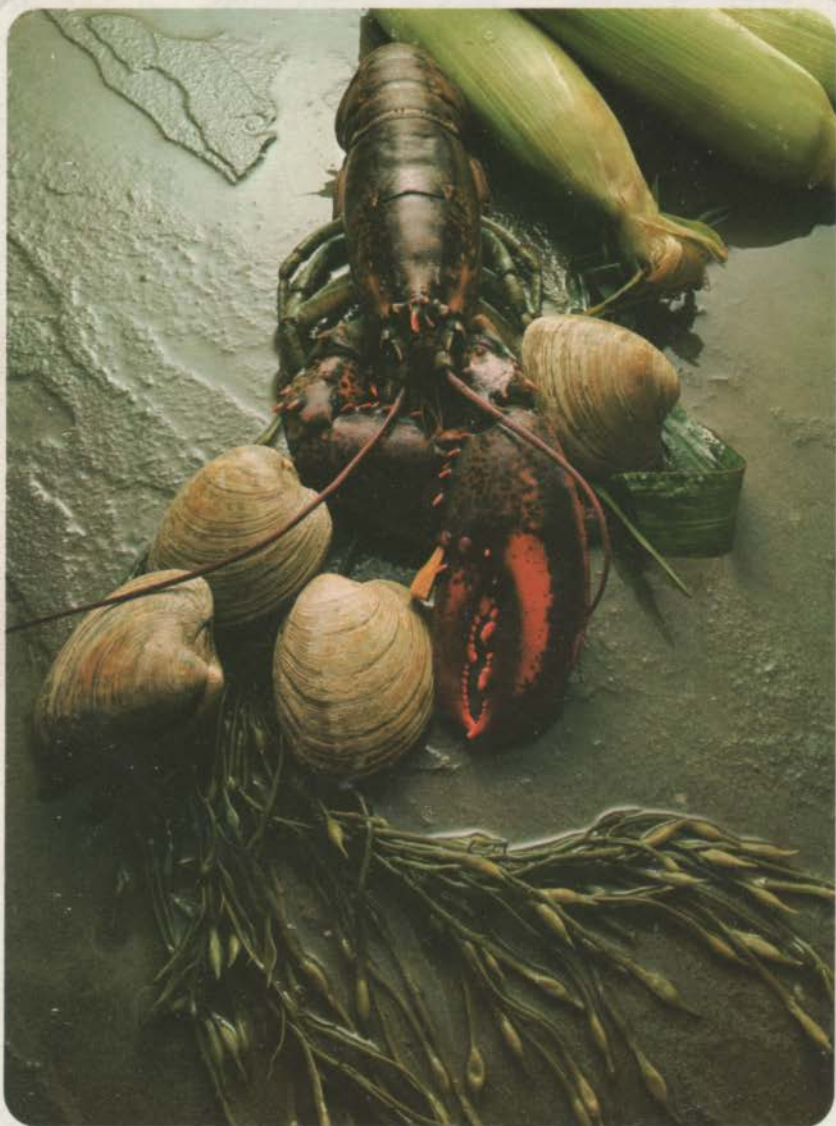


Recipes
American Cooking: New England



Foods of the World

TIME
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BOOKS

Recipes

American Cooking: New England

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Introductory Notes

Pure Maple Syrup and Maple Sugar

Both pure maple syrup and maple sugar are made from the sap of the sugar or rock maple tree. It takes about 40 gallons of sap to produce 1 gallon of pure syrup which with further boiling-down can be crystallized into about 2 pounds of sugar.

The finest Vermont maple syrup, labeled "Fancy," is a pale, almost-white amber color with delicate flavor. "A," the next grade, is medium amber in color. Grade B is dark amber, has a stronger flavor, and is the preferred syrup for cooking. Grade C syrup, which is strongest and darkest, is sold mostly to commercial food processors. (For color pictures of all these, see page 161 of the main volume.)

Pure maple syrup is at its best as soon as it is processed; it will not change color, but the flavor diminishes with age. After the container is opened, maple syrup should be refrigerated in a tightly covered jar or can. If the syrup crystallizes, set the jar in hot water and it will quickly liquefy. If mold forms on top, carefully skim it off with a spoon, then heat the syrup to 180° on a candy thermometer to inhibit further mold growth.

Maple sugars also are available in a number of forms: Maple cream is made by boiling syrup to 239° and, while it is still hot, beating it until it solidifies into a smooth fudgelike candy. Soft maple sugar is made by boiling syrup to 239°, letting it cool and then beating it to make a similarly grain-free product.

Grained maple sugar is boiled to 245°, beaten while it is still hot and, when dry, molded into loaves, cakes or other shapes; this is the traditional cooking sugar. Pure granulated maple sugar is made in a modern steam-jacketed cooker that beats it while it boils; the result looks like brown sugar and can be easily poured or measured for cooking.

New England Clams

Two kinds of New England clams are important foods: the soft-shell or long-necked clam (*Mya arenaria*) and the hard-shell or little-necked clam (*Venus mercenaria*).

Both are roughly oval in shape. The soft clam has a thin brittle shell and a distinctive long siphon or neck; the hard clam has a thick solid shell and short neck. (The two types are shown on page 90 of the main volume.) Hard clams are frequently served raw on the half shell; soft clams are always cooked before they are eaten.

Though any soft clam may be steamed successfully, New Englanders consider the small ones—under 2 inches in length—best and refer to these as steamer clams. (The soft clams dug at Ipswich, Massachusetts, are especially prized for flavor and tenderness.)

In New England, the hard clam is usually referred to by its old Indian name, quahog. Confusingly, some clammers differentiate between hard clams on the basis of size, using the term quahog only for a big clam that may be 4 to 5 inches long. They call the medium-sized 2½- to 3-inch clam a cherrystone, the small 1½- to 2-inch clam a littleneck.

Soft-shell clams are most plentiful north of Cape Cod but can be dug as far south as Cape Hatteras. The same variety was accidentally introduced to the Pacific coast about 1880 by being mixed with shipments of young eastern oysters, and the soft clams now thrive from San Francisco to British Columbia.

Quahogs are found all along the Atlantic coast from Canada south, and in the Gulf of Mexico. Related members of the *Venus* genus, locally known as butter clams and littleneck clams, are found on Pacific beaches from California to Alaska.

The surf clam (*Spisula solidissima*) that occurs from Labrador to South Carolina is a large, heavy species with tougher meat than the quahog; it goes by such names as sea clam, hen clam and chowder clam. Though not widely popular, it is sometimes substituted for the quahog in chowders and at clambakes.

Clams, mussels and oysters are sold to markets and restaurants by licensed fishermen and come from numbered beds, and the chance of encountering shellfish from polluted waters is slight. Amateurs should make sure that the waters where they go for shellfish are unpolluted, by asking local authorities. By law, polluted areas closed to fishing must be posted. Clams that are not tightly closed when dug must not be eaten.

How to Prepare and Seal Canning Jars

To ensure consistent results in home canning, use standard canning jars or jelly glasses with matching lids. Examine each one carefully and discard those with covers that do not fit securely and those with edges that have cracks or chips. An airtight seal is imperative.

Wash the jars, glasses, lids and rings in hot, soapy water and rinse them with scalding water. Place them in a large, deep pot and pour in enough hot water to cover them completely. Bring to a boil over high heat, then turn off the heat and let the pot stand while you finish cooking the food that you plan to can. The jars or glasses must be hot when the food is placed in them.

To be ready to seal the glasses, grate a 4-ounce bar of paraffin into the top of a double boiler (preferably one with a pouring spout) and melt it over hot water. Do not let the paraffin get so hot that it begins to smoke; it will catch fire easily.

When the food is ready for canning, lift the jars or glasses from the pot with tongs and stand them upright on a level surface. Leave the lids and rings in the pot until you are ready to use them. Fill and seal the jars one at a time, filling each jar to within $\frac{1}{8}$ inch of the top and each glass to within $\frac{1}{2}$ inch of the top. Each jar should be sealed quickly and tightly with its ring and lid.

The jelly glasses also should be sealed at once. Pour a single thin layer of hot paraffin over the surface of the jelly, making sure it covers the jelly completely and touches all sides of the glass. If air bubbles appear in the paraffin prick them immediately with a fork or the tip of a knife. Let the paraffin cool and harden; then cover the glasses with metal lids.

NOTE: If there is not enough food to fill the last jar or glass completely, do not attempt to seal it; refrigerate and use it as soon as possible.



Cretons de Québec (Quebec)

SPICED PORK SPREAD

To make about 1 quart

1½ pounds leaf lard cut into 2-inch pieces, or substitute 1½ pounds pork kidney fat, cut into very thin slices

2 pounds lean boneless pork shoulder, cut into 2-inch chunks

4 large onions, peeled and sliced into ⅛-inch-thick rounds (about 4 cups)

1 tablespoon mixed pickling spice, wrapped in cheesecloth

2 tablespoons salt

½ teaspoon freshly ground black pepper

Spread half the leaf lard or pork kidney fat in the bottom of a heavy 4- to 5-quart casserole, covering it completely. Scatter half the pork chunks and all the onions over the fat and sprinkle them with the pickling spice, salt and pepper. Place the rest of the pork on top. Then scatter the remaining pieces of lard or fat over it. With the flat of your hand, firmly press down the layers of fat, pork and onions.

Cover the casserole tightly and set it over the lowest possible heat. Simmer undisturbed for 3 hours, or until the pork is tender enough to be mashed against the sides of the casserole with a spoon. Keep the heat low enough to prevent the pork from browning. Remove from the heat, discard the pickling spice, and let the pork mixture cool to room temperature. Put the contents of the casserole successively through the coarsest, then the finest blades of a food grinder. Return the *cretons* to the casserole and, stirring constantly, simmer over moderate heat for about 15 to 20 minutes.

Pour the *cretons* tightly into a 1-quart bowl or eight 4-ounce individual earthenware crocks and pack the mixture down with a spoon. Let the *cretons* cool to room temperature and then refrigerate for 4 to 6 hours or until thoroughly chilled and completely firm.

Traditionally served on bread for breakfast or lunch in Quebec, this spread is also very good on crackers or toast points with cocktails.

(*Cretons* may be sealed with a layer of melted fat and safely kept in the refrigerator for several weeks. To seal, chill the crocks until the *cretons* are completely firm. Then melt additional lard or some butter and pour a ¼-inch layer of fat over the entire surface of the *cretons*.)

Sardine-stuffed Deviled Eggs

To make 6 stuffed eggs

6 large hard-cooked eggs, shelled	2 tablespoons strained fresh lemon juice
A 4-ounce can Maine sardines, thoroughly drained	2 teaspoons dry mustard
½ cup freshly made mayonnaise (see <i>moules ravigote</i> , page 10), or substitute ½ cup commercial unsweetened mayonnaise	¼ teaspoon ground hot red pepper (cayenne)
	½ teaspoon salt
	¼ cup finely chopped fresh parsley
	¼ cup finely cut fresh chives

With a small, sharp knife, cut a ⅛-inch slice off the bottom of each egg so that it will stand upright. Then slice off the top third of each egg, chop the scraps of egg white finely and set them aside.

Gently squeeze the yolks out of the eggs, taking care not to break the white cases. Mash the yolks and sardines together with a fork or purée them through a food mill into a mixing bowl. Beat the mayonnaise into the purée and, when it is well incorporated, add the lemon juice, mustard, red pepper and salt. Taste for seasoning.

Spoon the filling into the egg-white cases, dividing it evenly among them and mounding it smoothly on top. Mix the reserved chopped egg whites, the parsley and chives together in a shallow bowl, then dip the filled eggs into the mixture, rolling them around to coat the tops thoroughly.

Stand the eggs on a chilled serving platter and serve at once, or cover the platter loosely with wax paper and refrigerate until ready to serve.

Solomon Gundy (Nova Scotia)

To make about 4 pints

Six 8- to 10-ounce salt herring	2 tablespoons mixed pickling spice
2 cups cider vinegar	2 large onions, peeled and sliced crosswise into ⅛-inch-thick rounds (about 2 cups)
¼ cup sugar	

Wash the herring inside and out under cold running water. Then place them in a large enameled or stainless-steel casserole and pour in enough cold water to cover them by at least 1 inch. Soak for at least 12 hours in the refrigerator, changing the water once or twice. Drain the herring well, rinse under cold running water and pat them dry with paper towels.

With a sharp knife, remove the heads, tails and fins from the herring and discard them. To fillet each herring, lay it flat and cut along the back from head to tail, freeing the top section of the flesh from the spine and radiating bones. Lift off the flesh, turn the herring over and free the flesh on the other side. Discard the bones. When all the herring are deboned, cut the fillets into 1½-by-1-inch pieces.

In a small enameled or glass saucepan, bring the vinegar, sugar and pickling spice to a boil over high heat, stirring until the sugar dissolves. Reduce the heat to low and simmer partially covered for 5 minutes.

Pack the herring pieces and sliced onions in alternating layers into 4 sterilized pint jars, spooning a little of the spice mixture over each layer as you proceed. Pour the rest of the spice mixture into the jars, making sure to cover the herring completely. Seal at once and refrigerate until ready to serve. Tightly covered and refrigerated, the Solomon Gundy may safely be kept for 3 to 4 weeks.

Stuffed Quahogs

To serve 6 as a first course

- | | |
|--|--|
| 12 large hard-shell clams, 4 to 5 inches in diameter (<i>see page 3</i>), shucked, with the deeper half of each shell reserved | 1 ½ cups soft fresh crumbs made from homemade-type white bread, pulverized in a blender or finely shredded with a fork |
| 2 tablespoons butter, softened, plus 4 tablespoons butter, plus 2 tablespoons butter, chilled and cut into ¼-inch bits | 3 tablespoons finely chopped fresh parsley |
| ½ cup finely chopped onions | ¼ teaspoon crumbled dried thyme |
| 1 teaspoon finely chopped garlic | ½ teaspoon salt |
| | Freshly ground black pepper |

Preheat the oven to 400°. Wash the clams in a sieve under cold running water, spread them on paper towels and pat them dry. Then put the clams through the coarsest blade of a food grinder into a small bowl. Scrub the shell halves under hot running water and dry them completely. With a pastry brush, spread the 2 tablespoons of softened butter evenly over the inside surfaces of the shells.

In a heavy 10- to 12-inch skillet, melt 4 tablespoons of butter over moderate heat. When the foam begins to subside, add the onions and garlic and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown. Add the ground clams and stir for about 2 minutes. When the clams glisten with the butter, add the bread crumbs. Still stirring from time to time, continue to cook until the crumbs are golden brown. Remove the pan from the heat and stir in the parsley, thyme, salt and a few grindings of pepper. Taste for seasoning.

Mound the clam-and-crumbs mixture in the buttered shells, dividing it evenly among them. Scatter the butter bits over the tops. Arrange the shells side by side on a large jelly-roll pan. Bake in the upper third of the oven for 10 to 12 minutes, or until the crumbs are a rich brown color. Serve at once.

Moules Marinière (Quebec)

MUSSELS STEAMED IN WINE BROTH

To serve 4 as a first course

4 dozen large mussels in their shells

4 tablespoons butter, cut into small
bits, plus ½ pound butter,
melted

½ cup finely chopped onions

1 ½ cups dry white wine

1 cup water

2 tablespoons finely chopped fresh
parsley

⅓ teaspoon crumbled dried thyme

Scrub the mussels thoroughly under cold running water with a stiff brush or soapless steel-mesh scouring pad. With a small, sharp knife scrape or pull the black hairlike tufts off the shells and discard them.

In a 6- to 8-quart enameled or stainless-steel casserole, melt the butter bits over moderate heat. When the foam begins to subside, add the onions and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown. Stir in the wine, water, parsley and thyme. Drop in the mussels and bring to a boil over high heat. Cover tightly, reduce the heat to low and let the mussels steam for about 10 minutes, turning the mussels about once or twice with a slotted spoon. When the mussels have steamed the allotted time, all the shells should have opened; discard any that remain shut.

With a slotted spoon, transfer the mussels to a large, heated platter or individual serving plates. Strain the broth into a bowl, using a fine sieve lined with a double thickness of dampened cheesecloth. Pour the broth into 4 heated soup cups and serve the melted butter separately in individual bowls on the side.

To eat a steamed mussel, remove it from the shell with a small fork, dip it into the broth to moisten the mussel and remove any traces of sand, and then immerse it in the melted butter.

Pickled Mussels

To serve 6 to 8 as a first course

6 dozen large mussels in their shells

1 ½ cups water

1 large onion, peeled and cut
crosswise into ⅛-inch-thick
slices (about 1 cup)

4 medium-sized garlic cloves, peeled
and bruised with the side of a
cleaver or heavy knife

½ cup cider vinegar

2 teaspoons mixed pickling spice

1 teaspoon salt

Scrub the mussels thoroughly under cold running water with a stiff brush or soapless steel-mesh scouring pad. With a small, sharp knife scrape or pull the black, hairlike tufts from the shells and discard them.

Combine the mussels and water in a heavy 4- to 6-quart casserole and bring to a boil over high heat. Cover tightly, reduce the heat to low and let the mussels steam for 10 minutes, turning them about in the pot once or twice with a slotted spoon. When steamed, all the shells should have opened; discard any mussels that remain shut.

With tongs or a slotted spoon transfer the mussels to a platter and remove and discard the shells. Strain the broth remaining in the casserole and the liquid that has accumulated around the mussels through a fine sieve lined with a double thickness of dampened cheesecloth. Measure 1½ cups of the broth into a small saucepan and set the pan aside.

Place about ½ cup of the mussels in a 1-quart wide-mouthed jar, spread about ¼ of the onion slices over them, and set a garlic clove on top. Repeat three more times, alternating layers of mussels with onions and garlic until you have arranged them all in the jar.

Add the vinegar, pickling spice and salt to the reserved mussel broth and bring to a boil over high heat. Cook briskly, uncovered for 2 minutes, then pour the mixture slowly over the mussels and onions. Cool to room temperature, cover tightly and refrigerate for at least 3 days before serving.

Serve the mussels on chilled individual salad plates, mounded on fresh lettuce leaves if you like.

Moules Ravigote (Quebec)

MUSSEL, HERB AND CAPER SPREAD

To make about 3 cups

MAYONNAISE

2 egg yolks
1 tablespoon wine vinegar
1½ teaspoons dry mustard
1 teaspoon salt

⅛ teaspoon ground white pepper
1 cup vegetable oil
2 tablespoons strained fresh lemon juice
1 teaspoon finely chopped garlic

First, prepare the mayonnaise in the following fashion: Warm a small mixing bowl in hot water, dry it quickly but thoroughly, and drop in the egg yolks. With a wire whisk or a rotary or electric beater, beat the yolks vigorously for about 2 minutes until they thicken and cling to the beater when it is lifted from the bowl. Stir in the vinegar, mustard, salt and white pepper. Then beat in ½ cup of the oil, ½ teaspoon at a time; make sure each addition is absorbed before adding more. By the time the ½ cup of oil has been beaten in, the sauce should be the consistency of thick cream. Pour in the remaining oil in a slow, thin stream, beating constantly. Stir in the lemon juice and garlic and taste for seasoning. (There should be about 1 cup of mayonnaise.) Refrigerate until ready to use.

6 dozen large mussels in their shells
2 hard-cooked eggs, finely chopped
¼ cup capers, drained, rinsed
thoroughly in a sieve under cold

running water and patted
completely dry with paper towels
¼ cup finely cut fresh chives
¼ cup finely chopped fresh parsley

Scrub the mussels thoroughly under cold running water with a stiff brush or soapless steel-mesh scouring pad. With a small, sharp knife scrape or pull the black hairlike tufts off the shells and discard them.

Combine the mussels and 1 cup of water in a heavy 4- to 6-quart casserole and bring to a boil over high heat. Cover tightly, reduce the heat to low and let the mussels steam for 10 minutes, turning them about in the pot once or twice with a slotted spoon. When the mussels have steamed, all the shells should have opened; discard any that remain shut.

With tongs or a slotted spoon, transfer the mussels to a large platter. Remove and discard the shells. Then chop the mussels coarsely and let them cool to room temperature.

In a large bowl, combine the mussels, chopped hard-cooked eggs, capers, chives and parsley and toss them together gently but thoroughly. Add the mayonnaise and turn the mussel mixture about with a spoon until all the ingredients are well coated with the mayonnaise. Serve the *moules ravigote* with toast points or toast triangles, as a first course or an accompaniment to drinks.



SOUPS & CHOWDERS

Yellow Split Pea Soup (Quebec)

To serve 6 to 8

2 cups (1 pound) dried yellow split
peas
3 pounds smoked ham hocks
1½ cups finely chopped onions
½ cup finely chopped celery
1 tablespoon salt
2 quarts water

Wash the dried peas in a sieve under cold running water, discarding any that are discolored. Place the peas in a heavy 5- to 6-quart casserole and add the ham hocks, onions, celery, salt and water. Bring to a boil over high heat, reduce the heat to low, cover tightly and simmer for 1 hour. Remove the cover and continue to simmer for about 20 minutes longer or until the ham shows no resistance when pierced deeply with the point of a small knife or skewer.

Transfer the ham hocks to a chopping board or platter and, with a small, sharp knife, remove the skin and bones. Discard the skin and bones and cut the ham into ½-inch cubes.

Return the ham cubes to the soup and simmer for 2 or 3 minutes to heat them through. Taste for seasoning and ladle the soup into a heated tureen or individual bowls. Serve at once.

French Canadian Onion Soup (Quebec)

To serve 8

5 tablespoons vegetable oil	1 medium-sized celery stalk, including the green leaves
2 pounds chicken backs and necks	1 small parsnip, peeled and trimmed
1 pound beef marrow bones, sawed (not chopped) into 1-inch pieces and wiped clean with a damp towel	4 sprigs fresh parsley and 1 medium-sized bay leaf tied together with kitchen string
1 pound beef chuck, in one piece	¼ teaspoon crumbled dried thyme
3 quarts water	1 teaspoon salt
2 medium-sized onions, unpeeled plus 2 pounds (about 2 large) onions, peeled and cut crosswise into ⅛-inch-thick slices	4 tablespoons butter
1 medium-sized carrot, scraped and trimmed	Freshly ground black pepper
	8 one-inch-thick slices French or Italian-type bread
	1½ cups freshly grated Cheddar cheese

In a heavy 12-inch skillet, warm 3 tablespoons of the oil over high heat until a light haze forms above it. Brown the chicken backs and necks in the hot oil, turning them frequently with tongs or a slotted spoon and regulating the heat so that they color richly and evenly without burning. As the pieces brown, transfer them to a heavy 8- to 10-quart casserole. Add the beef bones and chuck to the fat remaining in the skillet and brown them deeply on all sides, then transfer them to the casserole.

Pour off any fat remaining in the skillet and in its place add 2 cups of the water. Bring to a boil over high heat, stirring constantly and scraping in the brown particles that cling to the bottom and sides of the pan. Pour the boiling liquid and the remaining 2½ quarts of water over the chicken and beef in the casserole.

Bring to a simmer over moderate heat, meanwhile skimming off the foam and scum as they rise to the surface. Add the unpeeled onions, the carrot, celery, parsnip, parsley and bay leaf, thyme and salt. Reduce the heat to low and simmer partially covered for 4 hours.

With tongs or a slotted spoon, remove and discard the chicken backs and necks, beef bones, chuck and vegetables. Pour the remaining contents of the casserole into a fine sieve lined with a double thickness of dampened cheesecloth and set over a large bowl or pot. Let the cooking liquid drain through, undisturbed, then skim off as much of the fat as possible from the surface of the stock.

Meanwhile, melt the butter with the remaining 2 tablespoons of oil in a heavy 5- to 6-quart saucepan. When the foam begins to subside, add the onion slices and, stirring occasionally, cook over low heat for 20 to 30 minutes, or until the onions are a rich golden brown. Watch carefully for any sign of burning and regulate the heat accordingly.

Pour in the hot stock and bring to a simmer over moderate heat. Reduce the heat to low and simmer partially covered for 30 to 40 minutes longer, or until the soup has the intensity of flavor you desire. (If any fat

risers to the surface, skim it off with a large spoon and discard it.) Season to taste with a few grindings of pepper and more salt if needed.

While the soup is simmering, prepare the *croûtes* in the following fashion: Preheat the oven to 350°. Arrange the slices of bread next to one another on a large baking sheet and toast in the middle of the oven for 5 minutes on each side, or until they are golden brown. Remove the *croûtes* from the oven and set aside. Raise the oven heat to 375°.

Ladle the soup into 8 individual ovenproof soup bowls. Place a *croûte* in each bowl and sprinkle it with 3 tablespoons of the grated cheese. Bake in the top third of the oven for 10 to 15 minutes, or until the cheese has melted. If you like, slide the soup under a hot broiler for a minute or so to brown the top. Serve at once.

Senator Lodge's Bean Soup

To serve 8 to 10	2 teaspoons plus 1 tablespoon salt
4 to 5 quarts water	2 one-pound smoked ham hocks
2 cups (1 pound) dried pea beans	1½ cups finely chopped onions
1 large onion, peeled and pierced with 3 whole cloves	1 cup finely chopped celery
4 sprigs fresh parsley and 1 medium-sized bay leaf, tied together with kitchen string	¼ cup finely chopped fresh parsley
	1 teaspoon finely chopped garlic
	½ teaspoon freshly ground black pepper

The family recipe for this soup was brought to the Senate Restaurant in Washington, D.C., by Henry Cabot Lodge, Senator from Massachusetts from 1893 to 1924.

In a heavy 5- to 6-quart casserole, bring 2 quarts of water to a boil over high heat. Drop in the dried beans and boil them for about 2 minutes. (The water should cover the beans by at least 2 inches; if necessary, add more.) Turn off the heat and let the beans soak for 1 hour.

Then add the clove-pierced onion, the parsley and bay leaf and 2 teaspoons of salt. Bring to a boil again, reduce the heat to low and simmer partially covered for about 1 hour, or until the beans are tender. (The beans should be covered with water throughout the cooking time. Keep a kettle of boiling water at hand and replenish the liquid in the casserole if necessary.) Pick out and discard the onion and the herb bouquet, then drain the beans through a sieve set over a bowl or pot.

Measure the cooking liquid and add enough fresh water to make 3 quarts. Return the liquid and the beans to the casserole, add the ham hocks and bring to a boil over high heat. Reduce the heat to low and simmer partially covered for 2 hours. Stir in the chopped onions, celery, chopped parsley, garlic, the remaining tablespoon of salt and the black pepper and continue to simmer, still partially covered, for 45 minutes.

Transfer the ham hocks to a plate and, with a small knife, remove and discard the skin and bones. Cut the meat into ½-inch pieces. Return the ham to the soup, taste for seasoning, and serve at once from a heated tureen or in individual deep soup bowls.

Portuguese Kale Soup

To serve 8

½ pound fresh kale, or substitute collard greens
1 pound *linguiça* or *chorizo*, or substitute any other garlic-seasoned smoked pork sausage
3 tablespoons olive oil
1 cup finely chopped onions
1 teaspoon finely chopped garlic
4 medium-sized boiling potatoes, peeled and cut into ¼-inch-thick slices

2 quarts chicken stock, fresh or canned
9 medium-sized tomatoes, peeled, seeded and finely chopped (*see salt cod Portuguese style, page 37*), or substitute 3 cups chopped, drained, canned tomatoes
1 cup freshly cooked kidney beans, or substitute 1 cup canned kidney beans, thoroughly rinsed in a sieve under cold running water.

Wash the greens under cold running water. With a sharp knife, trim away any bruised or blemished spots and strip the leaves from their stems. Bunch the leaves together and with a knife cut them into strips about ¼ inch wide. Set aside.

Place the sausages in a small skillet and prick them in two or three places with the point of a knife. Add enough water to cover them completely and bring to a boil over high heat. Reduce the heat to low and simmer uncovered for 15 minutes. Drain the sausages on paper towels, slice them into ¼-inch-thick rounds and set aside.

In a heavy 6- to 8-quart casserole, warm the oil over moderate heat. Add the onions and garlic and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown. Add the potatoes and stock and bring to a boil over high heat. Reduce the heat to low, cover the casserole partially and simmer for about 15 minutes, or until the potatoes are soft.

With a slotted spoon, transfer the potatoes to a bowl and mash them into a smooth purée with the back of a table fork, or purée them through a food mill or ricer into a bowl. Return the potatoes to the casserole, add the tomatoes and kidney beans, and stir until the ingredients are well mixed. Bring to a boil again, reduce the heat to low and simmer partially covered for 15 minutes.

Stir in the greens and simmer for 3 or 4 minutes longer. Then drop in the reserved sausages and cook for a minute or two to heat them through. Taste for seasoning and serve at once from heated soup plates.

Parsnip Stew

To serve 6

4 ounces lean salt pork with rind removed, the pork cut into ½-inch dice	3 cups boiling water
1 cup finely chopped onions	1 cup all-purpose flour
4 medium-sized parsnips, scraped and cut into ½-inch dice (about 2 cups)	2 teaspoons double-acting baking powder
3 medium-sized boiling potatoes, peeled and cut into ½-inch dice (about 3 cups)	½ teaspoon salt
	1 tablespoon butter, chilled and cut into ¼-inch bits
	⅔ cup milk
	1 cup heavy cream

In a heavy skillet or 4- to 5-quart casserole, fry the salt pork over moderate heat until it is crisp and brown and has rendered all its fat. With a slotted spoon, transfer the pork bits to paper towels to drain.

Add the onions to the fat remaining in the pan and, stirring frequently, cook for 8 to 10 minutes until they are soft and golden brown. Stir in the parsnips, potatoes and water and bring to a boil over high heat. Reduce the heat to low and simmer partially covered for about 20 minutes, or until the parsnips and potatoes are almost tender and show only slight resistance when pierced with a small knife. Taste for seasoning.

Meanwhile, prepare the dumpling batter in the following fashion: Combine the flour, baking powder and salt and sift them into a large bowl. Add the butter bits and, with your fingertips, rub the flour and fat together until they look like flakes of coarse meal. Pour in the milk and with a wooden spoon continue to mix until the batter is smooth.

Pour the cream into the parsnip mixture and, stirring constantly, bring to a simmer over moderate heat. Drop the batter into the simmering liquid by the tablespoonful, leaving about 1 inch between the dumplings to allow space for them to expand. Reduce the heat to low, cover tightly and cook undisturbed for 12 to 15 minutes longer, or until the dumplings are puffed and a toothpick inserted in the center of one of them comes out clean. Sprinkle the stew with the reserved pork bits and serve at once, directly from the casserole.

Chicken and Corn Chowder

To serve 6 to 8

A 1-pound chicken breast, skinned and boned	$\frac{3}{4}$ cup finely chopped onions
$1\frac{1}{2}$ teaspoons salt	$\frac{3}{4}$ cup finely chopped celery
Freshly ground black pepper	2 medium-sized boiling potatoes, peeled and cut into $\frac{1}{2}$ -inch dice (about 2 cups)
4 tablespoons butter	1 quart chicken stock, fresh or canned
3 cups fresh corn kernels, cut from about 6 large ears of corn, or substitute 3 cups frozen corn kernels, thoroughly defrosted	1 cup heavy cream
2 ounces lean salt pork with rind removed and the pork sliced $\frac{1}{4}$ inch thick, then cut into $\frac{1}{4}$ -inch dice	2 tablespoons finely chopped fresh parsley
	$\frac{1}{8}$ teaspoon white pepper

Pat the chicken breast completely dry with paper towels and season it on both sides with $\frac{1}{2}$ teaspoon of the salt and a few grindings of pepper. In a heavy 8- to 10-inch skillet, melt the butter over moderate heat. When the foam begins to subside, add the chicken breast and turn it about with tongs until it glistens, but do not allow it to brown. Reduce the heat to low, cover the pan and simmer for about 10 minutes, or until the chicken feels firm to the touch. Cut the breast into $\frac{1}{2}$ -inch cubes and set aside. (There should be about $1\frac{1}{2}$ to 2 cups of chicken.)

Meanwhile, place 2 cups of the corn in the jar of an electric blender and blend at high speed for 30 seconds. Turn off the machine, scrape down the sides of the jar with a rubber spatula, then blend again until the corn is a smooth purée.

Fry the pork dice in a heavy 3- to 4-quart casserole over moderate heat, turning the pieces with a slotted spoon. When they are crisp and brown and have rendered all their fat, scoop out and discard the pork bits. Pour off all but about 2 tablespoons of the fat and add the onions and celery. Stirring frequently, cook for 8 to 10 minutes until the vegetables are soft and golden brown. Watch carefully for any sign of burning and regulate the heat accordingly.

Stir in the diced chicken, puréed corn, the remaining cup of whole corn kernels, the potatoes and chicken stock. Bring to a boil over high heat, reduce the heat to low and simmer partially covered for about 15 minutes. When the corn and potatoes are tender, stir in the cream and parsley and continue to simmer for 2 or 3 minutes. Season with the remaining teaspoon of salt and $\frac{1}{8}$ teaspoon of white pepper. Serve at once, from a heated tureen or in individual soup plates.

Corn Chowder

To serve 4 to 6

- 2 cups fresh corn kernels, cut from about 4 large ears of corn, or substitute 2 cups frozen corn kernels, thoroughly defrosted
- 3 ounces lean salt pork, rind removed and the pork cut into ¼-inch dice
- 4 medium-sized onions, peeled and cut crosswise into ⅛-inch-thick slices
- 3 medium-sized boiling potatoes, peeled and cut into ¼-inch dice (about 2½ cups)
- 2 cups water
- 1 cup milk
- 1 cup light cream

Place 1 cup of the corn in the jar of an electric blender and blend at high speed for 30 seconds. Turn off the machine, scrape down the sides of the jar with a rubber spatula, and blend again until the corn is a smooth purée. Set aside.

In a heavy 3- to 4-quart casserole, fry the salt pork over moderate heat, turning the bits frequently with a slotted spoon until they are crisp and brown and have rendered all their fat. Transfer the pork bits to paper towels to drain thoroughly.

Add the onions to the fat remaining in the casserole and, stirring frequently, cook for 8 to 10 minutes until they are soft and golden brown. Watch carefully for any sign of burning and regulate the heat accordingly. Stir in the corn purée, the remaining cup of corn kernels, the potatoes, and the water and bring to a boil over high heat. Reduce the heat to low and simmer partially covered until the potato dice are soft but still intact. Add the milk and cream and, stirring constantly, cook for 5 or 6 minutes to heat them through. Stir in the reserved pork bits and taste the chowder for seasoning.

Ladle the corn chowder into a heated tureen or individual soup plates and serve at once.

Lobster Chowder

To serve 4 to 6

A 3- to 3½-pound live lobster, or
substitute two 1½- to 2-pound
live lobsters
4 cups light cream
2 cups milk
2 medium-sized onions, peeled and
cut crosswise into ¼-inch-thick
slices
1 large garlic clove, peeled and
crushed with a kitchen mallet, the
side of a cleaver or a heavy knife
2 sprigs fresh parsley
1 medium-sized bay leaf

1 whole clove
4 whole black peppercorns
2 tablespoons butter, softened
2 tablespoons fresh crumbs made
from unsalted soda crackers
pulverized in a blender or placed
between 2 pieces of wax paper
and finely crushed with a rolling
pin
2 egg yolks, well beaten
2 tablespoons pale dry sherry
1 teaspoon salt
¼ teaspoon freshly ground black
pepper

Bring two cups of water to a boil over high heat in a heavy casserole large enough to hold the lobster or lobsters comfortably. Place them in the casserole, cover tightly and cook briskly for 35 to 40 minutes if 3 to 3½ pounds or for 15 to 22 minutes if the lobsters weigh 1½ to 2 pounds. To test for doneness, remove one of the lobsters from the pot and grasp the end of one of the small legs at either side of the body. Jerk the lobster sharply. If the leg pulls away from the body, the lobster is done. If the leg remains attached to the body, boil the lobster for 2 or 3 minutes longer. With tongs, transfer the lobsters to a platter.

When the lobsters are cool enough to handle, twist off the claws and crack each claw in two or three places with a nutcracker. Split each lobster in half lengthwise and remove and discard the gelatinous sac (stomach) in the head and the long white intestinal vein attached to it. Pick out and save the greenish brown tomalley (liver), and reserve the red coral (roe) if there is any. Remove all the meat from the claws, body and tail, cut it into ½-inch pieces and set aside.

Chop the shells into 2-inch pieces and place them in a heavy 4- to 5-quart saucepan. Add the cream, milk, onions, garlic, parsley, bay leaf, clove and peppercorns and bring to a simmer over moderate heat. Reduce the heat to low and simmer partially covered for 45 minutes. Strain the entire contents of the pan through a fine sieve lined with a double thickness of dampened cheesecloth and set over a bowl. Return the cream-and-milk mixture to the saucepan. Discard the shells, onions and herbs.

Meanwhile, rub the tomalley and coral (if any) through a fine sieve into a bowl with the back of a spoon. Add the butter and cracker crumbs and mash into a smooth paste with the spoon. Beat in about ½ cup of the cream and milk, blend well, then pour the tomalley mixture into the remaining cream and milk and stir until thoroughly combined. Add the reserved lobster meat and warm the chowder over low heat.

With a wire whisk or fork, beat the egg yolks, sherry, salt and ground

pepper together. Stir in about $\frac{1}{2}$ cup of the cream and then, stirring the chowder constantly, pour in the egg-yolk mixture. Simmer for a few minutes until the chowder is heated through. Do not let it come near a boil or it will curdle. Taste for seasoning and serve at once from a heated tureen or in individual bowls.

Fish Chowder

To serve 6

$\frac{1}{4}$ pound lean salt pork with rind removed, the pork cut into $\frac{1}{2}$ -inch dice	body cut into 3-inch-thick steaks
1 tablespoon butter plus 2 tablespoons butter, cut into $\frac{1}{2}$ -inch bits	2 cups water
1 cup coarsely chopped onions	2 medium-sized boiling potatoes, peeled and cut into $\frac{1}{2}$ -inch dice (about 2 cups)
A 3- to 3 $\frac{1}{2}$ -pound haddock or cod, cleaned, with head and tail removed but reserved and the	2 teaspoons salt
	Freshly ground black pepper
	1 quart milk
	$\frac{1}{8}$ teaspoon crumbled dried thyme

In a heavy 4- to 5-quart enameled or stainless-steel casserole, brown the salt-pork dice in 1 tablespoon of butter over moderate heat, turning them about with a slotted spoon until they are crisp and have rendered all their fat. Add the onions and, stirring frequently, cook for about 5 minutes until they are soft and golden brown.

Place the haddock or cod head and tail in the casserole, pour in the water and bring to a boil over moderate heat, meanwhile skimming off the foam and scum that rise to the surface. Add the potatoes, 1 teaspoon of salt and a few grindings of pepper, reduce the heat to low and simmer partially covered for 15 minutes. Add the steaks and continue to simmer partially covered for 10 minutes longer, or until the fish flakes easily when prodded gently with a fork. (Skim off any foam or scum that rises to the surface.)

Remove and discard the fish head and tail. With tongs or a slotted spoon, transfer the steaks to a platter. Remove the skin and bones from the steaks with a small knife and discard them. Cut the meat into 1-inch pieces and return them to the casserole.

Add the milk, the 2 tablespoons of butter bits, the thyme, the remaining teaspoon of salt and a few grindings of pepper to the casserole. Stirring gently, bring the chowder to a simmer over moderate heat and taste for seasoning.

Ladle the chowder into a heated tureen or individual soup plates, or, following New England custom, let it rest at room temperature for no longer than an hour, and reheat it briefly before serving.

Clam Chowder

To serve 4

- | | |
|--|---|
| 3 dozen hard-shell clams
(see page 3), each about
3 inches in diameter, shucked
(about 3 cups), with their liquor
or juices reserved | 2 ounces lean slab bacon with rind
removed, sliced $\frac{1}{4}$ inch thick
and cut into $\frac{1}{4}$ -inch dice
1 tablespoon plus 4 teaspoons butter
1 cup finely chopped onions
2 cups milk
$\frac{1}{2}$ cup light cream
$\frac{1}{2}$ teaspoon crumbled dried thyme
$\frac{1}{2}$ teaspoon salt
Freshly ground black pepper |
| 2 medium-sized boiling potatoes,
peeled, sliced $\frac{1}{2}$ inch thick and
cut into $\frac{1}{2}$ -inch dice (about 2
cups) | |

With a sharp knife, chop the tough meat surrounding the soft centers, or stomachs, of the clams and set aside. Cut the soft centers in half and reserve separately on a plate. Strain the clam liquor through a fine sieve lined with a double thickness of dampened cheesecloth and set over a bowl. Measure and set aside 1 cup of the liquor.

Drop the potato dice into enough boiling water to cover them completely and cook briskly until they are tender but still somewhat resistant to the bite. Drain the potatoes in a sieve set over a bowl or pan, and reserve $\frac{1}{2}$ cup of the cooking liquid.

Meanwhile, drop the bacon dice into enough boiling water to cover them completely and boil for 2 minutes. Drain the dice and pat them completely dry with paper towels.

In a heavy 2- to 3-quart saucepan, fry the bacon and 1 tablespoon of butter over moderate heat, stirring frequently until the dice are crisp and brown and have rendered all their fat. With a slotted spoon transfer the dice to paper towels to drain.

Add the onions to the fat remaining in the pan and, stirring frequently, cook for about 5 minutes over moderate heat until they are soft and translucent but not brown. Watch carefully for any sign of burning and regulate the heat accordingly.

Stir in the reserved cup of clam liquor, the $\frac{1}{2}$ cup of potato cooking liquid and the finely chopped clams. Reduce the heat to low, cover tightly and simmer for 10 minutes. Stir in the halved clam centers and continue to simmer covered for 3 minutes longer.

Meanwhile, in a separate saucepan, warm the milk and cream over moderate heat until small bubbles appear around the edge of the pan.

Pour the hot milk and cream into the simmering clam mixture and mix well. Then stir in the thyme, salt, a few grindings of pepper and the drained bacon dice. Taste the chowder and add more salt if needed.

Ladle the chowder into 4 heated soup plates, place a teaspoon of butter on top of each serving, and serve at once.

NOTE: Some New England traditionalists insist that the clam chowder improves in flavor if, after cooking, it is allowed to rest off the heat but unrefrigerated for about an hour and then reheated very briefly just before it is served.

Nantucket Scallop Chowder

To serve 4

5 tablespoons plus 4 teaspoons butter	peeled and cut into ½-inch dice (about 1 cup)
2 medium-sized onions, peeled and cut crosswise into ¼-inch-thick slices	Salt
1 quart milk, or substitute 2 cups milk and 2 cups light cream	1 pound sea scallops, thoroughly defrosted if frozen, cut against the grain into ¼-inch-thick slices
1 medium-sized boiling potato,	Paprika

In a heavy 2- to 3-quart saucepan, melt 3 tablespoons of butter over moderate heat. When the foam begins to subside, add the onions and, stirring frequently, cook for about 5 minutes, or until they are soft and translucent but not brown.

Pour in the milk (or milk and light cream) and bring the mixture to a simmer over moderate heat. Reduce the heat to low and simmer partially covered for 15 minutes.

Meanwhile, drop the potato dice into enough lightly salted boiling water to cover them by at least 1 inch and cook briskly until tender. Drain thoroughly and set aside in a bowl.

Melt 2 tablespoons of butter in a heavy 10- to 12-inch skillet. Drop in the scallops and, turning them about almost constantly with a slotted spoon, fry over high heat for 2 or 3 minutes until they are opaque on all sides. Set the scallops aside with the potato dice.

Strain the onion-and-milk mixture through a fine sieve into a bowl; discard the onions and return the liquid to the saucepan. Add the scallops and potato dice and simmer for 2 or 3 minutes to heat them through.

Taste for seasoning and ladle the chowder into heated individual soup bowls. Place one of the remaining 4 teaspoons of butter in each bowl, sprinkle the chowder with a little paprika and serve at once.



SHELLFISH

Scalloped Oysters

To serve 4 to 6

1 tablespoon butter, softened, plus
6 tablespoons butter, plus 1
tablespoon butter cut into ¼-
inch bits

1 cup fine crumbs made from large
unsalted soda crackers, pulverized
in a blender or placed between 2
pieces of wax paper and finely
crushed with a rolling pin

½ cup soft fresh crumbs made
from homemade-type white
bread, pulverized in a blender or
finely shredded with a fork

1 pint shucked oysters, drained and
with their liquor reserved

1 teaspoon salt

Freshly ground black pepper

3 tablespoons heavy cream

1 tablespoon dry sherry

Preheat the oven to 450°. With a pastry brush, spread the tablespoon of softened butter evenly over the bottom and sides of a shallow baking dish about 8 inches in diameter and 2 inches deep.

In a heavy 8- to 10-inch skillet, melt the 6 tablespoons of butter over moderate heat. When the foam begins to subside, add the cracker and bread crumbs and fry them lightly, stirring constantly with a spoon until they are a delicate golden color.

Place about ⅓ of the crumbs in the buttered baking dish and spread them out evenly with the back of a spoon. Scatter half the oysters over the crumbs, sprinkle with ½ teaspoon of salt and a few grindings of pepper and spoon 2 tablespoons of the oyster liquor and 2 tablespoons of the cream evenly over them. Scatter half the remaining crumbs on top, add the remaining oysters and sprinkle them with ½ teaspoon of salt and a few grindings of pepper. Spoon in 1 tablespoon of oyster liquor, the remaining tablespoon of cream and the sherry. Sprinkle the rest of the crumbs on top and dot with the butter bits.

Bake in the middle of the oven for 20 minutes, or until the liquid bubbles and the crust is brown. Serve at once, directly from the baking dish.

Oyster Stew

To serve 6

4 cups light cream	½ teaspoon celery seed
1 quart shucked oysters, drained and their liquor reserved	1 teaspoon salt
	¼ teaspoon ground white pepper
	6 teaspoons butter

Combine the cream and reserved oyster liquor in a heavy 3- to 4-quart saucepan and warm over moderate heat until small bubbles appear around the edge of the pan. Reduce the heat to low, stir in the celery seeds, salt and pepper, then add the oysters. Stirring occasionally, simmer gently for 3 or 4 minutes until the oysters plump up and their edges begin to curl. Taste for seasoning.

Place a teaspoon of butter in each of six individual heated soup plates, ladle in the oyster stew and serve at once.

Fried Ipswich Clams

To serve 6

Vegetable oil for deep frying	clams, or substitute 3 cups any other drained, shucked soft-shell or long-neck clams (<i>see page</i> <i>3</i>)
3 eggs	Salt
1 cup milk	Lemon wedges
1 cup flour	
3 cups drained, shucked Ipswich	

Preheat the oven to its lowest setting. Line a large jelly-roll pan with a double thickness of paper towels and place it in the middle of the oven.

Pour vegetable oil into a deep fryer or large, heavy saucepan to a depth of about 3 inches and heat until the oil reaches a temperature of 375° on a deep-frying thermometer.

In a bowl, beat the eggs with a whisk or fork until well blended, then stir in the milk. Spread the flour on a long strip of wax paper.

Drop the clams into the egg-milk mixture and let them soak for a minute. Pick up a handful of the soaked clams, roll them quickly in the flour until well coated, then place them in a large sieve and shake vigorously to remove the excess flour.

Immediately drop the floured clams into the hot oil. Separating them with a slotted spoon or spatula, deep-fry the clams for 1 or 2 minutes until they are a delicate golden color. As they brown, transfer them to the paper-lined pan and keep them warm in the oven while you flour and deep-fry the remaining clams in similar fashion.

Serve the clams hot, salted and accompanied by wedges of lemon.

Clam Pie

To serve 6

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| 6 dozen small hard-shell or little-neck clams (<i>see page 3</i>), each about 2 inches in diameter, shucked and drained, with their liquor reserved | 3 tablespoons strained fresh lemon juice |
| 3 tablespoons butter, softened, plus 3 tablespoons butter cut into small pieces | $\frac{1}{4}$ teaspoon salt |
| 1 pound fresh mushrooms, trimmed, wiped with a damp cloth, and cut lengthwise into quarters, including the stems | $\frac{1}{4}$ cup flour |
| | $\frac{1}{4}$ cup dry white wine |
| | $\frac{1}{2}$ cup heavy cream |
| | $\frac{1}{2}$ cup milk |
| | 2 tablespoons dry sherry |
| | $\frac{1}{8}$ teaspoon ground white pepper |
| | Short-crust pastry dough for a pie top (<i>page 128</i>) |
| | 1 egg beaten with 1 tablespoon milk |

Preheat the oven to 400°. With a sharp knife, cut the soft centers out of the clams and set them aside on a plate. Chop the remaining tougher clam meat coarsely and reserve it with the clam centers. Strain the clam liquor through a fine sieve lined with a double thickness of dampened cheesecloth. Measure and set aside 1 cup of the liquor.

With a pastry brush, spread the softened butter evenly over the bottom and sides of a 1½- to 2-quart enameled cast-iron casserole. Add the mushrooms, 2 tablespoons of the lemon juice and the salt. Cover tightly and cook over moderate heat for about 10 minutes, or until the mushrooms have given off most of their liquid. Uncover and set aside.

In a heavy 1½- to 2-quart saucepan, melt the 3 tablespoons of butter pieces over moderate heat. When the foam begins to subside, stir in the flour to make a paste. Continue to stir with a wire whisk while you slowly pour in the cup of clam liquor, the white wine, cream and milk. Cook over high heat, still stirring, until the sauce comes to a boil, thickens heavily and is smooth. Reduce the heat to low and simmer for about 3 minutes, then mix in the sherry, the remaining tablespoon of lemon juice and the white pepper. With a slotted spoon remove the reserved clams and mushrooms from their liquid and stir them into the sauce. Taste for seasoning. Then pour the entire mixture into a shallow, round baking dish about 9½ inches in diameter and 2 inches deep.

Following the directions for a pie-crust top (*see short-crust pastry, page 128*), roll the dough into a circle 12 inches in diameter and $\frac{1}{8}$ inch thick. Drape the dough over the rolling pin, lift it up, and unroll it over the baking dish. With scissors or a small knife, trim off the excess dough leaving a 1-inch overhang all around the rim. Turn the overhang underneath the edge of the circle and secure the dough to the rim by crimping it tightly with your fingers or a fork.

Cut a 1-inch round hole in the center of the pie and brush the entire

pastry surface with the egg-and-milk mixture. Bake in the middle of the oven for 15 minutes, then reduce the oven temperature to 325° and bake for 1 hour longer, or until the crust is golden brown.

Serve at once, directly from the baking dish.

Steamed Clams

To serve 4

8 dozen steamer or small soft-shell or long-neck clams (<i>see page</i> 3)	melted ½ cup finely chopped onions 2 tablespoons finely chopped fresh parsley 3 cups water
4 tablespoons butter, cut into ½- inch bits, plus ½ pound butter,	

Wash the clams thoroughly under cold running water, discarding any with broken shells as well as those whose necks do not retract when prodded gently with a finger.

In an 8- to 10-quart steamer or casserole, melt the 4 tablespoons of butter bits over moderate heat. When the foam begins to subside, add the onions and, stirring frequently, cook for about 5 minutes. When the onions are soft and translucent, stir in the parsley and 3 cups of water and bring to a boil over high heat. Add the clams, cover tightly, and steam for 5 to 8 minutes, turning them about in the pot once or twice with a slotted spoon. All the shells should open; discard any clams that remain shut.

With tongs or a slotted spoon, transfer the clams to a deep heated platter or serving bowl. Strain the broth remaining in the steamer through a sieve lined with a double thickness of damp cheesecloth and set over a bowl. Pour the broth into 4 heated soup cups and serve the melted butter separately in individual bowls.

To eat a steamed clam, remove it from the shell with a small fork or your fingers, dip it into the broth to moisten the clam and remove any trace of sand, and then immerse it in the melted butter.

NOTE: Though steamers taste best when fresh, they can be safely kept in the refrigerator for 2 or 3 days. Place them in a bowl or pan and store them uncovered so that the clams can breathe. Do not wash them until you are ready to steam them.

Baked Digby Scallops

To serve 6

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|--|--|
| 1 tablespoon butter, softened, plus
6 tablespoons butter | unsalted soda crackers, pulverized
in a blender or placed between
sheets of wax paper and crushed
with a rolling pin |
| 1 pound (1 pint) Digby scallops,
or substitute large, whole bay
scallops or sea scallops, cut into
$\frac{3}{4}$ -inch pieces | $\frac{1}{2}$ cup soft fresh crumbs made
from homemade-type white
bread, pulverized in a blender or
finely shredded with a fork |
| 1 teaspoon salt | $\frac{1}{2}$ cup heavy cream |
| Freshly ground black pepper | |
| $1\frac{1}{2}$ cups fine crumbs made from | |

Preheat the oven to 350°. With a pastry brush, spread the tablespoon of softened butter over the inside surfaces of 6 large scallop shells or the bottom and sides of a 10-by-6-by-2-inch baking dish. (Arrange the shells, if you are using them, side by side in a jelly-roll pan.) Place the scallops in a bowl, sprinkle them with the salt and a liberal grinding of pepper, and toss with a spoon to season the scallops evenly.

In a heavy 8- to 10-inch skillet, melt the 6 tablespoons of butter over moderate heat. When the foam begins to subside, add the cracker and bread crumbs and stir for 4 or 5 minutes until the crumbs are crisp.

Spread about half the crumbs in the scallop shells or baking dish and scatter the scallops on top. Sprinkle the scallops with the remaining crumbs and pour in the cream. Bake in the middle of the oven for 30 minutes, or until the cream bubbles and the crumbs are golden. Serve at once.

Fried Scallops, Portuguese Style

To serve 2

- | | |
|--|---|
| 1 pound (1 pint) fresh bay scallops
or frozen scallops, thoroughly
defrosted | 1 cup flour |
| 8 tablespoons butter, cut into $\frac{1}{2}$ -
inch bits | 1 teaspoon finely chopped garlic |
| | 3 tablespoons finely chopped fresh
parsley |
| | $\frac{1}{4}$ teaspoon salt |
| | Freshly ground black pepper |

Wash the scallops quickly under cold running water, then spread them in one layer on a jelly-roll pan covered with a linen towel. Drape a second towel over the scallops and place them in the refrigerator for about 4 hours to drain thoroughly.

In a small, heavy saucepan or skillet, melt the butter over low heat, turning the bits about with a wooden spoon to melt them slowly and completely without letting the butter brown. Remove the pan from the heat and let the butter rest for a minute or so. Then skim off the foam from the surface and discard it.

Tipping the pan at a slight angle, spoon the clear butter on top into a heavy 12-inch skillet (preferably a slope-sided one with a non-stick cook-

ing surface). Leave behind all of the milky solids that will have settled at the bottom of the pan.

Place the flour in a large bowl and drop the scallops into it. With a slotted spoon or your fingers toss the scallops about gently until they are coated on all sides with the flour. Then turn them out into a sieve and shake them vigorously to remove the excess flour.

Warm the clear butter in the skillet over high heat for 10 seconds. Add the scallops and, sliding the pan back and forth to turn them about, fry them for 2 or 3 minutes until they are firm but not brown. Do not overcook the scallops.

Add the chopped garlic and parsley to the skillet and slide the pan vigorously back and forth for about 30 seconds longer.

Mound the scallops attractively on a heated platter, season with the salt and a few grindings of pepper, and serve at once.

Skewered Sea Scallops

To serve 4

1 medium-sized onion, peeled	and cut into halves lengthwise if they are larger than
¼ cup strained fresh lemon juice	1½ inches in diameter
½ teaspoon salt	4 tablespoons butter, melted
Freshly ground black pepper	1 firm ripe tomato, cut into 8 wedges
1½ pounds sea scallops,	1 lemon, cut into 4 or 8 wedges
thoroughly defrosted if frozen,	

Using the second smallest holes of a four-sided grater, grate the onion into a deep bowl. Stir in the lemon juice, salt and a few grindings of pepper. Add the scallops and turn them about with a spoon until evenly coated. Cover the bowl with foil or plastic wrap and marinate the scallops at room temperature for at least 1 hour, or in the refrigerator for 2 hours, turning the scallops over from time to time.

Light a layer of briquettes in a charcoal broiler and let them burn until a white ash appears on the surface, or preheat the broiler of your stove to its highest setting.

Remove the scallops from the marinade and, dividing the pieces evenly, thread them onto 4 long skewers and push the scallops compactly together so that there are no spaces between them. With a pastry brush, thoroughly coat the scallops with the melted butter. Broil about 4 inches from the heat for 8 to 10 minutes, turning the skewers from time to time and basting the scallops frequently with the remaining melted butter. The scallops are done when they are opaque, firm to the touch and flecked all over with brown.

With the side of a knife, slide the scallops off the skewers onto a heated platter or individual plates. Arrange the tomato and lemon wedges attractively around the scallops and serve at once.

Boiled Lobster

To serve 2 to 4

Two 1- to 3-pound live lobsters

½ pound butter, melted

Pour enough water into a 12- to 14-quart pot to fill it halfway and bring the water to a boil over high heat. Plunge the lobsters head first into the pot. They should be entirely submerged; if not add more boiling water.

Cover the pot tightly, return the water to a boil, then reduce the heat to moderate. Regulate the heat as needed to prevent the water from boiling over, but keep the liquid at a boil throughout the cooking. Do not overcook the lobsters. Allow about 12 minutes cooking time for 1-pound lobsters; 15 to 18 minutes for 1½ pounds; 20 to 22 minutes for 2 pounds; and 30 to 35 minutes for 3-pound lobsters. (The shell may turn red before the water even returns to a boil, therefore color is not a reliable test for doneness.) A better test is to remove one of the lobsters from the pot and grasp the end of one of the small legs at either side of the body. Jerk the lobster sharply. If the leg pulls away from the body, the lobster is done. If the leg remains attached to the body, boil the lobster for 2 or 3 minutes longer.

With tongs or a slotted spoon, transfer the lobsters to a heated platter or individual plates and serve at once. Pour the melted butter into small bowls and present it separately with the lobsters.

Locke-Ober's Lobster Savannah

To serve 4

Four 1½-pound live lobsters

3 tablespoons butter

½ cup thinly sliced fresh

mushroom caps

¼ cup finely chopped green pepper

2 tablespoons flour

1 cup milk

¼ cup cognac, or substitute ¼ cup
dry sherry

1 teaspoon paprika

1 teaspoon salt

Freshly ground black pepper

2 tablespoons canned pimiento,
drained and finely chopped

¼ cup soft fresh crumbs made

from homemade-type white

bread, pulverized in a blender or
finely shredded with a fork

3 tablespoons freshly grated
imported Parmesan cheese

A specialty of the famous Boston restaurant, which opened in 1875.

In an 8-quart fish poacher or stock pot, bring 5 quarts of water to a boil over high heat. Meanwhile, with short lengths of kitchen string, tie the head, midsection and tail of each lobster to a long wooden spoon as shown in the photograph opposite. The spoons will hold the shells flat and prevent the tails from curling when the lobsters are boiled.

Plunge 2 lobsters into the pot and return the water to a boil. (The

water should cover the lobsters by at least 1 inch; if necessary, add more boiling water.) Set the lid on the pot and cook briskly for 15 to 18 minutes. To test for doneness, remove one of the lobsters from the pot and grasp the end of one of the small legs at either side of the body. Jerk the lobster sharply. If the body drops away from the leg, the lobster is done. If the body remains attached to the leg, boil the lobster for 2 or 3 minutes longer. With tongs, transfer the cooked lobsters to a platter to drain, and boil the remaining 2 lobsters similarly in the same water.

Cut off all the strings and transfer the lobsters to a cutting board. Then cut or twist off the antennae and discard them. Twist off the claws of each lobster at the point where they meet the body, crack each claw in two or three places with a cleaver, and pick out all the meat. Cut the lobster meat into ½-inch pieces and reserve it; discard the claw shells.

One at a time place the lobsters on the board. With a sharp boning knife or heavy kitchen scissors, carefully cut a long oval-shaped opening out of the back of the shell. Start cutting at the base of the head and finish cutting just before the fan-shaped tail; depending on the size of the lobster, make the oval 2 to 2½ inches wide. Reaching through the opening, pick out all the meat from the body and tail. Remove and discard the gelatinous sac (stomach) in the head and the long white intestinal vein attached to it. Scoop out the greenish tomalley (liver) and reserve it. Discard the red coral (roe), if there is any. Cut the meat into ½-inch pieces and set the meat and shell aside. (At this point the lobster meat and body shells may be covered tightly with foil or plastic wrap and safely kept in the refrigerator for up to a day.)

Half an hour before you plan to serve the lobsters, preheat the oven to 400°. In a heavy 10- to 12-inch skillet, melt the butter over moderate heat. When the foam begins to subside, add the mushroom caps and green pepper and, stirring frequently, cook for 8 to 10 minutes until the liquid that has accumulated in the pan has almost completely evaporated. Do not let the mushrooms or peppers brown; watch carefully and regulate the heat as necessary.

Stir in the flour and mix well. Then pour in the milk and, stirring constantly with a whisk, cook over high heat until the sauce comes to a boil, thickens lightly and is smooth. Reduce the heat to low and stir in the reserved tomalley, the cognac (or sherry), paprika, salt and a few grindings of pepper. Simmer for about 5 minutes, then add the lobster meat and pimiento and turn them about with a spoon until they are coated with sauce. Taste for seasoning.

Spoon the lobster mixture into the shells, dividing it evenly among them and mounding it attractively. Mix the bread crumbs and grated Parmesan together in a bowl and sprinkle them over the filling. Arrange the shells side by side on a jelly-roll pan and bake in the middle of the oven for 15 minutes, or until the sauce is bubbling and the tops lightly browned. If you like, slide the lobsters under a preheated broiler for 30 seconds or so to brown the tops further. Serve at once.

Lobster Stew

To serve 6

2 quarts water

1 teaspoon salt

Two 1½- to 2-pound live

lobsters or a 3- to 3½-pound

live lobster

2 egg yolks

1 quart light cream, or 2 cups light
cream and 2 cups milk

¼ teaspoon ground white pepper

Bring 1 quart of water and the salt to a boil over high heat in a heavy casserole large enough to hold the lobster or lobsters comfortably. Place the lobsters headfirst into the boiling water, cover tightly and cook briskly for 30 to 35 minutes for a 3- to 3½-pound lobster or 15 to 22 minutes for the 1½- to 2-pound lobsters. To test for doneness, remove one of the lobsters from the pot and grasp the end of one of the small legs at either side of the body. Jerk the lobster sharply. If the leg pulls away from the body, the lobster is done. If the leg remains attached, boil the lobster for 2 or 3 minutes longer. With tongs transfer the lobsters to a platter. Pour the cooking liquid into a heavy 4- to 5-quart casserole and set aside.

When the lobsters are cool enough to handle, twist off the claws at the point where they meet the body and crack each claw in two or three places with a nutcracker. Split each lobster in half lengthwise and remove and discard the gelatinous sac (stomach) in the head and the long white intestinal vein attached to it. Pick out and save the greenish tomalley (liver). Discard the red coral (roe) if there is any. Remove all the meat from the claws, body and tail, cut it into ½-inch pieces and set aside.

Chop the shells into 2-inch pieces and add them to the reserved cooking liquid. Pour in the remaining quart of water, bring to a boil over high heat, reduce the heat to low and simmer partially covered for 30 minutes. Strain the entire contents of the pan through a fine sieve lined with a double thickness of dampened cheesecloth and set over a bowl. Discard the shells. Return the broth to the saucepan and cook briskly uncovered until it is reduced to about 2 cups. Meanwhile, rub the tomalley through a fine sieve into a bowl with the back of a spoon. Add the egg yolks and beat together with a fork until thoroughly blended.

Pour the cream, or cream and milk, into the reduced broth and cook over moderate heat until small bubbles form around the edge of the pan. Stir about ½ cup of the hot cream into the tomalley-egg mixture and add it to the simmering cream, stirring constantly. Add the lobster meat and the white pepper and continue to stir until the lobster is heated through. Do not let the liquid come to a boil or it will curdle.

Taste for seasoning, ladle the lobster stew into a heated tureen or individual soup plates and serve at once. Lobster stew is traditionally accompanied by pilot crackers, but any unsalted soda crackers will do.

Baked Stuffed Lobster (Nova Scotia)

To serve 2

A 2½- to 3-pound live lobster	bread, pulverized in a blender or finely shredded with a fork
8 tablespoons butter, plus 10	2 tablespoons finely cut fresh chives
tablespoons butter melted, plus 2	2 tablespoons finely chopped fresh
tablespoons butter, cut into	parsley
¼-inch bits	2 tablespoons dry sherry
½ teaspoon finely chopped garlic	½ teaspoon salt
1½ cups soft fresh crumbs made	Freshly ground black pepper
from homemade-type white	1 lemon cut in quarters

Ask your fish dealer to split the lobster for you, or do it yourself in the following fashion: Lay the lobster on its back on a chopping board and, with a kitchen towel wrapped around one hand for protection, grasp the lobster firmly. With a large, heavy, sharp knife, cut the body and tail lengthwise in half.

Remove and discard the gelatinous sac (stomach) in the head of the lobster and the long white intestinal vein which is attached to it, but leave the greenish-brown tomalley (liver) and the black caviarlike eggs (coral), if there is any, in place. (See the photographs on page 108 of the main volume.) Gash the flat side of each large claw with a knife.

In a heavy 10- to 12-inch skillet, melt 8 tablespoons of butter over moderate heat. When the foam begins to subside, add the garlic and stir for a minute or so. Then add the bread crumbs and, stirring frequently, fry until they are golden brown. Remove the skillet from the heat and stir in the chives, parsley, sherry, salt and a few grindings of pepper. Taste the stuffing mixture for seasoning.

With a pastry brush, spread 2 tablespoons of the melted butter evenly over the exposed tail meat. Spoon the stuffing mixture into the cavities in both halves of the body of the lobster. Arrange the lobster halves in a shallow baking dish large enough to hold them comfortably. Then dot the stuffing with the 2 tablespoons of butter bits.

Bake the lobster on the middle shelf of the oven for about 30 minutes, or until the stuffing is golden.

Serve the lobster at once, directly from the baking dish or arranged attractively on a heated platter. Garnish the lobster with the lemon quarters. Pour the remaining 8 tablespoons of melted butter into individual sauce bowls and present it separately with the lobster.



FISH

Sole Baked in Cheese Sauce

To serve 6

1 teaspoon butter, softened, plus 4 tablespoons butter, cut into ¼-inch bits
6 six-ounce sole fillets, skinned, or substitute 6 six-ounce fillets of flounder or other firm, white-fleshed fish
1 teaspoon salt

¼ teaspoon ground white pepper
½ cup finely chopped onions
2 tablespoons flour
1 cup light cream or ½ cup heavy cream combined with ½ cup milk
1 cup freshly grated sharp cheddar cheese
1 teaspoon strained fresh lemon juice

Preheat the oven to 350°. With a pastry brush, spread the teaspoon of softened butter evenly over the bottom and sides of a shallow baking and serving dish about 10 inches in diameter.

Pat the fillets completely dry with paper towels and sprinkle them evenly with ½ teaspoon of the salt and ⅛ teaspoon of the pepper. Starting at the narrower tapered end, roll each fillet lengthwise into a thick cylinder and stand the fillets side by side in the buttered dish.

In a heavy 8- to 10-inch skillet, melt 2 tablespoons of butter bits over moderate heat. When the foam begins to subside, add the onions and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown. Stir in the flour and blend well. Then, stirring the mixture constantly with a wire whisk, pour in the light cream or the combined heavy cream and milk in a slow, thin stream and cook over high heat until the sauce comes to a boil, thickens heavily and is smooth. Add ¾ cup of the grated cheese and, when it has melted completely, slowly stir in the lemon juice and the remaining ½ teaspoon of salt and ⅛ teaspoon of pepper.

Taste for seasoning, pour the sauce over the fish fillets and dot the top with 1 tablespoon of the butter bits. Bake in the middle of the oven for 20 minutes. Then sprinkle the remaining ¼ cup of grated cheese and the tablespoon of butter bits over the fish and slide the dish under the broiler for about 30 seconds until the top is lightly browned. Serve at once.

Grilled Swordfish

To serve 4

8 tablespoons (1 quarter-pound stick) butter, cut into ½-inch bits
1 tablespoon strained fresh lemon juice
1 teaspoon finely cut fresh tarragon

leaves or ½ teaspoon crumbled dried tarragon

A 2-pound swordfish steak cut about 1½ inches thick
1 teaspoon salt
Freshly ground black pepper
1 tablespoon vegetable oil
2 lemons, each cut lengthwise into 4 or 8 wedges

Light a layer of briquettes in a charcoal broiler and let them burn until a white ash appears on the surface, or preheat the broiler of your range to its highest setting.

Meanwhile, in a small saucepan or skillet set over low heat melt the butter without letting it brown. Remove the pan from the heat and stir in the lemon juice and tarragon. Sprinkle both sides of the swordfish steak with the salt and a few grindings of pepper.

With a pastry brush, spread the tablespoon of oil over the hot grill of the broiler and place the swordfish steak on it. Brush the top of the steak with about 2 tablespoons of the melted butter mixture. Broil the steak about 3 to 4 inches from the heat, basting it frequently with the remaining butter. The steak should be broiled for about 8 minutes on each side, or until it is evenly and delicately browned and feels firm when prodded gently with a finger.

Serve the swordfish at once from a heated platter, with the lemon wedges arranged attractively in a ring around it.

Scrod Broiled in Lemon Butter

To serve 4

6 tablespoons butter, melted
2 tablespoons strained fresh lemon juice
1 teaspoon salt

Freshly ground black pepper
2 pounds skinless fresh scrod (young cod or haddock) fillets
2 tablespoons soft fresh crumbs made from homemade-type white bread, pulverized in a blender or finely shredded with a fork

Preheat the broiler to its highest setting. In a 13-by-8-by-2-inch baking-serving dish, mix the melted butter, lemon juice, salt and a few grindings of pepper. Dip the scrod fillets in the mixture and when they are evenly coated on both sides arrange them in one layer in the dish.

Broil the fish 3 to 4 inches from the heat for 5 minutes. Then, with a spoon or bulb baster, baste the fillets with the lemon-and-butter mixture.

Scatter the bread crumbs over the fillets and broil for 5 minutes longer, or until the fish flakes easily when prodded gently with a fork. Serve at once, from the baking dish, or arrange the scrod attractively on a heated platter and moisten it with some of the lemon-and-butter mixture.

Poached Fourth-of-July Salmon

To serve 8 to 10

SALMON

1½ pounds fish trimmings: the heads, tails and bones of any firm, white-fleshed fish
4 quarts water
2 tablespoons strained fresh lemon juice
1 large bay leaf
½ teaspoon whole black peppercorns
1 tablespoon salt

A 6- to 7-pound salmon, cleaned, with head and tail left on

EGG SAUCE

6 tablespoons butter
½ cup flour
1 quart milk
1 teaspoon salt
¼ teaspoon ground white pepper
8 hard-cooked eggs, coarsely chopped
Fresh dill sprigs

Combine the fish trimmings, water, lemon juice, bay leaf, peppercorns and 1 tablespoon of salt in a 6- to 7-quart enameled or stainless-steel saucepan and bring to a boil over high heat. Reduce the heat to low and simmer partially covered for 20 minutes.

Strain the liquid through a fine sieve into a 12-quart fish poacher or a large, deep roasting pan equipped with a cover. Discard the fish trimmings and the seasonings.

Wash the salmon inside and out under cold running water. Without drying it, wrap it in a long double thickness of dampened cheesecloth, leaving at least 6 inches of cloth at each end to serve as handles for lifting the fish in and out of the poacher or roasting pan.

Twist the ends of the cloth close to the fish and tie them tightly with string, then place the salmon on the rack of the poacher or roasting pan and lower the rack into the poaching liquid. Tie the ends of the cheesecloth to the poacher rack or the handles of the roasting pan. The cooking liquid should cover the salmon by at least 2 inches; add more water to the pan if it is necessary.

Place the lid on the poacher or pan, bring the liquid to a simmer over moderate heat and immediately reduce the heat to low. Simmer gently for 30 to 40 minutes, or until the salmon feels firm when prodded gently with a finger.

Meanwhile, prepare the egg sauce in the following fashion: In a heavy 2- to 3-quart saucepan, melt the butter over moderate heat. When the foam begins to subside, stir in the flour and mix together thoroughly with a wire whisk.

Pour in the milk and, stirring constantly with the whisk, cook over high heat until the sauce comes to a boil and thickens heavily. Reduce the heat to low, whisk in 1 teaspoon of salt and the white pepper, and simmer for 10 to 15 minutes, stirring from time to time. Remove the pan from the heat, taste the sauce for seasoning and gently stir in the hard-cooked eggs. Cover to keep the egg sauce warm.

When the salmon is poached, lift it off the rack, using the cheesecloth ends as handles. Lay the salmon on a large cutting board or platter and open the cheesecloth. With a small, sharp knife, skin the top surface of the fish and scrape off and discard any gray fat clinging to it. Holding both ends of the cheesecloth, carefully lift the salmon and turn it over onto a large heated serving platter. Peel the skin from the upturned side and scrape off the fat.

To serve, garnish the salmon with sprigs of dill and present the egg sauce in a bowl or sauceboat. Or pour half of the egg sauce over the salmon, masking it completely, and serve the remaining sauce separately.

Traditionally, poached salmon with egg sauce is served on the Fourth of July, accompanied by fresh green peas and boiled new potatoes.

NOTE: For the most predictable results, measure the thickness of the fish before you wrap and poach it. Lay the salmon on its side on a flat surface and insert a metal skewer completely through the fish at its thickest point. Calculate the thickness in inches, and poach the salmon for 10 minutes per inch.

Restigouche Salmon (New Brunswick)

To serve 4	¼ teaspoon crumbled dried marjoram
	½ teaspoon salt
¼ cup vegetable oil	⅛ teaspoon freshly ground black pepper
3 tablespoons strained fresh lemon juice	Four 8- to 10-ounce salmon steaks, cut about 1 inch thick
1 teaspoon finely grated lemon peel	1 tablespoon butter, softened, plus 4
1 tablespoon finely chopped scallions, white part only	tablespoons butter, melted
	2 lemons, cut lengthwise into quarters

The Restigouche River, between New Brunswick and the Gaspé Peninsula, is famous for its large Atlantic salmon.

Combine the oil, lemon juice, lemon peel, scallions, marjoram, salt and pepper in a shallow baking dish large enough to hold the salmon steaks in one layer. Beat the marinade ingredients together with a whisk, then add the salmon steaks and turn them over to coat them evenly on both sides. Marinate the steaks at room temperature for 20 to 30 minutes, turning them once or twice.

Preheat the broiler to the highest possible setting. Just before broiling the salmon, remove the broiler pan from the oven and, with a pastry brush, spread the tablespoon of softened butter on the broiler grill.

Arrange the salmon steaks side by side on the grill and spoon the marinade over them. Basting the steaks every 2 minutes or so with the melted butter, broil them 4 inches from the heat for 5 to 7 minutes on each side, or until they are a golden brown and the fish feels firm when prodded gently with a finger.

To serve, transfer the salmon to a heated platter and arrange the lemon wedges around the fish.

Tomato-stuffed Striped Bass

To serve 6

A 6-pound striped bass, cleaned but with head and tail left on

1 tablespoon butter, softened plus 6 tablespoons butter, melted

4 medium-sized firm ripe tomatoes, stemmed and cut crosswise into ¼-inch-thick slices

2 large onions, peeled and cut crosswise into ¼-inch-thick slices (about 2 cups)

1 medium-sized green bell pepper, cut lengthwise into quarters, seeded, deribbed, and sliced into ¼-inch-wide strips (about 1 cup)

½ cup finely chopped fresh parsley

1 teaspoon finely cut fresh tarragon, or substitute ½ teaspoon crumbled dried tarragon

½ teaspoon finely chopped garlic

2 teaspoons salt

Freshly ground black pepper

¼ cup flour

Have the fish dealer remove the backbone from the bass, or do it yourself in the following fashion: Lay the fish flat and fold back the edges of the cavity opening so that you can easily get at the inside of the fish. With a sharp boning knife, cut lengthwise along each side of the backbone to separate it from the small rib bones. Leave the rib bones intact and be careful not to cut the skin. Cut to within about 1 inch of the head and tail and sever the backbone at these points. Grasping the fish firmly, pull out and discard the backbone. Wash the bass under cold water and pat it dry inside and out with paper towels. Preheat the oven to 450°. Brush the softened butter over the bottom of a shallow baking dish large enough to hold the bass comfortably. Combine the tomatoes, onions, green pepper, parsley, tarragon, garlic, 1 teaspoon of the salt and ¼ teaspoon of black pepper in a bowl, and toss together. Loosely fill the bass with the stuffing, then close the opening with small skewers and kitchen cord.

Rub both sides of the fish with the flour and place the fish in the buttered dish. Score the top of the fish by making 3 or 4 diagonal slits about ¼ inch deep, 2 inches long and 1 inch apart. Brush the bass with 2 tablespoons of melted butter and sprinkle it with the remaining salt and a little black pepper. Bake the fish in the middle of the oven for about 40 minutes, basting it every 10 minutes with the remaining melted butter, until the fish feels firm to the touch and the skin is brown and crisp. Serve at once, directly from the baking dish or from a heated platter.

Salt Cod Portuguese Style

To serve 4

1 pound salt cod
6 large firm ripe tomatoes, or
substitute 4 cups chopped,
drained canned plum tomatoes
¼ cup olive oil
1 ½ cups finely chopped onions,
plus 1 small onion, peeled and
cut crosswise into ⅛-inch-thick
slices

¼ cup finely chopped celery
1 tablespoon finely chopped garlic
¼ cup finely chopped fresh parsley
2 tablespoons finely cut fresh basil
leaves, or substitute ½ teaspoon
crumbled dried basil
1 medium-sized bay leaf
½ teaspoon ground hot red pepper
(cayenne)
⅛ teaspoon sugar
1 teaspoon salt

Starting a day ahead, place the cod in a glass, enameled or stainless-steel pan or bowl. Cover it with cold water and soak for at least 12 hours, changing the water 3 or 4 times.

Drain the cod, rinse under cold running water, place it in a saucepan and add enough fresh water to cover the fish by 1 inch. Bring to a boil over high heat. (Taste the water. If it seems excessively salty, drain, cover the cod with fresh water, and bring to a boil again.) Reduce the heat to low and simmer partially covered for about 20 minutes, or until the fish flakes easily when prodded gently with a fork. Drain the cod thoroughly. Remove and discard any skin and bones and flake the fish into 1-inch pieces with a table fork.

Meanwhile, drop the fresh tomatoes into a pan of boiling water and remove them after 15 seconds. Run cold water over them and peel them with a small, sharp knife. Cut out the stems, then slice the tomatoes in half crosswise, and squeeze the halves gently to remove the seeds and juice. Chop the tomatoes coarsely. (Canned tomatoes need only be thoroughly drained and chopped.)

In a heavy 10- to 12-inch skillet, warm the olive oil over moderate heat until a light haze forms above it. Add the chopped onions, celery and garlic, and, stirring frequently, cook for 5 minutes, or until the onions are soft but not brown. Stir in the tomatoes, onion slices, parsley, basil, bay leaf, red pepper, sugar and salt and bring to a simmer over moderate heat. Reduce the heat to low and simmer tightly covered for 30 minutes. Add the cod, mix well and simmer until the fish is heated through. Taste for seasoning and serve at once from a heated bowl or deep platter. Portuguese salt cod is traditionally accompanied by small boiled potatoes.

Cape Cod Boiled Dinner

To serve 6

2 pounds salt cod	3 hard-cooked eggs, cut crosswise into ¼-inch-thick slices
3 tablespoons butter	6 medium-sized potatoes, peeled and boiled
2 tablespoons flour	6 medium-sized beets, boiled and peeled
1 teaspoon dry mustard	12 small carrots, scraped and boiled
1 cup milk	1 rutabaga peeled, quartered, cut crosswise into ½-inch-thick slices and boiled
¼ teaspoon salt	
⅛ teaspoon ground white pepper	
6 thin 1-by-3-inch slices lean salt pork	

Starting a day ahead, place the cod in a glass, enameled or stainless-steel bowl, cover it with cold water and soak for at least 12 hours, changing the water 3 or 4 times. Drain the cod and rinse under cold running water. Place the cod in a saucepan and add enough fresh water to cover it by 1 inch. Bring to a boil over high heat. (Taste the water. If it seems very salty, drain, cover the cod with fresh water, and bring to a boil.) Reduce the heat to low and simmer uncovered for 20 minutes, or until the fish flakes easily when prodded with a fork. Drain and cut the fish into 2-by-4-inch pieces. In a heavy 1- to 2-quart saucepan, melt the butter over moderate heat. When the foam begins to subside, stir in the flour and mustard and mix thoroughly. Pour in the milk and, stirring constantly with a whisk, cook over high heat until the sauce comes to a boil and thickens heavily. Reduce the heat and simmer for about 3 minutes to remove the raw taste of flour. Then add the salt and pepper. Taste for seasoning.

In a heavy 8- to 10-inch skillet, fry the salt pork over moderate heat, turning the slices frequently until the pork is crisp and brown on both sides. Transfer it to paper towels to drain and discard the fat in the skillet. Mound the cod on a heated platter and pour the sauce over it. Place the hard-cooked egg slices on top of the fish, arrange the pork slices, potatoes, beets, carrots and rutabaga pieces around it and serve at once.

NOTE: For preparation of the hot vegetables, see the recipe for New England boiled dinner.

Red Fish Hash

To serve 4

1 pound salt cod
1 cup coarsely chopped hot or cold
boiled potatoes
1 cup coarsely diced hot or cold

boiled beets
Salt
Freshly ground black pepper
2 to 3 tablespoons butter
1 tablespoon vegetable oil
¼ cup milk

Starting a day ahead, place the cod in a glass, enameled or stainless-steel pan or bowl. Pour in enough cold water to cover the fish completely, and soak for at least 12 hours, changing the water 3 or 4 times.

Drain the cod, rinse under cold running water, place it in a saucepan and add enough fresh water to cover the fish by 1 inch. Bring to a boil over high heat. (Taste the water. If it seems excessively salty, drain, cover with fresh water, and bring to a boil again.) Reduce the heat to low and simmer uncovered for about 20 minutes, or until the fish flakes easily when prodded gently with a fork.

Drain the cod thoroughly. With a small knife, remove and discard any skin or bones. Then separate the fish into flakes and drop them into a mixing bowl. Add the potatoes and beets and toss together gently but thoroughly. Taste and season with salt and pepper.

In a heavy 10- to 12-inch skillet, preferably one with a non-stick finish, melt 2 tablespoons of butter with the oil over moderate heat. When the foam begins to subside, add the cod mixture. Pat it flat and smooth the top with a spatula or the back of a spoon, then cover it with a round of wax paper and set another skillet or a saucepan on top to weigh the cod mixture down. Fry for 5 minutes, then remove the weight and peel off the wax paper. Loosen the bottom of the hash with a long, thin spatula. Place an inverted plate over the skillet and, grasping the plate and skillet together firmly, quickly invert them. The hash should slip out easily. Slide the hash carefully back into the skillet browned side up and fry it for 2 or 3 minutes more, adding another tablespoon of butter to the pan if necessary.

Meanwhile, warm the milk in a small saucepan until bubbles appear around the edges of the pan. Remove the milk from the heat and cover the pan to keep the milk warm.

Slide the hash onto a heated platter, sprinkle the top with the hot milk and serve at once.

Fried Cod Tongues (Newfoundland)

To serve 4 to 6

1 pound fresh cod tongues	½ teaspoon salt
1 tablespoon strained fresh lemon juice	Freshly ground black pepper
¾ cup flour	¼ pound lean salt pork with rind removed, the pork cut into ¼-inch dice

Wash the cod tongues in a sieve or colander under cold running water and pat them completely dry with paper towels. Sprinkle the tongues evenly with the lemon juice and spread them side by side on a piece of wax paper. Combine the flour, salt and a few grindings of pepper in a large paper bag and set aside.

In a heavy 12-inch skillet, fry the salt pork over moderate heat, turning the dice about frequently with a slotted spoon until they are crisp and brown and have rendered all their fat. Scoop out and discard the dice.

Drop the cod tongues into the flour mixture and shake the bag vigorously to coat them on all sides. Then, one at a time, shake the excess flour off the tongues and arrange them in one layer in the fat remaining in the skillet. Fry uncovered over moderately low heat for about 10 minutes on each side, or until delicately browned.

Drain the tongues briefly on paper towels and serve them at once from a heated platter. Traditionally, fried cod tongues are accompanied by boiled turnips and potatoes.

Deep-fried Cod Cheeks (New Brunswick)

To serve 6

2 eggs	2 pounds fresh cod cheeks
⅔ cup milk	Vegetable oil for deep frying
1 teaspoon salt	1 cup flour
Freshly ground black pepper	2 lemons, each cut into 6 wedges

In a deep bowl, beat the eggs with a wire whisk or fork until they are frothy. Add the milk, salt and a few grindings of pepper and mix well. Drop in the cod cheeks and turn them with a spoon to coat them evenly.

Pour vegetable oil in a deep fryer or large, heavy saucepan to a depth of about 3 inches and heat until the oil reaches a temperature of 360° on a deep-frying thermometer.

Meanwhile, preheat the oven to its lowest setting. Line a large jelly-roll pan with a double thickness of paper towels and place it in the middle of the oven. Spread the flour out on a long sheet of wax paper.

When the fat has reached 360°, pick up a handful of the soaked cod cheeks, shake off any excess liquid and roll them quickly in the flour until coated on all sides. Then place them in a large sieve and shake vigorously to remove the excess flour.

Immediately drop the floured cod cheeks into the hot oil. Separating and turning them with a slotted spoon or spatula, deep-fry them for about 5 minutes, or until they are a golden color on all sides. As they brown, transfer them to the paper-lined pan and keep them warm in the oven while you deep-fry the rest.

To serve, mound the cod cheeks on a heated platter, season with a little salt, and arrange the lemon wedges around them.

Scalloped Cod Tongues and Cheeks

To serve 4

1 teaspoon butter, softened, plus 4 tablespoons butter, plus 1 tablespoon butter, cut into ¼-inch bits	½ cup finely chopped onions 3 tablespoons flour 1 cup milk Ground nutmeg, preferably freshly grated
1½ pounds fresh cod tongues and cod cheeks, cut into 2-inch pieces if they are large	½ cup soft crumbs made from day-old homemade-type white bread, pulverized in a blender or finely shredded with a fork
1 teaspoon salt	
Freshly ground black pepper	2 tablespoons finely cut fresh dill leaves

Preheat the oven to 375°. With a pastry brush, spread the teaspoon of softened butter evenly over the bottom and sides of a 10-by-6-by-2-inch baking-serving dish. Spread the cod tongues and cheeks evenly over the bottom of the dish and season them with ½ teaspoon of salt and pepper.

In a heavy 6- to 8-inch skillet, melt 2 tablespoons of butter over moderate heat. When the foam begins to subside, add the onions and, stirring frequently, cook for about 5 minutes until they are soft and transparent but not brown. With a slotted spoon, scatter the onions over the fish.

Melt the remaining 2 tablespoons of butter in the same skillet. Stir in the flour and mix together thoroughly. Then, stirring the mixture constantly with a wire whisk, pour in the milk and cook over high heat until the sauce comes to a boil, thickens heavily and is smooth. Reduce the heat to low and simmer uncovered for about 3 minutes. Season with the remaining salt and a few grindings of nutmeg and pepper.

Spoon the sauce over the fish and scatter the bread crumbs and the butter bits on top. Bake in the middle of the oven for 30 minutes, or until the cod feels firm when prodded gently with a fork. If you wish, slide it under a preheated broiler for 30 seconds to brown the top lightly.

Sprinkle the dill evenly over the scalloped tongues and cheeks and serve at once, directly from the baking dish.

Codfish Balls

To make about 30 two-inch balls

1 pound salt cod
6 medium-sized boiling potatoes
(about 2 pounds), peeled and
quartered
8 tablespoons butter, softened and

cut into ½-inch bits
3 egg yolks
1½ teaspoon Worcestershire
sauce
1 teaspoon dry English mustard
½ teaspoon ground white pepper
Vegetable oil for deep frying

Starting a day ahead, place the cod in a glass, enameled or stainless-steel pan or bowl. Cover it with cold water and soak for at least 12 hours, changing the water 3 or 4 times.

Drain the cod, rinse it under cold running water, place it in a saucepan and add enough fresh water to cover the fish by 1 inch. Bring to a boil over high heat. (Taste the water. If it seems very salty, drain, cover with fresh water and bring to a boil again.) Reduce the heat to low and simmer partially covered for about 20 minutes, or until the fish flakes easily when prodded gently with a fork. Drain the cod, remove and discard any skin and bones, and shred the fish into fine flakes with a fork.

Meanwhile, drop the potatoes into enough boiling water to cover them completely. Boil briskly uncovered until the potatoes are soft and crumble easily when pierced with a fork. Drain off the water and return the pan of potatoes to low heat. Slide the pan back and forth over the heat for a minute or so until the potatoes are completely dry.

Purée the potatoes through a food ricer set over a deep bowl, or place them in the bowl and mash them to a smooth purée with a potato masher or electric mixer. Add the flaked cod, butter bits and egg yolks to the purée and beat them vigorously together with a wooden spoon. Beat in the Worcestershire sauce, mustard and pepper. Taste for seasoning.

Preheat the oven to its lowest setting. Line a large shallow baking dish with paper towels and place it in the center of the oven.

Pour vegetable oil into a deep fryer or large, heavy saucepan to a depth of 3 inches and heat the oil to a temperature of 375° on a deep-frying thermometer. To make each codfish ball, drop a heaping tablespoon of the cod mixture into the hot oil. Fry the balls 5 or 6 at a time for about 4 minutes, or until they are golden on all sides. As they brown, transfer them to the lined pan and keep them warm in the oven while you fry the rest.

Serve the codfish balls hot, mounded attractively on a heated platter and accompanied if you wish by cole slaw, presented in a separate bowl.

Baked Haddock Stuffed with Roe

To serve 4

- | | |
|---|---|
| 3 tablespoons butter, softened, plus
2 tablespoons butter cut into
¼-inch bits | Freshly ground black pepper |
| ½ cup soft fresh crumbs made
from homemade-type white bread
pulverized in a blender or finely
shredded with a fork | 1 tablespoon fresh haddock roe, or
substitute 1 tablespoon red caviar,
thoroughly drained and rinsed in
a sieve under cold running water |
| 2 teaspoons finely grated fresh
lemon peel | 2 hard-cooked egg yolks, coarsely
chopped |
| ⅛ teaspoon ground nutmeg,
preferably freshly grated | A 3½- to 4-pound fresh haddock,
cleaned and with the head
removed, but with the tail left
intact |

Preheat the oven to 400°. With a pastry brush, spread 1 tablespoon of the softened butter evenly over the bottom and sides of a shallow baking dish large enough to hold the fish comfortably.

In a deep bowl, mix the bread crumbs, the remaining 2 tablespoons of softened butter, the lemon peel, nutmeg and a few grindings of pepper. Add the roe (or caviar) and the egg yolks and toss together thoroughly.

Fill a large pot, fish poacher or casserole with water to a depth of 3 or 4 inches and bring to a boil over high heat. Grasping the haddock by its tail with tongs or your hand, immerse it in the boiling water for about 30 seconds on each side to loosen the skin. Cut off the tail and, with a small, sharp knife, peel off the skin.

Pat the haddock completely dry inside and out with paper towels and place it in the buttered dish. Fill the cavity with the roe-and-bread crumb mixture, season the surface of the fish with a few grindings of pepper and scatter the butter bits over the top. Bake the fish in the middle of the oven for about 25 minutes, basting two or three times with the liquid that accumulates around it. The fish is done when it feels firm when prodded gently with a finger. Serve the haddock at once, directly from the baking dish or from a heated platter.

Deviled Finnan Haddie

To serve 6

1 medium-sized onion, peeled and cut into ¼-inch-thick slices	½ teaspoon dry mustard
1½ pounds smoked haddock	½ teaspoon paprika
3 cups milk	¼ teaspoon ground hot red pepper (cayenne)
4 tablespoons butter	1 teaspoon salt
2 tablespoons finely chopped scallions, white part only	¼ cup flour
½ cup finely chopped red bell pepper	1 cup light cream
¼ cup finely chopped green bell pepper	1 tablespoon pale dry sherry
	2 teaspoons Worcestershire sauce
	6 slices white bread, trimmed of crusts, toasted and each cut diagonally into 4 triangles

Place the onion slices in a heavy 10-inch skillet, set the smoked haddock on top and pour in 2 cups of the milk. The milk should cover the fish completely; add more if necessary. Bring to a boil over high heat, reduce the heat to low and cover the skillet tightly. Simmer undisturbed for 10 to 15 minutes, or until the fish flakes easily when prodded with a fork. Do not overcook. With a slotted spatula, transfer the smoked haddock to a plate. Then break the fish into large flakes with a fork, picking out and discarding any bones you find. Discard the milk and onions.

In a heavy 10- to 12-inch skillet, melt the butter over moderate heat. When the foam begins to subside, add the scallions and stir for a minute or so until they are soft but not brown. Add the chopped red and green pepper, the mustard, paprika, ground red pepper and salt, and cook, until the vegetables are soft. Add the flour and mix well.

Then, stirring the mixture constantly with a wire whisk, pour in the cream and the remaining 1 cup of milk in a slow, thin stream. Cook over high heat until the sauce comes to a boil and thickens heavily. Reduce the heat to low and simmer for 3 minutes, then stir in the haddock, sherry and Worcestershire sauce and simmer until the fish is heated through.

To serve, arrange the toast triangles attractively on six heated plates and ladle the deviled finnan haddie over them.

Stuffed Baked Herring

To serve 6

1 tablespoon butter, softened, plus
3 tablespoons butter, plus 3
tablespoons butter cut into ¼-
inch bits
1½ cups soft fresh crumbs made
from homemade-type white bread
pulverized in a blender or finely
shredded with a fork
3 thin slices lean bacon, cut into ¼-
inch bits

½ cup finely chopped onions
1 tablespoon finely cut fresh dill, or
substitute 1 teaspoon crumbled
dried dill weed
1 tablespoon finely chopped fresh
parsley
Twelve 8- to 12-ounce fresh
herring, cleaned and with heads
and tails removed
2 teaspoons salt
¼ teaspoon freshly ground black
pepper

Preheat the oven to 400°. With a pastry brush, spread the tablespoon of softened butter evenly over the bottom and sides of a shallow baking dish large enough to hold the herring in one layer. Set aside.

In a heavy 8- to 10-inch skillet, melt 3 tablespoons of butter over moderate heat. When the foam begins to subside, add the bread crumbs and fry, stirring them frequently, until they are golden brown and crisp. Transfer the bread crumbs to a small mixing bowl.

Fry the bacon over moderate heat in the same skillet, turning the bits about with a slotted spoon until they are crisp and brown and have rendered all their fat. Transfer the bacon bits to paper towels to drain and pour off all but 2 tablespoons of the fat remaining in the skillet.

Add the onions to the skillet and, stirring frequently, cook for about 5 minutes until they are soft and translucent. Then, with a rubber spatula, scrape the onions into the bowl with the crumbs. Add the bacon bits, dill and parsley and toss together gently but thoroughly.

Wash the herring under cold running water and pat them completely dry inside and out with paper towels. Sprinkle the cavities of the fish with the salt and pepper, and stuff each herring with 2 or 3 teaspoons of the bread-crumb mixture. Arrange the fish side by side in the buttered dish and sprinkle them with the butter bits. Bake in the middle of the oven for about 20 minutes, or until the herring are lightly brown and the flesh feels firm when prodded gently with a finger.

Serve at once, directly from the baking dish, or arranged attractively on a heated platter.

Fried Herring Roe and Milt

To serve 4 as a first course, 2 as a
main course

1 cup flour	½ pound fresh herring roe
1 teaspoon salt	1 tablespoon vegetable oil
Freshly ground black pepper	1 tablespoon finely chopped fresh parsley
7 tablespoons butter	1 lemon, cut lengthwise into 4 or 8 wedges
½ pound fresh herring milt in its sacs	

Combine the flour, salt and a few grindings of pepper, sift them onto a plate or paper towels and set aside.

In a small skillet, melt 4 tablespoons of the butter over moderate heat, stirring frequently until it turns a nutlike brown. Regulate the heat as necessary to prevent the butter from burning. Set the skillet aside off the heat, covered, to keep the butter warm.

Pat the herring milt sacs and roe completely dry with paper towels. Gently roll the sacs about in the flour mixture to coat them on all sides, and shake off the excess flour.

Immediately melt the remaining 3 tablespoons of butter with the oil in a heavy 10-inch skillet. When the foam begins to subside, add the milt sacs and, turning them with a slotted spatula, fry over high heat for about 2 minutes on each side until they are golden brown. As they brown, transfer them to paper towels to drain.

Gently roll the herring roe about in the flour and shake off the excess, then add the roe to the fat remaining in the pan. Fry the roe for about 1 minute on each side, then drain it briefly on paper towels.

Arrange the fried herring milt and roe attractively on a heated platter or individual serving plates and pour the browned butter evenly over them. Scatter the chopped parsley on top and garnish the platter or plates with the lemon wedges. Serve at once.



MEATS & POULTRY

Veal and Ham Pie

To serve 4 to 6

1½ pounds boneless veal
shoulder, trimmed of excess fat
and cut into 1-inch cubes
¾ pound lean boneless boiled
ham, cut into 1-inch cubes
½ pound fresh mushrooms, stems
removed, wiped with a dampened
cloth and cut crosswise into quarters
3 tablespoons finely chopped onions
3 tablespoons finely chopped fresh

parsley
¼ teaspoon ground nutmeg,
preferably freshly grated
½ teaspoon salt
Freshly ground black pepper
1 egg yolk beaten with ¾ cup fresh
or canned chicken stock
Short-crust pastry dough for pie top
(see page 128)
1 egg yolk, lightly beaten
¾ cup heavy cream
2 tablespoons dry Madeira (optional)

Preheat the oven to 400°. Combine the veal, ham, mushrooms, onions, parsley, nutmeg, salt and a few grindings of pepper in a 1½-quart baking-serving dish, and toss them about with a spoon until the ingredients are thoroughly blended. Pour in the egg yolk-chicken stock mixture. The liquid should come about three quarters of the way up the sides of the dish; add more chicken stock if necessary.

On a lightly floured surface, roll the short-crust pastry dough into a rough oval or circle about ¼ inch thick and several inches larger than the top of the baking dish. Drape the dough over the rolling pin, lift it up, and gently unroll it over the top of the dish.

With scissors or a small knife, trim off the excess dough leaving a 1-inch overhang all around the rim. Tuck the overhang under the edges of the dough and secure the pastry to the rim by crimping it tightly with your fingers or the tines of a fork. Cut a 1-inch hole in the center of the pastry, and into it set a tube made from a double thickness of heavy-duty aluminum foil. With a pastry brush, paint the surface of the pie with the lightly beaten egg yolk.

Bake the pie in the middle of the oven for 15 minutes, then reduce the heat to 350° and continue to bake for 1 hour and 15 minutes longer. Remove from the oven and slowly pour the cream (and the Madeira if you wish to use it) into the pie through the foil tube in the top crust. Bake the pie for an additional 15 minutes. Serve at once, directly from the baking dish.

The Homestead Inn's New England Boiled Dinner

To serve 8	8 medium-sized boiling potatoes, scrubbed
A 4- to 4½-pound corned beef brisket, preferably second cut	8 medium-sized carrots, scraped
1 cup dried horticultural shell beans, such as cranberry beans, or substitute dried pink or pinto beans (½ pound)	1 large rutabaga (about 1 ½ pounds), peeled and cut crosswise into ½-inch-thick slices slices
1 medium-sized onion, peeled and pierced with 1 whole clove	2 pounds firm green cabbage, trimmed, quartered and cored
1 teaspoon salt	1 bunch fresh parsley sprigs, trimmed, washed and thoroughly drained
16 small firm young beets	

The Homestead Inn in Sugar Hill, New Hampshire, serves traditional New England dishes made from family recipes five generations old.

Place the brisket in a 5- to 6-quart casserole and add enough water to cover it by at least 1 inch. Bring to a boil over high heat, meanwhile skimming off the scum and foam as they rise to the surface. Reduce the heat to low and simmer partially covered for about 3 hours, or until the brisket is tender and shows no resistance when pierced deeply with the point of a skewer or small knife. (Check the pot from time to time. The water should cover the brisket throughout the entire cooking time; add boiling water to the casserole if needed.)

Meanwhile, in a heavy 2- to 3-quart saucepan, bring 1 quart of water to a boil over high heat. Drop in the dried beans and boil them for about 2 minutes. (The water should cover the beans by at least 2 inches; if necessary, add more.) Turn off the heat and let the beans soak for 1 hour. Then add the clove-pierced onion and the salt and bring to a boil again. Reduce the heat to low, and simmer partially covered for 1 hour, or until the beans are tender. (Check the beans occasionally; add more boiling water if needed.) Drain the beans and discard the onion.

With a small, sharp knife cut the tops from the beets, leaving about 1 inch of stem on each. Scrub the beets under cold running water, then place them in a 3- to 4-quart saucepan and pour in enough cold water to cover them by 2 inches. Bring to a boil over high heat, reduce the heat to low, cover the pan and simmer until the beets show no resistance when pierced with the point of a small skewer or knife. This may take from 30 minutes to 2 hours; add boiling water to the beets if necessary. Drain the beets and, when they are cool enough to handle, slip off their skins.

The potatoes, carrots and rutabaga may be cooked together in a large pan of lightly salted boiling water. Drop the vegetables into the pot and cook briskly, uncovered, for about 20 minutes, or until they are tender but not falling apart. Drain, then peel the potatoes with a small knife.

Cook the cabbage separately by dropping the quarters into enough salted boiling water to cover them completely. Reduce the heat to low and simmer partially covered for about 15 minutes, or until the cabbage is almost tender but still somewhat resistant when pierced with the point of a small sharp knife. Drain thoroughly and cut each quarter into halves.

To serve the boiled dinner, carve the beef and arrange the slices slightly overlapping attractively along the center of a large, heated platter. Surround the meat with mounds of individual vegetables and garnish the platter with the parsley. Horseradish, mustard and pickles are traditional accompaniments to a New England boiled dinner.

Frizzled Beef

To serve 4

9 tablespoons butter	1 cup milk
½ pound fresh mushrooms, trimmed, wiped with a dampened cloth and cut lengthwise into ¼- inch-thick slices	¼ pound dried beef, sliced paper thin then torn into 1-inch pieces (about 2 cups)
¼ cup flour	½ teaspoon strained fresh lemon juice
½ teaspoon dry mustard	4 slices homemade-type white bread, trimmed of all crusts and freshly toasted
1 cup light cream	

In a heavy 10- to 12-inch skillet, melt 3 tablespoons of the butter over moderate heat. When the foam begins to subside, add the mushrooms and, stirring frequently, cook them for 8 to 10 minutes, or until almost all the liquid that accumulates in the pan has evaporated. Do not let the mushrooms brown. Remove from the heat and set aside.

Meanwhile, melt the remaining 6 tablespoons of butter in a heavy 3- to 4-quart saucepan. Stir in the flour and, when it is well incorporated, add the dry mustard. Then, stirring the mixture constantly with a wire whisk, pour in the cream and milk in a slow, thin stream and cook over high heat until the sauce comes to a boil, thickens heavily and is smooth. Reduce the heat to low and simmer for about 3 minutes. Add the reserved mushrooms, the shredded beef and the lemon juice and stir over low heat until they are heated through. Taste for seasoning.

To serve, place the slices of hot toast on four heated individual serving plates and ladle the frizzled beef over them.

Joe Booker Stew

To serve 6

STEW

½ pound lean salt pork, cut into
¼-inch dice
4 medium-sized onions, peeled and
cut crosswise into ¼-inch slices
(about 1½ cups)
2 pounds lean beef chuck, trimmed
of excess fat and cut into 1-inch
cubes
¼ cup flour
6 cups water
4 sprigs fresh parsley and 1 small

bay leaf tied together with
kitchen string

⅛ teaspoon crumbled dried thyme
2 teaspoons salt
Freshly ground black pepper
2 medium-sized boiling potatoes,
peeled and cut into ½-inch
cubes (about 2 cups)
12 medium-sized carrots, scraped
and cut into ½-inch pieces
(about 2 cups)
1 medium-sized white rutabaga,
peeled and cut into ½-inch
cubes (about 1 cup)

In a heavy 12-inch skillet at least 3 inches deep, fry the salt pork dice over moderate heat, turning them about frequently with a slotted spoon until they are crisp and brown and have rendered all their fat. Remove the pork bits and discard them.

Add the onions to the fat in the skillet and, stirring frequently, cook for 8 to 10 minutes, or until they are soft and delicately brown. With a slotted spoon, transfer the onions to a bowl and set aside.

Pat the beef cubes completely dry with paper towels, roll them in ¼ cup of flour to coat them on all sides and shake off the excess flour. Brown 6 or 7 cubes at a time in the hot fat remaining in the skillet, turning them with a slotted spoon and regulating the heat so that they color evenly without burning. As they brown, add the cubes to the onions.

Pour 1 cup of water into the skillet and bring to a boil over high heat, stirring constantly and scraping in the brown particles that cling to the bottom and sides of the pan. Return the onions and beef and the liquid that has accumulated around them to the skillet. Add the remaining 5 cups of water, the parsley and bay leaf, the thyme, salt and a liberal grinding of pepper. Bring to a boil over high heat, reduce the heat to low, cover tightly and simmer for 1 hour. Stir in the potatoes, carrots and rutabaga, cover again and simmer for 30 minutes longer.

PARSLEY DUMPLINGS

2 cups flour
1 tablespoon double-acting baking
powder
½ teaspoon salt

2 tablespoons butter, cut into
½-inch bits and softened
1⅓ cups milk
¼ cup finely chopped fresh parsley

Meanwhile prepare the parsley dumplings in the following fashion: Combine the 2 cups of flour, baking powder and ½ teaspoon of salt and sift them into a deep bowl. Add the butter bits and, with your fingers, rub the flour and fat together until they look like flakes of coarse meal.

Add the milk and chopped parsley and beat vigorously with a spoon until the dumpling mixture is smooth.

Remove the parsley and bay leaf from the simmering stew, and drop the dumpling mixture on top by the heaping tablespoon. Cover tightly and simmer undisturbed for about 10 minutes longer. The dumplings are done when they are puffed and fluffy, and a cake tester inserted in the center of a dumpling comes out clean.

Remove the dumplings and transfer the stew to a preheated bowl or deep platter. Arrange the dumplings on top and serve at once.

Red-Flannel Hash

To serve 4 to 6

¼ pound lean salt pork with rind removed, the pork cut into ¼-inch dice
½ cup finely chopped onions
3 cups coarsely chopped boiled potatoes
2 cups (about 1 pound) finely chopped boiled corned beef (*see*

the Homestead Inn's New England boiled dinner, page 48)
1 cup diced boiled beets, fresh or canned
¼ cup heavy cream
4 tablespoons finely chopped fresh parsley
Salt
Freshly ground black pepper

In a heavy 10- to 12-inch skillet, preferably one with a nonstick cooking surface, fry the salt pork dice over moderate heat until they are lightly browned and crisp and have rendered all their fat. With a slotted spoon transfer them to paper towels to drain. Pour all but 2 tablespoons of the fat remaining in the skillet into a cup and reserve. Add the onions to the skillet and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown.

With a rubber spatula, transfer the entire contents of the skillet to a deep bowl. Add the salt pork bits, potatoes, corned beef, beets, cream and 2 tablespoons of the parsley. Toss gently but thoroughly together, taste the hash for seasoning and add salt and pepper if desired.

Pour the reserved pork fat into the original skillet and warm over moderate heat until a drop of water flicked into it splutters and evaporates instantly. Add the hash, spreading it evenly and smoothing the top with a spatula, and reduce the heat to low. Shaking the pan occasionally to prevent the hash from sticking, cook uncovered for 35 to 40 minutes. With a bulb baster or a spoon, remove any fat that accumulates around the edges of the hash as it cooks.

When the bottom is a crusty brown, loosen the hash from the pan by sliding a thin flexible spatula under the edges. Then place a heated platter upside down over the skillet and, grasping platter and skillet firmly together, invert them. The hash should slide out onto the platter. If any of the hash sticks to the pan, lift it out with a spatula and patch it in place.

Sprinkle the top with the remaining chopped parsley and serve at once.

Beefsteak Pie

To serve 6

2 tablespoons butter	pepper
2 to 3 tablespoons vegetable oil	$\frac{1}{3}$ cup flour
4 large onions, peeled and cut crosswise into $\frac{1}{4}$ -inch-thick slices (about 4 cups)	$2\frac{1}{2}$ cups water
2 pounds lean beef chuck, trimmed of excess fat and cut into 1-inch cubes	1 tablespoon Worcestershire sauce
2 teaspoons salt	1 medium-sized boiling potato, peeled and cut into $\frac{1}{2}$ -inch dice (about 1 cup)
$\frac{1}{4}$ teaspoon freshly ground black pepper	Short-crust pastry dough for pie top (<i>page 128</i>)
	1 egg, lightly beaten

In a heavy 12-inch skillet, melt the butter with 2 tablespoons of the oil over moderate heat. When the foam begins to subside, add the onions and, turning them with a wide metal spatula, cook for about 5 minutes until they are soft and translucent but not brown. Transfer the onion slices to a plate and set aside.

Pat the cubes of beef completely dry with paper towels and sprinkle them on all sides with the salt and pepper. Roll the cubes in the flour and shake them vigorously in a sieve to remove the excess flour. Brown the beef in two batches in the fat remaining in the pan; add up to 1 tablespoon more oil if necessary. Turn the pieces of beef frequently with tongs or a spatula, and regulate the heat so that they color richly and evenly without burning. As they brown, transfer the pieces of beef to a plate.

Pour off any fat remaining in the skillet and in its place add the water and Worcestershire sauce. Bring to a boil over high heat, stirring constantly and scraping in the brown particles that cling to the bottom and sides of the pan. Return the beef and the liquid that has accumulated around it to the skillet, reduce the heat to low and simmer partially covered for 1 hour. Stir in the potato dice and continue to simmer for 10 minutes longer. Set the skillet aside off the heat.

Preheat the oven to 450°. On a lightly floured surface, pat the pastry dough into a rough rectangle about 1 inch thick. Dust a little flour over and under it and roll it out from the center to within an inch of the far edge of the pastry. Lift the dough and turn it at right angles; then roll again from the center to within an inch or so of the far edge. Repeat—lifting, turning, rolling—until the rectangle is about 14 inches long, 10 inches wide and $\frac{1}{8}$ inch thick.

With a rubber spatula, scrape the entire contents of the skillet into a 13-by-9-by-2½-inch baking-serving dish. Spread the beef-and-potato mixture evenly and arrange the onion slices in one layer on top. Drape the dough over the rolling pin, lift it up and unroll it over the serving dish. Then trim off the excess dough with a small, sharp knife and, with the tines of a fork or your fingers, crimp the pastry to secure it to the rim of the baking-serving dish.

Brush the entire pastry surface with the beaten egg and cut 4 parallel slits about 1 inch long and spaced $\frac{1}{2}$ inch apart in the top. Bake the pie in the middle of the oven for 30 minutes, or until the crust is golden brown. Serve at once directly from the baking dish.

Sweetbread and Oyster Casserole

To serve 6

2 pounds calf's sweetbreads	$\frac{3}{4}$ cup pale dry sherry
Distilled white vinegar	4 sprigs fresh parsley
$\frac{1}{2}$ teaspoon salt	1 medium-sized bay leaf
$\frac{1}{8}$ teaspoon ground white pepper	1 pint shucked oysters, drained and the oyster liquor reserved
8 tablespoons butter	6 tablespoons flour
2 tablespoons finely chopped onions	$\frac{1}{2}$ cup heavy cream
2 tablespoons finely chopped celery	2 tablespoons dry Madeira
2 tablespoons scraped, finely chopped carrots	$\frac{1}{8}$ teaspoon ground mace
	1 hard-cooked egg, finely chopped

Cover the sweetbreads with cold water and soak for 2 hours, changing the water every 30 minutes or so. Then soak for another hour in acidulated cold water, using 1 tablespoon of vinegar for each quart of water. Gently pull off as much of the outside membrane as possible without tearing the sweetbreads. With a small, sharp knife cut the two lobes of each pair of sweetbreads from the tube between them; discard the tubes. Sprinkle the sweetbreads with the salt and pepper and set them aside.

Preheat the oven to 325°. In a 1½- to 2-quart flameproof casserole, melt 4 tablespoons of the butter over moderate heat. Add the onions, celery and carrots and, stirring frequently, cook for about 5 minutes until the vegetables are soft but not brown.

Drop in the sweetbreads and gently turn them about with a spoon to coat them evenly. Cover the casserole tightly, reduce the heat to low and cook the sweetbreads for 5 minutes; turn the sweetbreads over and cook covered for 5 minutes longer. Add the sherry, parsley and bay leaf to the casserole, cover and braise in the middle of the oven for 35 to 45 minutes, or until the sweetbreads are tender but still firm.

With a slotted spoon, remove the sweetbreads, cut them crosswise into $\frac{1}{4}$ -inch-thick slices and set aside on a plate. Strain the remaining contents of the casserole through a fine sieve into a bowl, pressing down lightly on the vegetables to extract their juices before discarding them. Measure the braising liquid (there should be about 1½ cups) and add enough of the oyster liquor to make 2 cups. If necessary, add water.

Set the casserole aside and leave the oven set at 325°.

In a heavy 8- to 10-inch skillet, melt the remaining 4 tablespoons of butter over moderate heat. Stir in the flour and blend well. Then, stirring the mixture constantly with a wire whisk, pour in the 2 cups of liquid

Continued on next page

and oyster liquor, and cook over high heat until the sauce comes to a boil, thickens heavily and is smooth. Reduce the heat to low and simmer for about 3 minutes. Then stir in the heavy cream, Madeira and mace and taste for seasoning. Remove the pan from the heat, pat the sweetbread slices and oysters dry with paper towels, drop them into the sauce and toss together gently to coat them thoroughly.

With a rubber spatula, scrape the entire contents of the skillet into the reserved casserole. Cover tightly and bake in the middle of the oven for 10 minutes, or until the oysters become plump and their edges begin to curl. Sprinkle the top with the chopped egg and serve at once, directly from the casserole.

Cheshire Pie

To serve 4 to 6

2 pounds boneless pork loin,
trimmed of excess fat and cut into
1½-inch cubes

3 medium-sized tart cooking apples,
peeled, cored and cut lengthwise
into ½-inch-thick slices

1½ teaspoons crumbled dried sage

leaves

2 teaspoons salt

Freshly ground black pepper

1 cup fresh apple cider

3 tablespoons sugar

2 tablespoons butter, chilled and cut
into ¼-inch bits

Short-crust pastry dough for pie top
(page 128)

1 egg, lightly beaten

Preheat the oven to 350°. Combine the pork, apples, sage, salt and a few grindings of black pepper in a deep bowl and toss them about with a spoon until the ingredients are thoroughly mixed. Spread the pork-and-apple mixture evenly in a glass pie plate 9½ inches in diameter and 1½ inches deep. Then pour in the cider and sprinkle the sugar and butter bits over the top.

On a lightly floured surface, pat the pastry dough into a rough circle about 1 inch thick. Dust a little flour over and under it and roll it out from the center to within an inch of the far edge. Lift the dough and turn it 2 inches; then roll again from the center to within an inch or so of the far edge. Repeat—lifting, turning, rolling—until the circle is at least 12 inches in diameter and about ⅛ inch thick.

Drape the dough over the rolling pin, lift it up and unroll it carefully over the pie. Trim off the excess dough with scissors or a small knife, leaving a 1-inch overhang all around the rim. Fold the overhang underneath the edges of the pastry and secure the dough to the rim by crimping it tightly with your fingers or the tines of a fork.

Cut a 1-inch-round vent in the center of the dough and brush the surface with a few tablespoonfuls of the beaten egg. Bake the pie in the middle of the oven for 1½ hours, or until the crust is golden brown, brushing the top two more times with the remaining beaten egg. Serve at once directly from the baking dish.

The Somerset Club's Lamb Kidneys Pepperell

To serve 4	1 tablespoon vegetable oil
	1 tablespoon curry powder
12 lamb kidneys, split lengthwise	2 teaspoons Worcestershire sauce
in half, trimmed of all fat, then	¼ cup flour
each half cut crosswise into 4 pieces	⅓ cup pale dry sherry
½ teaspoon salt	4 slices hot toast made from
Freshly ground black pepper	homemade-type white bread
4 tablespoons butter	trimmed of all crusts

The Somerset Club on Boston's Beacon Hill is a men's private club renowned for some of the city's finest food.

Pat the kidneys completely dry with paper towels and sprinkle the pieces with the salt and a few grindings of pepper.

In a heavy 10- to 12-inch skillet, melt the butter in the oil over moderate heat. Drop in the kidneys and fry them for about 3 minutes, turning them about with a large spoon and regulating the heat so that they color delicately on all sides without burning. Stir in the curry powder, Worcestershire sauce and flour. Then, stirring constantly, pour in the sherry in a slow stream and cook for 1 or 2 minutes longer until the sauce comes to a boil, thickens heavily and is smooth. Taste for seasoning.

Arrange the slices of toast on heated individual plates and ladle the kidneys and sauce over them. Serve at once.

Dunvegan Welsh Rabbit (Cape Breton)

To serve 4	½ teaspoon paprika
	¼ teaspoon ground hot red pepper
	(cayenne)
3 tablespoons butter	¼ teaspoon salt
4 cups freshly grated sharp Cheddar	2 eggs, lightly beaten
cheese (1 pound)	4 slices homemade-type white bread,
½ cup ale	trimmed of crusts, toasted and
1 teaspoon Worcestershire sauce	each cut diagonally into four triangles
1 teaspoon dry mustard	

In a heavy 2- to 3-quart saucepan, melt the butter over moderate heat. When the foam begins to subside, add the cheese, ale, Worcestershire sauce, mustard, paprika, red pepper and salt. Stirring constantly with a fork, cook until the cheese melts completely and the mixture is smooth.

Remove the pan from the heat and beat in the eggs. Then return the pan to low heat and stir for about 5 minutes until the mixture is thick and creamy. Taste for seasoning.

Arrange the toast triangles attractively on four heated individual serving plates, ladle the Welsh rabbit over them and serve at once.

Boiled Lamb with Caper Sauce

To serve 6

- | | |
|---|---|
| A 5- to 6-pound leg of lamb,
trimmed of excess fat, but with
the fell (the parchmentlike
covering) left on | 1 teaspoon crumbled dried rosemary
3 to 4 quarts water
1 medium-sized onion, peeled
4 sprigs fresh parsley |
| 2 medium-sized garlic cloves, each
peeled and cut lengthwise into 6
thin slivers | 1 medium-sized bay leaf
1 tablespoon salt |

With the tip of a small, sharp knife, make 12 half-inch-deep incisions on the fat side of the lamb and insert a sliver of garlic and a pinch of rosemary deeply into each cut. Place the leg in a heavy casserole just large enough to hold it comfortably and pour in 3 quarts of water. The water should cover the lamb by at least 1 inch; add more if necessary.

Bring to a boil over high heat, meanwhile skimming off the foam and scum as they rise to the surface. Add the onion, parsley, bay leaf and 1 tablespoon of salt, reduce the heat to low and simmer partially covered for about 2½ hours, or until the lamb is tender and shows no resistance when pierced deeply with the point of a small skewer or sharp knife. Transfer the lamb to a heated platter and drape loosely with foil to keep it warm while you prepare the caper sauce.

CAPER SAUCE

- | | |
|---------------------------------|--|
| 2 tablespoons butter | patted dry with paper towels |
| 2 tablespoons flour | 1 teaspoon strained fresh lemon
juice |
| ½ cup capers, rinsed in a sieve | ¼ teaspoon salt |
| under cold running water, and | ⅛ teaspoon ground white pepper |

Strain the lamb stock through a fine sieve into a deep bowl or saucepan and set aside. In a heavy 8- to 10-inch skillet, melt the butter over moderate heat. When the foam begins to subside, add the flour and blend well. Then, stirring the mixture constantly with a wire whisk, pour in 1½ cups of the reserved lamb stock (thoroughly degreased) in a slow, thin stream and cook over high heat until the sauce comes to a boil, thickens lightly and is smooth. Reduce the heat to low and simmer for about 3 minutes, then stir in the capers, lemon juice, ¼ teaspoon salt and white pepper. Taste for seasoning and serve at once with the boiled lamb.

Squibnocket Lamb Stew

To serve 4 to 6

2½ pounds boneless lamb
shoulder, trimmed of excess fat
and cut into 1½-inch cubes

1 teaspoon salt

Freshly ground black pepper

4 tablespoons vegetable oil

2 cups finely chopped onions

1 teaspoon finely chopped garlic

2 tablespoons flour

2 cups water

1 medium-sized firm, ripe tomato,

peeled, seeded and finely chopped
(see salt cod Portuguese style,
page 37), or substitute ½ cup
chopped, drained, canned tomatoes

6 medium-sized carrots, scraped

6 white onions, each about 1½
inches in diameter, peeled

½ cup fresh shelled lima beans, or
substitute ½ cup frozen lima
beans, not defrosted

2 tablespoons finely chopped fresh
parsley

Squibnocket is an area on the southwest coast of Martha's Vineyard Island where sheep were formerly raised.

Pat the pieces of lamb completely dry with paper towels and sprinkle them evenly with the salt and a few grindings of pepper. In a heavy 10- to 12-inch skillet, warm the oil over moderate heat. When it is very hot but not smoking, brown the lamb in the oil, 5 or 6 pieces at a time, turning them frequently with a slotted spoon and regulating the heat so that they color deeply and evenly without burning. As they brown, transfer the pieces of lamb to a heavy 4- to 5-quart flameproof casserole.

Add the chopped onions and garlic to the fat remaining in the skillet and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown. With a slotted spoon, transfer the onion mixture to the casserole.

Add the flour to the skillet and stir for a minute or so. When it is delicately colored, pour in the water, add the tomato and continue to stir until the sauce comes to a boil, thickens lightly and is smooth. Pour the sauce over the lamb and onions and bring to a boil over high heat. Reduce the heat to low and simmer partially covered for 20 minutes.

Drop the carrots, whole white onions and beans into the casserole, turning them about with a spoon until they are evenly coated with the sauce. Cover partially and simmer for about 20 minutes longer, or until the lamb and vegetables are tender and show no resistance when pierced deeply with the tip of a small, sharp knife.

Taste for seasoning, sprinkle the top with parsley and serve at once directly from the casserole.

Braised Stuffed Shoulder of Lamb

To serve 4 to 6

11 tablespoons butter
5 tablespoons vegetable oil
1 cup finely chopped onions plus, 1 small onion, peeled and sliced into 1/8-inch-thick rounds
1 1/2 teaspoons finely chopped garlic plus 1 garlic clove, peeled and crushed with the side of a cleaver or heavy knife
1 pound fresh spinach, cooked, drained, squeezed completely dry and finely chopped, or substitute 2 cups thoroughly defrosted frozen chopped spinach, squeezed completely dry and finely chopped
1/2 cup finely chopped green bell pepper
3 cups soft fresh crumbs made from homemade-type white bread,

pulverized in a blender or finely shredded with a fork
1/4 cup finely chopped celery, plus 1 small celery stalk, coarsely chopped
1/4 teaspoon ground nutmeg, preferably freshly grated
1 1/2 teaspoons salt
Freshly ground black pepper
A 6- to 7-pound lamb shoulder, boned and flattened, with the bones sawed into small pieces and reserved
1 medium-sized carrot, scraped and cut into 1/8-inch-thick slices
2 cups water
4 sprigs fresh parsley and 1 medium-sized bay leaf tied with kitchen string
2 teaspoons arrowroot dissolved in 1/4 cup cold water
1 tablespoon prepared mustard

In a heavy 12-inch skillet, melt 2 tablespoons of butter in 2 tablespoons of oil over moderate heat. When the foam begins to subside, add the chopped onions and chopped garlic and, stirring frequently, cook for about 5 minutes until they are soft but not brown. Add the spinach and green pepper and stir until most of the liquid in the pan has evaporated. With a rubber spatula, scrape the spinach mixture into a deep bowl.

Melt 6 tablespoons of the remaining butter in the same skillet. Add the bread crumbs and fry them over moderate heat, stirring frequently until they are a delicate golden color. Add the contents of the skillet to the spinach mixture, then stir in the finely chopped celery, nutmeg, 1 teaspoon of the salt and a few grindings of pepper. Taste for seasoning.

Lay the lamb flat, cut side up, on a work surface and sprinkle it with the remaining 1/2 teaspoon of salt and a few grindings of pepper. Spread the spinach stuffing mixture evenly over the lamb. Starting at one long side, carefully roll the lamb into a tight cylinder. Wrap one end of a 10-foot length of cord around the lamb about 1 inch from the end of the roll and knot it securely. Then, in spiral fashion, loop the cord around the length of the roll to within about 1 inch of the opposite end. Wrap the end of the spiral tightly around the lamb and knot it securely.

Preheat the oven to 325°. In a heavy casserole large enough to hold the lamb comfortably, melt the remaining 3 tablespoons of butter over moderate heat. When the foam begins to subside, add the sliced onion, carrot, coarsely chopped celery, and crushed garlic and, stirring frequently, cook for about 5 minutes until the vegetables are soft but not brown. Set the casserole aside off the heat.

Meanwhile, warm the remaining 3 tablespoons of oil in the reserved skillet until a light haze forms above it. Brown the rolled lamb in the hot oil, turning it frequently with tongs or a slotted spatula and regulating the heat so that it colors richly and evenly on all sides without burning. Transfer the lamb roll to the casserole. Then brown the lamb bones in the fat remaining in the skillet and add them to the casserole.

Pour off the fat from the skillet and in its place add the water. Bring to a boil over high heat, stirring constantly and scraping in the brown particles that cling to the bottom and sides of the pan. Pour the mixture over the lamb and drop in the tied parsley and bay leaf.

Cover the casserole tightly and braise the lamb in the middle of the oven for 1½ hours, or until it is tender and shows no resistance when pierced deeply with the point of a skewer or small, sharp knife.

Transfer the lamb to a heated platter and drape foil over it to keep it warm while you prepare the sauce. With tongs, remove the bones from the casserole and discard them. Then strain the liquid remaining in the casserole through a fine sieve into a small saucepan, pressing down hard on the vegetables and herbs with the back of a spoon to extract all their juices before discarding them.

Skim as much fat as possible from the surface of the stock and bring to a simmer over moderate heat. Stirring the stock constantly, pour in the arrowroot mixture and cook until the sauce comes to a boil, thickens lightly and is smooth. Remove from the heat, add the mustard and taste for seasoning. Pour the sauce into a bowl and serve at once with the lamb.

Maple Barbecue Spareribs

To serve 4

2½ to 3 pounds lean spareribs,
trimmed of all excess fat and cut
into 2-rib serving pieces

¼ cup prepared mustard

1 cup cold water

½ cup tomato purée

¼ to ½ cup pure maple syrup
(see page 2)

¼ cup cider vinegar

¼ cup finely grated onions

¼ cup Worcestershire sauce

½ teaspoon Tabasco sauce

2 teaspoons salt

½ teaspoon freshly ground black
pepper

Preheat the broiler to its highest point. Pat the spareribs completely dry with paper towels and brush them on all sides with the mustard. Arrange the ribs fat side up in one layer on the rack of the broiler pan and broil 3 or 4 inches from the heat for 5 minutes. With tongs, turn the ribs meat side up and broil them for 5 minutes longer. Remove the rack, with the ribs on it, from the pan. Discard all of the fat that has accumulated and pour the water into the broiler pan. Return the ribs and rack to the pan.

Preheat the oven to 350°. In a bowl, combine the tomato purée, ¼ cup maple syrup, vinegar, onions, Worcestershire sauce, salt, Tabasco

Continued on next page

and pepper. Mix well, then taste the sauce and add up to $\frac{1}{4}$ cup more maple syrup if desired.

With a pastry brush, spread about $\frac{1}{4}$ cup of the sauce over the ribs and place them in the middle of the oven. Turning the ribs and basting them with the sauce every 15 minutes, bake for about 1 hour, or until the ribs are brown and crisp. Serve at once on a heated platter.

Rôti de Porc à l'Ail (Quebec)

GARLIC PORK POT ROAST

To serve 6

4 medium-sized peeled garlic cloves,
2 cut crosswise into $\frac{1}{8}$ -inch-thick
slices and 2 left whole

A 5- to 6-pound pork loin in one
piece, with the excess fat
removed, finely chopped and
reserved, and with the backbone
(chine) sawed through at $\frac{1}{2}$ -
inch intervals, but left attached
and tied to the loin in 2 or 3 places

3 medium-sized onions, peeled and
sliced into $\frac{1}{4}$ -inch-thick rounds
2 medium-sized carrots, scraped and
sliced into $\frac{1}{4}$ -inch-thick rounds
 $\frac{1}{2}$ cup coarsely chopped celery leaves
2 teaspoons salt
 $\frac{1}{2}$ teaspoon freshly ground black
pepper
2 cups water
8 medium-sized boiling potatoes,
peeled and dropped into a bowl
of cold water to prevent
discoloration

With the tip of a small, sharp knife, make as many slits as you have garlic slices, each about 1 inch long and 1 inch deep, and evenly spaced, in the fatty side of the loin. Insert a garlic slice into each slit.

In a heavy 6- to 8-quart casserole, fry the reserved pork fat over moderate heat, turning the bits about frequently with a slotted spoon until they are crisp and have rendered all their fat. Remove and discard the bits. Brown the pork loin in the fat, turning it over frequently and regulating the heat so that it colors richly and evenly without burning.

Add the onions, carrots, celery leaves, 2 whole garlic cloves, salt and pepper to the casserole. Pour in the water and bring to a boil over high heat. Reduce the heat to the lowest possible setting, cover tightly and simmer for $1\frac{1}{2}$ hours. Add the potatoes and turn them about in the cooking liquid until they are evenly coated. Continue to simmer for 45 minutes to 1 hour longer, turning the potatoes occasionally until they show no resistance when pierced deeply with the point of a small sharp knife.

To serve, transfer the pork loin to a heated platter and arrange the potatoes around it. Skim as much fat as possible from the sauce in the casserole, then rub the liquid and the vegetables (including the garlic) through a fine sieve into a bowl with the back of a spoon. Moisten the pork with a little of the sauce, pour the rest into a sauceboat and serve.

Tourtière (Quebec)

GROUND PORK PIE

To serve 6 to 8

Short-crust pastry dough for a
double-crust pie (*page 128*)
2 tablespoons butter
2 cups finely chopped onions
1 teaspoon finely chopped garlic
3 medium-sized firm ripe tomatoes,
peeled, seeded and finely chopped

(*see page 37*), or substitute 1
cup canned tomatoes, chopped
and drained

1½ pounds lean ground pork
¼ cup boiling water
½ teaspoon ground allspice
1½ teaspoons salt
Freshly ground black pepper
¼ cup finely chopped fresh parsley
1 egg, beaten with 2 tablespoons
light cream

Following the directions for short-crust pastry dough on page 128, roll out half of the pastry dough and use it to line a 9-inch pie tin. Refrigerate the pastry shell and the remaining half of unrolled pastry while you prepare the pork and tomato filling.

In a heavy 10- to 12-inch skillet, melt the butter over moderate heat. Add the onions and garlic and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown. Stir in the tomatoes and cook for 1 or 2 minutes.

Add the pork and, mashing it frequently with the back of a fork to break up any lumps, cook until no trace of pink remains. Stir in the water, allspice, salt and a few grindings of pepper, reduce the heat to its lowest setting, and simmer partially covered for 30 minutes. When finished, the pork mixture should be almost dry. If it is not, raise the heat to moderate and stir until any excess liquid evaporates. With a rubber spatula, scrape the contents of the skillet into a bowl. Mix in the parsley, taste for seasoning and let the mixture cool to room temperature.

Preheat the oven to 450°. Spoon the pork mixture into the pastry-lined tin, spreading it evenly and smoothing the top with a spatula. On a lightly floured surface roll the remaining half of the dough out into a rough circle about 12 inches in diameter and ⅛ inch thick. With a pastry brush dipped in cold water, lightly moisten the outside edge of the pastry shell. Drape the dough over the rolling pin, lift it up and unroll it over the pie. Trim off the excess pastry from around the rim with scissors or a sharp knife, then crimp the top and bottom pastry together firmly with your fingers or press them with the tines of a fork.

Cut a 1-inch-round hole in the top crust to allow steam to escape as the pie bakes. With a pastry brush, coat the top of the pie lightly but evenly with some of the egg-and-cream mixture. Bake in the middle of the oven for 10 minutes. Brush the pie with more of the egg-and-cream mixture and reduce the heat to 350°. Bake the pie for 40 minutes longer or until it is golden brown, brushing the top with the egg-and-cream mixture once or twice more. Serve at once, directly from the pie tin.

Venison Meat Loaf

To serve 8 to 10

1 tablespoon vegetable oil	2 medium-sized carrots, scraped and finely grated
4 tablespoons butter	¼ cup finely chopped fresh parsley
2 cups finely chopped onions	1 egg, lightly beaten
1½ teaspoons finely chopped garlic	¼ teaspoon crumbled dried thyme
2 pounds lean ground venison	2 teaspoons salt
1 pound lean ground pork	½ teaspoon freshly ground black pepper
½ pound ground fresh pork fat	

Preheat the oven to 350°. With a pastry brush, spread the tablespoon of oil evenly over the bottom of a large, shallow roasting pan. Set aside.

In a heavy 10- to 12-inch skillet, melt the butter over moderate heat. When the foam begins to subside, add the onions and garlic and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown. With a rubber spatula, scrape the entire contents of the skillet into a deep bowl.

Add the venison, pork, pork fat, carrots, parsley, egg, thyme, salt and pepper and knead vigorously with both hands. Then beat with a wooden spoon until the mixture is smooth and fluffy.

Transfer the mixture to the roasting pan and pat and shape it into a loaf about 12 inches long, 5 inches wide and 3 inches high.

Bake in the middle of the oven for 1½ hours, or until pale yellow juices trickle out when the loaf is pierced deeply with a small skewer or sharp knife. If the juices are still tinged with pink, bake the meat loaf for 5 or 10 minutes longer.

Serve the venison meat loaf at once, from a heated platter. Or, if you prefer, let it cool to room temperature, cover with foil or plastic wrap and refrigerate for 2 or 3 hours before serving.

Roast Wild Duck

To serve 4

8 tablespoons butter, plus 2 tablespoons butter, softened	1 medium-sized tart cooking apple, peeled, cored and finely chopped (about ½ cup)
6 slices day-old homemade-type white bread, trimmed of all crusts and cut into ¼-inch cubes (about 2 cups)	2 tablespoons finely chopped fresh parsley
The livers of the 2 ducks (<i>below</i>)	1 teaspoon crumbled dried sage leaves
½ cup finely chopped onions	1 teaspoon salt
½ cup finely chopped celery	Freshly ground black pepper
	Two 1 ½- to 2-pound oven-ready wild ducks

In a heavy 8- to 10-inch skillet, melt 6 tablespoons of the butter over moderate heat. When the foam begins to subside, drop in the bread cubes and fry them, turning the cubes about frequently with a slotted spoon until they are golden brown on all sides. Transfer them to a deep mixing bowl.

Melt 2 tablespoons of butter in the skillet and add the duck livers. Turning them frequently, cook over moderate heat for 3 or 4 minutes until they are firm and lightly browned. With a slotted spoon, remove the livers, chop them finely and add them to the bread.

Add the onions and celery to the fat remaining in the skillet and, stirring frequently, cook for about 5 minutes until they are soft but not brown. Then, with a rubber spatula, scrape the entire contents of the skillet over the bread. Add the apple, parsley, sage, ½ teaspoon of salt and a few grindings of pepper and toss the mixture together gently but thoroughly. Taste for seasoning.

Preheat the oven to 450°. Wipe the ducks completely dry inside and out with paper towels. Rub the cavities with the remaining ½ teaspoon of salt and fill them loosely with the stuffing. Close the openings by lacing them with skewers and kitchen cord or by sewing them together with a large needle and heavy white thread. Fasten the neck skins to the backs of the ducks with small skewers and truss the birds securely. Brush each duck with a tablespoon of softened butter.

Place the birds on their sides on a rack set in a shallow roasting pan and roast in the middle of the oven for 15 minutes. Turn them over and roast 15 minutes longer. Then place them on their backs and reduce the oven temperature to 350°. Continue to roast for about 30 minutes longer, basting the ducks two or three times with the liquid that accumulates in the pan. To test for doneness, pierce the thigh of one bird with the point of a small skewer or knife. The juice that trickles out should be tinged with pink; or, if you prefer the ducks well done, roast them for 5 to 10 minutes longer, or until the juice is pale yellow.

To serve, transfer the ducks to a large, heated platter and remove the string and skewers. Let the birds rest for 10 minutes for easier carving.

Roast Turkey with Oyster Stuffing

To serve 8

A 12-pound turkey, thoroughly defrosted if frozen	½-inch pieces (about 10 cups)
2 teaspoons plus 1 tablespoon salt	¾ cup finely chopped fresh parsley
The neck, gizzard, heart and liver of the turkey	2 tablespoons finely grated fresh lemon peel
1 medium-sized carrot, scraped and cut into 1-inch lengths	1 tablespoon crumbled dried sage leaves
1 small onion, peeled and quartered	½ teaspoon freshly ground black pepper
4 sprigs fresh parsley	½ pound butter, cut into ½-inch bits plus 8 tablespoons butter, softened
1 small bay leaf	3 cups finely chopped onions
4 cups water	2 cups finely chopped celery
2 one-pound loaves of day-old homemade-type white bread, trimmed of crusts and torn into	1 ½ pints shucked oysters (3 cups) drained
	1 egg, lightly beaten
	3 tablespoons flour

Pat the turkey completely dry inside and out with paper towels. Rub the cavity with 1 teaspoon of the salt and set the bird aside.

Before making the stuffing, combine the turkey neck, gizzard, heart and liver, the carrot, quartered onion, parsley sprigs, bay leaf, 1 teaspoon of salt and the water in a 3- to 4-quart saucepan. Bring to a boil over high heat, reduce the heat to low and simmer partially covered for 1½ hours.

Strain the liquid through a fine sieve into a bowl and reserve it. (There should be about 2 cups of turkey stock; if necessary, add enough fresh or canned chicken stock for the required amount.) Remove the liver, chop it into ¼-inch dice and reserve. Discard the rest of the turkey pieces as well as the vegetables and herbs.

Meanwhile preheat the oven to 400°. Combine the bread, chopped parsley, lemon peel, sage, 1 tablespoon of salt and the pepper in a large deep bowl and toss with a spoon until well mixed.

In a heavy 10- to 12-inch skillet, melt the ½ pound of butter bits over moderate heat. When the foam begins to subside, add the chopped onions. Stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown.

Stir in the celery and cook for a minute or so; then, with a rubber spatula, scrape the entire contents of the skillet into the bread mixture. Add the oysters and egg and stir the ingredients gently but thoroughly together. Taste the oyster stuffing for seasoning.

Fill both the breast and the neck cavity of the turkey with the stuffing and close the openings by lacing them with small skewers and kitchen cord, or sewing them with heavy, white thread. Truss the bird securely. With a pastry brush, spread the 8 tablespoons of softened butter evenly over its entire outside surface.

Place the bird on its side on a rack set in a large, shallow roasting pan and roast it in the middle of the oven for 15 minutes. Turn it on its other

side and roast 15 minutes longer. Then reduce the oven temperature to 325°, place the turkey breast side down and roast for 1 hour. Now turn it breast side up and roast it for about 1 hour longer, basting it every 15 minutes or so with the juices that have accumulated in the bottom of the pan.

To test for doneness, pierce the thigh of the turkey with the tip of a small, sharp knife. The juice that trickles out should be a clear yellow; if it is slightly pink, return the bird to the oven and roast for another 5 to 10 minutes. Transfer it to a heated platter and let it rest for 10 minutes or so for easier carving.

Meanwhile, skim off and discard all but a thin film of fat from the roasting pan. Stir the flour into the fat and cook over moderate heat for 2 to 3 minutes, meanwhile scraping in the brown particles clinging to the pan.

Pour in the reserved turkey stock (first skimming it of all surface fat) and, stirring constantly with a wire whisk, cook over high heat until the sauce comes to a boil, thickens and is smooth. Reduce the heat to low and simmer uncovered for about 5 minutes, then strain the gravy through a fine sieve into a serving bowl or sauceboat. Taste for seasoning and stir in the reserved chopped liver. Carve the turkey at the table, following the directions on page 28 of the main volume, and present the gravy separately.

Vermont Chicken Pie

To serve 4 to 6

	kitchen string
A 4½- to 5-pound roasting chicken	¼ teaspoon crumbled dried thyme
3 large onions, peeled and cut crosswise into ¼-inch-thick slices	1½ teaspoons salt
1 cup coarsely chopped celery, including the green leaves	Freshly ground black pepper
4 sprigs fresh parsley and 1 small bay leaf tied together with	1 quart plus 2 tablespoons water
	2 tablespoons butter
	6 tablespoons flour
	½ teaspoon ground white pepper

Remove the chunks of fat from the cavity of the chicken, cut them into small bits and reserve them. Truss the bird securely and place it in a heavy 7- to 8-quart (preferably oval-shaped) casserole. Scatter the onions, celery, parsley and bay leaf, thyme, 1 teaspoon of salt and a few grindings of pepper around the chicken and pour in 1 quart of water.

Bring to a boil over high heat, reduce the heat to low and place the lid on the casserole. Poach the chicken for about 1 hour and 15 minutes. To test for doneness, pierce the thigh of the bird with the point of a small, sharp knife. The juice that trickles out should be a clear yellow; if it is slightly pink, poach the bird for another 5 to 10 minutes.

Transfer the chicken to a platter and strain the cooking stock through a fine sieve into a bowl, pressing down hard on the vegetables and herbs with the back of a spoon to extract all their juices before discarding them. Measure and reserve 2½ cups of the stock. When the chicken is

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cool enough to handle, remove the skin and pull the meat from the bones with your fingers or a small knife. Discard the skin and bones and cut the meat into 1-inch pieces.

Drop the reserved bits of chicken fat into a heavy 10- to 12-inch skillet, add 2 tablespoons of water and cook over moderate heat, stirring frequently. When the bits have rendered all their fat, remove them from the skillet with a slotted spoon and discard them.

Add 2 tablespoons of butter to the chicken fat and melt over moderate heat. When the foam begins to subside, stir in 6 tablespoons of flour and mix to a smooth paste. Pour in the 2½ cups of reserved chicken stock and, stirring constantly with a wire whisk, cook over high heat until the sauce comes to a boil, thickens heavily and is smooth. Reduce the heat to low and simmer, uncovered, for about 5 minutes.

Stir in ½ teaspoon of salt and the white pepper and taste for seasoning. Remove the skillet from the heat, add the chicken pieces and toss together gently but thoroughly. Pour the entire contents of the pan into a 7-by-7-by-2-inch baking-serving dish and spread the pieces of chicken evenly over the bottom of the dish.

BISCUITS

2 to 2¼ cups all-purpose flour	into ¼-inch bits plus ¼ cup
1 tablespoon double-acting baking powder	butter, melted
1 teaspoon salt	2 tablespoons lard, chilled and cut into ¼-inch bits
2 tablespoons butter, chilled and cut	½ cup cold milk

To prepare the biscuits, preheat the oven to 450°. Combine 2 cups of flour, the baking powder and 1 teaspoon of salt and sift them into a large chilled bowl. Add the butter bits and lard and, with your fingertips, rub the flour and fat together until they look like flakes of coarse meal. Pour in the milk and beat with a wooden spoon until the dough is smooth and can be gathered into a fairly dry, compact ball. If the dough remains moist and sticky, beat in up to ¼ cup more flour by the tablespoonful.

Place the dough on a lightly floured surface and roll it out into a rough rectangle about ⅓ inch thick. With a cookie cutter or the rim of a glass, cut the dough into 2-inch round biscuits. Gather the scraps together, roll them out again and cut out as many more rounds as you can. Ideally you should have about 12 biscuits.

Place the biscuits side by side over the chicken in the baking dish, arranging them so that they cover the top completely. Brush the biscuits with the melted butter and bake in the middle of the oven for about 25 minutes, or until the biscuits have puffed and are golden brown. Serve at once, directly from the baking dish.

Cipâte (Quebec)

CHICKEN, MEAT AND VEGETABLE CASSEROLE WITH BISCUIT TOPPING

To serve 12

- | | |
|---|--|
| A 4- to 4½-pound chicken, cut into quarters with neck, gizzard, heart and liver reserved | 1-inch cubes
2 pounds lean beef chuck, cut into 1-inch cubes
½ teaspoon crumbled dried savory
5 teaspoons salt
Freshly ground black pepper
1½ cups finely chopped celery
2 medium-sized boiling potatoes, peeled and cut into ½-inch dice (about 2 cups)
½ pound fresh mushrooms, including the stems, trimmed and cut lengthwise into ¼-inch-thick slices (about 2½ cups)
¼ cup finely chopped parsley
2 to 2¼ cups all-purpose flour
1 tablespoon double-acting baking powder
12 tablespoons butter, chilled and cut into ¼-inch bits
½ cup milk |
| 1 medium-sized onion, peeled and pierced with 2 whole cloves, plus 2 cups finely chopped onions | |
| 1 medium-sized carrot, scraped, plus 4 medium-sized carrots, scraped and sliced into ¼-inch-thick rounds | |
| 4 sprigs fresh parsley and 1 medium-sized bay leaf tied together with kitchen string | |
| 1 quart cold water | |
| 2½ pounds fresh boneless pork, with the excess fat trimmed off and cut into ¼-inch cubes and the meat cut into 1-inch cubes | |
| 2 pounds lean boneless veal, cut into | |

With a small knife, remove the skin and bones from the chicken quarters. Then cut the meat into 1-inch pieces and refrigerate.

Place the chicken skin and bones, neck, gizzard, heart and liver in a heavy 3- to 4-quart casserole. Add the clove-pierced onion, the whole carrot, parsley and bay leaf and water. The water should cover all the ingredients completely; add more if necessary. Bring to a simmer over moderate heat, meanwhile skimming off the foam and scum as they rise to the surface. Simmer partially covered over low heat for 1½ hours.

With a slotted spoon remove and discard the chicken pieces and vegetables and strain the stock through a fine sieve lined with a double thickness of dampened cheesecloth. Then skim as much fat as possible from the surface of the stock. (Or you may prefer to refrigerate the unskimmed stock until the surface is covered with a layer of solidified fat that can be lifted out in a single piece.) There should be about 2 cups of stock.

Preheat the oven to 325°. In a small skillet, fry the pork-fat dice over moderate heat, turning them frequently with a slotted spoon until they are crisp and have rendered all their fat. Scatter the dice over the bottom of a heavy 8- to 10-quart casserole equipped with a tightly fitting cover. Discard the remaining fat.

In a deep bowl, combine the pieces of chicken, pork, veal, beef, ¼ teaspoon of the savory, 2 teaspoons of the salt and a liberal grinding of black pepper. With a wooden spoon mix gently to distribute the sea-

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sonings evenly. In another deep bowl combine the chopped onions, sliced carrots, celery, potatoes, mushrooms, chopped parsley, the remaining $\frac{1}{4}$ teaspoon of savory, 2 teaspoons of salt and a liberal grinding of pepper, and toss them together.

Spread about $\frac{1}{4}$ of the meat mixture over the pork dice in the casserole and cover with about $\frac{1}{3}$ of the vegetables. Repeat two more times, alternating the layers of meat with layers of vegetables, then spreading all the remaining meat evenly over the top. Pour in the reserved chicken stock; it should just cover the meat. If necessary add canned chicken stock or water to the casserole.

Sift the 2 cups of flour, the baking powder and the remaining teaspoon of salt into a deep bowl. Add the butter bits and, with your fingers, rub the flour and fat together until they look like flakes of coarse meal. Do not let the mixture become oily. Pour in the milk and continue to mix with your fingers or a wooden spoon until the dough is smooth and can be gathered into a compact ball. If the dough remains sticky, add up to $\frac{1}{4}$ cup more flour by the tablespoon.

Place the dough on a lightly floured surface and roll it out into a rough circle or oval (depending on the shape of the casserole) about $\frac{1}{4}$ inch thick. With a pastry wheel or sharp knife, cut the dough to the shape of the casserole, using the lid as a guide. Drape the dough over the rolling pin, lift it and unroll it over the *cipâte* mixture. Gently press the edges of the dough down inside the casserole making sure to cover the meat.

Seal the casserole with a piece of heavy-duty aluminum foil and set the lid in place. Bake in the middle of the oven for $2\frac{1}{2}$ hours, then remove the lid and aluminum foil and continue baking the *cipâte* for 20 to 30 minutes longer, or until the biscuit top is richly browned. Serve at once.

Plymouth Succotash

To serve 10 to 12

CHICKEN AND CORNED BEEF

A 5- to 6-pound stewing fowl

A 3- to 4-pound corned beef brisket

4 quarts water

2 large carrots, scraped

1 large onion, peeled and pierced
with 3 whole cloves

1 celery stalk, including the green
leaves

4 sprigs fresh parsley and 1
medium-sized bay leaf tied
together with kitchen string

Wash the fowl thoroughly inside and out under cold running water; remove and discard any chunks of fat from the cavity. Truss the bird securely with kitchen string and place it in a 12-quart pot. Add the corned beef brisket and 4 quarts of water. The water should cover the fowl and brisket by about 1 inch; if necessary, add more water.

Bring to a boil over high heat, meanwhile skimming off the foam and scum that rise to the surface. Add the carrots, the clove-pierced onion, the celery stalk and a parsley-and-bay leaf bouquet. Reduce the heat to low and simmer partially covered for about 2 hours, or until the fowl is ten-

der and shows no resistance when a thigh is pierced deeply with the point of a small knife. Then transfer the fowl to a plate. Cover and simmer the brisket for about 1 hour longer until it, too, is tender.

With a small, sharp knife, remove and discard the skin and bones from the fowl. Then cut the meat into 1-inch pieces and set aside. Transfer the brisket to a plate and cut it into 1-inch cubes. Strain the broth through a fine sieve into a deep bowl and skim as much fat as possible from the surface. (There should be about 3 quarts of broth.)

BEANS

2 to 3 quarts water	4 sprigs fresh parsley and 1
2 cups (1 pound) dried pea beans	medium-sized bay leaf tied
1 large onion, peeled and pierced	together with kitchen string
with 3 whole cloves	2 teaspoons salt

Meanwhile, prepare the beans in the following fashion: In a heavy 4- to 5-quart casserole, bring 2 quarts of water to a boil over high heat. Drop in the dried beans and boil them uncovered for about 2 minutes. (The water should cover the beans by at least 2 inches; if necessary, add more water.) Turn off the heat and let the beans soak for 1 hour. Then add a clove-pierced onion, a second parsley-and-bay leaf bouquet and 2 teaspoons of salt and bring to a boil again.

Reduce the heat to low, partially cover the pan and simmer the beans for about 1 hour, or until they can be easily mashed against the side of the pan with a spoon. (Check the beans from time to time as they simmer and add more boiling water if needed.) Drain the beans through a fine sieve and reserve the cooking liquid. Discard the onion and the bouquet, transfer the beans to a bowl and mash them to a smooth paste with a fork.

1 pound rutabaga, peeled and cut into 1-inch cubes	Two 1-pound, 4-ounce cans whole- kernel hominy
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Pour 4 cups of the chicken-and-brisket stock into a 3- to 4-quart enameled or stainless-steel saucepan, and bring to a boil over high heat. Drop in the rutabaga and cook briskly, uncovered for 25 to 30 minutes until it is tender. Drain in a sieve or colander set over a bowl.

Measure the rutabaga cooking liquid and pour it into a heavy 8- to 10-quart casserole. Add enough chicken-and-brisket stock to make 8 cups of liquid in all. Then add the rutabaga, the mashed beans and the canned hominy and, stirring constantly, bring to a boil over high heat. Reduce the heat to low and simmer partially covered for 30 minutes.

Stir in the pieces of chicken and beef, cover partially and simmer for 30 minutes longer. Check the pan from time to time and, if the mixture seems dry, add more of the meat stock or, if you have used it all, add as much of the bean stock as you need. When finished, the succotash should be thick, with most of the liquid in the pan evaporated. Taste for seasoning and serve at once, mounded on a deep platter or in a large bowl.



VEGETABLES & SALADS

Mimosa Fiddlehead Greens Salad

To serve 6

- | | |
|---|---|
| 2 teaspoons salt | washed, trimmed and cut into small pieces |
| 1 ten-ounce package frozen fiddlehead greens | 1 small head romaine lettuce, washed, trimmed and cut into small pieces |
| 1 large garlic clove, peeled and finely chopped | 3 or 4 chicory leaves, washed and cut into small pieces |
| 6 tablespoons olive oil | 1 bunch watercress, washed and stems removed |
| 2 tablespoons wine vinegar | 3 hard-cooked eggs, finely chopped |
| Freshly ground black pepper | |
| 1 small head Bibb or Boston lettuce, | |

In a heavy 2- to 3-quart saucepan, bring $\frac{3}{4}$ cup of water and 1 teaspoon of salt to a boil over high heat. Drop in the fiddlehead greens, reduce the heat to low and partially cover the pan. Simmer the greens for about 2 minutes, or until they are barely tender and show only a slight resistance when pierced with the point of a small skewer or knife. Drain the greens in a sieve or colander and run cold water over them to set their color and stop their cooking. Then spread the fiddlehead greens on paper towels and pat them completely dry.

Place the chopped garlic in a large salad bowl, and pour in the oil and vinegar. Add the remaining teaspoon of salt and a liberal grinding of pepper, and beat vigorously with a wire whisk until the dressing is smooth.

Add the fiddlehead greens and turn them about with the fork to coat them evenly. Then add the lettuce, chicory, watercress and chopped eggs and toss all the ingredients together gently but thoroughly. Taste for seasoning and serve at once.

Fiddlehead Greens, Hollandaise (Quebec)

To serve 4 to 6

1½ teaspoons salt	tablespoons butter
2 ten-ounce packages frozen fiddlehead greens, thoroughly defrosted	3 egg yolks
12 tablespoons unsalted butter, cut into ½-inch bits, plus 3	1 tablespoon heavy cream
	2 tablespoons strained fresh lemon juice
	⅛ teaspoon white pepper

Bring 1½ cups of water and 1 teaspoon of salt to a boil over high heat in a heavy 2- to 3-quart saucepan. Drop in the fiddlehead greens, reduce the heat to low and partially cover the pan. Simmer for about 2 minutes, or until the greens are tender and show only slight resistance when pierced with the point of a small, sharp knife. Drain the greens and pat them dry with paper towels.

To make the hollandaise sauce, melt the 12 tablespoons of butter bits over moderate heat in a small, heavy skillet, stirring so that the butter melts evenly without browning. Set the butter aside off the heat and cover to keep it warm.

Working quickly, drop the egg yolks into a 1½- to 2-quart enameled or stainless-steel saucepan. Beat the yolks vigorously with a wire whisk until they are so thick that the bottom of the pan shows through when the whisk is drawn across it. Place the pan over very low heat, add 1 tablespoon of the remaining butter and beat until the mixture clings lightly to the wires of the whisk.

Remove the pan from the heat and beat in the cream at once. Still stirring constantly with the whisk, add the reserved warm melted butter by the teaspoonful. After you have added about ¼ cup of the butter and the sauce has begun to thicken, pour in the remaining melted butter in a slow, thin stream, whisking constantly. The finished sauce should be thick and glossy. Beat in the lemon juice, taste and season with the remaining ½ teaspoon of salt and the pepper. Set aside off the heat.

Immediately melt the remaining 2 tablespoons of butter over moderate heat in a heavy 10- to 12-inch skillet. When the foam begins to subside add the fiddlehead greens and stir for 2 or 3 minutes to heat them through. Do not let the fiddleheads brown.

To serve, mound the greens attractively on a heated platter. Pour the hollandaise into a sauceboat and present it separately with the greens.

Harvard Beets

To serve 6 to 8

12 medium-sized firm young beets	½ teaspoon salt
⅓ cup sugar	⅓ cup red wine vinegar
1 ½ teaspoons cornstarch	2 tablespoons butter, cut into ½-inch bits

With a small, sharp knife cut the tops from the beets, leaving about 1 inch of stem on each. Scrub the beets under cold running water and place them in a 4- to 5-quart saucepan. Pour in enough cold water to cover them by 2 inches, bring to a boil over high heat and cover the pan tightly. Reduce the heat to low and simmer until the beets show no resistance when pierced deeply with the point of a small skewer or knife. This may take from 30 minutes for young beets to as long as 2 hours for older ones. The beets should be kept constantly covered with water; add boiling water if necessary.

Drain the beets in a colander set over a bowl and reserve ½ cup of the cooking liquid. Slip off the skins, cut the beets crosswise into ¼-inch-thick slices and set them aside. Combine the sugar, cornstarch, salt and vinegar in a 2- to 3-quart enameled or stainless-steel saucepan and stir until the mixture is smooth. Add the reserved beet liquid and, stirring constantly, cook over moderate heat until the sauce comes to a boil and thickens. Swirl in the butter bits and then add the beets. Turning the slices about with a spoon to coat them evenly with the sauce, simmer for 2 or 3 minutes to heat the beets through. Taste for seasoning and serve at once from a heated bowl.

Yale Beets

To serve 6 to 8

1 or 2 medium-sized oranges	trimmed, peeled and sliced crosswise into ⅛-inch-thick rounds (about 6 cups)
1 medium-sized lemon	
1 tablespoon butter, softened, plus 2 tablespoons butter, cut into ¼-inch bits	2 tablespoons lemon juice
	2 tablespoons flour
	½ cup sugar
12 medium-sized firm young beets,	½ teaspoon salt

With a small, sharp knife or swivel-bladed vegetable peeler, remove the skin of one orange and the lemon; be careful not to cut too deeply lest you include the bitter white pith. Cut the orange and lemon peels into strips about 1 inch long and ⅛ inch wide and drop them into enough boiling water to cover them completely. Boil briskly, uncovered, for 5

minutes. Drain in a colander and run cold water over the strips of peel to set their color. Set aside to drain thoroughly.

Meanwhile, preheat the oven to 350°. With a pastry brush, spread the tablespoon of softened butter over the bottom and sides of a 13-by-8½-by-2-inch baking dish. Spread the sliced beets evenly in the buttered dish and set it aside.

Squeeze the lemon and strain 2 tablespoons of juice into a small bowl, add the flour and stir until it dissolves completely. Then squeeze the orange and strain the juice into another bowl. There should be ½ cup of juice; if necessary squeeze and strain a second orange. Add the orange juice, sugar and salt to the lemon-flour mixture and stir until the sugar dissolves. Then pour the entire contents of the bowl over the beets. Scatter the butter bits on top.

Cover the dish tightly with wax paper or foil and bake in the middle of the oven for 1½ hours, or until the beets are tender and show no resistance when pierced with the point of a small knife.

Transfer the beets and sauce to a heated bowl, sprinkle the top with the reserved strips of orange and lemon peel and serve at once.

Corn Pudding

To serve 6

1 tablespoon butter, softened, plus
4 tablespoons butter, melted and
cooled
¼ cup flour
1 teaspoon salt

¼ teaspoon ground white pepper
3 eggs
3 cups fresh corn kernels, cut from
about 6 large ears of corn, or
substitute 3 cups frozen corn
kernels, thoroughly defrosted
2 cups light cream

Preheat the oven to 325°. Brush the tablespoon of softened butter evenly over the bottom and sides of a 1½-quart baking-serving dish.

Combine the flour, salt and pepper and set aside. In a deep bowl, beat the eggs with a wire whisk or rotary beater until they are frothy. Stir in the corn and then, stirring constantly, sift in the combined flour, salt and pepper. Add the melted butter and cream and stir well for 2 to 3 minutes.

Pour the mixture into the baking dish and place it in a large shallow pan set on the middle shelf of the oven. Then pour enough boiling water into the pan to rise at least 1 inch up the sides of the dish. Bake the pudding for 2 hours, or until the top is a delicate brown and a knife inserted in the center comes out clean. (Keep a kettle of boiling water handy, and replenish the water in the pan if it boils away.)

Serve at once, directly from the baking dish.

Baked Beans Vermont Style

To make about 3 quarts

2 to 3 quarts water

4 cups (2 pounds) dried pea beans
or Great Northern beans

1 large onion, peeled, plus 1
medium-sized onion, peeled and
thinly sliced

1 teaspoon plus 1 tablespoon salt

1 tablespoon dry mustard

1 teaspoon ground ginger

½ teaspoon ground white pepper

1½ cups pure maple syrup (*see*
page 2)

6 ounces lean salt pork, cut into ¼-
inch-thick slices

In a heavy 4- to 5-quart casserole, bring 2 quarts of water to a boil over high heat. Drop in the beans and boil them for about 2 minutes. (The water should cover them by at least 2 inches; if necessary, add more.) Turn off the heat and let the beans soak for 1 hour. Then add the whole onion and 1 teaspoon of salt and bring to a boil again. Reduce the heat to low and simmer partially covered for about 1 hour, or until the beans are tender. Check them from time to time; add more boiling water if needed. Drain the beans through a fine sieve set over a bowl, discard the onion and reserve the cooking liquid. There should be about 2 quarts; add water if necessary to make the required amount.

In a deep bowl, mix the dry mustard, ginger, pepper and the remaining tablespoon of salt. Pour in about ½ cup of the maple syrup and stir until the spices are well mixed. Stir in the remaining syrup, then add the beans and stir them gently with a spoon until they are evenly coated.

Preheat the oven to 300°. Cover the bottom of a 4- to 5-quart bean pot with the onion slices and ladle the bean mixture over them. Push the salt pork slices, rind side down, slightly beneath the surface of the beans. Then pour in 5 to 7 cups of the reserved cooking liquid to cover the surface of the beans by ½ inch. (Reserve the remaining liquid.) Cover the pot with a piece of aluminum foil and set the lid in place.

Bake the beans in the middle of the oven for 6 hours, adding more of the reserved cooking liquid to the pot if necessary. Then remove the lid, taste for seasoning, and bake the beans uncovered for 1 hour longer.

Serve the beans directly from the pot. Leftover beans may be refrigerated in the same pot; tightly covered with foil or plastic wrap they can safely be kept for a week to 10 days. The beans will absorb the cooking liquid as they stand; add a little water before reheating them in the oven.

Harlow House Baked Beans

To make about 3 quarts

2 to 3 quarts water	$\frac{3}{4}$ cup dark molasses
4 cups (2 pounds) dried pea or Great Northern beans	$\frac{3}{4}$ cup dark brown sugar
1 large onion, peeled, plus 2 large onions, peeled and each pierced with 2 whole cloves	1 tablespoon dry mustard
1 teaspoon plus 1 tablespoon salt	1 teaspoon freshly ground black pepper
	$\frac{1}{2}$ pound salt pork in one piece, with rind left on

In a heavy 4- to 5-quart casserole, bring 2 quarts of water to a boil over high heat. Drop in the dried beans and boil them for about 2 minutes. (The water should cover the beans by at least 2 inches; add more if necessary.) Turn off the heat and let the beans soak for 1 hour. Then add the peeled onion and 1 teaspoon of salt and bring to a boil again. Reduce the heat to low, partially cover the pan and simmer for about 1 hour, or until the beans are tender. Check from time to time and add more boiling water to the pot if necessary. (The beans should be covered with water throughout the cooking.) Drain the beans through a fine sieve set over a bowl, pick out and discard the onion and reserve the cooking liquid. There should be about 2 quarts of liquid; add water if necessary.

In a deep bowl, mix the molasses, $\frac{1}{2}$ cup of the brown sugar, the mustard, 1 tablespoon of salt and the pepper. Pour in about $\frac{1}{2}$ cup of the bean liquid and stir to blend the ingredients well. Stir in the remaining bean liquid, then add the beans and turn them about gently with a spoon until they are evenly coated.

Preheat the oven to 200°. Place the clove-pierced onions in the bottom of a 4- to 5-quart bean pot and ladle the bean mixture over them. Score the fatty side of the salt pork by making crisscrossing diagonal cuts about $\frac{1}{2}$ inch deep and $\frac{1}{2}$ inch apart all over the surface. Push the salt pork down into the beans, letting only the top edge protrude above them. Cover the pot with a piece of foil and set the lid securely in place.

Bake the beans in the middle of the oven for 7 hours. Then remove the lid and foil, spread the remaining $\frac{1}{4}$ cup of brown sugar evenly over the beans and bake for 1 hour longer. Serve the beans at once, directly from the pot. Leftover beans may be refrigerated in the same pot; tightly covered with foil or plastic wrap, they can safely be kept for a week to 10 days. The beans will absorb the cooking liquid as they stand; add a little more water to the pot before reheating them in the oven.

(Adapted from a recipe in *The Plimoth Colony Cook Book*.)

Asparagus Ambush

To serve 4

4 rectangular hard rolls, each about 5 inches long and 3 inches wide	1 ½ teaspoons salt
2 pounds fresh young thin-speared asparagus (no spear should be more than about ½ inch in diameter at its base)	3 tablespoons butter
	2 tablespoons flour
	1 cup milk
	1 tablespoon strained fresh lemon juice
	¼ teaspoon ground white pepper

Preheat the oven to 250°. To shape the rolls into boatlike covered shells, trim about ½ inch off each end of each roll with a sharp knife. Cut a strip about 2 inches wide and ¼ inch thick lengthwise from the top of each roll, and reserve it. Scoop out the soft centers of the rolls to make open-ended shells about ¼ inch thick. Arrange the shells and the 2-inch strips (the covers) side by side on a baking sheet and place them in the oven for 10 to 15 minutes until they are hot and crisp.

In the meantime, cut off and discard the bottoms of the asparagus spears to make asparagus tips about 5 inches long. Divide them into four equal bundles and tie the bundles together at both ends with soft string.

In a 4- to 5-quart enameled or stainless-steel casserole, bring 2 quarts of water and 1 teaspoon of salt to a boil over high heat. Drop in the asparagus and cook briskly uncovered for 5 or 6 minutes, or until the stalks are barely tender and show only slight resistance when pierced with the point of a small, sharp knife. With two kitchen forks, lift the bundles out of the water by their strings. Drain the asparagus on paper towels, then cut off the strings.

While the asparagus is cooking, prepare the sauce in the following fashion: In a heavy 6- to 8-inch skillet, melt the butter over moderate heat. When the foam subsides, stir in the flour and blend well. Stirring the mixture constantly with a wire whisk, pour in the milk in a slow, thin stream and cook over high heat until the sauce comes to a boil, thickens heavily and is smooth. Reduce the heat to low and simmer for about 3 minutes to remove any taste of raw flour. Stir in the lemon juice, the remaining ½ teaspoon of salt and the pepper and taste for seasoning.

To assemble, place a hot roll on an individual heated plate and arrange one bundle of asparagus stalks lengthwise in the shell. Spoon about ¼ cup of the sauce over the asparagus and set the cover of the shell in place on top. Prepare and sauce the other rolls similarly and serve at once.

Tantramar Mushrooms (New Brunswick)

To serve 6

8 to 11 tablespoons butter	1/3-inch-thick slices
6 thin slices homemade-type white bread, cut into 3-inch rounds with a cookie cutter or the rim of a glass	2 teaspoons strained fresh lemon juice
2 tablespoons freshly grated onions	2 tablespoons flour
1 pound fresh wild Tantramar mushrooms, or substitute 1 pound fresh cultivated mushrooms, trimmed, wiped with a damp cloth, and cut lengthwise into	1 cup chicken stock, fresh or canned
	1/2 cup light cream
	1 teaspoon celery seed
	1 teaspoon salt
	1/4 teaspoon freshly ground black pepper
	2 tablespoons finely chopped parsley

Tantramar mushrooms, which grow wild around the marshes outside of Sackville, New Brunswick, at the head of the Bay of Fundy, are thought to have been planted originally by early French settlers.

Preheat the oven to its lowest setting. Line a baking pan with a double thickness of paper towels and place it on the middle shelf of the oven.

In a heavy 12-inch skillet, melt 3 tablespoons of the butter over moderate heat. When the foam begins to subside, add the bread rounds. Turn them with a slotted spatula and regulate the heat so that they color richly and evenly on both sides without burning. If necessary, add up to 3 tablespoons more butter to the skillet, a tablespoonful at a time. When the bread rounds are done, transfer them to the paper-lined pan and keep them warm in the oven while you prepare the mushrooms.

In the same skillet melt the remaining butter over moderate heat. Drop in the onions and stir for 1 or 2 minutes until they are soft but not brown. Add the mushrooms and, stirring occasionally, fry them for 8 to 10 minutes, or until almost all the liquid that accumulates in the pan has evaporated. Do not let the mushrooms brown.

Add the lemon juice and stir in the flour. Then, stirring the mixture constantly with a wire whisk, pour in the chicken stock and the cream in a slow, thin stream and cook over high heat until the sauce comes to a boil, thickens lightly and is smooth. Add the celery seed, salt and pepper, reduce the heat to low and simmer for 5 minutes to remove the raw taste of the flour. Taste for seasoning.

Arrange the fried bread rounds attractively on a heated platter or individual plates and spoon about 1/2 cup of the mushroom mixture over each one. Sprinkle with chopped parsley and serve at once.

Glazed Onions (Prince Edward Island)

To serve 4

12 firm white onions, each about 1½ inches in diameter	4 tablespoons butter 2 tablespoons honey ½ teaspoon salt
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Preheat the oven to 400°. Drop the onions into enough boiling water to immerse them completely and cook briskly, uncovered, for about a minute. Drain the onions in a sieve or colander. With a small, sharp knife trim the stem ends, slip off the white parchmentlike skins, and cut the tops from the onions. Arrange the onions side by side in a baking-serving dish just large enough to hold them in one layer.

In a small skillet, melt the butter over moderate heat. When the foam begins to subside, add the honey and salt and stir until it is hot and fluid. Pour the honey mixture over the onions, turning them about with a spoon to coat them evenly.

Basting the onions occasionally with the cooking liquid, bake them in the middle of the oven for about 45 minutes, or until they are golden brown and show no resistance when pierced deeply with the point of a small knife. Serve at once, directly from the baking dish.

Creamed Onions

To serve 8

2½ pounds small white onions	½ cup heavy cream
4 tablespoons butter	¼ teaspoon ground nutmeg, preferably freshly grated
4 tablespoons flour	1 teaspoon salt
1½ cups milk	Ground white pepper

To peel the onions, drop them into boiling water and let them boil briskly for about 30 seconds. Drain the onions in a sieve or colander under cold running water and cut off the root ends with a small, sharp knife. Slip off the papery outer skin of each onion and trim the top neatly.

Drop the onions into enough lightly salted boiling water to barely cover them. Reduce the heat to its lowest setting, partially cover the pan and simmer the onions for about 20 minutes, or until they show only slight resistance when pierced with the point of a small, sharp knife. Drain the onions in a sieve set over a bowl and set them aside. Measure and reserve 1 cup of the cooking liquid.

In a heavy 3- to 4-quart saucepan, melt the butter over moderate heat. When the foam begins to subside, add the flour and mix well. Stirring constantly with a wire whisk, pour in the reserved cup of cooking liquid,

the milk and cream and cook over high heat until the sauce comes to a boil, thickens lightly and is smooth.

Reduce the heat to low and simmer the sauce for 3 or 4 minutes. Then stir in the nutmeg, salt and white pepper and taste for further seasoning. Add the onions and, turning them about gently with a spoon from time to time, simmer for a few minutes longer until they are heated through. Serve at once from a heated bowl.

Baked Tomatoes

To serve 6

1 tablespoon butter, softened,	homemade-type white bread,
plus 4 tablespoons butter,	pulverized in a blender or finely
plus 2 tablespoons butter, cut	shredded with a fork
into ¼-inch bits	¼ cup finely chopped parsley
½ cup finely chopped onions	2 teaspoons salt
1 cup soft fresh crumbs made from	Freshly ground black pepper
	6 medium-sized firm ripe tomatoes

Preheat the oven to 400°. With a pastry brush, spread the tablespoon of softened butter evenly over the bottom and sides of a 13-by-9-by-2½-inch baking dish. Set aside.

In a heavy 8- to 10-inch skillet, melt 2 tablespoons of butter over moderate heat. When the foam begins to subside, add the onions and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown. Watch carefully for any sign of burning and regulate the heat accordingly. With a slotted spoon, transfer the sautéed onions to a small mixing bowl.

Melt 2 more tablespoons of butter in the skillet, add the bread crumbs and fry them, stirring frequently until they are golden. Scrape the entire contents of the skillet into the bowl with the onions. Add the parsley, ½ teaspoon of salt and a few grindings of pepper and toss together gently but thoroughly.

Slice the tomatoes in half crosswise. Arrange them cut side up in one layer in the buttered dish. Season with the remaining salt and a few grindings of pepper. Spoon the onion-and-crumbs mixture evenly over the tomatoes, and dot the top with the butter bits. Bake in the middle of the oven for about 30 minutes, or until the tomatoes are tender but not limp and the bread crumbs are golden brown.

Serve the tomatoes hot or at room temperature, directly from the baking dish. Or, with a wide metal spatula, arrange the tomatoes attractively on a heated platter.

Summer Succotash

To serve 6

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| 1 tablespoon plus 1 teaspoon salt | (2½ to 3 cups) |
| 2 cups fresh corn kernels, cut from
about 4 large ears of corn | 4 tablespoons butter |
| 1 pound fresh green string beans,
trimmed, washed and cut
diagonally into 1-inch lengths | 1 teaspoon sugar |
| | ¼ teaspoon freshly ground black
pepper |
| | 1 cup heavy cream |

In a heavy 3- to 4-quart saucepan, bring 1 quart of water and 1 tablespoon of salt to a boil over high heat. Drop in the corn and beans and cook briskly, uncovered, until they are tender but still somewhat crisp to the bite. Drain the vegetables in a sieve or colander, then plunge them into a pot of cold water and let them cool for about 5 minutes. Drain again and spread the vegetables on paper towels to dry them completely.

In a heavy 10-inch skillet, melt the butter over moderate heat. When the foam begins to subside, add the corn and beans and, stirring constantly, cook for 1 or 2 minutes to heat them through. Add the remaining teaspoon of salt, the sugar and pepper, then pour in ¼ cup of the cream and stir over moderate heat until it has almost but not quite cooked away. Pour in and boil down the remaining cream, ¼ cup at a time, in similar fashion. Taste for seasoning and serve the succotash from a heated bowl.

Winter Succotash

To serve 4

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| 1 cup (½ pound) dried
horticultural shell beans such as
cranberry beans, or substitute
dried pink or pinto beans | 1 tablespoon plus 1 teaspoon salt |
| 1 medium-sized onion, peeled and
pierced with 2 whole cloves | 2 cups fresh corn kernels, cut from
about 4 large ears of corn, or
substitute 2 cups frozen corn
kernels, thoroughly defrosted |
| 4 sprigs fresh parsley and 1 small
bay leaf tied together with
kitchen string | ½ cup heavy cream |
| | 4 tablespoons butter, cut into
½-inch bits |
| | Freshly ground black pepper |

In a heavy 2- to 3-quart saucepan, bring 1 quart of water to a boil over high heat. Drop in the dried beans and boil them briskly uncovered for about 2 minutes. (The water should cover the beans by at least 2 inches; if necessary, add more.)

Turn off the heat and let the beans soak for 1 hour. Then add the onion, the parsley-and-bay leaf bouquet and 1 tablespoon of salt. Bring to a boil again, stirring until the salt dissolves.

Reduce the heat to low, partially cover the pan, and simmer for about 1 hour, or until the beans are tender. Check the beans from time to time and add more boiling water if needed. Drain the beans through a fine sieve, discarding the cooking liquid. Then pick out and discard the onion and the parsley and bay leaf.

Return the beans to the saucepan and add the corn and cream. Stirring from time to time, bring to a boil over moderate heat, reduce the heat to low and cook for 2 or 3 minutes until the liquid in the pan has thickened slightly and the corn is tender and hot.

Add the butter, the remaining teaspoon of salt and a few grindings of pepper and continue to stir until the butter melts. Taste for seasoning and serve at once from a heated bowl.

Stuffed Baked Potatoes (Prince Edward Island)

To serve 6

7 tablespoons butter, softened, plus	¾ cup freshly grated sharp
1 tablespoon butter, cut into	Cheddar cheese
¼-inch bits	½ cup milk
6 eight-ounce baking potatoes,	1 teaspoon salt
thoroughly scrubbed and patted	¼ teaspoon freshly ground black
dry with paper towels	pepper
6 slices (about 4 ounces) lean bacon	2 tablespoons finely chopped
	scallions, white part only

Preheat the oven to 425°. With a pastry brush, spread 2 tablespoons of the softened butter evenly over the skins of the potatoes. Bake the potatoes on a rack in the middle of the oven for about 1 hour. The potatoes are done if they feel soft when squeezed gently between your thumb and forefinger. Remove the potatoes and reduce the oven temperature to 400°.

Meanwhile, in a heavy 10- to 12-inch skillet, fry the bacon over moderate heat, turning the slices frequently with tongs until they are crisp and brown. Drain the bacon on paper towels, crumble it into small bits and set aside. Brush 1 tablespoon of softened butter over the bottom of a shallow baking dish large enough to hold the potatoes in one layer.

Cut a ¼-inch-thick lengthwise slice off the top of each baked potato. With a spoon, scoop out the potato pulp, leaving the skin intact and creating a boatlike shell about ¼ inch thick.

Place the potato pulp in a deep bowl and mash it into a smooth purée with the back of a fork, or rub the pulp through a ricer into a deep bowl. Add the remaining 4 tablespoons of softened butter, the grated cheese, milk, salt and pepper and beat vigorously until the mixture is smooth. Stir in the bacon bits and the scallions and taste for seasoning.

Spoon the potato mixture into the shells, mounding it in the center. Arrange the shells in the buttered dish and sprinkle the butter bits on top. Bake in the middle of the oven until the potatoes are golden brown and crusty. Serve at once.

Baked Stuffed Summer Squash

To serve 4

5 medium-sized firm young straightneck squash (about 2½ pounds)	¼ cup light cream Ground nutmeg, preferably freshly grated
4 tablespoons butter, plus 1 tablespoon butter, softened, plus 1 tablespoon butter cut into ¼-inch bits	½ teaspoon salt Freshly ground black pepper
3 tablespoons finely chopped onions	4 teaspoons soft fresh crumbs, made from homemade-type white bread, pulverized in a blender or finely shredded with a fork
3 tablespoons flour	4 tablespoons freshly grated mild Cheddar cheese
¾ cup milk	

Drop the squash into enough boiling water to cover them by at least 1 inch and boil briskly uncovered for 10 minutes. With tongs or a slotted spoon, transfer the squash to paper towels to drain.

When they are cool enough to handle, shape the squash into boatlike shells in the following manner: set the squash on their sides and then slice a ½-inch-thick horizontal strip off the top side of each squash, cutting lengthwise from within an inch of the stem end to within an inch of the bottom end. With a spoon, scrape the squash flesh from the strips before discarding them. Then hollow out the center of each squash to make a shell about ¼-inch thick. Invert the 4 most perfect shells on paper towels; discard the fifth one. Drain the squash flesh on additional towels.

Preheat the oven to 400°. In a heavy 8- to 10-inch skillet, melt 2 tablespoons of the butter over moderate heat. When the foam begins to subside, drop in the pieces of squash. Mashing the squash constantly with the back of a fork, cook for 3 or 4 minutes until it is dry and soft. Set the skillet aside off the heat.

Melt the remaining 2 tablespoons of butter in a heavy 2- to 3-quart saucepan. Add the onions and, stirring frequently, cook for about 5 minutes until they are soft and translucent but not brown. Stir in the flour and mix well. Stirring the mixture constantly with a wire whisk, gradually pour in the milk and cream and cook over high heat until the sauce comes to a boil and thickens heavily. Reduce the heat to low and simmer for about 3 minutes, then season to taste with nutmeg, salt and pepper. Remove the pan from the heat and stir in the mashed squash pulp.

With a pastry brush, spread the tablespoon of softened butter over the bottom and sides of a shallow 6-by-12-inch baking dish. Arrange the squash shells in the dish side by side and hollow surfaces up. Spoon the creamed squash mixture into the shells, dividing it evenly among them and mounding the filling slightly in the center. Sprinkle each shell with 1

teaspoon of bread crumbs and 1 tablespoon of grated cheese. Dot the tops with the butter bits.

Bake in the middle of the oven for 20 minutes, then slide the shells under a preheated broiler for a minute or so to brown the tops lightly. Serve the squash at once.

Creamed Potato Balls (New Brunswick)

To serve 4

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| 8 medium-sized boiling potatoes,
peeled, cut crosswise in half, and
trimmed into balls each 1 inch in
diameter (about 16 potato balls) | ½ teaspoon salt |
| 3 tablespoons butter | ⅛ teaspoon ground white pepper |
| 2 tablespoons flour | 1 hard-cooked egg yolk, finely
chopped |
| 1 cup milk | 2 tablespoons finely cut fresh chives |
| | ⅛ teaspoon ground nutmeg,
preferably freshly grated |

Drop the potatoes into enough lightly salted boiling water to cover them completely and boil briskly, uncovered, until they are tender and show no resistance when pierced deeply with the point of a small, sharp knife. Drain off the water and return the pan to low heat. Sliding the pan back and forth constantly, cook for a minute or so until the potatoes are completely dry. Then transfer them to a heated bowl.

While the potato balls are boiling, prepare the cream sauce in the following fashion. In a heavy 6- to 8-inch skillet, melt the butter over moderate heat. When the foam begins to subside, stir in the flour and mix well. Stirring constantly with a wire whisk, pour in the milk in a slow, thin stream and cook over high heat until the sauce comes to a boil, thickens heavily and is smooth. Add the salt and pepper, then reduce the heat to low and simmer for about 3 minutes to remove any taste of raw flavor. Taste for seasoning.

Pour the hot cream sauce over the potato balls, sprinkle the top with the egg yolk, chives and nutmeg, and serve at once.

Creamed Winter Squash

To serve 4

2½ pounds acorn, Hubbard, or butternut squash, peeled, seeded and cut into 2-inch chunks	temperature 1 tablespoon pure maple syrup (<i>see</i> <i>page 2</i>)
4 tablespoons butter, cut into ½- inch bits and softened at room	¼ teaspoon ground nutmeg, preferably freshly grated 1 teaspoon salt

Pour water into the lower part of a steamer to within about 1 inch of the top pan and bring to a boil. Place the squash in the top pan and set it in place. Immediately cover the pan and steam over high heat for 30 minutes, or until the squash can be easily pierced with a fork.

(Lacking a steamer, you can easily improvise one by using a large pot equipped with a tightly fitting cover and a collapsible steaming basket on legs or a standing colander. Pour water into the pot to within about 1 inch of the perforated container and bring it to a boil. Place the squash in the basket or colander, set it in place and cover the pot. Steam over high heat for about 30 minutes, or until the squash is soft.)

Purée the squash through a food mill set over a bowl, or mash it smooth with a table fork. (There should be about 3 cups of purée.) Transfer the purée to a heavy 8- to 10-inch skillet and, stirring almost constantly, cook over moderate heat until the purée is dry. Stir in the butter, maple syrup, nutmeg and salt and taste for seasoning. Serve the creamed squash at once from a heated bowl, sprinkled with a little more nutmeg.

Maple Baked Acorn Squash

To serve 4

	8 teaspoons pure maple syrup (<i>see</i> <i>page 2</i>)
2 one-pound acorn squash	1 teaspoon salt
4 tablespoons unsalted butter	Freshly ground black pepper

Preheat the oven to 375°. With a sharp knife, cut each squash in half lengthwise. Scoop out all the seeds and cut away any stringy filaments.

Arrange the squash halves side by side, hollow surfaces up, in a baking dish just large enough to hold them comfortably. Put 1 tablespoon of butter and 2 teaspoons of maple syrup in each half and sprinkle the insides of the squash evenly with the salt and a few grindings of pepper.

Pour enough boiling water down the sides of the dish to rise to about 1 inch around the squash. Then bake in the middle of the oven for about 1 hour, or until the squash are tender and show no resistance when pierced deeply with the point of a small, sharp knife. (Keep a kettle of boiling water at hand and replenish the water in the baking dish if it cooks away.) Serve at once, arranged attractively on a heated platter.

Squash Soufflé

To serve 4 to 6

2½ pounds acorn, Hubbard or
butternut squash, peeled, seeded
and cut into 2-inch chunks
2 teaspoons butter, softened, plus 3
tablespoons butter
1 tablespoon vegetable oil
¼ cup flour

¾ cup milk
¼ cup heavy cream
4 egg yolks
2 teaspoons sugar
½ teaspoon ground nutmeg,
preferably freshly grated
1½ teaspoons salt
¼ teaspoon ground white pepper
5 egg whites

Pour boiling water into the lower part of a steamer to within about 1 inch of the top pan. Return the water to a boil, place the squash in the top pan and set it in place. Immediately cover the pan and steam over high heat for 30 minutes, or until the squash can be pierced easily with a fork.

(Lacking a steamer, you can improvise one by using a large pot equipped with a tightly fitting cover and a collapsible steaming basket on legs, or a standing colander. Pour boiling water into the pot to within about 1 inch of the perforated container and return it to a boil. Place the squash in the basket or colander, set it in place and cover the pot. Steam over high heat for about 30 minutes, or until the squash is soft.)

Purée the squash through a food mill or fine sieve set over a bowl lined with dampened cheesecloth. Wrap the cloth around the squash, and, holding the ends in both hands, squeeze vigorously to remove as much of the moisture from the squash as possible. There should be about 2 cups of purée. Set it aside in a bowl.

Meanwhile, preheat the oven to 375°. With a pastry brush, spread the 2 teaspoons of softened butter evenly over the bottom and sides of a 2-quart soufflé dish and set it aside.

In a heavy 2- to 3-quart saucepan, melt the remaining 3 tablespoons of butter over moderate heat. When the foam begins to subside, stir in the flour and mix to a paste. Stirring constantly with a wire whisk, pour in the milk and cream and cook over high heat until the mixture comes to a boil, thickens heavily and is smooth. Reduce the heat to low and simmer for 2 or 3 minutes. Remove the pan from the heat and stir in the squash. Then beat in the egg yolks, one at a time, stir in the sugar, nutmeg, salt and pepper and taste for seasoning.

With a whisk or a rotary or electric beater—and in an unlined copper bowl, if possible—beat the egg whites until they are stiff enough to stand in firm peaks on the beater when it is lifted from the bowl. Stir 2 or 3 large spoonfuls of the whites into the squash mixture, then gently but thoroughly fold in the remaining whites.

Pour the soufflé mixture into the buttered dish and smooth the top with a rubber spatula. Bake in the middle of the oven for 40 minutes or until the soufflé puffs up well above the rim of the dish and the top is lightly browned. Serve at once.



BREADS & BREAKFAST CAKES

Cranberry-Fruit-Nut Bread

To make one 9-by-5-inch loaf

1 teaspoon butter, softened, plus 6
tablespoons unsalted butter,
softened and cut into ½-inch bits
1 teaspoon plus 2 cups all-purpose
flour
2 cups (½ pound) firm fresh
unblemished cranberries
1 medium-sized tart cooking apple,
peeled, cored and cut into small
chunks

½ cup walnuts
1 cup sugar
1 ½ teaspoons double-acting
baking powder
½ teaspoon baking soda
½ teaspoon salt
1 egg, lightly beaten
1 tablespoon finely grated fresh
orange peel
½ cup strained fresh orange juice

Preheat the oven to 350°. With a pastry brush, spread the teaspoon of softened butter evenly over the bottom and sides of a 9-by-5-inch loaf pan. Sprinkle 1 teaspoon of flour into the tin, tipping it to coat the bottom and sides evenly. Then invert the tin and rap it sharply on the table to remove any excess flour.

Wash the cranberries under cold running water and pat them dry with paper towels. Put the cranberries, apple and walnuts through the coarsest blade of a food grinder into a glass or ceramic bowl. Set aside.

Combine the 2 cups of flour, sugar, baking powder, baking soda and salt and sift into a deep bowl. Add the 6 tablespoons of butter bits and, with your fingertips, rub the fat and dry ingredients together until they look like flakes of coarse meal. Stir in the egg, orange peel and orange juice, then add the cranberry-apple-walnut mixture and continue to stir until the ingredients are thoroughly combined.

Spoon the batter into the buttered pan, spreading it and smoothing the top with a spatula. Bake in the middle of the oven for 1½ hours, or until the top is golden brown and a toothpick or cake tester inserted in the center of the loaf comes out clean. Turn the loaf out onto a wire cake rack to cool. Serve cranberry-fruit-nut bread while it is still warm or when it has cooled completely.

Anadama Bread

To make 2 one-pound loaves

½ cup yellow corn meal
4 tablespoons butter, cut into
 ½-inch bits, plus 4 teaspoons
 butter, softened
½ cup dark molasses

1½ teaspoons salt
½ cup lukewarm water (110° to
 115°) plus 2 cups water
1 package active dry yeast
4 to 5 cups flour

In a heavy 1- to 1½-quart saucepan, bring the 2 cups of water to a boil over high heat. Pour in the corn meal in a slow, thin stream, stirring the mixture constantly with a wooden spoon so that the water continues to boil. Cook briskly for a minute or so, then remove the pan from the heat and beat in the 4 tablespoons of butter bits, the molasses and salt. Pour the corn meal mixture into a deep bowl and cool to lukewarm. Meanwhile, pour the ½ cup of lukewarm water into a small bowl and sprinkle the yeast over it. Let the yeast rest for 2 or 3 minutes, then mix well. Set in a warm, draft-free place (such as an unlighted oven) for 10 minutes, or until the yeast bubbles up and the mixture almost doubles in volume. Add the yeast to the corn meal mixture and mix well. Beat in about 4 cups of the flour, ½ cup at a time, and continue to beat until the dough can be gathered into a compact ball.

Place the ball on a lightly floured surface and knead, pushing the dough down with the heels of your hands, pressing it forward and folding it back on itself. As you knead, incorporate the remaining cup of flour, sprinkling it over the dough a few tablespoons at a time. Continue to knead for 10 minutes, or until the dough is smooth, shiny and elastic.

With a pastry brush, spread 2 teaspoons of the softened butter evenly over the inside of a large bowl. Place the dough in the bowl and turn the ball about to coat the entire surface. Drape the bowl with a kitchen towel and put it in the draft-free place for about 1½ hours, or until the dough doubles in volume.

Brush the remaining 2 teaspoons of softened butter over the bottoms and sides of two small (6½-by-2¾-by-2-inch) loaf pans. Punch the dough down with a single blow of your fist, knead for 2 or 3 minutes, then divide it in half. Pat and shape each half into a rectangular loaf and place it in a buttered pan. Put the loaves in the draft-free place for about 40 minutes longer, or until the dough rises to the tops of the pans.

Preheat the oven to 400°. Bake the bread in the middle of the oven for 1 hour, or until the crust is a light brown color and the loaves begin to shrink away from the sides of the pans. Turn the loaves out onto wire racks to cool to lukewarm or room temperature before serving.

Boston Brown Bread

To make two 5½-by-3-inch
cylindrical loaves

2 cups buttermilk
¾ cup dark molasses
¾ cup seedless raisins
1 cup rye flour

1 cup whole-wheat or graham flour
1 cup yellow corn meal
¾ teaspoon baking soda
1 teaspoon salt
1 tablespoon butter, softened

In a deep bowl, beat the buttermilk and molasses together vigorously with a spoon. Stir in the raisins. Combine the rye flour, whole-wheat or graham flour, corn meal, soda and salt and sift them into the buttermilk mixture 1 cup at a time, stirring well after each addition.

Thoroughly wash and dry two empty 2½-cup (No. 2) tin cans. Then, with a pastry brush, spread the softened butter over the bottom and sides of the cans. Pour the batter into the cans, dividing it evenly between them. The batter should fill each can to within about 1 inch of the top. Cover each can loosely with a circle of buttered wax paper and then with a larger circle of heavy-duty aluminum foil. The foil should be puffed like the top of a French chef's hat, allowing an inch of space above the top edge of the can so the batter can rise as it is steamed. Tie the wax paper and foil in place with kitchen string.

Stand the cans on a rack set in a large pot and pour in enough boiling water to come about ¾ of the way up the sides of the cans. Return the water to a boil over high heat, cover the pot tightly, and reduce the heat to low. Steam the bread for 2 hours and 15 minutes. Remove the foil and paper from the cans at once, and turn the bread out on a heated platter if you plan to serve it immediately. Or leave the bread in the cans with the foil and paper in place, and steam it for 10 to 15 minutes to reheat the loaves before you serve them. Steamed loaves, with covers in place, can safely be kept in the refrigerator for a week to 10 days.

NOTE: If rye and whole-wheat flours are not available at your grocery, you can find them in a health food store.

Portuguese Sweet Bread

To make two 8-inch-round loaves

$\frac{1}{3}$ cup lukewarm water (110° to 115°)	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ cup lukewarm milk (110° to 115°) plus 2 tablespoons cold milk	6 to 6½ cups flour
2 packages active dry yeast	1 teaspoon salt
	8 eggs
	14 tablespoons butter, cut into ½-inch bits, plus 4 teaspoons butter, softened

Pour the lukewarm water and milk into a small bowl and sprinkle the yeast and a pinch of the sugar over them. Let the yeast and sugar stand for 2 or 3 minutes, then mix well. Set in a warm, draft-free place (such as an unlighted oven) for about 10 minutes, or until the yeast bubbles up and the mixture almost doubles in volume.

Place 5 cups of flour, the remaining sugar and the salt in a deep mixing bowl and make a well in the center. Pour the yeast into the well, add the eggs and, with a large wooden spoon, gradually incorporate the dry ingredients into the liquid ones. Stir until the mixture is smooth, then beat in the 14 tablespoons of butter bits, a few tablespoonfuls at a time. Continue to beat until the dough can be gathered into a compact ball.

Place the ball on a lightly floured surface and knead, pushing the dough down with the heels of your hands, pressing it forward and folding it back on itself. As you knead, incorporate up to 1½ cups more flour, sprinkling it over the dough a few tablespoonfuls at a time. Knead for 15 to 20 minutes, or until the dough is smooth, shiny and elastic.

With a pastry brush, spread 2 teaspoons of softened butter evenly over the inside of a large bowl. Set the dough in the bowl and turn it about to butter the entire surface. Drape the bowl with a towel and put it in the draft-free place for about 1 hour, or until the dough doubles in volume.

Brush the remaining two teaspoons of softened butter over a large baking sheet. Punch the dough down with a single blow of your fist and divide it into two equal portions. Pat and shape each portion into a round loaf about 7 inches in diameter and 2½ inches thick. Place the 2 loaves 2 inches apart on the buttered sheet, and drape them with a towel. Set the baking sheet aside in the draft-free place again for about 1 hour, or until the loaves double in volume.

Preheat the oven to 350°. Brush the top and sides of the loaves with the 2 tablespoons of cold milk. Bake in the middle of the oven for about 45 minutes, or until the bread is golden brown. Slide the loaves onto wire racks and let them cool to room temperature before serving.

Maple Sugar Bread

To make one 9-by-5-inch loaf

6 medium-sized tart cooking apples, peeled, cored and cut lengthwise into ½-inch-thick slices	½ teaspoon ground nutmeg, preferably freshly grated
½ cup water	½ teaspoon salt
1 cup hazelnuts	1 cup seedless raisins, coarsely chopped
2½ cups flour	1 teaspoon plus ½ cup butter, softened
1 teaspoon baking soda	¾ pound maple sugar (<i>see page 2</i>)
1 teaspoon ground cinnamon	3 eggs

Combine the apples and water in a 2- to 3-quart enameled saucepan and bring to a boil over high heat. Reduce the heat to low and simmer partially covered for about 20 minutes, or until the apples are soft and a slice can be mashed easily against the side of the pan with the back of a spoon. Purée the apples through a food mill or rub them through a fine sieve into a bowl. Measure and reserve 1½ cups of the purée; save any extra purée for another use.

Meanwhile, preheat the oven to 350°. Drop the hazelnuts into enough boiling water to immerse them completely and cook briskly, uncovered, for 2 minutes. Drain the nuts in a sieve and, with a small, sharp knife, peel them while they are still hot. Spread the nuts in a baking dish and toast them in the middle of the oven for about 10 minutes, stirring them from time to time so they color delicately on all sides. Chop the hazelnuts coarsely and set them aside. (Do not turn off the oven.)

Combine the flour, baking soda, cinnamon, nutmeg and salt and sift them onto a plate or a sheet of wax paper. Place the raisins in a bowl, add about ¼ cup of the flour mixture and toss gently but thoroughly together. With a pastry brush, spread the teaspoon of softened butter over the bottom and sides of a 9-by-5-inch loaf pan.

If the maple sugar is moist, grate it on the finest side of a stand-up hand grater. If it is dry, however, grate it with a nut grinder. (There should be about 1½ cups of grated maple sugar.)

In a deep bowl, cream the ½ cup of softened butter and the maple sugar together, beating and mashing them against the sides of the bowl with a large spoon until they are light and fluffy. Add the eggs, one at a time, beating well after each addition. Then beat in about ¾ cup of the flour mixture and, when it is completely incorporated, about ½ cup of the apple purée. Repeat two more times until all of the flour mixture and apple purée have been added, then stir in the hazelnuts and raisins.

Pour the batter into the buttered loaf pan, spreading it and smoothing the top with a spatula, and bake in the middle of the oven for 1½ hours, or until the top is golden brown and a toothpick or cake tester inserted in the center comes out clean. Serve hot, or turn the bread out onto a wire rack to cool completely before serving.

Oat Bread (Newfoundland)

To make two 9-by-5-inch loaves

½ cup lukewarm water (110° to 115°)	2 tablespoons butter, plus 4 teaspoons butter, softened, plus 2 tablespoons butter, melted
1 package active dry yeast	2 teaspoons salt
1 teaspoon sugar	2 cups regular rolled oats (not the quick-cooking variety)
2 cups milk	4 to 5 cups flour
½ cup dark molasses	

Pour the water into a small bowl and sprinkle the yeast and sugar over it. Let stand for 2 or 3 minutes, then stir well. Set in a warm, draft-free place (such as an unlighted oven) for about 10 minutes, or until the yeast bubbles up and the mixture almost doubles in volume. Meanwhile, combine the milk, molasses, 2 tablespoons of butter and the salt in a small saucepan and, stirring occasionally, cook over moderate heat until bubbles begin to form around the edges of the pan. Pour the milk mixture into a deep bowl and set aside to cool to lukewarm.

Add the yeast and the oats to the milk mixture and stir together with a wooden spoon. Then add 3 cups of the flour, 1 cup at a time, and continue to stir until the dough can be gathered into a medium-soft ball.

Place the ball on a lightly floured surface and knead, pushing the dough down with the heels of your hands, pressing it forward and folding it back on itself. As you knead, incorporate up to 2 cups more flour, sprinkling it over the ball by the tablespoonful and adding only enough to make a non-sticky dough. Knead for about 10 minutes, or until the dough is smooth, shiny and elastic. Then reshape it into a ball.

With a pastry brush, spread 2 teaspoons of softened butter evenly inside a deep mixing bowl. Place the ball in the bowl and turn it around to butter the entire surface of the dough. Drape the bowl loosely with a kitchen towel and put it in the draft-free place for about 1½ hours, or until the dough doubles in volume.

Brush the remaining 2 teaspoons of softened butter over the bottoms and sides of two 9-by-5-inch loaf tins. Punch the dough down with a single blow of your fist and divide it in half. On a lightly floured surface pat and shape each half into a loaf. Place the dough in the pans and brush the top of each loaf with the melted butter. Drape a kitchen towel over the loaves and set them aside to rise again for about 30 minutes, or until doubled in bulk.

Preheat the oven to 375°. Bake the loaves on the middle shelf of the oven for 40 to 45 minutes, or until they are light brown. Turn out the bread on wire racks and cool to room temperature before serving.

Rhode Island Jonnycake

To make 8 five-inch-round cakes

1 cup white corn meal	butter pats
1 teaspoon salt	1 cup boiling water
1 tablespoon butter, softened, plus	¼ to ½ cup milk
¼ cup butter, melted, plus 4	Maple syrup

Combine the corn meal, salt and softened butter in a deep bowl. Stirring constantly, pour in the water in a thin stream. When the butter melts and the liquid is absorbed, add ¼ cup of milk. Beat until the batter holds its shape lightly in the spoon. If necessary, add more milk by the teaspoonful.

Heat a large griddle or heavy skillet over moderate heat until a drop of water flicked onto it splutters instantly. Brush the griddle or skillet lightly with melted butter. To form each cake, ladle ¼ cup of the batter into the pan. Cook 1 or 2 cakes at a time, leaving enough space so that they can spread into 5-inch rounds. Fry them for 3 minutes on each side, or until they are golden and crisp around the edges. As they brown, transfer the jonnycakes to a heated plate and drape with foil to keep them warm while you cook the rest, brushing the pan with melted butter as necessary. If the batter thickens, thin it with another tablespoon of milk.

Top each cake with half a butter pat and some syrup, and serve at once.

Hasty Pudding

To serve 4

6 cups water	4 teaspoons butter
1 teaspoon salt	Ground nutmeg, preferably freshly
1 cup yellow corn meal	grated
	4 tablespoons dark molasses

Bring the water and salt to a boil over high heat in a heavy 3- to 4-quart saucepan. Stirring constantly, pour in the corn meal in a slow, thin stream so that the water continues to boil. Reduce the heat to low and, stirring frequently, simmer for 8 to 10 minutes until the pudding is so thick that the spoon will stand unsupported in the middle of the pan.

Ladle the pudding into 4 individual bowls. Place a teaspoon of butter on each portion. Sprinkle the butter with a little nutmeg and dribble a tablespoon of molasses over the top. Serve at once.

NOTE: To prepare fried hasty pudding, spoon the hot corn-meal mixture into a 6-cup loaf pan and smooth the top with a spatula. Cool to room temperature, cover and refrigerate until firm.

When ready to serve, unmold the pudding by loosening the sides with a thin knife. Place an inverted plate over the pan and, grasping plate and

pan together firmly, turn them over. The pudding should slide out of the pan easily. Cut it into ¼-inch-thick slices.

Melt a tablespoon of butter over moderate heat in a heavy 10-inch skillet. Arrange 3 or 4 pudding slices side by side in the hot butter, and brown for 4 to 5 minutes on each side, turning them with a metal spatula. As they brown, transfer the slices to a heated platter and drape foil over them to keep them warm while you proceed to fry the rest. Add more butter to the skillet as necessary.

Serve the fried hasty pudding hot, moistening each slice with a teaspoon of butter, and dribbling a little maple syrup or molasses over it.

Blueberry Pancakes

To make about 15 four-inch
pancakes

1½ cups fresh ripe blueberries

2 cups flour

2 tablespoons sugar

4 teaspoons double-acting baking

powder

½ teaspoon salt

2 eggs, lightly beaten

1¾ cups milk

6 tablespoons butter, melted and
cooled

Wash the blueberries in a colander under cold running water, discarding any stems or blemished berries. Spread the berries on paper towels and pat them completely dry.

Combine the flour, sugar, baking powder and salt and sift into a deep mixing bowl. Make a well in the center and pour in the eggs, milk and 2 tablespoons of the cooled melted butter. With a large spoon, gradually incorporate the dry ingredients into the liquid ones. Do not overmix; the pancakes will be lighter if the batter is not too smooth. Gently stir the blueberries into the batter, being careful not to crush them.

Warm a large, heavy griddle over moderate heat until a drop of water flicked onto it splutters and evaporates instantly. Grease the griddle lightly with a pastry brush dipped in the remaining 4 tablespoons of butter. Fry 3 or 4 pancakes at a time, leaving space between them so they can spread into 4-inch rounds. For each one, pour about ¼ cup of the batter onto the griddle and fry for about 1 minute until small, scattered bubbles have formed—and begin to break—on the surface. Immediately turn the pancake with a wide metal spatula and cook for a minute until the other side is golden brown.

Stack the finished pancakes on a heated plate. Then repeat the procedure, brushing the griddle with melted butter when necessary, until all the blueberry pancakes are fried. Serve at once with butter and maple syrup or cinnamon sugar.

NOTE: To make apple pancakes, follow the same procedures and substitute 3 large tart cooking apples (peeled, quartered, cored and very thinly sliced) for the blueberries.

Nahant Buns

To make about 30 buns

½ cup lukewarm water (110° to 115°)

2 packages active dry yeast

1 teaspoon plus 1 cup sugar

4 to 5 cups flour

1 teaspoon ground nutmeg,
preferably freshly grated

½ teaspoon baking soda

1½ cups lukewarm milk (110° to 115°)

8 tablespoons butter (1 quarter-pound stick), cut into ½-inch bits and softened, plus 5

teaspoons butter, softened, plus 4
tablespoons butter, melted

Nahant is a town at the end of a long peninsula just northeast of Boston.

Pour the lukewarm water into a small bowl and sprinkle the yeast and 1 teaspoon of sugar over it. Let the yeast and sugar rest for 2 or 3 minutes, then mix well. Set in a warm, draft-free place (such as an unlighted oven) for about 10 minutes, or until the yeast bubbles up and the mixture almost doubles in volume.

Combine 4 cups of flour, the remaining cup of sugar, the nutmeg and soda and sift them into a deep mixing bowl. Make a well in the center, pour in the yeast and milk and, with a large wooden spoon, gradually incorporate the dry ingredients into the liquid ones. Stir until the mixture is smooth, then beat in the 8 tablespoons of butter bits, a tablespoonful at a time. Beat until the dough can be gathered into a medium-soft ball.

Place the ball on a lightly floured surface and knead, pushing the dough down with the heels of your hands, pressing it forward and folding it back on itself. As you knead, incorporate up to 1 cup more flour, sprinkling it over the ball by the tablespoonful until the dough is no longer sticky. Then continue to knead for about 10 minutes, or until the dough is smooth, shiny and elastic.

With a pastry brush, spread 2 teaspoons of softened butter evenly over the inside of a large bowl. Set the dough in the bowl and turn it about to butter the entire surface. Drape the bowl with a kitchen towel and put it in the draft-free place for 1 hour, or until the dough doubles in volume.

Brush the bottoms and sides of three 9-inch pie tins with the remaining 3 teaspoons of softened butter. Punch the dough down with a single blow of your fist and, on a lightly floured surface, roll it out into a rough rectangle about ¾ inch thick.

With a cookie cutter or the rim of a glass, cut the dough into 2-inch rounds, placing the rounds side by side in the buttered tins as you proceed. Gather the scraps into a ball, roll them out again and cut as many more 2-inch rounds as you can. Brush the tops of the buns with the melted butter and set them in a draft-free place to rise for about 15 minutes.

Preheat the oven to 400°. Bake the buns on the middle shelf of the oven for 15 to 20 minutes, or until they are golden brown. Serve Nahant buns hot, or transfer them to wire racks to cool before serving.

Oat Cakes

To make about 40 two-inch
triangular cakes

1½ cups rolled oats
1½ cups flour
3 tablespoons sugar

3 tablespoons dark brown sugar
½ teaspoon baking soda
½ teaspoon salt
12 tablespoons butter, chilled and
cut into ½-inch bits, plus 1
teaspoon butter, softened
4 to 6 tablespoons ice water

Combine the oats, flour, sugar, brown sugar, soda and salt in a deep mixing bowl and stir until well mixed. Drop in the butter bits and, with your fingertips, rub the oat-and-flour mixture together with the fat until it resembles flakes of coarse meal. Pour 4 tablespoons of ice water over the mixture all at once, toss together lightly, and gather the dough into a ball. If the dough crumbles, add up to 2 tablespoons more ice water by drops until the particles adhere. Wrap the dough in wax paper and refrigerate for at least 30 minutes before using.

Preheat the oven to 350°. With a pastry brush spread the teaspoon of softened butter evenly over a large baking sheet.

On a lightly floured surface, roll the dough out into a rough rectangle about ⅛ inch thick. With a ruler and a pastry wheel or sharp knife, cut out as many 2-inch triangles as you can. Gather the scraps into a ball, roll them out again and cut out triangles as before.

Arrange the oat cakes about an inch apart on the baking sheet and bake in the middle of the oven for 20 minutes. When they are golden brown and firm to the touch, transfer them to wire cake racks to cool.

Johnston Spanks

To make about 12 three-inch-round
cakes

Vegetable oil for deep frying
1 cup yellow corn meal
1 tablespoon rye flour

1 teaspoon sugar
1 teaspoon cream of tartar
½ teaspoon baking soda
¼ teaspoon salt
1 cup boiling water
1 egg, lightly beaten
2 tablespoons milk

Pour vegetable oil into a deep fryer or large, heavy saucepan to a depth of 3 to 4 inches and heat until the oil reaches a temperature of 375° on a deep-frying thermometer.

Meanwhile, combine the corn meal, rye flour, sugar, cream of tartar, soda and salt in a deep bowl. Pour in the boiling water and stir until the ingredients are well mixed. Beat in the egg and then the milk.

For each Johnston spank, drop a heaping tablespoon of the corn-meal mixture into the hot oil. Cook 3 or 4 cakes at a time, leaving enough space between them so that they can spread into 2- to 3-inch rounds. Deep-fry them for about 2 minutes on each side, or until they are golden and slightly puffed. As they brown, transfer them to paper towels to drain.

Serve the Johnston spansks on a heated platter while still hot.

Parker House Rolls

To make about 3 dozen rolls

¼ cup lukewarm water (110° to 115°)
1 package active dry yeast
6 teaspoons sugar
5 to 6 cups all-purpose flour
1 teaspoon salt

2 cups lukewarm milk (110° to 115°)
1 egg, lightly beaten
3 tablespoons unsalted butter,
softened and cut into ½-inch
bits, plus 4 teaspoons butter,
softened, plus 4 tablespoons
butter, melted

Pour the lukewarm water into a small bowl and sprinkle the yeast and 1 teaspoon of the sugar over it. Let the yeast and sugar rest for 2 or 3 minutes, then mix well. Set in a warm, draft-free place (such as an unlighted oven) for about 10 minutes, or until the yeast bubbles up and the mixture almost doubles in volume.

Place 4 cups of the flour, the remaining 5 teaspoons of sugar and the salt in a deep mixing bowl and make a well in the center. Pour the yeast mixture into the well, add the milk and egg and, with a large wooden spoon, gradually incorporate the dry ingredients into the liquid ones. Stir until the mixture is smooth, then beat in the 3 tablespoons of butter bits, a few teaspoonfuls at a time. Continue to beat until the dough can be gathered into a medium-soft ball.

Place the ball on a lightly floured surface and knead, pushing the dough down with the heels of your hands, pressing it forward and folding it back on itself. Knead for about 10 minutes meanwhile incorporating up to 2 cups more of flour, adding it by the tablespoonful until the dough is no longer sticky. Then continue to knead until the dough is smooth, shiny and elastic.

With a pastry brush, spread 2 teaspoons of the softened butter evenly over the inside of a large bowl. Set the dough in the bowl and turn it about to butter the entire surface. Drape the bowl with a kitchen towel and set it aside in the draft-free place for approximately 1 hour, or until the dough doubles in volume.

Brush the remaining 2 teaspoons of softened butter evenly over 2 large baking sheets. Punch the dough down with a blow of your fist and, on a lightly floured surface, roll it out into a rectangle about ¼ inch thick.

With a cookie cutter or the rim of a glass, cut the dough into 3-inch rounds. Gather the scraps into a ball, roll them out again and cut as many more 3-inch rounds as you can.

To shape each Parker House roll, make a deep crease just above the middle of the circle with the blunt edge of a table knife, being careful not to cut all the way through the dough. Fold the smaller side of the circle over the larger side and press down on the edges lightly. Arrange the rolls about 1 inch apart on the buttered baking sheets, brush the tops with the melted butter, and set in a draft-free place to rise for about 15 minutes.

Preheat the oven to 450°. Bake the rolls on the middle shelf of the oven for 12 to 15 minutes, or until they are golden brown. Serve the rolls hot, or transfer them to wire racks to cool before serving.

Molasses Doughnuts

To make about 2 dozen doughnuts
and 4 to 5 dozen doughnut balls

1 cup buttermilk	1 teaspoon ground ginger
½ cup dark molasses	1 teaspoon ground cinnamon
2 tablespoons lard, melted and cooled	1 teaspoon ground nutmeg
4½ to 5½ cups flour	2 eggs
1 tablespoon baking soda	2 cups sugar
	Vegetable oil for deep frying

Pour the buttermilk, molasses and lard into a bowl and mix well. Combine 4½ cups of the flour, the baking soda, ginger, cinnamon and nutmeg and sift them onto a plate. Set both mixtures aside.

In a deep bowl, beat the eggs and 1 cup of the sugar with a wire whisk or a rotary or electric beater for 4 or 5 minutes, or until the mixture falls in a slowly dissolving ribbon from the beater when it is lifted from the bowl. Beat in the buttermilk mixture. Then add the sifted dry ingredients about ½ cup at a time, beating well after each addition. Cover the bowl with wax paper and refrigerate for at least 30 minutes.

Line one or two large baking sheets with wax paper. Cut off about ¼ of the dough and place it on a lightly floured surface. Brush a rolling pin with flour and roll the dough out about ⅓ inch thick. If the dough sticks, dust a little flour over and under it. With a 2¾-inch doughnut cutter, cut out as many doughnuts as you can and, using a wide metal spatula, transfer them to the paper-lined pans. Refrigerate until ready to fry. Break off another ¼ of the dough, roll it out, cut out more doughnuts and refrigerate as before. Repeat until all the dough has been used, but do not reroll the scraps or the doughnuts made from them may be tough. Instead use a 1-inch cutter to form balls out of the scraps.

Pour oil into a deep fryer or large, heavy saucepan to a depth of 3 inches and heat it to a temperature of 360° on a deep-frying thermometer. At the same time place ½ cup of sugar in a paper bag and set it aside.

Deep-fry the doughnuts 4 or 5 at a time, turning them with a slotted spoon for 3 minutes, or until they are puffed and brown. Drain the doughnuts briefly on paper towels, then drop 2 at a time into the bag and shake to coat them with sugar. (Add sugar to the bag as needed.) Place the doughnuts on a platter to cool while you fry and sugar the rest.

Mayo Farm's Squash Rolls

To make about 30 rolls

½ pound acorn, Hubbard or butternut squash, peeled, seeded and cut into 2-inch chunks	5 to 6 cups flour 1 teaspoon salt 1 cup lukewarm milk (110° to 115°)
½ cup lukewarm water (110° to 115°)	½ cup plus 4 teaspoons butter, softened, plus 2 tablespoons butter, melted
2 packages active dry yeast	
½ cup sugar	

Pour water into the lower part of a steamer to within about 1 inch of the top pan. Bring the water to a boil, put the squash in the top pan and set it in place. Immediately cover the pan and steam over high heat for 30 minutes, or until the squash is tender.

(Lacking a steamer, you can improvise one by using a large pot equipped with a tightly-fitting cover, and a standing colander or a collapsible steaming basket on legs. Pour water into the pot to within about 1 inch of the perforated container and bring it to a boil. Place the squash in the basket or colander, set it in place, and cover the pot. Steam over high heat for about 30 minutes, or until the squash is soft.)

Purée the squash through a food mill or mash it smooth with a fork and set it aside. (There should be about ½ cup of purée.)

Pour the ½ cup of lukewarm water into a small bowl and add the yeast and a pinch of the sugar. Let the yeast and sugar rest for 2 or 3 minutes, then mix well. Set in a warm, draft-free place (such as an unlighted oven) for about 10 minutes, or until the yeast bubbles up and the mixture almost doubles in volume.

Combine 5 cups of the flour, the remaining sugar and the salt, sift them together into a deep mixing bowl and make a well in the center. Pour in the yeast mixture, add the squash purée, the milk and ½ cup of softened butter and, with a large wooden spoon, gradually beat the dry ingredients into the liquid ones. Continue to beat until the dough is smooth and can be gathered into a compact ball.

Place the ball on a lightly floured surface and knead, pushing the dough down with the heels of your hands, pressing it forward and folding it back on itself. As you knead, incorporate up to 1 cup more flour, sprinkling it over the ball by the tablespoonful until the dough is no longer moist and sticky. Then continue to knead for about 10 minutes, or until the dough is smooth, shiny and elastic.

With a pastry brush, spread 2 teaspoons of the softened butter evenly over the inside of a large bowl. Set the dough in the bowl and turn it about to butter the entire surface of the dough. Drape the bowl with a kitchen towel and put it in the draft-free place for about 1 hour to allow the dough to double in volume.

Brush the remaining 2 teaspoons of softened butter over the bottom and sides of two 9-inch cake pans. Punch the dough down with a single blow of your fist and, on a lightly floured surface, roll it out into a rough rectangle about 1 inch thick.

With a cookie cutter or the rim of a glass, cut the dough into 2½-inch rounds. Gather the scraps into a ball, roll them out as before and cut out as many more 2½-inch rounds as you can. With the blunt edge of a table knife, make a deep crease just off-center in each round, taking care not to cut all the way through. Fold the smaller part of the round over the larger part and press the edges together securely.

Arrange the rolls about ½ inch apart in the buttered cake pans and brush the tops with the melted butter. Set the rolls in the draft-free place to rise for about 15 minutes.

Meanwhile preheat the oven to 450°. Bake the rolls in the middle of the oven for 12 to 15 minutes, or until golden brown. Serve the rolls hot.

Cranberry Muffins

To make a dozen 2½-inch muffins

1 tablespoon butter, softened, plus 4	¾ cup sugar
tablespoons butter, melted and	4 teaspoons double-acting baking
cooled	powder
1 cup firm fresh unblemished	½ teaspoon salt
cranberries	1 cup milk
2¾ cups flour	1 egg, lightly beaten

Preheat the oven to 400°. With a pastry brush, spread the softened butter over the inside surfaces of a medium-sized 12-cup muffin tin (each cup should be about 2½ inches across at the top).

Wash the cranberries under cold running water and pat the berries dry with paper towels. Put them through the coarsest blade of a food grinder into a glass or ceramic bowl and set aside.

Combine the flour, sugar, baking powder and salt and sift into a deep mixing bowl. Stirring constantly with a large spoon, pour in the milk in a thin stream. When the milk is completely absorbed, stir in the egg and the 4 tablespoons of melted butter. Add the ground cranberries and continue to stir until all the ingredients are well combined.

Ladle about ⅓ cup of the batter into each of the muffin-tin cups, filling them about ⅔ full. Bake in the middle of the oven for 30 minutes, or until the muffins are puffed and brown on top, and a cake tester or toothpick inserted in the center comes out clean. Run a knife around the inside of each cup to loosen the muffins, then turn them out of the tin and serve at once, or cool to room temperature before serving.

Cape Breton Scones (Nova Scotia)

To make 12 two-inch square scones

- 1 teaspoon butter, softened, plus 12
tablespoons butter, chilled and
cut into ¼-inch bits
- 2 eggs
- 4 cups flour
- ¼ cup sugar
- 2 tablespoons double-acting baking
powder
- ½ teaspoon salt
- 1 cup milk
- ⅓ cup dark brown sugar

Preheat the oven to 450°. With a pastry brush, spread the teaspoon of softened butter evenly over a large baking sheet. In a bowl beat the eggs with a wire whisk or fork. When they are well beaten, measure 2 tablespoons of the eggs and set them aside in a saucer.

Combine 3½ cups of the flour, the sugar, baking powder and salt and sift them into a deep bowl. Add the 12 tablespoons of butter bits and, with your fingertips, rub the mixture together until it resembles flakes of coarse meal. Make a well in the center and into it pour the beaten eggs and the milk. With a spoon, gradually incorporate the dry ingredients into the liquid ones, then beat vigorously until the dough is smooth and can be gathered into a soft ball.

Place the ball on a lightly floured surface and knead, pushing the dough down with the heels of your hands, pressing it forward and folding it back on itself. As you knead, incorporate up to ½ cup more flour, sprinkling it in by the tablespoonful and using only enough to make a firm, non-sticky dough.

Roll the dough into a rectangle about 8 inches long, 6 inches wide and ¾ inch thick. Brush the top with the reserved 2 tablespoons of egg and sprinkle it with brown sugar. With a pastry wheel or a knife dipped in flour, cut the dough into 2-inch squares. Then, lifting them with a metal spatula, arrange the squares 1 inch apart on the buttered baking sheet.

Bake in the middle of the oven for about 15 minutes until the scones are puffed, brown and firm to the touch. Serve at once, accompanied if you like by sweet butter and jam.



RELISHES & JELLIES

Green Tomato Relish

To make about 3 quarts

20 medium-sized firm green tomatoes (about 6 pounds), washed, stemmed, cut in half and cut crosswise into ½-inch-thick slices

¼ cup plus 2 tablespoons salt

6 medium-sized onions (about 2 pounds), peeled and cut crosswise into ¼-inch-thick slices

6 medium-sized red bell peppers, seeded, deribbed and cut lengthwise into ½-inch-wide strips

1 cup sugar

2 teaspoons celery seed

1 teaspoon dry mustard

1 teaspoon ground cinnamon

½ teaspoon ground allspice

¼ teaspoon ground cloves

4 to 6 cups cider vinegar

Spread the tomato slices in layers on a large, deep platter, sprinkling each layer with salt as you proceed and using ¼ cup salt in all. Cover the platter with foil or plastic wrap and set it aside at room temperature for at least 12 hours.

Pour off the liquid that has accumulated around the slices and transfer the tomatoes to a 5- to 6-quart enameled casserole. Add the onions, peppers, sugar, celery seed, dry mustard, cinnamon, allspice, cloves and the remaining 2 tablespoons of salt. Pour in the vinegar; it should cover the vegetables completely. If necessary add more. Stirring gently but constantly, bring the mixture to a boil over high heat. Reduce the heat to low and simmer partially covered for about 5 minutes, or until the vegetables are barely tender.

At once ladle the relish into hot sterilized jars, filling them to ⅛ inch of the tops and following the directions for canning and sealing given on page 4.

Grandma Howland's Mincemeat

To make about 5 quarts

A 2-pound fresh beef tongue	peel (about ½ cup)
2 pounds lean fresh beef brisket, preferably first cut, trimmed of all fat	4 ounces finely diced candied lemon peel (about ½ cup)
1 pound fresh beef suet, finely chopped (about 4 cups)	3 tablespoons coarsely grated fresh lemon peel
2 pounds dried currants (about 6 cups)	½ teaspoon ground cinnamon
2 pounds seedless raisins (about 6 cups)	½ teaspoon ground nutmeg, preferably freshly grated
1 cup coarsely chopped dried figs	½ teaspoon ground cloves
8 ounces finely diced candied citron (about 1 cup)	1 teaspoon freshly ground black pepper
4 ounces finely diced candied orange	1 teaspoon salt
	3 cups dry sherry
	2 cups cognac
	1 cup sweet cider

No one knows exactly who Grandma Howland was, but the name is an old New England one: John Howland was a passenger on the "Mayflower."

Place the beef tongue and brisket in a heavy 6- to 8-quart casserole and pour in enough water to cover it by at least 2 inches. Bring to a boil over high heat, meanwhile skimming off the foam and scum as they rise to the surface. Reduce the heat to low and simmer partially covered for about 3 hours, or until the meats are tender and show no resistance when pierced deeply with the prongs of a long-handled fork. Add more boiling water to the casserole if necessary; the meats should be covered with water throughout the cooking period.

Transfer the tongue and brisket to a platter and discard the cooking liquid. While the tongue is still hot, skin it with a small, sharp knife, cutting away and discarding all the fat, bones and gristle at its base. Chop the tongue and brisket into small chunks and put them through the coarsest blade of a food grinder.

In a 6- to 8-quart earthenware crock or bowl, combine the suet, currants, raisins, figs, citron, candied orange and lemon peel, fresh lemon peel, cinnamon, nutmeg, cloves, pepper and salt. Mix them well with a wooden spoon, then stir in the ground tongue and brisket. Pour in the sherry, cognac and cider and continue to stir until the ingredients are thoroughly moistened.

Cover the bowl or pot and set the mincemeat aside in a cool place (not the refrigerator) for at least 2 weeks before using it. Check every 3 or 4 days. As the liquid is absorbed, replenish it with additional sherry, cognac or cider, stirring in about ½ cup at a time.

Mincemeat can be safely kept indefinitely in a cool place, in sterilized, covered containers.

Cranberry Sauce

To make about 1½ cups

2 cups (½ pound) firm fresh
unblemished cranberries
1 cup sugar

½ cup water
1 teaspoon finely grated fresh
orange peel

Wash the cranberries in a colander under cold running water. Combine the berries with the sugar and water in a small, heavy enameled or stainless-steel saucepan and, stirring frequently, bring them to a boil over high heat. Then reduce the heat to low and, still stirring from time to time, simmer uncovered for 4 or 5 minutes, until the skins of the cranberries begin to pop and the berries are tender. Do not overcook them to the point where they become mushy.

Remove the pan from the heat and stir in the grated orange peel. With a rubber spatula, scrape the entire contents of the pan into a 2-cup mold or small bowl. Refrigerate for 2 or 3 hours until the sauce is thoroughly chilled and firm to the touch.

To unmold and serve the sauce, run a thin-bladed knife around the sides of the mold or bowl to loosen it and dip the bottom briefly in hot water. Place a serving plate upside down over the mold and, grasping plate and mold firmly together, invert them. The cranberry sauce should slide out of the mold easily.

Uncooked Cranberry-Orange Relish

To make about 5 cups

1 pound (4 cups) firm fresh
unblemished cranberries
2 large thin-skinned oranges,
preferably a seedless variety
2 cups sugar

Wash the cranberries under cold running water and pat them dry with paper towels. Cut the oranges into quarters. (If the oranges have seeds, pick them out with the tip of a knife.) Then put the cranberries and the orange quarters (skins and all) through the coarsest blade of a food grinder into a deep glass or ceramic bowl. Add the sugar and mix well with a wooden spoon. Taste and add more sugar if desired.

Cover with plastic wrap and let the relish stand at room temperature for about 24 hours to develop flavor before serving. (Tightly covered, the relish can safely be refrigerated for 2 to 3 weeks.)

Corn Relish

To make about 4 quarts

10 cups fresh corn kernels, cut from about 20 large ears of corn	peppers 2¼ cups (1 pound) tightly packed dark brown sugar
4 cups finely chopped onions	3 tablespoons celery seed
1 cup finely chopped green bell peppers	3 tablespoons dry mustard
1 cup finely chopped red bell	3 tablespoons salt
	1 quart cider vinegar

Combine the corn, onions, green and red peppers, brown sugar, celery seed, mustard, salt and cider vinegar in a 6- to 8-quart enameled or stainless-steel casserole and mix well. Stirring the mixture occasionally, bring to a boil over high heat, then reduce the heat to low, partially cover the casserole and simmer for 15 minutes.

Immediately ladle the relish into hot sterilized jars, filling them to within ½ inch of the tops and following the directions for canning and sealing on page 4.

Beach-Plum Jelly

To make 3 or 4 cups

10 cups fresh beach plums, about ⅔ of the plums fully ripened	and ⅓ green or underripe ½ cup water 3 to 4 cups sugar
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Pick over the plums carefully, removing the stems and discarding any badly bruised fruit. Wash the plums in a colander under cold running water and drop them into an 8- to 10-quart enameled pot. Add the ½ cup of water and bring to a boil over high heat. Cover the pot tightly, reduce the heat to low and simmer for about 15 minutes, or until a plum can be mashed easily against the side of the pot with the back of a spoon.

Line a colander or sieve with 4 layers of damp cheesecloth and place it over a large enameled pot. The bottom of the colander or sieve should be suspended above the pot by at least 3 or 4 inches. Pour in the plums and, without disturbing them, allow the juice to drain through into the pot. (Do not squeeze the cloth or the finished jelly will be cloudy.)

When the juice has drained through completely, measure and return it to the first enameled pot. Discard the plums. Add ¾ cup of sugar for each cup of juice and bring to a boil over high heat, stirring until the sugar dissolves. Cook briskly, uncovered and undisturbed, until the jelly

reaches a temperature of 220° (or 8° above the boiling point of water in your locality) on a jelly, candy or deep-frying thermometer.

Remove the pot from the heat and carefully skim off the surface foam with a large spoon. Ladle the jelly into hot sterilized jars or jelly glasses, following the directions for canning and sealing on page 4.

NOTE: Beach-plum jelly is served as an accompaniment to meats and fowl as well as with hot toast or bread and butter.

Maine Sweet Pickles

To make about 5 quarts

10 medium-sized firm green tomatoes (about 3 pounds), washed, stemmed and cut into ¾-inch chunks (8 cups)	2½ pounds), peeled and cut into ¾-inch chunks (8 cups)
2 large firm cauliflowers (about 1½ pounds), trimmed, washed and cut into 1-inch flowerets (8 cups)	6 medium-sized onions (about 2 pounds), peeled and cut into ¾-inch chunks (8 cups)
5 medium-sized cucumbers (about	1 cup salt
	10 cups cider vinegar
	8 cups dark brown sugar
	2 tablespoons mixed pickling spice

Combine the tomatoes, cauliflower, cucumbers, onions and salt in a 10- to 12-quart enameled pot and pour in enough cold water to cover the vegetables by at least 2 inches. Stir until the salt dissolves, then place a lid on the pot and let the vegetables steep in the brine at room temperature for at least 12 hours.

Drain the brine from the vegetables and in its place add 4 cups of the vinegar and 2 quarts of cold water. Stirring gently, bring to a boil over high heat. Turn off the heat at once and, with a large slotted spoon, transfer the vegetables to a large glass or ceramic bowl. Pour off and discard the vinegar solution.

Pour the remaining 6 cups of vinegar into the pot. Add the brown sugar and pickling spice and bring to a boil over high heat, stirring until the sugar dissolves. Return the vegetables to the pot and cook over high heat. When bubbles begin to form around the edges of the pan again, and the vegetables are barely tender but still somewhat crisp to the bite, turn off the heat immediately.

With a large spoon, pack the vegetables tightly into hot sterilized jars. Ladle the hot liquid from the pot over the vegetables a little at a time, allowing it to flow through to the bottom of the jar before adding more. Fill the jars to within ¼ inch of the top and follow the directions for canning and sealing on page 4.

Wild-Grape Jelly

To make 3 or 4 cups

10 cups fresh wild grapes, about
⅔ of the grapes fully ripened

and the rest green or underripe.
½ cup water
3 to 4 cups sugar

Pick over the grapes carefully, removing the stems and discarding any badly bruised fruit. Wash the grapes in a colander under cold running water and drop them into an 8- to 10-quart enameled pot. Lightly crush the grapes with the back of a spoon. Add the water and bring to a boil over high heat. Cover the pot tightly, reduce the heat to low and simmer for about 15 minutes, or until a grape can be easily mashed against the side of the pot with the back of a spoon.

Line a colander or sieve with 4 layers of dampened cheesecloth and set it over a large enameled pot. The bottom of the colander or sieve should be suspended above the bottom of the pot by at least 3 or 4 inches. Pour in the grapes without disturbing the cheesecloth and allow the juice to drain through. (Do not squeeze the cloth or the finished jelly will be cloudy.)

When the juice has drained through completely, discard the grapes. Pour the juice into a large glass jar or bowl, cover tightly and let stand in a cool place for at least 24 hours; allowing the juice to rest will help prevent acid salt crystals from forming in the jelly.

Strain the juice again through 4 layers of dampened cheesecloth, measure and return it to the enameled pot. Add ¾ cup of sugar for each cup of juice and bring to a boil over high heat, stirring until the sugar dissolves. Cook briskly, uncovered and undisturbed, until the jelly reaches a temperature of 220° (or 8° above the boiling point of water in your locality) on a jelly, candy or deep-frying thermometer.

Remove the pot from the heat and carefully skim off the surface foam with a large spoon. Ladle the jelly into hot sterilized jars or jelly glasses, following the directions for canning and sealing on page 4.

NOTE: Wild-grape jelly is served as an accompaniment to meats and fowl as well as with hot toast or bread and butter.



CAKES, COOKIES & PIES

Rhubarb and Apple Roly-Poly

To serve 8 to 10

1 teaspoon butter, softened, plus 8
tablespoons butter, cut into $\frac{1}{4}$ -
inch bits
1 tablespoon plus 2 cups flour
2 tablespoons sugar
2 teaspoons double-acting baking
powder
1 teaspoon salt

$\frac{2}{3}$ cup milk
 $\frac{1}{2}$ pound firm fresh rhubarb,
trimmed, washed and finely
chopped (about 1 cup)
3 medium-sized tart cooking apples,
peeled, cored and finely chopped
(about 2 cups)
1 cup light brown sugar

Preheat the oven to 350°. With a pastry brush, spread the teaspoon of softened butter over the bottom of a 10½-by-15½-inch jelly-roll pan. Sprinkle the tablespoon of flour over the butter and tip the pan to distribute it evenly. Invert the pan and rap it to remove the excess flour.

Combine the remaining 2 cups of flour, the sugar, baking powder and salt and sift them into a deep bowl. Add 4 tablespoons of the butter bits and, with your fingertips, rub the flour and fat together until they resemble flakes of coarse meal. Pour in the milk and stir with a wooden spoon until the dough is smooth and can be gathered into a compact ball.

Place the ball on a lightly floured surface and knead by pushing the dough down with the heels of your hands, pressing it forward and folding it back on itself. Repeat for about 1 minute, then roll the dough out into a rectangle 14 inches long, 11 inches wide and about $\frac{1}{8}$ inch thick.

Toss the rhubarb and apples together in a bowl. When they are well blended, spread the fruit evenly over the dough rectangle to within about 1 inch of the outside edges. Scatter the remaining 4 tablespoons of butter bits over the fruit and sprinkle the brown sugar on top.

Fold the shorter, 11-inch, sides of the dough rectangle over the fruit mixture. Then, starting at one narrow end, roll the rectangle up lengthwise to create a thick tight cylinder about 9 inches long. Carefully transfer the roll, seam side down, to the floured, buttered pan and bake in the middle of the oven for 35 to 40 minutes, or until it is golden brown.

Serve the rhubarb and apple roly-poly while it is still hot, accompanied if you like with a bowl of unsweetened whipped cream.

Wellesley Fudge Cake

To serve 8 to 10

CAKE

	powder
2 teaspoons plus 8 tablespoons butter, softened	½ teaspoon salt
2 tablespoons plus 1 cup all-purpose flour	2 cups milk
1 cup unsweetened cocoa	2 teaspoons vanilla extract
4 teaspoons double-acting baking	2 cups sugar
	4 egg yolks
	4 egg whites

Preheat the oven to 350°. With a pastry brush, spread 2 teaspoons of softened butter evenly over the bottom and sides of two 8-inch cake pans. Sprinkle the butter with 2 tablespoons of flour and tip the pans from side to side to spread it evenly; then invert the pans and rap them sharply to remove the excess flour. Combine the remaining cup of flour, the cocoa, baking powder and ½ teaspoon of salt and sift them into a bowl. Stir the milk and 2 teaspoons of vanilla in a measuring cup. Set aside.

In a deep bowl, cream the remaining 8 tablespoons of softened butter and the sugar together, beating and mashing them against the sides of the bowl with the back of a spoon until they are light and fluffy. Beat in the egg yolks, one at a time. Then add ½ cup of the flour-and-cocoa mixture and, when it is well incorporated, ½ cup of the milk-and-vanilla mixture. Repeat three more times, adding ½ cup of the flour mixture alternately with ½ cup of the milk mixture, and continue to beat until the batter is completely smooth.

With a wire whisk or a rotary or electric beater, beat the egg whites until they are firm enough to stand in soft peaks on the beater when it is lifted from the bowl. Stir a few tablespoonfuls of the egg whites into the batter, then scoop the remaining batter over the egg whites and fold them together gently but thoroughly with a rubber spatula.

Pour the batter into the floured and buttered pans, dividing it equally between them and smoothing the tops with the spatula. Bake in the middle of the oven for about 45 minutes, or until the cakes begin to shrink away from the sides of the pans and the tops spring back immediately when prodded gently with a finger. Turn the cake layers out onto wire racks to cool to room temperature.

CHOCOLATE FROSTING

12 one-ounce squares semi-sweet chocolate, coarsely chopped	¾ cup sour cream
	1 teaspoon vanilla extract
	A pinch of salt

When the cake has cooled, prepare the frosting in the following fashion: Drop the chocolate into the top of a double boiler set over simmering, not boiling, water. Stir until the chocolate melts, then remove from the

heat and beat in the sour cream, 1 teaspoon of vanilla and a pinch of salt.

Set one cake layer upside down on an inverted cake pan and, with a metal spatula or knife, spread about ½ cup of the frosting over it. Carefully put the second cake layer in place, right side up, and coat the top and sides with the remaining frosting. Slide the cake onto a serving plate.

Crêpes aux Pommes (Quebec)

APPLE CAKE

To serve 6 to 8

1 tablespoon butter, softened, plus	into ½-inch-thick slices (about
2 tablespoons butter	5 cups)
⅓ cup plus ¼ cup sugar	2 tablespoons strained fresh lemon
½ cup water	juice
A pinch of cream of tartar	3 eggs
8 medium-sized tart cooking apples,	3 tablespoons flour
peeled, cored and cut lengthwise	1 cup milk

Preheat the oven to 350°. With a pastry brush, spread the tablespoon of softened butter evenly over the bottom and sides of an 8-by-6-by-2-inch baking-serving dish.

In a small saucepan, bring ⅓ cup of sugar, the water and cream of tartar to a boil over moderate heat, stirring until the sugar dissolves. Increase the heat to high and cook briskly, uncovered and undisturbed, for 5 minutes, or until the syrup reaches a temperature of 220° on a candy thermometer. Remove the pan from the heat.

Melt the 2 tablespoons of butter over moderate heat in a heavy 10- to 12-inch skillet. When the foam begins to subside, add the apples, the sugar syrup and the lemon juice. Stirring frequently, cook over moderate heat for about 5 minutes, or until the apples are almost tender and a slice shows only slight resistance when pierced with the point of a small knife. Transfer the contents of the skillet to the buttered dish and set aside.

To make the batter for the topping, combine the remaining sugar, the eggs, flour and milk in the jar of an electric blender and blend at high speed for 10 seconds. Turn off the machine, scrape down the sides of the jar with a rubber spatula, and blend again until the batter is smooth. (To make the batter by hand, stir the sugar, flour and eggs together in a mixing bowl and gradually mix in the milk. Beat with a wire whisk or rotary or electric beater until the flour lumps disappear.)

Pour the batter over the apples and bake in the middle of the oven for about 30 minutes, or until the top is golden brown and a toothpick or cake tester inserted in the center comes out clean.

Serve at once, directly from the baking dish.

Bûche de Noël (Quebec)

YULE-LOG CAKE ROLL

To serve 10

2 tablespoons butter, softened, plus
8 tablespoons unsalted butter,
softened and cut into ½-inch
bits
2 tablespoons plus 1 cup flour
4 teaspoons cornstarch
1¼ teaspoons double-acting
baking powder

¼ teaspoon salt
6 egg whites
1 cup sugar
½ teaspoon vanilla extract
4 egg yolks
3 tablespoons cold water
¾ cup crab-apple jelly
¾ cup pure maple syrup (*see page 2*)
1 ounce unsweetened baking
chocolate, coarsely grated
Candied cherries
Candied green citron

Preheat the oven to 350°. Brush 1 tablespoon of softened butter over the bottom and sides of a 10½-by-15½-inch jelly-roll pan. Line the pan with a 20-inch strip of wax paper and let the extra paper extend over the ends. Brush 1 tablespoon of softened butter on the paper and sprinkle it with 2 tablespoons of flour, tipping the pan from side to side. Turn the pan over and rap it sharply to remove the excess flour. Combine the 1 cup of flour, cornstarch, baking powder and salt and sift them onto a plate.

With a wire whisk or a rotary or electric beater, beat 4 of the egg whites until they begin to thicken. Slowly add ½ cup of the sugar, beating continuously until the whites are stiff enough to form unwavering peaks on the beater when it is lifted from the bowl. Beat in the vanilla.

In another bowl and with the unwashed whisk or beater, beat the egg yolks, the remaining ½ cup of sugar and the water together. When the yolk mixture thickens enough to fall from the beater in a slowly dissolving ribbon, beat in the sifted flour mixture a few tablespoons at a time. Make sure each addition is completely incorporated before beating in more. Stir ½ cup of the beaten egg whites into the yolk mixture, then scoop it over the whites and fold the two together gently but thoroughly.

Pour the batter into the lined pan and spread it evenly into the corners with a spatula. Bake in the middle of the oven for 20 minutes, or until the sides of the cake have begun to shrink away from the pan and the cake springs back instantly when pressed lightly with a fingertip.

Carefully turn the cake out on wax paper, peel the layer of paper from the top, and let it rest for 5 minutes, then spread the surface with crab-apple jelly. Starting at one long edge, roll the cake into a cylinder. Cut a 1-inch-thick slice from each end of the cake and trim each slice into a round about 1½ inches in diameter. Set the cake aside to cool.

To prepare the icing, bring the maple syrup to a boil over moderate heat in a 3- to 4-quart saucepan. Cook uncovered and undisturbed, regulating the heat to prevent the syrup from boiling over. When the syrup reaches a temperature of 238° on a candy thermometer, or when a drop spooned into ice water immediately forms a soft but compact mass, remove the pan from the heat. Add the chocolate and stir to dissolve it.

In a large bowl, beat the two remaining egg whites with a wire whisk or a rotary or electric beater until they are stiff enough to stand in unwavering peaks on the beater when it is lifted from the bowl. Beating the egg whites constantly, pour in the maple syrup-and-chocolate mixture in a slow, thin stream and continue to beat until the mixture has cooled to room temperature. Then beat in the butter bits a few pieces at a time.

When the icing is smooth and thick, spread most of it over the top, sides and ends of the cake roll with a metal spatula or knife. With fork tines, make irregular lines the length of the roll to give the icing a bark-like look and the cake the appearance of a log. Ice one side and the edges of the reserved rounds and set one on top of the log and the other on a side to resemble knotholes. Decorate the cake with holly berries made from the cherries and with leaf shapes cut from the citron.

Soft Molasses Ball Cookies

To make about 4 dozen 2-inch round cookies

2 tablespoons butter, softened	¼ teaspoon salt
2½ to 3 cups all-purpose flour	¾ cup lard, softened
1 tablespoon baking soda	¾ cup sugar
2 teaspoons ground cinnamon	¾ cup dark molasses
2 teaspoons ground ginger	¾ cup sour cream
	2 eggs, lightly beaten

Preheat the oven to 350°. With a pastry brush, spread the softened butter evenly over 2 large baking sheets. Combine 2 cups of the flour, the baking soda, cinnamon, ginger and salt and sift them together into a bowl.

In another bowl, cream the lard and sugar together, beating and mashing them against the sides of the bowl with the back of a spoon until they are light and fluffy. Beat in the molasses and, when it is well incorporated, add the sour cream and the beaten eggs. Stir in the flour-and-spice mixture, ½ cup at a time, beating well after each addition.

Spread ½ cup of flour on a plate. Flour your hands to prevent the dough from sticking. To make each cookie, break off a heaping teaspoon of the dough, coat it with the flour, and with your hands, roll it into a ball about 1 inch in diameter. Sprinkle more flour on the plate if necessary. As you shape the cookie balls, arrange them, 2 inches apart on the buttered baking sheets. Bake in the middle of the oven for 8 to 10 minutes, or until the cookies feel firm when prodded gently with a finger. With a spatula, transfer them to wire cake racks to cool.

Depending on the size of your baking sheets, you may find it necessary to bake the cookies in two batches. If you do, let the baking sheets cool to room temperature after the first batch is finished; wipe with paper towels and, without buttering the sheets again, place the second batch of cookie balls on them and bake as before.

Harwich Hermits

To make about 3 dozen 2-inch squares

9 tablespoons butter, softened
1 tablespoon plus 2 cups all-purpose flour
1½ teaspoons double-acting baking powder
1 teaspoon ground cinnamon
½ teaspoon ground cloves

¼ teaspoon ground nutmeg, preferably freshly grated
¼ teaspoon ground mace
⅛ teaspoon ground allspice
½ teaspoon salt
1 cup coarsely chopped seedless raisins
½ cup sugar
2 eggs
½ cup dark molasses
½ cup coarsely chopped walnuts

Preheat the oven to 350°. With a pastry brush, spread 1 tablespoon of softened butter evenly over the bottom and sides of a 13-by-8-inch baking pan. Sprinkle 1 tablespoon of the flour over the butter and tip the pan from side to side to spread it evenly. Invert the pan and rap the bottom sharply to remove the excess flour.

Combine the remaining 2 cups of flour, the baking powder, cinnamon, cloves, nutmeg, mace, allspice and salt and sift them onto a long sheet of wax paper. Place the raisins in a bowl, add 2 or 3 tablespoonfuls of the flour-and-spice mixture and toss together gently but thoroughly.

In a deep bowl, cream the remaining 8 tablespoons of softened butter and the sugar, beating and mashing them against the sides of the bowl with the back of a spoon until they are light and fluffy. Beat in the eggs, one at a time, and then add the molasses. Stir in the flour-and-spice mixture by the ½ cupful, and continue to beat until the batter is smooth. Fold in the reserved raisins and the walnuts.

Pour the batter into the floured, buttered pan, spreading it evenly and smoothing the top with a rubber spatula. Bake in the middle of the oven for about 15 minutes, or until a toothpick or cake tester inserted in the center comes out clean. Cool to room temperature in the baking dish and just before serving, cut the Harwich hermits into 2-inch squares.

Croquignoles

FRENCH CANADIAN DOUGHNUTS

To make about 3 dozen twisted doughnut ovals

4 cups flour
4 teaspoons double-acting baking powder
¼ teaspoon ground nutmeg,

preferably freshly grated
1 teaspoon salt
6 tablespoons butter, softened
1 cup sugar
4 eggs
½ cup light cream
1 teaspoon vanilla extract
Vegetable oil for deep frying
Confectioners' sugar

Combine 3½ cups of the flour, baking powder, nutmeg and salt and sift them into a large bowl. In another deep bowl, cream the butter and sugar together, beating and mashing them against the sides of the bowl

with a large spoon until they are light and fluffy. Beat in the eggs, one at a time, then add about half of the flour mixture. Stir in the cream and the vanilla, then incorporate the remaining flour mixture. When the dough becomes too stiff to stir easily, knead in the remaining $\frac{1}{2}$ cup of flour with your hands. Drape the bowl loosely with wax paper or foil and refrigerate for at least 3 hours.

Cover 2 large baking sheets or jelly-roll pans with wax paper and set aside. Divide the dough into thirds and place 2 parts of the dough in the refrigerator and the other on a lightly floured surface. Roll the dough into a rough rectangle about 11-by-6 inches and $\frac{1}{4}$ inch thick. With a pastry wheel or a sharp knife slice the rectangle lengthwise into 1-inch-wide strips. Cut each strip in half to make a dozen $5\frac{1}{2}$ -by-1-inch pieces. Twist each piece into 4 or 5 coils and pinch the ends together firmly, shaping the strip into an oval. As you cut and shape the *croquignoles*, lay them side by side on the paper-lined pan and refrigerate. If you prefer the standard doughnut shape, cut the dough with a $2\frac{3}{4}$ -inch doughnut cutter. Repeat whichever procedure you prefer with the two pieces of refrigerated dough.

Pour vegetable oil into a deep fryer or large, heavy saucepan to a depth of about 3 inches and heat until it reaches a temperature of 375° on a deep-frying thermometer.

Deep-fry the *croquignoles* 4 or 5 at a time until they rise to the surface of the fat and the bottoms become golden brown; turn them over carefully with tongs or a slotted spoon and deep-fry for about 2 minutes longer. As they brown, transfer them to paper towels to drain.

Let the *croquignoles* cool to room temperature, then sprinkle them lightly with confectioners' sugar.

Boston Cream Pie

To serve 8

CAKE

2 teaspoons plus 6 tablespoons

butter, softened

2 tablespoons all-purpose flour

$1\frac{1}{2}$ cups cake flour (not self-rising)

2 teaspoons double-acting baking powder

$\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup sugar

2 eggs

1 teaspoon vanilla extract

$\frac{1}{2}$ cup milk

CAKE: Preheat the oven to 375° . With a pastry brush, spread 2 teaspoons of softened butter over the bottom and sides of two 9-inch pie tins. Sprinkle the all-purpose flour onto the tins and tip them from side to side to spread the flour evenly. Then invert the tins and rap the bottoms sharply to remove the excess flour. Combine the cake flour, baking powder and $\frac{1}{4}$ teaspoon of salt and sift them onto a plate or wax paper.

In a deep bowl, cream the 6 tablespoons of softened butter and $\frac{3}{4}$ cup of sugar together, beating them against the sides of the bowl with the back of a large spoon until they are light and fluffy. Beat in two eggs, one

Continued on next page

at a time, and 1 teaspoon of vanilla. Then, beating constantly, sprinkle in about $\frac{1}{2}$ cup of the cake-flour mixture and, when it is incorporated, add 2 or 3 tablespoonfuls of the milk. Repeat two more times, adding $\frac{1}{2}$ cup of the flour alternately with 2 or 3 tablespoons of the milk, and continue to beat until the batter is smooth.

Pour the batter into the tins, dividing it equally and smoothing it with a spatula. Bake in the middle of the oven for about 15 minutes, or until the cakes begin to shrink away from the sides of the tin and the center springs back immediately when prodded gently with a finger. Turn the cakes out on wire racks to cool to room temperature.

CUSTARD FILLING

$\frac{1}{2}$ cup light cream

$\frac{1}{2}$ cup milk

$\frac{1}{4}$ cup sugar

A pinch of salt

4 teaspoons cornstarch

2 eggs, lightly beaten

$\frac{1}{2}$ teaspoon vanilla extract

CUSTARD FILLING: In a heavy 2- to 3-quart saucepan, warm $\frac{1}{2}$ cup of cream and $\frac{1}{4}$ cup of milk over moderate heat. When bubbles begin to form around the edges of the pan, add the $\frac{1}{4}$ cup of sugar and a pinch of salt and stir until the sugar has dissolved. Remove the pan from the heat and cover to keep the filling warm.

Combine the remaining $\frac{1}{4}$ cup of milk and the cornstarch in a bowl and stir with a wire whisk until smooth. Whisk in the two beaten eggs and then, stirring the mixture constantly, pour in the cream-and-milk mixture in a slow, thin stream. Return the contents of the bowl to the saucepan and, stirring all the while, cook over low heat until the custard thickens heavily and is smooth. Once it thickens, remove it from the heat; overcooking will make it lumpy. Add $\frac{1}{2}$ teaspoon of vanilla, and let the custard cool to room temperature.

Place one layer of the cake, upside down, on a serving plate and, with a metal spatula, spread the top evenly with the cooled custard. Carefully set the second layer, also upside down, on top of the custard.

CHOCOLATE FROSTING

3 one-ounce squares semi-sweet

chocolate, cut into small bits

2 tablespoons butter

$\frac{1}{4}$ cup light cream

$\frac{1}{2}$ cup confectioners' sugar, sifted

$\frac{1}{2}$ teaspoon vanilla extract

CHOCOLATE FROSTING: In a small, heavy saucepan, stir the chocolate bits and 2 tablespoons of butter over low heat to melt them completely. Remove from the heat and, stirring the mixture constantly, pour in $\frac{1}{4}$ cup of cream in a thin stream. When the mixture is smooth, sift the confectioners' sugar over the top and beat vigorously for a minute or two. Stir in $\frac{1}{2}$ teaspoon of vanilla. Then pour the frosting evenly over the cake, allowing it to flow down the sides of the layers.

NOTE: A simpler, but equally traditional, version of Boston cream pie is filled with raspberry jam and topped with confectioners' sugar. Melt $\frac{1}{2}$ cup of jam over low heat, rub it through a fine sieve, then spread it smoothly over the bottom cake layer. Set the top layer in place and sprinkle it lightly with $\frac{1}{4}$ cup of sifted confectioners' sugar.

Joe Froggers

To make about 20 four-inch-round cookies

4 cups flour	1 cup dark molasses
2 teaspoons ground ginger	1 teaspoon baking soda
½ teaspoon ground cloves	12 tablespoons butter, softened
½ teaspoon ground nutmeg, preferably freshly grated	1 cup sugar
¼ teaspoon ground allspice	2 tablespoons rum combined with 6 tablespoons water, or substitute
1 ½ teaspoons salt	½ cup water

According to tradition, these cookies were created by an old man called Uncle Joe who lived in Marblehead, Massachusetts, more than a century ago. When Uncle Joe was given a jug of rum, he used a little of it in the molasses cookies he baked for the donor. The cookies themselves were big and flat, somewhat like the frogs in the pond near Uncle Joe's house; hence the name Joe Froggers.

Combine 3½ cups of the flour, the ginger, cloves, nutmeg, allspice and salt and sift them into a large bowl. Stir the molasses and soda together in a small bowl until the mixture stops foaming.

In another bowl, cream 8 tablespoons of softened butter with the sugar, beating and mashing them against the sides of the bowl with the back of a spoon until they are light and fluffy. Beat in the molasses mixture and when it is well incorporated, add the rum and water or the water alone. Stir in the flour-and-spice mixture, about 1 cup at a time, beating well after each addition, and continue to beat until the dough is smooth. Cover with wax paper or plastic wrap and refrigerate the dough for at least 8 hours, or overnight.

Preheat the oven to 375°. With a pastry brush, spread 2 tablespoons of the softened butter evenly over two large baking sheets.

Sprinkle a board with the remaining ½ cup of flour, and on it roll the dough out into a rough circle about ¼ to ½ inch thick. With a cookie cutter or the rim of a glass, cut the dough into 3-inch rounds. Gather the scraps together, roll them out as before and cut out as many more rounds as you can. Place about half of the rounds 2 inches apart on the baking sheets.

Bake the cookies in the middle of the oven for 10 to 15 minutes, or until they are crisp around the edges and the tops feel firm when prodded gently with a finger. With a wide metal spatula, transfer them to wire racks. Let the baking sheets cool completely, spread them with the remaining 2 tablespoons of softened butter and bake the remaining cookies in the preheated oven. In a tightly covered jar or box, the Joe Froggers can safely be kept for 2 or 3 weeks.

Marlborough Pie

To make one 9-inch pie

1 tablespoon butter, softened	4 eggs
Short-crust pastry for an 8- to 9- inch pie shell (<i>page 128</i>)	2 egg yolks
6 medium-sized tart cooking apples, peeled, cored and coarsely chopped	2 tablespoons strained fresh lemon juice
1½ cups sugar	1 tablespoon finely grated fresh lemon peel
	1 cup heavy cream, chilled

Adapted from an early American recipe whose origin was probably English, this pie became traditional for Thanksgiving.

With a pastry brush, spread the butter evenly over the bottom and sides of a 9-inch pie tin.

Following the directions for a baked unfilled pie shell (*page 128*), roll the dough into a circle about ⅛ inch thick and at least 12 inches in diameter. Drape the dough over the rolling pin, lift it up and unroll it slackly over the buttered pie tin. Gently press the dough against the sides of the tin and trim off the excess dough with a small knife, leaving a 1-inch overhang all around the rim. Turn the overhang underneath the edge of the circle and secure the dough to the rim by crimping it with your fingers or the tines of a fork. Chill for 1 hour.

Preheat the oven to 300°. Spread a sheet of buttered aluminum foil over the tin and press it gently against the dough to support the sides of the pastry as it bakes. Bake in the middle of the oven for 15 minutes. Then discard the foil and, with the point of a small skewer or knife, gently prick the pastry in the places where it has puffed up. Set the pastry aside. Raise the oven temperature to 350°.

Meanwhile, in a 2- to 3-quart enameled or stainless-steel saucepan, bring the apples and sugar to a simmer over moderate heat, stirring until the sugar dissolves. Reduce the heat to low and simmer, partially covered, for about 15 minutes, or until a chunk of apple can be easily mashed against the side of the pan with a spoon. If the mixture seems too fluid, stir it over high heat for a few minutes to evaporate the excess liquid. Purée the apples through a food mill or, with the back of a spoon, rub them through a fine sieve into a bowl. There should be about 2 cups of applesauce.

In a deep bowl, beat the eggs and egg yolks with a wire whisk or a rotary or electric beater for 3 or 4 minutes. When the eggs thicken and cling to the beater, add the applesauce, lemon juice and lemon peel and fold them together gently but thoroughly. Pour the apple mixture into the pastry shell and bake in the middle of the oven for about 45 minutes, or until a knife inserted in the center comes out clean.

Let the Marlborough pie cool to room temperature. Just before serving, pour the cream into a chilled bowl. With a whisk or a rotary or electric beater, whip the cream until it is stiff enough to stand in unwavering peaks on the beater when it is lifted from the bowl. When serving the pie present the cream separately in a chilled serving bowl or sauceboat.

Maple Custard Pie

To make a 9-inch pie

1 cup heavy cream	1 teaspoon vanilla extract
1 cup milk	4 eggs
½ cup pure maple syrup (<i>see page</i> 2)	A 9-inch short-crust pastry pie shell, baked and cooled (<i>page 128</i>)

Preheat the oven to 325°. In a small, heavy saucepan, warm 1 cup of cream, the milk, maple syrup and vanilla over moderate heat, stirring occasionally, until small bubbles appear around the edges of the pan. Remove the pan from the heat and cover to keep warm.

With a wire whisk or a rotary or electric beater, beat the eggs in a bowl for 2 or 3 minutes until they begin to thicken and cling to the beater. Beating constantly, pour in the maple mixture in a slow, thin stream. Pour the filling into the pie shell. Then bake in the middle of the oven for about 40 minutes, or until a knife inserted in the center comes out clean. Remove the pie from the oven and let it cool to room temperature.

RUM CREAM

½ cup heavy cream, chilled	1 tablespoon light rum
2 tablespoons confectioners' sugar	¼ cup finely chopped walnuts

Just before serving, whip ½ cup of cream in a chilled bowl with a wire whisk or a rotary or electric beater. As soon as the cream begins to thicken, add the confectioners' sugar and continue to whip until the cream forms soft peaks on the beater when it is lifted from the bowl. Then beat in the rum. Mound the cream in the center of the pie, and sprinkle the chopped walnuts in a ring around it. Serve at once.

Maple-Walnut Pie (Quebec)

To make one 9-inch pie

4 eggs	cooled
2 cups pure maple syrup (<i>see page 2</i>)	2 teaspoons cider vinegar
2 tablespoons butter, melted and	A 9-inch short-crust pastry pie shell, baked and cooled (<i>page 128</i>)
	$\frac{1}{4}$ cup coarsely chopped walnuts

Preheat the oven to 400°. With a wire whisk or a rotary or electric beater, beat the eggs for 2 or 3 minutes until they begin to thicken and cling to the beater. Beating constantly, pour in the syrup in a slow, thin stream. Then beat in the cooled, melted butter and the vinegar.

Pour the maple filling into the baked and cooled pie shell and bake in the middle of the oven for 35 to 40 minutes, or until the top is delicately browned. (The filling may appear somewhat undercooked and soft, but it will become firm as it cools.) Remove the pie from the oven and let it cool to room temperature. Sprinkle the walnuts in a circle around the edge of the pie before serving.

Apple Pandowdy

To serve 8

1 teaspoon butter, softened	peeled, cored and cut lengthwise into $\frac{1}{2}$ -inch-thick slices (about 6 cups)
$\frac{1}{3}$ cup plus 2 tablespoons sugar	2 cups flour
$\frac{1}{4}$ cup dark molasses	$2\frac{1}{2}$ teaspoons double-acting baking powder
1 tablespoon ground cinnamon	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon ground cloves	1 cup heavy cream
$\frac{1}{4}$ teaspoon ground nutmeg, preferably freshly grated	
9 medium-sized tart cooking apples	

Preheat the oven to 350°. With a pastry brush, spread the butter evenly over the bottom and sides of a 10-by-6-by-2-inch baking dish. Place $\frac{1}{3}$ cup of sugar, the molasses, cinnamon, cloves and nutmeg in a large bowl and mix well. Add the apple slices and turn them about with a spoon to coat them evenly with the sugar mixture.

Combine the flour, the remaining 2 tablespoons of sugar, the baking powder and salt and sift them into a bowl. Make a well in the center, pour in the cream and, with a large spoon, slowly mix the ingredients together. When the mixture becomes a smooth dough, knead it for a few minutes with your hands until it can be gathered into a compact ball.

Place the dough on a lightly floured surface and again knead it briefly. Then roll it out into a rough rectangle about 12 inches long, 8 inches wide and $\frac{1}{4}$ inch thick.

Spread the apple mixture evenly in the buttered dish. Drape the dough over the rolling pin, lift it up and carefully unroll it over the dish. With a pair of scissors, cut off the excess dough from the edges, leaving a ½-inch overhang all around the outside rim to allow for shrinkage as the crust bakes. Bake in the middle of the oven for 45 minutes, or until the crust is puffed and golden brown.

Serve the apple pandowdy while it is still warm, accompanied if you like by a pitcher of heavy cream or by lemon sauce (*page 137*).

Pork-Apple Pie

To make one 9½-inch pie

6 ounces maple sugar (*see page 2*)

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg,
preferably freshly grated

¼ teaspoon salt

12 medium-sized tart cooking
apples, peeled, cored and cut

lengthwise into ½-inch-thick
slices (about 10 cups)

½ ounce lean salt pork with rind
removed, the pork cut into ¼-
inch dice

Short-crust pastry dough for a pie-
crust top (*page 128*)

3 tablespoons heavy cream

Preheat the oven to 450°. Using the finest side of a stand-up hand grater, grate the maple sugar into a deep bowl. There should be about ¾ cup. (If the maple sugar is dry, grate it with a nutgrinder.) Add the cinnamon, nutmeg and salt and mix well. Then drop in the apple slices and turn them about with a spoon to coat them thoroughly. Spread the apple mixture evenly in the bottom of a glass pie dish 9½ inches in diameter and 2 inches deep, and scatter the pork dice over it.

Following the directions for short-crust pastry for a pie-crust top on *page 128*, pat the dough on a lightly floured surface into a rough circle about 1 inch thick. Roll the dough from the center to within an inch of the far edge until the circle is 12 inches in diameter and ⅛ inch thick.

Drape the dough over the rolling pin, lift it up and unroll it carefully over the pie. Secure the dough to the rim of the dish by crimping it firmly with your fingers or with the tines of a fork. Trim off the excess dough from the edges with a pair of scissors.

Cut a ½-inch-round vent in the center of the pastry and brush the entire top surface evenly with the cream. Bake in the middle of the oven for 10 minutes, reduce the oven temperature to 350° and continue baking for 1 hour longer, or until the crust is golden brown.

Serve the pork-apple pie while it is still warm.

The Publick House's Cranberry Chiffon Pie

To serve 8

	electric blender or with a nutgrinder
CRUST	7 tablespoons sugar
2½ cups pecans, pulverized in an	4 tablespoons butter, melted and cooled

First prepare the crust in the following fashion: Combine the pulverized pecans and 7 tablespoons of sugar in a deep bowl and stir until they are well mixed. Sprinkle the melted butter over them and stir until the butter is completely absorbed. Scatter the mixture into a pie tin 9½ inches across at the top and 2 inches deep. With your fingers or the back of a spoon, press the crust firmly and evenly against the bottom and sides of the tin. Refrigerate for at least 30 minutes.

Preheat the oven to 350°. Bake the crust in the middle of the oven for 10 minutes, or until it browns lightly and is firm to the touch. Remove the tin from the oven and let the crust cool to room temperature.

FILLING

2 cups bottled cranberry juice	3 egg whites
1 envelope unflavored gelatin	½ teaspoon salt
¾ cup firm fresh unblemished cranberries	2 cups heavy cream, chilled
¾ cup sugar	2 tablespoons confectioners' sugar
	14 pecan halves

Meanwhile, prepare the filling. Pour ¼ cup of the cranberry juice into a heatproof measuring cup and sprinkle it with the gelatin. When the gelatin has softened for 2 or 3 minutes, set the cup in a small skillet of simmering water and cook over low heat, stirring constantly, until the gelatin dissolves. Remove the skillet from the heat but leave the cup in the water to keep the gelatin fluid and warm.

Wash the cranberries under cold running water, drop them into a small enameled or stainless-steel saucepan. Add the remaining 1¾ cups of cranberry juice and the ½ cup of sugar and bring to a boil over high heat, stirring constantly until the sugar dissolves. Reduce the heat to low and, still stirring from time to time, simmer uncovered for 4 or 5 minutes, until the skins of the berries just begin to pop and the berries are tender. Remove the pan from the heat, add the gelatin and stir until dissolved. Then drain the entire mixture through a fine sieve into a large glass or ceramic bowl. Measure the liquid and, if necessary, add enough cranberry juice to make 1½ cups. Set the liquid aside to cool.

Select the 12 or 15 best-shaped whole, cooked cranberries, pat them dry with paper towels and reserve them for use as a garnish. Pat the remaining berries dry and chop them as fine as possible with a knife.

When the cranberry liquid begins to thicken and is somewhat syrupy, beat the egg whites and salt with a whisk or a rotary or electric beater until they are frothy. Sprinkle the remaining ¼ cup of sugar over them and continue to beat until the egg whites stand in soft peaks on the beater when it is lifted from the bowl.

In a deep chilled bowl, whip $\frac{1}{2}$ cup of the cream with a whisk or a rotary or electric beater until it is firm and stands in unwavering peaks in the bowl. Scoop the egg whites over the cream and, with a rubber spatula, fold them together gently but thoroughly, using an over-under cutting motion rather than stirring.

Pour the egg white-and-cream mixture over the thickened cranberry syrup and fold with the spatula until no trace of white remains. Gently fold in the chopped cranberries, distributing them as evenly as possible. Pour the mixture into the cooled pie crust and refrigerate for at least 3 hours, or until the chiffon is firm to the touch.

Just before serving, whip the remaining cream and the confectioners' sugar with a whisk or a rotary or electric beater until the mixture forms unwavering peaks on the beater when it is lifted from the bowl. Spread the whipped cream over the entire surface of the pie, smoothing it with a spatula. Arrange the reserved whole cranberries and the pecan halves attractively on top and serve at once.

Cranberry-Nut Pie

To make a 9-inch pie	1 cup sugar
	4 teaspoons flour
	$\frac{1}{2}$ cup seedless raisins
Short-crust pastry dough for a	$\frac{1}{4}$ cup strained fresh orange juice
lattice-topped pie (page 128)	1 teaspoon finely grated orange peel
$3\frac{1}{2}$ cups firm fresh unblemished	3 tablespoons butter, melted
cranberries	$\frac{1}{8}$ teaspoon salt
$\frac{1}{3}$ cup coarsely chopped walnuts	1 egg yolk beaten with 1 tablespoon milk

Following the directions for the short-crust pastry dough for a lattice-topped pie on page 128, roll out half of the pastry dough and fit it into a 9-inch pie tin. Refrigerate the pie shell and the remaining dough while you prepare the filling.

Preheat the oven to 400°. Wash the cranberries under cold running water and pat them completely dry with paper towels. Then put the berries through the coarsest blade of a food grinder into a deep bowl. Combine the cranberries, walnuts, sugar, flour, raisins, orange juice, orange peel, melted butter and salt. Stir until well mixed, then spoon the filling into the chilled pie shell, spreading it and smoothing the top with a spatula. Roll out the remaining pastry dough and cut it into $\frac{1}{2}$ -inch-wide lattice strips. Place the strips on top of the pie, first coating them with the egg yolk-and-milk mixture as described in the directions for a lattice-top pie on page 128.

Bake the pie in the middle of the oven for about 1 hour, or until the pastry is golden brown. (Check from time to time and if the edge of the pie begins to brown too quickly, cover it loosely with a strip of foil.)

Serve the pie hot, or cooled to room temperature, accompanied if you like by unsweetened whipped cream or vanilla ice cream.

Rhubarb and Lemon-Cream Pie

To make one 9-inch pie

- | | |
|--|--|
| 2 tablespoons butter plus 5
tablespoons butter, softened and
cut into ½-inch bits | ½ cup strained fresh lemon juice
2 teaspoons freshly grated lemon
peel |
| 1 pound firm fresh rhubarb,
trimmed, washed and cut into
½-inch lengths (about 2 cups) | 1 teaspoon unflavored gelatin
2 tablespoons cold water |
| 1 ¼ cups sugar | 1 cup heavy cream, chilled |
| 5 egg yolks | A 9-inch short-crust pastry shell,
baked and cooled (<i>page 128</i>) |

In a heavy 8- to 10-inch skillet, melt 2 tablespoons of the butter over moderate heat. When the foam begins to subside, add the rhubarb and stir in ¾ cup of the sugar. Cover tightly and steam the rhubarb for about 10 minutes, sliding the pan back and forth over the heat from time to time to roll the pieces around.

When the rhubarb is somewhat translucent and slightly tender, transfer the pieces gently with a slotted spoon to a fine sieve set over a bowl. Let the rhubarb drain without turning or disturbing the pieces, then set it aside to cool completely; return the drained liquid to the juices remaining in the skillet and reserve them.

Meanwhile, prepare the lemon curd in the following fashion: In a heavy 1½- to 2-quart enameled or stainless-steel saucepan, combine the butter bits, the remaining ½ cup of sugar, the egg yolks and lemon juice. Cook over the lowest possible heat, stirring constantly until the mixture thickens enough to heavily coat the back of a spoon. Do not let the lemon curd come anywhere near a boil or it will curdle. Pour the lemon curd into a small bowl, stir in the grated lemon peel and set aside to cool completely to room temperature.

In a heatproof measuring cup, sprinkle the gelatin over 2 tablespoons of cold water. When the gelatin has softened for 2 or 3 minutes, set the cup in a small pan of simmering water and cook over low heat, stirring constantly, until the gelatin dissolves completely. Remove the gelatin from the pan and let it cool to room temperature.

With a wire whisk or a rotary or electric beater, whip the cream in a large chilled bowl. When it begins to thicken, add the cooled but still fluid gelatin. Continue to whip until the cream is thick enough to stand in soft peaks on the beater when it is lifted from the bowl.

Stir ½ cup of the whipped cream into the lemon curd, then scoop the lemon mixture over the remaining cream and fold them gently but thoroughly together with a rubber spatula. Pour the lemon cream into the baked, cooled pastry shell, spreading it and smoothing the top with the spatula. Refrigerate until the filling is firm to the touch.

Bring the reserved rhubarb juice to a boil over high heat and, stirring occasionally, cook briskly until it is reduced to ½ cup. Strain the juice

through a fine sieve into a bowl, and let it cool to room temperature. Then spread the reserved rhubarb evenly over the lemon-cream filling and brush the top of the pie with the strained juice glaze. Refrigerate the pie until ready to serve.

Boiled-Cider Pie

To make one 9-inch pie

8 tablespoons butter, cut into ½-inch bits
3 tablespoons flour
1 cup water
½ cup boiled cider (*see note, page 143*)
1 ½ cups sugar
1 egg, lightly beaten

1 large tart cooking apple, peeled, cored and cut into ½-inch dice (about 1 cup)
½ cup seedless raisins
A 9-inch short-crust pastry pie shell, baked and cooled (*page 128*)
4 egg whites
1 tablespoon strained fresh lemon juice

In a 2- to 3-quart enameled or stainless-steel saucepan, melt the butter over moderate heat, stirring from time to time so that the butter melts evenly without browning. When the foam begins to subside, stir in the flour and mix well. Stirring constantly with a wire whisk, add the water, boiled cider and 1 cup of the sugar and cook over high heat until the mixture comes to a boil and is smooth. Remove the pan from the heat.

Pour a few tablespoonfuls of the cider mixture into the egg and beat them together, then gradually pour the egg into the remaining cider mixture, whisking all the time. Still stirring constantly with the whisk, cook over low heat until the mixture thickens. Do not let it come to a boil or it will curdle. Pour the entire contents of the pan into a bowl, stir in the apple and raisins and let the filling cool to room temperature.

Preheat the oven to 350°. Pour the filling into the baked pie shell, spreading and smoothing it evenly with a spatula. Bake in the middle of the oven for about 40 minutes, or until a knife inserted in the center comes out clean. Remove the pie from the oven and let it cool completely.

Just before serving, preheat the oven to 350°. With a wire whisk or a rotary or electric beater, beat the egg whites in a mixing bowl until they are frothy and begin to thicken. Sprinkle them with the remaining ½ cup of sugar and continue to beat. When the meringue is very stiff and stands in unwavering peaks in the bowl, beat in the lemon juice. Scoop the meringue over the pie and smooth it over the filling, making decorative swirls in the surface of the meringue with the tip of a spatula.

Bake the boiled cider pie in the upper third of the oven for 10 to 15 minutes, or until the meringue is a light golden color. Serve at once.

Cipâte aux Bleuets (Quebec)

THREE-CRUST BLUEBERRY PIE

To make one 9-inch pie

1 tablespoon butter, softened

Short-crust pastry for a double-crust
pie (*page 128*)

6 cups fresh ripe blueberries

1½ to 2 cups sugar

2 tablespoons strained fresh lemon
juice

Preheat the oven to 400°. With a pastry brush, spread the softened butter evenly over the bottom and sides of a 9-inch pie tin. Follow the directions on *page 128* for a double-crust pie, but instead of dividing the dough into two sections, divide it into three with one section somewhat smaller than the other two. Refrigerate the smaller section and one of the larger ones and place the third on a lightly floured surface. Roll it into a rough circle about ⅛ inch thick and 12 to 13 inches in diameter. If the dough sticks to the board or table, lift it gently with a metal spatula and sprinkle a little flour under it.

Drape the dough over the rolling pin, lift it up and unroll it slackly over the buttered pie tin. Gently press the dough against the sides of the tin, being careful not to stretch it. With scissors, cut off the excess dough from the edges, leaving a 1-inch overhang all around the outside rim. Gather up the scraps and refrigerate both the pastry shell and the scraps while you prepare the filling.

Wash the blueberries in a colander set under cold running water, discarding any stems or blemished berries. Spread the berries on paper towels and pat them completely dry. Then place them in a deep bowl, add 1½ cups of sugar and the lemon juice, and toss together gently but thoroughly. Taste the berries and add up to ½ cup more sugar if you like.

On a lightly floured surface, roll the smaller of the 2 reserved pieces of dough into a circle no more than ⅛ inch thick and 9 or 10 inches in diameter. With a pastry wheel or sharp knife, cut out a smaller circle about 8½ to 8¾ inches in diameter, using an inverted 8-inch cake pan as a guide. Cut a ½-inch hole in the center of the circle. (Gather the scraps together and refrigerate them.)

Spread half of the blueberry mixture evenly over the bottom of the lined pie tin and gently place the 8½-inch round of dough on top. Place the rest of the blueberries over the circle of dough. Then roll the remaining piece of dough (adding the scraps to the ball if necessary) into a circle about ⅛ inch thick and 12 to 13 inches in diameter. With a pastry brush dipped in cold water, lightly moisten the outside edge of the pastry shell. Drape the dough over the rolling pin, lift it up and unroll it over the top layer of blueberries. Trim the excess pastry from around the rim with scissors or a sharp knife, then crimp the top and bottom pastry to-

gether firmly with your fingers or press them with the tines of a fork. Cut a 1-inch hole in the center of the top crust.

Bake in the middle of the oven for 15 minutes, then reduce the oven temperature to 350° and continue baking for 1 hour longer, or until the top is golden brown.

Serve the *cipâte aux bleuets* while it is still warm. The center crust, which will steam as the pie bakes, will have a dumplinglike texture and absorb some of the berry juice.

Mincemeat Pie

To make one 9-inch pie

1 tablespoon butter, softened	thoroughly drained
Short-crust pastry for a double-crust pie (page 128)	2 medium-sized tart cooking apples, peeled, cored and cut into ¼-inch dice (about 1½ cups)
2½ cups <i>Grandma Howland's mincemeat</i> (page 102),	1 egg, lightly beaten with 2 tablespoons milk

Preheat the oven to 350°. With a pastry brush, spread the butter evenly over the bottom and sides of a 9-inch pie tin. Following the directions on page 128 for short-crust pastry for a double-crust pie, roll out half of the pastry dough and line the pie tin with it. Combine the mincemeat and apples in a bowl and mix well. Then spoon them into the pastry shell, spreading the mixture evenly with a spatula.

On a lightly floured surface, roll out the remaining pastry dough into a circle about ⅛ inch thick and 12 inches in diameter. With a pastry brush dipped in cold water, lightly moisten the outside edge of the pastry shell. Drape the dough over the rolling pin, lift it up and unroll it over the pie. Trim off the excess dough with scissors or a small knife, then crimp the top and bottom pastry together firmly with your fingers or the tines of a fork. Cut a 1-inch hole in the center of the top crust.

Brush the surface of the pie with the egg-milk mixture and bake in the middle of the oven for 1¼ hours, or until the crust is golden brown. Serve mincemeat pie hot or cooled to room temperature.

Fried Apple Pies

To make about 30 small pies

PASTRY DOUGH

2 cups all-purpose flour	into ¼-inch bits
1 tablespoon sugar	2 tablespoons lard, chilled and cut
1 teaspoon double-acting baking powder	into ¼-inch bits
2 tablespoons butter, chilled and cut	1 egg, lightly beaten
	½ cup milk

Combine the flour, 1 tablespoon of sugar and the baking powder and sift them into a deep bowl. Drop in the butter bits and the lard and, with your fingertips, rub the flour and fat together until they resemble flakes of coarse meal. Add the egg and milk and beat vigorously with a wooden spoon until the dough is smooth and can be gathered into a compact ball. Refrigerate for at least 30 minutes before using.

APPLE FILLING

2 tablespoons butter	chopped (about 1¾ cups)
5 medium-sized tart cooking apples, peeled, cored and coarsely	¼ cup sugar
	⅛ teaspoon ground cinnamon

Meanwhile, prepare the apple filling in the following fashion: Melt 2 tablespoons of butter over moderate heat in a heavy 1½- to 2-quart saucepan. Add the apples and turn them about with a spoon to coat the pieces evenly. Reduce the heat to low, and simmer partially covered for 15 to 20 minutes, or until the apples are soft. With a rubber spatula, scrape the entire contents of the pan into a bowl, and mash the apples to a smooth purée with the back of a fork. Stir in the sugar and cinnamon and set the mixture aside to cool to room temperature.

Vegetable oil for deep frying	Confectioners' sugar
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Preheat the oven to its lowest setting. Line a large baking sheet with a double thickness of paper towels and place it in the middle of the oven.

Pour vegetable oil into a deep fryer or large, heavy saucepan to a depth of 3 inches and heat the oil to 385° on a deep-frying thermometer.

On a lightly floured surface, roll out the chilled dough until it is no more than ⅛ inch thick. With a cookie cutter or the rim of a glass, cut the dough into 4-inch rounds. Gather the scraps together, roll them out as before and cut as many more rounds as possible.

To make each pie, place about 1½ teaspoons of the apple filling in the center of each round of dough. Dip a pastry brush in cold water and lightly moisten the edges. Then fold the round in half and crimp the edges securely together with the tines of a table fork.

Deep-fry the pies 3 or 4 at a time, turning them occasionally with a slotted spoon, for 8 to 10 minutes, or until they are golden brown on all sides. As they brown, transfer the pies to the lined pan and keep them warm in the oven while you fry the rest.

To serve, arrange the fried pies attractively on a heated platter and sprinkle them lightly with confectioners' sugar.

Pumpkin Chiffon Pie

To make one 9½-inch pie

4 egg whites

4 egg yolks

1 cup dark brown sugar

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg,
preferably freshly grated

½ teaspoon ground ginger

½ teaspoon ground allspice

2 cups puréed pumpkin, freshly
cooked or canned

⅓ cup heavy cream

¼ cup butter, melted and cooled

A short-crust pastry shell, baked in
a 9½-by-1½-inch glass pie
plate and cooled (*page 128*)

Preheat the oven to 350°. With a wire whisk or a rotary or electric beater, beat the egg whites until they are firm enough to stand in unwavering peaks on the beater when it is lifted from the bowl.

In a separate bowl, use the same beater to beat the egg yolks, brown sugar, cinnamon, nutmeg, ginger and allspice together. Then beat in the pumpkin, ½ cup at a time. Add the cream and cooled, melted butter and continue beating until the mixture is smooth.

Stir a few tablespoonfuls of the egg whites into the pumpkin mixture. Then scoop it over the remaining whites. With a rubber spatula, fold the two gently but thoroughly together.

Pour the filling into the pie shell, spreading it evenly and smoothing the top with the spatula. Bake the pie in the middle of the oven for 45 minutes. (The filling may still appear undercooked and soft, but it will become firm when it cools.) Remove the pie from the oven and let it cool to room temperature before serving.

Short-Crust Pastry

To make one 8- to 9-inch pie shell
or pie-crust top

6 tablespoons unsalted butter,
chilled and cut into ¼-inch bits

2 tablespoons lard, chilled and cut
into ¼-inch bits

1½ cups all-purpose flour

1 tablespoon sugar

¼ teaspoon salt

3 to 4 tablespoons ice water

PASTRY DOUGH: In a large, chilled bowl, combine the butter, lard, flour, sugar and salt. With your fingertips rub the flour and fat together until they look like flakes of coarse meal. Do not let the mixture become oily.

Pour 3 tablespoons of ice water over the mixture all at once, toss together lightly and gather the dough into a ball. If it crumbles, add up to 1 tablespoon more ice water by drops until the particles adhere. (For a double-crust or lattice-topped pie shell, pour 6 tablespoons of ice water over the flour and fat mixture, toss together and gather the dough into a ball. If necessary, add up to 2 tablespoons more ice water by drops.)

Dust the pastry dough with a little flour and wrap it in wax paper. Refrigerate for at least 1 hour before using.

BAKED UNFILLED PIE SHELL: To prepare a baked but unfilled, or blind, pie shell, spread 1 tablespoon of butter over the inside of a 9-inch pie tin.

On a lightly floured surface, pat the dough into a circle about 1 inch thick. Dust a little flour over and under it and roll it out, from the center to within an inch of the far edge of the pastry. Lift the dough and turn it clockwise about 2 inches; roll again from the center to within an inch or so of the far edges. Repeat—lifting, turning, rolling—until the circle is about ⅛ inch thick and 13 inches in diameter. If the dough sticks to the board, lift it with a spatula and sprinkle a little flour under it.

Drape the dough over the rolling pin, lift it up and unroll it slackly over the buttered pie tin. Gently press the dough into the bottom and sides of the tin, being careful not to stretch it. With scissors, cut the excess dough from the edges leaving a 1-inch overhang around the outside rim. Tuck the overhang under the edges of the pastry and secure it to the rim by crimping it firmly with your fingers or the tines of a fork.

Preheat the oven to 400°. Spread a sheet of buttered aluminum foil across the tin and press it gently into the tin to support the sides of the pastry as it bakes. Bake on the middle shelf of the oven for 10 minutes, then remove the foil. Prick the pastry with the point of a small knife (it will puff up in places as it bakes), then return it to the oven for 15 minutes, or until it begins to brown. Remove it from the oven and let it cool.

To make one 8- to 9-inch double-
crust or lattice-topped pie shell

12 tablespoons unsalted butter,
chilled and cut into ¼-inch bits

4 tablespoons lard, chilled and cut

into ¼-inch bits

3 cups all-purpose flour

2 tablespoons sugar

½ teaspoon salt

6 to 8 tablespoons ice water

DOUBLE-CRUST PIE SHELL: Prepare the pastry dough as described above and chill it for at least 1 hour. Spread 1 tablespoon of softened butter over the bottom and sides of an 8- to 9-inch pie tin. Divide the dough in half and return one part to the refrigerator until you are ready to use it.

On a lightly floured surface, roll half of the dough into a circle about $\frac{1}{8}$ inch thick and 13 to 14 inches in diameter, following the directions for the baked unfilled pie shell. Drape the dough over the rolling pin, lift it up and unroll it slackly over the buttered pie tin. Gently press the dough into the bottom and sides of the tin, being careful not to stretch it. With a pair of scissors, cut off the excess dough from the edges leaving a 1-inch overhang all around the outside rim. Refrigerate the pastry shell while you prepare the pie filling.

When the pie has been filled, roll out the second half of the dough on a lightly floured surface, lifting and turning the dough after each rolling to make a circle about 13 to 14 inches in diameter $\frac{1}{8}$ inch thick.

With a pastry brush dipped in cold water, lightly moisten the outside edge of the pastry shell. Drape the dough over the rolling pin, lift it up and unroll it over the pie. With scissors cut off the pastry even with the bottom crust, then crimp the top and bottom pastry together firmly with your fingers or press them together with the tines of a fork. Trim the excess pastry from around the rim with a sharp knife, and cut 4 to 6 1-inch long parallel slits about $\frac{1}{2}$ inch apart in the top of the pie.

LATTICE-TOPPED PIE SHELL: Prepare the pastry dough as described above and chill it for at least 1 hour. With a pastry brush, spread 1 tablespoon of softened butter over the bottom and sides of an 8- to 9-inch pie tin. Divide the dough in half and return one part to the refrigerator until you are ready to use it.

On a lightly floured surface, roll half of the dough into a circle about $\frac{1}{8}$ inch thick and 13 to 14 inches in diameter, following the directions for the baked unfilled pie shell. Drape the dough over the rolling pin, lift it up and unroll it slackly over the buttered pie tin. Gently press the dough into the bottom and sides of the tin, being careful not to stretch it. With a pair of scissors, cut off the excess dough from the edges leaving a 1-inch overhang all around the outside rim. Refrigerate the pastry shell while you prepare the pie filling.

When the pie has been filled, roll out the second half of the dough on a lightly floured surface, lifting and turning the dough after each rolling to make a rough 11- to 12-inch square about 1-inch thick. With a plain or fluted pastry wheel, or a sharp knife, cut the square into $\frac{1}{2}$ -inch-wide strips and place or weave them on top of the pie as shown in the photograph on page 122 of the main volume. With a pastry brush dipped in cold water, lightly moisten the ends of the strips at the point where they meet the bottom pastry shell. Trim the excess off the strips and crimp them firmly in place with your fingers or the tines of a fork.



PUDDINGS & ICE CREAM

Apple Duff

To serve 6

1 tablespoon butter, softened
¾ cup medium-dry hard cider
¾ cup plus ⅓ cup sugar
1½ tablespoons quick-cooking
tapioca

6 medium-sized firm ripe apples,
peeled, cored and each cut
lengthwise into 8 wedges
(about 4 cups)
2 egg whites
2 egg yolks
½ teaspoon almond extract
½ teaspoon vanilla extract
¼ cup all-purpose flour
Confectioners' sugar

Preheat the oven to 325°. With a pastry brush, spread the butter evenly over the bottom and sides of an 8-by-6-by-2-inch baking-serving dish.

Combine the cider, ¾ cup of sugar and tapioca in a heavy 10-inch skillet and stir over moderate heat until the sugar dissolves. Add the apples and turn them about with a spoon to coat them evenly. Bring to a boil over high heat, reduce the heat to low and cover tightly. Simmer for about 5 minutes until the apples are somewhat softened and a wedge shows only slight resistance when pierced deeply with the point of a small, sharp knife. Remove the skillet from the heat, uncover it and let the apples cool while you prepare the cake batter.

In a deep bowl, beat the egg whites with a wire whisk or a rotary or electric beater until they are stiff enough to form unwavering peaks on the beater when it is lifted from the bowl. In another bowl and with the unwashed beater, beat the egg yolks and the remaining sugar together for 4 or 5 minutes. When the mixture is thick enough to fall from the uplifted beater in a slowly dissolving ribbon, beat in the almond and vanilla extracts. Then scoop the egg whites over the egg yolks and sift the flour on top of them. With a rubber spatula, fold the whites, yolks and flour gently together, using an over-under cutting motion rather than a stirring one. Pour the entire contents of the skillet into the buttered dish. Then pour the cake batter on top, spreading and smoothing it with the spatula. Bake in the middle of the oven for 30 minutes, or until the cake topping is golden brown and a toothpick or cake tester inserted in the middle comes out clean.

Serve the apple duff while it is still warm. Just before serving, dust the top with a light coating of confectioners' sugar.

Steamed Blueberry Pudding

To serve 4

1 tablespoon butter, softened, plus
8 tablespoons butter, chilled and
cut into ¼-inch bits
1 ½ cups fresh ripe blueberries
1 cup flour
½ cup sugar
1 ½ teaspoons double-acting

baking powder
½ teaspoon salt
½ cup soft crumbs made from day-
old homemade-type white bread,
pulverized in a blender or finely
shredded with a fork
⅔ cup milk
1 egg, well beaten
Lemon sauce (*page 137*)

With a pastry brush, spread the tablespoon of softened butter evenly over the bottom and sides of a 6-cup steamed pudding mold equipped with a snugly fitting lid, or substitute any other 6-cup mold or pudding basin. Wash the blueberries in a colander set under cold running water, discarding any stems or blemished fruit. Spread the berries on paper towels and pat them completely dry. Set aside.

Combine the flour, sugar, baking powder and salt and sift them into a deep bowl. Stir in the bread crumbs, then add the 8 tablespoons of butter bits and, with your finger tips, rub the flour and fat together until they resemble flakes of coarse meal. Make a well in the center and into it pour the milk and egg. With a wooden spoon, gradually incorporate the dry ingredients into the liquid ones, then beat until the batter is smooth.

Add the blueberries to the batter and fold them together gently but thoroughly. Pour the mixture into the pudding mold, smooth the batter with a rubber spatula, and set the lid in place. (If the mold does not have a lid, cover it tightly with a double thickness of heavy-duty aluminum foil, and tie the foil securely in place with a kitchen string.)

Place the mold on a rack set in a large pot, pour in enough boiling water to come halfway up the sides of the mold, and cover the pot tightly. Return the water to a boil over high heat, then reduce the heat to low and simmer as slowly as possible for 1 ½ hours. Keep a kettle of boiling water at hand and replenish the water in the pot from time to time as necessary to maintain the required amount.

To unmold and serve the pudding, wipe the mold dry and remove the lid or foil. Run a long sharp knife around the inside edge of the mold to loosen the pudding. Then place a heated serving plate upside down over the mold and, grasping plate and mold together, invert them. Rap the plate on a table and the pudding should slide out easily.

Serve the pudding hot, accompanied by the lemon sauce in a small bowl or sauceboat.

Chocolate Bread Pudding (Nova Scotia)

To serve 6

2 cups soft fresh crumbs made from homemade-type white bread, pulverized in a blender or finely shredded with a fork	2 one-ounce squares unsweetened baking chocolate
1 quart milk	$\frac{2}{3}$ cup sugar
1 tablespoon butter, softened	2 eggs, lightly beaten
	$\frac{1}{2}$ teaspoon vanilla extract
	Heavy cream

Mix the bread crumbs and milk in a deep bowl and let them soak at room temperature for 30 minutes, stirring from time to time.

Meanwhile, preheat the oven to 350°. With a pastry brush, spread the softened butter evenly over the bottom and sides of a 6-cup soufflé or baking dish. Set aside.

In a heavy 2- to 3-quart saucepan, melt the chocolate over low heat, stirring frequently to prevent it from burning. Remove from the heat and add the sugar. Then, stirring the chocolate mixture constantly, pour in the bread crumbs and milk in a slow thin stream. When the ingredients are well blended, beat in the eggs and add the vanilla.

Pour into the buttered dish and bake the pudding in the middle of the oven for 2 hours, or until the top is a deep crusty brown and a knife inserted in the center comes out clean.

Serve the pudding at once, accompanied by a pitcher of heavy cream.

Maple Bread Pudding

To serve 6

	with all crusts removed
3 teaspoons butter, softened	4 eggs
6 ounces maple sugar	1 cup light cream
4 slices homemade-type white bread, each cut about $\frac{1}{2}$ inch thick,	1 cup milk
	2 teaspoons vanilla extract

Brush a 4-cup steamed-pudding mold (or substitute any other 4-cup mold or pudding basin) with 1 teaspoon of softened butter.

If the maple sugar is moist, grate it on the finest side of a stand-up hand grater. If it is dry, grate it with a nut grinder. (There should be about $\frac{3}{4}$ cup of maple sugar.) Place the grated sugar in the pudding mold and, with your fingers, press it firmly against the bottom and sides to create a $\frac{1}{8}$ -inch-thick sugar shell inside the mold.

Spread each bread slice with $\frac{1}{2}$ teaspoon of the remaining softened butter, then cut the slices into $\frac{1}{2}$ -inch cubes and gently drop them into

the sugar-lined mold. In a deep bowl, beat the eggs with a wire whisk or a rotary or electric beater until they are frothy. Beat in the cream, milk and vanilla. Pour the mixture over the bread cubes and set the lid of the mold in place. (If the mold does not have a lid, cover it tightly with a double thickness of heavy-duty aluminum foil and tie the foil securely in place with kitchen string.) Place the mold on a rack set in a large pot, pour in enough boiling water to come halfway up the sides of the mold, and cover the pot tightly. Return the water to a boil over high heat, then reduce the heat to the lowest possible setting and simmer for 1½ hours. Lift the mold from the pot and remove the lid or foil.

The pudding can be served hot or cold, with or without unsweetened whipped cream, but should be unmolded only just before serving. To unmold it, run a thin-bladed knife around the sides of the mold and place a shallow serving bowl upside down over the top. Grasping the bowl and mold together firmly, invert them. The pudding should slide out easily.

Blueberry Grunt

To serve 6

	¼ teaspoon salt
2 cups firm ripe blueberries	½ cup light cream
1 cup all-purpose flour	½ cup sugar
2 teaspoons double-acting baking powder	1 cup water
	1 cup heavy cream

Wash the blueberries in a colander set under cold running water, discarding any stems or blemished berries. Drain thoroughly and place the berries in a 2- to 3-quart enameled or stainless-steel saucepan.

To make the batter for the dumplings, combine the flour, baking powder and salt and sift them into a deep mixing bowl. Pour in the light cream and stir briskly until the batter is smooth.

Add the sugar and water to the blueberries and bring to a boil over high heat. Boil for 1 minute, then drop the batter into the pan by the tablespoonful, spacing the dumplings about 1 inch apart. Reduce the heat to low, cover tightly and simmer undisturbed for 20 minutes. When done the dumplings will be puffed and a small skewer or toothpick inserted in the center of one will come out clean.

To serve, transfer the dumplings with a slotted spoon to 6 heated individual dessert bowls and pour the blueberry sauce around them. Present the heavy cream separately in a pitcher, or whip the cream until stiff and serve it in a small bowl.

Baked Rhubarb

To serve 4

	1 ½-inch lengths (about 4 cups)
2 pounds firm fresh rhubarb,	2 cups light brown sugar
trimmed, washed and cut into	1 cup heavy cream

Preheat the oven to 350°. Combine the rhubarb and brown sugar in a heavy 3- to 4-quart enameled casserole and toss them about with a spoon until they are well mixed. Cover the casserole tightly and bake on the middle shelf of the oven for about 20 to 30 minutes, or until the rhubarb pieces are tender but still intact.

Ladle the baked rhubarb into four heated individual dessert bowls and present the cream separately in a pitcher. Serve at once.

Upside-down Cranberry Pudding

To serve 6

2 tablespoons butter, softened, plus	¼ cup coarsely chopped walnuts
6 tablespoons butter, melted and cooled	⅓ cup plus ½ cup sugar
	1 egg
1 ½ cups firm fresh unblemished cranberries	½ cup flour
	½ cup heavy cream, chilled

Preheat the oven to 325°. With a pastry brush, spread the 2 tablespoons of softened butter over the bottom and sides of an 8-inch pie tin. Wash the cranberries and pat them dry. Spread them evenly in the bottom of the buttered pan and sprinkle the berries with the chopped walnuts and ⅓ cup of the sugar.

In a mixing bowl, beat the egg and the remaining ½ cup of sugar together with a wire whisk or a rotary or electric beater, until the mixture thickens and clings to the beater. Beating constantly, add the flour, a few tablespoonfuls at a time. Then beat in the melted cooled butter and pour the batter over the cranberries and nuts. Bake in the middle of the oven for 45 minutes, or until the top is golden brown and a cake tester inserted in the center comes out clean. Cool the pudding to room temperature.

Meanwhile, in a chilled bowl, whip the cream with a whisk or a rotary or electric beater until it is stiff enough to stand in unwavering peaks on the beater when it is lifted from the bowl. Refrigerate covered with plastic wrap until ready to serve.

To unmold and serve the pudding, run a thin-bladed knife around the sides of the pan to loosen it. Place an inverted serving plate over the pudding and, grasping plate and pan together firmly, carefully turn them over. The pudding should slide out easily. Decorate the pudding as fancifully as you like by piping the whipped cream onto the top through a pastry bag fitted with a decorative tube, or simply spread the cream over the pudding and swirl it about with a small spatula.

Durgin-Park's Indian Pudding

To serve 6

1 teaspoon butter, softened, plus	½ cup dark molasses
4 tablespoons butter, cut into ½-inch bits	¼ cup sugar
2 eggs	¼ teaspoon baking soda
6 cups milk	¼ teaspoon salt
	1 cup yellow corn meal

Preheat the oven to 350°. With a pastry brush, spread the teaspoon of softened butter over the bottom and sides of a 2-quart soufflé or baking dish. Set aside.

In a heavy 4- to 5-quart saucepan, beat the eggs with a wire whisk until they are well mixed. Stirring constantly with the whisk, add 4 cups of the milk, the molasses, sugar, baking soda and salt. Then bring to a simmer over moderate heat, stirring until the molasses and sugar dissolve.

Pour in the corn meal very slowly, making sure the simmering continues, and stirring constantly to keep the mixture smooth. Cook uncovered, stirring from time to time, until the pudding is thick enough to hold its shape solidly in a spoon. Beat in the 4 tablespoons of butter bits and remove the pan from the heat. Then pour in the remaining 2 cups of milk in a thin stream, beating constantly.

Pour the pudding into the buttered dish and bake in the middle of the oven for 1 hour. Reduce the oven temperature to 300° and continue baking for 4 hours longer, or until the pudding is very firm when prodded gently with a finger.

Serve the pudding at once, directly from the baking dish, or let it cool and serve at room temperature. Indian pudding may be accompanied by unsweetened whipped cream or vanilla ice cream, if you like.

Maple Spongecake Pudding

To serve 6

1 tablespoon butter, softened, plus 1 tablespoon butter, melted and cooled	1 teaspoon strained fresh lemon juice
¼ pound maple sugar (<i>see page</i> 2)	½ teaspoon vanilla extract
½ cup pure maple syrup (<i>see page</i> 2)	Salt
2 tablespoons flour	3 egg yolks, lightly beaten
	⅔ cup evaporated milk
	⅓ cup cold water
	3 egg whites

Preheat the oven to 350°. With a pastry brush, spread the tablespoon of softened butter evenly over the bottom and sides of a 2-quart soufflé or baking dish. If the maple sugar is moist, grate it on the finest side of a stand-up hand grater. If it is dry, grate it with a nut grinder. (There should be about ½ cup of grated maple sugar.)

Combine the maple sugar, maple syrup, flour, lemon juice, vanilla and a pinch of salt in a deep bowl and mix well. Beat in the egg yolks, then add the evaporated milk, water and the tablespoon of cooled melted butter and stir until the mixture is smooth.

With a wire whisk or a rotary or electric beater, beat the egg whites until they are stiff enough to form unwavering peaks on the beater when it is lifted from the bowl. Scoop the egg whites over the maple sugar mixture and, with a rubber spatula, fold them together gently but thoroughly.

Pour the pudding into the buttered dish and set it in a large shallow roasting pan. (Do not be alarmed if the egg whites seem to float to the top; they will bake into a spongelike cake over the maple custard that forms beneath them.) Place the pan on the middle shelf of the oven and pour in enough boiling water to reach halfway up the sides of the dish. Bake for 50 minutes, or until the top is golden brown and a knife inserted in the center of the pudding comes out clean.

Serve at once, with a bowl of unsweetened whipped cream if you like.

Lemon Sauce

To make about 2 cups

6 tablespoons butter, cut into ½-inch bits	⅓ cup strained fresh lemon juice
⅔ cup sugar	3 egg yolks
½ cup water	2 tablespoons freshly grated lemon peel

In a 2- to 3-quart enameled or stainless-steel saucepan, combine the butter, sugar, water, lemon juice and egg yolks. Stirring constantly with a large spoon, cook over the lowest possible heat until the mixture thickens enough to heavily coat the back of the spoon. Do not let the sauce come anywhere near a boil or it will curdle.

Pour the sauce into a bowl, stir in the lemon peel and let cool to room temperature. Lemon sauce can be served as an accompaniment to steamed blueberry pudding or apple pandowdy (*Recipe Index*).

Grands-pères au Sirop d'Erable (Quebec)

DUMPLINGS IN MAPLE SYRUP

To serve 6

	into ¼-inch bits
1½ cups all-purpose flour	½ cup cold milk
1 tablespoon double-acting baking powder	1½ cups pure maple syrup (<i>see page 2</i>)
½ teaspoon salt	¾ cup water
3 tablespoons butter, chilled and cut	1 cup heavy cream

Combine the flour, baking powder and salt and sift them into a deep bowl. Add the butter bits and rub the flour and fat between your fingertips until they resemble flakes of coarse meal. Pour in the milk and stir briskly until the batter is smooth.

In a deep, heavy 10- to 12-inch skillet, bring the maple syrup and water to a boil over high heat, stirring constantly. Drop the batter into the syrup by the heaping tablespoon, spacing them about 1 to 2 inches apart. Reduce the heat to low, cover tightly and simmer undisturbed for 15 minutes. When done the dumplings will be puffed and a small skewer or toothpick inserted in the center of one will come out clean.

Let the dumplings cool to lukewarm in the syrup. Then, with a slotted spoon, transfer them to 6 heated individual dessert bowls and pour the syrup around them. Present the cream separately in a pitcher.

Maple-Sugar Ice Cream

To make about 2 quarts

1 ¼ pounds maple sugar
2 cups milk
2 eggs

½ cup flour
3 cups heavy cream, chilled
1 cup coarsely chopped walnuts,
optional

If the maple sugar is moist, use the finest side of a stand-up hand grater to grate enough to make 1 cup firmly packed, and chop the rest of the maple sugar into ¼-inch bits with a large, sharp knife. If the maple sugar is dry, grate it with a nut grinder to make 1 cup.

Place the remaining ungrated maple sugar between pieces of wax paper and break it into small bits with the smooth surface of a kitchen mallet or with the side of a heavy cleaver. (There should be about 1 ½ cups of the maple sugar bits.)

In a heavy 3- to 4-quart saucepan, warm the milk over moderate heat until small bubbles appear around the edges of the pan. Cover to keep the milk warm and set aside off the heat.

Beat the eggs and the cup of grated maple sugar together with a wire whisk or a rotary or electric beater. When the mixture begins to cling to the beater, sprinkle the flour over it. Continue to beat until the mixture falls in a slowly dissolving ribbon when the beater is lifted.

Beating constantly, pour in the hot milk in a thin stream. Return the mixture to the saucepan and stir over low heat until it becomes a custard thick enough to lightly coat the back of a metal spoon. (Do not let the custard come to a boil or it may curdle.) Remove the pan from the heat and let the custard cool to room temperature.

In a chilled bowl, whip the cream with a whisk or a rotary or electric beater until it is stiff enough to stand in soft peaks on the beater. With a rubber spatula, fold the cream gently but thoroughly into the cool custard. When no traces of white show, fold in the 1 ½ cups of maple sugar bits and the walnuts, if you are using them.

Pack a 2-quart ice cream freezer with layers of finely crushed or cracked ice and coarse rock salt in the proportions recommended by the freezer manufacturer. Add cold water if the manufacturer advises it. Then ladle the ice cream into the ice cream can and cover it.

If you have a hand ice cream maker, fill it with the ice cream and let it stand for 3 or 4 minutes before beginning to turn the handle. It may take 15 minutes or more of turning for the ice cream to freeze, but do not stop turning at any time or the ice cream may be lumpy.

When the handle can barely be moved, the ice cream is ready to serve. If you wish to keep it for an hour or two, remove the lid and dasher. Scrape the ice cream off the dasher and pack it firmly in the container with a spoon. Cover securely, pour off any water in the bucket and repack the ice and salt solidly around it. If you have an electric ice cream maker, fill and cover the can, turn it on and let it churn for about 15 minutes, or until the

motor slows or actually stops. Serve the ice cream immediately or follow the procedure above to keep it for an hour or two.

Lacking an ice cream maker, pour the ice cream into 2 ice-cube trays from which the dividers have been removed, spreading it evenly and smoothing the top with the spatula. Freeze for 3 to 4 hours, stirring every 30 minutes or so and scraping into it the ice particles that form around the edges of the tray.

Tightly covered, the ice cream may safely be kept in the freezer for several weeks. Before serving, place it in the refrigerator for 20 or 30 minutes to let it soften slightly so that it can easily be served.

Cranberry Ice

To make about 1 quart

2 cups ($\frac{1}{2}$ pound) firm fresh

unblemished cranberries

4 cups water

1 $\frac{1}{2}$ cups sugar

1 teaspoon lemon juice

Wash the cranberries under cold running water. Combine them and the water in a 2- to 3-quart enameled or stainless-steel saucepan and bring to a boil over high heat. Reduce the heat to low, cover tightly and simmer for 10 to 12 minutes, or until they can be easily mashed against the side of the pan with a spoon.

Purée the cranberries with their cooking liquid through a food mill into a glass or ceramic bowl. Or rub them through a fine sieve with the back of a spoon, pressing down hard on the skins before discarding them. Stir in the sugar and lemon juice.

Pour the mixture into 2 ice-cube trays from which the dividers have been removed. Then freeze the cranberry ice for 3 to 4 hours, stirring and mashing it every 30 minutes or so with a fork to break up the solid particles that will form on the bottom and sides of the trays. The finished ice should have a fine, snowy texture.

To serve, spoon the ice into parfait glasses or dessert dishes.

Cranberry-Orange Sherbet

To make about 1 pint

1 $\frac{1}{3}$ cups uncooked cranberry-

orange relish (*page 103*)

1 cup strained fresh orange juice

Combine the relish and juice in a glass or ceramic bowl and stir until well mixed. With a rubber spatula, transfer the entire contents of the bowl into an ice-cube tray from which the dividers have been removed.

Freeze the mixture for 3 to 4 hours, stirring and mashing it every 30 minutes or so with a fork to break up the solid particles that will form on the bottom and sides of the tray.

To serve, spoon the sherbet into parfait glasses or dessert dishes.



CANDIES

Candied Cranberries

To make about 2 cups

2 cups firm fresh unblemished
cranberries

4 cups sugar
1 cup water
A pinch of cream of tartar

Wash the cranberries under cold running water and pat them completely dry with paper towels. With a trussing needle or a small skewer, pierce each berry completely through. Set the berries aside.

In a 2- to 3-quart enameled or stainless-steel saucepan, combine 3 cups of the sugar, the water and the cream of tartar. Stirring constantly, cook over moderate heat until the sugar dissolves. Raise the heat, let the syrup come to a boil, and cook briskly, uncovered and undisturbed, for about 5 minutes more, or until the syrup reaches a temperature of 220° on a candy thermometer. Remove the pan from the heat and gently stir the cranberries into the syrup, turning them about with a spoon until the berries are evenly coated. Set aside at room temperature for at least 12 hours, preferably overnight.

Stirring gently, bring the cranberries and syrup to a simmer over moderate heat. Then drain the berries in a sieve or colander set over a bowl and return the syrup to the saucepan.

Bring the syrup to a boil over high heat and cook briskly, uncovered and undisturbed, until it reaches a temperature of 250° on a candy thermometer, or until a few drops spooned into water immediately form a firm but still slightly pliable ball.

Remove the pan from the heat, drop the berries into the syrup, and stir gently until they are thoroughly coated and glistening. With a slotted spoon, arrange the berries in one layer on a long strip of wax paper. (Discard the remaining syrup.) Let the berries cool to lukewarm; if pools of syrup collect around any of the berries, carefully move the berries to a clean part of the paper.

Two or three at a time, roll the berries in the remaining cup of sugar and transfer them to fresh wax paper. Cool the berries completely to room temperature before serving.

Sucre à la Crème (Quebec)

PENUCHE

To make about 30 one-inch squares

2 cups light brown sugar, firmly
packed

2 cups white sugar

2 cups light cream

1 teaspoon butter, softened

½ teaspoon vanilla extract

Combine the brown sugar, white sugar and cream in a heavy 3- to 4-quart saucepan and stir over moderate heat until the sugar dissolves. Raise the heat and boil briskly, uncovered and undisturbed, until the candy reaches a temperature of 238° on a candy thermometer, or until a few drops spooned into ice water immediately form a soft but compact ball. Watch the candy carefully and when it begins to bubble up in the pan, reduce the heat for a few moments. If sugar crystals appear around the inside of the pan, brush them back into the candy with a natural bristled (not nylon) pastry brush that has been lightly moistened with water.

Remove the pan from the heat and let the candy cool for about 5 minutes. Meanwhile, with a dry pastry brush, spread the softened butter evenly over the bottom and sides of an 8-by-6-by-2-inch baking dish.

When the candy has cooled slightly, beat it with a wooden spoon until it is thick enough to hold its shape almost solidly in the spoon. Beat in the vanilla, then pour the *sucre à la crème* into the buttered dish, spreading it and smoothing the top with the spoon or a spatula. Cool to room temperature, then cut the candy into 1-inch squares.

Molasses Taffy

To make 1½ pounds

2 to 3 tablespoons butter, softened,
plus 4 tablespoons butter, cut into
½-inch bits

2 cups dark molasses

1 cup granulated sugar

½ cup dark brown sugar, packed
down

¾ cup water

2 teaspoons distilled white vinegar

⅛ teaspoon baking soda

¼ teaspoon salt

2 or 3 drops oil of peppermint
(optional)

With a pastry brush, spread 1 tablespoon of the softened butter evenly on the bottom and sides of a large shallow baking pan. Set aside.

Combine the molasses, granulated sugar, brown sugar and water in a heavy 6- to 8-quart enameled casserole and cook over high heat, stirring constantly until the molasses and sugar dissolve. Reduce the heat to moderate and boil uncovered and undisturbed until the syrup reaches a temperature of 200° on a candy thermometer. Regulate the heat to prevent the syrup from foaming up and boiling over the sides of the pan.

Stirring deeply and constantly with a wooden spoon to prevent the syrup from burning, continue to boil until it reaches a temperature of 250° on a candy thermometer or until a few drops spooned into ice water immediately form a firm but still slightly pliable ball.

Remove the pan from the heat and beat in the 4 tablespoons of butter bits, the vinegar, soda, salt and, if you like, a few drops of oil of peppermint. Pour the candy into the buttered pan and set it aside for about 10 minutes to cool slightly.

While the taffy is still warm and pliable, coat your hands with a tablespoon or so of the remaining softened butter and pinch off about one fourth of the candy. Grasp the piece of candy with both hands and pull it into a ropelike strand about 1 inch thick. Fold the rope together into thirds and stretch it out again. Working quickly, repeat the pulling and folding until the taffy lightens to a pale brown color and begins to stiffen. Stretch the taffy into a rope and, with kitchen scissors, cut it into 1-inch lengths. Butter your hands again, pinch off another fourth of the candy, and repeat the entire procedure until all the taffy has been pulled.

Serve at once. Or wrap each piece of taffy in a 5-inch square of wax paper, twisting the ends tightly, and store in a covered container.

Maple-Walnut Fudge Balls

To make about 36 one-inch balls

1 teaspoon butter, softened
1 pound maple sugar
1 cup sugar

1 cup heavy cream
½ teaspoon cream of tartar
1 cup walnuts, pulverized in a
blender or with a nut grinder

With a pastry brush, spread the softened butter evenly over the bottom and sides of an 8-by-6-by-2-inch baking dish.

If the maple sugar is moist, grate it on the finest side of a stand-up hand grater. If it is dry, grate it with a nut grinder. (There should be about 2 cups, packed, of grated maple sugar.) Combine the maple sugar, white sugar, cream and cream of tartar in a heavy 3- to 4-quart saucepan. Bring to a boil over high heat, stirring until the sugar dissolves. Reduce the heat and boil slowly, uncovered and undisturbed, until the syrup reaches a temperature of 240° on a candy thermometer, or until a few drops spooned into ice water immediately form a soft ball.

Pour the fudge into the buttered dish, cool to room temperature, then chill in the refrigerator for at least 3 hours. Transfer the fudge to a deep bowl and, with an electric beater or wooden spoon, beat it until light and creamy. Pinch off about 1 tablespoon of the fudge and roll it between the palms of your hands until it forms a ball about 1 inch in diameter. Roll it gently in the pulverized walnuts and when the entire surface is lightly coated set it aside on a platter. Refrigerate until ready to serve.

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NOTE: Size, weight and material are specified for pans in the recipes because they affect cooking results. A pan should be just large enough to hold its contents comfortably. Heavy pans heat slowly and cook food at a constant rate. Aluminum and cast iron conduct heat well but may discolor foods containing egg yolks, wine, vinegar or lemon. Enamelware is a fairly poor conductor of heat. Many recipes therefore recommend stainless steel or enameled cast iron, which do not have these faults.

INGREDIENTS: Most of the ingredients called for in this book's recipes can be found at any grocery or supermarket. Few recipes include products that are not widely available. Cod cheeks and tongues and fresh herring roe and milt are rarely found outside some coastal areas of New England and Canada. Beach plums grow wild along the North Atlantic seaboard and seldom appear in markets anywhere. Boiled cider, pure maple syrup and maple sugar are Vermont specialties; for information about ordering them by mail write to the Vermont Development Department, Montpelier, Vermont 05602.

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