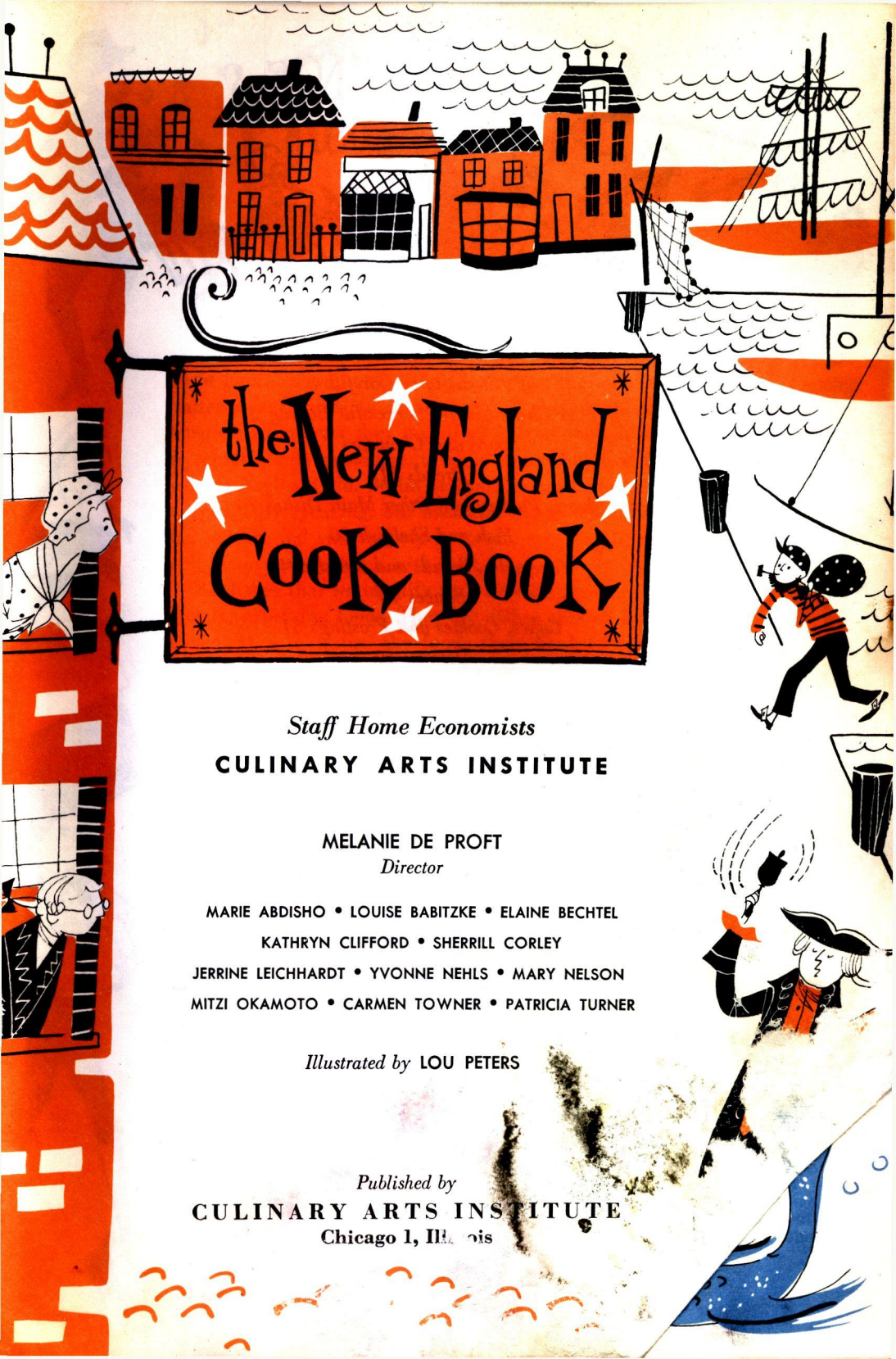


A whimsical illustration of a coastal town. At the top, several red buildings with black roofs and windows are situated on a hill. To the right, a large ship with multiple masts is on the water. A person in a red and black striped shirt and black pants is walking on a rope that hangs from the ship. In the foreground, a large red sign with white stars and the text 'the New England Cook Book' is mounted on a black frame. To the left of the sign, a person in a white dress with a black polka-dot pattern is looking out from a window. To the right, a person in a black hat and red shirt is holding a black object, possibly a hat or a piece of clothing, and looking down. The background features stylized waves and a blue sky with white clouds.

the New England Cook Book

Staff Home Economists
CULINARY ARTS INSTITUTE

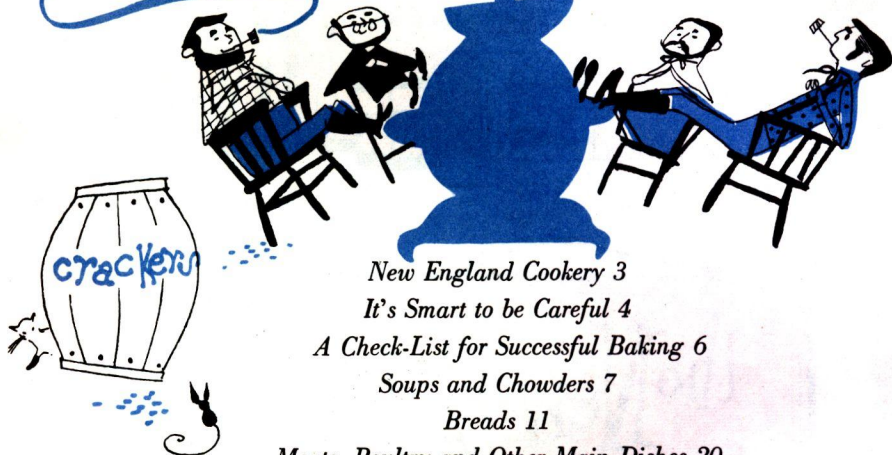
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which illustrate many of the recipes in this cookbook,
we gratefully acknowledge the generous cooperation of:*

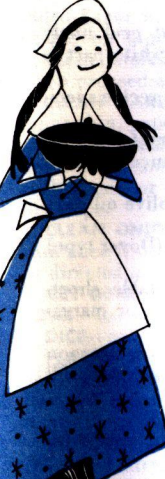
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New England Cookery



NEW ENGLAND COOKERY! What glamor can there be in those matter-of-fact words to make magic in the hearts of most Americans wherever they may live? It is as though to all of us, whether our grandparents came from Cape Cod indeed, or from Naples, Oslo, Berlin or Omsk instead, New England is, spiritually speaking, our ancestral home. This filial feeling, sentimental and vaguely nostalgic, has very little to do with history, very much with food.

The dishes that we identify with New England are hearty, homely, satisfying foods. They are dishes created by thrifty homemakers to utilize the foods their hard-working men-folks wrested from the none-too-friendly soil and sea, acquiring prodigious appetites in the process. "Receipts" or "rules" for these dishes were handed down from generation to generation. There was little carry-over from old English tradition, because the English ingredients were simply not available in the early years. The foods which were most plentiful were foods which might well have baffled the early New Englanders' English mothers—Indian corn and beans, squash, the small wild berries and grapes, maple sugar, the magnificent wild turkey, and cod, and clams, and lobster.

From such native American foods the New England homemakers made the first American culinary tradition. With these foods they celebrated the first American holiday—Thanksgiving. Americans throughout the country and indeed wherever they may be over the whole world celebrate the same holiday today, and as dear to their hearts as the holiday are the foods that go with it—which may account for the magic in those simple words: "*New England cookery*."



THERE'S NO SUBSTITUTE FOR ACCURACY

Read recipe carefully.

Assemble all ingredients and utensils.

Select pans of proper kind and size. Measure inside, from rim to rim.

Use standard measuring cups and spoons. Use liquid measuring cups (rim above 1-cup line) for liquids. Use nested or dry measuring cups (1-cup line even with top) for dry ingredients.

Check liquid measurements at eye level.

Sift all flour except whole-grain types before measuring. Spoon lightly into measuring cup. Do not jar cup.

Level dry measurements with straight-edged knife or spatula.

Preheat oven 12 to 20 min. at required temperature. Leave oven door open first 2 min.

Beat whole eggs until thick and piled softly when recipe calls for well-beaten eggs.

Covering of foods stored in the refrigerator depends upon the type of refrigerator used—conventional or moist-cold.

FOR THESE RECIPES—WHAT TO USE

BAKING POWDER—double-action type.

BREAD CRUMBS—one slice fresh bread equals about 1 cup soft crumbs or cubes. One slice dry or toasted bread equals about $\frac{3}{4}$ cup dry cubes or $\frac{1}{2}$ cup fine, dry crumbs.

BUTTERED CRUMBS—soft or dry bread or cracker crumbs tossed in melted butter or margarine. Use 1 to 2 tablespoons butter or margarine for 1 cup soft crumbs or 2 to 4 tablespoons butter or margarine for 1 cup dry crumbs.

CHOCOLATE—unsweetened chocolate. A general substitution for 1 sq. (1 oz.) chocolate is 3 to 4 tablespoons cocoa plus 1 tablespoon shortening.

CORNSTARCH—one tablespoon has the thickening power of 2 tablespoons flour.

CREAM—light, table or coffee cream containing not less than 18% butter fat.

HEAVY or WHIPPING CREAM—containing not less than 36% butter fat.

FLOUR—all-purpose (hard wheat) flour. (In some southern areas where a blend of soft wheats is used, better products may result when minor adjustments are made in recipes. A little

less liquid or more flour may be needed.) If cake flour is required, recipe will so state. If necessary, substitute 1 cup minus 2 tablespoons all-purpose flour for 1 cup cake flour.

GRATED PEEL—whole citrus fruit peel finely grated through colored part only; white part is bitter.

HERBS and SPICES—ground unless recipe specifies otherwise.

MONOSODIUM GLUTAMATE—a crystalline cereal or vegetable product that enhances natural flavors of foods.

OIL—salad or cooking type. Use olive oil only when recipe so directs.

ROTARY BEATER—hand-operated (Dover type) beater or electric mixer.

SHORTENING—hydrogenated vegetable shortening, all-purpose shortening, butter or margarine. Use lard or oil when specified.

SOUR MILK—sweet milk added to 1 tablespoon vinegar or lemon juice in measuring cup, to fill cup to 1-cup line; or buttermilk.

SUGAR—granulated (cane or beet).

VINEGAR—cider vinegar unless otherwise specified.

HOW TO DO IT

BASTE—spoon liquid over cooking food to add moisture and flavor; or use baster.

BLANCH ALMONDS—the flavor and crisp texture of nuts are best maintained when the nuts are allowed to remain in water the shortest possible time during blanching. Therefore, blanch only about $\frac{1}{2}$ cup at a time; repeat process as many times as necessary for larger amounts.

Bring to a rapid boil enough water to cover the shelled nuts. Drop nuts into water. Turn off heat and allow nuts to remain in water about 1 min.; drain or remove with slotted spoon or fork. Place between folds of absorbent paper; pat dry. Squeeze nuts between thumb and fingers to remove skins; or peel. Place on dry absorbent paper; to dry thoroughly, shift frequently to dry spots on paper.

TOAST NUTS—place nuts in a shallow baking dish or pie pan and brush lightly with cooking oil. Heat in oven at 350°F until delicately browned. Move and turn occasionally with fork. Or put nuts into a heavy skillet in which butter

or margarine (about 1 tablespoon per cup of nuts) has been melted; or use oil. Heat until nuts are lightly browned, moving and turning constantly with a fork, over moderate heat. If necessary, drain nuts on absorbent paper.

SALT NUTS—toast nuts; sprinkle with salt.

GRATE NUTS or CHOCOLATE—use a rotary-type grater with hand-operated crank. Follow manufacturer's directions. Grated nuts or chocolate should be fine and light.

BOIL—cook in liquid in which bubbles rise continually and break on the surface. Boiling temperature of water at sea level is 212°F.

BOILING WATER BATH—set a deep pan on oven rack and place filled baking dish in pan. Pour boiling water into pan to level of mixture in baking dish. Prevent further boiling by using given oven temperature.

CLEAN CELERY—trim off root end and cut off leaves. Leaves may be chopped and used for added flavor in soups and stuffings; leaves may be left on inner stalks when serving as relish. Separate stalks, remove blemishes and wash. Then proceed as directed in recipe.

CLEAN GARLIC—separate into cloves and remove thin, papery outer skin.

CLEAN GREEN PEPPER—rinse and cut into quarters. Remove stem, all white fiber and seeds with spoon or knife; rinse. Prepare as directed in recipe.

CLEAN ONIONS (dry)—cut off root end and a thin slice from stem end; peel and rinse. Prepare as directed in recipe.

CUT DRIED FRUITS (uncooked) or MARSHMALLOWS—use scissors dipped frequently in water.

DICE—cut into small cubes.

FLAKE FISH—with a fork, separate canned or cooked fish into flakes (thin, layer-like pieces). Remove bony tissue from crab meat; salmon bones are edible.

FLUTE EDGE of PASTRY—press index finger on edge of pastry, then pinch pastry with thumb and index finger of other hand. Lift fingers and repeat procedure to flute entire edge.

FOLD—use flexible spatula. Slip it down side of bowl to bottom. Turn bowl quarter turn. Lift spatula through mixture along side of bowl with blade parallel to surface. Turn spatula over so as to fold lifted material across the surface. Cut down and under again; turn bowl and repeat process until material is blended to desired degree. With every fourth stroke, bring spatula up through center.

HARD-COOK EGGS—put eggs into large saucepan and cover completely with cold or lukewarm water. Cover pan. Bring water rapidly just to boiling. Turn off heat immediately; if necessary to prevent further boiling, remove pan from heat source. Let eggs stand, covered, 20 to 22 min. Plunge eggs into cold, running water. Immediately crackle shells under water and roll between hands to loosen shells. When cooled, start peeling at large end.

Note: Eggs are a protein food and therefore should never be boiled.

MARINATE—allow food to stand in liquid (usually oil and acid) to impart additional flavor.

MEASURE BROWN SUGAR—pack firmly into dry measuring cup; sugar should hold shape of cup when turned out.

MINCE—cut or chop into small, fine pieces.

MELT CHOCOLATE—melt over simmering water to avoid scorching.

PANBROIL BACON—place in a cold skillet only as many bacon slices as will lie flat. Cook slowly, turning frequently. Pour off fat as it collects. When bacon is evenly crisped and browned, remove from skillet and drain on absorbent paper.

PREPARE DOUBLE-STRENGTH COFFEE BEVERAGE—Prepare coffee in usual manner (method and grind of coffee depending upon type of coffee maker), using 4 measuring tablespoons coffee per standard measuring cup water.

PREPARE QUICK BROTH—dissolve in 1 cup hot water, 1 chicken bouillon cube for chicken broth or 1 beef bouillon cube (or ½ teaspoon concentrated meat extract) for meat broth.

RICE—force through ricer, sieve or food mill.

SCALD MILK—heat in top of double boiler over simmering water just until a thin film appears.

SIEVE—force through sieve or food mill.

SIMMER—cook in a liquid just below boiling point; bubbles form slowly and break below surface.

UNMOLD GELATIN—run tip of knife around top edge of mold to loosen. Invert mold on chilled plate. If necessary, wet a clean towel in hot water and wring it almost dry. Wrap hot towel around mold for a few seconds only. If mold does not loosen, repeat.

OVEN TEMPERATURES

Very Slow	250°F to 275°F
Slow	300°F to 325°F
Moderate	350°F to 375°F
Hot	400°F to 425°F
Very Hot	450°F to 475°F
Extremely Hot	500°F to 525°F

Use a portable oven thermometer for greater accuracy in checking oven temperature.

WHEN YOU BROIL

Set temperature control at Broil (500°F or higher). Distance from top of food to source of heat determines the intensity of heat upon food.

WHEN YOU DEEP-FRY

About 20 min. before ready to deep-fry, fill a deep saucepan one-half to two-thirds full with hydrogenated vegetable shortening, all-purpose shortening, lard or cooking oil for deep-frying. Heat fat slowly to temperature given in the recipe. A deep-frying thermometer is an accurate guide to correct deep-frying temperatures.

If thermometer is not available, the following bread cube method may be used as a guide: A 1-in. cube of bread browns in about 60 seconds at 350°F to 375°F.

When using an automatic deep-fryer, follow manufacturer's directions for amount of fat and timing.

A CHECK-LIST FOR SUCCESSFUL BAKING

✓ **READ AGAIN** "It's Smart To Be Careful—There's No Substitute for Accuracy" (page 4).

✓ **PLACE OVEN RACK** so top of product will be almost at center of oven. Stagger pans so no pan is directly over another and they do not touch each other or walls of oven. Place single pan so that center of product is as near center of oven as possible.

✓ **PREPARE PAN**—For cakes with shortening and for cake rolls, grease bottom of pan only; line with waxed paper cut to fit bottom; grease waxed paper. For cakes without shortening (sponge type), do not grease or line pan. For quick and yeast breads, grease bottom of pan only. For cookies, lightly grease cookie sheets. If recipe directs, "Set out pan," do not grease or line pan.

✓ **HAVE ALL INGREDIENTS** at room temperature unless recipe specifies otherwise.

✓ **SIFT ALL FLOUR** except whole-grain types before measuring. Spoon lightly into measuring cup. Do not jar cup. Level with straight-edge knife or spatula.

✓ **CREAM SHORTENING** (alone or with flavorings) by stirring, rubbing or beating with spoon or electric mixer until softened. Add sugar in small amounts; cream after each addition until all graininess disappears and mixture is light and fluffy. Thorough creaming helps to insure a fine-grained cake.

✓ **BEAT WHOLE EGGS** until thick and piled softly when recipe calls for well-beaten eggs.

✓ **BEAT EGG WHITES** as follows: *Frothy*—entire mass forms bubbles; *Rounded peaks*—peaks turn over slightly when beater is slowly lifted upright; *Stiff peaks*—peaks remain standing when beater is slowly lifted upright.

✓ **BEAT EGG YOLKS** until thick and lemon-colored when recipe calls for well-beaten yolks.

✓ **WHEN LIQUID AND DRY INGREDIENTS** are added alternately to cake batter, begin and end with dry. Add dry ingredients in fourths, liquid in thirds. After each addition, beat only until smooth. Finally beat only until batter is smooth

(do not overbeat). Scrape spoon or beater and bottom and sides of bowl during mixing.

If using an electric mixer, beat mixture at low speed when alternately adding liquid and dry ingredients.

✓ **FILL CAKE PANS** one-half to two-thirds full. ✓ **TAP BOTTOM OF CAKE PAN** sharply with hand to release air bubbles before placing in oven.

✓ **APPLY BAKING TESTS** when minimum baking time is up. For cakes, touch lightly at center; if it springs back, cake is done. Or insert a cake tester or wooden pick in center; if it comes out clean, cake is done.

✓ **COOL BUTTER CAKES** 10 min. in pan on cooling rack after removing from oven; cool sponge-type cake as recipe directs.

✓ **REMOVE CAKE** from pan after cooling. Run spatula gently around sides of pan. Cover with cooling rack. Invert and remove pan. Turn right side up immediately after peeling off waxed paper. Cool cake completely before frosting.

✓ **FILL LAYER CAKE**—Spread filling or frosting over top of bottom layer. Cover with second layer. Repeat procedure if more layers are used. If necessary, hold layers in position with wooden picks; remove when frosting is set.

✓ **FROST FILLED LAYER CAKES**—Frost sides first, working rapidly. See that frosting touches plate all around bottom, leaving no gaps. Pile remaining frosting on top of cake and spread.

✓ **TEST** for lukewarm liquid (80°F to 85°F) by placing a drop on wrist; it will feel neither hot nor cold.

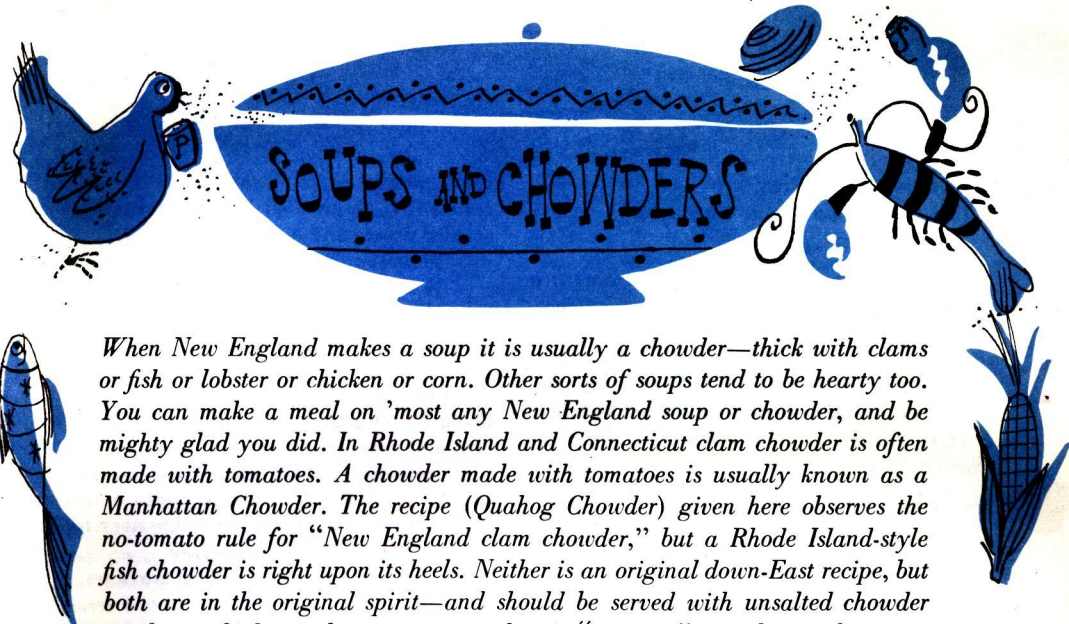
✓ **KNEAD DOUGH** by folding opposite side over toward you. Using heels of hands, gently push dough away. Give it a quarter turn. Repeat process rhythmically until the dough is smooth and elastic, 5 to 8 min., using as little additional flour as possible. Always turn the dough in the same direction.

✓ **REMOVE ROLLS, BREAD AND COOKIES** from pans as they come from the oven, unless otherwise directed. Set on cooling racks.

Base Recipes are indicated by solid ▲ pyramids.

In variations of Base Recipes, open △ pyramid

refers to ▲ Base Recipe immediately preceding it.



When New England makes a soup it is usually a chowder—thick with clams or fish or lobster or chicken or corn. Other sorts of soups tend to be hearty too. You can make a meal on 'most any New England soup or chowder, and be mighty glad you did. In Rhode Island and Connecticut clam chowder is often made with tomatoes. A chowder made with tomatoes is usually known as a Manhattan Chowder. The recipe (Quahog Chowder) given here observes the no-tomato rule for "New England clam chowder," but a Rhode Island-style fish chowder is right upon its heels. Neither is an original down-East recipe, but both are in the original spirit—and should be served with unsalted chowder crackers, which are the nearest to authentic "common" or pilot crackers.

Rich Oyster Stew

▲ Base Recipe

Set out a 1 qt. saucepan.

Scald (page 5)

2 cups milk

2 cups cream

Meanwhile, drain, reserving liquid

1½ pts. oysters

Pick over oysters to remove any shell particles.

Melt in the saucepan

½ cup butter

Add oysters with reserved liquid. Simmer 3 min., or until oysters are plump and edges begin to curl. Stir oyster mixture into scalded milk and cream with

2 teaspoons salt

¼ teaspoon monosodium glutamate

½ teaspoon white pepper

Serve at once with **oyster crackers**.

6 servings

—Oyster Stew à la Moderne

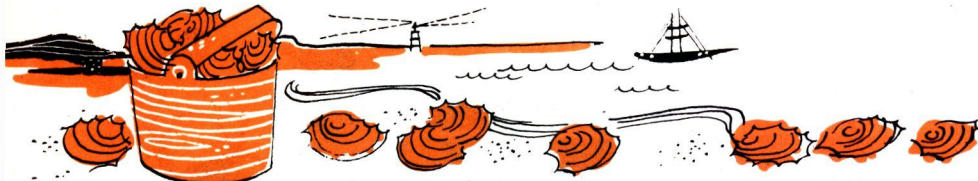
Reconstitute, according to directions on package, **1½ cups instant nonfat dry milk solids**, using **4 cups water**. Follow Δ Recipe; substitute reconstituted milk for milk and cream. Increase butter to **½ cup**. Before serving sprinkle with **paprika**.

—Lobster Stew

Follow Δ Recipe; substitute 1 cup cooked **lobster meat** pieces (see "Boiled" Lobster, page 32) for oysters. If present, simmer the tomalley (green liver) and coral (bright red roe) in the butter about 7 minutes. Add the lobster meat and cook over low heat 10 minutes. Remove from heat and cool slightly. Stirring constantly, gradually add the scalded milk and cream (a mere trickle at a time) to lobster mixture. Stir constantly until stew is a rich salmon color. Omit seasonings. Serve at once; **salt** may be added at the table.

Oyster Stew à la Moderne





Quahog Chowder I (Hard-Shell Clam Chowder)

▲ Base Recipe

Hard-shelled, soft-shelled and surf clams are the market species along the Atlantic Coast. Quahog is the common name for the hard-shelled clam in New England. When purchased in the shell, clams should be alive, that is, the gaping shells should close when handled. Here is a clam chowder, elegant but differing slightly from the usual New England version.

Set out a heavy 3-qt. saucepan.

For Clam Broth—Rinse thoroughly in cold, running water

12 large hard-shelled clams

Put clams in a large, heavy saucepan and add

3 cups water

Cook over moderate heat until clam shells open completely. Drain the clams, reserving the broth. Set broth aside.

Remove clams from shells, cut off the hard outside of the clam (comb) and mince the clams. Set aside in refrigerator.

For Clam Chowder—Wash, cut off root ends and green tops, peel, rinse and slice thinly enough leeks to yield

¼ cup thinly sliced leek (white part only)

Combine with

¼ cup minced onion

¼ cup finely diced green pepper

¼ cup diced celery

Heat in the saucepan

2 tablespoons butter

Add the vegetables and cook slowly, occasionally moving and turning them with a spoon, 6 to 8 min., or until they are partially tender.

Meanwhile, wash, pare and finely dice enough potatoes to yield

½ cup finely diced potato

Set aside.

Scald (page 5)

1 cup cream

1 cup milk

When vegetables are partially tender, blend in
3 tablespoons flour

Cook slowly 3 min. Add gradually, stirring constantly, 2 cups of the clam broth, the scalded cream and milk, potatoes and

½ teaspoon Worcestershire sauce

½ teaspoon monosodium glutamate

½ teaspoon salt

¼ teaspoon thyme

3 drops tabasco sauce

Few grains white pepper

Bring to boiling over moderate heat; reduce heat and cook very slowly 35 to 40 min., stirring frequently. Add the minced clams and cook 5 min. longer. Pour soup into a tureen or individual soup bowls. Sprinkle over top

Finely chopped parsley

Serve with **chowder biscuits or crackers.**

4 to 6 servings

Note: If desired, 2 7-oz. cans **minced clams** may be substituted for the fresh clams. Drain and reserve liquid. Substitute the reserved **clam liquid** for the clam broth. Increase milk in chowder to 1¾ cups.

—Quahog Chowder II

Follow △ Recipe for Clam Broth. Remove rind from and dice ¼ lb. **salt pork**. Cook over medium heat in the saucepan, occasionally moving and turning pieces with a spoon, until salt pork is crisped and browned. Remove salt pork with a slotted spoon and set aside to drain on absorbent paper. Continue as in △ Recipe for Clam Chowder, cooking vegetables in **salt pork drippings**; omit butter. Add 2 **chowder crackers**, crumbled, with minced clams. Omit parsley; add salt pork before serving.

Fish Chowder

Set out a sauce pot or large saucepan having a cover.

Wipe with a clean, damp cloth, cut into 2-in. pieces and set aside

2 lbs. cod or haddock fillets

(If using frozen fish fillets, thaw according to directions on package.)

Bring to boiling in the sauce pot

2 cups water

1½ teaspoons monosodium glutamate

Add the fish pieces. Bring to boiling; reduce heat, cover and simmer 10 to 15 min. Drain fish, reserving liquid, and set aside.

Meanwhile, clean (page 5) and cut into thin slices and set aside

3 medium-size onions

Wash, pare and cut into thin slices enough potatoes to yield

2 cups thinly sliced potatoes

Set aside.

Remove rind from and dice

2 oz. salt pork (about ¼ cup, diced)

Put into the sauce pot and cook over medium heat, occasionally moving and turning with a spoon, until salt pork is crisped and browned.

Remove the salt pork with a slotted spoon and set aside to drain on absorbent paper. Add the sliced onion; cook, moving and turning frequently with a spoon, until onion is transparent. Remove the onion with a slotted spoon and set aside.

Add to the fat in the sauce pot and heat

2 tablespoons butter

Blend in a mixture of

3 tablespoons flour

2 teaspoons salt

¼ teaspoon white pepper

¼ teaspoon thyme

¼ teaspoon finely crushed chervil

Heat until mixture bubbles. Remove from heat.

Add gradually, while stirring constantly, the reserved fish liquid and

¾ cup water

Add the potatoes and onion; return to heat. Simmer, moving and turning mixture occasionally, about 10 min., or until potatoes are tender when pierced with a fork. Stir in

½ cup milk

½ cup cream

Simmer about 5 min. longer; *do not boil*. Remove from heat; stir in the fish pieces and

½ cup tomato sauce

Return to heat; simmer just until fish pieces are thoroughly heated.

Pour into a heated soup tureen and add the crisp salt pork. Serve at once.

About 2 qts. chowder

Bean Soup

Set out a large, heavy sauce pot having a tight-fitting cover.

Heat to boiling in the sauce pot

7 cups water

Meanwhile, sort and wash thoroughly

2½ cups (about 1 lb.) pea (navy) beans

Add beans gradually to water so boiling will not stop. Boil 2 min. and remove sauce pot from heat. Cover; set aside for 1 hr.

Add to beans

5 cups water

1 large ham bone (with meat adhering to it)

2 teaspoons salt

½ teaspoon pepper

Cover sauce pot and simmer 2 hrs., stirring once or twice during cooking.

Meanwhile, wash, pare and cook (page 41)

3 medium-size (about 1 lb.) potatoes

Cook about 20 min., or until potatoes are tender when pierced with a fork. Drain. Mash or rice potatoes thoroughly and set aside.

While potatoes are cooking, clean (page 5) and finely chop

3 medium-size onions

2 stalks celery

3 sprigs parsley

1 clove garlic

Blend potatoes and vegetables with contents of sauce pot. Continue to simmer for 1 hr.

Remove bone from soup. Remove any meat from bone, cut it into small pieces and mix into soup.

8 to 10 servings

Fish Chowder



Lobster Bisque

Set out a large kettle or sauce pot having a tight-fitting cover.

Prepare and set aside in refrigerator

2 cups cooked lobster meat (see "Boiled" Lobster, page 32)

Clean (page 5), mince and set aside

1 medium-size onion (about ½ cup, minced)

1 leek, white part only

Wash, pare or scrape, finely chop and set aside

1 medium-size carrot (about ¼ cup, chopped)

Prepare and set aside

5 cups Quick Chicken Broth (page 5)

Heat in the kettle over low heat

¼ cup butter

Blend in

¼ cup flour

1 teaspoon salt

⅛ teaspoon pepper

Heat until mixture bubbles. Remove from heat. Add gradually, stirring constantly, the reserved broth and

Few drops tabasco sauce

Add vegetables and

1 bay leaf

Return to heat; cover and simmer 10 min.

Meanwhile, finely chop the cooked lobster meat. Add lobster meat to kettle. Cover and simmer 10 min. longer. Remove bay leaf.

Place a food mill over a large bowl and pour soup mixture through the food mill, forcing through as much lobster as possible. Return soup to kettle and reheat.

Beat slightly

2 egg yolks

Quickly stir about 3 tablespoons hot soup into egg yolks. Immediately return egg yolk mixture to soup, stirring vigorously. Cook soup until thoroughly heated, about 5 min., stirring constantly; *do not boil*. Add gradually, stirring constantly

1 cup cream

Add lobster pieces remaining in food mill to soup. Stirring constantly, heat thoroughly.

8 servings

Golden Chicken Chowder

Set out a sauce pot or a large saucepan having a tight-fitting cover.

Chop enough cooked chicken to yield

2 cups coarsely chopped cooked chicken

Drain, reserving liquid, contents of

1 12-oz. can whole kernel corn

Clean (page 5), slice thinly and set aside

3 medium-size onions

Remove rind from and dice

2 oz. salt pork (about ¼ cup, diced)

Put into the sauce pot and cook over medium heat, occasionally moving and turning with a spoon, until salt pork is crisped and browned. Using a slotted spoon, remove salt pork and set aside to drain on absorbent paper. Add sliced onions to the sauce pot; cook, moving and turning frequently with a spoon, until onions are transparent. Using a slotted spoon, remove onion slices and set aside.

Add to the fat in the sauce pot and heat

2 tablespoons butter

Blend in

3 tablespoons flour

1 teaspoon monosodium glutamate

1 teaspoon salt

¼ teaspoon white pepper

¼ teaspoon savory

Heat until mixture bubbles. Remove from heat. Add the reserved corn liquid gradually, stirring constantly, and

1½ qts. milk

Stir in the onions, corn and chicken pieces. Cover and return to heat for 15 min., or until chicken is thoroughly heated. *Do not boil*.

Pour into a heated tureen and add the crisp salt pork. *About 1½ qts. chowder*

Golden Chicken Chowder





BREADS



Ever since the Pilgrims first learned from the Indians how to make and use corn meal, New Englanders have been devoted to corn breads. And since it was not long after their arrival that wheat began to be harvested too, many of the other breads of New England have almost as venerable a history as its corn meal johnny cakes. Flaky biscuits, light muffins, airy popovers, tender griddlecakes—not to mention crusty brown yeast rolls and loaves—all fit comfortably into the hearty, no-nonsense breakfasts demanded by hardworking Yankees, and overflow into teatime, lunchtime and all the meals of the day.

Boston Brown Bread

(See center color photo)

Thoroughly grease bottom of three No. 2 size (18- to 20-oz.) cans. Cut aluminum foil or waxed (double thickness) or parchment paper into three 6-in. squares to cover tops and to hang about 1¼ in. over sides of cans. Set out large kettle or steamer and its tight-fitting cover; put trivet or rack in kettle.

Mix together in a bowl

- 1 cup rye flour
- 1 cup whole wheat flour
- 1 cup yellow corn meal
- 1½ teaspoons baking powder
- 1 teaspoon salt
- ¾ teaspoon baking soda

Make a well in center of the dry ingredients.

Combine

- 2 cups buttermilk or sour milk
(page 4)

- ¾ cup molasses

Add all at one time to dry ingredients with

- 1 cup (about 5 oz.) dark seedless raisins

Stir only enough to moisten all the flour. Pour an equal amount of batter into each can (filling cans not more than two-thirds full). Cover cans tightly by tying on foil or paper with string. Place cans on trivet. Pour boiling water into kettle to no more than one-half the height of

the cans. Cover kettle and bring water to boiling. To steam, reduce heat but keep water boiling. If necessary, add more boiling water to keep water level at one-half the height of the cans during steaming. Steam bread 3 hrs.

Remove cans from kettle; remove aluminum foil or paper from cans. Carefully run spatula down and around inside of cans to loosen bread; remove bread from cans and place on cooling rack.

Store cooled loaves wrapped in moisture-vapor-proof material in a cool place or in the refrigerator.

3 loaves brown bread

Boston Brown Bread and baked beans





JOHNNY CAKES



The name "johnny cake" goes far back into Colonial days, when a trip from one settlement to the next was really a "journey"—a full day's jaunt. Then the traveller's good wife would fashion little "journey cakes" of corn meal to fit into his knapsack, so he could break his fast along the way. Over the years the name has been contracted into "johnny cake." Rhode Island folk still like to make theirs (and they drop the "h," by the way) from white corn meal, and to bake them as their many-times-great-grandmothers did, as small cakes in a spider or skillet. Elsewhere in New England yellow corn meal is usually used, and the cakes are baked in the oven—and spelled with the "h."

Rhode Island Jonny Cake

Set a griddle or skillet over low heat.

Mix together in a bowl

2 cups white corn meal

2 tablespoons sugar

2¼ teaspoons salt

Make a well in center of dry ingredients and add all at one time

2 cups milk

Beat until smooth and thoroughly mixed.

Test griddle or skillet; it is hot enough for baking when drops of water sprinkled on surface dance in small beads. Lightly grease griddle or skillet.

For each jonny cake, spoon 1 tablespoon of batter onto the heated griddle or skillet. Cook until browned on one side. Using a spatula, carefully turn and brown second side. Repeat procedure for the remaining batter.

Serve hot with **butter** and **maple sirup**.

About 4 doz. jonny cakes



Johnny Cake I

(See center color photo)

Grease the bottom of an 8x8x2-in. pan.

Sift together into a bowl

1 cup sifted flour

¼ cup sugar

1 teaspoon baking powder

¾ teaspoon salt

½ teaspoon baking soda

Mix in

1 cup yellow corn meal

Make a well in center of dry ingredients and set aside.

Beat until thick and piled softly

1 egg

Blend in

1 cup buttermilk or sour milk (page 4)

2 tablespoons butter, melted

2 tablespoons molasses

Add liquid mixture all at one time to dry ingredients. Beat with rotary beater until just smooth, being careful not to overmix. Turn batter into pan and spread to corners.

Bake at 425°F about 20 min., or until a wooden pick or cake tester comes out clean when inserted in center.

Break or cut into 2-in. squares. Serve hot with **butter** and warm **maple sirup**.

16 2-in. squares

Johnny Cake II

Grease bottom of an 11x7x1½-in. pan.

Sift together into a bowl

1 cup sifted flour

¼ to ½ teaspoon salt

½ teaspoon baking soda

Mix in

1 cup yellow corn meal

¾ cup firmly packed brown sugar

Make a well in center of dry ingredients and set aside.

Beat until thick and piled softly

1 egg

Blend in

½ cup buttermilk or sour milk
(page 4)

½ cup thick sour cream

Add liquid mixture all at one time to dry ingredients. Beat until just smooth, being careful not to overmix. Turn batter into pan and spread to corners.

Bake at 425°F about 20 min., or until a wooden pick or cake tester comes out clean when inserted in center.

Break or cut into squares. Serve hot with **butter** and warm **maple sirup**. *15 squares*

Baking Powder Biscuits

▲ Base Recipe

Set out a baking sheet.

Sift together into a bowl

2 cups sifted flour

1 tablespoon baking powder

1 teaspoon salt

Cut into dry ingredients with a pastry blender or two knives until mixture resembles coarse corn meal

½ cup lard, hydrogenated vegetable shortening or all-purpose shortening

Make a well in center of mixture and add all at one time

½ cup milk

Stir with fork until dough follows fork.

Gently form dough into a ball and put on a lightly floured surface. Knead lightly with finger tips 10 to 15 times. Roll dough ½ in. thick, keeping thickness uniform. Cut with a



floured cutter, using an even pressure to keep sides of biscuits straight. Place on baking sheet, close together for soft-sided biscuits or 1 in. apart for crusty sides. Brush tops of biscuits with milk or melted butter.

Bake at 450°F 10 to 15 min., or until biscuits are golden brown. *12 to 14 2-in. biscuits*

—Drop Biscuits

Follow Δ Recipe. Increase milk to $\frac{3}{4}$ cup. Drop unkneced dough by tablespoonfuls 1 in. apart onto baking sheet. Or drop into muffin-pan wells, filling wells two-thirds full.

—Rolled Shortcakes

Follow Δ Recipe. Sift 2 tablespoons **sugar** with dry ingredients. Cut dough with floured knife into squares or into rounds with 3-in. cutter. Spread one half of the rounds with melted **butter**. Top with remaining rounds. Place on baking sheet and bake as in Δ Recipe.

—Seventy-Fours

These interesting biscuits owe their name to the heroic feat of a sailor, who liked them so much he once ate 74 of them at a sitting.

Set out a deep saucepan or automatic deep-fryer (page 5) and heat fat to 360°F.

Follow Δ Recipe. Roll dough ¼ in. thick. Cut with a floured diamond-shaped cutter. Deep-fry only as many Seventy-Fours at one time as will float uncrowded one layer deep in the fat. Fry 1 to 2 min., or until lightly browned. Turn with a fork as they rise to surface and several times during cooking (do not pierce). Remove with slotted spoon; drain over fat for a few seconds; remove to absorbent paper.

Meanwhile, pour 1 cup **molasses** into a double boiler top and place over simmering water. Dip the Seventy-Fours into the hot molasses and serve at once.

Muffins

▲ Base Recipe

Muffin recipes often appeared in our grandmother's cookbooks as "gems," and are still called that in many parts of New England.

Grease bottoms of 12 2½-in. muffin pan wells.

Melt and set aside to cool

¼ cup butter

Sift together into a bowl

2 cups sifted flour

⅓ cup sugar

1 tablespoon baking powder

½ teaspoon salt

Make a well in center of the dry ingredients.

Blend thoroughly

1 egg, well beaten

1 cup milk

Blend in the melted butter. Add all at one time to dry ingredients. With not more than 25 strokes, quickly and lightly stir until dry ingredients are barely moistened. The batter will be lumpy and break from spoon. (Overmixing will cause muffin tunnels.)

Cut against side of bowl with spoon to get enough batter at one time to fill each muffin pan well two-thirds full. Place spoon in well and push batter off with another spoon or spatula. Fill any empty well one-half full with water before placing pans in oven.

Bake at 425°F 20 to 25 min., or until muffins are an even golden brown.

Run spatula around each muffin and lift out. If necessary to keep muffins warm before serving, loosen muffins and tip slightly in wells. Keep in a warm place. *1 doz. muffins*

Blueberry Muffins

—Blueberry Muffins

Follow △ Recipe. Rinse and drain 1 cup fresh **blueberries**. Gently fold blueberries into batter with final strokes.

—Cranberry Muffins

Follow △ Recipe. Wash and drain 1 cup **cranberries**; chop coarsely. Mix with 3 tablespoons **sugar**. Blend with sifted dry ingredients.

—Corn Meal Muffins

Follow △ Recipe. Reduce flour to 1 cup and sugar to 2 tablespoons. Mix 1 cup **yellow corn meal** into sifted dry ingredients.

—Quick Tea Cakes

Follow △ Recipe. Grease bottoms of 36 1¾-in. muffin pan wells. Increase sugar to ½ cup and eggs to 3. Reduce milk to ¾ cup. Bake at 425°F about 15 min.

Stay-Popped Popovers

Grease thoroughly with cooking oil 6 or 7 heat-resistant glass custard cups; or grease iron popover pans and preheat 15 min. in oven.

Sift together and set aside

1 cup sifted flour

½ teaspoon salt

Beat until thick and piled softly

2 eggs

Beat in

1 cup milk

2 teaspoons melted butter

Make a well in center of dry ingredients. Pour in liquid mixture. Beat with rotary beater until batter is very smooth. Fill custard cups or iron popover pans one-half full of batter.

Bake at 450°F 10 min. Reduce temperature to 350°F and bake 40 min. longer. Serve immediately. *6 or 7 large popovers*

Note: If a drier interior is desired, make a slit in the side of each baked popover to allow the steam to escape. Return popovers to oven with the heat turned off and allow them to dry for about 10 min.





Anadama Bread

Legend says this bread was created by the exasperated husband of a lazy wife, who persisted in serving him corn meal mush every day.

Two $9\frac{1}{2} \times 5\frac{1}{4} \times 2\frac{3}{4}$ -in. loaf pans will be needed.

Bring to boiling

2 cups water

Add very gradually, stirring constantly

$\frac{1}{2}$ cup yellow corn meal

Remove from heat. Stir in until shortening is melted and ingredients are well blended

$\frac{1}{2}$ cup molasses

2 tablespoons shortening

$1\frac{1}{2}$ teaspoons salt

Set aside to cool to lukewarm.

Meanwhile, soften

1 pkg. active dry yeast

in

$\frac{1}{2}$ cup warm water, 100°F to 115°F

(Or if using compressed yeast, soften 1 cake in $\frac{1}{2}$ cup lukewarm water, 80°F to 85°F.)

Let stand 5 to 10 min.

When corn meal mixture is lukewarm, stir mixture, and blend in, beating until smooth

1 cup sifted flour

Stir softened yeast mixture and add, mixing thoroughly.

Measure

5 cups sifted flour

Add about one-half the flour to the yeast mixture and beat until very smooth. Then beat in enough remaining flour to make a soft dough. Turn dough onto a lightly floured surface and allow it to rest 5 to 10 min. before starting to knead.

Knead (page 6). Form dough into a large ball and place it in a greased, deep bowl just large enough to allow dough to double. Turn dough to bring greased surface to top. Cover with waxed paper and towel and let stand in a warm place (about 80°F) until dough is doubled (about 1 hr.).

Grease bottoms of the loaf pans.

Punch down dough with fist and turn onto a lightly floured surface. Divide into two equal portions and form into smooth balls. Cover and allow to rest 5 to 10 min.

To shape into loaves, flatten one portion and form it into a $9 \times 7 \times 1$ -in. oblong. The width should be about the same as the length of bread pan. Fold narrow ends to center of oblong, overlapping slightly. Press each end down firmly; shape evenly. Seal dough by pinching center fold and ends. Round top of loaf and place, sealed edge down, in prepared pan. Repeat for other portion of dough. Brush tops of loaves with

Melted butter

Cover loaves with waxed paper and towel and let rise again until doubled (about 1 hr.).

Bake at 375°F about 45 min., or until bread sounds hollow when tapped lightly.

Remove bread from pans. Cool on racks.

Two 9×5 -in. loaves

Parker House Rolls

The origin of these classic rolls, also known in New England as "pocketbook rolls," goes back to the very early days of that famous Boston hostelry, the Parker House. It is said that the pastry cook one day, flying into a rage over a hotel crisis, snatched up pieces of dough, squeezed them in his fist, and flung them defiantly into the oven. They emerged in the shape we know so well, creased through the center, richly browned outside and soft within, and everyone admired the new shape so much that the Parker House, and almost everyone else, has been making rolls that way ever since.

For Yeast Dough—Scald (page 5)

1 cup milk

Meanwhile soften

2 pkgs. active dry yeast

in

½ cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 2 cakes in ½ cup lukewarm water, 80°F to 85°F.)

Let stand 5 to 10 min.

Meanwhile, put into a large bowl

½ cup sugar

6 tablespoons shortening

2 teaspoons salt

Pour the scalded milk over ingredients in the bowl. When lukewarm, stir mixture, and blend in, beating until smooth

1 cup sifted flour

Stir softened yeast and add, mixing well.

Measure

5 to 6 cups sifted flour

Parker House Rolls: Fold top (smaller half) over bottom. Brush with melted butter. Let rise.



Add about one-half the flour to the yeast mixture and beat until very smooth. Beat in

2 eggs, well beaten

Then beat in enough remaining flour to make a soft dough. Turn dough onto a lightly floured surface and allow it to rest 5 to 10 min. before starting to knead. Knead (page 6). Form dough into a large ball and place it in a greased, deep bowl just large enough to allow dough to double. Turn dough to bring greased surface to top. Cover with waxed paper and towel and let stand in a warm place (about 80°F) until dough is doubled (about 1 hr.).

Punch down dough with fist; pull edges of dough in to center and turn dough completely over in bowl. Cover and let rise again until almost doubled (about 45 min.). Again punch down the dough and turn it onto a lightly floured surface. Cover and allow the dough to rest 5 to 10 min.

Lightly grease baking sheets.

For Shaping—Rolling about one half of the dough at a time, roll it ¼ in. thick. Brush with

Melted butter

Cut with a lightly floured 2½-in. round cutter. Make a crease not quite in center of round with handle of knife or wooden spoon. Fold top (smaller half) slightly over bottom. Press edges together at each end of crease. Place rolls about 1 in. apart on lightly greased baking sheet. Brush with

Melted butter

Cover and let rise again 15 to 25 min., or until dough is light.

Bake at 425°F 15 to 20 min.

About 4½ to 5 doz. rolls



Potato Rolls

▲ Base Recipe

Some call these Featherbeds because they're so light and fluffy. And don't worry about baking them in quantity. The average healthy appetite can take care of at least a score of them.

Baking sheets will be needed.

For Dough—Wash, pare and cook (page 41)

1 small potato

Cook about 25 to 35 min., or until tender when pierced with a fork. Drain, reserving $\frac{1}{2}$ cup cooking liquid. Dry potato by shaking pan over low heat. Mash or rice the potato.

Scald (page 5)

$\frac{1}{4}$ cup milk

Meanwhile, soften

$\frac{1}{2}$ pkg. ($1\frac{1}{8}$ teaspoons) active dry yeast

in

2 tablespoons warm water, 110°F to 115°F (Or if using compressed yeast, soften $\frac{1}{2}$ cake in 2 tablespoons lukewarm water, 80°F to 85°F.)

Let stand 5 to 10 min.

Put into a large bowl

$\frac{1}{4}$ cup sugar

3 tablespoons shortening

$\frac{3}{4}$ teaspoon salt

Pour the scalded milk and the $\frac{1}{2}$ cup of reserved cooking liquid over ingredients in bowl. When lukewarm, stir mixture and blend in, beating until smooth

$\frac{1}{2}$ cup sifted flour

Stir softened yeast and add to mixture, mixing thoroughly.

Measure

$2\frac{1}{2}$ to 3 cups sifted flour

Add about one-half the flour to the yeast mixture and beat until very smooth. Beat in $\frac{1}{4}$ cup of the mashed potato and

1 egg, well beaten

Then beat in enough remaining flour to make a soft dough. Turn dough out onto a lightly floured surface and allow it to rest 5 to 10 min. before starting to knead. Knead (page 6). Form dough into a large ball and place it in a greased, deep bowl. Turn dough to bring greased surface to top. Cover with waxed paper and towel and let stand in a warm place (about 80°F) until doubled (about 1 hr.).

Punch down dough with fist; pull edges of dough in to center and turn dough completely over in bowl. Cover and let rise again until nearly doubled (about 45 min.). Punch down dough and turn out onto a lightly floured surface. Allow to rest 10 min. before shaping.

Lightly grease baking sheets.

For Rolls—Roll dough into a 12-in. square, $\frac{1}{2}$ in. thick. With a floured knife, cut into 1-in. squares. With hands, shape each square into a ball about $\frac{3}{4}$ in. in diameter. Place on greased baking sheet about 2 in. apart. Cover with waxed paper and towel and let rise until light (about 30 min.).

Bake at 425°F about 8 min., or until lightly browned.

About 8 doz. rolls

—Potato Doughnuts

Follow Δ Recipe for dough. About 20 min. before deep-frying, heat fat to 365°F (page 5). Roll dough into a 13-in. square, $\frac{1}{4}$ in. thick. Using a sharp knife, cut into $1\frac{1}{2}$ -in. squares or diamonds. Cover and let rise on board in a warm place until doubled (about 40 min.).

When doubled, deep-fry in the heated fat. Fry only as many at one time as will float uncrowded one layer deep in the heated fat. Fry about 2 to 3 min., or until lightly browned. Turn doughnuts with a fork as they rise to surface and several times during cooking (do not pierce). Remove with a slotted spoon; drain over fat for a few seconds before removing to absorbent paper.

—Baptist Cakes

These crisp, tempting morsels got their name, so legend says, "because they were immersed"—in deep fat, that is. But if you prefer, call them "Huffjuffs" (as they do in Maine) or "Holy Pokes" (their Connecticut name).

Follow Δ Recipe; do not bake rolls. About 20 min. before deep-frying, heat fat to 365°F (page 5). Divide each ball of dough into halves and stretch each half to a length of 3 in. Deep-fry 1 to 2 min., or until lightly browned. Follow directions in Potato Doughnuts for deep-frying.

Serve with **butter** and **maple sirup**.

Griddlecakes

▲ Base Recipe

Vermont has a pleasant way of stacking several griddlecakes with butter and shaved maple sugar between them, and serving them, cut in wedges, with maple sirup and puffs of whipped cream—hearty and satisfying.

Set a griddle or heavy skillet over low heat.

Melt and set aside to cool

2 tablespoons butter

Sift together into a bowl

1½ cups sifted flour

1 tablespoon sugar

1½ teaspoons baking powder

½ teaspoon salt

Make a well in center of dry ingredients and set them aside.

Beat together

2 egg yolks

1⅓ cups milk

Add all at one time to dry ingredients. Beat until well blended and smooth. Blend in the melted butter. Set aside.

Beat until rounded peaks are formed

2 egg whites

Spread beaten egg whites over the batter and gently fold (page 5) together.

Test griddle or skillet; it is hot enough for baking when drops of water sprinkled on surface dance in small beads. Lightly grease griddle or skillet if manufacturer so directs. Pour batter onto griddle or into skillet, from a pitcher or large spoon, in small pools about 4 in. in diameter, leaving at least 1 in. between cakes. Turn griddlecakes as they become puffy and full of bubbles. Turn only once.

Serve immediately with **butter** and warm **maple sirup**.
About 12 Griddlecakes

—Blueberry Griddlecakes

Follow Δ Recipe. Rinse and drain 2 cups fresh **blueberries**. Gently fold blueberries into batter after folding in beaten egg whites. (If desired, frozen blueberries may be used. Thaw frozen blueberries according to directions on package. Drain thoroughly. Measure 2 cups blueberries.)

—Corn Meal Griddlecakes

Follow Δ Recipe. Reduce flour to $\frac{3}{4}$ cup. Mix $\frac{3}{4}$ cup **yellow corn meal** into dry ingredients.

—Buttermilk Griddlecakes

Follow Δ Recipe. Substitute $\frac{1}{2}$ teaspoon **baking soda** for the baking powder and **butter-milk** or **sour milk** (page 4) for the milk. Do not separate eggs. Beat eggs and buttermilk together. Bake griddlecakes as in Δ Recipe.

—Rye Griddlecakes

Follow recipe for Buttermilk Griddlecakes. Reduce flour to $\frac{3}{4}$ cup and mix in $\frac{3}{4}$ cup **rye flour**. Blend 3 tablespoons **molasses** into the buttermilk-egg mixture.





Buckwheat Griddlecakes

Start this batter the night before to serve delicious, hot Buckwheat Griddlecakes for breakfast in the morning.

Soften

1 pkg. active dry yeast

in

3¼ cups warm water 110°F to 115°F
(Or if using compressed yeast,
soften 1 cake in 3¼ cups luke-
warm water 80°F to 85°F.)

Let stand 5 to 10 min.

Meanwhile, sift together into a large bowl

2½ cups sifted buckwheat flour

1¼ cups sifted flour

1 tablespoon sugar

1½ teaspoons salt

Stir softened yeast; add gradually to the sifted dry ingredients and mix thoroughly after each addition. Beat until batter is smooth.

Cover bowl with waxed paper and a clean towel. Let mixture stand overnight.

The following morning, set a griddle or heavy skillet over low heat.

Melt and set aside to cool

¼ cup butter

Mix in

2 tablespoons brown sugar

¾ teaspoon baking soda

Stir batter; quickly blend in the brown sugar mixture. Test griddle; it is hot enough for baking when drops of water sprinkled on surface dance in small beads. Lightly grease griddle if manufacturer so directs.

For each griddlecake spoon about ¼ cup batter onto the heated griddle. Bake slowly until griddlecake is browned on one side. Using a spatula, carefully turn and brown on second side. Repeat procedure for remaining batter.

Serve griddlecakes hot with **butter** and **maple sirup**. *About 2 doz. griddlecakes*

Apple Fritters

▲ Base Recipe

Very old, very tasty, and very New England.

Set out a deep saucepan or automatic deep-fryer (page 5) and heat fat to 365°F.

Melt and set aside

1 tablespoon shortening

Sift together into a bowl and set aside

1½ cups sifted flour

2 tablespoons sugar

1 teaspoon baking powder

¾ teaspoon salt

Wash, core, pare and cut into ¼-in. rings

4 firm apples

Or cut apples into lengthwise wedges ¼ in. thick. Put into a bowl and toss carefully with a mixture of

3 to 4 tablespoons lemon juice

2 tablespoons confectioners' sugar

Let stand about 5 min.

Blend thoroughly

2 eggs, well beaten

1 cup milk

Blend in the melted shortening.

Make a well in center of dry ingredients. Add liquid mixture all at one time and mix until batter is smooth.

Drain apple pieces. Using a large fork or slotted spoon, dip apple pieces in batter to coat evenly, allowing excess batter to drip into bowl before lowering apple pieces into fat. Deep-fry only as many fritters as will float, uncrowded, one layer deep in fat. Turn with a fork as they rise to the surface of the fat and several times during deep-frying (do not pierce). Deep-fry 2 to 3 min., or until golden brown. Drain over fat for a few seconds before removing to absorbent paper.

Serve hot with **maple sirup**. *About 6 servings*

—Corn-Gold Fritters

Follow ▲ Recipe. Omit apples, sugar, lemon juice and confectioners' sugar. Decrease shortening to 1 teaspoon and milk to ¾ cup. Add 1 teaspoon **Worcestershire sauce**, ½ teaspoon **monosodium glutamate**, ½ teaspoon **pepper** and 1½ cups (1-12-oz. can, well drained) whole kernel **corn**. Drop by tablespoonfuls into the hot fat.



MEATS POULTRY and other MAIN DISHES

What is the premier main dish of New England? Is it the turkey, stuffed and roasted magnificently as befits this magnificent bird, which has become the acknowledged king of the American holiday table? Is it the New England boiled dinner, that wonderful mélange of corned beef and vegetables, beautiful as a centerpiece when properly cooked? Or is it the baked beans of old Boston, heritage from a day when the Sabbath began on Saturday at six o'clock and was not to be profaned by cooking—so the bean pot went into the oven and simmered slowly, slowly, through the night, while the fragrance of bubbling molasses and gently crisping pork perfumed the house?

New England "Boiled" Dinner

(See center color photo)

▲ Base Recipe

This favorite old recipe of New England families has been handed down from generation to generation. Actually, it is misnamed because the meat should never be boiled, but simmered slowly to juicy tenderness.

Set out a large sauce pot, Dutch oven or kettle having a tight-fitting cover.

Wipe with a clean, damp cloth

4- to 6-lb. solid piece of corned beef

Put meat into the sauce pot and cover with

Water

Cover sauce pot tightly and bring water just to boiling over high heat. Reduce heat and simmer (do not boil) 3 to 5 hrs. (allow 40 to 50 min. per pound), or until meat is tender.

About an hour before meat is tender, prepare beets. Leave on 1- to 2-in. stem and the root end (this helps beets to retain red color) and cut leaves from

6 medium-size (about 1 lb.) beets

Scrub beets thoroughly. Cook covered in boiling salted water to cover 30 to 45 min., or until beets are just tender.

While beets are cooking, wash and scrape or pare

6 medium-size (about 1½ lbs.) carrots

Clean (page 5)

6 small onions

Wash and pare

6 medium-size (about 2 lbs.) potatoes

3 medium-size turnips

Set vegetables aside.

Skim off any excess fat from cooking water in sauce pot. Put the potatoes, turnips, onions and carrots in the sauce pot with meat. Cover and continue to simmer.

When vegetables have cooked about 20 min., remove outer wilted leaves and any blemishes from

1 small head cabbage

Wash thoroughly and cut from top to bottom into wedges. Remove core and heavy ribs of outer leaves. Put cabbage into sauce pot about 8 to 12 min. before end of cooking period. Cook, loosely covered, just until tender.

When the beets are tender, drain, peel off and discard skins, stems and root ends. Add to beets

2 tablespoons butter

Keep beets warm while arranging meat platter.

When vegetables and meat are tender, remove the meat from cooking liquid and place on a large, warm platter. Surround with the vegetables. Sprinkle chopped **parsley** over potatoes.

Serve immediately.

6 to 8 servings

—Red Flannel Hash

The thrifty New England homemaker prepares hash from meat and vegetables left over from New England "Boiled" Dinner.

Use ingredients saved over from Δ Recipe or prepare meat and vegetables. Set out a large, heavy skillet. Combine 3 cups finely chopped cooked **potatoes**, 1 cup finely chopped cooked **beets**, 1 cup finely chopped cooked **corned beef** and $\frac{1}{2}$ cup finely chopped **onion** (page 5). Lightly toss chopped vegetables and meat together. Blend in 1 teaspoon **Worcestershire sauce**, 1 teaspoon **salt**, $\frac{1}{8}$ teaspoon **pepper** and about 6 tablespoons **milk** or **cream** (enough to hold mixture together). Heat $\frac{1}{4}$ cup **butter** in the skillet. Add the hash mixture, pressing into an even layer. Cook over low heat until a brown crust is formed on bottom. Loosen edges and bottom of hash; shake skillet back and forth occasionally to prevent burning while hash is browning. When hash is done, lightly fold in half and serve.

—Corned Beef Hash

Follow recipe for Red Flannel Hash. Omit the beets. Increase corned beef to 2 cups.

Cider Roast Ham

Set out a shallow, roasting pan with rack.

Follow directions on wrapper or wipe with a clean, damp cloth

10-lb. smoked whole ham

Place ham fat side up on rack. Insert roast meat thermometer in center of thickest part of lean; bulb should not rest on bone or in fat.

Roast uncovered at 300°F for 2½ hrs.

Meanwhile, prepare Glaze.

For Glaze—Blend together

- $\frac{3}{4}$ cup firmly packed brown sugar
- 2 tablespoons maple sirup
- $\frac{1}{2}$ teaspoon dry mustard

When ham has roasted 2½ hrs., remove from oven. Remove rind (if any), being careful not to remove the fat. Cut fat surface into diamond pattern or use a scalloped cutter to make a flower design. Insert in centers of patterns

Whole cloves

Spread the glaze over ham. Return ham to oven and continue roasting about 45 min., or until internal temperature reaches 160°F. (Total roasting time is about 3 hrs., allowing 18 to 20 min. per pound.) Occasionally baste ham using

$\frac{3}{4}$ cup apple cider

Garnish as desired.

About 20 servings

Baked Ham Slice

▲ Base Recipe

Place in an 11¾x7½x1¾-in. baking dish

1 smoked ham slice, cut 1½ in. thick

(Allow $\frac{1}{3}$ to $\frac{1}{2}$ lb. meat per serving.)

Insert into ham slice at 1-in. intervals

Whole cloves

Sprinkle evenly over ham a mixture of

- 2 tablespoons brown sugar**
- 2 tablespoons fine, dry bread crumbs**
- 2 tablespoons raisins**
- $\frac{1}{2}$ teaspoon dry mustard**

Carefully pour over ham slice

1 cup orange juice

Bake at 300°F 45 minutes. Occasionally baste ham slice with liquid in baking dish.

Blend together thoroughly

$\frac{1}{2}$ cup orange juice

1 teaspoon cornstarch

Remove ham from oven and pour orange juice mixture over ham surface. Return to oven about 20 min., or until liquid is thickened and clear. Remove cloves from ham before serving.

—Frosted Ham Slice

Follow Δ Recipe. For brown sugar mixture, substitute the following mixture: $1\frac{1}{2}$ cups **milk**, scalded (page 5); 1 cup fine, dry **bread crumbs**; $1\frac{1}{2}$ tablespoons finely chopped **onion**; $\frac{1}{2}$ teaspoon **cinnamon**; and $\frac{1}{2}$ teaspoon **salt**. Spread mixture evenly over ham slice. Sprinkle with 3 tablespoons **brown sugar**. Omit orange juice and cornstarch.

Bake at 300°F 45 to 50 minutes.

—Apple Baked Ham Slice

Follow Δ Recipe; omit whole cloves and raisins. Substitute **apple juice** for orange juice. Serve with **applesauce**.

Yankee Pot Roast

▲ Base Recipe

Set out a heavy sauce pot or Dutch oven having a tight-fitting cover.

Wipe with a clean, damp cloth

3- to 4-lb. beef pot roast (blade, round, rump or chuck)

Coat evenly with a mixture of

⅓ cup flour

2 teaspoons salt

½ teaspoon monosodium glutamate

¼ teaspoon pepper

Heat in the sauce pot or Dutch oven

¼ cup pork drippings

Brown meat slowly in the fat over medium heat, turning to brown on all sides.

When meat is well browned, add

½ cup water

1 bay leaf, crushed

Cover; reduce heat and cook over low heat for 2 hrs. If necessary add more water during cooking period. Liquid surrounding meat should at all times be simmering, not boiling.

Meanwhile, wash and pare

8 to 10 small potatoes

8 to 10 small carrots

1 medium-size turnip

Clean (page 5)

8 to 10 small onions

When meat has simmered 2 hrs., slice the turnip and add with other vegetables to the sauce pot. Continue to simmer 1 hr. longer, or until meat and vegetables are tender.

Remove meat and vegetables from sauce pot and arrange on a warm serving platter; keep warm. Strain liquid and add, enough to make 1½ cups liquid

Quick Meat Broth (page 5)

Return to sauce pot and thicken (page 23). Serve as a gravy with pot roast.

About 8 servings

—Cranberry Pot Roast

Follow Δ Recipe; omit vegetables. Sort and wash 2 cups (about ½ lb.) **cranberries**. Cook with 1 cup **water** about 5 min., or until skins pop. Pour cranberry mixture over browned meat. Reduce water to ¼ cup and substitute **2 whole cloves** for bay leaf. Add 2 tablespoons **sugar** to cooking liquid before thickening. Omit Quick Meat Broth.

Roast Leg of Lamb

▲ Base Recipe

Set out a shallow roasting pan with rack.

Wipe with a clean, damp cloth

5- to 6-lb. leg of lamb

Do not remove the fell (thin, papery covering). Rub lamb with a mixture of

2 teaspoons salt

1 teaspoon monosodium glutamate

¼ teaspoon pepper

Place lamb skin side down on rack in pan. Insert roast meat thermometer in center of thickest part of meat, being sure that bulb does not rest on bone or in fat.

Roast lamb uncovered at 300°F about 3 hrs., allowing 30 to 35 min. per pound. Meat is medium done when thermometer reaches 175°F and well done at 180°F.

Place paper frill (page 24) around end of leg bone. Serve on warm platter. Garnish with **parsley or mint leaves**. *About 10 servings*

—Minted-Stuffed Lamb

Heat ⅓ cup **butter** in a large skillet. Add 2 tablespoons finely chopped **celery** and 2 tablespoons finely minced **onion**. Cook over low heat until onion is transparent. Add ½ cup finely chopped **mint leaves** and ½ cup water. Simmer about 5 min. Mix in 2 cups soft **bread crumbs** and a mixture of 1 teaspoon **salt**, ½ teaspoon **monosodium glutamate** and ¼ teaspoon **pepper**.

Follow Δ Recipe; substitute 4- to 5-lb. **cushion shoulder roast of lamb** for leg of lamb. Lightly fill pocket with stuffing; sew or skewer opening to hold stuffing inside. Roast as in Δ Recipe about 2½ hrs., allowing 30 to 35 min. per pound. Remove skewers or thread and serve.



Lamb Stew

▲ Base Recipe

A favorite of long standing in New England where lamb has always been popular.

Set out a large kettle or Dutch oven having a tight-fitting cover.

For Stew—Wipe with a clean, damp cloth

2 lbs. boneless lamb (shoulder)

Cut meat into 2-in. cubes. Coat meat evenly by shaking two or three pieces at a time in a plastic bag containing a mixture of

1/3 cup flour

2 teaspoons salt

1/2 teaspoon monosodium glutamate

1/8 teaspoon pepper

Heat in the kettle or Dutch oven

3 tablespoons fat

Add the meat cubes to the kettle. Brown meat on all sides over medium heat, turning occasionally. Pour off excess fat. Remove from heat and slowly pour into kettle

1 qt. hot water

Cover kettle and bring to boiling. Reduce heat and simmer about 1 1/2 hrs., or until meat is almost tender.

Meanwhile, prepare and leave whole

6 small onions (page 5)

6 to 8 small carrots, washed and scraped or pared

About 45 min. before end of cooking period, add the vegetables to the kettle with

1 1/2 teaspoons salt

1/2 teaspoon monosodium glutamate

1/4 teaspoon marjoram

1/8 teaspoon pepper

1 bay leaf

About 25 min. before end of cooking period, add to the stew

1/2 cup fresh or frozen lima beans

Meanwhile, prepare Dumplings.

For Dumplings—Sift together into a bowl

2 cups sifted flour

4 teaspoons baking powder

1 teaspoon salt

Cut in with pastry blender or two knives until mixture resembles rice kernels

1 tablespoon shortening

Quickly stir in with a fork until just blended

2/3 cup milk

Bring stew to boiling. Drop batter by spoonfuls on top of stew. Dumplings should rest on meat and vegetables; if they settle down into liquid, they may become soggy. If necessary pour off excess liquid to prevent this. Cover kettle tightly and cook over medium heat 20 min. Do not remove cover while dumplings are cooking.

Remove cooked dumplings, meat and vegetables and keep warm while thickening liquid.

To Thicken Cooking Liquid—Pour into a screw-top jar

1/2 cup cold water

Sprinkle onto it

1/4 cup flour

Cover jar tightly and shake until mixture is well blended. Slowly pour one half of the mixture into cooking liquid while stirring constantly. Bring to boiling. Gradually add only what is needed of remaining flour-water mixture for consistency desired. Bring mixture to boiling after each addition. After final addition cook 3 to 5 min. longer.

To Complete—Return meat and vegetables to kettle and heat thoroughly.

Turn stew mixture into a warm serving dish or tureen. Arrange dumplings attractively with stew. Garnish stew with chopped **parsley**.

Serve at once.

8 to 10 servings

—Beef Stew

Follow Δ Recipe. Substitute boneless **beef** (brisket, plate, chuck, flank or round) for lamb and 1 **turnip**, washed, pared and diced for the lima beans.



Crisp Salt Pork in Milk Gravy

Set out a large, heavy skillet.

Wipe with a clean, damp cloth

1 lb. salt pork (streaked with lean)

Slice pork into slices $\frac{1}{4}$ -in. thick. Pour boiling water over pork slices and set aside to drain. Dry with absorbent paper. Dip pork slices in

$\frac{1}{3}$ cup corn meal

Heat in the skillet

2 tablespoons lard or salt pork drippings

Add the salt pork slices. Cook over low heat until crisp and golden brown, turning slices occasionally to brown evenly. Drain on absorbent paper; set aside and keep warm.

Pour salt pork drippings from skillet. Measure $\frac{1}{4}$ cup of the drippings and return to the skillet. Blend in

3 tablespoons flour

Cook until mixture bubbles. Remove from heat. Add gradually, stirring constantly

2 cups milk

Cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. longer.

Serve crisp salt pork slices with the hot gravy.
4 to 6 servings

Lightly fill body and neck cavities with stuffing. To close body cavity, sew or skewer and lace with cord. Fasten neck skin to back with skewer. Tie drumsticks to tail. Bring wing tips onto back. Brush skin thoroughly with

Melted fat

Place breast side up on rack in roasting pan. If roast meat thermometer is used, place it in center of inside thigh muscle. (When done, roast meat thermometer will register 190°F.) Place fat-moistened cheesecloth over top and sides of turkey. Keep cloth moist during roasting by brushing occasionally with fat from bottom of pan.

Roast uncovered at 325°F 4 to 4½ hrs., or until turkey tests done (thickest part of drumstick feels soft when pressed with fingers; protect fingers with cloth or paper napkin). Remove turkey from oven. Remove roast meat thermometer and keep turkey hot. Allow to stand 30 to 40 min. before serving. This allows turkey to absorb its juices and become easier to carve.

Remove cord and skewers. Serve turkey on a heated platter. Garnish with **parsley** and serve with **Cranberry Sauce** (page 49). If desired, put paper frills on drumsticks.

About 16 servings

Roast Vermont Turkey

▲ Base Recipe

The imposing wild turkey with its gleaming feathers and scarlet legs was one of the wonders of the New World, and so tame that early New England settlers had a ready meat supply.

Set out a shallow roasting pan with a rack.

Clean and cut off neck at body (leaving on neck skin) of

1 turkey, 10 to 12 lbs., ready-to-cook weight

(If turkey is frozen, thaw according to directions on package.) Rinse turkey; pat dry with absorbent paper. Set turkey aside. Reserve giblets and neck for stuffing or gravy.

Prepare

**Herb Stuffing (page 25) or
Oyster Stuffing (page 25)**

Rub neck and body cavities of turkey with a mixture of

1 to 2 teaspoons salt

$\frac{1}{2}$ teaspoon monosodium glutamate

For Paper Frills—Select a sheet of white paper twice as wide as desired for length of frills; fold lengthwise. With fold toward you, make parallel cuts through fold $\frac{1}{8}$ in. apart to within $\frac{1}{2}$ in. of opposite side. Cut paper desired length; turn inside out. Wind around drumsticks. Fluff fringed ends with fingers. Fasten in place with cellulose tape.

Roast Vermont Turkey, Cranberry Sauce (page 49), Stuffed Acorn Squash (page 43)



—Roast Chicken

Follow Δ Recipe. For turkey, substitute 1 **roasting chicken**, 4 $\frac{3}{4}$ to 6 lbs., ready-to-cook weight. For rubbing cavities, reduce salt to $\frac{1}{2}$ to 1 teaspoon and monosodium glutamate to $\frac{1}{4}$ teaspoon. Use one-half recipe for stuffing. Chicken may be placed breast side up or down. If placed down, turn breast side up when about three-quarters done. Roast for 3 $\frac{1}{2}$ to 4 hrs.

Oyster Stuffing

Cut into cubes

24 slices dry bread

Put cubes into a large bowl and set aside.

Finely chop enough turkey giblets to yield

$\frac{2}{3}$ cup finely chopped giblets

Heat in a heavy skillet

$\frac{1}{2}$ cup butter

Add giblets; cook over medium heat 20 min., occasionally moving and turning with a spoon.

Meanwhile, drain

1 pt. oysters

Pick over to remove any shell particles.

Coarsely chop oysters and set in refrigerator.

Clean (page 5) and chop enough to yield

2 $\frac{1}{2}$ cups (about 1 lb.) finely chopped celery

1 cup (about 2 medium-size) finely chopped onion

Wash, pare and grate enough apple to yield

1 $\frac{1}{2}$ cups (about 2 medium-size) grated apple

Heat in a large skillet

$\frac{1}{2}$ cup butter

Add chopped vegetables and apple and cook over medium heat until onion is transparent, occasionally moving and turning with a spoon.

Meanwhile, pour over bread cubes

2 cups water

Sprinkle over bread cubes a mixture of

2 $\frac{1}{2}$ teaspoons salt

1 teaspoon sage

$\frac{1}{2}$ teaspoon sugar

$\frac{1}{4}$ teaspoon pepper

Toss gently with a fork. Add and mix lightly

2 eggs, beaten

Blend in oysters, giblets, vegetables and apple. (See Herb Stuffing, on this page, for directions for stuffing turkey.) *Stuffing for 12-lb. turkey*

Herb Stuffing

Mix together

$\frac{3}{4}$ cup melted butter

2 teaspoons salt

1 teaspoon sage (or $\frac{1}{2}$ teaspoon each of thyme, rosemary and marjoram)

$\frac{1}{4}$ teaspoon pepper

In a large bowl, lightly toss mixture with

2 qts. (8 slices) soft bread cubes

$\frac{3}{4}$ cup milk

$\frac{1}{3}$ cup chopped celery with leaves (page 5)

$\frac{1}{3}$ cup chopped onion (page 5)

Spoon stuffing into neck and body cavities of turkey—do not pack. Stuff the turkey just before roasting. Extra stuffing may be placed in greased, covered baking dish or wrapped in aluminum foil and baked with turkey the last hour of baking time. *Stuffing for 10-lb. turkey*

Note: Immediately after meal is served, remove stuffing from turkey. Store stuffing in a covered dish in refrigerator. If only one side of turkey has been carved, wrap remainder in waxed paper or aluminum foil. If more than one half of the meat has been carved off, remove remainder of meat from bone. Store covered in refrigerator.

This stuffing may also be used for chicken, goose or duckling. Allow about 1 cup bread cubes per pound of ready-to-cook weight of birds; if weight is 10 lbs. or less, subtract 1 cup from total; if weight is more than 10 lbs., subtract 2 cups from total. Proportionately decrease or increase the remaining ingredients in recipe. Mix diced **apple** with the stuffing before filling cavity of goose or duckling. Use $\frac{1}{2}$ teaspoon **marjoram** instead of sage.



Turkey and Oyster Pie

Butter a 1½-qt. casserole.

Cut into cubes enough cooked turkey to yield

3 cups cubed cooked turkey

Drain, reserving liquid, and remove any shell particles from

1 pt. oysters

Set turkey and oysters in refrigerator until ready to use.

Prepare dough for

Pastry for 1-Crust Pie (page 60)

Flatten ball of dough on a lightly floured surface. Roll dough in all directions from center to edges about ⅛ in. thick and about 1 in. larger than over-all size of casserole top. With knife or spatula, loosen pastry from surface whenever sticking occurs; lift pastry slightly and sprinkle flour underneath. Cut a simple design near center of pastry to allow steam to escape during baking. Set aside.

Prepare

2 cups Medium White Sauce (double recipe, page 48; use reserved oyster liquid and milk for liquid and increase salt to ¾ teaspoon)

Meanwhile, put oysters and turkey into casserole. Dot with

2 tablespoons butter

Pour White Sauce over all. Moisten rim of casserole with cold water.

Loosen one half of pastry and fold over other half. Lift pastry gently and place loosely over hot mixture in casserole; unfold. Trim edge of pastry with scissors about ¾ in. beyond rim of casserole. Fold extra pastry under at edge and gently press edges to moistened rim of casserole. Flute (page 5) or press edges together with a fork.

Bake at 425°F 20 to 25 min., or until pastry is lightly browned. *About 6 servings*

Chicken-Cheese Saucer Pies

Chicken and "store cheese" are featured in this adaption of the popular New England main dish pie. ("Store cheese" in New England designates an aged Cheddar.)

Set out four small individual pie pans and a large skillet.

Prepare dough for

Pastry for 2-Crust Pie (one and one-half times recipe, page 60)

Make one pastry ball slightly larger than the other. Roll out larger ball and cut into four 8½-in. rounds. Fit into pans. Roll out remaining ball for top crusts and cut into four 6½-in. rounds. Cover with waxed paper and set aside.

Prepare and set aside to cool

Quick Chicken Broth (page 5; use only ½ cup hot water)

For Filling—Dice enough chicken to yield

2 cups diced cooked chicken

Set aside.

Drain and set aside contents of

1 4-oz. can sliced mushrooms (about ½ cup, drained)

Heat in the skillet over medium heat

¼ cup butter

Add and cook until transparent, occasionally moving and turning with a spoon

¼ cup chopped onion (page 5)

Blend in a mixture of

3 tablespoons flour

½ teaspoon monosodium glutamate

¼ teaspoon salt

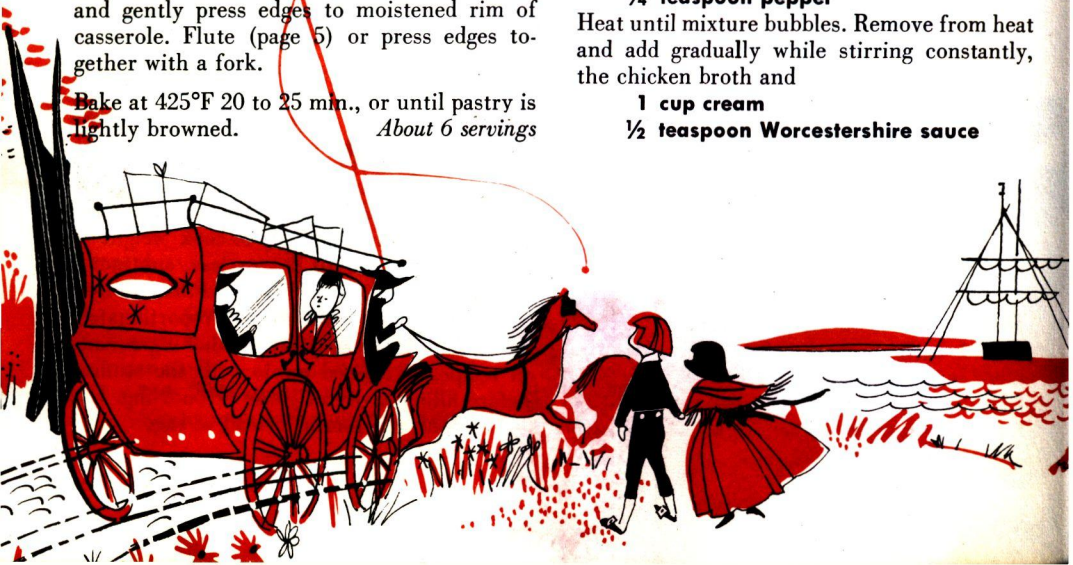
¼ teaspoon garlic salt

¼ teaspoon pepper

Heat until mixture bubbles. Remove from heat and add gradually while stirring constantly, the chicken broth and

1 cup cream

½ teaspoon Worcestershire sauce



Return to heat and stir constantly until thickened and thoroughly blended. Add chicken and mushrooms and mix gently. Set aside to cool.

To Complete—Grate and set aside
1 oz. sharp Cheddar cheese
(about $\frac{1}{4}$ cup, grated)

Put one-fourth of the cooled filling into each pastry shell. Sprinkle the grated cheese over the filling.

Complete pies as directed in Pastry for 2-Crust Pie (page 60).

Bake at 450°F 15 to 20 min., or until pies are delicately browned. *4 chicken pies*



Chicken Fricassee

Chicken Fricassee

▲ Base Recipe

For Cooked Chicken—Set out a kettle having a tight-fitting cover.

Clean

1 stewing chicken, 4 to 5 lbs.,
ready-to-cook weight

(If chicken is frozen, thaw according to directions on package.) Disjoint and cut into serving-size pieces. Rinse chicken pieces and giblets. Pat liver dry with absorbent paper and refrigerate. Put chicken, gizzard, heart and neck into the kettle. (If desired, brown chicken pieces in a skillet with hot fat. Pieces may be coated with seasoned flour.) Add

Hot water to barely cover

Add to the water

1 medium-size onion (page 5)

2 or 3 stalks celery (page 5),
with leaves

3 sprigs parsley

1 bay leaf

2 teaspoons salt

$1\frac{1}{2}$ teaspoons monosodium glutamate

2 or 3 peppercorns

Bring water to boiling; remove foam. Cover kettle tightly, reduce heat and simmer about 3 hrs., or until thickest pieces of chicken are tender when pierced with a fork. During last 15 min. of cooking time add the liver. Remove chicken and giblets from broth. Strain broth and cool slightly; skim fat from surface.

For Gravy—Heat in the kettle

4 tablespoons reserved chicken fat

Blend in

4 tablespoons flour

Heat until mixture bubbles. Remove from heat. Add gradually, stirring in, 2 cups of the chicken broth and

1 cup cream

(Remaining chicken broth may be used in other food preparation.) Bring mixture rapidly to boiling. Cook 1 to 2 min. longer. Blend in

2 teaspoons lemon juice

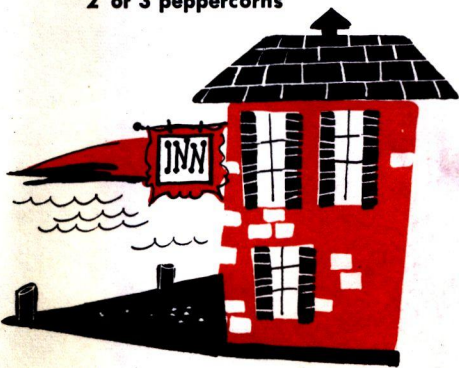
Add chicken pieces and heat thoroughly.

Serve chicken and gravy in a warm serving dish; garnish with **parsley**.

4 to 6 servings

—Chicken and Dumplings

Follow Δ Recipe; prepare **Dumplings** (see Lamb Stew, page 23) about 30 min. before chicken is tender. Add liver and dumplings to kettle. Cover tightly and continue cooking over medium heat 20 min. without removing cover. Remove dumplings and chicken to a warm serving dish; keep warm. Continue as in Δ Recipe; spoon thickened gravy over the chicken and dumplings.





Baked Beans

▲ Base Recipe

New Englanders say about their baked-bean-and-brown-bread supper—"We like it."

A 2-qt. casserole having a tight-fitting cover will be needed.

Heat to boiling in a large saucepan

1½ qts. water

Meanwhile, sort and wash thoroughly

2⅓ cups (about 1 lb.) pea (navy) beans

Add beans gradually to water so boiling will not stop. Boil beans 2 min. and remove saucepan from heat. Cover; set beans aside to soak for 1 hr.

Remove rind from and cut into narrow strips

¼ lb. salt pork

Add pork strips to beans with

2 teaspoons salt

Return saucepan to heat and simmer 45 min., stirring once or twice. Drain beans, reserving liquid. Turn beans and salt pork strips into greased casserole. Set aside while making sauce.

Mix together in the saucepan 2½ cups of the reserved bean liquid and

⅓ cup firmly packed brown sugar

¼ cup molasses

1 tablespoon cider vinegar

2 teaspoons onion juice

¾ teaspoon dry mustard

½ teaspoon monosodium glutamate

Bring to boiling. Pour sauce over beans.

Cover and bake at 300°F about 2½ hrs. If necessary, add more liquid to just cover beans during baking. Remove cover and bake ½ hr. longer to brown pork and beans.

Serve with **Boston Brown Bread** (page 11).
8 servings

Note: Some New England homemakers embed 1 whole cleaned **onion** in the beans. Others use **maple sirup** in place of the molasses and brown sugar.

—Baked Lima Beans

Follow ▲ Recipe; substitute 1 lb. dried **lima beans** for pea (navy) beans.

Company Baked Beans

(See center color photo)

Proper Bostonians might not acknowledge these as authentic, but would surely recognize them as delicious with the rich spiciness of ketchup permeating the whole dish. Perfect for serving a good-sized crowd on Sunday night.

A 4-qt. casserole having a tight-fitting cover will be needed.

Sort and wash thoroughly

3 lbs. (about 7 cups) pea (navy) beans

Put beans into a large sauce pot or kettle and cover with

Boiling water

Boil 2 min.; remove from heat. Cover and set beans aside to soak overnight.

The next day, drain the beans, discarding water, and return to sauce pot with

3 qts. cold water

Cover and simmer 1 hr. Skim off any foam.

Meanwhile, grease the casserole.

Remove rind from and cut into thin slices

1 lb. salt pork

Drain beans, reserving the liquid.

Set out

1½ cups firmly packed brown sugar

Put one third of the beans into the casserole; sprinkle over beans ½ cup of the brown sugar and lay over top one third of the salt pork slices. Repeat layering ending with salt pork.

Quick Baked Beans, Tart Cabbage Slaw
(page 47) and **Boston Brown Bread** (page 11)



Pour over casserole a mixture of 2 cups of the reserved bean liquid and

1¾ cups ketchup

2 tablespoons dry mustard

1 tablespoon salt

Cover and bake at 275°F 5 to 6 hrs. If necessary, add a mixture of 1 cup reserved bean liquid and 1 cup ketchup if beans become dry during baking. Cover may be removed during last ½ hr. of baking to brown pork and beans.

Serve with **Boston Brown Bread** (page 11).

About 16 servings

Note: Double or triple the recipe to fill a large bean pot such as shown in center color photo.

Quick Baked Beans

Lightly grease a 2-qt. casserole.

Remove rind from and cut into pieces

¼ lb. salt pork

Put into a skillet and cook over moderate heat until browned, occasionally moving and turning pieces with a spoon. Remove from skillet with a slotted spoon; set aside to drain on absorbent paper.

Empty into a bowl

3 1-lb. cans (about 6 cups) baked beans

Add to beans and mix in thoroughly

6 tablespoons molasses

6 tablespoons ketchup

3 tablespoons brown sugar

2¼ teaspoons prepared horse-radish

1 teaspoon monosodium glutamate

¾ teaspoon dry mustard

Turn into prepared casserole. Top with salt pork pieces.

Bake at 375°F 20 to 30 min., or until beans are thoroughly heated.

Serve with **Boston Brown Bread** (page 11) and pickle relish. *6 to 8 servings*

Baked Bean Sandwiches

These sandwiches are the inevitable and delicious sequel to a baked bean supper.

Blend together and set aside

2 cups baked beans

1 cup drained, sweet pickle relish

1 tablespoon minced onion

Cut crosswise into halves and set aside

4 slices bacon

Set out on a flat working surface

8 slices white, whole wheat or rye bread

Spread bread slices with

¼ cup softened butter

Spread baked-bean mixture over buttered side of bread slices. Top each sandwich with one-half slice of the bacon.

Set temperature control of range at Broil.

Arrange sandwiches on broiler rack. Place in broiler with tops about 3 in. from heat source. Broil about 4 min., or until bacon is crisp.

Serve immediately.

8 sandwiches

Perfection Boiled Rice

Bring to boiling in a deep saucepan

2 qts. water

1 tablespoon salt

1 teaspoon monosodium glutamate

So boiling will not stop, add gradually to water

1 cup rice

(The Rice Industry no longer considers it necessary to wash rice before cooking.) Boil rapidly, uncovered, 15 to 20 min., or until a kernel is entirely soft when pressed between the fingers.

Drain rice in colander or sieve and rinse with hot water to remove loose starch. Cover colander and rice with clean towel and set over hot water until kernels are dry and fluffy.

About 3½ cups cooked rice





"Cape Cod Turkey" is not turkey at all, but fish—usually salt codfish—which goes to show how New England feels about the harvest of the sea. The opulent lobster, the succulent clam, delicate oysters and all the members of the finny ocean tribe are as much at home on New England tables as they are in the sea.

Steamed Clams

(See center color photo)

To the true New Englander, participation in a steamed clam dinner is a gustatory rite requiring special vestments in the form of large napkins tucked under the chin, and special preparation of the appetite, which should be equal to consuming an average of twenty succulent soft-shelled clams almost without pause!

Preparation of Clams—Pick over **clams** to remove any open ones, or those which are too large (over 2½ inches) or too small (under 2 inches). Thoroughly scrub and rinse clams. Put into a large kettle with about ½ inch of boiling **water** in the bottom, covered with a tight-fitting cover, and steamed just until all are open, with an occasional stir to insure that the heat reaches them all. (Discard any clams which do not open.)

To Serve Steamed Clams—Heap clams in a big heated bowl or on a platter. Accompany with cups of **clam broth** (which has been strained through two or three thicknesses of clean cheesecloth to remove any sand) and with small warm dishes of melted **butter**.

To Eat Clams—Remove the clam from its shell with an oyster or dinner fork (experienced Yankees often prefer to use their fingers), and remove the black cap with the trailing "veil" or "beard" from the head. Then dip the whole **clam** first into the clam broth and then into the melted butter, and devour it without further ceremony.

Clam Pie

Hard-shelled clams (quahogs, as they're called in New England) or sea clams may be used for this pie. It is excellent company fare.

Set out an 8-in. pie pan.

Wash and cook (page 41)

2 medium-size (about ⅔ lb.) potatoes

Cook about 25 to 35 min., or until potatoes are tender when pierced with a fork. Drain. Dry potatoes by shaking pan over low heat. Peel, dice and set aside.

Drain, reserving clam liquid

1 to 1½ pts. shucked clams

Finely chop the clams and set aside.

Heat in a large skillet

3 tablespoons butter

Add and cook until onion is transparent, occasionally moving and turning with a spoon

½ cup (about 1 medium-size)

chopped onion (page 5)

Blend in a mixture of

2 tablespoons flour

¼ teaspoon monosodium glutamate

¼ teaspoon salt

Few grains pepper

Heat until mixture bubbles. Remove from heat.

Add gradually, stirring constantly, ¼ cup of the reserved clam liquid and

¼ cup milk

Return to heat and bring rapidly to boiling, stirring constantly. Cook 1 to 2 min. longer.

Remove from heat; add the diced cooked potatoes and chopped clams. Turn into the pie pan.

Prepare and roll as directed

Pastry for 1-Crust Pie (page 60)

Cut a simple design near center of pastry to allow steam to escape during baking. Loosen one-half of pastry and fold over other half. Moisten edge of pie pan with cold water. Lift

pastry gently and place over hot mixture in pie pan; unfold. Trim edge so pastry extends about $\frac{3}{4}$ in. beyond edge of pie pan. Fold extra pastry under edge and gently press edges to seal to moistened rim of pie pan. Flute (page 5) or press with a fork.

Bake at 450°F about 20 min., or until pastry is lightly browned. 4 to 6 servings



NEW ENGLAND CLAMBAKE



The oldest eating tradition along New England's rocky shore line is the clambake, a legacy from the Indian tribes who greeted the white man. In the three centuries that the tradition has been honored by New Englanders the form and method of the bake have remained essentially unchanged. Basically it consists of green corn, clams and fish closely covered and steamed in seaweed over white-hot stones to a medley of goodness that has not its equal this side of paradise.

The modern clambake is apt to include foods not known to the Indians—sweet potatoes, chicken, sausages, butter for the clams, coffee for the follow-up—and such latterday trappings as cheesecloth, paper bags or wire baskets to confine the separate foods, but fundamentally the clambake has withstood the advances of civilization and mechanization.

Every bakemaster has his own opinion on how to conduct the preliminary stages of a clambake, but the general working procedure shapes up to something like this: A fire of wood is burned in a shallow pit over layers of stones about the size of cabbages. When the stones are crackling hot (after about an hour of exposure to intense heat), embers and ashes are swept away and a layer of wet seaweed or rockweed is laid atop the stones to a depth of several inches. Ingredients follow in this approximate order—well-scrubbed clams (a dozen or two per serving) followed by a second layer of seaweed; unpared white or sweet potatoes or both; ears of corn stripped to the inner husks and cleaned of silk; fish, preferably bluefish, in paper bags; sausages similarly encased; vivacious lobsters (one per serving) arranged

side by side in a large square of cheesecloth securely tied; broiler chickens, if you must, also tied in cheesecloth. Four to six inches of seaweed are now laid snugly over the food and the imposing heap is closely shrouded with a clean wet canvas. The edges of the canvas are weighted down with stones and the tiniest apertures are plugged with seaweed. For an hour (some experts allege a longer time is allowable) the pungent steam of seaweed and clam penetrate the edibles. The tantalizing aroma slowly seeps through the containing canvas with stimulating effect on the taste buds of the waiting company. Appetites may be appeased with relishes—sliced cucumbers, tomatoes and onions—bread, and cups of clam broth. Then with the ceremonial lifting of the canvas the banquet is ready. Tin plates are piled high. Melted butter daubs unheeding chins. The feast is on!

For small family-size clambakes variations on the standard procedure are permitted, and a barrel or a wash boiler is an acceptable container for the bake. A wooden-hooped barrel is recommended and a lining of sheet-metal scraps will prevent the hot stones from igniting its sides. For best results the barrel must be sunk in sand, the deeper the better. The wash-boiler clambake is an admittedly weak facsimile of the genuine article. The traditional foods are layered atop a rack placed in the bottom of the boiler over an inch or so of water. The lid must fit tightly. Cooking is over an open fire. And to be certain that everyone will have as many steamed clams as he wants, it is best to prepare an auxiliary supply (see *Steamed Clams*, page 30).

"Boiled" Lobster (See center color photo)

The easiest way to prepare the king of shellfish, and in the opinion of many many New Englanders it is still the best.

Fill a large deep kettle or sauce pot having a tight-fitting cover about $\frac{3}{4}$ full (or enough to cover the lobster) with

Hot salted water (1 tablespoon salt per qt. water)

Bring water rapidly to boiling. Grasp by the back, below the large claws, and plunge head first into the water—one at a time

2 live lobsters, about 1½ lbs. each

Cover, bring water again to a rolling boil. Reduce heat and simmer 15 to 20 min. Drain and cover with cold water to chill. Drain again. Place shell side down on a cutting board.

Twist off the two large claws, and the smaller ones; twist off the tail. With a pair of scissors cut (or with a sharp knife slit) the bony membrane on the underside of tail. Spread tail shell apart and remove meat in one piece. Remove and discard the intestinal vein. If present, remove and reserve the tomalley (green liver) and the coral (bright red roe) to be used along with the lobster meat. With a sharp knife, slit in one piece underside of body of lobster, cutting completely through entire length of body.

Remove and discard stomach (a small sac which lies in the head) and spongy lungs (which lie in upper body cavity between meat and shell).

Remove the small amount of meat present in the body shell. Crack the large claws with a nutcracker. A nut pick or cocktail fork may be helpful in removing meat from small joints and claws. Put meat into a bowl or jar, cover and refrigerate until ready to use in creamed dishes, salads, appetizers or in other food preparation.

About 2 cups lobster meat

Note: If lobster is to be served hot, do not plunge into cold water after cooking. Use tongs to remove to cutting board. Do not twist small claws and tail from body. Slit entire length of body and tail, cutting through meat to shell. Spread shell open. Remove and discard the intestinal vein, lungs and stomach. Crack large claws with a nutcracker. Brush or drizzle with melted butter.

Serve with lots of melted butter

**Broiled Lobster**

Set temperature control of range at Broil and preheat broiler 15 min.

Purchase for each serving

1 live lobster, about 1½ lbs.

(Live lobsters may be killed at the market.)

To Kill and Clean Lobster—Place lobster on a cutting board with back or smooth shell up. Hold a towel firmly over head and claws. Quickly insert the point of a sharp heavy knife into center of the small cross on the back of the head. This kills the lobster by severing the spinal cord. Before removing knife, bear down heavily, cutting through entire length of body and tail. Pull halves apart; remove and discard the stomach (a small sac which lies in the head) and the spongy lungs (which lie in upper body cavity between meat and shell). Remove and discard the dark intestinal vein running through center of body. Crack claws with a nutcracker.

Place lobster, shell side down, on preheated broiler pan. Brush meat generously with

Melted butter

Place in broiler with top of lobster 3 to 4 in. from source of heat. Broil about 10 min., basting frequently with butter.

Serve with additional butter and

Lemon wedges

Lobster Newburg

▲ Base Recipe

Born in "foreign parts," i.e. New York, this recipe was adopted by New England.

Cut into 1-in. pieces and set aside

2 cups cooked lobster meat (see "Boiled" Lobster, page 32)

Melt in the top of a double boiler

¼ cup butter

Blend in

2 cups cream

¾ teaspoon salt

¼ teaspoon monosodium glutamate

⅛ teaspoon pepper

⅛ teaspoon nutmeg

Bring just to boiling. Stir in lobster and cook over low heat until lobster is thoroughly heated. Vigorously stir about 3 tablespoons of hot mixture into

4 egg yolks, slightly beaten

Immediately blend into hot mixture. Place over simmering water and cook 3 to 5 min., or just until mixture thickens. Stir slowly to keep mixture cooking evenly. (Do not overcook as sauce will curdle.) Remove immediately from heat. Blend in about

2 tablespoons sherry

Serve on **toast points** or **boiled rice**.

About 6 servings

—Crab Meat Newburg

Follow △ Recipe; substitute 2 cups cooked **crab meat** for the lobster. Remove and discard bony tissue from meat.

Crab Meat Mousse

A snowy mold, fine for entertaining, or any time you hanker for succulent crab meat.

A 1-qt. mold will be needed. Put a bowl and a rotary beater into refrigerator to chill.

Break into pieces and set aside

2 cups cooked crab meat (bony tissue removed)

Pour into a small cup or custard cup

¼ cup cold water

Sprinkle evenly over cold water

1 tablespoon (1 env.) unflavored gelatin

Let stand 5 to 10 min. to soften.

Meanwhile, blend in a medium-size bowl

¼ cup lemon juice

1 teaspoon salt

¼ teaspoon paprika

Few grains pepper

Dissolve gelatin completely by placing over hot water. Stir into the lemon juice mixture.

Chill gelatin mixture in refrigerator or in pan of ice and water until gelatin is slightly thicker than consistency of thick, unbeaten egg white. If placed over ice and water, stir frequently; if placed in refrigerator, stir occasionally.

Meanwhile, lightly oil the mold with salad or cooking oil (not olive oil) and set aside to drain.

When gelatin is of desired consistency, blend in the crab meat.

Using the chilled bowl and beater, beat until cream is of medium consistency (piles softly)

1 cup chilled whipping cream

Spread whipped cream over crab meat mixture and gently fold (page 5) together.

Turn into mold. Chill in refrigerator until firm (about 3 hrs.).

Unmold (page 5) onto chilled serving platter. Serve with

Cucumber Sauce (page 50) or Sour Cream Cucumber Sauce (page 50)

About 6 servings

Note: Salmon, haddock or tuna may be substituted for crab meat.

IDENTIFICATION OF FOODS IN CENTER COLOR PHOTO

Top row, left to right: Johnny Cake I (page 12), Vanilla Ice Cream Superbe (page 66), Cranberry Sauce (page 49).

Second row: Mustard Pickles (page 46), Company Baked Beans (page 28), Indian Pudding (page 65), Maple Sirup Cake (page 53).

Third row: Boston Brown Bread (page 11), New England "Boiled" Dinner (page 20).

Bottom row: Steamed Clams (page 30), Apple Pie (page 62), "Boiled" Lobster (page 32).

Fried Soft-Shell Crabs

The crab is most highly esteemed by epicures in its soft-shelled stage, just after it has shed its hard shell and before the new one grows. Crabs may be broiled and served with seasoned melted butter, or deep-fried, but many New England homemakers prefer to pan-fry them, believing that this best preserves their elusive flavor.

Set out a large, heavy skillet.

Kill, by inserting a sharp-pointed, narrow-bladed knife into the body between the eyes

12 soft-shelled crabs

Wash, cut off the pointed apron on underside and cut off spongy material beneath points at each end of shell. Turn the crab and cut off the face.

Coat crabs evenly with a mixture of

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

Shake off excess flour. Set crabs aside.

Heat in the skillet over low heat

$\frac{1}{2}$ cup butter

Fry only as many crabs at one time as will lie flat in the pan. Cook until crabs are browned and crisp on the edges. Turn and brown second side.

Serve crabs hot with **brown butter**.

4 to 6 servings

Oysters on the Half Shell

To Open Oysters—Wash well in cold water

2 doz. shell oysters

Place flat side of shell up and carefully open by inserting knife between edges of shell opposite hinges. (If necessary, break off the thin edges of the shell before inserting tip of knife.) Cut the muscle from the top shell and remove shell. Cut the lower part of the same muscle from the deep half of the shell, leaving oyster in the shell. Discard the top shells.

To Serve—Arrange oysters-in-the-shell on individual plates. Garnish with

Sprigs of parsley

Serve with

Cocktail Sauce for Sea Food (page 50)

Lemon wedges

Crackers

4 servings

Scalloped Oysters

▲ Base Recipe

Butter a 2-qt. shallow casserole.

Drain, reserving liquid

1 qt. oysters

Pick over oysters and remove any shell particles. Set oysters aside.

Set out

$\frac{3}{4}$ cup butter

Place on a long length of heavy waxed paper half of

48 2-in. crackers

Loosely fold paper around crackers, tucking under open ends. With a rolling pin, gently crush crackers to make fine crumbs. Repeat with remaining crackers to make about 3 cups crumbs. Set aside 2 cups crumbs. Melt 2 to 4 tablespoons of the butter; add remaining 1 cup crumbs and toss lightly. Set aside.

Prepare and set aside

$\frac{1}{3}$ cup finely chopped onion (page 5)

Add to reserved oyster liquid

Cream or milk (enough to make 2 cups liquid)

Stir into liquid

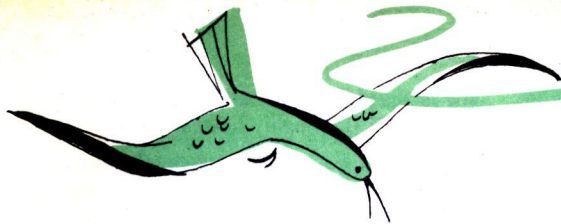
1 teaspoon salt

$\frac{1}{8}$ teaspoon pepper

Use about 1 cup of the unbuttered crumbs to form a layer in bottom of casserole. Arrange about 2 cups of oysters on the crumbs. Pour 1 cup of liquid mixture over all. Sprinkle with one-half the chopped onion and dot with one-half the butter or margarine. Repeat layering, using the remaining unbuttered crumbs and oysters. Pour over the remaining liquid. Top with buttered crumbs.

Oysters on the Half Shell





Bake at 350°F 20 to 25 min., or until mixture is thoroughly heated. *6 to 8 servings*

—Scallops in Casserole

Follow Δ Recipe. For oysters, substitute 2 lbs. **scallops**. Wash scallops with cold water and drain on absorbent paper. Cut scallops into halves crosswise.

Deep-Fried Scallops

Δ Base Recipe

Set out a deep saucepan or automatic deep-fryer (page 5) and heat fat to 365°F.

Set out

2 lbs. scallops

(If using frozen scallops, thaw according to directions on package.) Rinse scallops in cold water. Set aside to drain on absorbent paper.

Put into a shallow pan or dish and set aside

1 cup (about 3 slices) fine, dry bread crumbs or corn meal

Mix together in a bowl

2 eggs, slightly beaten

2 tablespoons milk

2 tablespoons paprika

1 teaspoon salt

¼ teaspoon pepper

Coat scallops, one at a time, by rolling in bread crumbs, dip into egg mixture and then coat again in bread crumbs.

Deep-fry in the heated fat only as many scallops at one time as will lie uncrowded one layer deep in the fat. Fry 2 or 3 min., or until brown. Turn scallops as they rise to surface and several times during cooking. Remove scallops with a slotted spoon; drain over fat for a few seconds before removing them to absorbent paper.

Serve hot with

Tartar Sauce (page 50)

Lemon wedges

6 to 8 servings



—Deep-Fried Oysters

Follow Δ Recipe. Heat fat to 375°F. Substitute 1 qt. large **oysters** for the scallops. Drain and pick over to remove any shell particles. (Reserve liquid for use in other food preparation.)

—Deep-Fried Clams

Follow Δ Recipe. Heat fat to 375°F. Substitute 1 qt. shucked **clams** for the scallops.

Kedgeree

A medley of rice and fish, originally from India and brought to the New England Coast in Clipper days.

Prepare

2 cups Perfection Boiled Rice (page 29; two-thirds recipe)

Flake (page 5) enough fish to yield

2 cups cold cooked fish (sole, salmon or tuna)

Set fish aside.

Hard-cook (page 5)

4 eggs

Cool peeled eggs and dice.

Lightly but thoroughly mix rice with the fish, eggs and

½ cup cream

2 tablespoons minced parsley

and a mixture of

1 teaspoon salt

½ teaspoon pepper

Turn into top of double boiler. Place over simmering water and thoroughly heated.

6



Creamed Finnan Haddie, baked potatoes

Creamed Finnan Haddie

▲ Base Recipe

In the top of a double boiler or in a covered saucepan, soak for 1 hour

2 lbs. finnan haddie (smoked haddock)
in

Milk to cover

Heat slowly 20 min. Drain, reserving milk for sauce. Set aside.

Hard-cook (page 5)

2 eggs

Cool peeled eggs and coarsely chop.

Melt in top of double boiler over low heat

3 tablespoons butter

Blend in

3 tablespoons flour

1 teaspoon monosodium glutamate

Heat until mixture bubbles. Remove from heat and add gradually, stirring constantly, the milk "stock" from the fish. (If "stock" measures less than 1½ cups liquid, add enough cream to make this amount.) Return to heat. Cook rapidly, stirring constantly, until sauce thickens. Remove from heat and vigorously stir about 3 tablespoons of the sauce into

2 egg yolks, slightly beaten

Immediately return mixture to double boiler. Cook over simmering water 3 to 5 min. Stir slowly and constantly to keep mixture cooking evenly. Remove from simmering water; cool slightly.

Remove bones and skin from fish. Break fish into pieces and combine with the sauce. Gently

stir in the chopped eggs. Place over simmering water until thoroughly heated.

Turn into a warm serving dish. Garnish with **parsley** and serve at once with **baked potatoes**.

About 6 servings

—Creamed Codfish

Follow Δ Recipe; substitute **codfish** for finnan haddie. If cod is salted, cover with **water** and heat slowly to boiling. (If dry and/or very salty, drain and again cover with water and bring to boiling.) Drain, cover with **milk** and proceed as in Δ Recipe.

Baked Haddock with Oysters

▲ Base Recipe

Oysters lend glamor here to the modest haddock.

Grease a shallow baking dish.

Wipe with a clean, damp cloth

2 haddock fillets, about 1 lb. each

(If frozen, thaw according to directions on package.) Place one fillet in baking dish.

Drain, reserving liquid for use in other food preparation

½ pt. oysters

Pick over oysters to remove shell particles.

Prepare

1½ cups cracker or bread crumbs

Reserve ½ cup for topping. Mix remaining 1 cup of crumbs with

1 tablespoon chopped parsley

½ teaspoon salt

⅛ teaspoon pepper

Lightly toss crumb mixture with

2 tablespoons butter, melted

Coat oysters evenly with the crumb mixture. Lightly spoon oyster mixture evenly over fillet in dish. Drizzle with

2 tablespoons lemon juice

Top with second fillet. Fasten edges together with wooden picks or metal skewers.

Brush top surface with

Melted butter

Sprinkle reserved ½ cups crumbs over buttered surface of fish. Dot with

2 tablespoons butter

Bake at 350°F 30 to 40 min., or until fish flakes (page 5) easily.

5 to 6 servings

—Baked Halibut with Oysters

Follow Δ Recipe; substitute 2 **halibut steaks**, cut $\frac{1}{2}$ in. thick for the haddock fillets.

Salt Fish Dinner (Cape Cod Turkey)

▲ Base Recipe

The codfish enjoys a unique place in the history, the cooking traditions and the esteem of coastal New England. Originally referring to cod prepared in this way, Cape Cod Turkey now is a nickname for any cooked fish.

Set out

1½ lbs. salt codfish

Tear or cut into serving-size pieces. Cover cod with cold water to freshen. Let stand for about 4 hrs., changing water 3 to 4 times.

About 1 hour before dinner is to be served, prepare beets. Leave on 1- to 2-in. stem and the root end (this helps beets to retain red color) and cut off leaves from

6 medium-size (about 1 lb.) beets

Wash and cook covered in boiling salted water to cover 30 to 45 min., or until beets are just tender. When beets are tender, drain. Peel off and discard skins, stems and root ends. Add to beets

2 tablespoons butter

Set aside to keep warm.

Drain fish and remove any pieces of bone. Cover again with fresh, cold water and bring slowly to boiling. Reduce heat, cover and simmer about 20 min., or until fish flakes (page 5). Drain.

Meanwhile, wash, pare and cook (page 41)

6 medium-size (about 2 lbs.) potatoes

Cook about 25 to 35 min., or until tender. Drain. Shake pan over low heat to dry potatoes. Add to potatoes

2 tablespoons butter

While potatoes and fish cook, prepare

Egg Sauce (page 48)

Remove rind and cut into thin slices

¼ lb. salt pork

Place pork slices in a skillet and fry over low heat until pork slices are crisp and lightly browned. Remove from fat with a slotted spoon to absorbent paper. Reserve pork drippings for use in other food preparation.

To serve, arrange fish pieces in center of a large, warm platter. Garnish fish with the salt pork slices. Spoon the egg sauce over top. Place cooked buttered potatoes along one side of the platter and cooked buttered beets along the other side.

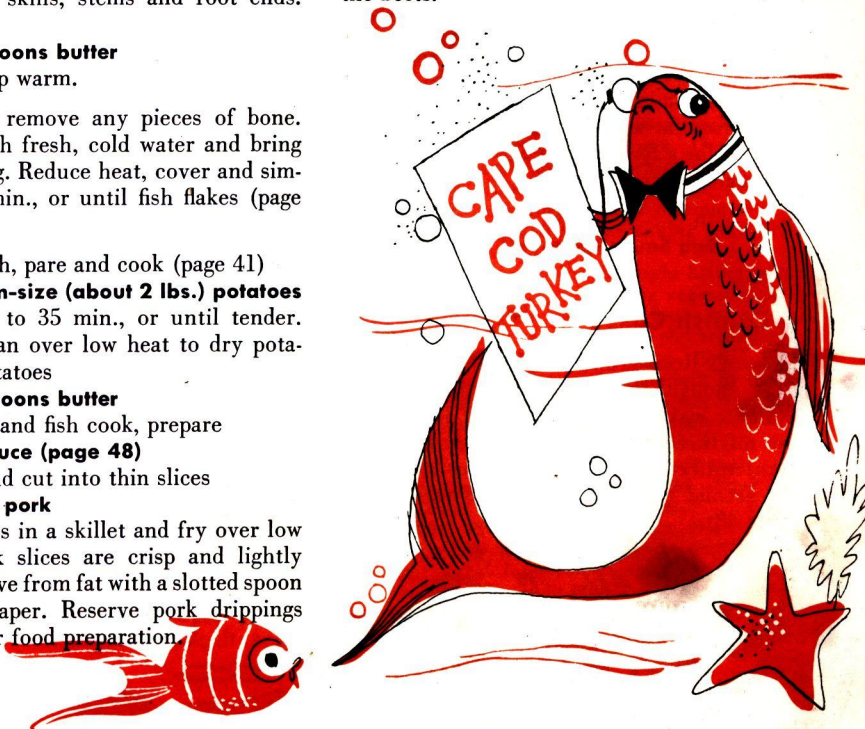
About 6 servings

—Red Salt Fish Hash

Use ingredients saved over from Δ Recipe or prepare vegetables and fish. Combine 2 cups cold, flaked **fish**, 2 cups diced, cold, cooked **beets**, 2 cups diced, cold cooked **potatoes**, and 1 tablespoon minced **onion**. Season with $\frac{1}{4}$ teaspoon **pepper**. Beat and mix in 1 **egg**. Heat in a skillet enough **fat** to make 3 tablespoons (or use salt pork drippings). Add the hash mixture, pressing into an even layer. Cook over low heat until a brown crust is formed on the bottom. Loosen edges and bottom of hash; shake skillet back and forth occasionally to prevent burning while hash is browning. When hash is done, lightly fold in half and serve on a warm platter.

—Salt Fish Hash

Follow recipe for Red Salt Fish Hash. Omit the beets.



Codfish Balls

A deep saucepan or automatic deep-fryer will be needed.

Set out

1 lb. salt codfish

Cover with cold water to freshen. Let stand in cold water at least 4 hrs. Change water 3 or 4 times during that period. (Or follow directions on package.) Drain fish and remove any pieces of bone. Flake (page 5).

About 20 min. before ready to deep-fry, heat fat to 365°F (page 5).

Wash, pare and cut into pieces

4 to 6 medium-size (about 2 lbs.) potatoes

Combine fish and potatoes in a saucepan. Cook covered in boiling water to cover about 20 min., or until potatoes are tender when pierced with a fork.

Thoroughly drain and mash potatoes and fish. Whip in until potatoes are fluffy

2 tablespoons butter

and a mixture of

2 eggs, beaten

½ teaspoon paprika

⅓ teaspoon pepper

Deep-fry by dropping spoonfuls of the mixture into the hot fat. Drop only as many at one time as will float uncrowded one layer deep in the fat. Turn balls as they brown, cooking each 2 to 5 min., or until golden brown. Remove from fat with a slotted spoon, draining over fat for a few seconds before removing to absorbent paper.

Serve with

Egg Sauce (page 48)

About 6 servings

—Codfish Cakes

Follow Δ Recipe; omit deep-frying procedure. Heat enough **shortening** in a large, heavy skillet to make a layer about ¼ in. deep. Shape fish mixture into cakes about ½ in. thick. Fry cakes until crisp and browned. Turn and brown the second side. Serve with **Tomato Sauce** (page 48).

Broiled Scrod

▲ Base Recipe

A scrod is a young cod which has been cut open, the head, tail and bones removed, and thus is ready to cook.

For Maître d'Hôtel Butter—Cream together until blended

½ cup softened butter

2 tablespoons lemon juice

2 teaspoons chopped parsley

¼ teaspoon salt

⅛ teaspoon pepper

Set aside.

For Broiled Scrod—Wipe with a clean, damp cloth

2 cod, 1 to 2 lbs. each

Split the fish down the back and remove backbone.

Set out

¼ cup melted butter

1 teaspoon salt

½ teaspoon pepper

Set temperature control of range at Broil and grease a broiler rack.

Place the fish on the broiler rack, skin side down. Brush with some of the butter and season with some salt and pepper. Place broiler rack in broiler with top of fish 2 in. from source of heat; broil 5 to 8 min. Turn fish, brush with remaining butter and season with salt and pepper. Broil 5 to 8 min. longer, or until fish flakes (page 5) easily.

Pour drippings over fish and serve with Maître d'Hôtel Butter.

4 to 6 servings

—Broiled Mackerel

Follow Δ Recipe. For cod, substitute **1 mackerel**, about 2 lbs. Increase broiling time to about 10 min. on each side, or until skin is brown and crisp.

—Broiled Swordfish

Follow Δ Recipe. For Maître d'Hôtel Butter, substitute the following **Lemon-Butter Sauce**: combine ½ cup melted **butter**, ¼ cup **lemon juice** and 1 tablespoon chopped **parsley**. For cod, substitute slices of **swordfish**, cut about ¾ in. thick (1 slice for each serving).





New England's favorite vegetables have always been those which stood by the first colonists so well—corn and beans and squash. Succotash combined two of them in a classic dish which is still popular the country over. Most other vegetables were usually served drowned in “cream gravy” or white sauce, which may be why vegetables came to be known as “garden sass,” a term still used by old-timers. Vegetables were often preserved in the form of memorable relishes; ketchup, chili sauce and piccalilli were fully developed if not actually invented in New England long ago.

HOW TO COOK VEGETABLES

Wash fresh vegetables, but do not soak them in water for any length of time. If they are wilted, put them in cold water for a few minutes. Cauliflower, broccoli, artichokes and Brussels sprouts must be soaked 20 to 30 min. in salted water before they are cooked to remove small insects and dust which settle in them. To prepare tasteful vegetables and to retain their minerals and vitamins, cook them carefully and quickly.

BAKING—Bake such vegetables as potatoes, tomatoes and squash without removing skins. Pare vegetables for oven dishes, following directions given with recipes.

BOILING—Have water boiling rapidly before adding vegetables. Add salt at beginning of cooking period ($\frac{1}{4}$ teaspoon per cup of water). After adding vegetables, again bring water to boiling as quickly as possible. If more water is needed, add boiling water. Boil at a moderate rate and cook vegetables until just tender.

In general, cook vegetables in a covered pan, in the smallest amount of water possible and in the shortest possible time. Exceptions for amounts of water or for covering are:

Potatoes—cooked in water to cover.

Green vegetables (peas, green or lima beans)—loosely covered.

Spinach—partially covered pan with only the water which clings to leaves after final washing.

Asparagus—arranged in tied bundles with stalks standing in a small, deep pan containing at least 2 in. of boiling water—pan loosely covered.

Broccoli—tied, stalks (over $\frac{1}{2}$ in. thick, split lengthwise) standing in a deep pan containing boiling water up to flowerets—pan loosely covered.

Strong-flavored vegetables (cauliflower, mature cabbage and Brussels sprouts)—cooked loosely covered in a large amount of water. To restore color of red cabbage, add a small amount of vinegar at end of cooking period, just before draining.

A desirable boiled vegetable is free from excess water, retains its original color and is well seasoned. Pieces are uniform and attractive.

BROILING—Follow directions with recipes.

FRYING and DEEP-FRYING—Follow directions with specific recipes.

PANNING—Finely shred or slice vegetables. Cook slowly until just tender in a small amount of fat, in a covered, heavy pan. Occasionally move with spoon to prevent sticking and burning.

STEAMING—Cooking in a pressure saucepan is a form of steaming. Follow directions given with saucepan because overcooking may occur in a matter of seconds.

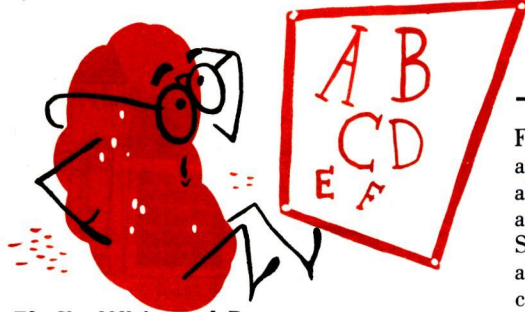
Note: Some saucepans having tight-fitting covers may lend themselves to steaming vegetables in as little as 1 teaspoon water, no water or a small amount of butter, margarine or shortening.

CANNED VEGETABLES—Reduce liquid from can to one half of the original amount by boiling rapidly. Add the vegetables to reduced liquid and heat them thoroughly and quickly.

HOME-CANNED VEGETABLES—Boil 10 min. (not required for tomatoes or sauerkraut).

DRIED (dehydrated) VEGETABLES—Soak and cook as directed in specific recipes.

FROZEN VEGETABLES—Do not thaw before cooking (thaw corn on cob and partially thaw spinach). Break frozen block apart with fork during cooking. Use as little boiling salted water as possible for cooking. Follow directions on package.



Fluffy Whipped Potatoes

▲ Base Recipe

Wash, pare and cook (page 41)

6 medium-size (about 2 lbs.) potatoes

Cook about 25 to 35 min., or until potatoes are tender when pierced with a fork. Drain. Dry potatoes by shaking pan over low heat. Heat potato masher, food mill or ricer and a mixing bowl by scalding them with boiling water. Mash or rice potatoes thoroughly. Whip in until potatoes are fluffy

3 to 4 tablespoons butter

1/3 to 1/2 cup hot milk or cream (adding gradually)

and a mixture of

3/4 teaspoon salt

1/4 teaspoon monosodium glutamate

1/4 teaspoon paprika

1/4 teaspoon pepper

Whip potatoes until light and fluffy. If necessary, keep potatoes hot over simmering water and cover with folded towel until ready to serve.

About 6 servings

—Mashed Turnips

Follow Δ Recipe. Substitute washed, pared and quartered **turnips** for the potatoes. Omit milk or cream and paprika.

—Hashed Brown Potatoes

Follow Δ Recipe for cooking potatoes; do not mash or rice. Dice potatoes and mix with 1 teaspoon **salt** and 1/4 teaspoon **pepper**. Heat 1/2 cup fat in a skillet. Add the potatoes, pressing into an even layer. Cook over low heat until a brown crust is formed on the bottom. Loosen edges and bottom of potatoes; shake skillet back and forth occasionally to prevent burning while browning. When potatoes are done, lightly fold in half and serve on a warm platter.

—Fried Parsnip Cakes

Follow Δ Recipe. Substitute washed, pared and quartered **parsnips** for the potatoes. Cook about 30 min., or until tender. Omit paprika and add 2 tablespoons **flour** to seasonings. Shape parsnip mixture into flat cakes. Heat about 1/4 cup fat in a skillet. Cook parsnip cakes over medium heat until golden brown and crisp on one side. Turn cakes and brown second side. Add extra fat when necessary.

Maple Sweet Potatoes and Apples

Butter a 1 1/2-qt. baking dish.

Wash and cook (page 41)

6 medium-size (about 2 lbs.) sweet potatoes

Cook 20 to 30 min., or until tender when pierced with a fork.

Meanwhile, measure into a saucepan

1 cup maple sirup

Few grains salt

Wash, quarter, core, peel and thinly slice

4 large apples (about 1 1/2 lbs.)

Add apples to saucepan and cook over low heat until apples are just tender. Carefully turn apple slices to cook evenly. Remove from heat and set aside. Peel the cooked sweet potatoes. Cut into thin, crosswise slices. Arrange one half of the potato slices in the baking dish. Top with one half of the apple slices and sirup. Repeat layers, using remaining potatoes, apples and sirup. Sprinkle with

1/2 cup buttered crumbs (page 4)

Bake at 350°F about 10 min., or until crumbs are lightly browned.

6 to 8 servings

Maple Sweet Potatoes and Apples



Stuffed Acorn Squash

▲ Base Recipe

Set out a 13x9½x2-in. baking dish.

Wash, cut into halves crosswise and remove seeds and fibers from

2 medium-size acorn squash

Put squash, cut side down, in baking dish. Pour into baking dish

Boiling water to ½ in. depth

Bake squash at 400°F for 30 min.; turn and bake 25 min. longer, or until tender when pierced with a fork.

Carefully scoop out squash with a spoon, without breaking shells. Put squash into a bowl and mash.

Blend thoroughly into squash.

3 tablespoons butter

2 tablespoons cream

and a mixture of

1 tablespoon brown sugar

¼ teaspoon salt

¼ teaspoon pepper

⅓ teaspoon monosodium glutamate

⅓ teaspoon ginger

Pile squash mixture lightly into shells. If desired, garnish with nuts. Return to oven and bake 8 to 10 min. longer, or until squash is lightly browned.

4 servings

—Maple-Flavored Squash

Follow △ Recipe for preparing squash. Bake as directed 25 min. Meanwhile, prepare stuffing. Heat in a saucepan ¼ cup **butter**. Add 3 tablespoons minced **onion** and cook until onion is transparent, stirring occasionally. Remove from heat and stir in 3 cups soft **bread crumbs** (page 4) and a mixture of ½ teaspoon **salt**, ¼ teaspoon **monosodium**

glutamate and ⅓ teaspoon **pepper**. Remove squash from oven, drain and turn cut side up.

Spoon ¼ cup **maple sirup** over squash. Fill squash halves with the stuffing. Return to oven and bake 25 min. longer, or until tender when pierced with a fork. Omit the butter-cream mixture.

Glazed Onions

▲ Base Recipe

Clean (page 5)

8 small (about 1 lb.) onions

Cook (page 41) 15 to 25 min., or until onions are just tender.

Meanwhile, melt in a skillet

¼ cup butter

Add and stir in

2 tablespoons brown sugar

Stir over low heat until sugar is dissolved. Drain onions thoroughly. Dry onions by shaking pan over low heat. Add to butter-sugar mixture in skillet. Simmer a few minutes, or until onions are glazed. Turn several times to glaze evenly.

4 servings

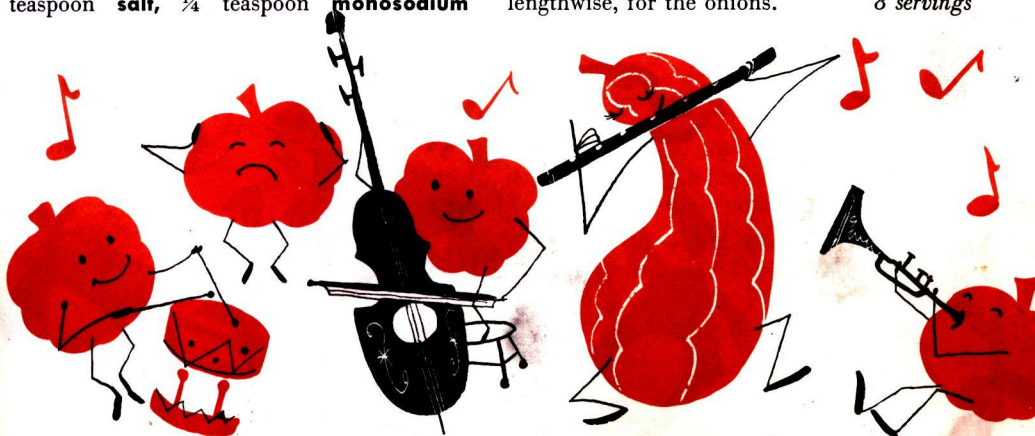
—Creamed Onions

Follow △ Recipe for cooking onions; omit brown sugar mixture. Prepare 1 cup **Thin White Sauce** (page 48); add onions and heat thoroughly.

—Glazed Carrots

Follow △ Recipe; substitute 2 lbs. (about 16 small) **carrots**, cooked and cut into halves lengthwise, for the onions.

8 servings





Succotash

Set out a large saucepan.

Shell, discarding pods, and rinse

2 lbs. green lima beans (about 1½ cups or ⅔ lb. shelled)

Cook (page 41) 20 to 30 min., or until just tender when pierced with a fork.

Meanwhile, remove husks, corn silk and blemishes from

3 or 4 fresh ears corn

Carefully cut kernels from cob (about 1 cup cut corn).

Drain the lima beans, reserving the liquid. Mix the beans and corn; add about ½ cup of the reserved liquid. Cook over low heat, stirring occasionally, until liquid is almost all absorbed. Blend in

¼ cup cream

3 tablespoons butter

and a mixture of

1 teaspoon salt

½ teaspoon sugar

¼ teaspoon pepper

4 to 6 servings

Quick Succotash

Drain, reserving liquids, contents of

1 1-lb. can whole kernel corn (about 2 cups, drained)

1 1-lb. can lima beans (about 2 cups, drained)

Heat in a medium-size saucepan

¼ cup butter

Add vegetables to saucepan and toss lightly to coat evenly with butter. Add ½ cup of reserved liquids and

1½ teaspoons salt

1 teaspoon sugar

½ teaspoon monosodium glutamate

¼ teaspoon pepper

Cover saucepan and cook over low heat until liquid is almost all absorbed. Add and blend in

⅓ cup cream

Heat thoroughly. Serve hot. *About 8 servings*

Fried Tomatoes

Set out a large, heavy skillet.

Rinse, cut out stem ends and cut into ½-in. slices

4 firm ripe or green tomatoes

Mix together in a shallow pan or dish

½ cup flour

1 teaspoon salt

¼ teaspoon monosodium glutamate

⅓ teaspoon pepper

Coat both sides of tomato slices by dipping in flour mixture.

Heat in the skillet over medium heat

¼ cup butter

Add as many tomato slices at one time as will lie flat in skillet. Lightly brown both sides of tomato slices in the fat, turning only once. Add extra butter as needed. *About 4 servings*



Corn Pudding

One of the most inspired ideas anybody ever had for cooking a native American food.

Heat water for boiling water bath (page 5). Grease a 2-qt. casserole.

Remove husks, corn silk and blemishes from **6 or 7 fresh ears corn**

Carefully cut kernels from cob. Chop enough corn to yield 2 cups.

Set out

2¾ cups milk

Scald (page 5) 1 cup of the milk in top of a double boiler. Put the corn into a saucepan and pour in the scalded milk. Stirring frequently, cook, covered, over low heat about 10 min., or until just tender.

Meanwhile, wash double-boiler top to remove scum; scald the remaining 1¾ cups milk.

Add

1 tablespoon butter

While milk scalds, beat slightly

4 eggs

Blend eggs with the cooked corn and

2 tablespoons finely chopped green pepper (page 5)

2 tablespoons grated onion

and a mixture of

1 teaspoon sugar

1 teaspoon salt

½ teaspoon monosodium glutamate

¼ teaspoon pepper

Stirring vigorously, gradually add the milk to the corn mixture; pour into the casserole.

Bake in boiling water bath at 300°F 45 to 50 min., or until a silver knife comes out clean when inserted halfway between center and edge of casserole.

Serve at once.

6 servings



Harvard Beets

▲ Base Recipe

Set out a 2-qt. saucepan having a tight-fitting cover.

Leaving on 1- to 2-in. stem and the root end (this helps beets to retain red color), cut off leaves from

1 lb. (about 5 medium-size) beets

Wash and cook covered in boiling salted water to cover 30 to 45 min., or until just tender.

When beets are tender, drain if necessary and reserve liquid in a measuring cup. Set aside.

Plunge beets into running cold water. Peel off and discard skin, stems and root ends.

Dice or slice beets and set aside.

Mix together in the saucepan

2 tablespoons sugar

1 tablespoon cornstarch

½ teaspoon salt

¼ teaspoon monosodium glutamate

Pour into reserved beet liquid

Cold water (enough to make ¾ cup liquid)

Stirring constantly, gradually add liquid to mixture in saucepan with

3 tablespoons cider vinegar

Stirring constantly, bring rapidly to boiling and cook 3 min. Add the beets and

2 tablespoons butter

Keeping mixture moving with a spoon, bring again to boiling; cover and simmer 8 to 10 min.

Serve immediately.

4 servings

—Beets in Orange Sauce

Follow △ Recipe. Decrease beet-water mixture to ½ cup. Substitute ½ cup **orange juice** for vinegar. Add ¼ teaspoon grated **orange peel** (page 4).

—Beets in Mustard Sauce

Follow △ Recipe. Add 1½ to 2½ teaspoons **dry mustard** and a few grains of **cloves** with the seasonings. Serve with **ham**.

Note: Canned whole, sliced or diced beets may be substituted for fresh beets. Use drained contents of No. 2 can; **beet liquid** may be substituted for water in the sauce.

Mustard Pickles

(See center color photo)

These pickles must stand overnight before completion.

A large, heavy sauce pot or kettle and six 1-pt. jars and covers will be needed.

Break into flowerets and soak (page 41)

1 small head cauliflower

Wash thoroughly, drain and cut into ¼-in. slices enough cucumbers to yield

6 cups (about 12 4- to 5-in.) sliced cucumbers (Or use 1 qt. cucumbers and 2 cups whole gherkins.)

Put slices into a large bowl.

Prepare and add to cucumbers

3 cups (about 6 medium-size) sliced green pepper (page 5)

2 cups (about 4 medium-size) sliced onion (page 5)

2 cups (about 3 medium-size) sliced green tomatoes, rinsed and stem ends cut out

Rinse and drain the flowerets (about 3 cups) and add to vegetables.

Mix together until salt is dissolved

2 qts. water

1 cup coarse salt

Pour over vegetables; cover; set aside overnight.

The following day, wash the jars and covers. To sterilize jars, put a rack or folded dish towel in bottom of a large kettle. Set the jars on it, pour boiling water into and around them, and boil 15 min., adding more boiling water if necessary to keep them covered with water.

Put vegetables and brine into a large sauce pot and heat to boiling. Reduce heat and simmer for 10 min. Remove from heat and turn into a colander to drain thoroughly.

Sift together into top of double boiler

¾ cup sugar

⅓ cup sifted flour

2½ tablespoons dry mustard

½ teaspoon turmeric

Mix in

2 teaspoons celery seed

Put over simmering water.

Add slowly, stirring constantly

4 cups white vinegar

Cook about 10 min., or until sauce thickens. Put the drained vegetables in the sauce pot and add the sauce, stirring gently. Simmer 5 min.

Remove jars from water one at a time with long-handled tongs, drain thoroughly, and set right side up on cooling rack covered with towel. Ladle hot mixture to within ½ in. of top. Clean rim with damp clean cloth or paper towel. Drain covers; seal jars at once according to manufacturer's directions.

About 6 pints pickles

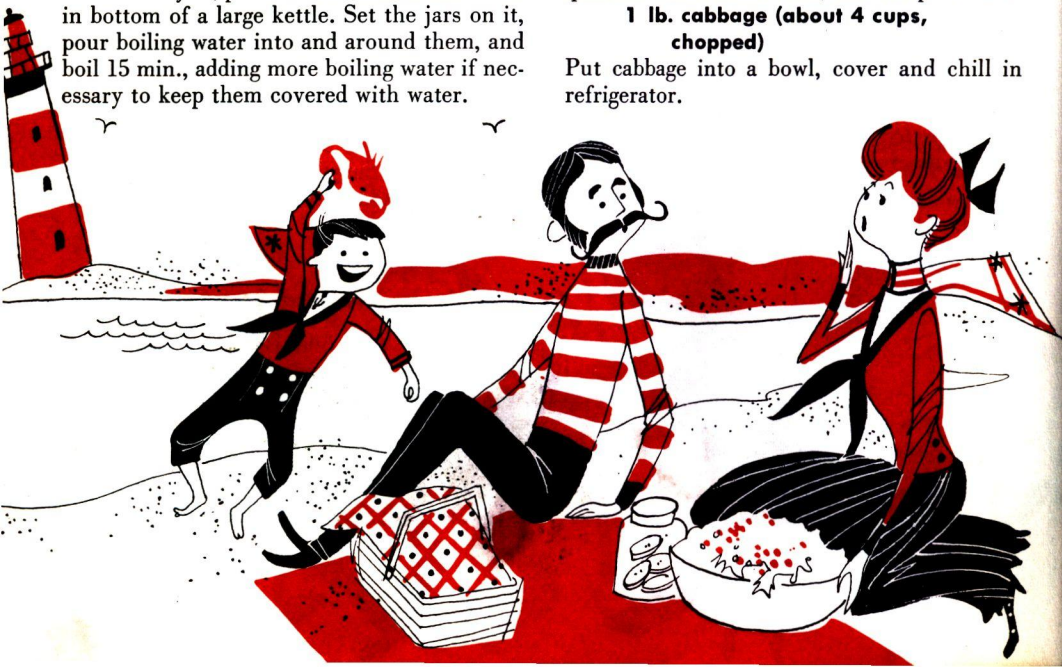
Creamy Cabbage Slaw

▲ Base Recipe

Discard wilted outer leaves, rinse, cut into quarters and remove core, and chop or shred

1 lb. cabbage (about 4 cups, chopped)

Put cabbage into a bowl, cover and chill in refrigerator.





Maine Salad Bowls

Blend together and chill in refrigerator

- $\frac{1}{3}$ cup mayonnaise
- 3 tablespoons thick sour cream
- 2 teaspoons cider vinegar or lemon juice
- 1 teaspoon prepared mustard
- 2 drops tabasco sauce

and a mixture of

- $\frac{3}{4}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon celery seed
- $\frac{1}{8}$ teaspoon pepper

Before serving, pour the dressing over the cabbage. Toss lightly until cabbage is well coated.

About 8 servings

—Cabbage Slaw

Follow Δ Recipe for preparing cabbage; shred cabbage very finely. Omit mayonnaise mixture; substitute $\frac{1}{4}$ cup **Cooked Salad Dressing** (on this page) mixed with $\frac{1}{4}$ cup **whipping cream**, whipped. If desired, sprinkle completed salad lightly with **cayenne pepper**.

—Tart Cabbage Slaw

Follow Δ Recipe for preparing cabbage; use 3 cups finely shredded cabbage. Omit mayonnaise mixture; mix together $2\frac{1}{2}$ tablespoons cider **vinegar**, 1 teaspoon grated **onion**, and a mixture of 1 tablespoon **sugar**, 1 teaspoon **salt**, and $\frac{1}{8}$ teaspoon **pepper**. Pour over shredded cabbage and toss lightly.

Maine Salad Bowls

Rinse, drain and pat dry

Romaine or other salad greens

Tear into bite-size pieces, cover and chill in refrigerator at least 1 hr.

Meanwhile, hard-cook (page 5)

2 eggs

Mix together and chill in refrigerator

$\frac{1}{2}$ cup mayonnaise

3 tablespoons chili sauce

1 tablespoon minced onion

$\frac{1}{2}$ teaspoon prepared horse-radish

Set aside to drain contents of

2 $3\frac{1}{4}$ -oz. cans sardines

Cut into 8 strips or wedges

$\frac{1}{4}$ lb. sharp Cheddar cheese

Slice the hard-cooked eggs. Line 4 individual salad bowls with the greens. Arrange several sardines and three egg slices in each bowl. Add two cheese strips to each bowl. Serve with the salad dressing.

4 servings

Cooked Salad Dressing

Mix thoroughly in the top of a double boiler

$\frac{1}{4}$ cup sugar

1 tablespoon flour

$\frac{1}{2}$ teaspoon dry mustard

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon monosodium glutamate

$\frac{1}{8}$ teaspoon pepper

Blend in gradually

1 cup water

Place over direct heat. Stirring gently and constantly, bring mixture to boiling. Cook 1 to 2 min. longer. Add and stir in

$\frac{1}{4}$ cup cider vinegar

Vigorously stir about 3 tablespoons of the hot mixture into

4 egg yolks, slightly beaten

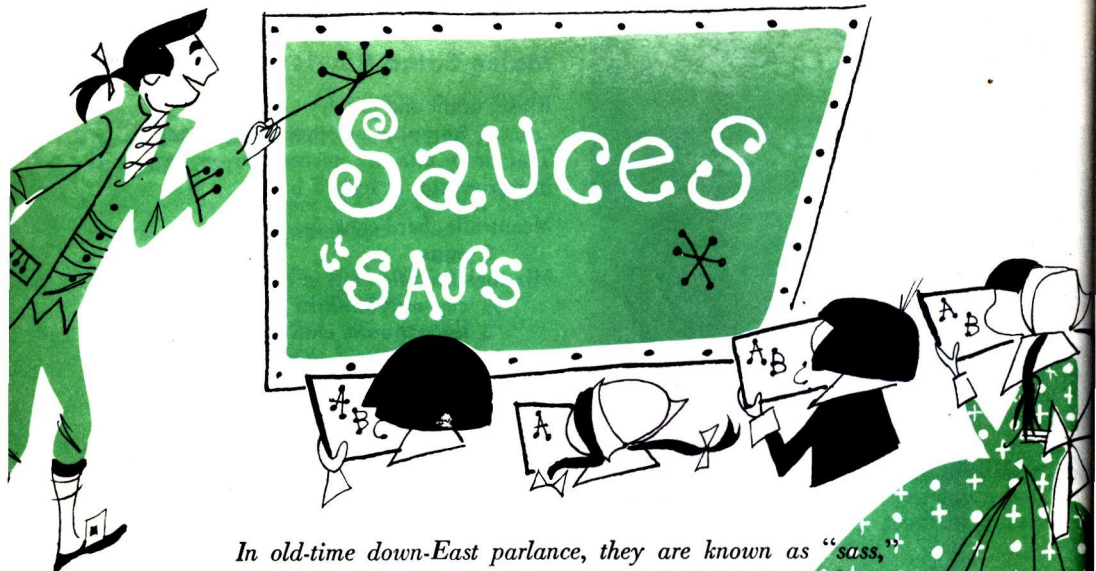
Immediately blend egg yolk mixture into mixture in top of double boiler. Place over simmering water and cook 3 to 5 min. Stir slowly to keep mixture cooking evenly. Remove from heat and stir in

2 tablespoons butter

Cool; store salad dressing in tightly covered container in refrigerator.

Before using, thin to desired consistency with **cream**, **fruit juice** or cider **vinegar**.

About $1\frac{1}{2}$ cups salad dressing



In old-time down-East parlance, they are known as "sass," and they make a great variety of good foods taste even better.

Medium White Sauce

▲ Base Recipe

Known in New England as "nice cream gravy," this basic sauce, seasoned variously, is used in many interesting ways.

Melt in a saucepan over low heat

2 tablespoons butter

Blend in

2 tablespoons flour

¼ teaspoon salt

¼ teaspoon monosodium glutamate

Few grains pepper

Heat until mixture bubbles. Remove from heat and add gradually, stirring in

1 cup milk

Cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. longer.

Use for gravies and creamed mixtures.

About 1 cup sauce

—Thick White Sauce

Follow Δ Recipe. Use 3 to 4 tablespoons flour and 3 to 4 tablespoons butter. Use in preparation of soufflés and croquettes.

—Thin White Sauce

Follow Δ Recipe. Use 1 tablespoon flour and 1 tablespoon butter. Use for cream soups.

—Egg Sauce

Prepare **2 Hard-Cooked Eggs** (page 5). Follow Δ Recipe. Chop the eggs and mix into sauce.

Tomato Sauce

Combine in a saucepan and simmer 10 to 12 minutes

2½ cups (No. 2 can) cooked or canned tomatoes

2 tablespoons chopped onion

2 teaspoons sugar

½ teaspoon salt

½ teaspoon monosodium glutamate

⅛ teaspoon pepper

Force through a sieve to remove tomato seeds and onion pieces. Set aside.

Melt in a skillet

2 tablespoons butter

Blend in

2 tablespoons flour

Heat until mixture bubbles. Remove from heat. Add gradually, stirring in, the tomato mixture and

½ teaspoon Worcestershire sauce

Cook rapidly, stirring constantly until sauce thickens. Cook 1 to 2 min. longer.

About 2 cups sauce

Giblet Gravy

▲ Base Recipe

To Cook Giblets—Rinse

Turkey giblets and neck

Pat the liver dry with absorbent paper and put in refrigerator. Put gizzard, heart and neck into a saucepan having a tight-fitting cover. Using only enough water to cover giblets, add

Hot water

½ teaspoon salt

Bring to boiling. Remove foam.

Put into the saucepan with giblets

½ small onion

2 sprigs parsley

1 3-in. piece celery with leaves

½ bay leaf

1 or 2 peppercorns

Cover and simmer 2 to 3 hrs., or until gizzard is tender when pierced with a fork. During last 15 min. of cooking time add the liver to giblets in saucepan. After liver has been added to giblets, prepare gravy.

Remove giblets from broth, reserving broth.

Remove meat from neck bone; coarsely chop meat and giblets. Add to completed gravy.

To Prepare Gravy—Remove roasted turkey from roasting pan. Leaving brown residue in pan, pour into a bowl

Drippings

Allow fat to rise to surface; skim off fat and reserve it. Remaining drippings are meat juices which should be used as part of the liquid in gravy.

Measure into the roasting pan

3 tablespoons reserved fat

Blend in until smooth

3 tablespoons flour

¼ teaspoon salt

⅛ teaspoon pepper

Stirring constantly, heat until mixture bubbles. Brown slightly if desired. Remove from heat and slowly blend in, stirring constantly and vigorously

2 cups liquid, warm or cool (drippings; reserved broth; Quick Chicken or Meat Broth, page 5; or milk)

Return to heat and cook rapidly, stirring constantly, until gravy thickens. Cook 1 to 2 min. longer. While stirring, scrape bottom and sides of pan to blend in brown residue. Stir in

the chopped cooked giblets. Bring gravy to boiling to heat giblets thoroughly.

About 2 cups gravy

Note: Other fat may be melted in skillet and blended with flour if pan drippings are not available.

—Brown Gravy

Follow Δ Recipe. Omit giblets. Remove roasted meat or poultry from roasting pan. Continue as in Δ Recipe.

Spicy Cranberry Sauce

▲ Base Recipe

Sort and wash

2 cups (about ½ lb.) cranberries

Combine in a 1-qt. saucepan and stir over low heat until sugar is dissolved

1 cup sugar

1 cup water

1 3-in. piece stick cinnamon

½ teaspoon salt

Bring to boiling; boil uncovered for 5 min. Add the cranberries. Continue to boil uncovered without stirring, about 5 min., or until skins pop. Cool and remove stick cinnamon.

Serve with meat or poultry.

About 2 cups sauce

—Cranberry Sauce

(See center color photo)

Follow Δ Recipe. Omit stick cinnamon.



Cucumber Sauce

▲ Base Recipe

Wash, pare and finely chop

1 medium-size cucumber

Drain thoroughly.

Blend together the chopped cucumber and

1 cup mayonnaise

2 tablespoons lemon juice

1 tablespoon minced parsley

Chill in refrigerator until ready to serve.

About 2 cups sauce

—Sour Cream Cucumber Sauce

Follow Δ Recipe; substitute 1 cup thick **sour cream** for the mayonnaise.

Cocktail Sauce for Sea Food

Combine in a bowl and blend thoroughly

$\frac{1}{2}$ cup ketchup

1 tablespoon prepared horse-radish

1 tablespoon lemon juice

$1\frac{1}{2}$ teaspoons brown sugar

$\frac{1}{2}$ teaspoon onion juice

$\frac{1}{2}$ teaspoon Worcestershire sauce

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon monosodium glutamate

3 drops tabasco sauce

Chill before serving. *About $\frac{3}{4}$ cup sauce*

Tartar Sauce

Combine in a small bowl

1 cup mayonnaise

3 tablespoons chopped sweet pickle

3 tablespoons chopped green olives

2 tablespoons drained capers

2 teaspoons minced onion

Stir until well blended. Store in a tightly covered jar in refrigerator and use as needed.

About $1\frac{1}{2}$ cups sauce

Raisin Sauce

This spicy sauce is a perfect accompaniment for ham and tongue.

Mix together in a saucepan

$\frac{3}{4}$ cup firmly packed brown sugar

1 tablespoon cornstarch

$\frac{1}{4}$ teaspoon cloves

Add gradually, stirring in

$\frac{1}{2}$ cups broth from ham or tongue (if none is available, use water; add $\frac{1}{4}$ teaspoon salt)

$\frac{3}{4}$ cup dark seedless raisins

Put over high heat and bring rapidly to boiling. Stirring constantly, cook until mixture is thick and clear (about 3 min.). Remove from heat and stir in

1 tablespoon lemon juice

1 tablespoon butter

Serve hot.

About 2 cups sauce

Vanilla Hard Sauce

▲ Base Recipe

A sauce that goes far back in culinary memory.

Cream together until softened

$\frac{2}{3}$ cup butter

2 teaspoons vanilla extract

Add gradually, creaming until fluffy after each addition

2 cups sifted confectioners' sugar

$\frac{1}{8}$ teaspoon salt

Beat in

2 teaspoons cream

Pile sauce lightly into serving bowl. Chill in refrigerator until cold but not hard.

About $1\frac{1}{2}$ cups sauce

—Brandy Hard Sauce

Follow Δ Recipe; omit vanilla extract. Substitute $\frac{1}{4}$ cup **brandy** for cream. If necessary, increase confectioners' sugar for consistency desired.



cakes cookies and frostings



New England homemakers created a good many of our beloved American cakes, back when recipes were "receipts," and called for "butter the size of an egg" and eggs by the dozen. The cake that is especially identified with New England is the Boston Cream Pie, which is no pie at all, but a two-layer yellow cake with a rich, luscious custard filling and a lacy topping of confectioners' sugar. Other favorites include zesty spice cakes, gingerbreads and rich dark chocolate cakes. The cookies are mostly spicy too, packed with nuts and raisins.

Marbleized Cake

The ladies of New England used to make both a marble cake and a marbled or marbleized one. The first was so easy that a child could do it—you just dropped into the pan alternate spoonfuls of light and dark batter. The second required an artist's touch, because you put in all the light batter and then all the dark, and swirled them together with the spoon to form graceful veinings like marble all through the cake. A sort of personalized cake that's a joy to make, to behold, and to eat at teatime.

Prepare (page 6) an 8x8x2-in. cake pan.

Melt (page 5)

1½ sq. (1½ oz.) chocolate

Set aside to cool.

Sift together

2 cups sifted cake flour

2 teaspoons baking powder

½ teaspoon salt

Set aside.

Cream together until butter is softened

½ cup butter

2 teaspoons vanilla extract

Add gradually, creaming until fluffy after each addition

1 cup sugar

Measure

¾ cup milk

Beating only until smooth after each addition, alternately add dry ingredients in fourths, milk in thirds, to creamed mixture. Finally beat only until smooth (do not overbeat).

Beat until rounded peaks are formed

3 egg whites

Spread beaten egg whites over batter and gently fold (page 5) together. Turn one half of batter into cake pan. Blend into remaining batter a mixture of cooled chocolate and

2 tablespoons hot water

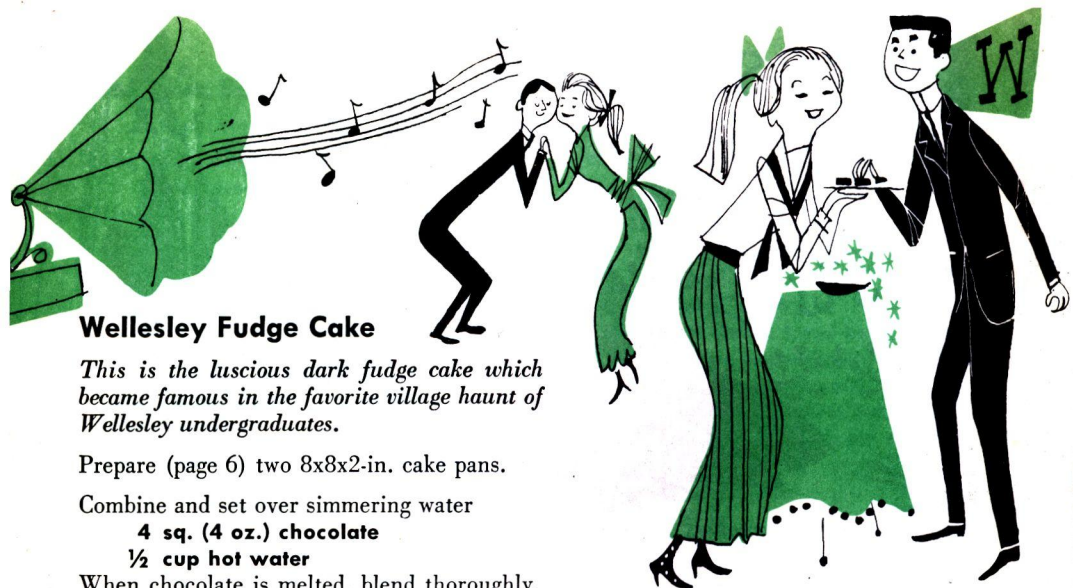
1 tablespoon sugar

½ teaspoon baking soda

Spoon chocolate batter on top of batter in pan. Gently lift white batter through chocolate batter until swirled effect is produced.

Bake at 350°F 40 to 45 min., or until cake tests done (page 6).

Cool; remove from pans as directed (page 6).
One 8-in. square cake



Wellesley Fudge Cake

This is the luscious dark fudge cake which became famous in the favorite village haunt of Wellesley undergraduates.

Prepare (page 6) two 8x8x2-in. cake pans.

Combine and set over simmering water

4 sq. (4 oz.) chocolate

½ cup hot water

When chocolate is melted, blend thoroughly. Add and stir until dissolved

½ cup sugar

Set aside to cool.

Meanwhile, sift together and set aside

2 cups sifted cake flour

1½ teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

Cream together until butter is softened

½ cup butter

2 teaspoons vanilla extract

Add gradually, creaming until fluffy after each addition

1¼ cups sugar

Add in thirds, beating thoroughly after each addition

4 eggs, well beaten

Mix in the cooled chocolate mixture.

Measure

⅔ cup milk

Beating only until smooth after each addition, alternately add dry ingredients in fourths, milk in thirds, to creamed mixture. Finally beat only until smooth (do not overbeat). Turn batter into prepared pans.

Bake at 350°F 25 to 30 min., or until cake tests done (page 6).

Cool; remove from pans as directed (page 6).

Meanwhile, prepare

Fudge Frosting (page 58)

Fill and frost (page 6) cake.

One 8-in. square layer cake

Spice Cake

Prepare (page 6) a 13x9½x2-in. cake pan.

Sift together and set aside

3 cups sifted cake flour

1½ teaspoons baking powder

¾ teaspoon baking soda

¾ teaspoon salt

1½ teaspoons cinnamon

¾ teaspoon nutmeg

½ teaspoon allspice

½ teaspoon cloves

Cream until softened

¾ cup butter

Add gradually, creaming until fluffy after each addition

1 cup firmly packed brown sugar

1 cup sugar

Add in thirds, beating thoroughly after each addition

3 eggs, well beaten

Measure

1½ cups buttermilk or sour milk
(page 4)

Beating only until smooth after each addition, alternately add dry ingredients in fourths, liquid in thirds, to creamed mixture. Finally beat only until smooth (do not overbeat). Turn batter into pan.

Bake at 350°F 55 to 60 min., or until cake tests done (page 6).

Cool; remove from pan as directed (page 6).

One 13x9-in. cake

Maple Sirup Cake

(See center color photo)

▲ Base Recipe

Maple sirup in the cake, maple sugar in the frosting and a crown of butternuts are combined here to perfection. This is a rich cake, the kind that Vermonters are specially partial to.

Prepare (page 6) three 8-in. round layer cake pans.

Sift together

- 2 $\frac{2}{3}$ cups sifted cake flour**
- 1 tablespoon baking powder**
- $\frac{3}{4}$ teaspoon salt**

Set aside.

Cream until softened

- $\frac{3}{4}$ cup butter**

Add gradually, creaming until fluffy after each addition

- $\frac{2}{3}$ cup firmly packed light brown sugar**

Set mixture aside.

Beat until thick and lemon-colored

- 7 egg yolks**

Add to creamed mixture in thirds, beating thoroughly after each addition.

Measure and blend together

- $\frac{2}{3}$ cup milk**
- $\frac{2}{3}$ cup maple sirup**

Beating only until smooth after each addition, alternately add the dry ingredients in fourths, liquid in thirds to the creamed mixture. Finally beat only until batter is smooth (do not overbeat).

Turn batter into pans.

Bake at 350°F 45 to 50 min., or until cake tests done (page 6).

Cool; remove from pans as directed (page 6).

When layers are cooled, prepare

Maple Sugar Frosting (page 58)

Fill and frost cake (page 6).

Sprinkle around outside edge of top

- $\frac{1}{2}$ cup (about 2 oz.) coarsely chopped butternuts or walnuts**

One 8-in. round layer cake

—Maple-Butternut Cake

Coarsely chop $\frac{1}{2}$ cup (about 2 oz.) **butternuts** (or walnuts). Follow Δ Recipe. Blend in nuts just before turning batter into pan.

Gingerbread

Prepare (page 6) a 9x9x2-in. cake pan.

Sift together and set aside

- 2 $\frac{1}{2}$ cups sifted flour**
- 1 teaspoon baking soda**
- $\frac{1}{2}$ teaspoon baking powder**
- $\frac{1}{2}$ teaspoon salt**
- 1 teaspoon cinnamon**
- 1 teaspoon ginger**
- $\frac{1}{2}$ teaspoon nutmeg**
- $\frac{1}{4}$ teaspoon cloves**
- $\frac{1}{4}$ teaspoon allspice**

Combine and set aside

- 1 cup molasses**

- 1 cup boiling water**

Cream until softened

- $\frac{1}{2}$ cup shortening**

Add gradually, creaming until fluffy after each addition

- $\frac{1}{2}$ cup sugar**

Add in thirds, beating thoroughly after each addition

- 1 egg, well beaten**

Beating only until smooth after each addition, alternately add dry ingredients in fourths, liquid in thirds, to creamed mixture. Finally beat only until batter is smooth (do not overbeat). Turn batter into pan.

Bake at 350°F 50 to 60 min., or until gingerbread tests done (page 6).

Cool; remove from pans as directed (page 6).

To serve, cut into 3 in. squares and top each serving with **Sweetened Whipped Cream** (page 55) or **Vanilla Hard Sauce** (page 50).

9 servings

Gingerbread and

Sweetened Whipped Cream (page 55)



Boston Cream Pie

▲ Base Recipe

For Hot Milk Sponge Cake—Set out two 9-in. round layer cake pans.

Sift together and set aside

1 cup sifted cake flour

1 teaspoon baking powder

¼ teaspoon salt

Beat until very thick and piled softly (about 5 min.)

3 eggs

1 cup sugar

2 or 3 teaspoons lemon juice

Put into a small saucepan and set over low heat to heat thoroughly, but do not boil

6 tablespoons milk

Gently folding (page 5) until just blended after each addition, sift dry ingredients over egg mixture, about one-fourth at a time. Add hot milk all at one time and quickly mix just until smooth. Pour batter into the pans.

Bake at 375°F about 15 min., or until cake surface springs back when lightly touched at center. Invert pans and let layers hang until cool. (If layers are higher than pans, invert pans between cooling racks so that tops of layers do not touch any surface.)

When completely cool, remove layers from pans as directed (page 6). Wrap each layer separately and set aside.

While cake is baking, prepare the filling.

For Creamy Vanilla Filling—Set out

1½ cups cream

Scald (page 5) 1 cup of the cream in top of double boiler; reserve remainder.

Meanwhile, sift together into a small saucepan

⅓ to ½ cup sugar

2½ tablespoons flour

¼ teaspoon salt

Blend in the reserved cream; add slowly, stirring in, the scalded cream. Bring rapidly to boiling over direct heat, stirring gently and constantly; cook 3 min. Remove from heat. Wash the double boiler top to remove scum; pour cream mixture into it and put over simmering water. Cover and cook 5 to 7 min., stirring several times.

Vigorously stir about 3 tablespoons of the hot mixture into

3 egg yolks, slightly beaten



Chocolate Cream Pie

Immediately blend into mixture in double boiler. Cook over simmering water 3 to 5 min., stirring slowly and constantly to keep it cooking evenly. Remove from heat and blend in

1 tablespoon butter

2 teaspoons vanilla extract

¼ teaspoon almond extract

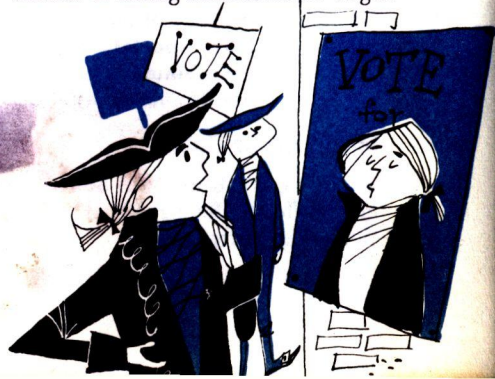
Cover, cool slightly and chill in refrigerator. When thoroughly chilled, spread filling over bottom layer of cake. Cover with second layer. Sift evenly over the top

¼ cup sifted confectioners' sugar

For a lacy design, sift confectioners' sugar over a lacy paper doily on top of cake; carefully remove doily. *One 9-in. round layer cake*

—Chocolate Cream Pie

Follow Δ Recipe. While cake is baking, prepare the following Fudge Glaze: Melt (page 5) and set aside 2 sq. (2 oz.) **chocolate** and 3 tablespoons **butter**. Heat **¼ cup cream**. Mix in **1¼ cups sifted confectioners' sugar** and **⅛ teaspoon salt**. Add the melted chocolate and butter and stir vigorously until frosting is smooth. Spread Fudge Glaze over top of cake instead of sifting confectioners' sugar.



Election Day Yeast Cake

About a century ago, Election Day in New England was a great event with its own food traditions. After a trip to the polls, large groups met to celebrate victory or defeat. These Election Day guests were served a rich yeast cake, which originated in Hartford. This was always accompanied by punch or eggnog. The traditional supper menu might also include homemade sausages, fried green apples, hot biscuits and blueberry conserve.

Grease bottom only of a 9-in. tubed pan.

Scald (page 5) and cool to lukewarm

½ cup milk

Meanwhile, soften in a bowl

2 pkgs. active dry yeast

in

½ cup water, 110°F to 115°F (Or if using compressed yeast, soften 2 cakes in ½ cup lukewarm water, 80°F to 85°F.)

Let stand 5 to 10 min.

Add the lukewarm milk to softened yeast. Add gradually, beating well after each addition

1½ cups sifted flour

Beat until mixture is smooth. Cover bowl with waxed paper and a clean towel and let rise in a warm place (80°F) until very light and bubbly, about 45 min.

Meanwhile, sift together and set aside

1¾ cups sifted flour

1 teaspoon salt

1½ teaspoons cinnamon

½ teaspoon mace

½ teaspoon nutmeg

¼ teaspoon cloves

Election Day Yeast Cake



Chop and set aside

1 cup (3¾ oz.) pecans

3 oz. candied citron (about ½ cup, chopped)

Cream until softened

½ cup butter

Add gradually, creaming until fluffy after each addition

¾ cup sugar

Add in thirds, beating thoroughly after each addition

3 eggs, well beaten

Blend in yeast mixture. Beating until smooth after each addition, gradually add dry ingredients. Add the pecans and citron and mix well. Turn mixture into prepared pan.

Cover with waxed paper and towel and let rise in a warm place away from drafts until pan is almost full, about 2 hrs.

Bake at 350°F 50 to 55 min. Remove from oven to cooling rack and cool 10 min. in pan.

Cut around tube with paring knife to loosen cake. Loosen sides with spatula; invert on cooling rack and lift off pan. Cool completely before slicing. *One 9-in. tubed cake*

Sweetened Whipped Cream

▲ Base Recipe

Place a rotary beater and a 1-qt. bowl in refrigerator to chill.

Using chilled bowl and beater, beat until cream stands in peaks when beater is slowly lifted upright

1 cup chilled whipping cream

Beat into whipped cream with final few strokes until blended

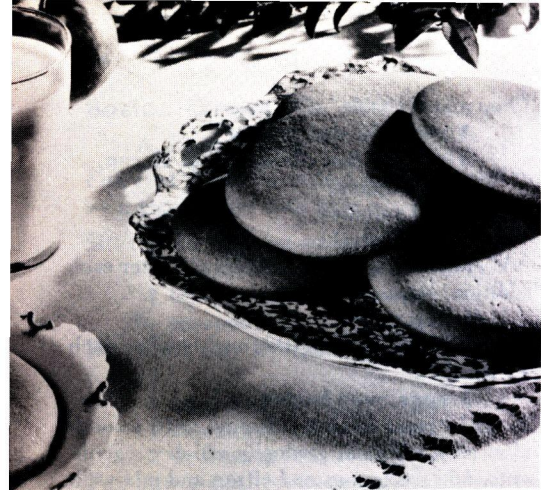
3 tablespoons sifted confectioners' sugar

1 teaspoon vanilla extract

Set in refrigerator if not used immediately. Beat again before serving if whipped cream is not stiff enough. *About 2 cups whipped cream*

—Maple Whipped Cream

Follow ▲ Recipe; add few grains salt to cream. Substitute ¼ cup maple sirup for sugar, adding gradually to the whipping cream while beating constantly; omit vanilla extract.



Joe Froggers

Joe Froggers

These big, soft, fat molasses cookies, known as Joe Froggers in New England, Bolivars in New York, are a happy inheritance from the Gay Nineties.

Cookie sheets will be needed.

Sift together and set aside

- 5 cups sifted flour**
- 1½ teaspoons salt**
- 1 teaspoon baking powder**
- 1 teaspoon baking soda**
- 1½ teaspoons ginger**
- ¼ teaspoon cloves**

Cream until softened

- ¾ cup shortening**

Add gradually, creaming until fluffy after each addition

- 1 cup firmly packed brown sugar**

Mix together

- 1 cup molasses**
- ½ cup water**

Mixing until well blended after each addition, alternately add dry ingredients in fourths, molasses mixture in thirds, to creamed mixture. Finally blend until well mixed. Wrap dough in waxed paper and chill in refrigerator 1½ hrs.

Lightly grease the cookie sheets.

Remove amount of dough needed for a single rolling. Roll ¼ in. thick on a lightly floured surface. Cut with a floured 3-in. cookie cutter. Using a pancake turner, place cookies about 2 in. apart on cookie sheets.

Bake at 375°F about 10 min. Remove cookies from sheets and set on cooling racks to cool.
About 2 doz. large cookies

Hermits

Lightly grease cookie sheets.

Bring to boiling

- 2 cups water**

Add and again bring water to boiling

- 1 cup (about 5 oz.) dark seedless raisins**

Pour off water and drain raisins on absorbent paper. Coarsely chop raisins and set aside.

Chop and set aside

- 1 cup (about 4 oz.) walnuts**

Sift together and set aside

- 2½ cups sifted flour**
- ¾ teaspoon baking soda**
- ½ teaspoon salt**
- 1 teaspoon cinnamon**
- ½ teaspoon nutmeg**
- ⅛ teaspoon cloves**

Cream until softened

- ¾ cup butter**

Add gradually, creaming until fluffy after each addition

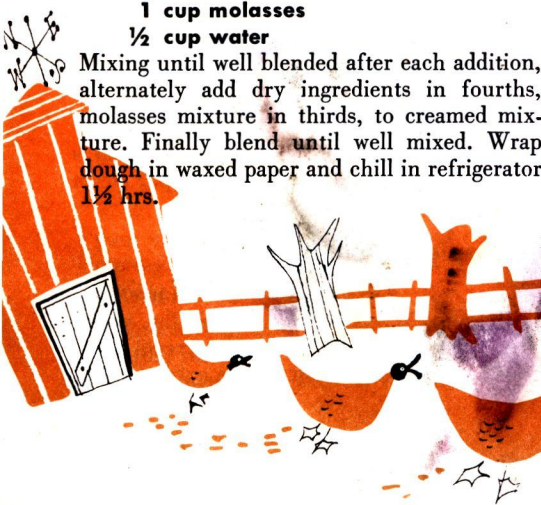
- 1½ cups firmly packed brown sugar**

Add in thirds, beating thoroughly after each addition

- 3 eggs, well beaten**

Mixing until well blended after each addition, add dry ingredients in fourths to creamed mixture. Mix in the raisins and walnuts. Drop dough by teaspoonfuls about 2 in. apart onto the cookie sheets.

Bake at 400°F for about 7 min., or until lightly browned.
About 8 doz. cookies



Gingersnaps

Lightly grease cookie sheets.

Sift together and set aside

2 cups sifted flour

2 teaspoons baking soda

½ teaspoon salt

1 teaspoon cinnamon

1 teaspoon ginger

½ teaspoon cloves

Cream until softened

¾ cup shortening

Add gradually, creaming until fluffy after each addition

1 cup sugar

Add in thirds, beating thoroughly after each addition

1 egg, well beaten

Blend in

¼ cup molasses

Mixing until well blended after each addition, add dry ingredients in fourths to creamed mixture.

Form dough into 1-in. balls and roll in

Sugar (about ½ cup)

Place balls about 3 in. apart on the cookie sheets.

Bake at 350°F 12 to 15 min.

About 5 doz. cookies

Sugar Cookies

▲ Base Recipe

Lightly grease cookie sheets.

Sift together and set aside

2 cups sifted flour

½ teaspoon baking powder

¼ teaspoon salt

¼ teaspoon nutmeg

Cream together until butter is softened

¾ cup butter

1½ teaspoons vanilla extract

Add gradually, creaming until fluffy after each addition

1 cup sugar

Add in thirds, beating thoroughly after each addition

2 eggs, well beaten

Mixing until well blended after each addition, add dry ingredients in fourths to creamed mixture. Wrap dough in waxed paper and chill thoroughly in refrigerator (about 1 hr.).



Remove amount of dough needed for a single rolling and immediately return remainder to refrigerator. Roll dough ⅛ in. thick on a lightly floured surface. Using floured cookie cutter, cut dough into desired shapes. Or, cut a pattern and lay it on dough; carefully cut around pattern with a sharp-pointed knife.

Sprinkle cookies with **sugar** or **colored granulated sugar**; decorate with **currants**, **raisins**, **nuts**, **tiny candies** or any combination of decorations. Using a pancake turner or wide spatula, place cookies about 2 in. apart on cookie sheet.

Bake at 375°F 8 to 10 min. Immediately remove to cooling rack.

*About 4 doz. medium-size
or 3 doz. large cookies*

—Lemon Sugar Cookies

Follow △ Recipe; substitute 1 teaspoon **lemon extract** for vanilla extract and add 1 teaspoon **grated lemon peel** (page 4).

—Caraway Cookies

Follow △ Recipe; add 2 teaspoons **caraway seeds** with dry ingredients.

—Maple Sugar Cookies

Follow △ Recipe; substitute ½ cup firmly packed **maple sugar** for one half of the **granulated sugar**. Decrease vanilla extract to ½ teaspoon.

Fudge Frosting

Set out a candy thermometer.

Combine in a 3-qt. saucepan

4 sq. (4 oz.) chocolate, cut in small pieces

3 cups sugar

1 cup milk

½ cup butter

2 tablespoons white corn sirup

Stir over low heat until sugar is dissolved. Increase heat and bring mixture to boiling. Set candy thermometer in place. During cooking wash any crystals from sides of pan with pastry brush dipped in water; move candy thermometer to one side and wash down crystals that may have formed under the thermometer. Cook, stirring occasionally, until mixture reaches 234°F (stage at which a few drops of sirup form a soft ball in cold water; remove pan from heat while testing). Remove from heat. Set aside to cool to 110°F, or until just cool enough to hold pan on palm of hand. Do not disturb frosting during cooling.

When cool, blend in

1 tablespoon vanilla extract

Beat until creamy and of spreading consistency.

Enough to frost sides and tops of two 8- or 9-in. cake layers

Maple Sugar Frosting

(See center color photo)

▲ Base Recipe

Set out a candy thermometer.

Combine in a medium-size saucepan

1 cup sugar

1 cup firmly packed maple sugar

1 cup thick sour cream

(If maple sugar is available only in solid form, grate, using a fine grater, before using. Or heat over simmering water until sugar is softened, then force through a fine sieve.)

Set over low heat and stir until sugar is dissolved. Increase heat and bring to boiling. Hang candy thermometer in pan so bulb does not touch bottom or side of pan. Continue cooking without stirring. During cooking, wash sugar crystals from sides of pan occasionally with pastry brush dipped into water. Cook to 238°F (soft ball stage: a few drops of mixture form a soft ball in very cold water). Remove from heat while testing.

Remove saucepan to a cooling rack and cool to lukewarm (about 110°F) without stirring or moving the pan.

Beat vigorously with wooden spoon or electric mixer until mixture begins to lose its gloss and is of spreading consistency.

Spread on cake immediately. If frosting becomes too thick to spread, beat in a few drops of

Cream or milk

Enough to frost sides and tops of three 8-in. round cake layers

—Brown Sugar Frosting

Follow ▲ Base Recipe. Substitute 1 cup firmly packed **light brown sugar** for the maple sugar. Add 1 teaspoon **vanilla extract** just before beating.





A pie, in old England, was a meat dish. New England homemakers made it a work of art and composed it of everything that grew—fruits, nuts and even vegetables. Mince, pumpkin and apple pies are New England's supreme contribution to the dessert repertoire of the United States—though steamed and baked puddings, including the beloved Indian pudding and all the list of quaintly named sweets like pandowdies, grunts, slumps, flummeries and duffs, are almost as popular in New England as pie. And then there is the unique New England dessert, "sugar on snow," which is Vermont's famous specialty. When the sap begins to rise in the sugar maples, early in spring, and the snow still lies on the ground, Vermonters hold "sugarin' off" parties at which the main dish and dessert in one is maple sap boiled to a golden sirup that forms waxy pools on hard-packed snow, and is eaten on the spot (with sour pickles to refresh the appetite for sweetness) — and remembered forever.

Apple Pandowdy

Apples in pandowdy are almost as irresistible as they were in the Garden of Eden.

Grease a 1½-qt. casserole.

Blend together

- ½ cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon nutmeg

Cut in with pastry blender or two knives until mixture is in coarse crumbs

3 tablespoons butter

Set aside.

Prepare dough for

Pastry for 1-Crust Pie (page 60)

Roll dough ⅛ in. thick and 1 in. larger than over-all size of casserole top. Cut a simple design near center of pastry to allow steam to escape during baking. Set aside.

Wash, quarter, core, pare and slice

**6 to 7 medium-size (about 2 lbs.)
tart cooking apples (about 6
cups, sliced)**

Arrange one half of apples in the casserole. Sprinkle one half of the sugar mixture over them. Repeat with remaining apples and sugar.

Moisten rim of casserole with cold water. Lift pastry carefully and lay over apples. Trim edge of pastry with scissors, allowing ½ in. to hang over. Fold extra width under and press edges gently all around to seal to moistened rim of casserole. Flute edge (page 5) or press with a fork.

Bake at 425°F 30 min. Remove casserole from oven; reduce heat to 350°F. With a spoon, break up the crust and mix down into the apples. Return to oven and bake 10 to 15 min. longer, or until apples are tender.

6 to 8 servings



FAIR

Pastry for 2-Crust Pie

▲ Base Recipe

Set out an 8- or 9-in. pie pan.

Sift together into a bowl

2 cups sifted flour

1 teaspoon salt

Cut in with pastry blender or two knives until pieces are size of small peas

$\frac{3}{4}$ cup lard, hydrogenated vegetable shortening or all-purpose shortening

Sprinkle over mixture, a teaspoon at a time, about

5 tablespoons cold water

Mix lightly with a fork after each addition. Add only enough water to hold pastry together. Work quickly and do not overhandle. Divide dough into halves and shape each into a ball.

For bottom crust, flatten one ball of pastry on a lightly floured surface. Roll from center to edges into a round about $\frac{1}{8}$ in. thick, or about 1 in. larger than over-all size of pan. With knife or spatula, loosen pastry whenever sticking occurs; lift pastry slightly and sprinkle flour underneath.

Loosen one half of the pastry and fold over other half; loosen remainder and fold again, in quarters. Lift pastry into pan and carefully unfold it, fitting it to the pan without stretching. Trim pastry around rim of pan with a sharp knife.

Roll second ball of pastry for upper crust. Slit it with a knife in several places to permit escape of steam during baking. Fold in half.

Fill pie as desired. Moisten edge of bottom crust with water for a tight seal. Carefully lay folded top crust over filling and unfold. Trim with scissors about $\frac{1}{2}$ in. beyond rim of pan. Fold extra top pastry under edge of bottom pastry and flute (page 5) or press edges together with a fork.

Bake as directed.

Pastry for one 8- or 9-in. 2-Crust Pie

—Pastry for 1-Crust Pie

Follow Δ Recipe. Reduce flour to 1 cup, salt to $\frac{1}{2}$ teaspoon, shortening to $\frac{1}{2}$ cup and water to about $2\frac{1}{2}$ tablespoons. Roll out full amount of pastry for bottom crust; gently fit into pan, without stretching; trim with scissors $\frac{1}{2}$ in. beyond rim of pan. Fold extra pastry under at edge and flute (page 5) or press with a fork. Thoroughly prick bottom and sides of pastry shell with a fork. (Omit pricking if filling is to be baked in the shell.) Bake at 450°F 10 to 15 min., or until crust is light golden brown. Cool on cooling rack before filling.

Pumpkin Pie

▲ Base Recipe

Like all sumptuous desserts, this cream-topped, holiday-flavored pumpkin pie is never so delicious as when served with fragrant cups of full-bodied coffee.

Prepare

Pastry for 1-Crust Pie (on this page; use 9-in. pie pan)

Bake 10 min. at 450°F. Set aside to cool.

Meanwhile, mix together

2 cups (1-lb. can) canned pumpkin

$\frac{3}{4}$ cup firmly packed dark brown sugar

$\frac{1}{2}$ teaspoon salt

1 teaspoon cinnamon

$\frac{1}{2}$ teaspoon ginger

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{8}$ teaspoon cloves

Blend together and add, mixing until smooth

2 eggs, slightly beaten

1 cup cream

Pour mixture into pastry shell.

Bake at 350°F 50 to 60 min., or until a silver knife comes out clean when inserted halfway between center and edge of pie. Remove pie from oven and cool on cooling rack.



Pumpkin Pie and coffee

Just before serving, spread **Maple Whipped Cream** (page 55) over top of pie, or top individual servings with mounds of the whipped cream. Garnish with chopped toasted nuts.

One 9-in. Pie

—Squash Pie

Follow Δ Recipe. Substitute canned **squash** for the pumpkin.

Mincemeat Pie

Mix together in a saucepan

$3\frac{1}{2}$ cups Mincemeat (on this page; if using packaged condensed mincemeat, prepare according to package directions)

1 tablespoon lemon juice

1 teaspoon grated lemon peel (page 4)

Heat mixture thoroughly. Set aside to cool slightly.

Meanwhile, prepare

Pastry for 2-Crust Pie (page 60; use 9-in. pie pan)

Fill pastry shell with mincemeat mixture. Complete as in Pastry for 2-Crust Pie.

Bake at 450°F 10 min. Reduce heat and bake at 350°F 40 min. longer, or until crust is light golden brown.

Cool on cooling rack.

One 9-in. pie

Mincemeat

Set out a large, heavy skillet.

Put through medium blade of food chopper

$\frac{1}{4}$ lb. suet

and enough cooked beef to yield

$1\frac{1}{2}$ cups ground cooked lean beef

Set aside suet and beef.

Wash, quarter, core, pare and chop

4 medium-size apples (about 3 cups, chopped)

Put apples and meat in skillet; add and mix thoroughly

1 cup firmly packed brown sugar

1 cup apple cider

$\frac{1}{2}$ cup fruit jelly

$\frac{1}{2}$ cup raisins, chopped

$\frac{1}{2}$ cup currants

2 tablespoons molasses

and a mixture of

1 teaspoon salt

1 teaspoon cinnamon

$\frac{1}{2}$ teaspoon cloves

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{4}$ teaspoon mace

Stirring occasionally, simmer uncovered about 1 hr., or until most of liquid is absorbed. Add

1 tablespoon grated lemon peel (page 4)

1 tablespoon lemon juice

Blend thoroughly. *$3\frac{1}{2}$ cups Mincemeat*

Note: If mincemeat is not to be used immediately, pack the mixture while hot into sterilized jars and seal. Cool away from draft; label and store in a cool, dry place.



Apple Pie

(See center color photo)

▲ Base Recipe

Prepare and set aside

**Pastry for 2-Crust Pie (page 60;
use a 9-in. pie pan)**

Wash, quarter, core, pare and thinly slice

**6 to 8 (2 to 3 lbs.) tart
cooking apples (about 6 cups,
sliced)**

Brush apple slices with

1 tablespoon lemon juice

Lightly toss apple slices with a mixture of

$\frac{3}{4}$ cup sugar

2 tablespoons flour

1 teaspoon cinnamon

$\frac{1}{4}$ teaspoon nutmeg

$\frac{1}{8}$ teaspoon salt

Fill pastry shell with apple slices. Dot evenly with

2 tablespoons butter

Cover apples with pastry and complete pie as directed in Pastry for 2-Crust Pie.

Bake at 450°F 10 min. Reduce heat to 350°F and bake about 40 min. longer, or until crust is lightly browned.

Serve warm or cold.

One 9-in. Pie

—Creamy Apple Pie

New England farm wives have always known a thing or two about what to do with cream. Here it is flooded into a hot apple pie. You'll want deep dishes or bowls to serve this steamy creamy delicious dessert.

Follow Δ Recipe. Flute bottom crust as directed in Pastry for 1-Crust Pie (page 60); do not prick. Fill with apple mixture. From pastry rolled for upper crust, cut a round to fit over apples just to fluted edge and put it over apples. Immediately on removal of pie from oven, lift the top crust, pour in $\frac{1}{2}$ cup **heavy cream** and replace crust. Serve warm.

—Cranberry-Apple Pie

Follow Δ Recipe. Reduce apples to 4 or 5 medium-size cooking apples (about $3\frac{1}{2}$ cups, sliced). Wash and sort 3 cups **cranberries**. Coarsely chop cranberries and mix with apples. Increase sugar to 1 cup. Trim bottom crust $\frac{1}{2}$ in. beyond rim of pie pan. For lattice top, roll pastry for top crust into a rectangle about $\frac{1}{8}$ in. thick and at least 10 in. long. Cut pastry with a sharp knife or pastry wheel into strips that are about $\frac{1}{2}$ in. wide.

To make lattice top, cross two strips over the filled pie at the center. Working out from center to edge of pie, add the remaining strips one at a time, weaving the strips under and over each other in crisscross fashion; leave about 1 in. between the strips. Trim the strips even with rim of pie pan. Moisten the edge of the pastry shell with water for a tight seal. Fold the bottom crust over the end of strips. Flute (page 5) edge. Bake as in Δ Recipe.

—Apple-Cheese Pie

Follow Δ Recipe. Cut 1 cup (4 oz.) finely grated **Cheddar cheese** into pastry with shortening. For filling, grate 4 oz. sharp **Cheddar cheese** (about 1 cup, grated). Place one-third of apples in pastry; top with one-half of grated cheese. Repeat layers. Top with remaining apples.



Rhubarb Pie

▲ Base Recipe

Delightful announcement of Spring's arrival.

Prepare and set aside

**Pastry for 2-Crust Pie (page 60;
use 9-in. pie pan)**

Wash, trim off ends of stems and leaves, and cut into 1-in. pieces enough rhubarb to yield

6 cups fresh rhubarb

(Peel stalks only if skin is tough.)

Sift together

1¼ cups sugar

½ cup sifted flour

¼ teaspoon salt

Sprinkle one third of the dry ingredients over bottom of the pastry shell.

Mix with remaining dry ingredients

**1 teaspoon grated orange peel
(page 4)**

Turn rhubarb into pastry shell, heaping slightly at center. Sprinkle with remaining dry ingredients. Dot with

2 tablespoons butter

Complete as in Pastry for 2-Crust Pie.

Bake at 425°F 10 min. Reduce heat to 350°F and bake 40 to 45 min. longer, or until crust is light golden brown.

Cool on cooling rack.

One 9-in. pie

—Blackberry Pie

Follow △ Recipe. Substitute 6 cups fresh **blackberries**, washed and sorted, for the rhubarb, and sprinkle over them 2 teaspoons **lemon juice**. Reduce the sugar to 1½ cups. Mix with dry ingredients ½ teaspoon **cinnamon**. Add to blackberries and toss gently together before filling pie.

—Blueberry Pie

Follow △ Recipe. Substitute 6 cups fresh **blueberries**, washed and sorted, for rhubarb, and sprinkle over them 2 tablespoons **lemon juice**. Reduce sugar to 1 cup plus 2 tablespoons, flour to ½ cup, and blend with sugar-flour mixture ¼ teaspoon **cinnamon**, ½ teaspoon **nutmeg**, and ¼ teaspoon **salt**. Add to blueberries and toss gently together before filling pie.

Sour Cream Raisin Pie

Prepare (do not bake) and set aside

**Pastry for 1-Crust Pie (page 60;
use 9-in. pie pan)**

Mix together

½ cup sugar

2 tablespoons flour

½ teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon salt

Blend together

1 egg, well beaten

1½ cups thick sour cream

Add dry ingredients to the sour-cream mixture and blend thoroughly. Mix in

1½ cups (about 7 oz.)

seedless raisins

Turn into the pastry shell.

Bake at 450°F 10 min. Reduce heat to 350°F and bake 20 to 25 min. longer, or until a silver knife comes out clean when inserted halfway between center and edge of filling.

Place on cooling rack to cool slightly.

Serve warm.

One 9-in. pie

Rice-Raisin Pudding

Scald (page 5) in top of double boiler

5 cups milk

Measure

1 cup rice

(The Rice Industry no longer considers it necessary to wash rice before cooking.)

Add to scalded milk the rice and

6 tablespoons sugar

1 teaspoon salt

Cover and cook over simmering water 1 hr. 10 min. During cooking, stir rice occasionally.

Stir in

**¾ cup (about 4 oz.) dark seedless
raisins**

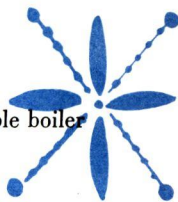
Cover and cook over simmering water 15 min. longer or until rice is entirely soft when a kernel is pressed between fingers and mixture is very thick and creamy. Remove from heat.

Spoon into individual serving dishes and sprinkle each serving lightly with

Cinnamon

Serve warm.

4 to 6 servings





Suet Pudding

Suet Pudding

Grease two 1-qt. molds, one 2-qt. mold or 2 1-lb. coffee cans. Grease tight-fitting covers. (Aluminum foil, parchment paper or two layers of waxed paper cut larger than mold may be tied on if a cover is not available. Grease well before using.)

Chop and set aside

1 cup (about 4 oz.) nuts

Sift together and set aside

3 cups flour

1 teaspoon baking soda

1 teaspoon cinnamon

1 teaspoon ginger

¾ teaspoon nutmeg

¼ teaspoon cloves

Break apart, discarding membrane which coats it, and finely chop

4 to 5 oz. suet (1 to 1¼ cups, chopped)

Mix suet thoroughly with

1 cup molasses

1 cup milk

Thoroughly mix with nuts and

½ cup (about 2½ oz.) dark seedless raisins

Blend in dry ingredients. Turn into molds, filling each two-thirds full. Cover tightly with greased cover or tie on aluminum foil, parchment or waxed paper.

Place molds on trivet or rack in steamer or deep kettle with tight-fitting cover. To steam, see Boston Brown Bread (page 11). Cover steamer and steam pudding about 3 hrs.

Remove pudding from steamer and unmold. Immediately place on hot serving dish and garnish as desired. Serve with **Vanilla** or **Brandy Hard Sauce** (page 50) or **Maple Whipped Cream** (page 55).

If pudding is to be stored several days before serving, unmold onto cooling rack. Let stand until cold. Wrap in aluminum foil and store in a cool place. Reheat thoroughly before serving by steaming 1 to 2 hrs.

About 12 servings

Bird's Nest Pudding

The origin of the odd name seems lost in antiquity, but several versions of this pudding flourish in New England. All of them have one thing in common: apples.

Set out a shallow 1½-qt. baking dish. Heat water for a boiling water bath (page 5).

Wash and set aside

6 medium-size (about 2 lbs.) apples

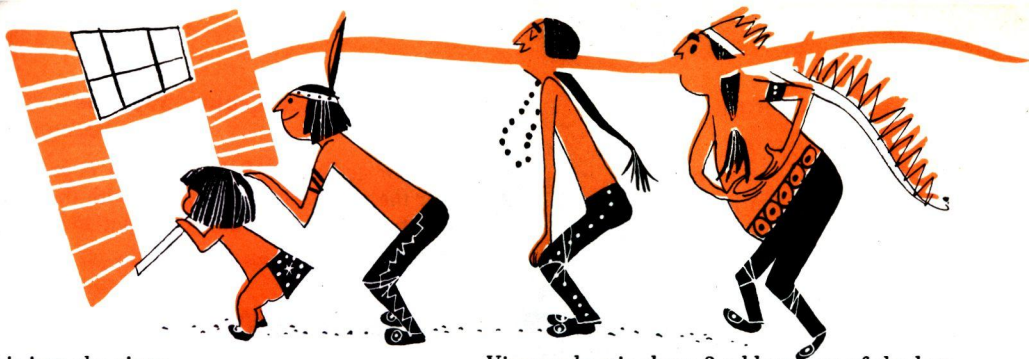
Combine in a deep saucepan and bring to boiling, stirring until sugar is dissolved

2 cups sugar

1 cup water

Meanwhile, core and pare (leaving whole) only as many of the apples as will fit uncrowded into the saucepan.





Stir into the sirup

¼ teaspoon red food coloring

Add apples to sirup; cover and cook slowly until barely tender (about 7 min.), turning carefully several times to obtain an even color.

With a slotted spoon, carefully remove apples from sirup, allowing excess sirup to drain into the saucepan. Place them in the baking dish. Core, pare and cook any remaining apples; place in baking dish.

While apples are cooking, scald (page 5)

2 cups cream

Meanwhile, beat slightly

3 eggs

Blend in

¼ cup sugar

2 teaspoons vanilla extract

⅛ teaspoon salt

Gradually add hot cream, stirring vigorously and constantly; stir until sugar is dissolved. Strain mixture through a fine sieve over and around apples in baking dish.

Bake in boiling water bath at 325°F 50 to 60 min., or until a silver knife comes out clean when inserted halfway between center and edge of baking dish. *6 servings*

Indian Pudding (See center color photo)

▲ Base Recipe

Thoroughly butter a 1½-qt. casserole.

Scald (page 5) in top of double boiler

3 cups milk

Remove from heat. Stirring constantly, slowly blend into a mixture of

½ cup yellow corn meal

¼ cup sugar

1 teaspoon salt

1 teaspoon cinnamon

½ teaspoon ginger

Vigorously stir about 3 tablespoons of the hot mixture into a mixture of

1 egg, well beaten

½ cup molasses

Blend into the hot corn meal mixture. Cook over boiling water about 20 min., or until very thick; stir constantly. Beat in

2 tablespoons butter

Turn mixture into casserole. Pour over top

1 cup cold milk

Bake at 300°F 2½ to 3 hrs., or until a silver knife comes out clean when inserted halfway between center and edge of casserole.

Serve pudding warm with cream, whipped cream, **Maple** or **Vanilla Ice Cream Superbe** (page 66), or **Vanilla** or **Brandy Hard Sauce** (page 50). *About 6 servings*

—Coffee-Flavored Indian Pudding

Not from old New England, but a wonderful flavor treat.

Follow Δ Recipe; decrease the 3 cups of milk to 2½ cups. Blend ½ cup cold **double-strength coffee beverage** into molasses-corn meal mixture. Serve warm pudding with **coffee ice cream**.

Coffee-Flavored Indian Pudding



Maple Ice Cream Superbe

▲ Base Recipe

Wash and scald cover, container and dasher of a 4-qt. ice cream freezer. Chill thoroughly before using.

Pour into a saucepan

1½ cups maple sirup

Bring to boiling and boil for 5 min. (until quantity is reduced to 1¼ cups). Remove from heat and set aside to cool.

Blend together

1½ qts. cream, chilled

1 tablespoon vanilla extract

¼ teaspoon salt

Add the maple sirup and mix well. Pour mixture into freezer container and cover tightly. Place in freezer tub. (For electric freezer, follow manufacturer's directions.)

Fill tub with alternate layers of

8 parts crushed ice

1 part rock salt

Turn handle slowly 5 min. Then turn rapidly until handle becomes difficult to turn (about 15 min.). Add more ice and salt as necessary.

Carefully wipe cover and remove dasher. Pack down ice cream and cover with waxed paper. Replace cover and plug dasher opening with cork. Repack freezer with ice and salt, using

4 parts crushed ice

1 part rock salt

Wrap freezer in several thicknesses of heavy paper or cloth and let stand for 2 to 3 hrs. for ice cream to ripen.

Serve the ice cream with coarsely chopped **butternuts**.

About 3 qts. ice cream

—Vanilla Ice Cream Superbe

(See center color photo)

Follow △ Recipe. Substitute 1¼ cups **sugar** for the maple sirup, blending it with the cream mixture. Increase vanilla extract to 3 table-
spoons.

—Chocolate Ice Cream Superbe

Follow △ Recipe. Substitute 1¼ cups **sugar** for the maple sirup, blending it with the cream mixture. Melt (page 5) 3 sq. (3 oz.) **chocolate** in the cream. Decrease the vanilla extract to 1 teaspoon. Cool the mixture and chill in refrigerator before pouring into the freezer container.

—Strawberry Ice Cream Superbe

Follow △ Recipe. Omit maple sirup. Rinse and hull 1½ qts. fresh **strawberries**. Force berries through sieve or food mill and combine the purée with 2¼ cups **sugar** and 1 tablespoon **lemon juice**. Omit vanilla extract.

—Apricot Ice Cream

Follow △ Recipe. Omit maple sirup and vanilla extract. Put 1 lb. (about 3 cups) dried **apricots** in saucepan with 4 cups **water**. Cover and simmer 40 min., or until tender. Force apricots through sieve or food mill. Blend 1¼ cups **sugar** and 1 tablespoon **lemon juice** with the purée. Cool and chill in refrigerator. When chilled, blend into the cream mixture with 1 teaspoon **almond extract**.



Grape Jelly

▲ Base Recipe

Set out a large, heavy sauce pot or kettle having a cover, and six 8-oz. jelly glasses. Make a jelly bag.*

Remove stems, rinse, drain and put into the sauce pot or kettle

3 lbs. Concord grapes

Crush grapes thoroughly. Add and mix in

1 cup water

Heat to boiling, reduce heat, cover and simmer for 15 min. Remove from heat and strain through jelly bag.

Meanwhile, wash sauce pot to use later.

Wash and sterilize jelly glasses. (To sterilize glasses, see Mustard Pickles, page 46).

When juice has strained through jelly bag, melt over simmering water about

¼ lb. paraffin

Measure 4 cups of juice into the sauce pot. Put sauce pot over high heat and heat until very hot. Add

3 cups sugar

Stir until sugar is dissolved. Bring to boiling. Continue cooking rapidly until sirup responds to jelly test. To make jelly test, dip spoon into boiling liquid; lift it out and tip it to allow mixture to run over edge. At first, the sirup will run off in a thin stream. When the last two drops in the spoon run together or "sheet," the mixture should be removed from the heat. Remove pan from heat while testing.

Skim off any foam.

Remove glasses from water one at a time with long-handled tongs, drain thoroughly and set right side up on cooling rack covered with towel. Pour hot mixture to within ½ in. of top. Clean rim with a damp, clean cloth or paper towel.

Immediately pour enough melted paraffin onto top of mixture to make a layer about ⅛ in. thick on each glass. When paraffin has cooled completely, pour enough melted paraffin over first layer to make another layer about ⅛ in. thick. Carefully tilt glasses to distribute paraffin evenly and seal it to edges of the glass.

Cool glasses away from drafts.

Label and cover glasses; store in a cool, dry place.

About six 8-oz. glasses jelly



*Note: To make a jelly bag, cut a double thickness of cheesecloth about 36 in. long and fold in half. Dip the cheesecloth in hot water and wring well. Put a large strainer or colander over a large bowl or sauce pot and lay the cheesecloth in the strainer or colander. Turn the fruit mixture into the cheesecloth. Gather the four corners of the cloth together and tie firmly. Allow juice to drip through the cheesecloth and strainer or colander; for clear jelly, do not squeeze.

—Currant Jelly

Follow Δ Recipe. Substitute 4 lbs. ripe **red currants** for the grapes; remove any leaves but do not remove stems. Simmer currant-water mixture for 10 min. Use 4 cups juice and increase sugar to 4 cups.

—Crab Apple Jelly

Follow Δ Recipe. Omit grapes. Rinse, remove stem ends and cut into quarters enough **crab apples** to yield 3 qts. crab apples (do not remove cores or peel). Increase water to 3 cups and cook 20 min., or until very tender.

—Quince Jelly

Follow Δ Recipe. Omit grapes. Wash thoroughly, remove stems and cut into pieces enough **quince** to yield 3 qts. quince (do not remove cores or peel). Increase water to 6 cups and cook for 25 min., or until very tender. Increase sugar to 4 cups.

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