

T H E S I S .

ON

A COURSE OF STUDY IN COOKERY

Submitted to the faculty of the

O R E G O N A G R I C U L T U R A L C O L L E G E

for the degree of

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by

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A COURSE OF STUDY IN COOKERY.

Introduction.

This course of study has been planned for the seventh and eighth grades in Oregon schools. One period each week, of ninety minutes or more, is needed. The study of cookery should be closely correlated with the other school branches. High ideals of workmanship, neatness, accuracy and skill should be the ends constantly kept in mind.

Practical work should be the basis of all instruction along these lines. The pupil should learn to do by doing. The lesson outlines suggest the lines along which to carry out the theory. In some cases perhaps, too much is suggested. The amount to be given should be suited to the time allowed and to the pupil's stage of development.

The lessons should be given in logical order, variations being made only when necessary due to inability to obtain supplies or in case of materials being unexpectedly out of season. The value of the foods should be emphasized not in calories but in regard to their function in the body as energy producers or tissue builders. The teacher should aim to give the pupils a knowledge of good food combinations, not by telling them what constitutes good combination, but by having them cook together, foods that should be served together.

Directions for dishwashing, care of the kitchen, fuels, etc., should be given as needed throughout the year. A list of the abbreviations to be used and a table of equivalent weights and measures should be developed and learned through using. By the end of the first year the pupils should be familiar with the following:

List of abbreviations--

T	stands for	tablespoon
t	" "	teaspoon
c	" "	cup
f. g."	"	few grains
f. d."	" "	drops
b. p."	"	baking powder
lb.	" "	pound
pt.	" "	pint
qt.	" "	quart
oz.	" "	ounce

Table of equivalent weights and measures.

Directions--

Sift flour, meal, etc. before measuring.

Level cup, tablespoon and teaspoon with a knife. All measurements are to be level, not heaping or rounded.

Divide lengthwise of spoon for half-spoonful; divide halves crosswise for quarters, and quarters crosswise for eighths.

Less than one-eighth of a teaspoonful is
called a few grains.

Table--

1 c	equals	16 T
1 T	"	3 t
4 T	"	1 egg
2 c	"	1 pt.
4 c	"	1 qt.
2 c	"	1 lb. butter or sugar
4 c	"	1 lb. flour
2 c	"	1 lb. meat (finely chopped)
2 T	"	1 oz. liquid
9 large eggs	equal	1 lb.
1 square Baker's chocolate	equals	1 oz.

FIRST YEAR.

Lesson I.

Discuss briefly, value of course in cookery.

Arrangement of desks.

Use of utensils.

Practical work.

Drop biscuits

Recipe

1 c flour

1/4 t salt

2 t b. p.

1/3 c liquid (water or
milk)

1 T shortening

Method

Sift flour, b. p. and salt.

Cut in butter.

Add liquid and stir as little as possible.

Drop on greased tins and bake.

Sufficient for 6-8 biscuits.

Measuring.

Dishwashing.

Lesson II.

Vegetables

Classification

Kinds and seasons.

Composition--general

Food value

Cooking

General rules

Exceptions

Time table

Practical work

Riced potatoes

Recipe

8 hot boiled potatoes
3 T butter
1/2 c hot milk (scant)
1/2 t salt

Method

Pass hot potatoes through a ricer.
Add other ingredients and beat thoroughly.
Pass through ricer again, directly into
serving dish.

Mutton chops--broiled

Method

Wipe chops, remove superfluous fat, and
place in a broiler greased with some fat.
Broil over clear fire, turning every ten
seconds for first minute, to sear outside.
Turn occasionally until well cooked on
both sides.
Cook 6 minutes if liked rare. 8-10 min-
utes for well done.
Stand around edge of pan to brown outside
fat.
When half done, sprinkle with salt.
Serve on hot plate.

Lesson III.

Vegetables--cont.

Review II thoroughly.

Practical work.

Stuffed Potatoes

To Bake

Method

Wash, with brush, medium sized, smooth
potatoes and place in a dripping pan.
Bake in a hot oven forty minutes or until
soft.

To Stuff

Method

Cut baked potatoes across middle and scoop
out inside.
Mash thoroughly and add seasonings, 1 t
butter, 1 t milk (hot) and 1 T. well beaten
egg.

Beat thoroughly and refill skins.
Return to oven for about 5 minutes.

Lesson IV.

Cream soups

Foundation--thin white sauce

General methods

Exceptions

Practical work

White sauce

Recipe

1 T butter
1 T flour
1/2 t. salt
1 c milk

Method

Melt butter and add flour and salt.
Add milk gradually, stirring constantly
to prevent lumping.
Boil 2-3 minutes.

Cream of pea soup

Recipe

1 c thin white sauce
1 c pea pulp
seasonings

Method

Make thin white sauce.
Add 1 c pea pulp (cooked peas put through
a sieve).
Serve with croûtons.

Croûtons

Method

Cut stale bread into 1/2 inch cubes and
toast in pan in oven.

Lesson V.

White sauces

Review recipe and method for thin

Other kinds--differences

Uses

Creamed and scalloped vegetables.

Foundation--medium white sauce

Difference

Exceptions to rule

Review cooking of vegetables.

Practical work

Scalloped cabbage

Method

Butter baking dish.

Put in cooked cabbage and add medium white sauce in sufficient quantity to moisten well.

Cover with buttered bread crumbs and bake 20-30 minutes in moderate oven.

Lesson VI.

Cereals

Source

Kinds

Uses

Food value

Method of cooking--hot water

Time table--general

Uncooked and partially cooked

Practical work

Cream of wheat

Recipe

1 c cereal

2 c boiling water

1 t salt

Method

Stir cereal into boiling salted water.

Stir constantly until most of the water is

absorbed.

Cook over water remainder of time (about 20 minutes.)

Serve with cream and sugar if desired.

Lesson VII.

Cereals--cont.

Review VI briefly

Food value of rice

Place in menu--

Breakfast cereal

Vegetable

Dessert

Practical work

Boiled rice

Recipe

1 c rice

3 c boiling water

1 t salt

Method

Pick over rice and wash thoroughly.

With fork, stir rice into water which is boiling hard, adding so slowly that boiling will not cease.

Cook slowly until cooked.

If to be served hot rinse in warm water to separate grains.

If served cold, rinse in cold water.

Lesson VIII.

Milk

Food value

Care

Food-not a drink merely

Action of junket

Practical work

Junket

Recipe

1 c milk
1/4 junket tablet
1 T sugar
flavoring
f. g. salt

Method

Dissolve tablet in a very little water.
Heat other ingredients to lukewarm only.
Add dissolved junket and turn out at once to harden
Let stand undisturbed in a warm place to clot, and then chill.
Serve with whipped cream

Whipped cream

Method

Put cream in bowl and set in cracked ice and water or into very cold water.
Whip with Dover egg beater until stiff.
Pile lightly onto glasses of junket.

Lesson IX.

Milk--cont

Review VIII

Cream, butter

Composition

Food value

Cheese

Food value

Practical work

Butter

Recipe

1/2 c cream or 4 1/2 oz. makes 1 3/8 oz. butter

Method

Beat cream (slightly warm) with Dover egg beater or in churn until lumps of butter separate out.

Gather butter into ball. Work with wooden spoon under several waters until water remains clear.
Pour off water and press as much out of butter as possible.
Add f. g. salt and set in a cold place.
Cut into regular shapes or form into balls.

Cottage Cheese

Recipe

1 qt. thick sour milk
1 T. butter
1/4 t salt
cream to soften

Method

Heat milk gently until luke warm, stirring frequently.
Strain through cloth but do not squeeze.
Mix curd, butter, cream and salt until perfectly smooth.
Form into balls and serve.

Lesson X.

Five food principles and use in body

Water

Mineral salts

Protein

Carbohydrates

Fats

Give examples of each as illustrated by previous lessons and emphasize use of each in body.

Practical work

Experiment with potato

Grate a potato and place in cheese cloth.
Wash out starch
Cook cellulose and starch separately
Examine
Test with iodine.

Experiment with egg albumen

Add acid to egg white

Lesson XI.

Written review

Cereals

Vegetables

White sauces

Milk

Food Principles

Lesson XII.

Flour mixtures--brief discussion

Ingredients

Essential

Accessory

Practical work

Pop-overs

Recipe

1 c flour 7/8 c milk

1/4 t salt 2 eggs

1/2 t melted butter

Method

Sift salt and flour; add milk gradually to obtain smooth batter.

Add egg, beaten until light, and butter.

Beat 2 minutes using Dover egg beater.

Turn into hissing hot buttered gem pans and bake 30-35 minutes in hot oven.

Lesson XIII.

Flour mixtures--cont.

Review XII.

Leavening agents

Review air a leaven (XII)

Other agents-

Baking powder, etc.

Practical work

Baking powder biscuits

Recipe

1 c flour	1 T butter
2 t b. p.	1/3 c milk
1/4 t salt	

Method

Sift dry ingredients twice.
Cut in butter with a knife, add gradually the liquid, mixing with knife to a soft dough.
Toss on floured board, pat and roll lightly to 1/2 inch thickness.
Shape with biscuit cutter and bake in hot oven 12-15 minutes.

Lesson XIV.

Flour mixtures--cont.

Review leavens.

Yeast

Practical work

White bread

Recipe

1 c liquid	1 t salt
3 c flour	1 t sugar
1 t butter	1/4-1/2 yeast cake
	according to time

Method

Boil water or scald milk. Cool to luke warm
Add sugar, salt, butter and yeast soaked in warm water.
Stir in 1/2 flour to make sponge.
Stand in warm place to rise well.
Add remainder of flour.
Knead until smooth and well mixed.
Shape into loaf, let rise until doubled in size.
Bake 30-40 minutes.

Lesson XV.

Sugars

Source

Kinds

Food value

Effects of heat on.

Practical work.

Fudge

Recipe

2 c white sugar	1 c milk
2 c brown sugar	2 T butter
2 sq. chocolate	

Method

Cook ingredients together to soft ball stage. Cool.

When cold, beat until stiff.

Pour on plates and cut in squares.

Peanut Nougat

Recipe

1 lb. sugar
1 qt. peanuts

Method

Shell, remove skins and finely chop peanuts.

Sprinkle with $\frac{1}{4}$ t salt.

Put sugar in perfectly smooth saucepan, place on fire, and stir constantly until entirely melted.

Add nuts and pour at once into warm buttered tin, and mark in small squares.

Lesson XVI.

Meats

Composition

Kinds

Names

Sources

General rules for cooking tender, medium and tough.

Practical work.

Soup stock--brown

Recipe

6 lbs. shin of beef	1/2 t peppercorns
3 qts. cold water	6 cloves
1/2 bay leaf	1 sprig marjoram
3 sprigs thyme	carrot)
2 sprigs parsley	turnip) 1/2 c each
1 T salt	onion) cut in dice
	celery)

Method

Wipe beef and cut lean meat in 1 inch pieces.
Brown 1/3 in hot frying pan. Put remaining 2/3 and bone and fat in kettle, add water, and let stand 30 minutes.
Place on back of range, add browned meat and cook below boiling point 4-6 hrs.
Add vegetables and seasonings, cook 1 hr. longer, strain and cool quickly.
When ready to use remove fat before heating.

Clearing stock

Method

Allow 1 egg white and shell of 1 egg to each qt. stock. Beat slightly and add to stock.
Heat until albumen is coagulated.
Simmer 20 minutes.
Remove scum and strain through double thickness of cheese cloth.

Lesson XVII.

Meats--cont.

Review XVI.

Cooking of medium tough meat.

Practical work

Braised beef

Recipe

3 lbs. beef--round	carrots)
1/2 t pepper corns	turnips) 1/4 c each
salt and pepper	onion) cut in dice
	celery)

Method

Wipe meat with damp cloth.
Salt and pepper, dredge with flour, and brown in hot fat.
Place on vegetables in bottom of casserole, cover lightly with vegetables, add 1 pt. boiling water.
Cover closely and bake 4 hrs. in very slow

oven--keep below boiling point entire time.
Serve with sauce made from liquid in pan.

Lesson XVIII.

Meats--cont.

Review XVI and XVII.

Review cooking of chops IV.

Cooking tender meat.

Principles involved

Practical work.

Broiled steak

Follow method of broiling chops.

Serve with butter.

Scalloped tomatoes.

Method

Butter baking dish.
Put in cooked or raw sliced tomatoes.
Cover with buttered crumbs and bake in moderate oven 20-30 minutes for cooked tomatoes, longer for raw.

Lesson XIX.

Left over meats.

Uses

Place in menu

Food value

Ways of cooking

Practical work.

Cottage Pie

Method

Cover bottom of buttered baking dish with hot mashed potatoes.

Add layer of chopped meat, well seasoned and moistened with gravy.
Cover with thin layer of mashed potato and bake in hot oven until heated through.

Lesson XX.

Written review of meat lessons.

Lesson XXI.

Winter vegetables.

Review previous lessons on vegetables.

Common varieties

Preservation of roots and tubers

Practical work

Parsnip fritters

Recipe

1 c cooked and mashed parsnips
1 egg
2 T butter sugar if desired
1/2 t salt flour if needed
1/4 t pepper

Method

Remove tough fibers from mashed parsnips.
Mix all ingredients thoroughly, using flour if needed to make stiff.
Form into flat, smooth, cakes, roll in flour and sauté in butter till brown.

Lesson XXII.

Review lesson-- care of kitchen, utensils, sinks, refrigerator, stoves. Cleaning everything about the kitchen.

Lesson XXIII.

Eggs--Composition

Food value

Cooking

Effects of heat on digestibility

Method of cooking

Food combinations

Practical work

Egg vermicelli

Method

To 1 c medium white sauce, add finely chopped whites of 3 hard-cooked eggs. Pour over buttered toast and grate yolks or press through a sieve and sprinkle lightly over the top.

Hard cooked eggs

Method

With a spoon, carefully drop eggs into hot water. Cook below boiling point 40-45 minutes. Albumen should be firm but jelly-like, never tough or hard.

Lesson XXIV.

Eggs--cont.

Review XXIII.

Thickening properties of eggs.

Practical work

Baked apple

Method

Wash and core sound apples. Do not pare unless skin is very tough. Fill cavity with sugar, place small piece of butter on top and put in baking dish with small amount of water. Bake in moderate oven until done and delicately browned. Serve with cream or custard sauce.

Custard sauce or cooked custard.

Method

Scald 1 pt. milk
Beat 2 eggs or yolks of 3. Mix with part of milk and then with remainder. Cook slowly in double boiler until thickened. Stir constantly to prevent curdling. Add 1/4 c sugar, strain, cover and cool. Flavor with 1/2 t vanilla.

Lesson XXV.

Eggs--cont.

Review XXIII and XXIV.

Value of eggs with air as leavening agent.

Practical work

Puffy omelet

Recipe

1 egg	1 t butter
1 T water	salt and pepper

Method

Beat yolk until creamy, add water and seasonings.

Beat white stiff and fold into yolk mixture.

Turn into omelet pan containing the melted butter. Cook over moderate heat until bottom is browned. Set in oven to cook through.

Fold and serve at once on a hot plate.

Muffins

Recipe

2 c flour	1 egg
1/2 t salt	1 c milk
4 t b. p.	2 T melted butter
2 T sugar	

Method

Sift dry ingredients.

Beat egg until light, add milk and stir into dry ingredients.

Add melted butter and beat thoroughly.

Bake 25 minutes in hot well-buttered gem pans.

Lesson XXVI.

Fish

Composition

Food value

Place in menu

Cooking

General rules

Practical work.

Broiled salmon

Method

Clean and wipe fish dry.
Sprinkle with salt and pepper and place
in well greased wire broiler.
Turn frequently.
Slip from broiler onto hot plates.

Egg sauce

Method

To 1 c medium white sauce well seasoned,
add a finely chopped egg, hard cooked.

Lesson XXVII.

Fish--cont.

Review XXVI.

Kinds

Season

Cleaning

Care

Appropriate sauces

Practical work

Stuffed fish

Method

Clean, salt and pepper in side and out,
stuff and sew a fish, either small
salmon, haddock or large trout.
Place on greased sheet in dripping pan,
brush with melted butter and dredge with
flour.
Bake in hot oven for 1 hr. or more de-
pending on size. Baste frequently.

Stuffing

Recipe

1/2 c cracker crumbs	1/4 t salt
1/2 c stale bread crumbs	1/8 t pepper

1/4 c melted butter f. d. onion juice
1/4 c hot water

Method

Mix in order given

Potato puff

Method

To 2 c mashed potatoes add 1 well-beaten egg.
Beat until very light.
Pile lightly into buttered baking dish and brown in oven.

Drawn butter sauce

Recipe

1/3 c butter 1 1/2 c hot water
3 T flour 1/2 t salt
1/8 t pepper

Method

Melt 1/2 butter, add flour and seasonings, and gradually add hot water.
Boil 5 minutes and add remainder of butter in small pieces, beating well.
Serve with boiled or baked fish.

Lesson XXVIII.

Fish --cont

Review XXVI and XXVII.

Smoked, salt and dried fish.

Food value

Place in menu

Chiefly breakfast and luncheon dishes.

Practical work

Cod fish balls

Recipe

1 c codfish 1/2 T butter
2 heaping c potatoes 1/8 t pepper
1 egg

Method

Wash fish in cold water and pick in very

small pieces.

Wash, pare and soak potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes together until potatoes are soft.

Drain, mash thoroughly, add butter, egg well beaten, and pepper. Beat well and add salt if necessary.

Form into smooth balls and fry in deep fat until delicate brown. Fry only 5-6 at a time and reheat fat after each frying.

Parsley sauce

Method

To medium white sauce add finely chopped parsley sufficient to season and color well.

Lesson XXIX.

Left over fish

Use-

Breakfast and luncheon dishes

Practical work

Creamed fish on toast

Method

To medium white sauce add left over fish picked in small pieces. Reheat and serve on toast. Season well.

Lesson XXX.

Simple desserts

Use of left overs

Bread in pudding

Fruit in jellies.

Practical work.

Chocolate bread pudding

Recipe

2 c stale bread crumbs
1 qt. scalded milk

2 eggs
1/2 t salt

1/3 c sugar	1 t vanilla or
1/4 c melted butter	1/4 t spice
2 sq. chocolate	

Method

Soak bread crumbs in milk. Cool.
Melt chocolate, add sugar and a little milk and add to bread and milk with butter, beaten eggs, salt and flavoring.
Bake in buttered pudding dish for 1 hr.
Serve with vanilla or lemon sauce.

Lemon sauce

Recipe

1/2 c sugar	2 T butter
1 c boiling water	1 1/2 T lemon juice
1 T corn starch	f. g. salt
nutmeg	

Method.

Mix sugar and corn starch, add water gradually, stirring constantly.
Boil 5 minutes, remove from fire, add butter, lemon juice and nutmeg.
For vanilla sauce use 1 t vanilla in place of lemon juice and nutmeg.

Lesson XXXI.

Simple desserts--cont.

Gelatine

Source

Food value

General rules for use

Practical work

Orange jelly

Recipe

1 oz. gelatine	juice 1 lemon
1/2 c cold water	1 pt. orange juice
1 c sugar (scant)	1 c boiling water

Method

Soak gelatine in cold water.
Add boiling water and sugar; stir until dissolved.
Strain through cheese cloth and add orange and lemon juice.
Set in cold place to harden.
Serve with whipped cream.

Lesson XXXII.

Plain cakes

Leavening agents used in cakes

Mixing

Baking

Practical work

Plain cake

Recipe

1/3 c butter	1/2 c milk
1 c sugar	1/2 t soda
2 eggs	2 t cream tartar
1 1/2 c flour	

Method

Cream butter, add sugar, beaten egg yolks and milk.
Sift dry ingredients and add.
Beat egg whites until stiff and fold in.
Bake in loaf in moderate oven 25-30 minutes.

Lesson XXXIII.

Beverages

Kinds

Food value

Practical work

Cocoa

Recipe

2 t cocoa	1/4 c boiling water
1 T sugar	1 c milk
f. g. salt	

Method

Mix cocoa, sugar and salt with boiling water. Boil 2 minutes.
Add milk and allow to come to boil again.
Beat with Dover egg beater until frothy.
Serve at once.

Set sample breakfast table.

Duties of hostess and waitress

Care of dining-room.

Lesson XXXIV.

Review duties of hostess, etc.

Practical work

Cooking and serving simple breakfast.

Oranges

Cream of wheat Cream

Puffy omelet Toast

Cocoa

Lesson XXXV.

Review serving lesson

Practical work

Cooking and serving simple luncheon.

Cream of celery soup Croûtons

Fish turbot Baked potatoes

Lemon jelly Whipped cream

Lesson XXXVI.

Fruit

Composition and food value of fruits in general.

Fruits in season

Selection

Care

Ways of serving

Practical work

Strawberry Shortcake

Recipe

1 1/2 c flour
1/2 c corn starch
4 t b. p.

1/3 c butter
1/2 t salt
milk

Method

Sift dry ingredients.

Cut in butter, add milk gradually to make soft dough.

Bake in 2 tins or put both layers in one tin, separating them by spreading under one with butter.

Put layers together when baked, with strawberries, cleaned and sprinkled with sugar.

Serve with whipped cream.

SECOND YEAR.

Lesson I.

Preservation of fruit.

Fruit

Review XXXVI.

Methods

Canning

Jelly making

Practical work

Sterilizing jars

Method

Wash jars or jelly glasses well and place in boiler of cold water.

Heat to boiling and set on hot cloth when ready to fill.

Dip lids in boiling water before covering over jar.

Canned pears

Method

Wash pears, cut in halves, core and pare.

Syrup may be made in proportion of 1 c water to 1/2 c sugar. Boil 10 minutes.

Put prepared fruit in syrup and cook until fruit is translucent and quite soft.

Pack fruit in jars and cover with syrup.

With silver knife blade remove air bubbles which may be in jar.

Refill to overflowing.

Slide cover over to drive out all air possible.

Adjust cover and set out of all cool drafts until cold.

Jelly making

Method

Wash fruit, pick over and heat slowly until very soft.

Pour into jelly bag and allow juice to drip through. This makes clearest jelly.

That which is squeezed through should be used as "seconds".

Measure liquid and for every cup allow

equal volume of sugar which may be heated in oven to hasten process. Return liquid to fire and allow to (thicken) boil 15-20 minutes or until juice is slightly thickened. Now add sugar, stirring until dissolved. Boil from 3-5 minutes or until a drop formed by holding spoon up, is decidedly thick. Pour into hot jelly glasses. Set aside to cool and after 24 hrs. cover. Green fruit jellies best. Use little water in putting on to cook.

Lesson II.

Fruits--cont.

Review I.

Pickling, spicing, etc.

Practical work

Spiced grapes

Recipe

7 lbs. fruit	1/2 c mixed ground
3 1/2 lb. brown sugar	spice--cinnamon,
2 c vinegar	cloves, nutmeg,
	allspice.

Method

Wash and pick fruit from stems and weigh. Press pulp from skins and heat until seeds are loosened. Press through coarse sieve and put back with skins. Add other ingredients, boil until thick, and pour into hot jelly glasses. After 24 hrs seal with paraffine.

Piccalilli

Recipe

1 doz. small cucumbers	1/2 t ground mace
1 small head cabbage	1/2 t " allspice
2 qt. string beans	1/2 t " ginger
6 roots celery	1 t black pepper
3 red peppers	2 oz. mustard seed
3 green peppers	1 onion
2 heads cauliflower	vinegar to cover

Method

Chop all vegetables rather fine, add onion

cut very fine. Pack into large stone jar, cover with cold water slightly salted. Stand aside 24 hrs. Drain in colander and press until dry. Return to jar, cover with boiling hot vinegar to which have just been added the spices. This may be sealed in glass jars while hot, or vinegar reheated 2 or 3 mornings and jar covered with thick layer of cotton.

Lesson III.

Review lesson

Food principles

Preservation of fruits

Care of kitchen and utensils

Table of weights and measurements

Lesson IV.

Cereals

Review

Composition

Food value

Method of cooking

Practical work

Farina with dates

Method

Proceed as for ordinary cereal. During last 10-15 minutes add dates, washed and stoned.

Lesson V.

Vegetables, fresh and dried.

Review

Composition

Food value

Cooking

Kinds and seasons

Practical work

Baked beans

Recipe

1 qt. beans	cold water to cover
1 T salt	1 c boiling water
1 T molasses	2 T chopped onion
3 T sugar	1/4 t ginger

Method

Pick over 1 qt. beans, cover with cold water and soak over night. In the morning, drain, cover with fresh water and bring slowly to boiling point. Cook until tender but not to burst. Drain. Scald the rind of 3/4 lb. salt pork and scrape. Cut and put through the jar of beans.

Mix and add other ingredients. Cover with boiling water and bake slowly 6-8 hrs.

Uncover toward last so beans will be brown on top. Add water as needed.

Lesson VI.

Eggs

Review

Composition

Food value

Cooking

Practical work

Eggs in nest

Method

Separate white and yolk being careful not to break yolk.

Beat white stiff adding 1/4 t salt and pile lightly on buttered toast. Make small depression in center and slip in yolk. Put 1/2 t butter on top of yolk. Place in pan in moderate oven until egg

is heated through.
Garnish with parsley or cress.

Lesson VII.

Meats

Review

Composition

Classification

Food value

Method of cooking

Practical work

Roast beef

Method

Wipe with damp cloth, dredge with flour, salt and pepper and put in pan skin side down.

Place in hot oven for few minutes to sear outside. Then reduce temperature slightly for remainder of time. Allow 15 minutes per lb. and if over 4 lbs. allow 15 minutes for heat to penetrate.

Yorkshire pudding

Recipe

1 c milk

2 eggs

1 c flour

1/4 t salt

Method

Mix salt and flour. Add milk gradually to form smooth paste. Add eggs beaten until very light.

Bake in pan containing some of fat from roast. Have mixture 1/2 inch deep.

Bake 20 minutes in hot oven, basting with fat from roasting pan.

Cut in squares for serving

Lesson VIII.

Meats--cont.

Review VII.

Practical work

Clear soup

See lesson XVI

Noodles

Recipe

1 egg 1/2 t salt
 flour

Method

Beat egg slightly, add salt, and flour to make very stiff dough. Knead, toss on slightly floured board and roll as thin as possible (as thin as paper). Cover with towel and set aside 20 minutes. Cut in fancy shapes using sharp knife or French vegetable cutter. Or the thin sheet may be rolled like jelly-roll, cut in slices as thin as possible and pieces unrolled.

Dry, and when needed, cook 20 minutes in boiling salted water. Drain and add to soup.

Noodles may be served as a vegetable.

Julienne Soup

Method

To 1 qt. clear soup, add 1/4 c, each carrot and turnip, cut in thin strips 1 1/2 inches long, cooked in salted water, and 2 T, each, cooked peas and string beans. Heat to boiling point.

Lesson IX.

Poultry

Selection

Preparation for, and methods of, cooking

Practical work

Preparing, stuffing, roasting chicken

Stuffing

Recipe

1 c cracker crumbs 1/3 c boiling water
1/3 c butter salt and pepper
powdered sage, or marjoram to taste

Method

Melt butter in water and pour over crackers

to which seasonings have been added.

Lesson X.

Fish in season

Shell fish

Common kinds

Food value and cost

Practical work

Creamed oysters

Recipe

1 pt. oysters 1 1/2 c medium white sauce
1/8 t celery salt

Method

Clean and cook oysters in their juice until plump and edges begin to curl. Drain and add to white sauce and celery salt. Serve on toast, in timbale cases or patty shells.

Swedish Timbale cases

Recipe

3/4 c flour 1/2 c milk
1/2 t salt 1 egg
1 t sugar 1 T olive oil

Method

Mix dry ingredients, add milk gradually and beaten egg, then add olive oil. Shape, using a hot timbale iron, fry in deep fat until crisp and brown; take from iron and invert on brown paper to drain.

Lesson XI.

Plum puddings

Use--serving-sauces

Keeping

Practical work

English Plum Pudding

Recipe

1/2 lb. stale bread crumbs
1 c scalded milk
1/4 lb. sugar
1/2 c flour
4 eggs
1/2 lb raisins
1/4 lb. currants
1/2 lb. finely chopped figs
2 oz. finely cut citron
1/2 lb. suet
1/4 c pickle juice or brandy
1/2 grated nutmeg
3/4 t cinnamon
1/3 t cloves
1/3 t mace
1 1/2 t salt

Method

Soak bread crumbs in milk; let stand until cool. Add sugar, beaten yolks of eggs and raisins, currants, figs, citron, dredge in flour. Chop suet finely, add flour, and cream with hands. Combine mixtures, add spices, liquid and egg whites beaten stiff. Turn into buttered molds, cover and steam 6 hrs.

Hard Sauce

Recipe

1/3 c butter
1 c powdered sugar
1/3 t lemon extract
2/3 t vanilla

Method

Cream butter, add sugar gradually, and flavoring.
Chill and serve with hot puddings.

Lesson XII.

Sugars

Review

Composition

Food value

Effects of heat upon

Practical work

Fondant

Recipe

2 c sugar
2/3 c water
1/4 t cream tartar

Method

Put into smooth granite sauce pan.
Stir until sugar is dissolved. Then
boil, without stirring, until a little
put in cold water, forms a soft ball.
Sugar which adheres to sides of pan should
be removed by wiping off with cheese
cloth tied around a fork and dipped in cold
water.
Pour into buttered plates or platter when
done--do not disturb.
When quite cool, stir until creamy.
Then work in hands until soft.
Put in bowl, cover with oiled paper and
stand aside until needed.

Candied Orange Peel

Recipe

1 orange peel 1 c sugar
1/4 c water in which peel has cooked

Method

Cook peel in boiling water until tender.
Use the water to make a syrup. When
syrup is boiling, add the orange peel,
from which has been removed the inner
white coating, and which has been cut in
strips.
Cook until syrup has become thick.
Remove from fire, roll strips in granulated
sugar, and put on a plate.

Lesson XIII.

Sugars--cont

Review XII.

Practical work

Dipping creams

Method

Drop molded centers of fondant into melt-
ed chocolate which is kept in a pan of

hot water.
Use two-tined fork or confectioner's bon-
bon dipper.
Remove from chocolate, put on oiled paper
and bring end of dipper over top of bon
bon

Walnut creams

Method

Press half walnut meats on balls of fond-
ant and set aside to harden.

Packing

Packing Christmas boxes of all sorts.
Wrap articles in tissue paper.
Tie with ribbon or secure with seals.
Write cards neatly.
Wrap in heavy paper or place in boxes to
send by mail or express.
Write addresses plainly

Lesson XIV.

Flour mixtures

Review

Classification

Ingredients

Methods of mixing

Leavens and leavening agents

Practical work

Set sponge for white bread--see lesson XIV of first
year.

Examine yeast slides under the microscope.

Experiments with CO₂

Lesson XV.

Bread-making

Ingredients

Principles and methods of
mixing

kneading

rising

baking

Practical work

White bread

Have sponge ready. Lesson XIV.

Class knead and shape bread.

Lesson XVI.

Breadmaking--cont.

Review XV.

Practical work

Entire wheat bread

Recipe

2 c scalded milk	1 t salt
1/4 c sugar or	1 yeast cake dissolved in
1/3 c molasses	1/4 c lukewarm water
4 2/3 c coarse entire wheat flour	

Method

Add sweetening and salt to milk; cool, and when luke warm add yeast and flour. Beat well, cover, and let rise to double its bulk.

Beat again and turn into greased bread pans, filling one-half full.

Let rise and bake. Mixture should not quite double its bulk during last rising.

Graham Bread

Recipe

2 1/2 c hot liquid	1/4 yeast cake
(water, or milk and water)	dissolved in
1/3 c molasses	1/4 c lukewarm
1 1/2 t salt	water
	3 c flour
	3 c graham flour

Method

Same as for entire wheat bread.

Lesson XVII.

Breadmaking--cont

Fancy breads and rolls.

Practical work

Parker House Rolls

Recipe

1 c scalded milk	1/2 t salt
1 T butter	1/2 yeast cake dissolved
1 T sugar	in
3 c flour	1/8 c luke warm water

Method

Make soft sponge as for bread. Let rise.
Add flour to knead. Let rise again.
Knead again and roll to 1/2 inch thickness. Cut with biscuit cutter. Crease through center with handle of wooden-spoon. Brush over 1/2 each with melted butter. Fold and press edges together.
Place in greased pan 1/2 inch apart and let rise. Bake in hot oven 10-15 minutes.
This is foundation recipe for rolls.

Swedish Rolls

Recipe

Same as for Parker House Rolls, but double amount butter.

Method

Same as above. Roll only 1/4 inch thick. Spread with butter. Sprinkle with 2 T sugar mixed with 1/3 t cinnamon, 1/3 c chopped raisins, 2 T chopped citron (for 2 c liquid).
Roll like jelly roll and cut in 3/4 inch pieces. Lay flat and close together in pan. Let rise and bake in hot oven. To glaze--when baked brush with egg white slightly beaten and return to oven to dry.

Lesson XVIII.

Written review of bread making lessons.

Lesson XIX.

Making menus

Special attention to

Food combinations

Cost of materials

Seasonableness

Labor involved

Form

Practical work

Make menus for one day's meals.

Set a sample table.

Lesson XX, XXI, XXII.

Marketing, cooking, serving the day's meals as planned
in XIX.

Special emphasis on serving.

Lesson XXIII.

Infant and child diet

Importance of

Kinds of food

Care of milk

Practical work

Modified milk

Dr. Holt's formula

Beef juice

Method

Sear thick, lean, round steak. Cut in
1 inch cubes and press out juice with
beef press or lemon squeezer while meat
is hot.

Season with salt and serve either cold or warm. To warm set in pan of warm water and heat gently.

Lesson XXIV.

Invalid cookery

Foods desirable

General rules

Preparation of tray

Practical work

Barley gruel

Recipe

3 T barley flour
1 pt. boiling water
1/2 t salt

Method

Mix barley with small amount of cold water.
Stir into boiling water to which salt has been added. Boil 20 minutes, stirring well.
Strain and add from 1/2 to 2/3 volume of milk.

Mutton broth

Method

Chop fine 1 lb. chicken, mutton or veal free of fat. Add 1 pt. water and let stand on ice 2-3 hrs.
Cook 3 hrs. over a slow fire, strain, cool, remove fat, add salt and serve hot or cold.

Lesson XXV.

Invalid cookery--cont.

Review XXIV.

Practical work

Malted Milk

Recipe

1 T malted milk 2 T lukewarm water

1/4 t salt 1 c milk or water or
 mixture

Method

Mix first three ingredients thoroughly.
Heat milk as hot as possible without
scalding.
Pour this gradually on other mixture,
stirring constantly.

Egg Nog

Recipe

1 egg	1/2 c milk
1/8 t salt	1 T brandy or
nutmeg	1/4 t vanilla

Method

Beat egg, salt, and sugar together.
Add milk, brandy and beat again.
Add nutmeg when ready to serve.

Lesson XXVI.

Cake-making

Two kinds

General rules and directions for sponge cakes

Mixing

Baking

Practical work

Sponge cake

Recipe

6 eggs	grated rind of 1/2 lemon
1 c sugar	1 c flour
1 T lemon juice	1/4 t salt

Method

Separate eggs. Beat yolks until thick
and lemon colored, add sugar gradually,
and continue beating, using Dover egg-
beater. Add lemon juice, rind, and
whites of eggs beaten until stiff and
dry.

When yolks and whites are partially
mixed, fold in flour sifted well with
salt.

Bake 1 hr. in slow oven in ungreased
paper-lined pan.

Lesson XXVII.

Cake-making--cont.

Review sponge cake

General rules for butter cakes

mixing

baking

Practical work

Plain cake

Recipe

1 c sugar	1 1/2 c flour
1/4 c shortening	2 1/2 t b. p.
2 eggs	1/4 t salt
1/2 c milk	flavoring

Method

Cream shortening, add sugar gradually.
Add beaten egg yolks and milk. Stir
in sifted dry ingredients. Fold in
beaten whites.

Bake in layers, taking care to push dough
away from center of pan.

Icing

Recipe

1 c sugar	1/3 c water
1 egg white	flavoring

Method

Cook sugar and water until it threads.
Do not stir while cooking.

Beat egg whites stiff and add sugar
syrup gradually, beating all the time.
Flavor.

Spread on cake when stiff but not too
thick.

Lesson XXVIII.

Pie

Kinds

General rules for pastry

mixing

rolling

Practical work

Plain paste

Recipe

1 c flour
1/4 to 1/3 c shortening
1/2 t salt
cold water

Method

Mix salt and flour. Cut in shortening.
Add water to make dough. Toss on
floured board.
Roll lightly in circular shape.

Rhubarb pie

Method

Line pie tin with plain paste.
Trim and clean rhubarb and cut in 1/2
inch pieces and to 2 c rhubarb add 1 c
brown sugar with which has been mixed
1 T cornstarch. Fill lined tin with
this mixture. Cover with pastry,
wetting edge of under crust with cold
water to keep crusts together. Pierce
upper crust to allow steam to escape.
Bake in a moderate oven.

Lesson XXIX.

Salads

Kinds

Food value

Place in menu

Dressing

Garnishing

Practical work

Potato Salad

Method

Scrub 8 large potatoes and cook.
Then pare and slice or cut in dice.
Clean and cut 4 celery stalks very fine.
Cut fine 1 small onion. Mix all with
dressing.

Garnish with hard-cooked eggs.

Boiled salad Dressing

Recipe

1 T oil or butter	3 eggs
2 t salt	1 c weak vinegar
3 t sugar	1 c milk
2 t mustard	

Method

Mix salt, sugar and mustard together.
Add well beaten eggs, then milk and stir well. Add vinegar very slowly stirring constantly. Add butter and cook in a double boiler until thick.
Add to potato salad while hot.

Lesson XXX.

Salads--continued

Review XXIX.

Oil dressings

Practical work

Asparagus Salad

Method

Dip cooked asparagus stalks in French dressing--also dip greens under-neath in dressing.
Arrange in parallel rows. Put band of mayonnaise across.

French dressing

Recipe

1/4 t salt	f. g. cayenne or
1/8 t pepper	paprika
1-3 T vinegar or	3 T olive oil
lemonjuice	1/4 t prepared mustard
	or
	1/4 t onion juice if
	desired

Method

Mix all ingredients, add oil and beat well.

Mayonnaise

Recipe

1 egg yolk	2 T vinegar or lemon juice
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1/2 c olive oil f. g. cayenne or paprika
1/2 t salt 1 t mustard and 1 t
 powdered sugar if desired

Method

Beat egg yolks until thick. Add oil drop by drop beating constantly. When quite stiff add lemon juice gradually. Seasonings may be added last or with lemon juice.

Waldorf Salad

Method

Shred or cut apples and celery in equal proportions. Chop walnuts and mix all ingredients with Mayonnaise. Serve on lettuce leaves in apple shells made by cutting top from sound apples and scooping out inside pulp, being careful not to break the skin. This pulp may be used for the salad.

Lesson XXXI.

Sandwiches

Kinds

Occasions

Combinations

Place in menu

Practical work

Make a lunch box for a picnic

Sandwiches

Stuffed eggs

Salad

Fruit

Lesson XXXII.

Simple desserts

Fruit puddings

Custards

Practical work

Caramel custard

Recipe

1 T caramel	2 T sugar
1 egg	1/4 t salt
1 c milk	nutmeg

Method

Rinse a cup in cold water, pour in 1 T caramel, then custard mixture carefully. Cook in pan of water in oven.

Caramel

Method

Melt sugar over a low flame. Do not stir until in danger of burning. When sugar is melted add 1/2 quantity water gradually. Boil until it is a thick syrup.

Lesson XXXIII.

Frozen desserts

Use

Kinds

Principles involved

mixing

freezing

ripening

Practical work

Lemon sherbet

Recipe

1 qt. water	1 t gelatine
2 c sugar	1 c lemon juice
	juice of 1 orange

Method

Boil sugar and water 20 minutes. Add gelatine soaked in cold water, and fruit juice. Strain and freeze.

Oatmeal macaroons

Method

Rub 1 T butter into 1/2 c sugar and

mix with 1 well-beaten egg.
Stir in 1 1/2 c rolled oats, 1/4 t salt
and 1/2 t b. p.
Drop small shapes on greased pans and bake
in hot oven until brown and crisp.

Lesson XXXIV.

Frozen desserts

Review sherbets

Ice cream

Practical work

Vanilla Ice cream

Recipe

2 c scalded milk	1 egg
1 T flour	1/8 t salt
1 c sugar	1 qt. thin cream
2 T vanilla	

Method

Mix flour, sugar, and salt, add egg slightly
beaten, and milk gradually.
Cook in double boiler 20 minutes, stir-
ring constantly at first.
When cool, add cream and flavoring.
Strain and freeze.

Brownies

Recipe

1/3 c butter	1 egg well beaten
1/3 c sugar	1 c flour
1/3 c molasses	1 c nuts--pecans or walnuts

Method

Mix as usual, but without separating
egg
Bake in small fancy shaped cake tins or
spread a thin layer in large pans, mark
off in narrow oblong shapes, and press
half a nutmeat in center of each.

Lesson XXXV.

Fruit

Review

Canning

Preserving

Jelly-making

Jam

Practical work

Strawberry Jam

Recipe

2 lbs. strawberries

2 lbs. sugar

Method

Clean and wash berries. Mash thoroughly with sugar.

Boil over hot fire 10 minutes stirring constantly. Pour into glasses.

Cool and seal after 24 hrs.

Lesson XXXVI.

Written review.

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