

DUPLICATE

UNIVERSITY COLLEGE

# Foreign Recipes



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# *Foreign Recipes*

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## FOREWORD

As the world grows smaller we grow increasingly interested in our neighbors. We wish to know what they think, what their customs are, what they eat, and what they wear. Lambda Chapter of Omicron Nu, honorary Home Economics organization, of Oregon State College has collected 36 food recipes from 18 nations. These have been tested and are being presented in booklet form, the proceeds of which will aid the Home Economics Club in its endeavor to support a foreign student in Home Economics at Oregon State College.

This International Friendship Scholarship was established in 1924. The first recipient was Miss Ho Ching An, a graduate of Yen-ching College, Peking, China, who received her M.S. degree at Oregon State College in 1926 and since that time has been teaching Home Economics in her Alma Mater in Peking. The second holder of this scholarship was Miss Gladys Ding, a graduate of Hwa Nan College, Foochow, China, who is now doing further graduate study at Columbia University, New York, and is preparing to teach Home Economics in South China. This year's scholarship is held by Miss Poonok Kim, a graduate of Ewha College, Seoul, Korea. On completion of her training she is planning to teach Home Economics in her Alma Mater in Seoul, Korea.

## TOPFENKNÖDEL

(In a Napkin)

(*Austrian*)

3 T butter

2 eggs

$\frac{1}{2}$  pound *dry* cottage cheese

3 T cream of wheat

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

Mix all ingredients and form into a big dumpling. Put dumpling into a wet napkin and tie at the top. Let stand 1 hour before cooking. Hang in boiling water until done— $\frac{1}{2}$  hour or longer.

## CHERRY CAKE

*(Austrian)*

Eggs—4 (weigh)

Sugar—Weight of the 4 eggs

Butter—Weight of 1 egg

Salt— $\frac{1}{2}$  t

Flour—Weight of 3 eggs

Cream egg yolks, sugar, and butter, beating for 20 minutes. Add beaten egg whites. Pour on greased baking sheet.

On top of this drop fresh ripe sweet cherries—enough to cover the cake. Bake in moderate oven.

## BELGIAN GINGERBREAD

2 c corn flour  
 $\frac{1}{2}$  c butter  
 $\frac{1}{2}$  c white sugar  
2 eggs  
1 T ginger powder

Cream butter and sugar together, add well-beaten eggs, and then the mixture of flour and ginger. Work the dough on a board or a marble slab to get the paste of the same consistency. Make it into balls as big as walnuts, flattening them slightly before putting into oven. This kind of gingerbread keeps very well.

## BELGIAN CARROTS

- 6 medium-sized carrots
- 3 T powdered sugar
- 1 T grated onion
- 1 T chopped parsley

Scrape carrots and cut lengthwise. Place in a baking dish and sprinkle with the powdered sugar and onion. Use about  $\frac{1}{4}$  c hot water to make the carrots cook more quickly. Cover and bake in oven for one hour. Just before serving sprinkle the chopped parsley over the carrots.

## EGG FOO YUNG

(Chinese) (Serves 20)

$\frac{1}{4}$  lb. bean sprouts  
2 stalks celery  
 $\frac{1}{2}$  medium-sized onion  
4 water chestnuts  
 $\frac{1}{2}$  lb. pork  
12 eggs

Chop celery, onions, and pork. Fry pork in peanut oil until brown. Take up. Fry vegetables, add 1 t salt and the pork, and in 3 or 4 minutes take up. Beat eggs, add pork and vegetables. Fry 2 T of the mixture at a time folding over like an omelet. (This may be served with a sauce consisting of 1 T flour, 1 T vinegar and 1 T soy sauce.)

## CHICKEN AND WALNUTS

*(Chinese)*

- 1 chicken (at least 3 pounds)
- 2 cups shelled walnuts
- 2 T sugar
- 2 T lard
- 2 T soy sauce
- Lard for deep fat

Shell the nuts, pour boiling water over them and remove the skins. Cut the chicken off the bones and cut in half-inch cubes.

Fry the nuts in deep fat until brown. Remove from pan and cover with sugar. Pour off the deep fat. Fry the chicken in 2 T lard for about 8 minutes (pan must be very hot for this). After chicken is fried add soy sauce and nuts and serve at once.

## OLD ENGLISH PLUM PUDDING

*(English)*

2 lbs. raisins, stoned  
2 lbs. currants  
1½ lbs. Sultanas  
1 lb. mixed peel chopped fine  
2 lbs. brown sugar  
2 lbs. bread-crumbs  
2 lbs. chopped suet  
1½ lemons grated with the juice  
4 ozs. chipped almonds blanched  
2 nutmegs grated  
½ t mixed spice  
¼ t crushed clove  
Pinch of salt  
6 eggs beaten  
¼ pint cider

Mix all together thoroughly. Boil 12 hours, the longer the better on the first day, and 2 hours just before serving. This is the secret for making it black and light. This makes about 1 two-quart and 5 one-quart puddings. This recipe makes excellent plum cake, black and rich, by substituting flour for the crumbs and lard for the suet.

**KIDNEY TOAST**  
(Savory Sippits)

*(English)*

- 4 mutton kidneys and a piece of suet  
the size of two of them
- 3 T bread-crumbs
- 4 sprigs of parsley
- 2 shallots (or a quarter onion)
- 1 lemon
- 8 rounds of toast
- 2 T butter
- Yolks of 2 eggs
- Salt and pepper

Boil the kidneys 15 minutes in salted water. Cut eight rounds of bread the size of teacups and toast them quickly so they will be soft, not crisp. Mince two shallots (or a quarter onion); chop to bits a few sprigs of parsley; and grate 1 t of lemon peel. Chop kidneys fine, removing the white cartilage, and shred the suet to equal fineness. Add to them  $\frac{1}{4}$  t of salt and a dash of pepper. Knead the kidneys with the minced greens, 3 T of bread-crumbs, and the yolks of two eggs, to make a velvety paste. Should it be too stiff,

add a little cream. Spread the paste thickly upon the circles of toast. Fry them in melted butter or bacon drippings, first upon the toast side, then turn them deftly over to brown a bit on top. Dish them up garnished with parsley and lemon, and with melted butter in the dish.

**SIENI KAARYLEET**  
**(Mushroom Balls)**

*(Flemish)*

1 c boiled and mashed mushrooms  
 $\frac{1}{3}$  c ground and fried meat  
 $\frac{1}{3}$  c bread-crumbs  
 $\frac{1}{3}$  c cream  
1 T butter  
 $\frac{1}{4}$  onion  
1 egg  
Salt and pepper for seasoning.  
Butter for frying.

Slice and fry onions. Mix all ingredients together. Make into flattened balls and fry in butter.

## GELATIN FISH DISH

*(Flemish)*

Boil fish (cut in small pieces) in water with salt, whole allspice, bay leaves, and onion. Line mold with thin slices of dill pickle, slices of hard cooked egg and bits of parsley. Put pieces of boiled fish in center. Add gelatin to the hot fish stock and pour it over the fish in the mold. Serve with sauce as cold supper dish.

May use lemon dressing:

1 egg  
1 heaping T sugar  
 $\frac{3}{4}$  juice of 1 lemon  
Pinch of salt

Whip egg and sugar sufficiently to mix well. Add lemon juice and salt and enough cream to make desired amount.

**SWEETBREADS IN PAPERS**  
**(Ris de veau en Papillotes)**

*(French)*

Parboil 1 large sweetbread, cooking it a full 40 minutes. Drain, trim, and cut into 5 or 6 slices. Heat these slices in Duxelles Sauce. Remove them and lay each between 2 slices of cooked ham of the same size as the pieces of sweetbreads. Wrap each of these "sandwiches" in well oiled white paper, and heat them in the oven until the paper browns. Remove and serve with Duxelles Sauce. Instead of using the paper the sandwiches may be broiled, just until the ham is heated through but not hard and crisp. Serve as above with the sauce.

## SAUCE DUXELLES

(Sauce a' la Duxelles)

(French)

This sauce was originated by the Marquis D'Uxelles, who lived at the end of the 17th Century when cooking was engaging the attention of the fashionable world. He was famous as a gastronomer and wrote a book on French cookery.

Mushrooms, chopped  $\frac{1}{4}$  c

Parsley, chopped 1 t

Onions, chopped 1 t

Bacon, 1 small slice

Cloves, 2

Butter, 1 T

Flour, 2 T

Vinegar, 1 T

Stock, 1 c

Cook together the onion, mushrooms, bacon, and butter until mushrooms are done and fat is a golden brown. Add the flour, and brown. Add the cloves, parsley, vinegar, and stock. Cook, stirring until thick and well blended. Strain to remove seasonings. Add salt and pepper. Serve with poultry, game, or roast.

## MOCHA CREAM CHANTILLY

*(French)*

2 oz. ground coffee

1 pt. cream

$\frac{3}{5}$  c water

$\frac{1}{3}$  c sugar

Make a strong brew of the coffee and water. Strain through a doubled cheese cloth. Add sugar and cook until as thick as molasses. Cool. Whip a pint of chilled cream until stiff. Drain on a fine sieve 15 minutes, then using a wooden spoon, gently mix the cooled sirup with the chilled cream. Serve chilled in a chilled glass with light cakes.

## GERMAN SOUR BEEF

4 lbs. rump beef roast  
2 medium onions  
6 slices bacon  
2 T salt  
1½ t pepper  
½ t cloves  
½ t allspice  
½ t mace  
½ bay leaf  
1 stalk celery  
Few gratings of orange and lemon rind  
Vinegar

To prepare beef, stick little pieces of bacon in it and lay pieces of bacon on edge of gristle. Slice onions over it, sprinkle with salt, pepper, and other seasonings. Cover all with vinegar (not too strong). Let the beef stand in this from three days to a week, turning it several times. Take beef from liquid, dredge with brown sugar and flour. Roast, searing on both sides. Brown flour for the gravy. Add brown sugar and some of the vinegar diluted with water. A clove of garlic may be added to the spiced vinegar in which

beef is soaked, if flavor is desired. Serve with dumpling and boiled red cabbage. Serves six persons.

### PFEFFER KUESSE

*(German)*

2 c sugar  
4 c flour  
1 lemon rind only  
 $\frac{1}{2}$  c citron (chopped fine)  
1 T cinnamon  
 $\frac{1}{2}$  T cloves  
 $\frac{1}{2}$  T mace  
 $\frac{1}{2}$  T nutmeg  
2 t baking powder  
5 eggs

Sift all dry ingredients together and mix to a dough with eggs beaten without separating. Roll in  $\frac{1}{2}$ -inch sheet and cut into small circles. Let stand on floured board over night. Next morning, turn over and brush tops with cold water. Bake in a moderate oven. They should look like tiny pots with half contents running over.

## CAULIFLOWER "IN STUFATO"

*(Italian)*

1 medium-sized head cauliflower  
4 slices bread

Remove the outer leaves and clean. Cut into several pieces, put them into pot of boiling water and cook quickly for twenty or thirty minutes until quite tender. Take them out without breaking and place them on pieces of buttered toast. Serve with the following sauce.

### Sauce

Put some butter in a frying-pan, add a little flour. Mix with some stock, and stir well until it boils. Then add several finely chopped mushrooms and cook a little more. Remove from stove and add the yolks of two eggs which have been well beaten, salt, pepper, grated nutmeg and juice of lemon. Pour this sauce over and around the cauliflower and serve. The sauce must not be boiled after adding the eggs.

## SPAGHETTI WITH TUNA FISH

*(Italian)*

½ lb. spaghetti  
2 oz. tuna fish  
1 t chopped parsley  
4 tomatoes  
Few grains pepper

While spaghetti is boiling in salted water, prepare the following: Cut tuna fish into small pieces, put into sauce pan and fry them in their own oil. If necessary add 1 T olive oil. When the tuna has been fried add tomatoes which have been peeled and the seeds removed, the parsley, and pepper. Let the tomatoes cook thoroughly. When they are cooked, put the spaghetti into the saucepan and move about with a fork and spoon until thoroughly mixed with the sauce and the tuna. Then serve.

## FRICASSEE OF CHICKEN

*(Ceylon)*

Cut 2 good-sized chickens in 8 pieces. Season with salt and pepper; put in a saucepan with about 1 quart of coconut milk; add to this a little cinnamon,  $\frac{1}{4}$  t fresh coriander,  $\frac{1}{4}$  t. of powdered saffron, a little red pimiento, and boil until tender; at the last minute thicken the sauce with 4 egg yolks mixed well with  $\frac{1}{2}$  pint coconut cream; keep hot but do not boil, as the richness of the ingredients would make it curdle. As this curry is not hot it is served with a sambo which consists of small dishes on one tray containing such savories as plain scraped coconut, pimiento paste, and chopped onion with a red pepper sauce.

To obtain coconut cream, scrape 3 fresh coconuts very fine to which add 3 pints of water. Stir together for a few moments, then strain. Let this milk stand for 3 hours to obtain the cream.

## A SIMPLE INDIAN CURRY

. (*Ceylon*)

One pound of beef, mutton, fish, or vegetables, as desired. One T curry powder, 1 heaping T butter, 1 onion,  $\frac{1}{2}$  fresh coconut, juice of half a lemon, salt to taste. Curry powder to be mixed in 2 ounces of water. Onion to be finely chopped. Coconut to be scraped and soaked in a teacup of boiling water, then squeezed, and the milk (or the liquid) to be put into the curry. First cook the butter till it bubbles, put in the onion and let it brown, add the curry powder, and let that cook a few minutes; if it becomes too dry and sticks to the pan add a little hot water. Then put in the meat (raw) cut in small pieces, fish, or vegetables, and fry, then add salt, and if dry, add a little more water. When about half done, add the coconut milk and the lemon juice. Let all simmer till meat is thoroughly cooked.

If not convenient to use the coconut milk, ordinary milk may be used and the mixture thickened with a little

flour. Coconut milk thickens without flour. When the butter separates and shows itself in the gravy, the curry is ready for serving. Curry should be served with plain boiled rice. Pass rice first, then curry.

Indian chuteny served with curry is a decided improvement. A banana cut in pieces about  $\frac{1}{2}$  inch thick and added to the curry mixture while cooking, gives a pleasant addition to the flavor.

## JAPANESE CRAB MEAT, THERMIDOR

- $\frac{1}{2}$  lb. Japanese crab meat
- 1 t chopped onion
- 1 t chopped parsley
- $\frac{1}{2}$  t beef extract
- 1 T water
- 2 T butter
- 2 T flour
- 1 t mustard
- 1 c rich milk
- $\frac{1}{2}$  t salt
- Few grains cayenne
- $\frac{1}{4}$  c mushroom caps
- 1 T grated cheese

Remove bones and separate crab meat into flakes. Put into saucepan the onion, parsley, beef extract, and water. Stir and cook until water is almost evaporated. Add butter and when melted add flour and mustard. When smooth add milk and stir until sauce boils. Add salt, cayenne, crab meat, mushroom caps cut in slices and sautéd for three minutes in butter and grated cheese. In a shallow baking dish make a layer of boiled rice, each kernel distinct and separate. Cover

with crab meat, sprinkle with grated cheese and bake in a hot oven or at 450° F. until delicately brown.

## SUKIYAKI

*(Japanese)*

- 2 lbs. meat (pork, beef, or chicken)
- 2 good-sized onions
- 1 small can mushrooms
- 1 small can bamboo sprouts
- $\frac{1}{2}$  c diluted soy-bean sauce
- 1 cake of soy-bean curd
- 2 T sugar

Place fat of meat in frying-pan and let simmer. Add meat and onions, cook for about 5 minutes, add mushrooms and bamboo sprouts. Pour in soy-bean sauce and sugar and let cook about 10 minutes. Add soy-bean curd which has been cut into squares. Cook for few minutes and serve. Other vegetables may be added besides onions, such as green peppers, celery, peas, bean sprout.

### SOUP (*Korean*)

$\frac{1}{2}$  pound pork (diced)  
 $\frac{1}{2}$  pound veal (diced)  
4 medium potatoes (diced)  
1 pound spinach  
 $\frac{1}{4}$  head cabbage (chopped)  
4 stalks celery  
6 c water  
 $\frac{1}{2}$  c soy-bean sauce  
Salt to taste

Fry the meat in a large kettle. When nearly done add the soy-bean sauce. Allow this to heat. Add the water boiling hot, add the cabbage and celery and let cook 10 minutes. Add the potatoes and when nearly done add the spinach and let simmer.

### FRIED MEATS (*Korean*)

2 eggs  
 $\frac{1}{2}$  c flour  
 $\frac{1}{4}$  c water  
Salt

For meat use liver, clams, oysters, small pork steaks, or veal. Make a paste of the eggs slightly beaten, the salt, and water. Dip meat in paste and fry. Serve with soy-bean sauce.

## ENCHILLADES WITH CHILI SAUCE

(*Mexican*) (Serves 12)

- 2½ c corn-meal
- 2½ c white flour
- 2½ dozen eggs
- 2½ quarts chopped olives
- 2 or 3 red peppers
- ¾ pound grated cheese
- 3 cans tomatoes
- 2 t red chili powder
- 2 T ground chili
- 1 T flour
- 3 T bacon fat

To make tortillas use the 5 c flour and make cakes by any good pancake recipe. (Corn-meal is better to use if allowed to stand about 5 minutes after having hot water poured on it.)

### Chili Sauce

Cook peppers in bacon fat, add tomatoes and cook. Thicken with flour to the consistency of gravy.

Fry eggs and tortillas.

Spread one cake with layer of grated onions, then a layer of chopped olives, then layer of grated cheese. Pour over some of the chili sauce. Put on an-

other tortilla, another layer of onion, chopped olive, and cheese. Put on a fried egg. Pour over some more sauce and serve.

## TAMALES

*(Mexican)*

- 1 chicken (an old hen)
- 3 pints stock (left from cooking chicken)
- Corn-meal (enough to thicken stock)
- 3 T fat
- 2 medium-sized onions
- 1 garlic clove
- 2 c tomatoes
- 2 T sugar
- 3 t chili powder
- 2 chili peppers
- 2 9-ounce cans ripe olives
- Corn husks—if large size 6 dozen—if smaller size—12 dozen
- Salt the mush and chicken to taste
- 1 t salt in tomato sauce

Cut chicken into desired pieces and boil until tender. Remove bones and cut chicken into small pieces. Save stock and have at least 3 pints. To

stock add corn-meal slowly until it makes a thick mush. Cook about 15 minutes, stirring constantly. Melt the fat, add chopped onion and cook a medium brown. Add garlic, tomato, sugar, salt, chili powder, and peppers. When hot add the chicken. Boil or steam corn husks until soft and pliable.

To fill, lay one large husk on board (or two, if small). Put on a heaping T mush and flatten. Put on a T of chicken mixture. Put on an olive. Put on another spoonful of mush. Cover with 1 large or 2 small husks and roll up. Tie the ends with twine. Steam about 1 $\frac{1}{4}$  hours.

## BERLINENKRANSE

*(Norwegian)*

2 hard-boiled egg yolks

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

1 c butter

2 raw egg yolks

4 c flour

Mix hard-boiled egg yolks with sugar. Then add butter and raw yolks.

Add flour. Take small pieces of dough and mold into rings. Dip in beaten white of egg and sprinkle with coarse white sugar. Bake in a moderate oven until a light brown.

### FATTIGMANDS—BAKKELSE

*(Norwegian)*

6 egg yolks  
2 whole eggs  
1 c white sugar  
 $\frac{1}{2}$  c sweet cream  
Juice of  $\frac{1}{2}$  lemon  
 $\frac{1}{4}$  t salt  
Flour to make stiff dough

Roll very thin and cut in long uneven strips. Fry in deep fat like doughnuts. Use two forks to push under fat to fry to a very light brown.

## PETROGRAD SANDWICHES

*(Russian)*

Cut six circular slices of bread  $\frac{1}{4}$  inch thick, varying from  $3\frac{1}{2}$  to  $\frac{3}{4}$  inches in diameter. Spread each with creamed butter, put the largest slice on plate and spread with strawberry jam. Place next sized slice on top, spread with pimiento cheese worked until smooth and sprinkle with chopped salted almonds. Place next slice and cover with lettuce leaf, mayonnaise dressing, one slice of tomato and one very thin slice of onion. Place next slice and cover with sliced chicken. Place next slice and cover with creamed crab meat and one slice cucumber. Place top slice, cover with anchovy butter or Russian caviar and place a stuffed olive in the center. At one side of plate place a bonbon in a paper cup and on the other side a piece of celery. This gives all the courses of a meal on one plate. Remove and eat one layer at a time.

## RUSSIAN STEAKS

1 lb. chopped round steak  
 $\frac{1}{2}$  T salt  
 $\frac{1}{2}$  t pepper  
 $\frac{1}{2}$  c butter

### Sauce

2 T oil  
1 T butter  
 $1\frac{1}{2}$  T flour  
2 t onion juice  
1 t grated horseradish  
 $\frac{1}{4}$  t mixed mustard  
 $\frac{1}{2}$  t salt  
Few grains pepper  
 $1\frac{1}{2}$  c stock (water may be used)  
 $\frac{1}{4}$  c cream  
1 t lemon juice

Add by degrees with a wooden spoon the butter to the meat. Roll into fat balls and place in very hot frying-pan. Give three minutes to each side. Serve with sauce.

Mix together oil, butter, flour, onion juice, horseradish, mustard, salt, pepper, and gradually stock. Cook three minutes and then take from fire and add cream and lemon juice.

## SHRIMPS A LA CREOLE

*(Philippino)*

- 2 c shelled shrimps
- $\frac{1}{2}$  medium-sized onion
- 3 ripe tomatoes (chopped)
- 1 clove garlic
- 2 T lard
- 1 t salt
- $\frac{1}{4}$  t pepper

Heat the lard in a frying-pan. Mix the shelled shrimps, onion, and garlic. Put into frying-pan, add the tomatoes, and cook for ten minutes. Season with salt and pepper.

## REPOLLO HUEVOS

*(Philippino)*

1 medium-sized cabbage  
6 eggs  
2 T lard  
6 medium-sized onions  
2 large ripe tomatoes  
2½ t salt  
½ t pepper

Remove the outside leaves of the cabbage. Quarter the head, remove the stalk, wash thoroughly. Put into boiling water and cook until tender. Drain and chop the cooked cabbage. Slice the tomatoes and onions. Heat the lard in the frying-pan, add tomatoes and onions. When onions are tender, add cabbage and a little hot water to keep the mixture moist. Cook ten minutes stirring constantly. Add salt, pepper, and beaten eggs. Mix thoroughly and serve.

**SPANISH ALMONDIGAS**  
**(Especial Meat Balls)**

1 lb. lean beef or veal  
 $\frac{1}{4}$  lb. lean pork  
1 c bread-crumbs  
2 T grated cheese  
1 egg, and the yolk of a second  
 $\frac{1}{4}$  t marjoram or 2 T of minced parsley  
Flour  
1 onion  
1 T butter  
5 or 6 tomatoes or 2 T tomato sauce  
1 t chopped parsley  
Juice of 1 lemon  
Salt and pepper

Grind the meat. Add marjoram or parsley, salt, pepper, cheese, and bread-crumbs. Knead mixture well. Add egg to bind mixture together, then form into egg-sized balls and sprinkle with flour and they are ready to cook.

To make the sauce, brown the onion in butter or drippings and add the tomatoes quartered. When nearly cooked pour over them a pint of boiling water. Add salt and pepper.

Lower floured meat balls into this

boiling sauce and let them boil one hour. Remove from fire and take out balls. To sauce add 1 egg yolk, 1 t minced parsley and the juice of a lemon. Mix to a paste. Place on stove but do not allow to boil again or egg will curdle. Pour sauce over balls and serve.

May be served either hot or cold. If cold accompany with lettuce. If hot accompany with mashed potatoes. If desired, a quart of peas may be added to the sauce.

## STUFFED PEPPERS

*(Spanish)*

4 green peppers  
1 can sardines (4½ oz.)  
1 c fresh bread-crumbs  
1 slice onion  
1 T grated cheese  
¼ c tomato paste  
2 c stock  
Salt and pepper

Split green peppers in half lengthwise. Scoop out seeds. Chop off inner and outer projection of stem. Rinse in cold water, put into a bowl and pour on boiling water allowing peppers to stand until they have cooled. Split sardines and remove backbones. Mash the meat to a paste. Into this work the bread-crumbs, grated cheese, tomato paste, salt, and pepper. Rub mixture until creamy smooth.

Pack cooled peppers with sardine mixture. Sprinkle with bread-crumbs and fleck with butter. Place in buttered baking dish. Add small slice of onion, pour over the stock and bake slowly 25 minutes.

Remove peppers. Add  $\frac{1}{2}$  t salt,  $\frac{1}{4}$  t peppers, and 1 T flour to liquid in the pan. Stir until smooth, boil 2 or 3 minutes and pour over peppers, then serve.

## SCONES

*(Scotch)*

5 c flour  
 $\frac{1}{2}$  c fat  
 $\frac{3}{4}$  c raisins  
 $\frac{3}{4}$  c sugar  
1 egg  
1 T soda  
2 t cream of tartar  
Milk to make stiff dough

Cream fat and sugar, add beaten egg. Add sifted dry ingredients including raisins alternately with liquid. Roll each piece out about  $\frac{1}{2}$  inch thick, mark slightly, and bake in hot oven about ten minutes. Recipe makes five scones.

## SCOTCH SHORT BREAD

1 c butter  
 $1\frac{1}{2}$  c flour  
 $\frac{1}{2}$  c brown sugar

Cream butter until very creamy. Add one-half the flour, slowly, working it

well. Add sugar in same manner, and then remainder of flour. Pat the mixture into an oblong cake about  $\frac{3}{4}$  inch thick. Prick the surface all over with a fork to prevent puffing. Bake in a slow oven about  $\frac{1}{2}$  hour, browning only slightly. Let bread cool in its own pan. If desired, bread may be cut into unusual shapes before baking.

### LIVER PUDDING

*(Swedish)*

4 c grated cooked liver  
1 $\frac{1}{2}$  c rice  
1 small onion  
2 eggs  
3 T sorghum molasses  
Salt and pepper to taste  
2 c sweet milk

Cook liver and grate. Cook rice in water until fluffy. Mix liver, rice, milk, molasses, beaten egg, and salt and pepper. Brown the onion in  $\frac{1}{2}$  c butter and stir into the mixture. Bake about  $\frac{1}{2}$  hour. Serve with melted butter.

## YULE BREAD

(Jul Brod)

(*Swedish*)

- 4 c milk (scalded)
- $\frac{1}{2}$  c butter
- 3 egg yolks well beaten
- 2 c sugar
- 1 T salt
- 3 squares compressed yeast
- 1 piece of citron (diced)
- 2 t ground cardamon
- $1\frac{1}{2}$  c raisins
- Flour enough for a stiff dough (about  
3 sifters or 16 c)

Into scalded milk put butter and sugar. Add  $\frac{1}{2}$  c flour, yeast, eggs, and salt. Mix well and set aside for two hours. Add citron, raisins, cardamon, and rest of flour. Mix well and set aside from three to four hours in a warm place to rise. Mold in pans and let stand from one-half to one hour. Bake about one hour in a hot oven (400° F.).