

Allergen-Free



Retro Recipes

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To duplicate specific recipes or find non-modified recipes and additional recipes from the original book, visit www.gutenberg.org and search for *The New Dr. Price Cookbook* by the Royal Baking Powder Company.

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Allergen-Free



Retro Recipes



It was shortly after Thanksgiving Day that someone asked the little boy to define the word appetite. His reply was prompt and enthusiastic:

“When you’re eating you’re ‘appy; and when you get through you’re tight—that’s appetite!”

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3 teaspoons allspice
3 teaspoons cloves
2 quarts vinegar
1 pound brown sugar

Chop tomatoes, onions and peppers; cover with salt and allow to stand over night. Drain, and add to vinegar, spices and sugar which have been heated to boiling. Cook 15 minutes and seal in sterilized jars.

Chili Sauce

12 medium-sized ripe tomatoes
1 red pepper
1 onion
2 cups vinegar
1/3 cup sugar
2 tablespoons salt
2 teaspoons cloves
2 teaspoons cinnamon
2 teaspoons allspice
2 teaspoons nutmeg

Peel and slice tomatoes; add chopped pepper and onion; put into kettle with remaining ingredients. Heat slowly to boiling and cook slowly 2-1/2 hours. Seal in sterilized jars.

quickly in hot water then rub off the fuzz with a cloth. Cook a few peaches at a time in the syrup, cook until tender. Pack in sterilized jars. Adjust sterilized rubbers, and fill each jar to overflowing with hot strained syrup. Seal jars immediately.

Chow Chow

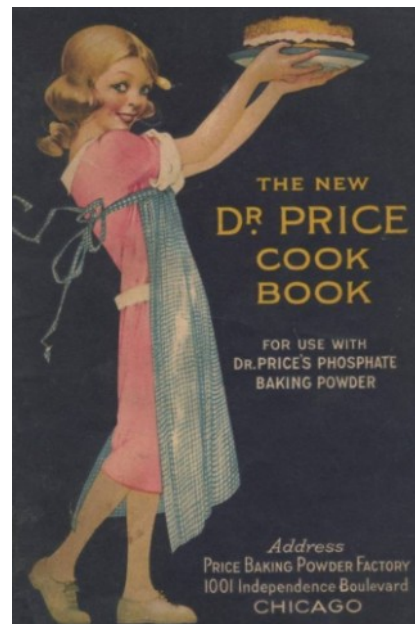
1 quart small white onions
1 quart small cucumbers
2 heads cauliflower
3 green peppers
1 quart vinegar
6 tablespoons mustard
3 tablespoons flour
1 cup sugar
1 tablespoon turmeric

Peel onions, add cucumbers, cauliflower separated into flowerlets and sliced peppers. Soak over night in brine (1 cup salt to 1 quart water). Drain and cook in fresh brine until vegetables are tender, drain again. Boil vinegar, add paste made with mustard, flour, sugar, turmeric and a little cold vinegar, stirring until mixture thickens; add vegetables and cook slowly 10 minutes. Seal in sterilized jars.

Sweet Tomato Pickles

1/2 peck green tomatoes
4 onions
4 green peppers
1 cup salt
1/2 cup white mustard seed
2 teaspoons pepper
3 teaspoons cinnamon

Welcome!



There's something special about old-fashioned recipes. They're the ones Grandma cooked, or are the dishes that made the holidays exceptional. Even the scent of a food may bring back pleasant memories. Often, in the interest of cooking and baking allergen-free dishes, we abandon these more familiar ones and seek instead to try new and different things. It's less heartbreaking to try a new recipe and dislike it than it is to modify an heirloom one and find out it doesn't work.

Honoring those past favorites is the purpose behind bringing out a book that contains not only common-allergen-free recipes, but also ones that are classic.

The recipes in this cookbook have been specially selected from *The New Dr. Price Cookbook*, a cookbook created in 1921 that now lives on in the public domain.

In the interest of including only allergen-free recipes, ones containing common allergens have been omitted. As we all know, calling something "allergen-free" is really inaccurate. Any food may contain allergens—it depends on the person, not the ingredients! I recommend going through the book and highlighting recipes that fit within your/your child's allergen-free diet(s). Go ahead, write in the book!

Conversely, recipes you can eat may have been excluded (and plenty of those included have been modified), so if you like them, you may wish to see the entire book. Visit www.gutenberg.org and search for *The New Dr. Price Cook-*

book by the Royal Baking Powder Company.

I hope this is a book that you will seek again and again. That's why I've added retro images, dividers, an index, and jokes (the jokes are from the public domain book *Jokes For All Occasions*, by Edward J. Clode). This is not only a cookbook, but also a book that will be along on the journey as you create new, allergen-free memories.

With kind wishes,

melissa

Melissa J. Taylor
Founder of Food Allergy Survivors Together
www.angelfire.com/mi/FAST

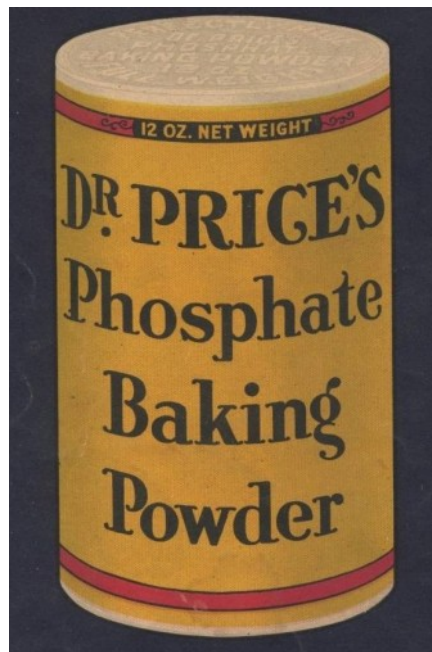
From the original book: "Dr. Price's Phosphate Baking Powder is made in the same factory in which Dr. Price's Baking Powder containing cream of tartar has been made for nearly seventy years, and embodies all the skill, scientific knowledge and great care used therein.

"It perfectly leavens the food and never leaves a bitter taste even if you should happen to use more than the recipe calls for. With it you can make a delicious angel cake with three eggs instead of eight, and can economize in other expensive ingredients.

"Safety, surety, satisfaction, form a triple guarantee that comes with every can of Dr. Price's Phosphate Baking Powder. Use it often--use it always and enjoy the results.

"The low price at which Dr. Price's Phosphate Baking Powder is now sold brings an econo-

my to the home which, when combined with quality, is too important to be overlooked."



An image from the original cookbook.

Raspberry Jam

Pick over berries. Mash a few in bottom of preserving kettle; continue until fruit is used. Heat slowly to boiling point and add equal quantity of heated sugar. Cook slowly 45 minutes. Put into sterilized jars or tumblers. Other berry jams can be made in same way.

Other jams: Jams are usually made with small fruits or chopped large fruits. Cook slowly with equal weight of sugar until thick; put into sterilized tumblers or small jars and seal.

Jellies

Heat and mash fruit until juice runs readily. If fruit is not entirely broken rub through coarse sieve. Pour into sterilized jelly bags of unbleached muslin or doubled cheesecloth and drain but do not squeeze. Take 7/8 cup sugar for each cup of juice. Boil juice 8 to 20 minutes (berries and currants require less time); add sugar which has been heated in oven; stir until sugar is dissolved and boil about 5 minutes. Pour into hot sterilized tumblers. Hard fruits like apples and quinces should be cut up, covered with cold water and cooked until tender before turning into jelly bags.

Pickled Peaches

2 pounds brown sugar
2 cups vinegar
1 ounce stick cinnamon
1/2 ounce whole cloves
4 quarts peaches

Boil sugar, vinegar and spices for 20 minutes. Dip peaches

Asparagus

Asparagus must be fresh and tender. Select tips of uniform size and maturity, wash, cut into lengths according to containers to be used. Scrape off scales and tough outer skins and tie in bundles to fit jar.

Immerse lower ends in boiling water for 5 minutes, then entire stalks, for 3 minutes longer.

Cold dip, drain, pack neatly, tips up, in hot sterilized jars. Add salt and cover with boiling water. Loosely seal, sterilize two hours in boiling water bath. Remove as soon as time is up. Tighten covers, invert to test seal and cool.

Beans

String Beans and Wax Beans.--Wash, string, leave whole or break in uniform pieces. Blanch 5 to 10 minutes or until the pod will bend without breaking. Cold dip, drain well and pack into hot jars. Add salt and cover with boiling water. Loosely seal and sterilize two hours in boiling water. Tighten covers, invert to test seal and cool.

Corn

Select tender juicy sweet corn, at the best stage for table use and can as soon as possible after gathering. Remove husks and silk; blanch tender ears 5 minutes, older ears 10 minutes. Cold dip and cut from cob. Pack into hot sterilized jars. As corn swells during sterilization, leave space of 1 inch at top. Add salt and cover with boiling water. Be sure water penetrates through the corn to the bottom of jar. Loosely seal and sterilize 3 hours in boiling water. Remove, tighten covers, invert to test seal and cool.

Cooking Notes from FAST

Following are cooking tips that may prove useful as you decide which recipes will fit within your allergen-free diet.

Flour Mix (Gluten-Free)

by Nancy Taylor

1 part brown rice flour
1 part white rice flour
1 part tapioca or arrowroot flour/starch

You can make this flour in any proportions. Mix the flours thoroughly together.

Of course, you can also use your own preferred flour mixture when a recipe calls for flour. In fact, yours may work better than this one, especially if you can have gluten.

Milk? Bread Crumbs?

Some recipes calling for ingredients such as “milk” or “bread crumbs” have been included because those specific recipes are not reliant on these ingredients being authentic. Most recipes calling for milk have been excluded, however, since this is often an important ingredient in a recipe. If you are in need of bread crumbs, the Miracle White Bread recipe on FAST (www.angelfire.com/mi/FAST) works really well.

Shortening

At publication time, there is currently one one-ingredient commercial shortening on the market that is allergen-free for most people, aside from the traditional lard. Oil can also sometimes be used as a substitute, in smaller quantities, and was recommended as a substitute in the original cookbook.

If you need help finding a suitable shortening, please ask on the FAST mailing list. Members can share up-to-the-minute information there.

Open-kettle Method.--Cook peaches in syrup until tender; then with sterilized spoon slip them carefully into sterilized jar; fill jar to overflowing with syrup. Adjust rubber, cover, seal immediately, and invert to cool.

Canned Cherries

Wash and pit cherries. Can sweet cherries as berries (below). Blanch sour cherries 1/2 minute, in boiling water. Dip in cold water; drain and pack closely into hot sterilized jars. Cover with boiling water or boiling medium syrup. Loosely seal. Sterilize 16 minutes in boiling water bath. Remove jars at once, tighten covers, invert to test the seal and cool.

Canned Pears

Wash and peel fruit and follow directions for canned peaches (see page 52).

Canned Berries

Blackberries, blueberries, huckleberries, raspberries, loganberries, gooseberries and strawberries should be canned as soon as possible after picking. Hull or stem; place in strainer and wash by lifting up and down in pan of cold water.

Pack into hot sterilized glass jars, using care not to crush fruit. To insure a close pack put a 2 or 3 inch layer of berries on the bottom of the jar and press down gently with a spoon. Continue in this manner with other layers until jar is filled. Boiling water or boiling thin or medium syrup should be poured over the fruit at once. Loosely seal. Sterilize 16 minutes in boiling water. Remove jars, tighten covers, invert to test seal and cool.

Use of Sugar in Canning Fruit

Sugar is used in canning fruit for the purpose of improving flavor and is not necessary for preservation.

Thin Syrup--1 part sugar to 2 parts water for sweet fruits.

Medium Syrup--1 part sugar to 1 part water for berries and medium sweet fruits.

Thick Syrup--2 parts sugar to 1 part water for sour fruits.

To make syrup add sugar to boiling water. Stir until all sugar is dissolved, boil 2 or 3 minutes.

Canned Peaches

Have ready a syrup by boiling sugar and water together until sugar has dissolved, using 1/2 to 3/4 cup sugar to each cup water. Allow 1 cup syrup to each quart jar of peaches and add 1 peach pit to each quart syrup.

Scald sound, firm freestone peaches, a small number at a time, in boiling water just long enough to loosen skins; dip quickly into cold water and slip off skins. Cut peaches in halves and remove stones.

Can-cooked method.--Pack peaches in overlapping layers with rounded side upper-most facing glass. Fill each jar with hot syrup and adjust rubber, cover, and upper clamp, thus partly sealing jar. Place jars on rack in hot water that covers the tops to a depth of 1 inch. Bring water to boiling point, and boil pint jars 16 minutes, quart jars 20 minutes. Remove jars, seal, and invert to cool.

The New Dr. Price Cookbook by the Royal Baking Powder Company gave thanks to the U.S. Food Administration and N.Y. State Department of Agriculture for some of the canning information.

Breads, Cakes, and Frostings



Baking Powder Bread

4 cups flour
1 teaspoon salt
1 tablespoon sugar
7 teaspoons baking powder
1 medium-sized, cold, boiled potato
Water

Sift thoroughly together flour, salt, sugar and baking powder, rub in potato; add sufficient liquid to mix rapidly and smoothly into soft dough. This will require about one pint of liquid. Turn at once into greased loaf pan, smooth top with knife dipped in oil, and allow to stand in warm place about 30 minutes. Bake in moderate oven about one hour. When done take from pan, moisten top slightly with cold water and allow to cool before putting away.

Potato Rolls

4 cups flour
1 teaspoon salt
1 tablespoon sugar
7 teaspoons baking powder
2 medium sized cold boiled potatoes
Water

Sift thoroughly together flour, salt, sugar and baking powder; rub in potatoes or add after putting through ricer; add sufficient liquid to mix smoothly into a stiff batter or soft dough. This will require about one and one-half cups. Divide into small pieces; knead each and shape into small rolls; place on greased pan and brush with melted shortening and allow to stand in warm place 15 to 20 minutes. Bake in hot oven and when nearly done, brush again with melted shortening.

Canning and Preserving



Buckwheat Cakes

1 cup flour
2 cups buckwheat flour
6 teaspoons baking powder
1-1/2 teaspoons salt
2-1/2 cups water
1 tablespoon molasses
1 tablespoon shortening

Sift together flours, baking powder and salt; add liquid, molasses, and melted shortening; beat three minutes. Bake on hot greased griddle and serve immediately with syrup.

Cake

1 cup brown sugar
1-1/4 cups water
1 cup seeded raisins
2 ounces citron, cut fine
1/3 cup shortening
1 teaspoon nutmeg
1 teaspoon cinnamon
1/2 teaspoon salt
2 cups flour
5 teaspoons baking powder

Boil sugar, water, fruit, shortening, spices and salt together in saucepan 3 minutes; when cool, add flour and baking powder which have been sifted together; mix well. Bake in greased loaf pan in moderate oven about 45 minutes.

Molasses Cakes

1 cup molasses
1/2 cup sugar
1/2 cup melted shortening
1/2 cup boiling water
3 cups flour
3 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon soda
2 teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon cloves
1 cup stale, allergen-free bread crumbs

Mix molasses, sugar, shortening and boiling water together; add flour, baking powder, salt, soda and spices which have been sifted together; add bread crumbs; mix well. Drop by spoonfuls on greased baking sheet and bake in moderate oven 10 to 12 minutes.

Chocolate Icing

3 cups confectioners' sugar
Boiling water
1 teaspoon vanilla extract
2 ounces (2 squares) unsweetened chocolate
1/2 teaspoon grated orange peel

To sugar add boiling water very slowly to make a smooth paste; add vanilla, melted chocolate and orange peel. Put between layers and on top of cake.

Cocoa Cream Candy

4 tablespoons confectioners' sugar
2 tablespoons boiling water
4 tablespoons cocoa
1/2 teaspoon vanilla extract

Mix sugar and boiling water until smooth; add cocoa and vanilla; mix until creamy. Dust hands with sugar; take up 1/2 teaspoon of mixture and roll. Dust a plate with sugar, and roll balls in finely chopped nuts (you might instead try powdered sugar or cocoa powder) and allow to dry for about 2 hours.

Stuffed Prunes or Dates

Wash, dry and stone fruit; fill with a half marshmallow or safe chopped nuts and raisins and roll in sugar.

Pineapple Juice

Peel a ripe pineapple, cut into small pieces and extract juice with fruit press or potato ricer. Strain and serve with cracked ice.

She (pouting): You don't value my kisses as you used to.

He: Value them? Why, before we were married I used to expect a dozen in payment for a box of candy, and now I consider only one of them sufficient payment for a new dress.

Cocoa

2 teaspoons cocoa, 1 teaspoon sugar, 1 tablespoon cold water and 3/4 allergen-free milk to each cup. Mix dry cocoa with sugar and cold water; cook over slow fire until thick; add allergen-free milk, and boil 1 minute.

Chocolate Drink Syrup

2 cups water
2 cups sugar
1 cup cocoa
1/2 teaspoon salt

Stir water and sugar in saucepan until dissolved; boil 5 minutes; mix cocoa with cold water to make a paste and add to boiling water and sugar; boil slowly for 10 minutes; add salt. When cold put into bottle or glass jar in refrigerator. Take 2 tablespoons of syrup for each glass or cup of milk.

Cream Candy

2 cups sugar
2 tablespoons vinegar
1 teaspoon cream of tartar
1 teaspoon lemon extract

Add a little water to moisten sugar; boil with vinegar and cream of tartar without stirring, until brittle when tried in cold water. Add lemon; turn out quickly on buttered plates. When cool enough to handle, pull until white, and cut into pieces.

Fresh Strawberry Icing

Crush ten strawberries with a little sugar and a few drops lemon juice and let stand until juicy; then mix in gradually three cups of confectioners' sugar or sufficient to spread easily. Put between layers and on top of cake.

Young Husband: "It seems to me, my dear, that there is something wrong with this cake."

The Bride (smiling triumphantly): "That shows what you know about it. The cookery book says it's perfectly delicious."

Sweets





Puddings and Pies

Jelly Sauce

1 cup water
2 tablespoons jelly
1 tablespoon sugar
1 teaspoon cornstarch

Put water into saucepan; bring to a boil; add jelly and sugar; stir until dissolved; add cornstarch mixed with a little cold water; boil 3 minutes.

Lemon Jelly

1 cup sugar
1-1/2 cups water
1 tablespoon granulated gelatin
1/4 cup lemon juice

Boil sugar and water two or three minutes; add gelatin which has been soaked in two tablespoons cold water, stirring constantly; add lemon juice. Chill in mold which has been dipped in cold water and serve.

Fruit may be molded in the jelly by chilling part of mixture, adding fruit, then jelly; chilling and so on until mold is filled.

Christmas Plum Pudding

2 cups ground suet
2 cups allergen-free bread crumbs
2 cups flour
2 teaspoons baking powder
2 cups sugar
2 cups seeded raisins
2 cups currants

1 grapefruit
1 orange
1 head lettuce

Wash, peel; remove seeds from all fruit; cut grapes into halves, pears in lengthwise pieces, grapefruit and orange into sections; chill until ready to serve. Serve on lettuce leaves with French dressing. Alligator pears, melon or other fruit may be substituted for above variety.

French Dressing

Mix 1 tablespoon lemon juice or vinegar, 1/2 teaspoon salt, 1/8 teaspoon pepper or few grains cayenne pepper in bowl; add 3 to 4 tablespoons olive oil, beating constantly. Place on ice until ready to serve.

The mother came on her little son who was standing thoughtfully before the gooseberry bush in the garden. She noted that his expression was both puzzled and distressed.

“Why, what's the matter, little lamb?” she asked tenderly.

“I'm finkin, muvver,” the boy answered.

“What about, little man?”

“Have gooseberries any legs, muvver?”

“Why, no! Of course not, dear.”

The perplexity passed from the little boy's face, but the expression of trouble deepened, as he spoke again:

“Then, muvver, I fink I've swallowed a catapillar.”

cover and boil rapidly for 5 minutes. Remove from water and serve on platter covered with napkin.

Lima Beans

Shell beans just before using. Rinse in cold water. Put into saucepan; cover with boiling water and boil until tender. Drain and add salt and pepper.

Kohl-Rabi

Peel turnip-shaped globe; cut into small pieces; cover with boiling water and boil until tender, 30 to 35 minutes. Add one teaspoon salt to each quart water.

The leaves may be stemmed and cooked as greens, boiling 40 minutes.

Browned Parsnips

1 quart parsnips
1 teaspoon salt
2 tablespoons bacon drippings
1/8 teaspoon pepper

Wash, scrape and cut parsnips into slices. Cover with boiling water and boil until tender; drain. Brown on greased griddle or frying pan. Season with salt and pepper.

Fruit Salad

1/2 pound Malaga grapes
2 pears

1 cup finely cut citron
1 cup finely cut figs
1 tablespoon finely cut orange peel
1 tablespoon finely cut lemon peel
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1/4 teaspoon ground mace
1 tablespoon salt
1 cup water or prune juice
1 cup grape or other fruit juice

Mix thoroughly all dry ingredients and add fruit; stir in water and fruit juice and mix thoroughly. Add more water if necessary to make stiff dough. Fill greased molds 2/3 full, and steam five or six hours.

This pudding should be prepared and cooked a week or more before used. Before serving steam one hour and serve with lemon sauce (below).

Lemon or Orange Pudding Sauce

1 cup water
2 tablespoons sugar
1 teaspoon cornstarch
2 tablespoons lemon or orange juice

Boil water, sugar and cornstarch mixed with little cold water. Boil 5 minutes and add fruit juice and 1 tablespoon caramel if dark color is desired.

Chocolate Pudding Sauce

1-3/4 cups water
3/4 cup sugar
1/2 tablespoon cornstarch
2 squares chocolate or 6 tablespoons cocoa
1/2 cup cold water
1/8 teaspoon salt
1 tablespoon shortening
1/2 teaspoon vanilla extract

Boil water and sugar 5 minutes. Mix grated chocolate or cocoa with cornstarch and cold water. Add to first mixture and boil 5 minutes. Add salt, shortening, and vanilla and serve hot.

Maple Pudding Sauce

1 cup sugar
1 cup water
1 teaspoon cornstarch
1 tablespoon lemon juice
1 tablespoon maple flavoring

Heat half the sugar in frying pan; stir continually; when brown add water and boil; add remainder of sugar, cornstarch mixed with a little cold water, lemon juice and maple flavoring; boil 3 minutes; serve hot.

Caramel Pudding Sauce

2 cups granulated sugar
5 cups boiling water

Melt sugar in saucepan and heat slowly, stirring constantly

Spinach

Pick over carefully and wash thoroughly in several waters until all sand is removed. Put into kettle and add very little boiling water, about 1/2 cup. Young spinach does not need any water. Boil until tender or about 25 minutes. Drain thoroughly, chop fine and drain again. Season with salt and pepper.

Cauliflower

Place a head of cauliflower, from which the leaves have been removed, in uncovered saucepan, stem end down; cover with boiling water; boil 35 minutes or until tender.

Sweet Potato Fries

Pare and cut raw sweet potatoes into long even pieces. Put into cold water for about an hour. Drain and dry well. Fry until brown, 8 to 10 minutes, in deep fat hot enough to brown piece of bread in 60 seconds, drain on paper and salt just before serving.

Brussels Sprouts

Wash, and allow to stand in cold water for an hour. Drain, cover with boiling water and boil 20 to 25 minutes without a cover. Drain and serve with salt and pepper.

Green Corn

Husk corn, removing all silk. Put into fresh boiling water to

Winter Squash

Pare remove seeds, cut in pieces, and boil 20 to 40 minutes in small quantity of boiling water; when done, press water out, mash smooth, season with pepper and salt.

Asparagus

Wash, scrape, cut off about one inch hard ends, and tie together. Put into saucepan, cover with boiling water and boil until tender, keeping tips out of water for the first 10 minutes, add salt. Remove from water; drain well.

Pickled Beets

Wash and boil beets until tender. Remove skins; slice or cut into quarters; cover with 1/2 cup vinegar, 1 teaspoon salt, 1/2 teaspoon pepper and 1 tablespoon sugar.

Creamed Carrots

Wash and scrape carrots; cut into thin slices. Cover with boiling water and boil until tender. Drain. Sprinkle with chopped parsley.

Boiled Cabbage

Cut cabbage into quarters, removing hard part of core, and place in cold water 30 minutes. Drain, cover with boiling water and boil, without a cover, 30 minutes, or until tender. Drain, put into dish.

until golden brown; add boiling water. Cook three minutes.

Plain Pastry

This recipe is for one large pie with top and bottom crust.

2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup shortening
Cold water

Sift together flour, baking powder and salt; add shortening and rub in very lightly with tips of fingers. Add cold water very slowly, enough to hold dough together (do not work or knead dough). Divide in halves; roll out one part very thin on floured board, and use for bottom crust. After pie is filled roll out other part for top. Place loosely over pie, bringing pastry well over edge of pie plate. Trim off extra paste. Press edges of pastry with fork. Prick or cut two or three slashes in top of pie crust and bake in hot oven.

Rich Pastry

2 cups pastry flour
1/2 teaspoon baking powder
1/2 teaspoon salt
2/3 cup shortening
Cold water

Sift flour, baking powder and salt; add half the shortening and rub in lightly with fingers; add water slowly until of right consistency to roll out. Divide in halves; roll out one half very thin; put on in small pieces half remaining shortening; fold upper and lower edges in to center; fold sides in to cen-

ter; fold sides to center again; roll out thin and put on pie plate. Repeat with other half for top crust.

Apple Pie

1-1/2 cups flour
1-1/2 teaspoons baking powder
1/2 teaspoon salt
1/3 cup shortening
Cold water
4 apples or 1 quart sliced apples
4 tablespoons sugar
1 tablespoon shortening

Sift flour, baking powder and salt; add shortening and rub in very lightly; add just enough cold water to hold dough together. Roll half out on floured board, line bottom of pie plate; fill in apples, which have been washed, pared and cut into thin slices; sprinkle with sugar and dot with small pieces of butter; flavor with cinnamon or nutmeg; wet edges of crust with cold water; roll out remainder of pastry; cover pie, pressing edges tightly together. Trim off extra paste. Prick top of crust with fork or knife and bake in moderate oven 30 minutes. Sprinkle with powdered sugar and serve hot.

Strawberry Pie

1 cup flour
1/2 teaspoon salt
2 teaspoons baking powder
1/4 cup cold water
4 tablespoons shortening
1 quart strawberries

From the Garden



Sift flour, baking powder and salt together; add shortening and rub in very lightly with tips of fingers; add very slowly enough cold water, to make stiff dough. Roll out thin; cut into circles and form on the outside of patty or muffin tins. Bake in hot oven, open side down, until light brown; remove carefully from tins and return shells to oven and bake 5 minutes, open side up.

Boston Baked Beans

1 quart beans
1/2 pound salt pork
1 tablespoon salt
1/4 teaspoon pepper
1/2 teaspoon dry mustard
2 tablespoons molasses

Wash and soak beans over night. Put half into bean pot; wash salt pork and place in center; add remainder of beans, salt, pepper, mustard, molasses, and 4 cups cold water; cover. Put into slow oven and bake 8 hours. Add more water if needed.

Kidney Beans with Bacon

Wash and soak 2 cups kidney beans in cold water over night; drain, cover with boiling water, add 1/4 pound bacon, boil until beans are tender, and drain. Season beans with salt and pepper to taste. Brown thin slices of bacon in frying pan, and serve over beans.

Sift dry ingredients together; rub in shortening very lightly with finger tips; add water slowly, just enough to make a stiff dough. Roll out on floured board and use for bottom crust of pie, being careful to fold the paste well over the edge of pie plate. Bake in hot oven 12 to 15 minutes.

If glazed crust is desired, brush edges after baking with boiling hot syrup (2 tablespoons syrup and one tablespoon water) and return to oven for one or two minutes until syrup hardens. Fill the baked crust with fresh selected hulled strawberries and cover with syrup made as follows:

Add 1/2 cup sugar and 1/2 cup strawberries to 2 cups boiling water; bring to a boil and strain; add one tablespoon cornstarch which has been mixed with little cold water. Cook over hot fire for a minute or two, stirring constantly; remove from fire and beat hard; return to slow fire, cook very gently until thick. Pour while hot over strawberries. Serve either hot or cold.

Mince Pie

Mince Pie should always be made with two crusts. Line pie plate with pastry (page 23), fill with mince meat (following), cover with pastry and bake in hot oven 25 minutes.

Mince Meat:

2 lbs. fresh lean beef, boiled and chopped fine when cold
1 lb. suet, chopped very fine
5 lbs. chopped apples
1 lb. seeded raisins
2 lbs. currants
3/4 lb. sliced citron
1-1/2 teaspoons cinnamon
1 grated nutmeg

2 tablespoons ground mace
1 tablespoon ground cloves
1 tablespoon allspice
1 tablespoon fine salt
2-1/2 lbs. brown sugar
1 qt. sherry or boiled cider
1 pt. brandy or grape juice

Mix all ingredients thoroughly. Pack in jars. Store in cold, dry place. Allow to stand 24 hours before using.

Rhubarb Pie

2 cups cut rhubarb
1 cup sugar
1 tablespoon cornstarch
1/4 teaspoon salt

Cut off root, stem ends and peel; cut into small pieces; put into deep pie plate which has been lined with pastry; sprinkle with cornstarch, salt and sugar which have been mixed together. Cover with pastry; prick top of crust and bake about one-half hour in moderate oven.

Berry Pies

3 cups blueberries, huckleberries, or blackberries
1 teaspoon flour
1/4 teaspoon salt
2/3 cup sugar
1 teaspoon shortening

Line pie plate with plain pastry; fill heaping with berries; sprinkle with flour, salt and sugar mixed together; dot with small pieces of shortening; cover with crust or strips of pas-

Tomato Sauce

3 slices bacon cut into small pieces
1 slice onion chopped
2 tablespoons flour
1-1/2 cups strained tomatoes
1/2 teaspoon salt
few gratings of nutmeg
cayenne
1 tablespoon chopped green peppers

Put bacon into saucepan, add onion and brown slightly. Add flour, tomatoes which have been heated and strained, and stir until thick. Add seasoning and peppers.

Chicken Patties

2 tablespoons shortening
2 tablespoons flour
1 cup chicken stock
1/2 teaspoon salt
few grains cayenne
1 cup cold diced chicken

Melt shortening in saucepan; stir in flour; add chicken stock; season and bring to a boil; add chicken and cook slowly 5 minutes. Fill patty shells and serve at once.

Patty Shells:

2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
4 tablespoons shortening
ice water

Brown fat in saucepan; add flour and brown; add liquid and stir until smooth and thick. Season to taste and simmer 5 minutes.

Sauce Tartare

Make 1 cup mayonnaise [FAST has a recipe online for a mayonnaise without eggs]. Chop very fine 1 tablespoon each capers, olives, pickles and parsley. Press in cloth until dry. Add to mayonnaise just before serving.

Mint Sauce

1/4 cup chopped mint leaves
1/2 cup vinegar
1/4 cup water
1/4 cup sugar

Cook all ingredients in sauce pan over very slow fire for about one-half hour. Do not allow to boil. Serve hot.

Cranberry Sauce

1 quart cranberries
2 cups sugar
1 cup water

Wash and pick over cranberries. Put all ingredients into saucepan. Cover until it boils. Remove cover and cook about 10 minutes or until berries have all burst. Pour into mold, chill and serve. For cranberry jelly strain after cooking.

try across top. Bake about 45 minutes in moderate oven. Other fruit pies can be made in same way.

Cherry Tarts

1-1/2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
6 tablespoons shortening
1/3 cup cold water
1 quart pitted cherries

Sift dry ingredients together; rub in shortening very lightly with fingertips; add water slowly, just enough to make stiff dough; roll out very thin on floured board; line patty pans with pastry; being very careful to have pastry come well over the edges of pans. Bake in hot oven about 12 or 15 minutes; fill with cherries which have been washed and picked over. Cover with syrup made as for strawberry pie (pages 24-25) using 1/2 cup cherries instead of strawberries. Other fruit can be used in place of cherries.

The housewife gave a her husband a large piece of pie on condition that he saw some wood. He retired to the woodshed, but presently reappeared at the back door of the house with the piece of pie still intact save for one mouthful bitten from the end.

"Darling," he said respectfully to the wondering woman, "if it's all the same to you, I'll eat the wood, and saw the pie."

Chicken Pie

Singe, draw and clean a 4-lb. chicken. Disjoint, cut breast into four pieces, cut second joints and legs apart. Remove neck, wing tips, heart, gizzard and liver. Put on the rest with enough boiling water to cover; cook slowly 2 hours.

Add 1 quart washed, pared and diced white potatoes. Cook 20 minutes or until tender. Add 1/2 tablespoon salt, 1/4 teaspoon pepper, 1 tablespoon chopped parsley and 2 tablespoons flour mixed with little cold water. Boil 3 minutes. Pour all into dish and cover with pastry. Bake 20 minutes in a moderate oven.

Pastry:

Sift together 1 cup flour, 2 teaspoons baking powder, 1 teaspoon salt; rub in very lightly 4 tablespoons shortening; add just enough cold water to make stiff dough. Roll out on floured board and cover top of pie.

Currant Jelly Sauce

1/2 glass currant jelly
1 cup hot brown sauce (following recipe)

Melt jelly over slow fire. Add brown sauce; stir well and simmer one minute.

Brown Sauce or Gravy

1 tablespoon fat in which meat was cooked
1 tablespoon flour
1 cup beef stock or boiling water
salt
pepper

Roast Loin of Pork

Wipe pork with damp cloth. Put into pan in very hot oven for 20 minutes, or until well browned; add 1 teaspoon salt, 1/8 teaspoon pepper and 1 cup cold water. Roast slowly 3 to 4 hours. Add water as necessary. To gravy, add 1 tablespoon flour mixed with cold water, season and boil until thick.

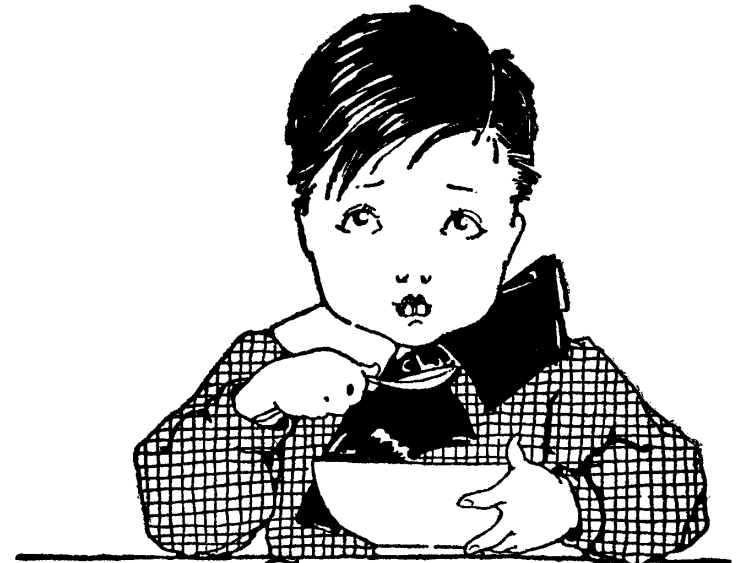
Baked Ham

Wash and scrub ham in warm water, soak over night. Drain and put on to boil with cold water enough to cover; boil slowly 4 to 5 hours or until tender. Cool in water in which it was boiled; remove skin carefully; cover with 1 cup brown sugar, 1 cup flour and 1/2 teaspoon pepper; add 2 cups cold water; bake in very hot oven 45 to 60 minutes; baste often. When brown on both sides add 1 cup cider or 1/2 cup vinegar and thicken gravy with 2 tablespoons flour.

Poultry Dressing

2 cups stale bread
1 tablespoon finely cut onion
1 tablespoon drippings
1 tablespoon finely cut parsley
1/2 tablespoon salt
1/8 teaspoon pepper
1/4 teaspoon paprika
powdered sage if desired

Soak bread in cold water 5 minutes and press out all water. Put drippings and onion into pan and cook slowly, stirring constantly until onion is tender but not brown. Add bread, parsley and seasoning, and mix well together.



Soups

Brown Soup Stock

6 lbs. shin of beef
3 to 6 quarts cold water
1 bay leaf
6 cloves
1 tablespoon mixed herbs
2 sprigs parsley
1/2 cup carrot
1/2 cup turnip
1/2 cup celery
1/2 cup onion

Wipe beef and cut lean meat into cubes; brown one-third in hot frying pan; put remaining two-thirds with bone and fat into soup kettle; add water and let stand 30 minutes. Place on back of range; add browned meat and heat gradually to boiling point. Cover and cook slowly six hours; add vegetables and seasoning one hour before it is finished.

Strain and put away to cool. Remove all fat; reheat and serve.

Bean Soup

2 cups beans
2 tablespoons finely cut onion
2 tablespoons finely cut bacon
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons chopped parsley
1 teaspoon thyme
3 tablespoons flour

Soak beans in water over night. Drain and put into saucepan with six cups boiling water and boil slowly two hours or un-

Roast Stuffed Shoulder of Lamb with Browned Potatoes

3-1/2 or 4 pounds shoulder of lamb
2 cups stale bread crumbs
1 tablespoon finely cut onion
1 tablespoon drippings
1 tablespoon chopped parsley
1 teaspoon salt
1/8 teaspoon pepper

Wipe lamb with piece of wet cheesecloth; fill pocket with dressing made with above ingredients mixed together. Sew up and put into hot oven for 20 minutes. When well seared, season and pour over 1 cup cold water and roast 45 minutes; add 1 quart white potatoes, which have been washed, pared and boiled, and roast until potatoes are brown. Add more water as needed, making 2 cups of gravy when finished. Thicken gravy by adding 1 tablespoon flour mixed with little cold water, season and cook until smooth.

Pot Roast of Beef with Browned Potatoes

Wipe beef with damp cloth, put into iron kettle or frying pan, and brown well on all sides. Add 2 tablespoons cut onion, 1 tablespoon salt, 1/4 teaspoon pepper and 2 cups boiling water; reduce heat and boil slowly 1-3/4 hours; add water as necessary, 1 cup at a time. After adding potatoes, boil 30 minutes. Place meat in center of hot platter and potatoes around edge. Mix 1 tablespoon flour with a little cold water, add to gravy and boil. Pour over meat and sprinkle with chopped parsley. Carrots cut in small pieces may be added with potatoes if desired.

Stew with Dumplings

2 lbs. lean beef
1 quart potatoes
2 cups cut carrots
2 cups cut onions
1 cup tomatoes
1 tablespoon salt
1/4 teaspoon pepper
1 tablespoon flour
2 tablespoons chopped parsley

Wipe meat, cut into small pieces, put in kettle, cover with boiling water and boil slowly 1-1/2 hours; add carrots and onions; boil 15 minutes, then add potatoes, seasoning and tomatoes; add boiling water, if needed to cover vegetables; boil 30 minutes. Lift meat and vegetables out with skimmer and strain 4 cups of the stock for soup.

There should be 2 cups left in the kettle; add flour which has been mixed with a little cold water; boil 3 minutes; pour over meat and vegetables and sprinkle with chopped parsley.

Dumplings:

1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon shortening
cold water

Sift flour, baking powder and salt into bowl; rub in shortening lightly with fingers; add enough water to make dough hold together.

Drop by spoonfuls into stew.

til soft; add onion and bacon which have been fried light brown; boil five minutes; add salt, pepper, parsley and thyme. Mash beans with back of spoon. Add flour which has been mixed with a little cold water; boil five minutes and serve.

Creole Soup

1/4 cup rice
1/3 cup chopped onion
2 tablespoons bacon drippings
2 cups tomatoes
2 teaspoons salt
1 teaspoon sugar
1/8 teaspoon paprika
1 tablespoon parsley

Wash rice, add 3 cups boiling water and boil 30 minutes. Cook onion in pan with drippings until tender, but not brown; add tomatoes and boil 10 minutes; rub through strainer into boiled rice and water; add seasoning and sprinkle with parsley. Add little chopped green pepper if desired.

Cream of Tomato Soup

1 quart tomatoes
1/4 teaspoon soda
4 tablespoons shortening
4 tablespoons flour
1 quart allergen-free milk
1 tablespoon salt
1/2 teaspoon pepper

Stew tomatoes slowly one-half hour; rub through strainer; heat and add soda. In the meantime, melt shortening and stir

in flour; add allergen-free milk slowly, cooking over low fire until thick; add seasoning. Take from fire and stir in hot tomatoes and serve immediately.

Onion Soup

2 cups finely chopped onion
2 tablespoons butter or bacon drippings
4 cups rice water or vegetable stock
1 teaspoon salt
1/8 teaspoon white pepper
1/8 teaspoon paprika
2 tablespoons chopped parsley

Cook onions and butter or drippings in covered saucepan, shaking pan often. When tender add rice water or stock; boil 5 minutes; add seasoning and parsley.

Meats and Sauces

