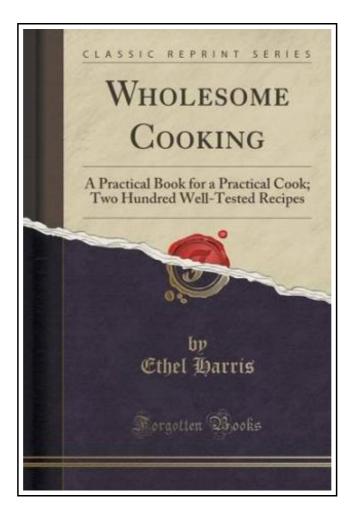
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WHOLESOME COOKING: A PRACTICAL BOOK FOR A PRACTICAL COOK; TWO HUNDRED WELL-TESTED RECIPES (CLASSIC REPRINT) (PAPERBACK)



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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Wholesome Cooking: A Practical Book for a Practical Cook; Two Hundred Well-Tested Recipes Spanish Stew Put a pound of round steak through the meat grinder and grind it fine. Have in a saucepan, smoking hot, two tablespoonfuls of meat drippings, or of lard and butter mixed. Into this turn your ground meat, which should have been dredged with flour, brown the meat in the fat, and have ready a large onion chopped fine. Pour a cupful of hot water over the meat and add the onion. This liquid will make a brown gravy for the onion to cook in. After five minutes add two thirds of a can of tomatoes and a good-sized red pepper. If one prefers the taste of cayenne, one may add this to taste. Simmer all together until the onion is done. Have ready a cupful of boiled macaroni and mix it with the foregoing stew. It is well to season the macaroni with cayenne while it is cooking. Before serving this dish add one teaspoonful of salt. Creamed Calf s Brains Blanch the brains by parboiling them and remove all bits of string and skin. Throw into cold water and, when cold, cut into pieces about an inch square. Cook together a tablespoonful of flour and one of butter and pour upon them a cup of rich milk, seasoned with a saltspoonful of salt and a quarter saltspoonful of cayenne. Add a pinch of baking soda to the milk. When the sauce is smooth and thick add a tablespoonful of minced parsley and the brains. Stir until well heated, then put in gradually, stirring all the time, the beaten yolk...

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