

In the Kitchen

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ful of carbonate of soda may be stirred in, if it is required as an effervescing draught.

Ginger Beer

Three pounds of loaf sugar, half a pound of bruised ginger, two ounces of cream of tartar, three lemons, two gallons of boiling water, one tablespoonful of brewer's yeast, a slice of toasted bread. Cut the rinds thinly from the lemons, and squeeze out the juice into a bowl. Now put the sugar, cream of tartar, ginger, and the rind and juice of the lemons into a preserving pan, and pour over the boiling water. Cover the the pen with a thick cloth. When the liquid is nearly cold put the yeast on the toasted bread and lay it on top of the liquid where it will float and ferment. Let the whole stand for twenty-four hours, then strain and bottle the beer, when it should be ready for use in three or four days.

Potatoes German Fashion

Arrange upon a dish some freshly boiled potatoes, which must be quite floury; leave them whole. Fry in butter some dry bread-crumbs and a little finely chopped onion until a golden brown, and sprinkle over the potatoes.

Note.—An even more savoury dish of potatoes is prepared with the boiled potatoes served as above directed, but replace the onions and bread-crumbs with a little finely chopped bacon fat fried, the whole of which is poured over the potatoes.

Spinach in Brown Butter

Prepare about two pounds of fresh spinach. Boil in a large saucepan half full of water, to which has been added a good pinch of salt and a tiny piece of washing soda. Boil with the lid off; drain and pour over it a little cold water. Press well to extract the moisture; chop finely. Put a quarter pound of butter into a frying-pan, let it get hot but not very brown; add the

chopped spinach. Stir all together briskly; add a little salt and a pinch of nutmeg if desired. Serve very hot.

Asparagus

Wash in two separate waters the asparagus, cutting the ends slantwise half way up. These should be carefully put aside to flavour soup later. Arrange in bundles with the heads all one way. Lay them in a wire vegetable basket which will stand in your saucepan. This prevents the risk of breaking the heads in dishing them up. Boil in salted water fifteen to twenty minutes. When the head of the asparagus is soft, it is cooked. Should there be a little delay in serving, pass the basket with the asparagus through some fresh cold water and then place it again in the saucepan to get hot. Asparagus can be served hot or cold with a great variety of sauces.

Stewed Celery Roots

Peel six or more celery roots, cut them in quarters, slice them not too thin. Put into a frying-pan a quarter of a pound of butter with half a teaspoonful of salt and a little pepper. Cover the pan and turn them frequently, cooking till tender. Serve them in a vegetable dish with a little parsley sprinkled over them, and the remains of the butter poured over.

Stewed Tomatoes

Put two pounds of fresh tomatoes into a bowl and pour over them some boiling water. This will enable you to take off the skin without breaking the tomato. Cut them in half and remove the seeds. Put three dessertspoonfuls of olive oil into a deep pan with two finely sliced shallots; fry them a golden brown. Add the tomatoes; sprinkle with salt and pepper; shake them and turn them over with a wooden spoon. Let them remain on the stove ten or twelve minutes. Serve on a deep dish with a little chopped parsley over.

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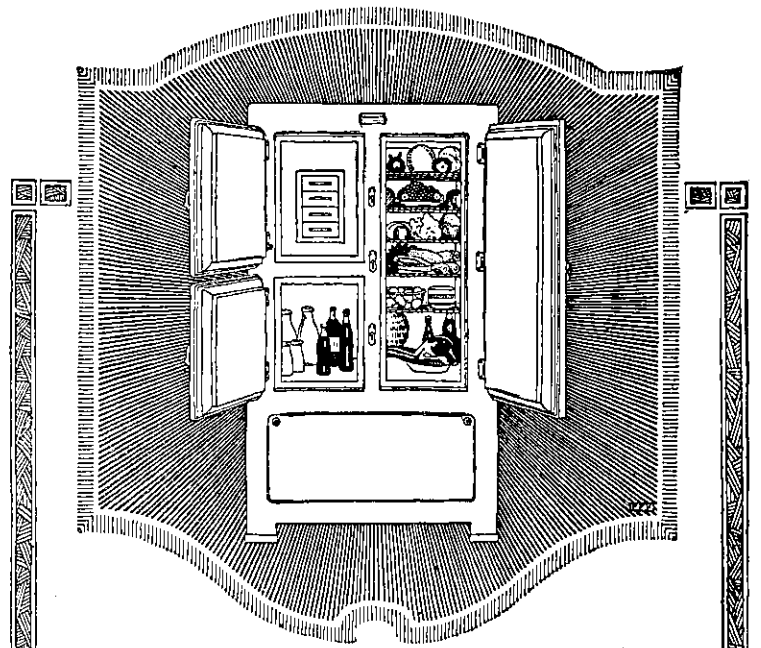


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