

SOME APPETIZING METHODS OF COOKING AND SERVING KIDNEYS

Lilian Tingle Tells of Some Choice Entrees and Breakfast or Luncheon Dishes.

BY LILIAN TINGLE.

ALTHOUGH there are quite a number of people who refuse to eat beef, veal or mutton kidneys in any form, there are many more who enjoy the variety afforded by the occasional use of these organs as food; and there are several choice entrees and breakfast or luncheon dishes, highly esteemed by epicures, in which kidneys, especially those of lamb and mutton, are the chief attraction.

Care in selection is necessary, for kidneys must be perfectly fresh and sound or they are very unwholesome; and the cooking of them is a matter that also needs some special care and knowledge. The chief thing to remember is that kidneys should be cooked for a few minutes only, or for several hours. It is a case of opposite extremes in treatment. When just "set" they are deliciously tender, but if overcooked, they harden, and can only be softened again by long, slow cooking. Hence the most successful dishes are broiled kidneys or kidney saute, or kidney stew, and that old-fashioned English dish, celebrated by Dickens and Thackeray, beefsteak and kidney pudding.

For broiling, lamb or mutton kidneys are generally used. Sometimes the kidney is sliced straight across just as it lies embedded in the suet; sometimes, after skinning and trimming, the kidneys are split so that they open like a book, and are then skewered firm and flat with a tiny skewer. In each case they should be dipped in salad oil or melted butter and carefully seasoned with pepper and salt and a pinch of herb powder if liked, or with cayenne and mustard if "devilish kidneys" are desired. For the latter the hot seasonings are often mixed with fine bread or cracker crumbs, and the oiled or buttered kidneys are dipped into this. After broiling, the skewers are removed and the kidneys are transferred to oblong croutons or pieces of toast, and a pat of maitre d'hotel or other savory butter, or a spoonful of sauce such as tartare or bearnaise is placed in the hollow of each kidney. A piece of curled bacon is also a good accompaniment for each portion. When served as an entree, stewed celery, tomatoes or mushrooms are useful accessories, but whatever the "fixings," the kidneys themselves must be nicely seasoned and very hot, though not overcooked.

For "kidney" puddings, the kidneys, skinned and trimmed, are cut into small pieces and tossed, until set, in a spoonful or two of nut butter. A spoonful of finely chopped onion or a few mushrooms, according to your taste or resources, may be cooked in the butter before the sliced kidneys are added. In order to avoid overcooking, the kidneys should be the latter while sauce is being made and thickened. Cook a spoonful of flour in the butter, add three-fourths of a cup of stock and a dash of salt, a cup of cream. Boil up, add the kidney, and season with salt, pepper, cayenne, a very little macer of nutmeg, a dash of lemon juice and, if approved, a spoonful or two of sherry. This may be served in ramekins or in patty or timbale cases, or, quite simply, on toast, and is a quick and easy dainty for preparation on the dining table. I have recently seen it make a successful appearance as the filling for hot pop-overs, which had been opened at the side, cream-puff fashion. But

This might not suit all tastes or all digestions.

Lamb or veal kidneys are also very good served "en brochette," as formerly described for liver. It is quite possible to use beef kidney for kidney stew or ragout, or for the beefsteak and kidney pudding already mentioned; but in order to avoid the strong flavor, beef kidney should always receive a preliminary soaking of not less than an hour in milk, either sweet or sour, or vinegar and water. Give a second washing before cutting them up and sprinkling with pepper, salt, lemon juice and a touch of "herb powder" or poultry spice.

A good ragout is made as follows: For one pound of kidney fry four sliced onions in four tablespoons of vegetable puree and toast points, for a few minutes. When slightly brown, add the cut up kidney, cover closely and stew gently about 20 minutes. Drain off the fat; add one and a half cups of tomato puree, a teaspoon of mustard, a tablespoonful of lemon juice and the same of chopped parsley; and either serve at once in a two teacup bowl, or set away in the fireless cooker, or over the simmerer, for the long, slow cooking previously recommended. If served as a hot dish, minced ham or fried Julienne shreds of bacon would be a good addition. If the long, slow method is adopted, equal parts of kidney and cubed potato steak could be used. The tough, "durable" kind of beefsteak would do for this as the steaming will soften the connective tissue and prevent its being "tooth-proof."

Other variations would be the substitution of rice, macaroni or green vegetable puree and toast points, for the potato border. Or a rich brown sauce, piquante sauce, poivrade or provencal sauce could be used instead of the tomato puree.

The traditional English beefsteak pudding is made in a bowl lined with "suet crust," the formula for which is "one pound of flour to half a pound of suet, finely shredded suet, a little baking powder, one teaspoonful of salt and cold water to make a stiff dough." The lined "pudding bowl" is then filled with small, neat pieces of beefsteak and kidney (two parts of the former to one of the latter is a popular proportion), which is seasoned simply with pepper and salt, slightly moistened with stock or water, covered with a paste lid, tied in a scalded cloth sprinkled with flour, and steamed for about five hours. It is turned out of the bowl before appearing at table.

Those who have not the patience for this long but admirable method may like "steak and kidney pie," where the meat is three parts cooked before being covered with biscuit crust or short pie crust. Or the beef can be cut thin and packed in the pie in rolls with a morsel of kidney and a tiny shred of onion in each roll. The dish should be piled high and have a little cup in the center to collect the gravy and prevent boiling over in the oven. Long, slow baking is required for this, so a "blauit trust" is less satisfactory than a "pie crust" for this purpose.

A "lightning" pie can be made by filling the dish with tiny balls of hamburger dropped into boiling water and cooked while you are making a "baking powder" biscuit paste. Fill the dish with the hot meat balls and chopped (raw) veal or lamb kidney; season nicely, using the water the balls were cooked in for gravy, dip on a half-inch crust and hustle into a rather quick oven. The meat balls and kidney will have received just about the right amount of cooking (provided the pie is not tremendously large one) by the time the biscuit crust is risen and brown, as a biscuit crust should be.

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Y. W. C. A. RALLY TODAY

Special Service Will Be Held at White Temple This Afternoon. That the Young Women's Christian Association is supplementary to the best interests of Portland has been shown in many ways. The traveling public has discovered it through the depot worker, 4000 being served by her last year. That employers find the association helpful is proven by the 300 employees placed through that department. One of the most important relationships sustained by the association is that to the churches. This has not received the publicity which is warranted by the co-operation between them. Hence there will be an enthusiastic rallying today to this end, and the public will have opportunity to hear the opinion of the ministers of the city regarding the work.

UNIONS REFUSE SUPPORT

Consider Proposed University Appropriation Too Large. Organized labor of Portland will not support the bill increasing the appropriation for the State University to \$125,000 per annum. At a meeting of the Federated Trades Council Friday night, Eugene Palmer, of Albany, who has been prominent in directing the agitation against the measure, addressed the delegates of the various trades unions, attacking the appropriation, which he declared was excessive. Following the address by Mr. Palmer the Council adopted a motion agreeing to sustain the referendum that has been called on the bill and which will be voted at the June election. In discussing the action of the Trades Council yesterday a prominent member of the organization said that the union men of this city were not opposed to granting the leading edu-

KAISER PLANS PAGEANT

Will Produce Great Ballet Ensemble at Berlin. BERLIN, March 14.—Turning from the acts of war to those of peace, the Emperor is to be seen again as a producer of a pageant. Preparations are proceeding under the personal direction of the Kaiser for the production at the Berlin Royal opera of a sumptuous ballet-ensemble founded upon Lord Byron's poet tragedy, "Sardanapalus," dealing with the life and death of the famous King of Nineveh and Assyria, who reigned 68 to 69 B. C.

MAIL ORDERS

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DEMONSTRATION GOES AMISS

PARIS, March 21.—(Special.)—Louis Tartarin, the inventor of a new diabolo game called yoko, was demonstrating in the

ANNUAL CATTLE QUARANTINE

WASHINGTON, March 21.—The Department of Agriculture today announced the annual quarantine against the interstate shipment of cattle from the 14 states in which epizootic, Southern or Texas fever exists. The quarantine is effective April 1. The quarantined area includes parts of California.

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ADDRESS ON ART OF ILLUMINATION

The lecture and demonstration on the "Art of Illumination," given on Thursday evening last by George F. Holman, before the Arts and Crafts Society of Portland, attracted a number of the art enthusiasts of this city. The lecture was historical and descriptive in character, starting with the crude attempts of the early Egyptians in that direction with papyrus leaves and black and red ink, through the artistic era of Greece, the Roman empire and the Orient. The illuminations of the Middle Ages, when the art reached its highest perfection, were described in a most thorough and interesting manner. The lecture, proper, concluded with a description of a most remarkable series of illuminated parchment done within the last few years by Leon, an Italian illuminator, and now owned by John Wanamaker. Following the lecture, Mr. Holman gave a talk on the matter necessary to the art, describing their use and making frequent illustrations on the blackboard, designing and executing a sample illumination—a quotation from Emerson, on the board, showing the manner of proceeding in laying out and executing the work. Although the lecture and demonstration were rather long, the audience showed its interest by remaining after the conclusion and examining several books which had been illuminated by Mr. Holman.

"GARLAND" GAS RANGES

We have just received a carload of "Garland" Gas Ranges, which includes many different styles and patterns, ranging in price from \$11.00 for the single-oven, three-burner stove, to \$125.00 for our combination three-oven range. More gas ranges are now being sold and used than ever, but people realize that in the Garlands they have reached as near perfection as possible. Gas stove buyers are fast learning that the "Garland" trade-mark stands for superiority. Tests made between coal ranges and gas ranges have showed surprising results. In a test of both, the loss with a coal range was 2 pounds and 15 ounces, and with our gas range the loss was only 1 pound and 9 ounces. On an average meal, the loss of nutritive properties in foods, when cooked over a coal range, was 30 per cent, against 16 per cent loss by our gas range. There can be but one best, and we claim that "Garland" Gas Ranges are the real best. We wish especially to call your attention to our new elevated oven and boiler, as per cut shown. This construction is sure to prove the most convenient for the operator. Saves stooping and back-breaking, and is the highest grade and best specialty before the public—more economical in the consumption of fuel than any gas stove made, a feature which must appeal to any buyer. Our price on this stove, 16-in. oven, \$27.00.

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