

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

FOREIGN FAVORITES FOR AMERICAN TABLES

YOU need not go to France to enjoy a Napoleon. Miss Johnson has brought one to you. Of course we refer to the delicious confection of which the French are fond, and which will enter your pastry lists never to leave.

Likewise will the appetizing caviar canape from Russia lend a good beginning to a dinner. From Germany and Italy come salads, soups, entrees and desserts that make this article on foreign dishes invaluable to all housewives who appreciate the supremacy of the foreign cook.

This subject, by a competent writer and a practical cook, fills the need of every housekeeper who has wished for a change—at small cost. The way a menu is arranged, the little touches, the combinations and the cooking will make a "boiled dinner" appear in as many guises as there are countries. The secret of these changes is yours for the reading.

Undeniable is the fact that foreign countries tempt the palate. No one can dispute the excellence of the menus that are submitted with a confidence that they will find a place on American tables.

Foreign cooking is not another word for much seasoning and fancy tidbits; it means economy, clever combinations and enjoyment of a meal. It is not difficult, and the interest that it has aroused cannot be too warmly repeated in American kitchens.

Take a trip to European tables with Miss Johnson and let us know how you like it.

By Helen Labagh Johnson

If a man or a woman has not the soul of a cook, the most minute recipe will only end in failure.—Kettner.

FEW things there be in this day and generation which appeal to the average American woman, unless there is attached thereto the word "foreign" or "imported." The "Woman of Fashion" considers herself but meanly attired if her gown bear not the mark of some well-known Parisian modiste. The "Up-to-date Housewife" must order her fine linens directly from the looms and bleacheries of "Old Ireland," and the china which adorns her table must be purchased in the more exclusive shops of Dresden or Sevres.

In fact, nothing American seems quite good enough for our "Lady of Means." While it is true that the wife of the multimillionaire may bring her chef and butler from "over the seas," still the average American housewife must content herself with a cook and waitress who first saw the light of America and breathed its air of freedom from the steerage deck of some trans-Atlantic steamship. For her these pages are compiled.

Foreign cookery books are, as a rule, unsatisfactory. The recipes are either too complicated or elaborate for us to follow, but we may learn much from a study of them which should be of inestimable value to us. One fact which stands out very clearly in their use of condiments. Foreign cooks use salt and pepper sparingly, and one notices first the flavor of the bland rather than the seasonings. Their example is worthy of emulation, as the use of too much salt and pepper not only irritates the mucous membrane, but inflames the blood and causes skin diseases.

That distinctly "foreign flavor" one hears so much about from the returned tourist, as noticed in the soups and sauces concocted by the French chefs, is due largely to the variety of ingredients which go to make up the whole. Nothing is wasted. All the "left-overs" are utilized in this way and so cleverly are they put together and blended that no distinct flavor can be recognized. When, for the artistic and delicate touch that almost as much depends upon the garnishing and serving as upon the cooking of a dish, will they deny that a clear soup will not seem more attractive if served with the addition of a few green peas, some cubes of yellow custard, a nicely poached egg, or some sprays of fried parsley; or that the appearance of a cream soup will not be greatly enhanced by the addition of some perfectly fried croutons? After all, the "little things" in the way of garnishing and decorating count for so much in the eyes of the hostess that she does not hesitate to say "do the best you can."

If France leads in the concoction of soups and sauces, we must look to Russia for our favorite caviar. What can surpass the spawn of the royal Beluga when, thoroughly chilled, it is shipped to us in its natural state? To be sure, the price of the fresh, large-grained Beluga spawn is a rather prohibitive one, so that those of us who must consider expense have learned to substitute for it the canned variety,

which is in reality the salted roe of the sturgeon.

The anchovy, which Webster describes as a small fish about three inches in length, belonging to the herring family, and pickled for exportation, is also a great favorite as an "appetizer."

England can certainly give us some points on the cooking of meats. Who of us is not familiar with the "pieces of resistance," or has not heard from our infancy of the famous "pork pies" so dear to the hearts and palates of our English cousins?

Germany, Spain, Italy, Scotland—all have given us valuable ideas along cookery lines, and many of their choicest dishes, which are easily prepared and well suited to the average American table, will be given below.

FRENCH MENU

"Monsieur, sing the man who did to Paris go. That he might taste their soups—and mushrooms know."—W. King.

Consomme Colbert
Canonnets of Chicken, with Peas
Grenadines of Veal
French Fried Potatoes
Gascogne Salad
Napoleons

To 1 quart of well-seasoned chicken or beef bouillon add 4 tablespoonsful of sherry. Place in each dish a nicely poached egg, and pour the consomme around it. Serve very hot.

Canonnets of Chicken
To 1 cupful of cooked chicken, chopped fine, add 1 tablespoonful of minced ham or tongue, 2 tablespoonfuls of cream, 1 of butter, the yolk of an egg, ½ cup of stock, salt, pepper and some chopped parsley. Mix into a thick paste, using flour to thicken if necessary. Roll out some rich pie crust, very thin, cut in squares about 4 inches large, fill with the minced meat, fold the edges and pinch them together. Fry or bake them until a nice brown. Serve around a mound of peas.

Grenadines of Veal
Take several good veal cutlets about an inch thick. Cut in round pieces. Put in a baking pan with some bits of ham, ½ cup of white stock, 1 carrot, 1 onion and some sprays of parsley. Cook about one hour, basting often with the meat juice. Strain the gravy and strain the gravy and pour it over the veal. Serve with a border of fried tomatoes.

Gascogne Salad
Wash and crisp 2 heads of endive. Dress with an oil dressing made of two parts of olive oil to one of lemon juice, salt, pepper and 1 teaspoonful of anchovy paste. Rub a bowl with garlic, then toss the salad together in the bowl for about six or eight minutes. Garnish with radish roses.

Wafers
Mix thoroughly ¼ pound of fresh American cheese with ¼ pound of butter; add 2 eggs and flour and water, which have been mixed together to form a stiff paste. Roll out, fold, roll again. Do this three or four times. Then cut in 2-inch squares, sprinkle with finely grated cheese and bake in a hot oven, on buttered cake tin. Serve hot.

Chicken Hash
Chicken left from dinner Sunday may be chopped with an equal quantity of potato and baked until brown.

Stuffed Peppers
Remove seeds from green peppers and parboil 5 minutes. Prepare a filling of breadcrumbs, any kind of chopped meat or chicken. Season with salt and pepper and moisten with a beaten egg. Fill the shells and bake half an hour.

Browned Mashed Potatoes
After mashing potatoes mix with a beaten egg and some milk or cream, then place in the oven a few minutes to brown.

Fruit Blanc Manger
One pint milk, 2 tablespoonfuls cornstarch, ½ cup sugar. Cook in double boiler; when done add 1 beaten egg. Pour over any fruit and serve cold with cream or custard sauce.

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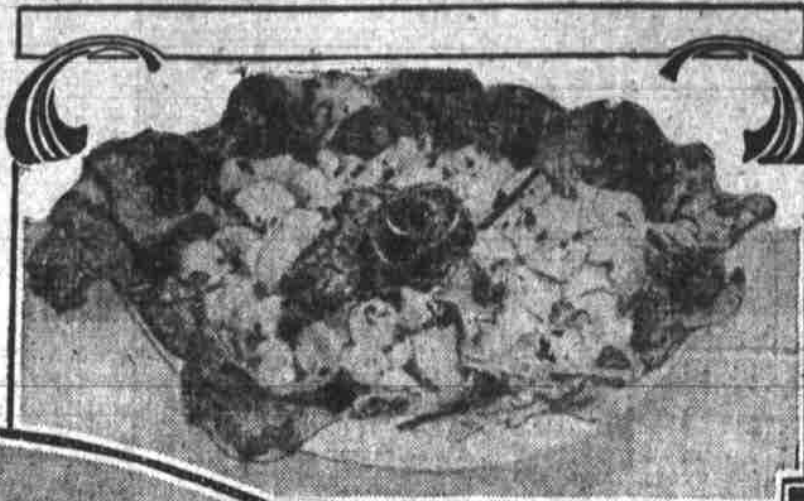
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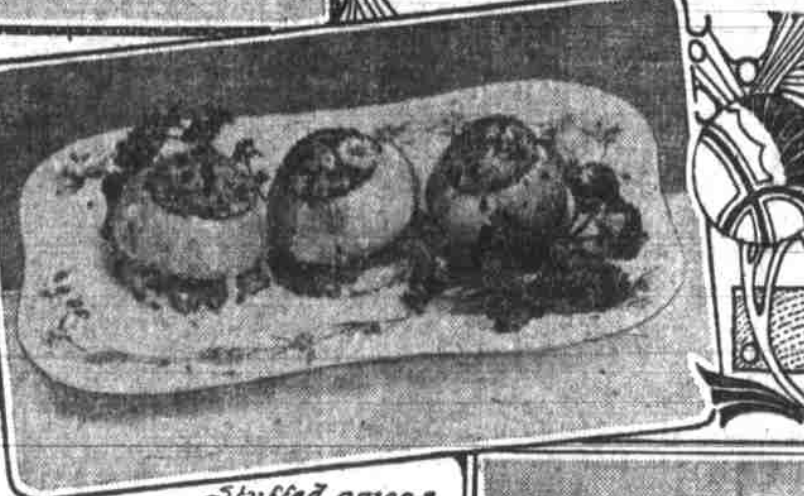
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Fennel Salad

Jelly which has been softened by heating. Boil 4 ounces of chocolate with 1 cup of water and ¼ cup of sugar until thick. Add this, when cold to another fourth of the cream. To the last fourth add 4 tablespoonfuls of sugar and ¼ teaspoonful of vanilla. Place a mold in cracked ice. When it becomes thoroughly chilled, put in the cream in layers, alternating the color to suit the fancy. Put on the cover, paste a strip of



Stuffed onions on toast.

Napoleons

Beat together 6 ounces of butter and 2 ounces of sugar; add 3 ounces of sweet almonds, chopped, ½ pound of flour and yolk of 1 egg. Stir well together. Roll out very thin and bake. When cold, cut in strips about 2 inches wide and put two or three layers together with jam or whipped cream between them.

GERMAN MENU

"See that your kitchen fire be bright. And your hands be neat and dainty. For the love of man, of takes its light if his stomach be not well filled."—W. King.

Mannheim Soup
To 1 quart of stock add 2 cupfuls of tomatoes, some herbs, 1 onion, carrot and some parsley. Season. Cook well and add 2 cupfuls of cooked salmon. Rub all through the puree. Strain and serve with a plate of nicely boiled rice.

Chicken Paprikash
Cut chicken in small pieces. Cut up 2 onions and brown nicely with a little fat in an iron kettle. Add plenty of red pepper and a little salt. Then put in the chicken, with ½ cup of tomatoes, and cook very slowly. Add a little water from time to time to keep it from burning. Thicken with a sliver of butter and a little salt. Serve with a border of dumplings.

Kartoffel-Kloesse
Grate 4 large cold boiled potatoes, add 2 raw eggs, a little salt and ¼ pound of flour, or sufficient to make a stiff dough. Roll in balls and cook in boiling salted water.

German Rolls
Mix together 3 ounces of sugar, 3 eggs, 6 ounces of flour and 1 ounce of anise seed. Cut into long rolls. Twist them. Glaze with yolk of egg and bake a nice brown.

Ice Pudding à la Prince Puckler
Whip 1 quart of rich cream very stiff, add to it 1 tablespoonful of gelatin which has been soaked for fifteen minutes in hot water, strained and allowed to cool. Divide into four equal parts. To one-fourth of it add 1 teaspoonful of pistachio flavor, a few crushed nuts and green coloring to tint it. To another one-fourth of the cream add a glass of raspberry

Stuffed Onions on Toast
Peel 3 or 4 large white onions, boil until tender, taking care to keep them whole. Remove the inside portion leaving a cup-shaped shell. Take the centers, chop them, and add to them 1 cupful of finely chopped ham and some cold boiled rice, the yolk of 1 egg and milk enough to form a thick paste. Fill the onion cups with this mixture, sprinkle with grated cheese and bake till a light brown. Have ready some nicely toasted rounds of bread, place an onion on each piece of toast, and serve with a cream sauce.

Regout of Lamb, with Fritters of Cauliflower
Cover 2 pounds of the breast of lamb

with cold water and let simmer gently. Take off the scum. Pare and slice 6 potatoes and 3 onions. Pour boiling water over these and let them stand closely covered for half an hour. Then drain and add to the meat, with 1 carrot cut in pieces, a piece of celery, parsley and seasoning. Add to the gravy 1 cupful of cooked peas and thicken it with the yolk of an egg.

Cauliflower Fritters
Boil 1 head of cauliflower in slightly salted water. When done, break it into pieces with a fork. Dip each piece in a thin fritter batter; drain and fry in deep grease. Arrange as a border around the ragout of lamb.

Fennel Salad
Boil a sufficient number of fennel roots in salted water. Chill thoroughly and slice; heap in the center of a salad dish, on lettuce leaves and pour over it a French dressing. Peel a tomato as you would an apple, taking care not to break the skin. Twist this around to form a rose, and fasten it with wooden toothpicks. Decorate the salad with this rose, using the small inside leaves of lettuce to form a spray.

Frangipane
Beat 4 eggs—until the whites and yolks are well mixed. Add 1 quart of milk (scant), and 2-3 cup of sugar, a little salt. Cook in a double boiler until quite thick. Now add 2 ounces of crushed macaroons, a little butter, the grated rind of a lemon, a glass of maraschino and 1 teaspoonful of vanilla. Return to the fire. Beat with the egg beater till smooth and quite thick. Pour out in sherbet glasses and chill. Just before serving put a tablespoonful of whipped cream on the top and sprinkle with chopped maraschino cherries.

Some of the recipes for foreign dishes which have found particular favor on American tables are given below.

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THE SCOPE OF THIS PAGE

THE leading article presented to the Institute members today is just one of a practical, varied schedule that is typical of the offering of the page. A large subject is treated in a big way, and every phase of the interesting topic is completely threshed out, with a resultant satisfaction to our readers.

Nothing is beyond the scope of our plans. From the use of small pieces of bread to the restaurants of the old world is a far cry, but we have done it. The efficient staff of lecturers and practical workers in the great field of Domestic Art and Science makes possible the presentation of subjects from a wide field of interest. The result speaks for the high standard of the page.

Each week's offering is a complete gem in itself; the aggregate number of pages for a season will form a collection which will be a very present help in trouble. Make a collection of these lectures. Let them be your private Bureau of Information, to which you can go when in doubt or in search of enlightenment.

Next week "The Starch Habit" will furnish food for thought. Ida Cogswell Bailey Allen will lead the discussion, in which every member of the Institute will be interested.

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MISS FLORENCE WILLARD, Chairman of Domestic Science Department, Washington Irving High School, New York.

Apple Pie (English)
Invert a china cup in a deep earthen pie dish, fill the empty space with apples which have been pared and cut into eighths. Add sugar to sweeten, a little cinnamon and bits of butter. Cover the top with a good, rich crust, making the customary openings for the escape of steam. Cook until the apples are well done. Send to the table in the dish in which it is cooked. When serving, mark the inverted cup a little, as it will be found to contain the juice of the apples. Serve with cream, or good American cheese.

Oily-Kooks (A Dutch Doughnut)
Cream 1 cupful of butter, 2 cupfuls of sugar and 2 eggs. Beat well, then add ¼ cupful of milk, a little salt and flour enough to make a stiff batter. Add more hot milk and more flour until you have a dough which will run like a stream. Roll out a round cake, cut with a sharp knife making an opening in the center of each cake, insert a good plump raisin, and a bit of sugar. Close the opening and let it stand in a warm place half an hour or so. Fry in hot lard till a golden brown. When done, drain on paper and roll in powdered sugar.

Cider Jelly (English)
Soak 1 ounce of gelatin in cold water for one hour. Scald 3 cupfuls of sweet cider and pour over the gelatin. Add 3 cupfuls of sugar, strain and turn out in a wet mold to stiffen. Serve with the meat course, or with whipped cream, as a dessert.

Grape Syrup
(Made without cooking)
To 2 quarts grapes picked off stems add 2 quarts cold water. Put into a jar with ¼ ounce tartaric