

The Art of Frying

By CORNELIA C. BEDFORD,
Former Principal of the New York Cooking School.

Frying is a process of cooking by immersion in smoking-hot fat. Immersion presupposes the use of a large quantity of fat "which" adds the inexperienced housekeeper, "must be both expensive and wasteful." No, my dear Madame, it is not; for if proper care is given to it, this same fat may be used over and over again for frying all sorts of food.

Fish balls, for instance, are usually fried in a few spoonfuls of fat in a frying pan. I say fried, for that is the term generally used, but it is an improper one—the correct word is sauté, from a French word which we translate as cooking in a small quantity of fat. This fat is entirely absorbed in the process of cooking, and when more is to be cooked, fresh fat must be taken. In true frying a portion of the larger quantity is bound to be absorbed, but it is much less than in the other method. Another and still more weighty consideration is the fact that articles fried by immersion in fat are not as difficult of digestion as those which have been sautéed in a little fat.

When frying in deep fat, a deep kettle of some sort is needed. The utensil preferred by many is a round-bottomed iron kettle called a Scotch bowl, but many chefs prefer a flat-bottomed one with a long, straight handle and a removable crane or tall hook attached, on which to hang the basket when draining its cooked contents. For home use, any deep sauce pan may be taken; when the family is a very small one, a heavy tin or enamel saucepan holding a pint and a half is quite large enough. A wire basket fitting into the sauce pan is a convenience, but for occasional use a bent Surprise egg-beater—which is really a flat wire spoon—will answer admirably.

In many houses lard is the usual frying medium. Its one fault is that it contains too little stearine, but this is easily remedied by adding to it one-third of its bulk of rendered beef suet. Such mixtures as cottolene, vegetable, et cetera, are excellent if one does not object to the clinging odor of heated cottonseed oil which they contain—a quality common to all vegetable oils.

Having fat in sufficient quantity in the kettle or saucepan, it should be heated until a thin blue smoke arises from circumference to center. Should the fat contain water it will bubble and splutter; but long before it has reached the desired heat the water will have evaporated and the fat become still, for the temperature required for frying varies from 350 degrees to 400 degrees F., according to the article which is to be fried. To test the heat, drop in a small piece of white bread; if it turns golden-brown in half a minute, the fat is hot enough for frying such small articles as croquettes. For uncooked articles, such as breaded chops, smelts or raw potatoes, the breadcrust should turn deep brown within the half minute

Too many croquettes or other articles should not be cooked at once, or the temperature will be lowered and they may become fat-soaked. Three or four croquettes or oysters would be sufficient to cook at once in a small saucepan. When they are taken out, a moment or two should be allowed to elapse before cooking more, that the fat may have time to regain its first temperature. Croquettes and other cooked articles are done as soon as browned, which usually takes about a minute; while raw articles, which must be cooked, as well as browned, need about five minutes, and when they begin to color must be drawn to one side, that the heat may penetrate and cook the interior without burning the surface.

In most cases articles which are to be fried are encased in a covering containing egg in some form, as dipping in raw egg, then rolling in crumbs, or the use of an egg and flour batter. This is partly for the sake of appearance, but largely because the intense heat instantly cooks the egg and forms a casing around the food, which preserves the juices in raw foods and prevents cooked ones from absorbing the fat. For this reason care should always be taken that in dipping into either egg or batter every portion of the surface of the article to be fried should be properly coated.

If fish or any article which might taint the fat has been fried in it, add, when the frying is completed, a pared raw potato cut in thin slices, and draw to one side, where it will slowly cook to chips, then take from the fire. As soon as its intense heat has passed away, strain the fat through cheese cloth laid in a sieve. If crumbs, bits of flour or dough are left in it, they settle to the bottom when the fat is reheated, and so burn and discolor it that it cannot be used as often as otherwise; it must then be put aside for soap-making. To the strained fat so long as it is light colored, more can be added from time to time.

When fried articles are taken from the hot fat they should be held over it for an instant to drip; they are then laid on unglazed paper—clean grocer's paper will do—spread on a shallow pan. Any melted fat remaining on them is absorbed by the paper, and they may be served, if desired, on napkins laid on hot dishes. Do not let the articles touch or overlap each other, or they will lose their crispness.

In this day of gas stoves, a possible danger to be guarded against is that of the fat catching fire from an open flame. Every housewife should remember that water dashed on burning fat scatters it, and so increases the fire. Use ashes liberally, or, if they are not handy, flour; either will smother the flames.

All sorts of food—fish, meats, vegetables and batters or doughs—may be fried; special recipes have already been given, and more will follow from time to time. We give today two

which can be varied in many ways, and one for a special dessert.

Croquettes.—In a saucepan put two tablespoonfuls of butter, three tablespoonfuls of salt and one-quarter of a teaspoonful of pepper. Heat, and when mixed all gradually one-half pint of liquid—milk, stock, water, strained tomatoes, etc. Stir until the mixture is very thick, draw to one side and cook for five minutes. Have ready one pint of finely chopped cold meat or fish (vegetables may also be used if not too moist), seasoned to taste with salt, pepper, onion or lemon juice, etc. Add to the cooked sauce, mix thoroughly, spread on a greased dish and set away until cold and firm. Break an egg in a saucer, add a tablespoonful of hot water and beat enough to break the stringiness; it must not be frothy. Have ready a quantity of fine dry crumbs—bread is best, as crackers contain shortening and give a crust which quickly softens. Mold the mixture into any desired shape, dip each piece into the eggs, then roll in the crumbs. Fry as directed.

Fritter Batter.—Separate the whites and yolks of two eggs; beat the yolks add one-half of a teaspoonful of salt and a half cupful of cold water. Stir this into one cupful of sifted flour; add a tablespoonful of melted butter and beat hard. Add the whites, beaten stiff; mix lightly and set aside for several hours. If for fish or vegetables, add a dash of pepper; if for fruit, a half teaspoonful of powdered sugar. Into this dip the desired article; so that each piece receives a thorough but thin coating, then drop into the hot fat. As a dessert, use with sliced bananas or halved peaches and serve with a sauce.

Fried Cream.—Scald one pint of milk in a double boiler with an inch stick of cinnamon. Mix together one tablespoonful of flour, two tablespoonfuls of corn starch, a half cupful of sugar, a pinch of salt and two eggs. Add the milk—remove the cinnamon—return to the double boiler and stir and cook until it is very thick, then cover and cook for fifteen minutes. Stir in a teaspoonful of vanilla and one teaspoonful of butter and turn into a buttered shallow pan. When firm cut in pieces, egg and crumb as for croquettes, fry brown and serve with powdered sugar or a sauce.

New Grand Master.

By the death of Supreme Master Workman William H. Miller, of Michigan, of the A. O. U. W., Will M. Narvis, grand master workman of Iowa, and supreme foreman of the supreme lodge, becomes supreme master workman. Will Narvis' home is at Muscatine, and here the headquarters of the supreme lodge will be transferred at once. Will Narvis is one of the best-known men in Iowa. He was a popular newspaper man for years, then drifted into the A. O. U. W. as a moving spirit, after having had a splendid drill in fraternal work as an officer of the grand lodge Knights of Pythias of Iowa, of which he was finally grand chancellor. He is a good organizer, a polished writer, and a grand master workman has had the duties of editor of the official paper of Iowa with his other duties, which has assisted him in making a grand success of the order in Iowa, as he will make of the supreme lodge, for it is understood he will be elected at the supreme lodge in a couple of weeks to fill the office for a term of years, that he now succeeds to by reason of the death of his respected predecessor—Mason City, Iowa, Herald.

Confederate Reunion.

Nashville, Tenn., June 11.—The 14th annual reunion of the United Confederate veterans is to be held in Nashville during the coming week. Never in the history of the city have such elaborate preparations been made for the reception and entertainment of people from abroad as have been made for this occasion. The advance guard is expected to put in an appearance tomorrow, and it is roughly estimated that at least 200,000 people will be here by the time the convention opens Tuesday. It is conceded that the reunion this year will be one of the most successful that has ever been held by the organization.

John Mitchell Goes Abroad.

New York, June 11.—President John Mitchell and William Dodds of the United Mine Workers of America sail today for Europe. They will attend the International Mining Congress at Paris next month as representatives of the organized mine workers of America. Before returning to the United States they will make an exhaustive study of labor conditions in Great Britain and on the continent.

Notice.

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(Signed) GIUSEPPE LAPONI.

Via del Graecchi 332 Rome. The "simple anaemia of development" referred to by Dr. Laponi is, of course, that tired, languid condition of young girls whose development to womanhood is tardy and whose health, at the period of that development, is so often imperilled. His opinion of the value of Dr. Williams' Pink Pills for Pale People at that time is of the highest scientific authority, and it confirms the many published cases in which anaemia and other diseases of the blood, as well as the nervous diseases referred to by Dr. Laponi, have been cured by these pills. In all cases of anaemia and other diseases due to impoverished blood, and all affections of the nerves, such as nervous prostration, neuralgia, St. Vitus' dance, paralysis and locomotor ataxia, they are commended to the confidence of the public, and now that they have received the emphatic endorsement of so high a professional authority as Dr. Laponi, the trusted physician to the Vatican, they will be accepted by the medical and scientific world at their full value.

Fought for Germany.

Appleton, Wis., June 11.—Several thousand German veterans have rounded up in Appleton for the fifth fest of the German Veteran's Society of Wisconsin. The programme opens with a camp fire tonight. A parade and outdoor festivities at Pierce's

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park are to be held tomorrow and the business session on Monday. The city is decked out in the German national colors in honor of the visitors.

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