

SOME CONTINENTAL RECIPES FOR COOKING VEGETABLES.



It is true that the meat on the Continent is inferior to English, then must it be confessed that the vegetable and its method of preparation is far superior.

Vegetables simply boiled and served up with a little salt or a lump of butter content the English palate, but the French, Germans, and Italians make of their vegetable-

cooking a fine art, and they would reject, almost as uneatable, the salted cabbage or plainly boiled potato beloved of England. If once the English were to adopt the foreign method of serving vegetables, a far smaller quantity of meat would be consumed, and the diet would be consequently cheaper, more wholesome and more easily digested.

The following Continental recipes for cooking vegetables will, I trust, be found an agreeable and practical addition to every English housewife's menu.

WINTERKOHL (*Winter Cabbage*).

Ingredients.—A cabbage, one Spanish onion, one tablespoonful of flour, salt, pepper, dripping or butter, and (when possible) chestnuts.

Cook the cabbage in boiling water until tender, press it well and chop finely. Take a frying-pan, make the dripping (about two ounces) hot, fry a large tablespoonful of flour brown in it, then add the onion which must be finely chopped, and two minutes afterwards the cabbage. Stir all well together, add salt and pepper to taste, and a large breakfastcupful of stock or water with a little meat-essence.

Chestnuts shelled and boiled make a delicious addition to this dish.

SAUERKRAUT.

Ingredients.—Sauerkraut, a quarter of a pound of dripping, one tablespoonful of flour, brown stock.

Take a pound of sauerkraut, cook it in water until tender, strain it. Put the dripping, butter or lard into a frying-pan, and when it is hot add the sauerkraut and stir in the flour. Add a cupful of broth, and let all simmer gently for ten minutes. Serve with pork or bacon.

In Germany sauerkraut is cooked in a variety of manners, the above recipe being the simplest method. Some consider the addition of caraway-seeds and a glass of Kirsch gives a refined flavour, others serve their sauerkraut mixed with boiled chestnuts, others again add a cupful of white wine. A very favourite dish in Switzerland is sauerkraut and sausages or sauerkraut and bacon, the bacon or sausages being cooked with the sauerkraut and thus imparting a very savoury flavour. The addition of a cupful of rice or raw potatoes cooked at the same time as the sauerkraut deprives the vegetable of its strong flavour and is preferred by many. The English method of serving up sauerkraut plainly boiled is unknown on the Continent.

ROT-KRAUT (*Red Cabbage*).

Ingredients.—One red cabbage, two ounces of dripping, one tablespoonful of flour, two apples, one Spanish onion, a lump of sugar, half a teacupful of vinegar and (if liked) a tablespoonful of caraway-seeds.

Take a good-sized red cabbage and cut it up finely, strew a tablespoonful of salt over it and leave it for a few moments. Take a pan and make the dripping hot, fry lightly a shredded-up onion, then add the red cabbage and a breakfastcupful of water. Cover the pan and let the vegetable simmer gently for an hour. Cut up in slices the apples and add them to the vegetable with the sugar, vinegar, salt and pepper to taste. Cook for another half-hour, stir in the flour and serve as soon as the gravy has thickened.

With goose, duck, pork or any rich meat this vegetable is an excellent accompaniment. Caraway-seeds or currants may be added if liked.

WEISZKRAUT (*Cabbage and Butter Sauce*).

Ingredients.—One large summer cabbage, salt, half a pound of butter, two tablespoonfuls of flour, white stock or milk, two large slices of toast.

Cut the stalk and outside leaves from the cabbage, divide the cabbage into four. Cook in boiling water for a quarter of an hour. Drain the cabbage, dish it on toast and cover it with butter sauce. To make the sauce heat the butter first, then stir in the flour and add either a cupful of milk or white stock, salt and pepper to taste, and add a little grated nutmeg.

GEMUSE VON SPARGELN (*Asparagus in sauce*).

Ingredients.—One bunch of asparagus, one cupful of broth, one tablespoonful of flour, pepper, salt and a glass of white wine.

When the asparagus is thin and small the following will be found a useful recipe.

Cut the asparagus in half, throwing away the bottom half. Cook the other half until tender in salt and water, strain and then pour over a sauce made of the broth, flour and wine. This forms an excellent vegetable, but of course cannot be eaten with the fingers as the ordinary asparagus.

GALBE RÜBEN (*Carrots*).

Ingredients.—A bunch of carrots, a quarter of a pound of butter, two tablespoonfuls of flour, chives or parsley, stock.

Cut up the carrots in slices, place them in a pan with the butter which must first be melted. Let them cook gently in the butter until nearly tender, stir in the flour, cover with a cupful of brown stock or any sort of gravy, let the whole simmer for a quarter of an hour, add pepper, salt and a little shredded parsley or chives, and serve hot. If the carrots are young they can be cooked whole without slicing. Carrots served in this way will be found an exceedingly tasty and wholesome vegetable.

GRÜNE ERBSEN (*Green Peas*).

Ingredients.—Green peas, chives, a quarter of a pound of butter, one teacupful of broth or water with meat extract, two tablespoonfuls of flour, salt, pepper and sugar.

Melt the butter in a pan and add the green peas, which must first have been shelled and washed. Let the peas simmer in the butter, stirring them all the time with a wooden spoon; when nearly tender strew over them the flour and then the stock. Let all simmer gently, and just before serving add some finely shredded parsley or chives and a lump of sugar.

WEISE RÜBEN (*Turnips*).

Ingredients.—A bunch of turnips, two ounces of dripping or lard, one Spanish onion, salt, pepper, brown stock, and, if liked, caraway-seeds.

Peel the turnips, cut them in thin slices, and let them remain an hour in cold salted water. Make the dripping hot and fry in it a finely-chopped Spanish onion, add the slices of turnip, strew salt over and let them cook until of a gold-brown colour, add the stock and simmer gently until tender. When liked a teaspoonful of caraway seeds may be added.

GEBACKENER BLUMENHOHL (*Baked Cauliflower*).

Ingredients.—Cauliflower, bread-crumbs, butter or dripping, salt, and one egg.

Cook the cauliflower in boiling salt water until tender. Drain it, cut it in slices, dry the slices in a towel, cover with egg and bread-crumbs, and cook in boiling fat until of a golden brown colour.

This recipe is useful for cooking up remains of cauliflower; the fried slices may be served with butter sauce.

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LINSEN (*Lentils*).

Ingredients.—One pound of lentils, one Spanish onion, two tablespoonfuls of flour, two ounces of butter, an egg-cupful of vinegar, brown stock.

Lay the lentils in water over-night. In the morning cook them in salted boiling water until tender. Take a frying-pan, heat the butter and cook the flour and minced onion in it until they are brown, pour over this the vinegar, pepper, salt and a breakfastcupful of stock, and when the sauce has thickened add the lentils and let all cook together for another ten minutes.

If any lentils are left over, a nice dish may be made of them in the following manner.

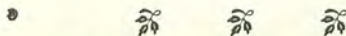
Mash the lentils with a fork, then make a little plain dripping pastry, roll it out thin, cut it into rounds with a cup. Place in the centre of each round a teaspoonful of the lentil mixture, fold up and stick together, cover with egg and bread-crumbs and fry in boiling fat.



FAGIOLE E POMODORO (*Beans and Tomatoes*). An Italian Dish.

Ingredients.—One pound of haricot beans, two tablespoonfuls of flour, two ounces of butter, half a pound of tomatoes, pepper and salt.

Cook the beans in salted boiling water until tender, drain them. Take a frying-pan, heat the butter and cut up the tomatoes, fry these in the butter for ten minutes, add pepper and salt and a cupful of the bean water, thicken with the flour, add the beans to the sauce, let all cook together for about five minutes and serve.



POLENTA E POMODORO (*Maize-meal and Tomato*).

Ingredients.—Indian or maize-meal, salt, water, one Spanish onion, two ounces of butter, half a pound of tomatoes.

Cook the maize in a saucepan of boiling salt water for a quarter of an hour. Turn it on to a dish, and when firm cut into slices. Have ready a sauce made with the butter, fried onion and tomatoes. Place a tablespoonful of the mixture on the slices of meal and serve very hot. This is a delicious and wholesome dish much in vogue in Italy and often superseding the meat course.



SELLERIEGEMUSE (*Celery*).

Ingredients.—One head of celery, vinegar, salt, brown stock, one Spanish onion, parsley.

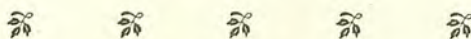
Cut up the celery into small slices, wash it, cook it tender in salt water, to which a little vinegar has been added. Strain it and pour over the brown stock, to which a fried Spanish onion and some finely chopped parsley has been added. Thicken with a little flour, add pepper and salt and serve.



AUBERGINES FRITES.

Ingredients.—Two good-sized aubergines, pepper, salt, oil or fat.

Cut the aubergines into very thin slices, dry them well, season with pepper and salt, dredge with flour and fry in boiling fat. Serve very hot.



BOHNENKERNE (*Haricot Beans*).

Ingredients.—Haricot beans, two ounces of butter, parsley, pepper, salt, two tablespoonfuls of flour, brown stock or water with a little meat extract, one eggcupful of vinegar.

Soak the beans over-night in lukewarm water. Cook them in the morning in boiling salted water until tender. Strain the beans and cover them with a sauce made in the following manner. Heat two ounces of butter, fry the flour in the butter until brown, add the vinegar, broth, pepper and salt. Stir until thick, then strew over all some finely chopped parsley. An excellent soup may be made from the bean water with the addition of a little roasted flour and fried onion



CELERIE À L'ITALIANA.

Ingredients.—One head of celery, one egg, breadcrumbs, pepper, salt, boiling fat or oil.

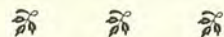
Cut up the celery into equal lengths of about two inches, boil in salted water until tender, strain, dry on a towel, cover the pieces with egg and breadcrumbs, and fry in boiling fat, oil and butter. The Italians serve up this dish with tomato sauce.



CARCIOFE À L'ITALIANO (*Artichokes in Italian fashion*).

Ingredients.—Two or three green artichokes, one egg, salt, and oil or fat, flour.

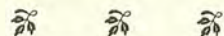
Cook the artichokes in boiling salted water until tender. Remove the leaves and cut the heart into very thin slices, throw these into a batter made of one egg, one tablespoonful of oil, and two ounces of flour, salt and pepper to taste, and fry gently in boiling oil or fat.



CONCOMORO FRITTO (*Fried Cucumber*).

Ingredients.—One good-sized cucumber, pepper, salt, flour and oil.

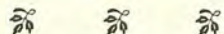
Slice the cucumber and cut into slices a quarter of an inch in thickness, drain them and dry them in a towel, dredge them with flour and fry brown in boiling oil or fat.



CHAMPIGNONS À LA SAUCE BLANCHE.

Ingredients.—One pound of mushrooms, a quarter of a pound of butter, pepper, salt, lemon juice, nutmeg, one cupful of milk, two tablespoonfuls of flour.

Pare the mushrooms and cut into pieces, throw them into a pan with the melted butter, juice of half a lemon, pepper and salt. Stew gently for twenty-five minutes, add the milk, thicken with the flour, flavour with a little grated nutmeg and serve very hot.



CRÊPES AUX FINES HERBES. Herb Omelettes.

Ingredients.—Any sort of herbs, two ounces of butter, four eggs, a cupful of flour, pepper, salt and steaming oil or fat.

Chop up the herbs finely and stew in butter until tender. Make a paste with the eggs beaten into the flour, add the herbs to the mixture, make into thin pancakes and fry lightly.