

THE CENTURY COOK BOOK

BY

Mary Lincoln

This book contains directions for cooking in its various branches, from the simplest forms to high-class dishes and ornamental pieces; a group of New England dishes furnished by Susan Coolidge; and a few receipts of distinctively Southern dishes. It gives also the etiquette of dinner entertainments—how to serve dinners—table decorations, and many items relative to household affairs.

"NOW GOOD DIGESTION WAIT ON APPETITE
AND HEALTH ON BOTH!"

—Macbeth



NEW YORK
THE CENTURY CO.
1898

SQUARE-CORNERED DINNER-TABLE WITH FOURTEEN COVERS. DECORATIONS IN WHITE. (SEE PAGE 18.)



should they be scorned or overlooked by those who can have them for the gathering? Neglect to use them seems equal in wastefulness to the practice of some country butchers, who throw away calves' heads, brains, sweetbreads, fresh tongues, etc., because the people have not learned their value. A French family who moved into a western town reported that the cost of living there was nominal, because the foods which they most prized, not being recognized as belonging on the list of comestibles, were given away by the butchers as food for dogs. Mushrooms are very distinctive in feature, and by the aid of descriptions given in books and colored charts, one can easily learn the edible varieties which grow in his neighborhood. By taking no risks in eating those not perfectly recognized, there is no danger of being poisoned. It is not thought difficult to learn varieties of the rose, nor to discriminate between the poison and the innocuous ivy. The form, color, and habitat of mushrooms make them equally easy to recognize. Care should be taken, however, to avoid any mushroom which is old or partly decayed, as its condition then is analogous to that of putrid meat. In their season the edible fungi grow in great profusion; they are nitrogenous, containing the same nutritive elements as meat, and well serve as a substitute for it, giving a pleasant change to the limited bill of frugal fare. Mr. Gibson speaks of them as beefsteaks. They seem from circumstances, therefore, to have a place in the dietary of the poor as well as the rich. Receipts for cooking mushrooms are given on page 314.

It is sometimes thought to be an extravagance to serve a roast to a small family, because so much meat is left over. When there is no way known of presenting it again except as cold meat or as hash, it may indeed be disagreeable to have the same meat served four

times. A good cook, however, served turkey acceptably at four dinners to a family of three persons in this way:

	FIRST DAY'S DINNER	\$1.60
10 lbs. turkey at 16 cents per lb.10
1 quart sweet potatoes boiled	
2 quarts apples (of which she used three for baked apple dumplings, sajyon sauce, page 446)15	
1 egg03	
1 lemon02	
1 cup sugar01	
	—	.06
Cost of first day's dinner	\$1.91
2 lbs. codfish boiled	
HOLLANDAISE SAUCE (page 281).		
2 eggs06	
1 lb. butter08	
1 lemon01	
6 croquettes made of one cupful of turkey meat15	
SAUCE TO MIX THEM		
1 cup milk02	
1 tablespoonful butter02	
1 egg03	
	—	.07
2 tablespoonsful flour (see croquettes, page 293).		
1 pint cranberries09	
Sweet potatoes left from day before, cut in strips and browned (see page 206).00	
BROWN BETTY PUDDING		
Apples from day before00	
Molasses and crumbs05	
	—	.05
Cost of second dinner56

THIRD DAYS DINNER

Soup made from carcass of turkey.....	.00
CHICKEN SOUFFLÉ (page 190).	
1 cup turkey meat.....	.00

SAUCE TO MIX IT

1 tablespoonful butter.....	.02
1 cup milk04
3 eggs.....	.09
Other ingredients02
BAKED MACARONI	—
½ lb. macaroni04
Cheese05
—	.09

COTTAGE PUDDING

1 egg03
½ cup sugar01
½ cup milk02
1 tablespoonful butter03
Baking powder01
—	.10
CHOCOLATE SAUCE (page 447). —	
3 oz. chocolate06
½ cup sugar02
—	.10
Cost of third day's dinner.....	.46

FOURTH DAYS DINNER

1 codfish steak, 1 lb10
4 smalls for garnishing10
—	.20
CHARTRUSE OF CHICKEN (page 190).	
1 cup rice04
White sauce07
What is left of turkey including giblets00
Boiled potatoes05
Scalloped tomatoes15
Salad of water-cresses05
Bread pudding10
—	.46
Cost of fourth day's dinner.....	.66

First day	\$1.91
Second day56
Third day46
Fourth day66
Extras for bread, seasonings, etc.30
—	
Total	\$3.89

Average per day..... .974 cents.

The turkey in this case gave three cupfuls of chopped meat after the dinner of the first day. Any kind of meat can be made into the same dishes, and will be liked if the meat is chopped very fine, is well seasoned, and made creamy by using enough sauce.