12-1898

Chicago Vegetarian December 1898

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Chicago Vegetarian

Vol. III No. 4. DECEMBER, 1898. Five Cents.

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CHICAGO VEGETARIAN, McVicker's Building, CHICAGO.
Of Interest to the Housewife.

A CHRISTMAS DINNER.
Oyster Plant Soup.
Stuffed Egg Plant. Cranberry Sauce.
Rice-Mushroom Croquettes. Apple Sauce.
Celery Salad.
Grape Jelly.
Pineapple Ambrosia.
Fruit.
Chocolate.
OYSTER PLANT SOUP.
Wash the stalks, scrape off the skin and wash again. Boil in water sufficient to cover, until soft; then mash. Next add four cups milk and one of cream (for six persons) and butter size of walnut; salt to taste.

STUFFED EGG PLANT.
Do not peal, but eat the egg plant, a fairly large one, in two, and boil until soft. Then remove the egg plant from the fire and, when almost cool, remove with a spoon almost all the cooked substance, leaving the rind. Drain this substance thoroughly, using some pressure. Take an onion, cut it up fine and add to it chopped parsley, salt and pepper, and, with a piece of butter, stir them thoroughly. Then add the cooked inside of the plant, at the end adding the yolks of two eggs and some grated nutmeg. When this is thoroughly cooked, introduce it into the rind of the egg plant. Take a piece of string, tie up the halves, and bake thoroughly.

RICE-MUSHROOM CROQUETTES.
Croquettes of rice and mushrooms are a luxury. Put one pound of mushrooms into a quart of water of vegetable stock with a carrot, a leaf of celery, a slice of onion, a little parsley and a bunch of herbs, and boil gently for three or four hours. Strain, mince the mushrooms finely, put them in a stewpan with four ounces of rice, the strained stock and seasonings, if required. Cook till the rice is tender, then drain and leave to cool. When shape the mixture into balls or oroks, roll them in bread crumbs, pass through beaten egg, fry in boiling butter, drain, pile in a pyramid and garnish with parsley.

CRANBERRIES.
The simplest rule for cooking them is the best. To a quart of cranberries allow a cup of boiling water and a pint of sugar. Pick the cranberries over, add the cup of water and let them boil with some rapidity in a porcellain-lined kettle for twenty minutes. At the end of this time add the pint of sugar and cook them ten minutes longer, stirring them frequently, lest they burn. When they are done, turn them out into a heavy porcelain mold. If you have nothing better, a white earthenware bowl, holding a quart, will do well. Let the cranberries stand in a cold place as you have for about twelve hours, or until you wish to serve them; then turn them out on a low platter, and serve hot. If they are cold or to stick to the mold, set it in warm water just long enough for the best to penetrate to the inside of the mold. If it remains too long or becomes heated through, the cranberries become matted and lose their form.

CELERY SALAD.
Boil the celery roots in salt and water. Slice while still hot; serve with plain vinaigrette dressing or allow the slices to get cold; then dress them with mayonnaise, mixed with finely-minced watercress, parsley and chives or shallots.

CUSTARD PIE WITH NUTS.
Make custard pie in usual manner: take about twenty walnuts, chop and add to the custard. This will color the pie dark, but the flavor will be rich and exceedingly delicious.
PINEAPPLE AMBROSIA.
Remove the skin carefully from the pineapple and grate the pulp fine, mix with white sugar and let it stand awhile. Make a custard of the yolks of four eggs, the whites of two and a quart of milk. When cold pour it over the pineapple. Beat the remaining whites with sugar, spread the frosting over the whole. Set on ice and serve cold.

* Contributions for this department are always welcome.

The Night After Christmas.
'Twas the night after Christmas, when all thro' the house
Every soul was albed and as still as a mouse.
The darlings had only been tucked in their beds With very full stomachs and pains in their heads;

When all in the nursery rose such a clatter I sprang from my sleep crying, "What is the matter?"
For, what to the fond father's eyes should appear,
But the pale little face of each sick little dear; *
* I turned from the sight, to my bedroom stepped back
And brought out a phial marked PERNI, KPOAK. —Selected.

Forewarned is forearmed.—at least such may be the case. It is possible to avoid the uncomfortable aftermath to which so many little ones are annually subjected by parents, kind and loving, but deplorably unwise in their selection and preparation of the Christmas feast.

In the hope that our readers will grant us the privilege of sharing their plans, our

Our school has prepared a Christmas menu composed of natural foods, which will not only leave the joy of the occasion undiminished, but greatly perpetuate it because of not afterward requiring nauseating mixtures to restore the system to even comfortable conditions.

Nature is extremely kind when man is obedient; but the penalty so almost universally being paid for violation of her laws is a shame and disgrace to our civilization, and a desecration especially of the holiest and happiest season given to man.

CHRISTMAS MENU.
Cream of Celery Soup (Recipe No. 9.)
Shredded Wheat Biscuit Creations (No. 258.)
Olives.
Celery.
Fried Mushrooms (No. 64.)
Creamed Peas in Biscuit Baskets (No. 106.)
Banana Croquettes, Orange Sauce (No. 107.)
Lettuce and Cucumber Salad (No. 214.)
Shredded Wheat Biscuit Toast (No. 151.)
Steamed Fruit Pudding (No. 77.)
Hard Sauce (No. 143.)
Fruit. Nuts.
Cheese and Shredded Wheat Biscuit Toast.
Whose Shred Drink (No. 129.)

64. JUICED MUSHROOMS.—Two tablespoons butter, 1 cup mushrooms, $1 teaspoon salt, dash white pepper, & Shredded Wheat Biscuit split, buttered, and toasted. Melt the butter, rinse and wipe the mushrooms dry, add to the hot butter and fry $ minutes on one side. Turn and fry $ minutes on the other side, then arrange on the toasted halves of the biscuit, salt and pepper. Serve with squares of lemon.
147. BANANA CROQUETTES.—Six bananas, $ cup powdered sugar, juice $ oranges, $ egg, 2 cups Shredded Wheat Biscuit crumbs. Strip skin from bananas, cut into halves crosswise, make straight on ends, sprinkle with powdered sugar and turn over the orange juice. Let them stand to a cool place for $ hour, turning occasionally until all are flavored with the orange, then roll in the egg, then in crumbs, and fry in deep, hot fat. Serve with or without sauce.
77. STEAMED FRUIT PUNCA.—No. 3—Three cups Shredded Wheat Biscuit crumbs sifted, $ cup Entire Wheat Flour, $ cup sugar, $ cup butter, $ teaspoon baking powder, $ teaspoon salt, $ teaspoon cinnamon, $ teaspoon nutmeg.