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The Vegetarian Magazine June 1900

The Vegetarian Magazine

Rena Michaels Atchison Ph. D.
The Vegetarian Magazine

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The Vegetarian Magazine

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Vol. IV.

No. 9

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Of Interest to the Housewife.

Conducted by Rena Michaels Atchison, Ph. D.

Protose.

Every vegetarian housewife should keep in store this most delicious of the prepared nut foods. It lends itself to so many forms of preparation, is always so relished even by flesh-eating sinners, that to anyone who has once used it it becomes the sine qua non of vegetarian cookery.

Protose Croquettes.

Delicious croquettes can be made by adding to each cup of finely minced protose, minced onion or celery, and parsley, one tablespoonful strained and stewed tomato, a little salt, one cupful granose flakes or shredded wheat biscuit crumbs, and one egg. Form in croquettes, roll in egg and granose or shredded wheat crumbs, bake in oiled or buttered pan ten or fifteen minutes, according to heat of oven. Serve hot in a nest of fresh parsley.

Protose Sausage.

If people must have something called sausage use the above mixture, increasing the proportion of protose and for seasoning using onion and sweet herbs to taste. Mold like sausage, brown in oven and serve with garnish of parsley.

Protose Hash.

An appetizing hash can be made by adding to each cupful of minced protose, in a cupful minced boiled or baked potatoes a little minced onion, salt to taste, mix thoroughly, moisten with boiling water, cook in stew pan, or better brown in oven twenty minutes, in dish in which it is served. Serve with tiny sprigs of parsley scattered over the top.

Protose Roast.

A protose roast can be made by adding to each cup of minced protose one cup of granose flakes or shredded wheat

crumbs, minced onion, browned in butter, sweet herbs according to taste (a little of the powdered mixture of summer savory, sweet marjoram and thyme is delicious) and one egg well beaten. Moisten while baking with nut cream, or hot water. Serve with tomatoes or brown gravy, to which may be added minced mushrooms. This roast can be served cold cut in slices, like veal loaf, and is so far superior to that carnivorous dish that you may convert sinners from their errors of diet by serving them with this delicious article for picnic dinners.

Protose Salad.

Protose is delicious in salads, can be sliced and broiled, can be used in baked beans; in fact, can be used in so many ways that it is named in one household protean protose, and in fact it assumes as many different characters as Proteus himself.

Banana Salad.

A banana salad is "a thing of beauty and a joy forever." On a crisp green lettuce leaf, place the banana cut in pieces lengthwise, an inch and a half long; cover with cream dressing delicately sweetened. If you do not make your own salad dressing add sweet cream to the prepared dressings and sweeten. Sprinkle a teaspoonful of finely broken or chopped hickory nuts over the top and dot with tiny sprigs of fresh parsley.

Pine Apple Dessert.

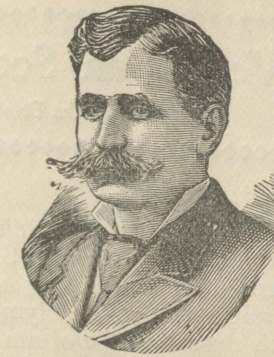
To two cups of boiling water add the juice of one lemon, the juice from one can of sliced pineapple (strained) and one cup of sugar. Moisten three tablespoonfuls of Ricena with cold water; stir into the boiling water and cook three or four minutes, or until transparent. Set aside to cool. Shred the pineapple very fine,

and add to the Ricena when cold, whipping it in thoroughly. Set in cool place until time to serve. Serve with whipped cream delicately sweetened and flavored with orange.

Peel and cut once, if large, roll in lemon juice, dust with granulated sugar, roll in shredded wheat crumbs, and bake on buttered tin until delicately browned. Serve hot.

Tapioca Consomme.

Boil one heaping tablespoonful of pearl tapioca until transparent, immediately wash in cold water, strain and put in the tureen with one quart of plain consomme.



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