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By The Omaha Bee

Its purpose is to instruct and edify, to suggest and recommend new dishes as an aid to the housewife. Published each month on the Sunday following the 15th day. Correspondence invited and will be promptly answered through these pages.

Practical Cookery



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Is Free With The Bee

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Let's Go A-Marketing

With Winifred Worth

The Appetizing Apricot in Cans

If you ever once buy a can of "extra" apricots, you are sure to consider the fruit, thereafter, truly "peach-like!"

And, if you were to visit an apricot canning factory, you would understand the full meaning of the word "extra." Apricots for canning are first graded into prime fruit, soft fruit, and hard fruit, their classification depending on their degrees of ripeness. And the "extra" apricots you buy are the ones which are not only "prime," but extremely large and evenly colored. The next size is called "extra standard," and still the next "standard"—a grade which sometimes includes fruit slightly too ripe, of small size, and with minor blemishes. The lower grades, "seconds" and "pie stock," are made up of under-ripe fruit, sometimes soft and of irregular quality.

Since the canning is done, almost altogether, in the same locality where the fruit grows—mostly in California—the packers can afford to let it ripen well on the trees before they bring it to the factories. So, when still firm, but just ready to turn soft, the apricots are hand-picked and taken to the canning plants in shallow boxes, carefully handled to prevent bruising.

Grading takes place after the fruit has been split and pitted. The fruit is seldom peeled; but some apricots, especially those that are quite soft, are cooked in kettles until very tender, and then they may or may not be put through a pulper which removes their skins. Then the pulp is evaporated to the proper consistency for canning; and, to make the product less insipid, a quantity of rather hard fruit is often added to the pulp.

Now, apricots, for most desirable results, require the addition of a good, thick syrup. Most canners use a syrup the consistency of which is according to the size and grade of the apricots. And it is sometimes maintained that the smaller sizes, which get a comparatively thin syrup, would be greatly improved if they were given the same heavy syrup which the "extra" grades get—even though the diameter of the smallest sizes is less than an inch, while that of the "extra" grades is two and a half inches.

Since the delicate texture of the fruit largely prohibits its shipment, only a small part of the apricot crop comes to the market fresh. It is due to the process of canning, therefore, that the average person can know the distinctive and agreeable flavor of the apricot.

Little Trips to the Butcher Shop

"Corned Beef and Cabbage."

Comic cartoons, which have spread the fame of that common old combination, "corned beef and cabbage," give you a good idea of how delicious the dish is; but don't let them lead you to believe it is such a plebian mixture that you have to sneak off to eat it!

For "corned beef and cabbage," as a dish, has come into its own. Probably you are familiar with the charms of cabbage; but what do you know about the corned beef to which it is wedded?

Corned beef is meat preserved with some such substance as brine or salt-peter. The best grades of it are from the rump, chuck and plate. Try always to buy a piece of corned beef that has a good layer of fat. Be sure to cook the meat for about five hours, with the water just bubbling at one side of the kettle—rapid cooking is disastrous to corned beef.

If you get it canned, it should be well trimmed, the skinny and connective tissues should have been removed, and it should be free from bristle, bone, blood clots and undue fat. It should have no soft fat at all, and should show not more than 1-32 of jelly.

"Corned beef" is called "corned" because the word originally signified meat preserved by dry-salting—sprinkled with "corns" of salt. Later, when the meat comes to be more commonly preserved in brine, the name was retained—perhaps because the original "corned meat" held so well the true flavor of the meat that the word "corned beef" was still especially pleasing to the ear.

The All-'Round-Purpose "Round Steak."

The "round steak" is a juicy slice cut clear across the entire round. It is sometimes cut into two parts, and you can usually buy either the upper or the lower one.

The upper round is considered the better piece, and it is higher priced, in proportion to its weight, than the whole round or the lower round alone. This top, or inside, is generally used for steaks and roasts; and the bottom, or outside, is best utilized chopped, or for slow cooking. If you intend to use the round as a steak, your best plan will be to buy the top alone, but if you want to

have a steak one day and make a stew another, it is cheaper to buy both parts.

Of course, you must realize that round steak is not as tender as tenderloin, sirloin or rump, but it does have a rich flavor, even so, and is quite nutritious. Buy your round steak cut thick, and cook it rare over a quick fire. The best steak of the round begins with the third slice.

Since the average American prefers loin and rib cuts to round steak and other medium-priced cuts, a large share of these cheaper meats are not sold as fresh cuts at all. They are, instead, stripped, and made into "beef hams," rump butts and shank sausage.

Whether you get your "round steak" fresh or whether you get it cured—remember that it is the all-round purpose meat for the average family.

In My Grocer's Window

Eggplant Is Popular and Palatable

To give flavor and palatability to the foods with which it is combined, there is nothing better than a certain fruit-vegetable, the eggplant. The eggplant is more or less new in this country, but it is steadily gaining in popularity.

The eggplant contains a high per cent of water, 90 per cent. Of the small amount of dry matter, starch and sugar are the principal nutrients. The fruit is not, of course, primarily of value for its nutritional qualities—in fact, it must rely for those upon the butter, bread crumbs, and eggs with which it is usually combined. One usually slices the fruit before frying; it is even more delicious, though, when it is cut in 1-inch cubes. Or, it may be baked (either plain or stuffed), boiled or stewed.

In many parts of the tropics, the egg-plant is considered an important part of the diet. There are several varieties which yield fruits of different color, shape, size and quality. The best known kind is egg-shaped, three to five inches through and purple or black in color. Europe likes the white kinds best. Eggplant is grown as far north as New York, but the varieties grown in the southern states are choicest.

To Cook Artichoke.

The average American family prefers their artichokes either steamed or boiled and served with a sauce, or with butter. But if you want to surprise your family with a new method of serving them, simply put them on the table raw, as is so often done in Europe and seasoned only with salt and pepper.

What's Happening in the Food World Today

Chemist Finds New Way to Make Sugar.

Here's good news for everyone with a "sweet tooth"—a new process makes it practicable to produce crystalline maltose sugar from corn starch or from other starch products.

The new method will, it is thought, result in the production of a comparatively low-priced sugar. It was developed by H. C. Gore, a chemist working in a laboratory of the Bureau of Chemistry, United States Department of Agriculture.

Chemists have known for some time that it is possible to make sugar in this way, but they did not have sufficient control of the process to insure economic production. The new method permits the chemist to proceed with regularity and certainty, and it requires only simple equipment.

Corn starch or corn hominy is mashed with malt, which converts the starch into maltose sugar. The syrup formed is decolorized with carbon, evaporated, and inoculated with a small amount of crystalline

maltose. After it sets for several days, it takes on a solid, fondant-like form. The crystals are extremely fine.

Seek Vitamines? Try Pineapple!

Pineapples, any way you can get them conveniently, fresh or canned, are an excellent source of vitamines A and B, it has recently been shown in a series of experiments on white rats.

Five grams of the fruit, in either form, produced almost normal growth when given each day. Twenty-two rats were subjected to the experimentation.

Marketgrams

The tops of beets, turnips, radishes and other root vegetables should always be saved and used as greens, if young and tender; or added to soups, if more mature.

It is better to select packages of figs and dates which are protected from the dust, even when they cost slightly more, than to buy those that are exposed to dirt and flies.

Peach Jelly Is Popular

Have you a little "jelly fiend" in your home? If so, he will be sure to appreciate your "putting up" some peach jelly, now when the fruit is plentiful.

Select peaches that would be just a bit under-ripe for eating. Rub off the down, using a soft cloth, and cut the fruit in pieces, saving the pits. Cover your peaches with water, and cook them slowly in a covered container until they are quite soft. Then pour them into a jelly bag and allow them to drip.

When you have extracted all the juice, measure it, and to every two cups allow one pound of sugar and the strained juice of a lemon. Heat the sugar in the oven, and cook the juice for 20 minutes over an uncovered fire. Then add the sugar to the juice, stir the juice until the sugar is dissolved, and cook it for five minutes more. Finally strain the mixture into glasses, covering them when they are cold.

Peach jelly isn't so pretty as some other kinds, since it is never firm enough to retain its shape when you pour it from the glass, but, since it's invaluable for cake fillings, sauces, puddings and candies, you're sure to want it in the winter time!

Nutrition Nuggets

Children often have to be taught to like new foods, and foods that are especially good for them. Begin by giving but a small amount of the new food at a time, and repeat frequently until the child learns to like it. When a child does not like milk, the easiest method is to serve it in soups, custards, cereals, and creamed vegetables. If the family follows a simple menu, eating largely what the children themselves should have, it is often beneficial in encouraging them to eat what they should.

Danish Dishes That You Make Like

Frecadella

1 lb. beef, ground twice 2 eggs
1/2 cup flour 2 onions, ground with meat
1 cup milk Salt and pepper to taste
Beat all together and fry in butter in skillet.

Gouliatta

3 quarts of soup from ham hock
2 cups yellow split peas, soaked over night in cold water and cooked separately in 1 quart of water till mushy
Half dozen onions, carrots and potatoes cooked in ham-soup
Mix all together and cook 20 minutes.

Ruskensnusk

1 can of peas and 4 carrots
5 medium sized potatoes
Cut up small
Small bunch of parsley ground fine
1 teaspoonful of salt and
1 tablespoon of sugar
Cook together 20 minutes, thickening with cornstarch. Add lump of butter before serving

Expect World's Biggest Sugar Crop

The bumper sugar crop of the world is predicted this year, according to reports received by the United States Department of Agriculture. The quantity forecasted is approximately 21,000,000 short tons.

1923 saw the production of 20,400,000 short tons, but the previous high record was made in 1913-14, with 21,600,000 short tons

