

Plan To Serve Vegetables In a Variety of Ways

<i>Asparagus</i>	Creamed, buttered, cream soup, salad.
<i>Beans—green</i>	Seasoned with bacon or ham fat, creamed, buttered, combined with corn, cream soup, salad.
“ — <i>lima</i>	Buttered, cream soup.
“ — <i>navy</i>	Seasoned with butter or bacon fat, baked with tomato sauce and bacon, soup.
“ — <i>kidney</i>	Seasoned with butter or bacon fat, baked.
<i>Beets</i>	Buttered, pickled, Harvard, salad.
<i>Cabbage</i>	Buttered, creamed, escalloped, au gratin, salad.
<i>Cauliflower</i>	Buttered, creamed, escalloped, au gratin, relish.
<i>Carrots</i>	Buttered, creamed, souffle, with peas, in stew, glazed, salad.
<i>Celery</i>	Buttered, creamed, cream soup, escalloped, au gratin, souffle, salad, relish.
<i>Corn</i>	On cob, pudding, buttered, escalloped, corn fritters, souffle, chowder.
<i>Egg Plant</i>	Boiled and mashed, escalloped. Salted and drained, dipped in batter and fried.
<i>Greens</i>	Buttered, with bacon, creamed, cream soup, garnished with egg, moulded and garnished with egg or cheese.
<i>Onions</i>	Boiled or steamed and buttered, creamed, escalloped, baked, steamed with meat, salad.
<i>Parsnips</i>	Boiled then browned in butter or in bacon fat, buttered, creamed, with pot roast.
<i>Peas</i>	Buttered, creamed, cream soup, with carrots, salad.
<i>Potatoes—Irish</i>	Baked, boiled, mashed, riced, stuffed, au gratin, creamed, escalloped, cream soup, with roast meat, croquettes, salad, in stew, potato puff, french fried, shepherd pie (baked dish made of a layer of mashed potato, then one of diced meat and gravy, then another of potato).
<i>Potatoes—sweet</i>	Buttered, mashed, glazed, souffle.
<i>Salsify</i>	Creamed, cream soup, escalloped.
<i>Squash</i>	Boiled, baked, steamed, souffle. Summer squash can be sliced, dipped in eggs and crumbs and fried.
<i>Tomatoes</i>	Stewed and thickened or just buttered, escalloped, baked with onion, corn, rice or macaroni, cream soup, salad.
<i>Turnips</i>	Mashed, combined with potatoes and mashed, buttered, creamed, escalloped.

Buttered

One of the most wholesome, appetizing and attractive methods of serving cooked vegetables is with plain butter. Use $\frac{3}{4}$ T. butter to 2 cups of hot vegetables, which is approximately 1 t. to 1 serving. Spread the butter over the top and allow it to run through as it melts. If necessary, mix lightly with a fork. Sweet cream may be used instead of butter or for a part of it. Cabbage, onions, beets, carrots, cauliflower, peas, string beans, celery, potatoes, squash, etc., are particularly good buttered.

Creamed

A vegetable is creamed when served with a white sauce. Practically all vegetables may be served in this way. They are usually cubed or sliced, but may be served whole, e.g. new potatoes. Use $\frac{1}{2}$ c. medium white sauce to 2 c. boiled or steamed vegetables.

No. 1 Thin
 1 T. flour
 1 T. butter
 $\frac{1}{4}$ t. salt
 Speck of pepper
 1 c. liquid

White Sauce
No. 2 Medium
 2 T. flour
 2 T. butter
 $\frac{1}{4}$ t. salt
 Speck of pepper
 1 c. liquid

No. 3 Thick
 3 or 4 T. flour
 3 or 4 T. butter
 $\frac{1}{4}$ t. salt
 Speck of pepper
 1 c. liquid

Liquid may be milk or milk and vegetable stock.

Method #1. Melt butter and stir in flour and seasoning. Cook until frothy. Add liquid gradually and cook until there is no taste of raw starch.

Method #2. Mix flour to a smooth paste with a little cold milk. Heat rest of liquid in a double boiler. Add to the thinned flour and stir over the fire until mixture thickens. Add butter last. With this method, a smaller quantity of fat may be used.

Uses:
 1. Forms the basis of cream soups.
 2. Is used for escalloped or creamed dishes.
 3. Forms the foundation of croquettes and souffles.

Variations:
 1. Tomato sauce—substitute 1 c. tomato juice for the milk. Good with cabbage, onions and lima beans.
 2. Cheese sauce—add $\frac{1}{3}$ c. grated cheese to the white sauce. Good on string beans, potatoes, rice or macaroni.

Escalloped

Escalloped vegetables are creamed vegetables put into a buttered baking dish, covered with buttered crumbs and browned. Sometimes the product is arranged in layers, a layer of cooked vegetable, a layer of sauce, another layer of vegetable. Vegetables may be escalloped when cooked or raw. If $\frac{1}{4}$ c. grated cheese were sprinkled on top, the French would call it vegetable au gratin.

Baked

Wash and scrub the vegetables well and place on a rack or in a pan in a moderate oven. Cook until tender. Remove and serve hot with butter. They may be served whole or be cut into small pieces or mashed. Pierce the skin of potatoes when you remove them from the oven, to prevent soginess.

Glazed

Use whole cooked onions (large or small), cooked carrots, parsnips, turnips or sweet potatoes cut in half lengthwise. Place in a syrup made by heating together $\frac{1}{2}$ c. water or meat stock, 1 c. brown sugar and $\frac{1}{4}$ c. butter. Cook in a casserole in an oven or in a skillet over the fire until glazed and shining. Add 1 T. chopped fresh mint leaves to the syrup for carrots. Add a little grated orange to the sweet potato.

Buttered Spinach

$\frac{1}{2}$ peck spinach
 $\frac{1}{2}$ T. butter
 1 t. salt

Method—Pick over spinach and remove stems. Clean thoroughly by washing in lukewarm water. Rinse several times to remove all dirt. If necessary, soak for at least one hour in cold water. Lift out of water into a 3 or 4 qt. flat-bottomed kettle. Place over fire and cook uncovered as quickly as possible until just tender—3-5 minutes. Turn to prevent sticking or burning. Add salt when spinach is wilted. Remove from fire and season with butter. Do not waste the liquid left, but drink it or use for sauce or soup. The water clinging to the spinach will be sufficient for cooking. Bits of fried bacon and bacon fat or ham may be substituted at times for butter.