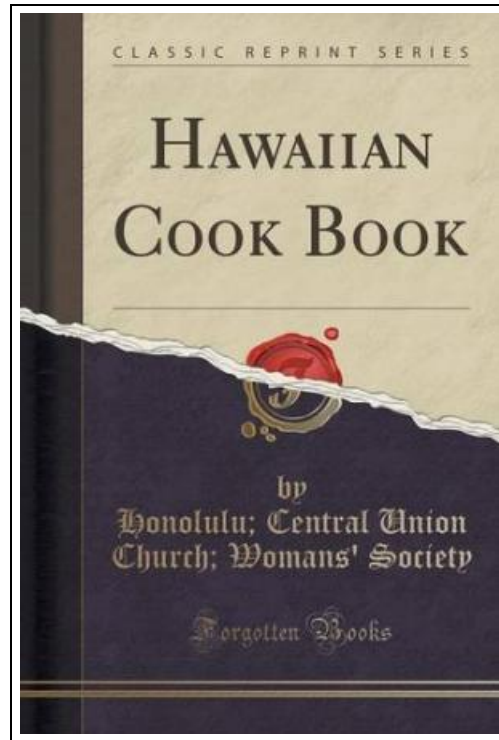


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Hawaiian Cook Book Stock For All Kinds Of Soup. - Mrs. C. D. Miller. Take a good sized shin of beef, cut every particle from the bone and cut up into inch pieces; cut or saw the bone into pieces as small as convenient and put the whole in a sauce pan, cover with cold water and set it aside in a cool place for half an hour, or even an hour. This will drain out much of the juice of the meat. The bones from roast beef, steak, etc are good to add to the stock kettle. Set this on the stove and let it come to a boil, then remove to the back of the stove and keep it simmering all day if convenient, several hours at any rate. The next morning remove all the fat. This is a good stock for soups, hashes or stews. To make soup, take out the required quantity, add vegetables, macaroni, tomatoes, according to fancy. Pea flour soup is delicious made from this stock; onion is an improvement to the soup in moderate quantity. Whenever stock is taken out of the kettle or jar, add water and let it boil. Chicken bones, scraps of meat, mutton bones, can be added, but never any vegetables. It is well to heat the stock often to the boiling point. (This recipe comes from an excellent housekeeper who lives in the country, where fresh meat is only obtainable once a week. It is therefore thoroughly reliable. - Ed.) Potato Soup. - Mrs. Parke. Boil together six good sized potatoes and two onions in water to cover. Mash down together, add one...



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