MORE
Vegetables
ON THE TABLE

UNIVERSITY OF ILLINOIS
College of Agriculture
Extension Service in Agriculture and Home Economics

CIRCULAR 685
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Urbana, Illinois

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H. P. Rusk, Director. Acts approved by Congress May 8 and June 30, 1914.
The smart homemaker helps to build her family’s health by serving a variety of vegetables. She includes in the daily menu generous servings of at least three vegetables — and usually more. In deciding which vegetables to serve she keeps in mind the following groups:

1. Leafy, green, or yellow vegetables. These vegetables add vitamin A and minerals to the diet. Some of the vegetables in this group are broccoli, carrots, chard, kale, lettuce, pumpkin, spinach, squash, yams, cabbage, Brussels sprouts, green beans, and green peas.

   This is the largest and most important group. In fact, on some days it may supply all the vegetables on the menu. At least one vegetable from this group should be served every day.

2. Tomatoes, raw cabbage, or salad greens as an alternate for citrus fruits. Because these vegetables are high in vitamin C, they may be used instead of citrus fruits. Be sure to serve the cabbage and greens raw if they are to be used for this purpose, as cooking will destroy some of the vitamin C.

3. Potatoes and other vegetables. Potatoes contain some vitamin C and if served frequently they add more of this vitamin to the diet. They also furnish the body with other vitamins and minerals and give satisfaction to a meal.

   Other vegetables, such as onions, turnips, and dried peas and beans, all furnish some minerals, vitamins, proteins, and energy, and give variety to the menu.

Vegetables can please the family. Many homemakers have the problem of persuading their families to eat as many vegetables as they should. The answer to this problem usually lies in trying something new. If your family doesn’t like buttered carrots, for example, why not try serving the carrots glazed? There are so many tempting ways to cook and serve vegetables.
that some of them are bound to make your family clamor for second servings.

No matter what methods of cooking and serving you use, wise selection and proper storage and preparation are also necessary for really good results.

Selection, Storage, Preparation

Select Your Vegetables Carefully

Choose fresh, crisp, firm, but tender vegetables of medium size. They should have a bright color and be free from signs of spoilage. Select cabbage, cauliflower, and head lettuce that is heavy in proportion to size and solid to the touch.

During garden season try to pick your vegetables just before you are ready to prepare them. In any event do not harvest or buy more than you can store or refrigerate satisfactorily.

If you are buying vegetables, purchase those that are in season. They have better flavor and are usually lower in price.

Save by Storing Properly

Store vegetables in a cool place. Those which wilt or spoil easily should be cleaned, washed, and stored in the refrigerator while they are still slightly wet. They will then be crisp and ready for use when you want them. Other vegetables may be stored in bins or ventilated boxes in a cool, dry place.

Do not peel or cut them up before storing. But do cut away any bruised or spoiled parts. And cut off the tops of such vegetables as carrots and beets.

Do not shell peas or lima beans until you are ready to use them. If you buy them shelled, put them in a covered container and store in refrigerator until you are ready to use them.
Make Preparation Easy

Prepare your vegetables just before you are ready to cook and serve them. Plan to prepare and cook only enough for one meal. Leftover vegetables lose both flavor and vitamins.

Soak cauliflower, cabbage, broccoli, and Brussels sprouts head down in cold salted water for half an hour before cooking. This will draw out insects. Any vegetable that has become slightly wilted can be freshened by soaking in cold water.

Save food value, as well as effort, by cooking vegetables in the skin whenever possible. Otherwise pare, peel, or scrape according to the kind of vegetable. (Keeping a good vegetable brush and scraper on hand will save time and energy.) Slicing or dicing pared vegetables will shorten the cooking time, but may increase the loss of vitamins and minerals if poor cooking methods are used.

Frequently serve tender vegetables raw. Your family will enjoy them this way.

Cooking Methods

There are many ways to cook vegetables so they will be good to eat and good for you. You can boil them, cook them in the pressure saucepan, bake, broil, pan, or fry them. There are rules for whichever way you choose. Follow the rules and you’ll turn out tender, colorful, appetite-appealing vegetables that are packed full of vitamins and minerals.

How to Boil Vegetables

Fresh vegetables

Cook in a covered saucepan in as little water as possible. The amount of water you use will depend upon the size of the pan, the quantity of vegetable to be cooked, and the cooking time. At the end of the cooking period, there should be only enough liquid left to serve with the vegetable. When you cook vegetables in a small amount of water, they are really steam-boiled.
Salt water and bring it to boiling point before adding vegetables. Allow \( \frac{1}{2} \) to \( \frac{3}{4} \) teaspoon of salt for each pound of vegetable. (Never add soda to green vegetables — they will stay bright without it if they are not overcooked. You might try adding a small amount of vinegar to the water when cooking red vegetables. This helps to retain the red color.)

After vegetables have been added, bring the water to a boil again, then reduce heat to maintain a gentle boil. Count the cooking time from when the water starts to boil.

Do not stir any more than necessary. Stirring may break the vegetable. To prevent burning or uneven cooking, lift and turn the vegetable lightly.

Cook only until tender. Vegetables are done when they are tender yet firm and natural in color. Overcooking results in mushy, discolored vegetables.

Do not discard any leftover cooking liquid. If you have misjudged the amount of water and have more liquid than you need for serving, use it in soups, gravies, sauces, and other foods. Or pour the liquid from the vegetables and boil it down until you have the right amount for serving.

Serve vegetables as soon after cooking as possible.

**Frozen vegetables**

Put the vegetable, while still frozen, into a small amount of boiling salted water, and cook as you would fresh vegetables. Start counting the cooking time when the water begins to boil again. Because of the tenderizing action of the freezing process, frozen vegetables cook in less time than fresh ones. A vegetable frozen in a solid mass, such as spinach, should be broken into smaller pieces as it thaws in the hot water. It will cook more evenly this way.
Frozen squash, mushrooms, and corn-on-the-cob are exceptions to these rules. Thaw frozen squash in the top of a double boiler and heat until hot enough for serving. Mushrooms may be fried lightly and quickly in butter without thawing first. Allow frozen corn-on-the-cob to thaw at room temperature; then cook it as you would fresh corn.

**Canned vegetables**

For safety reasons boil home-canned greens and corn for 20 minutes, and other home-canned, low-acid vegetables (such as peas, carrots, beans) for 10 minutes before tasting or using them. Even if you plan to use these vegetables in a salad, you should boil them first. You will not have to worry about botulism if you follow this recommendation. Other canned vegetables do not need to be boiled before using.

To avoid serving canned vegetables that are too juicy, try draining the liquid from the can into a saucepan and boiling it quickly to concentrate the amount. Then add the vegetables and heat to serving temperature. You will save the valuable vitamins and minerals that are in the canning liquid and have an attractive, tasty vegetable.

If you use canned vegetables often, some of the suggestions starting on page 13 will give you a variety of ways to serve them.

### Approximate Number of Cups in Common Can Sizes Used for Vegetables

<table>
<thead>
<tr>
<th>Size of can</th>
<th>Approximate number of cups</th>
<th>Size of can</th>
<th>Approximate number of cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby food</td>
<td>½</td>
<td>No. 2, vacuum</td>
<td>1½–1¾</td>
</tr>
<tr>
<td>8 Z, tall</td>
<td>1</td>
<td>No. 2</td>
<td>2½–2½</td>
</tr>
<tr>
<td>Picnic, No. 1</td>
<td>1¾</td>
<td>No. 2½</td>
<td>3½–3½</td>
</tr>
<tr>
<td>No. 1, tall</td>
<td>2</td>
<td>No. 10</td>
<td>12–13</td>
</tr>
</tbody>
</table>

**Dried vegetables (peas and beans)**

Sort and wash thoroughly in several waters. As a rule, soak dried vegetables before cooking. Use 3 to 4 cups of water to each cup of vegetable. If possible, soak in soft water. Hard water toughens the skin. Vegetables may be soaked in cold water over-
night or in warm water for 5 to 6 hours. The exact time will vary with the kind of vegetable and the method of drying.

Here is another soaking method you may like to try: Add water to the peas or beans; boil them 2 minutes, remove from stove, and let soak for 1 hour.

Cook in the water used for soaking. (You may need to add more water during the cooking process.) Add seasonings to soaked vegetables, bring to a boil, then reduce the heat, and simmer until tender (2 to 3 hours). Unsoaked dried vegetables are covered with water and slowly simmered until tender.

When the vegetables are tender they are ready to use in vegetable or casserole dishes. If you plan to use peas or beans in dishes that are cooked only a short time (souffle or puree) you need to simmer the dried vegetable until it is quite soft.

**How to Steam Vegetables in the Pressure Saucepan**

You can quick-cook vegetables in your pressure saucepan. You will find this utensil especially good for cooking dried vegetables, such as navy beans; and tough, fibrous, or large old vegetables. It will save you time, energy, and cooking fuel. Cooking in the pressure saucepan also saves vitamins and minerals.

Prepare the vegetable as you would for boiling. Then place it in the cooker with a small amount of water — ¼ cup of water for 1- or 2-quart cooker and ¼ cup of water for 3- or 4-quart cooker. Add the salt and other seasonings. Put on the cover and close according to the manufacturer’s directions. Then follow the directions in your pressure-saucepan handbook for building up steam and pressure and for reducing the pressure before opening the cooker.

After the pressure has been applied for the required length of time, cool the cooker as quickly as possible if you are cooking fresh or frozen vegetables. Pressure will drop quickly if you run cold water over the sides of the pan. When cooking dried vegetables allow the pressure saucepan to cool gradually; otherwise enough pressure may stay in the thick mass to blow the food out of the pan.
Since pressure cooking is quick, correct timing is very important. A minute or two of overcooking may result in a mushy, discolored vegetable. Because different makes of pressure saucepans vary in their operation and cooking pressure, you should start out by following the timetable for cooking vegetables that is given in the handbook for your saucepan. You may need to lengthen or shorten the time for some vegetables. Experience will be your teacher.

Most large vegetables cook faster and more evenly if they are cut in half. Rutabagas cook more evenly if they are cut in strips or in cubes rather than in wedges. Carrots and parsnips need to be sliced or diced; otherwise the large end of the vegetable will be barely done and the root end will be overcooked.

**How to Bake Vegetables**

By baking vegetables, either in the skin or in a casserole, you can retain most of the vitamins, minerals, and flavor.

You can bake potatoes, squash, corn-in-shucks, cucumbers, tomatoes, and onions in the skin. The skin holds in the steam formed during baking so that the vegetable stays moist. Wash the vegetable, place it in a moderate oven (350°-400° F.), and bake until tender.

Other vegetables can be baked in a casserole or baking dish that has a snug lid. The tightly covered baking dish acts as the skin by holding in the steam as it forms. All you do is peel and slice or dice the vegetable; place it in a baking dish; dot with butter or fortified margarine; season with salt; add a small amount of liquid; and cover tightly. Bake in a moderate oven until tender. Before taking the dish out of the oven, remove the cover to allow the steam to escape and the top of the vegetable to brown.

**How to Broil Vegetables**

Broiling is cooking by direct heat under a broiler unit or burner. If your stove has a broiler, you will want to try fixing vegetables this way.
Timetable for Broiling Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Preparation</th>
<th>Approximate broiling time (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Cooked, tips</td>
<td>10-15</td>
</tr>
<tr>
<td>Carrots</td>
<td>Cooked, whole</td>
<td>10-15</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Cooked, flowerets</td>
<td>10-15</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Cooked, 1/2-inch slices</td>
<td>15-20</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Raw, caps</td>
<td>8-10</td>
</tr>
<tr>
<td>Onions</td>
<td>Cooked, whole</td>
<td>10-15</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Cooked, whole</td>
<td>10-15</td>
</tr>
<tr>
<td>Potatoes, Irish</td>
<td>Cooked, 1/2-inch slices</td>
<td>10-15</td>
</tr>
<tr>
<td>Potatoes, sweet</td>
<td>Cooked, 1/2-inch slices</td>
<td>10-15</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>Raw</td>
<td>10-15</td>
</tr>
<tr>
<td>Squash, winter</td>
<td>Cooked</td>
<td>10-15</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Raw, halves</td>
<td>10-12</td>
</tr>
</tbody>
</table>

Raw vegetables

Potato slices, mushrooms, onion slices, tomato halves, or summer squash can be broiled successfully raw. Preheat the broiler for 10 minutes. Brush vegetables with butter or fortified margarine and place on broiler rack. Place the rack 3 inches below the flame and broil for the required length of time (see timetable). It may be necessary to turn the vegetables once during broiling. Turn, brush with fat, and finish broiling.

When the vegetables are done, season as desired. You may want to flavor them with a special sauce, brown sugar topping, grated cheese, minced onion, or buttered crumbs during broiling.

Cooked vegetables

Asparagus spears, cauliflower flowerets, whole carrots, sliced eggplant, whole onions, parsnips, Irish and sweet potatoes, and winter squash are among the vegetables that can be broiled after they are cooked. Just simply brush them with fat before broiling, or dip the vegetables in an egg-milk mixture or in fat and roll in crumbs. Broil the same way as you would fresh vegetables.

The suggestions given above for flavoring raw vegetables may also be used for cooked vegetables.
The broiler pan may be used to heat leftover or canned vegetables. Peas, beans (green, wax, kidney, and lima), corn, asparagus, carrots, and mixed vegetables can be heated this way. Of course, you will want to heat vegetables in the broiler pan only when you are broiling other foods on the rack. If the foods on the broiling rack are to be cooked for a very short time or if these foods are crowded on the rack, you will not be able to heat vegetables in the broiler pan.

**How to Pan Vegetables**

This may be a new way of cooking vegetables for you. Try it. You will enjoy the flavor of vegetables cooked by this quick, simple method. Young, tender cabbage, carrots, celery, okra, onions, parsnips, potatoes, spinach, and other types of greens are delicious cooked this way.

To prepare the vegetable for panning, shred, dice, or slice it, or cut it into thin strips.

Melt a small amount of fat (butter, fortified margarine, or drippings) in a heavy pan. Use 2 to 4 tablespoons of fat for each quart of prepared vegetables.

Add vegetables and desired seasonings to the melted fat. Cover the pan tightly and heat until steam begins to form. Then reduce the heat and cook until tender. You will need to stir occasionally to prevent burning.

"**Waterless Cookery**"

By using a heavy, shallow pan with a broad bottom and a very tight lid you may cook vegetables the "waterless" way. Here is how you do it:

After washing and preparing the vegetable for cooking, place it in an unheated heavy, shallow pan. If vegetable is not as fresh as it could be or if some of the natural moisture has been removed, then add a very small amount of water. Otherwise, do not add any water. Cover pan with a tight lid.

Start cooking over medium heat. If you start cooking at a high heat, the food may stick before steam begins to form. Cook
over medium heat for approximately 5 minutes, then reduce to low heat and cook until tender. Avoid lifting the cover unnecessarily during cooking as this allows the steam to escape. Season vegetables before serving.

How to Fry Vegetables

All cooked vegetables can be heated by browning lightly in a small amount of butter, fortified margarine, salad oil, olive oil, or drippings. Some raw vegetables such as potatoes, onions, and eggplant, can be sliced and fried in a small amount of hot fat. Food may be dredged in flour, meal, or crumbs, or dipped in slightly beaten egg and then rolled in crumbs or meal before frying.

Deep-fat frying

You’ll win the applause of your family by occasionally serving a deep-fat fried vegetable. Potatoes, eggplant, onions, and cauliflower are extra special when deep-fat fried.

Vegetables to be fried in deep fat are cut into pieces that will cook in a short time. Vegetables other than potatoes are usually dipped into a thin batter (see page 22) or an egg mixture and then, if desired, rolled in crumbs before frying.

Cooked vegetables may be shaped into croquettes or made into fritters.

Fry the vegetable quickly in hot fat, drain well, and serve piping hot.

Temperatures for Frying Vegetables in Deep Fat

<table>
<thead>
<tr>
<th>Product</th>
<th>Temperature of fat</th>
<th>Approximate time needed to brown a 1-inch cube of bread in hot fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fritters</td>
<td>350-375 Degrees F.</td>
<td>60 Seconds</td>
</tr>
<tr>
<td>Croquettes</td>
<td>375-385 Degrees F.</td>
<td>40</td>
</tr>
<tr>
<td>Eggplant</td>
<td>375-385 Degrees F.</td>
<td>40</td>
</tr>
<tr>
<td>Onions</td>
<td>375-385 Degrees F.</td>
<td>40</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>375-385 Degrees F.</td>
<td>40</td>
</tr>
<tr>
<td>French-fried potatoes</td>
<td>385-395 Degrees F.</td>
<td>20</td>
</tr>
</tbody>
</table>

1 Drop a 1-inch cube of soft bread cut from inside of loaf into the fat. The number of seconds required to brown the cube will indicate the approximate temperature of the fat at the beginning of the cooking.
Variety in Your Vegetables

You can add interest and variety to vegetables by seasoning them carefully. Sauces and flavorful combinations with other foods will “dress them up.” Here are some ideas for serving tasty, appetite-appealing vegetables. (See pages 20 to 23 for some special recipes.)

**Buttered**

Add 1 tablespoon of melted butter or fortified margarine to each cup of cooked vegetable. Mix lightly, season to taste, and serve very hot.

**Creamed or with other sauces**

Cream (either sweet or sour) or thin or medium white sauce can be used to cream cooked vegetables. Mix sauce and vegetable carefully to avoid mashing. Serve very hot. Recipes for cream sauce and other sauces to serve with vegetables are given on pages 17 to 19.

**Scalloped**

Put alternate layers of vegetables and medium white sauce in a casserole. Bake in a moderate oven.

**Au gratin**

Add bread crumbs to the scalloped or creamed dish. Frequently grated cheese is added to au-gratin vegetables.

**Candied or glazed**

A sirup for glazing vegetables may be made of 2 parts of brown sugar (or half brown and half white sugar) to 1 part water.
A richer sirup may be made of 2 parts of sugar to 1 part of fat and a very little water.

Put partially cooked vegetables or canned ones in a heavy flat pan, pour sirup over vegetables, and bake in oven or cook on top of stove until tender. Baste and turn as necessary. Sweet potatoes, carrots, and parsnips are good this way.

**Souffle**

To each cup of finely chopped or strained cooked vegetable add 1 cup thick white sauce. Cool. Add 3 egg yolks and blend. Fold in 3 stiffly beaten egg whites. Pour into a baking dish, ramekins, or custard cups that have been oiled on the bottom only. Fill not more than two-thirds full. Set in pan of hot water, and bake in a moderate oven until firm, about 45 to 60 minutes. Serve immediately.

**Soups**

Add 1 cup finely chopped or strained vegetables to 2 cups thin white sauce.

**Season with spices and herbs**

You'll give vegetables a new accent by using various spices and herbs in the seasonings. Thyme is an excellent herb for giving glamour to scalloped vegetables. Rosemary and sage are good in vegetable-cheese dishes. Following are other suggestions for seasoning different vegetables with herbs:

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Use one or more of these seasonings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, baked</td>
<td>Pepper, mustard, allspice</td>
</tr>
<tr>
<td>Beans, kidney</td>
<td>Chili powder, bay leaf</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>Cayenne, celery, savory, onion, basil, chives</td>
</tr>
<tr>
<td>Beans, snap</td>
<td>Sage, savory, basil, bay leaf, whole cloves</td>
</tr>
<tr>
<td>Beets</td>
<td>Cloves, bay leaf, nutmeg</td>
</tr>
<tr>
<td>Cabbage, green</td>
<td>Onion, celery seed, curry</td>
</tr>
<tr>
<td>Cabbage, red</td>
<td>Allspice, tarragon</td>
</tr>
<tr>
<td>Carrots</td>
<td>Thyme, marjoram, mint</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Poppy seeds, celery seed, paprika</td>
</tr>
<tr>
<td>Corn</td>
<td>Paprika, pepper, chili powder</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Allspice, bay leaf</td>
</tr>
<tr>
<td>Kale</td>
<td>Nutmeg</td>
</tr>
</tbody>
</table>
Use one or more of these seasonings

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Celery seed, cloves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onions</td>
<td>Thyme, rosemary, tarragon, basil, onion, marjoram, mint</td>
</tr>
<tr>
<td>Peas</td>
<td>Paprika, parsley, basil, dill, chives</td>
</tr>
<tr>
<td>Peas, white</td>
<td>Nutmeg, cloves, cinnamon</td>
</tr>
<tr>
<td>Peas, sweet</td>
<td>Nutmeg, marjoram, mint</td>
</tr>
<tr>
<td>Squash</td>
<td>Cinnamon, nutmeg, marjoram, cloves</td>
</tr>
<tr>
<td>Squash</td>
<td>Nutmeg</td>
</tr>
<tr>
<td>Swiss chard</td>
<td>Onion, salt, marjoram</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Allspice, celery, basil, marjoram, sage, bay leaf, curry</td>
</tr>
</tbody>
</table>

Combine with other foods

Combine a vegetable with one or more of the following: other vegetables, meat and meat drippings, nuts, fruits, or some other type of foods. Cooking food combinations together will blend the flavors; cooking separately and then combining will keep the taste of each food distinct. Vegetable combinations may be used seasoned and buttered, creamed, scalloped, au gratin, seasoned with herbs, or served in a souffle or soup. Here are some combinations you may want to try:

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Combine with one or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, baked</td>
<td>Tomatoes, onions, bacon, ham, Vienna sausage, frankfurters</td>
</tr>
<tr>
<td>Beans, kidney</td>
<td>Tomatoes, onions, bacon, ham</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>Corn, tomatoes, onions</td>
</tr>
<tr>
<td>Beans, snap</td>
<td>Mushrooms, onions, tomatoes, celery, bacon, ham, radishes, almonds</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Chestnuts, celery</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Lima beans, green peppers, tomatoes, bacon, ham, apples, kale</td>
</tr>
<tr>
<td>Carrots</td>
<td>Peas, onions, celery, lima beans, apples</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Corn, mushrooms, tomato juice</td>
</tr>
<tr>
<td>Celery</td>
<td>Peas, green beans, parsnips, mushrooms</td>
</tr>
<tr>
<td>Chinese cabbage</td>
<td>Bacon, ham</td>
</tr>
<tr>
<td>Corn</td>
<td>Tomatoes, eggplant, green peppers, lima beans, bacon</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Tomatoes, green peppers, mushrooms, bacon</td>
</tr>
<tr>
<td>Greens</td>
<td>Onion, hard-cooked eggs, bacon, ham</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Tomatoes, celery</td>
</tr>
<tr>
<td>Peas</td>
<td>Carrots, corn, onion, celery, potatoes, turnips, mushrooms</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Peas, onion, carrots</td>
</tr>
<tr>
<td>Spinach</td>
<td>Bacon, ham, hard-cooked eggs, garlic, mushrooms</td>
</tr>
</tbody>
</table>

(Continued on next page)
<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Combine with one or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squash</td>
<td>Tomatoes, corn, sausage</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Beans, onion, mushrooms, corn, eggplant, parsnips, green peppers, cabbage, okra</td>
</tr>
<tr>
<td>Turnips</td>
<td>Peas, potatoes</td>
</tr>
</tbody>
</table>

**Relish tray**

Choose tender, young vegetables and wash them. Tender skinned vegetables do not need to be peeled. Cut as desired and put in cold place to crisp. Arrange the crisp vegetables on a tray, plate, or platter.

To make an especially attractive tray, cut each kind of vegetable in a different shape. Then on the serving dish group one kind of vegetable next to one of contrasting color.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Preparation for Relish Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beets</td>
<td>Sticks, slices, pickled</td>
</tr>
<tr>
<td>Cabbage, red, green</td>
<td>Thin wedges, head hollowed out and shell-used as a container for other relishes or a salad</td>
</tr>
<tr>
<td>Carrots</td>
<td>Thin wedges, sticks, curls</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Flowerets</td>
</tr>
<tr>
<td>Celery</td>
<td>Sticks, curls, stuffed with cheese filling, hearts</td>
</tr>
<tr>
<td>Chinese cabbage</td>
<td>Sticks, crosswise slices</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Sticks, thin wedges, slices</td>
</tr>
<tr>
<td>Lettuce, head</td>
<td>Wedges, as a cup to hold salad dressing or other vegetables</td>
</tr>
<tr>
<td>Green onions</td>
<td>Trimmed</td>
</tr>
<tr>
<td>Green pepper</td>
<td>Rings, strips, as a cup to hold salad dressing</td>
</tr>
<tr>
<td>Onions</td>
<td>Slices, rings</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Sticks, wedges</td>
</tr>
<tr>
<td>Radishes</td>
<td>Trimmed, roses, fans</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Whole, slices, wedges</td>
</tr>
<tr>
<td>Turnips</td>
<td>Sticks, wedges, thin slices</td>
</tr>
</tbody>
</table>

* Give the relish tray extra sparkle with a sprinkling of cracked ice.
* Add your favorite pickle to the relish assortment.
* Cottage cheese with chives or any other cheese that your family likes may be used on the relish tray.
* Don't forget to use raw vegetables to garnish soups, salads, other vegetables, and meat dishes.
Sauces to Add Variety

White Sauce

<table>
<thead>
<tr>
<th>Kind</th>
<th>Milk</th>
<th>Flour</th>
<th>Fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin</td>
<td>1 cup</td>
<td>1 tablespoon</td>
<td>1 tablespoon</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Medium</td>
<td>1 cup</td>
<td>2 tablespoons</td>
<td>2 tablespoons</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Thick</td>
<td>1 cup</td>
<td>3-4 tablespoons</td>
<td>2 tablespoons</td>
<td>½ teaspoon</td>
</tr>
</tbody>
</table>

Melt fat, add flour, and cook, stirring constantly until smooth.
Add liquid slowly and cook with constant stirring until thickened.
Add seasonings.

Thin white sauce is generally used for cream soups; medium for
creamed or scalloped dishes; and thick for souffles and croquettes.

Variations of White Sauce

Parsley sauce. Add 2 to 4 tablespoons of chopped parsley to 1 cup
of medium white sauce. Serve with boiled potatoes.

Cheese sauce. Add 1/2 to 1 cup grated American cheese and a dash
of paprika to 1 cup of medium white sauce. Cook over low heat until
cheese is melted. Serve with cauliflower, cabbage, asparagus, broccoli,
snap beans, fried eggplant.

Worcestershire cheese sauce. Add 3/4 cup grated American cheese
and 1 1/2 teaspoons Worcestershire sauce to 1 cup of medium white sauce.
Cook over low heat until cheese is melted. Serve with same foods that
cheese sauce is used for.

Mornay sauce. Season cheese sauce with 1/2 teaspoon prepared
mustard, 1/2 teaspoon Worcestershire sauce, and 1 tablespoon lemon
juice. Serve with cauliflower, asparagus, broccoli, or croquettes.

Mock Hollandaise sauce. To 1 cup of medium white sauce, add
4 tablespoons of butter or fortified margarine, one tablespoon at a time. Stir after each addition until butter is melted. Gradually add 1 tablespoon lemon juice. Just before serving add hot sauce to 2 well-beaten egg yolks. Serve with asparagus, broccoli, cauliflower.

**Hollandaise Sauce**

*Use with cauliflower, asparagus, broccoli*

| 3/4 cup butter or fortified margarine | 3 egg yolks, well beaten |
| 1 1/2 tablespoons lemon juice | 1/8 teaspoon salt |
| | Dash of cayenne |

Divide butter or margarine into 3 pieces.

Place egg yolks in top of double boiler. Add lemon juice and 1/3 of butter. Instead of using the top of your double boiler, you may use a heavy crockery bowl for the top section. You will be able to regulate the temperature better.

Cook over hot, not boiling, water, stirring constantly until thickening begins. Add second piece of butter. Cook until mixture begins to thicken again. Add third piece of butter and seasonings. Serve as soon as thickened.

If sauce separates, beat cream into it or place it over cracked ice and beat vigorously.

Do not try to save any leftover hollandaise sauce, as it spoils very easily.

**Easy Hollandaise Sauce**

*Use as for Hollandaise Sauce*

| 4 tablespoons mayonnaise | 2 tablespoons lemon juice |
| 1 teaspoon prepared mustard |

Mix mayonnaise, mustard, and lemon juice together in a cup. Place cup in a pan of hot water. When sauce is hot, pour it over vegetable and serve at once.

**Bernaise Sauce**

*Use with asparagus, cauliflower, broccoli, Brussels sprouts*

| 3 tablespoons water | 1/2 teaspoon salt |
| 3 tablespoons tarragon vinegar | 1/8 teaspoon paprika |
| 1/2 onion, sliced | 4 tablespoons butter or fortified margarine |
| 4 egg yolks, slightly beaten |

Place water, vinegar, and onion in a small saucepan. Heat to the boiling point. Remove onion.
Place egg yolks in top of double boiler. Gradually add hot liquid to egg yolks. Cook over hot, not boiling, water until mixture begins to thicken. Stir constantly.

Remove from heat. Add butter 1 tablespoon at a time. Stir vigorously.

**Sour Cream Sauce**

*(Use with asparagus, broccoli, cabbage, snap beans)*

1 cup sour cream
2 tablespoons salad oil
2 tablespoons vinegar
1 tablespoon lemon juice
½ teaspoon salt
¼ teaspoon pepper

Mix ingredients together in a small saucepan. Bring to the boiling point. Pour over hot vegetables and serve immediately.

**Tomato Sauce**

*(Use with corn, eggplant, snap beans, dried vegetables)*

2 cups tomato juice
½ teaspoon salt
¼ teaspoon pepper
1 onion, sliced
4 tablespoons fat
4 tablespoons flour

Cook tomato juice with onion and seasonings for 10 minutes. Strain.

Melt fat, add flour, and cook, stirring constantly until smooth. Add seasoned tomatoes and cook until thickened.

**Vinegar Sauce**

*(Use with beets, cabbage, snap beans)*

½ cup mild vinegar
½ cup water
4 teaspoons cornstarch
2 tablespoons sugar
Dash of salt

Place vinegar and water in small saucepan. Bring to a boil.

Mix sugar, cornstarch, and salt. Add to boiling liquid. Cook with continued stirring until sauce is thickened and clear.

**Drawn Butter Sauce**

*(Use with green vegetables)*

4 tablespoons flour
⅓ cup butter or fortified margarine
2 cups water
½ teaspoon salt

Melt all the fat except 1 tablespoon. Stir flour into melted fat. Add water gradually and cook until thick and smooth, stirring constantly. Add salt and remaining tablespoon of fat. Beat well.
Baked Beans

(Pressure saucepan)

2 cups beans
1/4 pound salt pork or bacon, cubed
3 tablespoons brown sugar
3 tablespoons molasses
1 teaspoon salt
1/2 teaspoon dry mustard
1 onion, sliced
2 tablespoons catsup

Soak beans over night. Then place soaked beans in bottom of cooker, covering them with water in which they were soaked. Add other ingredients. If desired, salt pork or bacon may be cooked before adding to beans. Do not fill saucepan more than half full. Allowance must be made for expansion of the beans. They also foam, so keep the heat just high enough to maintain the pressure.

Cook at 15 pounds pressure for 35 minutes. Allow pressure to drop normally before opening the saucepan. (Yield: 6 to 8 servings.)

Snap Beans with Tomatoes

2 medium onions, chopped
2 tablespoons butter or fortified margarine
2 cups canned tomatoes
1 teaspoon salt
1/4 teaspoon pepper
2 whole cloves
1 tablespoon parsley, chopped
2 teaspoons sugar
1 pound raw snap beans, cut in 1/2-inch pieces, or
3 cups cooked beans

Fry onion in fat until lightly browned. Put in all ingredients except beans and bring to a boil. Add beans and cook until tender. (Yield: 6 servings.)

Ten-Minute Beets

1 pound beets
1/2 cup water
1/2 teaspoon salt
1 tablespoon vinegar

Thinly peel fresh beets, then shred them on a coarse grater. Bring water, salt, and vinegar to a boil. Add beets. Cover tightly and simmer 10 minutes. (Yield: 4 to 6 servings.)

Chinese Sweet-Sour Cabbage

2 pounds cabbage, shredded
21/2 tablespoons butter, fortified margarine, or drippings
11/2 teaspoons salt
11/2 cups water
3 tablespoons sugar
3 tablespoons vinegar
1 tablespoon cornstarch

Heat fat in skillet. Add shredded cabbage and stir for 1 minute. Then add salt and 1/2 cup water. Stir for 3 minutes.
Mix vinegar, sugar, and cornstarch together with 1 cup water. Pour on cabbage and cook until juice is clear. (Yield: 6 servings.)

**Baked Carrots**

12 medium carrots  
Melted butter or fortified margarine  
1 1/2 cups wheat or corn flake cereal

After washing and scrubbing carrots well, boil them in salted water until they are done but firm. Roll carrots in fat, then in cereal, and place on oiled cookie sheet or in an oiled shallow pan. Brown in hot oven. Garnish with parsley or carrot tops and serve hot. (Yield: 4 to 6 servings.)

**Corn Pudding**

2 cups canned corn  
3 tablespoons butter or fortified margarine  
1 teaspoon salt  
3 eggs, well beaten  
2 cups milk  
1 tablespoon chopped green pepper

Combine all ingredients, and pour into oiled baking dish. Bake at 350°F. about 45 minutes or until pudding is firm. (Yield: 6 servings.)

**Stuffed Onions**

6 large onions  
1 cup celery, chopped  
1/2 cup nuts, chopped  
1/4 teaspoon salt  
3/4 cup grated cheddar cheese or 1/2 cup buttered crumbs  
Parsley

Parboil onions 20 minutes. Remove a small portion from the center, and fill center with mixture of celery, nuts, and salt. Place in shallow baking pan. Top with grated cheese, or buttered crumbs. Bake at 350°F. for 15 minutes. Garnish with parsley. (Yield: 6 servings.)

**Broiled Potato Mounds**

2 cups mashed potatoes  
1/2 teaspoon salt  
1/2 teaspoon paprika  
1 tablespoon grated onion  
1 tablespoon melted butter or fortified margarine  
1/4 cup grated cheddar cheese

Whip potatoes until fluffy. Blend in seasonings and fat. Drop in 4 mounds on greased shallow pan. Sprinkle each mound with 1 tablespoon of grated cheese.

Broil about 4 1/2 inches from heat for 10 minutes, or until lightly browned. (Yield: 4 servings.)
Spinach Timbales

2 cups cooked spinach, finely chopped  
2 tablespoons butter or fortified margarine  
2 eggs, slightly beaten  
1 cup milk  
¾ teaspoon salt  
½ teaspoon pepper  
Few drops onion juice  
2 teaspoons vinegar  
2 hard-cooked eggs

(An easy way to get juice from an onion is to cut unpeeled onion in half and squeeze on lemon squeezer.)

Combine all ingredients except hard-cooked eggs, and pour in oiled molds. Bake in pan of hot water in oven at 300° F. until firm.

Remove from mold and garnish with hard-cooked egg slices. Or serve with white sauce or tomato sauce. (Yield: 6 servings.)

Fried Tomatoes

4 tomatoes (ripe or green)  
Salt  
Pepper  
Flour  
Butter, fortified margarine, or drippings

Wash firm tomatoes. Cut out hard part of stem end. Cut each tomato into ⅛-inch crosswise slices. Dip in seasoned flour, and fry in hot fat about 2 minutes, turning to brown both sides. Serve with medium white sauce. (Yield: 4 servings.)

Cream of Tomato Soup

2 cups canned or cooked tomatoes  
2 slices of onion  
2 teaspoons sugar, if desired  
4 cups thin white sauce

Simmer tomatoes, onion, and sugar for 5 minutes, then rub through sieve. Pour hot tomato mixture slowly into the hot white sauce, stirring vigorously. To avoid curdling of milk, do not combine the two mixtures until just before serving. (Yield: 6 servings.)

Cover Batter for Deep Fat Frying

1 cup flour  
¼ teaspoon salt  
1 tablespoon melted fat  
1 egg, slightly beaten  
1 cup milk

Combine egg, milk, fat, and salt. Gradually add this mixture to flour. Beat batter with rotary beater until smooth.

Dip cooked vegetable, raw sliced onions, or eggplant into cover batter. If desired, roll in crumbs. Fry in deep fat until golden brown. Drain, and serve very hot.

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Vegetable Fritters

1½ cups flour 3/4 cup milk
1/2 teaspoon salt 1 egg, beaten
2 teaspoons baking powder 1 tablespoon melted fat
1 cup cooked vegetable (corn kernels are especially good)

Sift together dry ingredients.
Mix milk, egg, fat, and vegetables. Add milk mixture to dry ingredients, blending lightly. Fry in hot deep fat (350°-375° F.) until golden brown. Serve with hot sirup or tart jelly. (Yield: 18 small fritters.)

Vegetable Shortcake

Creamed vegetable or vegetables Parsley
Baking powder biscuits or squares Paprika
of hot cornbread

If desired, chopped parsley, peppers, or pimento may be added to creamed vegetable.
Serve between halves and over top of baking powder biscuits or cornbread. Garnish with paprika and parsley.

Vegetable Salads

Assorted raw or cooked vegetables Salad dressing
Other foods as desired Seasonings

Wash, clean, and shred, dice, or chop cold vegetables.
Season with a little salt to improve the flavor. Use a salad dressing that brings out the flavor of the vegetables. Vinegar and oil dressings are good with all cooked or raw vegetable salads. Mayonnaise and cooked salad dressings are best used with head lettuce, cabbage, potato, kidney-bean, cooked-vegetable, and molded salads.

Arrange salad attractively in salad bowl or on a salad plate. Make the garnish a part of the salad.

On the back cover are 40 suggested combinations for vegetable salads, some of which you may want to try.
Forty Ideas for Vegetable Salads

1. Cooked asparagus, pimento strips, and hard-cooked egg slices.
2. Kidney beans, diced celery, green pepper, and hard-cooked eggs.
3. Lima beans, diced celery, minced onion, and chopped pickle.
4. Snap beans and pimento strips.
5. Cooked beets, chopped celery, and horse-radish.
6. Sliced beet pickles and onion rings.
7. Diced cooked beets, green beans, and peas.
8. Shredded cabbage, carrots, and chopped nuts.
9. Shredded cabbage, carrots, and raisins.
10. Shredded cabbage, diced pineapple, and marshmallows.
11. Shredded cabbage with cole slaw dressing.
12. Shredded cabbage, green pepper strips, and chopped sweet pickles.
13. Shredded cabbage, diced cucumbers, and tomatoes.
14. Shredded cabbage, chopped dates, and nuts.
15. Shredded cabbage and diced red apples.
16. Shredded cabbage, diced celery, green peppers, and onion juice.
17. Shredded cabbage, diced celery, green peppers, and stuffed olives in lemon gelatin.
18. Shredded cabbage with hot bacon or vinegar dressing.
19. Shredded red cabbage, diced celery, and minced onion.
20. Shredded carrots, diced cooked beets, and cucumber slices.
22. Cooked carrots, peas, green beans, cauliflower, and asparagus tips.
23. Diced carrots, celery, and apples in lime gelatin.
24. Shredded carrots and ground peanuts.
25. Shredded carrots and crushed pineapple in lemon gelatin.
26. Raw sliced cauliflower flowerets, celery hearts, and chopped sweet pickles.
27. Diced cucumbers with cottage cheese in lime gelatin.
28. Sliced cucumbers and tomatoes on lettuce.
29. Dandelion greens with hot garlic-flavored bacon dressing.
30. Lettuce with hot bacon dressing.
31. Lettuce, cucumbers, tomatoes, radishes, and onions.
32. Lettuce, cucumbers, and tomatoes.
33. Lettuce, curly endive, and spinach.
34. Lettuce and hard-cooked or deviled eggs.
35. Head lettuce, green pepper rings, and shredded carrots.
37. Raw spinach with hot bacon dressing.
38. Chopped spinach, shredded cabbage, carrots, and peanuts.
39. Tomatoes stuffed with diced cucumbers and celery.
40. Shredded turnips, carrots, and beets.