Alum Publishes Cookbook for Beginners

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FROM chiffon pie and coffee to roast beef and hard-cooked eggs, Marjorie Griffin, '37, takes kitchen beginners by the hand and describes culinary routines in "How to Cook," published recently by the Garden City Publishing Company.

According to the author, "many recipes do not give enough details, and their interpretation is not always the same. That is the reason for this book. It is an effort to clarify cooking terms and to describe proper methods of cooking, through the use of pictures, definitions and detailed instructions."

Going further than just telling the basic techniques in cooking favorite American foods, Miss Griffin also gives the proper procedure for measuring, the right way to store food in the refrigerator, and the easiest way to wash dishes. Kitchen equipment is discussed in detail, with the relative merits of enamel, heat proof glass and wooden spoons included, as well as how to care for gold, chromium, stainless steel and common kitchen materials.

More than a collection of recipes, "How to Cook," interprets the cooking procedures instead of merely listing ingredients. More than 200 photographic illustrations show what is meant by "braising," "folding in egg whites" or "kneading."

Separate chapters are devoted to homemade rolls and bread, desserts, cheese, eggs, fish, jelly-making, salads, white sauce and every other food commonly used in daily menus.

In addition to telling the cooking procedures for various foods, Miss Griffin outlines the functions performed by the various ingredients. When describing making bread and rolls, she writes of various types of flour and how to distinguish different qualities; yeast and its preparations and storage, and the part liquid plays in the structure of the dough. Proper kneading procedures are pictured, as well as photographs showing each step in placing dough in the pan for baking. Thirteen different types of yeast rolls are discussed and illustrated.

Cheeses rate a chapter in this streamlined cookbook, with various cheese dishes and ways to serve them described. Cheese may be served with pies, used to stuff celery, sprinkled on spaghetti, and in souffles, as well as in the ever-popular cheese sandwich and cheese plate assortments.

Methods for preparing a variety of foods including shrimp, french fried potatoes, pie meringues, baking powder biscuits and salads and many kitchen short cuts are described in the chapters of this book.

For fumbling beginners in canning, the entire preserving procedures are analyzed and described completely in easily understood language. The equipment needed, preparation of the jars and food and instructions for filling the jars, processing, and taking jars from the pressure cooker are included in the canning chapter.

A glossary of more than 800 common cooking terms can be found in the back of the book, following sections dealing with storage of utensils, care of equipment and good usage of refrigerator space. These chapters make the book more than a cooking instruction manual by serving to simplify kitchen behavior.

Miss Griffin says, "Today's homemaker knows that being an expert at making choice pie or cake is no longer the mark of a fine cook; it's being able to prepare an excellent, complete meal from soup through meat, salad and dessert courses. Thus, she needs both general and specific knowledge of food preparation as a background for using either a carefully tested printed recipe or her neighbor's hastily penciled one. She knows whether or not to grease a pie pan, and why meat should not be covered during roasting. She wants to know what is meant by cream, fold, knead, braise, simmer, marinate and so many other cookery terms intuitively understood by the efficient homemaker."