That Foreign Flavor

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That Foreign Flavor

Margaret L. Marnette

FavoriTE foods of nations vary greatly. Ham and eggs and apples seem to be the "national standbys" of the United States. Italy, no doubt, would choose Delizia; Hungary, Toltott Kaposztá, and curried shrimp would certainly prove the West Indian's choice.

Let's go on a cook's tour of the world and bring home a few of the simplest recipes for which the cooks of each nation are known.

France will be our first choice, and I hope you'll all agree with me when I say that the French surpass everyone in their preparation of good things to eat. Their vegetables en rôte, like vegetables should, their cakes and pastries are unexcelled and just for once you should try this dish they call "Oeufs Câliés," which means, I believe, "Hidden Eggs." To make it, two tablespoons of minced onion are cooked until tender, in two tablespoons of fat, two tablespoons of flour, two cups tomato pulp and sufficient salt, a bit of cayenne and ground mace are added. Thiny sliced ham sufficient to line a baking dish is fried in butter, a layer of six or eight hard-cooked eggs is sliced into the dish, the tomato sauce added and bread crumbs sprinkled over the top. The whole is baked perhaps 45 minutes in a moderate oven.

Another favorite French dish is made with eggs and chicken. A cupful of raw chicken meat, preferably the breast, is chopped rather fine. Four eggs are added, one at a time, and the mixture well beaten.Salt and pepper with a dash of mace are added. Small, rather deep molds are buttered and a pint of rich milk is added. To the milk, half a cupful of butter, four eggs, a quarter of a teaspoonful of mace, one cupful of milk, half a cupful of sugar, one yeast cake, raisins and half a teaspoonful of salt are needed. Dissolve the yeast in a quarter cupful of tepid water, scald the milk, and add to it the salt and sugar and set it aside to cool. Sift the flour, reserving a part of it for sprinkling the molding board, and beat the egg yolks and whites separately. Add the yolks to the milk with a portion of the flour and beat vigorously. Add the mace, the yeast and the egg yolks and beat again. Set the batter to rise in a warm place. When light, beat in the flour and again set rise. When it is light the second time it may be dropped by spoonfuls into hot fat.

Wouldn't you like a trip to Hawaii? Whether you go or not, you'll like their Hawaiian pineapple marshmallow cream. A quarter pound of fresh marshmallows are cut into quarters, from the end of a spoon, alternating it with the well-beaten egg whites. Drop on a baking sheet which has been well greased and floured and bake in a moderate oven until a delicate brown.

The vrouws andburghers of New Amsterdam feasted upon some rather filling dishes in their day. A sort of fritter, Oly Koeks, is still made in some Dutch households. Five cups of flour, half a cup of butter, four eggs, a quarter of a teaspoonful of mace, one cupful of milk, half a cupful of sugar, one yeast cake, raisins and half a teaspoonful of salt are needed. Dissolve the yeast in a quarter cupful of tepid water, scald the milk, and add to it the salt and sugar and set it aside to cool. Sift the flour, reserving a part of it for sprinkling the molding board, and beat the egg yolks and whites separately. Add the yolks to the milk with a portion of the flour and beat vigorously. Add the mace, the yeast and the egg yolks and beat again. Set the batter to rise in a warm place. When light, beat in the flour and again set rise. When it is light the second time it may be dropped by spoonfuls into hot fat.

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make herself something that they wish to be like, rather than a critic who is
human and unreal to the children—someone they obey because they must.

Besides knowledge, she must have
infinite patience, sympathy and tact.
She must be their counselor as well as
consoler. She should not make them
dependent on her, nor yet so far off
they will not come to her for advice.

A mother’s work today extends into
the community. She has a part to play
there. She is an educated person and
should contribute her share to church,
charity and schools to make a better
place for her children to develop.

All in all, the mother should not be
a kitchen drudge. She has such an
important task to perform in being a
mother and in spending time with her
children that she cannot spend her en-
ergy doing the physical labor in the
home, which can be done as well by
someone else.

Gesell of Yale says, “We need not
fear that the home is about to be un-
dermined. The purification of milk
and water, the establishment of public
libraries, and public elementary schools
have not weakened the home or bereft
parents of their children.”

To this might be added the fact
that more girls are being trained for
homemaking today than ever before.

Instead of being pessimistic about
the family, we should make use of the
present situation to better it. The fact
that today women are not content to
spend their days within four walls
should not be deplored, but used as the
keystone for an improvement in our
homes.

It is upon this basis that the ser-
vice taken out of the home and mod-
ern equipment giving the mother as-
sistance in the home are justified, for
she still has a full-time job left in
mothering. These things make it pos-
sible for motherhood to be up-to-date.
And as Zona Gale says, “Motherhood
is progressive, just like science or ag-
riculture or life.”

That Foreign Flavor

(Continued from page 4)

larger outer leaves of a well-washed
cabbage and tied into place. Hot wa-
ter is poured over the rolls in a large
kettle and the whole is cooked for
about a half hour.

The Spaniards enjoy baked oysters.
Their way of preparing them is to take
twelve oysters and scald them in their
own liquor. Chop twelve more oysters
raw. Cook two quarts of spinach for
three minutes in boiling water, drain
and chop finely. Add two tablespoons
chopped onions, one-half cup butter
and cook well, but do not allow to
brown. Combine spinach and onions
with chopped oysters, salt, pepper and
two tablespoons of cream. Cook five
minutes and add one egg and one egg
yolk. Put two whole oysters (pre-
viously cooked) in a ramekin, fill with
above mixture, sprinkle top with bread
crumbs and bake until set.

Delizia is made only in Italy, and
there only on special occasions. One-
half pound of spaghetti is cooked in
boiling salt water. A small onion,
a clove of garlic, and a bell pepper are
fried in olive oil until brown. A can
of tomato soup and salt, paprika, wor-
cestershire sauce and cayenne are
added. When thoroughly heated, one-
half cup grated cheese is added. When
the cheese is melted, a can of corn and
the spaghetti are mixed with the to-
ma to sauce. Then one-half pound of
ham burg steak, mixed with a little wa-
ter, is added to the mixture. The
whole is put into a baking dish and
sprinkled with grated cheese. Let it
bake for twenty minutes. Mushrooms
may be added if desired. The toma-
toes and cheese give a delicious flavor.

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