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CANADIAN VEGETABLES

FOR EVERY DAY

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FRUIT BRANCH

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CANADIAN VEGETABLES FOR EVERY DAY

Vegetables raw, vegetables freshly cooked or vegetables canned, should be included in each day's menu. Vegetables in some form are within the reach of all, every day in the year.

Have a garden, even on the city lot. Buy fresh vegetables when possible. Can for winter use or buy commercially canned products and thus supply the tonics needed to build the body and keep it in repair.

Vegetables all supply vitamines, minerals, water and bulk. Some provide carbohydrate in considerable quantity, and others furnish protein.

Two generous servings of non-starchy vegetable, one starchy and one raw green vegetable or tomatoes, every day, is a good rule.

Vegetables Furnish Minerals

Iron, calcium, phosphorus, magnesium, sulphur, copper and other necessary minerals are found in varying amounts. The proper combinations make them easily utilized in body reactions.

Vegetables Supply Vitamines

Vitamines promote growth and health. The vegetables in which they are most abundant are spinach, tomatoes, cabbage and lettuce, but all others contain these essential food elements in smaller amounts.

Vegetables Aid in Eliminating Poisons

The coarse fibrous material in the leaf and stem vegetables, as well as the framework of the root vegetables, does more to free the body of poisonous waste than any artificial method.

Some Vegetables Supply Protein

Legumes (peas, beans and lentils) contain a high proportion of protein or tissue building material and due to their low cost are a valuable source.

Starchy Vegetables

Roots and tubers such as potatoes, parsnips, and also those in which the seed is used, as corn, peas and beans, give a satisfactory supply of starch.

Vegetables as Blood Regulators

Some foods leave an acid ash or residue in the blood after being broken down or burned in the body. These acid forming foods are meat, fish, eggs, poultry, cereals, crackers and bread. Some other foods, among which are fruits and vegetables, leave an alkaline ash. A balanced diet will avoid acidosis. We should therefore use an abundance of fruits and vegetables in the daily diet.

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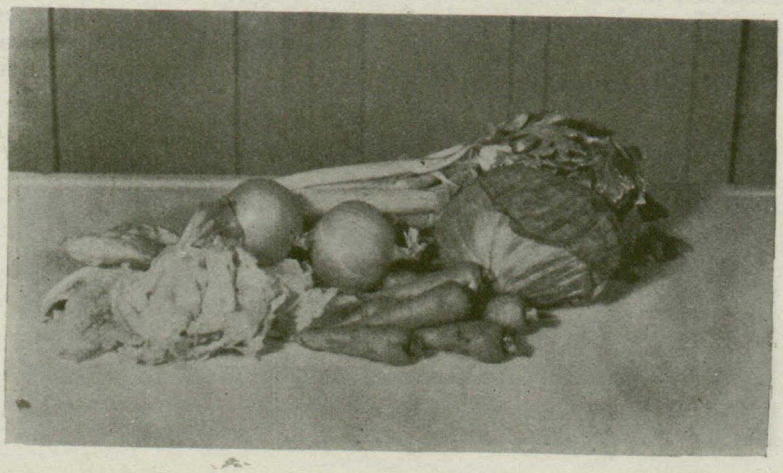
GENERAL PREPARATION

Care should be taken in preparation for cooking, as this is shown in the appetizing appearance of the vegetable when it reaches the table.

Vegetable	Method
Asparagus	Cut off coarse lower part of stalks as far down as they will snap. Remove all scales and wash, using a brush.
Beans (string)	Remove strings, wash, break or cut into one-inch pieces.
Beans (dried)	Wash and soak overnight.
Beets	Scrub carefully with a small brush, being careful not to break the skin. Cut off tops two inches above the root.
Brussels Sprouts	Remove wilted leaves. Wash and let stand in salted water one-half hour, using 1 tsp. of salt to 1 qt. water.
Cabbage	Remove all wilted leaves. Cut in quarters, remove the core, shred if desired. Let it stand in salted water one-half hour, using 1 tsp. salt to 1 qt. water.
Carrots (young)	Wash and scrape. Cut in halves lengthwise or leave whole.
Carrots (old)	Wash and let stand in cold water one hour, then peel thinly. Cut in ¼ inch slices.
Cauliflower	Break off outside leaves, wash. Break flowerets apart. Soak in cold salted water one-half hour, allowing 1 tsp. vinegar and 1 tsp. salt to 2 quarts water.
Celery	Break apart. Scrub each stalk with a stiff brush, let stand in cold water one hour to become crisp.
Chard (leaves)	Wash leaves carefully in several waters.
" (stalk)	Prepare as celery.
Corn	Remove husks. Brush with a stiff brush to remove silk.
Egg Plant	Wash. Cut in 1 inch slices. Peel. Soak in salted water one-half hour.
Kohl Rabi	Wash. Peel. Cut in ½ inch slices.
Onions	Peel under water.
Parsnips	Scrub with stiff brush. Peel. Cut in quarters lengthwise.
Peas (green)	Shell, wash.
" (ripe)	Wash and soak overnight.
Potatoes (new)	Wash, scrub with a stiff brush which will remove the tender skin.
" (old)	Wash. Soak one hour in cold water to freshen. Peel if desired.
Salsify	Scrub with stiff brush, peel, cut into ½ inch slices crosswise and drop at once into salted water to prevent discoloration.
Spinach	Wash carefully in several waters.
Squash	Wash, cut or break up and peel, if to be steamed. Cut in halves, but do not peel if to be baked. Remove seeds and membrane.
Tomatoes	Wash, scald, then cold dip. The skins will then be easily removed.
Turnips	Wash, peel, cut in 1-inch cubes.
Vegetable Marrow	Cut in 1-inch slices. Peel and remove seeds and membrane.



Some green vegetables, known as salad plants, are usually served raw, with a piquant dressing. Lettuce, endive, watercress, and young leaves of Swiss chard are in this class. Radishes, cucumbers, celery, cabbage, onions, carrots, and tomatoes are appetizing when served raw, and in this way provide highest vitamine value.

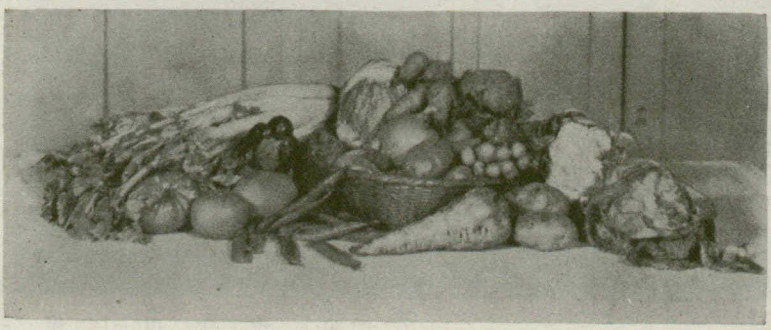
Others are not so palatable unless cooked, but care should be taken to cook in such a way that they retain their full flavour and colour.

COOKING VEGETABLES

Three methods are commonly used:—

1. Boiling
2. Steaming.
3. Baking.

All are not equally satisfactory with all vegetables.



Boiling

I. Use as little water as possible—"Cover with water and boil until tender" is no longer considered a sufficient instruction.

II. Minerals are easily dissolved into the water in which the vegetable is cooked and the longer time required the more mineral will be dissolved. Therefore, use *boiling water* and keep boiling constantly.

III. Vitamines are injured by heat and oxidation. The closely covered saucepan, therefore, assists in preventing this loss.

IV. Salt added to coloured vegetables while cooking preserves colour and accentuates flavour.

V. Never overcook. This injures the colour and texture.

VI. Drain well. Soggy vegetables are never attractive.

VII. Save the water, either for sauce to be served with the vegetable, or for soup. We cannot afford to lose the minerals.

The Waterless Cooker

This is a good method for cooking while preserving food value, flavour and colour. It is, however, not practical for all vegetables. Potatoes in the skins, spinach, chard, carrots and beets are the only ones which do not need watching if no water is added. A very small amount may be used with others.

Steaming

This method is generally satisfactory as little valuable food material is lost. It requires a longer time than boiling.

Baking

I. Whole. This is a valuable method for potatoes squash, carrots, beets, tomatoes and onions. No food value is lost and flavour is developed.

II. Escalloped (baking the peeled sliced vegetable in milk or sauce). This method also preserves colour, flavour and no food value is lost. Carrots, cabbage, potatoes, cauliflower and onions lend themselves to this method of preparation.

TIME TABLE FOR COOKING VEGETABLES

Vegetable	Boiled	Steamed		Baked	
	Time	Steamer	Pressure Cooker 15 lbs. press	Time	Temperature
	minutes	minutes	minutes	minutes	
Asparagus	15–30	15–30	6		
Beans, string	30–35	30–45	12		
ripe	30	.....	20		
Beets, old	40–60	.....	45		
young	35	35–60	20	70	450° F.
Brussels Sprouts	10	20	6	60	450° F.
Cabbage, green loose	6–8	20	8		
white firm	20	25	10	45	450° F.
Carrots, old	20–40	40	10	30	450° F.
young	30–40	20	8		
Cauliflower	8–10	20	5	45	
Celery	20–30	25	7		
Chard	8–10	30	8		
Corn	7–12	12	8	30	450° F.
Egg Plant (parboiled)	10	15	8		
Kohl Rabi	25–30	35	15		
Onions, green	10	10	5		
large	20–30	40	10	40	400° F.
Parsnips	25–30	.....	12		
Peas, green	17–25	25	8		
Potatoes	25–30	45–60	10	25–60	500° F.
Salsify	25–30	.....	10		
Spinach	8–10	30–35	8		
Squash	20	50–60	18	60	450° F.
Tomatoes	15	15–20	15	45	400° F.
Turnips	25–30	35–45	10	60	450°F.
Vegetable Marrow	15–20	20	10	30	450° F.

General Rules for Serving

I. PLAIN—Drain well and season with salt, pepper and butter.

II. WITH CREAM SAUCE—Use water in which vegetables were cooked or half milk and half vegetable water, 2 tablespoons butter, 2 tablespoons flour, 1 cup liquid. Allow 1 cup sauce to 2 cups vegetable.

III. CANNED VEGETABLES—Turn liquor and all into the skillet or shallow open saucepan. Boil rapidly until all liquid has boiled away. Season with butter, salt and pepper.

SPECIAL RECIPES

Vegetable Butter

For variation and an economy in serving buttered vegetables, allow ¼ cup butter to ¼ cup hot vegetable water. Place butter in a bowl and slowly pour vegetable water over, beating constantly with a Dover egg beater until cold, when it should be light in consistency and a delightful golden colour.

ASPARAGUS

Asparagus Canadienne

1 large bunch or 12 stalks of asparagus (cooked 15 minutes)
4 eggs
2 cupfuls of liquid in which asparagus was cooked
2½ tbsp. butter
5 tsp. flour
1 cup bread crumbs
1 tbsp. butter

Cut the asparagus in pieces about one inch long. Hard cook the eggs and chop fairly fine. Make a white sauce of the next three ingredients, using the liquid from the asparagus. Add the chopped eggs to the sauce. Melt the other tablespoonful of butter and stir in the bread crumbs. Butter a baking dish and place in it a layer of asparagus, then sauce, then bread crumbs. Repeat, being sure to have a layer of crumbs on the top. Place in a pan of water and bake in a moderate oven until the crumbs are brown.

Asparagus with Cheese Sauce

Asparagus makes a satisfying luncheon dish if cooked, drained, arranged on buttered toast (white or whole wheat) with cheese sauce poured over it in generous quantities.

FOR THE SAUCE

3 tbsp. butter
3 tbsp. flour
½ cup liquor from vegetable
½ cup milk
¼ tsp. salt
⅛ tsp. pepper
½ cup plain or pimento cheese
paprika

Melt the butter and blend in the flour smoothly; gradually add the liquor drained from the asparagus, also the milk, and stir until smoothly thickened. Cook gently for five minutes and add seasonings. Remove from the fire and stir in the cheese.

Pour sauce over the vegetable and toast, sprinkle lightly with paprika and serve immediately.

Asparagus with Scrambled Eggs

Cut asparagus into one-inch lengths until it measures 3 cupfuls. Cook in salted water. Drain, reserving water for soup. Melt two tablespoons of butter or bacon fat in a double boiler. Have 4 eggs well beaten and turn into the melted fat, stir until the eggs begin to thicken; add asparagus, ⅛ teaspoon salt. Stir until cooked but not dry. Serve on hot buttered toast.

BEANS

String Beans with Lemon Butter

3 cups cooked beans
juice ½ lemon
3 tbsp. butter
salt and pepper

String Beans with Tomatoes

Remove strings from 1½ pounds green beans; cut them in inch pieces and cook in salted, boiling water until tender. Drain and shake dry. Peel 5 tomatoes, cut off top, and scoop out the seeds, leaving outer walls and partitions, and cut pieces. Heat 2 tablespoons salad oil in frying pan, add pieces of tomato and a few moments later the boiled beans. Stir and cook for about 10 minutes until tomatoes are done. Season with salt and pepper.

Bean Sausages

2 cupfuls of bean pulp
2 tbsp. butter
1 egg
1½ tsp. salt
1½ tsp. summer savory
¼ cup soft bread crumbs
2 tbsp. tomato catsup

Soak beans over night; drain and cook until tender, press through sieve to make pulp. Add the beaten egg, crumbs, catsup, butter and seasonings. There must be enough crumbs added to make the mixture stiff enough to handle. Shape like small sausages, roll in fine crumbs, in beaten egg, and in crumbs again. Sauté in bacon fat.

Bean Loaf

1 qt. cooked beans
1 cup bread crumbs
1 tsp. salt
2 tbsp. tomato catsup
1 egg
a little pepper

Mash the beans. Add other ingredients in order given. Bake in greased pan 30 minutes. Serve hot with tomato sauce.

BEETS

Savoury Beets

2 cups cooked chopped beets
1 tbsp. vinegar
2 tbsp. sugar
1 small onion chopped
1 tsp. horseradish
2 tbsp. butter
salt and pepper

Stir all together and re-heat.

CABBAGE

Cabbage with Tomato

4 cups shredded cabbage
½ cup water
½ tsp. salt
1 cup tomato juice

Cook until cabbage is tender and water and juice absorbed. Add 1 tbsp. butter and serve at once. (Serves 6.)

Hot Cabbage Salad

Shred ½ cabbage finely. Cook in salted water 15 minutes. Drain and keep hot. Just before serving pour over it the following dressing—½ cup water in which cabbage was cooked, ¼ cup vinegar, 1 tbsp. butter, 1 tbsp. sugar, 1 tbsp. flour, 1 egg. Melt butter, add flour and sugar. When it bubbles, add slowly hot water. When thick and smooth add vinegar; then pour over the well-beaten egg. Return to fire and stir until thickened. Combine with cabbage and re-heat.

Cabbage au Gratin

2 cups chopped cooked cabbage
¼ cup grated cheese
½ tsp. salt
1 tbsp. butter
1 cup milk
1 cup buttered crumbs
1 tbsp. flour

Make a sauce using flour, butter and milk. Arrange a layer of cabbage. Pour sauce over. Add grated cheese, then crumbs. Repeat. Bake at 450° F. for 20 minutes. (Serves 6.)

CARROTS

Carrots au Gratin

2 cups cooked diced carrots
1 tbsp. minced onion
⅓ cup grated cheese
¼ tsp. paprika
cream sauce

Make a cream sauce by using 1½ cups milk, 2 tbsp. butter and 2 tbsp. flour. Cook until thick. To this add the cheese, onion and paprika, and finally, the diced carrots. Mix well, place in a buttered baking dish and cover with buttered crumbs. Bake in a moderate oven for 25 minutes.

Carrot Fritters

2 cups cooked mashed carrots
1 tsp. sugar
½ tsp. salt
1 egg, well beaten
1/16 tsp. white pepper
½ cup flour

Combine the hot, finely mashed carrots well with the sugar, salt, pepper and egg. Stir the flour in thoroughly. Shape by rounding tablespoonfuls. Fry in deep fat—375° F.—two minutes. Drain on soft paper.

Carrots and Celery in Brown Sauce

1½ cups diced carrots
1 cup brown stock
Salt and pepper
Toast and bacon curls
1½ cups diced celery
1 tbsp. flour
1 tbsp. butter

Cook the carrots and celery together until tender and the water is absorbed. Make a sauce of the butter, flour and stock. Add to it the cooked vegetables, season to taste and simmer five minutes. Serve on rounds of toast with bacon curls made by fastening small pieces of bacon in curls with a toothpick, and cooking under the broiler.

CAULIFLOWER

Cauliflower with Cheese

Parboil the head of cauliflower 10 minutes without separating the flowerets. Place in a baking dish. Add ½ cup of milk, sprinkle grated cheese, salt and a little pepper over the top. Cover closely and bake 15 minutes. Remove cover and allow cheese to brown slightly.

Escalloped Cauliflower

Place cooked cauliflower in baking dish. Pour over it a medium thick white sauce. Cover top with buttered crumbs and put in moderate oven until heated through.

Fried Cauliflower

1 head cauliflower
½ cup milk
1 egg
Bread crumbs

Break cauliflower into flowerets and cook in boiling salted water 8 minutes. Drain, roll in egg which has been slightly beaten and mixed with milk. Then roll in crumbs. Fry in deep fat at 370° F. until golden brown.

CELERY

Creamed Celery and Green Pepper

1½ cups celery cut in pieces 1 inch long
1 small green pepper cut in shreds, being careful to remove all seeds
3 tbsp. butter
3 tbsp. flour
1½ cups milk

Celery Chowder

4 cups chopped celery
1 small onion finely chopped
3 large potatoes diced
½ tsp. salt

Cook together in 2 cups water until tender. Then melt 2 tablespoons butter or bacon fat, add 2 tablespoons flour, and pour the hot vegetable mixture over. Cook 5 minutes. Add 1 cup rich milk. Re-heat and serve.

CUCUMBERS

Cucumber Cream

2 large cucumbers
1 tbsp. butter
1 tbsp. flour
1 egg
Salt and pepper

Pare and cut cucumbers into small pieces, rejecting the seeds. Cover with cold water and cook slowly until tender. Press through a sieve. Add ½ tsp. salt. Melt butter, add flour, and cucumber pulp, stir until thickened. Add well-beaten egg yolk. Fold in stiffly-beaten white. Turn into buttered moulds and steam until set. Sprinkle top with paprika.

EGG PLANT

Egg Plant Casserole

1 egg plant (peeled and sliced)
½ cup bread crumbs
2 tbsp. butter
1 small onion
Salt and pepper

Cook egg plant until tender. Drain. Lay slices in greased casserole. Sprinkle with onion, salt, pepper and crumbs. Bake at 350° F. for 20 minutes. (Serves 4.)

ONIONS

Green Onions on Toast

Cook green onions until tender in salted water. Arrange on toast and pour white sauce over.

Baked Stuffed Onions

Select large onions. Peel and remove core with apple corer. Fill the cavity with seasoned bread crumbs. Bake until tender.

PARSNIPS

Browned Parsnips

Boil parsnips, cut in slices one-half inch thick, brown in a hot greased pan or in the oven with roasting meat. Left-over parsnips may be prepared in this way.

Parsnip Fritters

Boil parsnips and mash them. Season with salt, pepper and butter. Shape into cakes, roll in flour and brown in a hot frying pan with a little butter.

PEAS

A sprig of mint cooked with peas gives a pleasant and unusual flavour.

Pea Timbales

1 cup pea pulp
1 egg
¼ cup milk
½ tsp. grated onion
¼ tsp. salt
Few grains cayenne

Rub cooked peas through a strainer to make the pulp. Add the well-beaten egg, milk and seasonings. Put in individual buttered moulds, cover and set in a pan of hot water. Cook in a slow oven—300° F.—until firm; or steam like a custard. Unmould and serve with a white sauce to which cooked peas are added.

PEPPERS

Stuffed Peppers

¼ cup uncooked rice
2 slices onion
1 tbsp. olive oil or butter
¾ cup boiling water
½ tsp. salt
½ cup cooked meat, diced
4 green peppers
1 cup tomato sauce

Brown the rice and the onion in the olive oil. Add boiling water and salt, cover and cook until water is absorbed and rice is tender. Unless it can be carefully watched, it is safer to do this cooking over hot water. When done, add chopped meat and ¼ cup of the tomato sauce. Stuff peppers with rice mixture, tie on the covers, place in a baking dish with ⅛ cup water and bake in a moderate oven—350° F.—for about 25 minutes. Serve with remainder of tomato sauce, heated.

POTATOES

Potato Apples

Choose potatoes about the size of crab apples. (If you are clever with the paring knife you can fashion these out of larger potatoes.) Fry in deep hot fat (395° F. or when a bread cube browns in 20 seconds) until an appetizing brown and cooked through. Insert a clove in one side to look like the blossom end of an apple, a sprig of parsley on the other side to do duty as the leaf. Dash paprika on one cheek to give a rosy glow.

Potato and Cheese Puff

2 cups hot mashed potatoes
3 egg yolks
¾ cup grated cheese
½ tsp. salt
⅛ tsp. pepper
½ cup milk
3 egg whites

Beat the yolks and blend with the potatoes, seasonings, milk and part of the cheese. Fold in the stiffly-beaten whites and sprinkle the remaining cheese on top. Bake in a moderate oven until very light and serve at once.

Pittsburg Potatoes

These are really hashed brown potatoes with a little chopped green pepper added.

Potatoes O'Brien

Dice cold boiled potatoes. Mix them with chopped raw bacon, onion and pimento. Fry in fat in a frying pan as for hashed brown potatoes.

French Fried Potatoes

Pare potatoes, cut lengthwise into 8 or 10 pieces. Lay on a towel to absorb the moisture. Fry in deep fat. Drain on crumbled, unglazed paper. Sprinkle with salt and serve.

Franconia Potatoes

Parboil potatoes for 10 minutes. Remove skins and place potatoes in the pan in which meat is roasting. Bake until soft, basting occasionally.

Spanish Potatoes

Cut cold boiled potatoes in small pieces and cook in a thin white sauce until sauce is thick, taking care not to let them burn. When ready to serve sprinkle with paprika until they are a deep pink. Serve hot.

SALSIFY

Escalloped Salsify

Two cups salsify which has been cut in ½-inch slices and cooked in salted water; ½ cup bread crumbs; 2 cups white sauce.

Arrange 1 cup of salsify in a greased casserole. Spread 1 cup of sauce over and sprinkle with crumbs. Repeat. Dot the top with butter and bake 20 minutes in an oven at 450° F. (Serves 6.)

Mock Oysters

2 cups cooked salsify cut in very small pieces
1 tbsp. chopped celery
1 egg
2 tbsp. flour
Salt and pepper.

Mix all together. Drop by spoonfuls into a hot greased griddle. When brown on one side turn and brown on the other. Garnish with parsley and serve hot. (Serves 6.)

SPINACH

Spinach, Egg and Cheese Ramekins

Put a layer of cooked spinach, chopped fine, in buttered ramekin dishes. Add a little melted butter. Then break a raw egg into each dish; sprinkle with salt and pepper and with cheese and bake in slow oven (325° F.) until cheese is melted and eggs nicely set.

Spinach Soufflé

2 tbsp. flour
2 tbsp. butter
½ tsp. salt
Dash pepper
1 tbsp. chopped onion
¾ cup milk
2 eggs
2 cups cooked spinach

Blend butter and flour in a double boiler. Add seasonings. Slowly stir in the milk which has been heated. Stir until thick and smooth; then add spinach and when hot pour over the well-beaten yolks of eggs. Fold in the stiffly-beaten egg whites. Pour into a greased baking dish and set in a pan of hot water. Bake 45 minutes in a medium-hot oven, or 375° F. (Serves 4.)

Spinach with Cheese

2 cups cooked spinach
1 cup grated cheese
1 cup bread crumbs
Salt and pepper

Chop the spinach finely. Put a layer of crumbs in a greased baking dish. Add a layer of spinach; sprinkle with cheese. Repeat until dish is filled, having the top layer crumbs. Dot with butter and bake 15 minutes in a hot even—500° F. (Serves 4.)

SQUASH

Squash a l'Italienne

¼ small winter squash
⅓ cup grated cheese
1¼ cup tomato sauce

Pare the squash, remove seeds and centre pulp, and cut the solid portion into thin slices. In bottom of a greased baking dish place a layer of squash; cover with tomato sauce and sprinkle with grated cheese. Fill baking dish with layers in this manner. Bake for about 30 minutes in a moderate oven (350° F.) until squash is tender.

To Bake Squash

Cut in half and remove seeds and membrane. Place cut side down in a pan having about ⅛ inch of water. Bake until tender (about 2 hours in an oven at 400° F.) Then scoop out and season with salt and pepper. If too moist, pour water from the pan and turn cut side up for about ten minutes.

TOMATOES

Tomatoes with Salmon

1 cup cooked salmon
1 stalk celery
1 onion
6 tbsp. butter
6 large tomatoes

Mix salmon, celery and onion. Remove centre from tomatoes and fill with mixture. Pour 1 tbsp. melted butter over each and bake until tender. (Serves 6.)

Tomato and Egg

Cut a slice from the top of a tomato. Remove the centre. Break an egg into the cavity. Bake in a moderate oven until the egg is cooked. Serve hot.

Tomato Rarebit

2 tbsp. butter
2 tbsp. flour
¼ cup milk
¾ cup stewed tomatoes
⅛ tsp. soda
2 cups grated cheese
1 egg
Salt
Mustard
Pepper

Melt the butter. Stir in the flour until smooth. Stir in the milk and cook, stirring constantly, until thick. Strain the tomatoes, stir in the soda and, as soon as it has finished frothing, stir into the sauce. Add the slightly beaten egg. Cook one minute, then add the grated cheese and pour over toast. Serve at once.

Baked Tomatoes

Wipe and remove a thin slice from the stem end of six medium-sized tomatoes. Take out core and seeds. Add a few drops of onion juice, salt and pepper to 1 cup dry bread crumbs and fill centres. On top of each tomato place a small piece of bacon and bake in a hot oven twenty minutes.

Mexican Tomato Rice

In a frying pan melt 1 tbsp. of bacon fat or butter. Add 2 cups cooked rice and stir until golden brown. Add 1 shredded green peppeer, one shredded pimento, 1 small onion finely sliced, and 1 cup cooked tomatoes. Season with 1 tsp. salt. Cook 15 minutes, stirring often to prevent scorching. Serve hot (Serves 6.)

Tomato Sauce

1½ cups tomatoes
1 slice onion
1 sprig parsley
1 stalk celery
⅛ tsp. pepper
½ tsp. salt
2 tbsp. butter
2 tbsp. flour

Cook the first six ingredients together 10 minutes. Strain. Melt the butter, add flour, and when smooth add tomato juice. Cook 5 minutes.

TURNIPS

Turnip Balls with Parsley

2 cups turnip balls
¼ cup butter
3 drops onion juice
½ tbsp. minced parsley
2 tsp. lemon juice

Cut the turnips into balls. Cook them in boiling salted water until just tender. Drain and heat in the butter to which has been added the lemon, onion and parsley.

VEGETABLE COMBINATIONS

Once a week serve a vegetable dinner, using three or four vegetables.

Vegetable Pie

1 cup diced carrots
1 cup cauliflower
2 cups well-seasoned white sauce
¼ cup grated cheese
1 cup peas or string beans

For this recipe left-over vegetables may be used. Place them in casserole, cover with white sauce and grated cheese. The addition of a mashed potato crust makes this into a delicious one-dish vegetable luncheon or dinner. Bake in hot oven (400° F.).

Egg and Vegetable Casserole

5 hard-cooked eggs, sliced
2 cups diced cooked potatoes
1 cup diced cooked celery or other vegetable
1 tbsp. chopped pimento
2 cups well-seasoned medium white sauce
½ cup grated cheese
1 tbsp. chopped chives

Add all ingredients except the cheese to the hot white sauce. Pour into a well-greased casserole dish and top with the grated cheese. Bake in a hot oven of 450° F. about fifteen minutes or until brown. (Serves 6.)

Irish Scallop

Fill a pudding dish about one-third full of left-over meat chopped rather coarsely. Then add cooked carrots and peas to make up about another third. For the top layer use left-over boiled potatoes sliced. Sprinkle salt and pepper to taste throughout the dish. Over the top pour a can of tomato soup, and bake in a moderate oven half to three-quarters of an hour.

Cream of Vegetable Soups

Cream sauce made with vegetable water and milk as the liquid (thin) and vegetable as characteristic flavour.

Liquid may be all milk, or milk and vegetable water in any proportion.

Thickening ½ to 1 tbsp. flour to cup of liquid for starchy vegetables. Non-starchy vegetables require from 1 to 1½ tbsp. of flour to 1 cup of liquid. Egg yolks are sometimes used to thicken and also increase the food value, 1 or 2 to a pint of liquid.

Vegetable may be cooked specially for the soup or left-over vegetables may be used alone or combined.

Use ⅓ cup vegetable to 1 cup liquid. Prepare vegetables by mashing or rubbing through sieve.

Vegetable Chowder (1)

1 cup diced raw potatoes
1 cup diced raw carrots
2 cups tomatoes (raw or canned)
2 tbsp. finely chopped onion
1 tsp. salt
4 tbsp. finely chopped celery
½ cup white beans which have been picked over and soaked over night
⅛ tsp. pepper

Add sufficient water to cover vegetables. Simmer slowly until tender, at which time the water should be almost boiled away. Add 1 cup rich milk or cream, bring to scalding point. Serve hot. (Serves 6.)

Vegetable Chowder (2)

1 cup canned corn
2 cups canned tomato
1 cup canned peas
1 cup canned string beans
2 raw potatoes, 1 small onion, 2 stalks celery } finely diced

Put all together in a saucepan. Simmer slowly until potatoes are tender. Season with salt and pepper. Add 1 cup rich milk or cream. Serve very hot. (Serves 6.)

Cream of Carrot Soup

2 cups carrots, 4 slices of onion, 2 cups milk, 2 tablespoons butter, 4 tablespoons flour, salt and pepper. Cut carrots in small pieces and cook with onion in water to cover, until tender. Press through a strainer. (There should be 2 cups of stock.) Finish as a vegetable sauce, that is melt 4 tablespoons butter, add 4 tablespoons flour, salt and pepper and last the vegetable stock. Cook over direct heat until the flour is well cooked, stirring constantly. Then add hot milk and serve immediately.

Pea Puree

2 cups peas—cooked until soft and rubbed through sieve
1 tsp. salt
1 tsp. butter
½ cup milk
Pepper

Potato Soup

2 cups mashed potato, 1 qt. milk, 2 slices onion, 2 tsp. butter, 2 tbsp. flour, 1½ tsp. salt, a little celery salt, pepper and cayenne, 1 tsp. chopped parsley. Scald milk with onion. Remove onion, add milk slowly to potatoes. Melt butter, add to it the dry ingredients, stir until well blended and add to the milk mixture, stirring constantly. Boil for one minute. Strain if necessary, add parsley and serve.

Sour Cream Potato Soup

2 cupfuls of diced potatoes
1 cupful boiling water
1 teaspoon salt
1 thinly sliced onion
½ teaspoonful of pepper
2 cupfuls of sour cream
Minced parsley

This is a favourite European dish and an interesting variation of the usual potato soup. Cook the potatoes for fifteen minutes in the boiling water with the salt, onion and pepper. Stir in the cream, re-heat together, and serve piping hot with minced parsley sprinkled over the top.

Tomato Bisque

1 cup milk
1 cup tomato juice
2 tbsp. flour
2 tbsp. butter
Salt and pepper

Melt butter, add flour, stir until it bubbles. Add milk slowly. Stir until smooth and thickened. Add heated tomato juice slowly. Season just before serving.

Tomato Soup

2 cups tomatoes
2 tbsp. butter
1 tbsp. flour
1 tsp. salt
1 qt. milk
Sprig parsley
¼ tsp. white pepper
½ tsp. soda

Cook the tomatoes slowly with the flavourings for 10 minutes and rub through a strainer. Scald the milk, thicken with the flour and butter rubbed to a paste; re-heat the tomatoes and add the soda; combine with the milk and serve at once.

Canned Tomato Soup

1 peck ripe tomatoes, 1 large head celery, 6 large onions. Wash tomatoes, cut in pieces, add onions and celery, washed and cut. Boil these until very soft. Press through a sieve. Put again on the stove and add ½ cup sugar, ¼ cup salt, ½ cup butter, ¾ cup flour, and ¼ teaspoon cayenne pepper. Melt butter, add flour, sugar, salt and pepper. When blended, slowly mix with the strained tomato. Heat to boiling and let cook until thickened. Pour into well sterilized jars and seal.

FOOD VALUE IN VEGETABLES

Although vegetables are valued in the diet chiefly for their vitamine and mineral content, some are high in caloric or fuel value. Below we give typical servings of various vegetables with their caloric values:—

Vegetable	Amount	Protein Calories	Total Calories
Asparagus	5 stalks	8·0	25
Beans, string	⅓ c.	3·3	15
baked	½ c.	31·5	150
Beets	⅓ c.	3·5	25
Cabbage	½ c.	2·0	10
Carrots	2 (¾-in. long)	5·0	50
Cauliflower	½ c.	4·6	20
Corn	1 cob	6·0	50
canned	⅓ c.	11·0	100
Lettuce	¼ head	2·5	10
Onions	3	13·0	100
Peas	⅜ c.	13·0	50
Potatoes, baked	1	11·0	100
mashed creamed	½ c.	7·0	100
Spinach	½ c.	2·4	20
Tomato	1	4·0	25
Turnips	½ c.	10·0	100

TABLE OF APPROXIMATE PERCENTAGE OF CARBOHYDRATE

Five per cent	Ten per cent	Fifteen per cent	Twenty per cent
Asparagus	Beets	Artichokes	Beans (white)
Beet greens	Carrots	Beans (Lima)	Corn
Broccoli	Onions	Parsnips	Potatoes
Brussels sprouts	Squash	Peas (green)	
Cabbage	Turnips		
Cauliflower			
Celery			
Chard			
Cress			
Cucumbers			
Dandelion			
Eggplant			
Endive			
Kale			
Lettuce			
Radishes			
Spinach			
String beans			
Tomatoes			
Vegetable marrow			

OTHER PUBLICATIONS

Canadian Grown Apples
Canning Fruits and Vegetables
Canned Fruits and Vegetables
Jams, Jellies and Pickles
Healthful Meals at low cost

Ottawa: Printed by J. O. Patenaude, I.S.O., Printer to the King's Most Excellent Majesty, 1936.