

Easy Culinary Mastery of Vegetarian Cooking



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**Vegetarian  
Cooking**



**Delicious Secrets and Tips  
To Wow Your Tastebuds!**

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## **Introduction and Foreword, Rationale, Target Audience, Purpose and Layout of the Book**

This guide is meant for everyone who has ever needed to understand and enjoy this method of preparing sustenance and delights for the vegetarian palette and preference.

There are many who choose alternatives to protein and traditional meat meals. Regardless of conviction, religion or just mere choice, vegetarian eating is on the rise and with it the skills to choose and prepare better vegetarian meals for all occasions, budgets and tastes.

Others choose vegetarianism for health-related reasons and concerns.

If you are interested in living better and healthier, this guide is for you. It will teach and enlighten you as to what is required to choose, prepare and enjoy healthier vegetarian alternatives.

There are numerous options and ways to make food interesting by flavoring it naturally. Vegetarian dishes do not have to be bland or uninteresting.

Fruits, spices and essences can be used to greatly enhance taste and flavor, bringing out the best in all types of food.

- Almonds
- Celery.
- Ginger.

- Lemon.
- Orange.
- Raspberries.
- Ratafia.
- Strawberries.
- Vanilla.

#### Dried English Herbs.

- Basil.
- Garden Mint.
- Lemon Thyme.
- Mixed Sweet Herbs.
- Parsley.
- Sage.
- Savory.
- Tarragon.
- *Celery Seeds, Salt and Herbaceous Mixture.*
- LIME JUICE AND PURE LEMON JUICE.
- Distilled Tarragon and Chill Vinegar for Salads and Sauces.

Here are some fast facts about vegetarianism to take to heart:

- It focuses on the non-use of all animal flesh and products, including fish, flesh and fowl as a food
- The use of grains, fruits, nuts, and other products of, from and out of the vegetable kingdom,
- Civility, humaneness, overall healthier, happier living.
- Vegetarianism is about more than merely abstinence or NOT EATING MEAT, healthier choices and living is what it stands for.

- Staples for the vegetarian diet, include cereals, legumes, roots, starches, sugar, herbs, and fruits.

There are different variants of vegetarians out there, some who eat animal products, others who absolutely do not.

There are lots of recipes for both tastes. Numerous past religions and traditions followed/follows vegetarianism as a conscious choice. There are contrasting views on the popularity and even advisability, acceptability and wisdom of the fully vegetarian diet and lots of ground in-between. Economy, bodily strengths and optimal health, functioning and energy, there are myriads of views on why or why not vegetarianism.

Small lifestyle changes is at the order of the day for our modern society with its obsession for healthier living and better food. It also does not have to limit choice or be bland. There are lots of variety and natural flavor enhancers that can be put to good use to please all palettes.

To accommodate some of the changes in the vegan and vegetarian diet, meat will oftentimes be replaced by other vegetables and at face value seem more expensive. Examples of veggies to add to a stew or soup, could include haricot beans, potatoes, and a cabbage. There is a rich variety of nutritious and delicious meals to made without meat. Substitution can occur gradually, as budgets allow and families get used to the smaller changes.

Subtle changes in preparation and presentation will go a long way to win over some converts and support.

Presentation is everything. How food appear will affect how much we

enjoy or choose to partake in it. Simple garnishing goes a long way to make food look and taste more appetizing. Using color is a great technique to persuade those at your table to try something a little different.

You do not have to have the flavoring of meat in your meals to make it great, try something as simple as thyme to taste all the difference in the world.

Fritters and batters are oftentimes preferred methods of cooking for delicious vegetarian treats, including fruit.

Nuts, fruits and vegetables are great alternatives to meat and more and more support for their choice and availability will increase in coming years. Wine is used as a flavor enhancer in some cases, with the alcohol evaporating. (\*\* NOTE: Lemon-juice can be used as a substitute for this stimulant)

There are no more than FOURTEEN categories and sub-listings of recipes and suggestions in the remainder of this book, summarized for your reference, use and convenience. Bon Appetite!

## **I. Soups**

You do not need meat or fish necessarily to create a great soup. *Soups do not have to be chunk full of stuff to be healthy and filling, contrary to popular belief.* For nourishment you do not necessarily need all of these.

Soups, a light broth particularly is great to stimulate the appetite and better prepare your stomach and digestive system to deal with the foodstuffs we provide.

Stock forms the basis of soups and fruits and veggies are the main staple in this department, even water they are boiled in, root vegetables like potatoes, grains or even rice can add a nice touch. Combining the flavors of difference vegetables is a great way to infuse and even enhance taste, without relying on meat.

Size of vegetables can vary and you might have to experiment a couple of times to get the right balance of flavors and selections down-pat.

Guard against too many flavors in one pot.

Key staples for a vegetarian soup are onion, celery, carrot and turnip, Balancing even these flavors can be quite the challenge.

Clean vegetables properly. Onions should be fresh and young, not old and strong (overpowering the flavor), Peel carrots and do not use too much turnip as it will add some really strong flavorings to the soup. Some prefer leeks and garlic to the onions.

You can also opt to use a bran-type brewed tea. Boiling bran in the water, gives a yellow color and infuses the taste.

Burnt sugar or caramel can also help add color. It is also known as

Parisian Essence.

Thicker soups, can be rubbed through a sieve and come in different types of soup, like brown soup, and white soup. Puree (veggies put through a strainer) or thickeners are used (corn flour) to get the desired texture.

Skimp on the savory herbs for flavor (like Thyme), they can be strong and overpowering. Wine can be substituted with lemon juice with similar effect.

Vegetable stock highlights the flavors extracted from the veggies in the cooking process. Clean and cut up the vegetables of your choice. Boil them covered and strain off the liquid. Pepper and salt can be added to it or certain essences or herbs like mentioned above. Water in which other foodstuffs were boiled can also qualify as stock.

### **How to make your own roux (thickener)**

1 lb flour (sifted)

1 lb of butter put through a cloth to absorb all moisture

- Melt the butter
- Skim off the froth
- Pour off the oil
- Mix in the flour and put over heat, stirring with a wooden spoon.

White roux – no discoloration

Brown roux – some discoloration

## **ALMOND SOUP**

0.5 lb sweet almonds (blanched)

add onion and celery (chopped)

1 quart of milk

- Allow all to simmer
- Pound almonds with FOUR hard-boiled yolks of egg
- strain off the milk
- add the pounded almonds and egg to the milk gradually
- Bring to a boil
- Add thickener
- Serve with toast
- Pepper and cream can be added

## **APPLE SOUP**

Six apples (medium-sized) peeled and cored

Boil together

1 quart of water mixed with bread-crumbs

the juice of a lemon

0.25 ounce of powdered cinnamon

Sweetened with sugar lumps rubbed on lemon

## **ARTICHOKE SOUP**

12 artichokes (boiled in water) until a pulp and tender soft

1 pint of milk and some bay leaves boiled

Add lumps of sugar, white pepper and salt.

Served with toast

Cream or egg yolks (or both) can also be added

\*\* NOTE: watch against it being too hot too quick as the yolks will curdle

### **ASPARAGUS SOUP**

- 50 or so heads of asparagus, boiled until soft and tender in some water (salted)
- Drain and toss in cold water, to retain their color.
- Cut off the tips and save \*these are the good parts
- Put the stalks in with green onion and parsley and one quart of the stock, sugar and grated nutmeg
- Put through a sieve and thicken it
- Flavor with spinach extract.
- Add tips and serve

### **BARLEY SOUP**

2 tablespoons of pearl barley (washed)

2 quarts of water

2 onions

potatoes (sliced)

thyme (small teaspoon)

- Boil for 4 hours or so (soft barley)
- Thicken and season with salt and pepper
- Blanch parsley before adding it to the soup

## **BEETROOT SOUP**

vinegar and sugar

2 large beetroots

2 good-sized onions

- Boil, peel and mince the beets
- In the water they were boiled or stock
- Thicken with corn-flour
- Flavor with thyme

## **BEAN SOUP, OR PUREE OF RED HARICOT BEANS**

- 1 quart of red haricot beans (soaked overnight)
- soda in water to soften
- In three quarts of water boil with some carrot, celery and onion
- When done and soft, remove the carrot, celery and onion.
- Push through a sieve
- Add 1 teaspoon of sugar
- Add 2 tablespoons of butter

served with toast

\*\* NOTE: Variation (white haricots can be used, with added cream for texture and richness)

## **"GREEN" BEAN SOUP**

- 1 quart of beans
- some stock or water with an onion, carrot and celery.

- Rub beans through a sieve
- Color with spinach extract
- Add some butter, sugar, pepper and salt.

### **BEAN SOUP FROM FRENCH BEANS.**

- French beans (chopped and boiled in stock)
- Boil until tender
- Rub through wire sieve
- Add butter, pepper and salt, and color (add spinach extract)

### **CABBAGE SOUP**

- Sliced cabbage, boiled in stock
- Add some leeks and turnip – bring to a boil
- Add salt and pepper

### **CARROT SOUP**

6 fair sized carrots (peeled)

celery and onion

boiling water

- Drain and stew in a saucepan
- Add 1-2 quarts of stock
- Rub through a wire sieve
- add butter, pounded sugar, pepper, and salt.

\*\* NOTE: The size and quantity of your vegetables will dictate the amount of water you will be using. Using the red outer part will give you the best color. Using the inner parts in other dishes makes for

great versatility and economy.

## **CAULIFLOWER SOUP**

3-4 cauliflowers (soaked in salty water)

- Boil until tender
- Break them into pieces
- Rub all through a wire sieve, with your stock, onions, celery, cauliflower, and all;
- Add boiling milk, butter, pepper, and salt

\*\* NOTE: You can also add bay leaves and/or boiling cream for that real rich taste and pea-soup like texture

## **CELERY SOUP**

6 celery heads (cut into small pieces)

1 onion sliced

- Fry together and stew in butter
- Add water or stock and boil until tender
- Pulp and rub through a wire sieve
- 1-2 quarts of milk and boil bay leaves in it.
- Add celery pulp when it starts boiling, flavor with pepper and salt;
- Add cream for extra rich flavor and texture.

## **CHEESE SOUP**

- 0.5 lbs of Gruyere grated cheese half a pound of cheese
- cover with stale bread crumbs
- Layer the bread and cheese until all the cheese is in the container
- 2 tablespoons of roux (brown) melted with 2 tablespoons of chooped onion
- add 1 quart of water, pepper and salt and a few drops of Parisian essence (burnt sugar)
- Pour over, soak and serve

## **CHERRY SOUP**

- A good sweet and sour soup.
- Butter and flour over heat, melt and stir.
- Add some water and 1 lb of black cherries and some cloves.
- Boil until fruit is tender
- Press through a sieve
- Add port and 1 teaspoon of the kernels, 1 tablespoon sugar and whole cherries.
- Boil again and pour over toast or macaroons.

## **CHESTNUT SOUP**

4 x 12 chestnuts (peeled)

Add stock to the chestnuts and boil gently until tender.

Pound and rub through a sieve – add some caramel for color or cream if white soup is preferred.

Add salt, pepper and butter to taste.

You can also add some sugar to taste.

Serve with toast

## **COTTAGE SOUP**

2 onions, 1 carrot and 1 turnip, small celery cut up into small pieces

Fry in a frying-pan, with a little butter (brown)

2 quarts of water

tablespoon of savory herbs

- Boil until veggies are tender
- Thicken the soup with oatmeal or barley.

\*\* NOTE: You can also add rice

## **CLEAR SOUP**

Make a very strong stock by cutting up onion, celery, carrot, and a little turnip, and boiling them in some water. They should boil for two or three hours. Add also a teaspoonful of mixed savory herbs to every quart, and colour the stock with a few drops of Parisian essence. Strain it off, and, if it is not bright, clear it with some white of egg in the ordinary way. Take only sufficient corn-flour to make the soup less thin or watery, but do not make it thick. A tablespoonful of mushroom ketchup can be added to every quart.

## **COCONUT SOUP**

- 0.5 lb of grated coconut
- Boil for 1 hr in stock
- Strain off
- Add a little pepper and salt, and some grated nutmeg. Boil three pints of milk and add to the soup.
- Thicken the soup with some ground rice, and serve.

- Add cream for rich taste and texture

## **ENDIVE SOUP**

- 6 white endives (washed in salty water)
- Boil in water for 10-15 minutes
- Toss into cold water and squeeze them in a cloth until dry.
- Cut off root, chop leaves, and place them in a stew-pan with about two ounces of butter.
- Add some grated nutmeg and 1 teaspoon sugar
- Salt and pepper to taste.
- Add milk and rub through sieve – serve hot.

## **FRUIT SOUP**

Choose from a combination of rhubarb, vegetable marrow, cucumber, gourd, or pumpkin –stewed or fried

Typically they are mixed with cream, milk and butter

Boil, served hot with bread

## **IMITATION HARE SOUP**

1 carrot, celery and onion, ½ turnip

Boil until tender in water

Rub through a sieve and thicken. Savory herbs can be added, also some cayenne pepper, port wine, 1 tablespoon of red-currant jelly, 1/2 lemon's juice.

## **How to make your own herb mixture**

2 ounces of white peppercorns

2 ounces cloves

1ounce of sweet basil

- 1 ounce of powdered nutmeg
- 1 ounce of powdered mace
- 1 ounce of lemon-thyme
- 1 ounce of marjoram
- ½ ounce of dried bay-leaves

Dried in the oven slowly, pounded and mixed. Sifted and stored in a bottle.

### **HOTCH-POTCH**

Combine celery, onion, carrot, turnip, and leeks cut and fried in some butter

¼ lb of boiled, tender barley

add stock

½ pint of fresh peas

1 teaspoon of chopped parsley

\*\* NOTE: can be thickened with roux if required

There are numerous variations and variety of soups that can be prepared for the vegetarian diet.

- Jardiniere soup
- Julienne soup
- Leek soup
- Lentil soup
- Macaroni soup
- Milk soup
- Imitation meat soups like mock turtle or oxtail soups – which

do not contain meat, but savory flavoring(s) mostly.

Another crowd pleaser and popular favorite is the so-called  
MULLIGATAWNY SOUP

- Four large onions (cut up and fried in butter)
- 1 carrot (cut)
- 1 quart of stock or water (boiled until tender)
- rub through sieve
- Add 1 tablespoon of curry powder or paste into it
- Thicken with roux
- You can also add a sour apple or gooseberries (if you do not have or like curry paste)

\*\* NOTE: Boiled rice can be served with the soup separately (in its own dish)

There are numerous other veggies and foods that can form the base or main ingredients for soups. Here are some more examples:

- Spinach
- Rice
- Pumpkin
- Potato
- Peas (split, dried or fresh)
- Pears
- Parsnips
- Onions

Even tapioca soups are also crowd favorites following some of the same methods and combinations provided above. Be sure to try them all.

Here are another couple of family favorites:

### **TOMATO SOUP**

- 1 onion (sliced) OR 2 shallots - fried in butter
- Add bay-leaf, thyme and some grated nutmeg
- Add 12 ripe tomatoes (pips squeezed out)
- Add some water to moisten Rub through sieve
- Add butter, salt and pepper

### **TURNIP SOUP**

- Boil cut turnips, strain and stew in butter, add salt and sugar, add boiling milk, rub through wire sieve – it will be like pea soup. Serve warm with bread.

### **VEGETABLE MARROW SOUP**

- 1 large vegetable marrow (peeled and cut, pips removed))
- 2 ounces of butter
- Add 1 teaspoon of sugar, a little grated nutmeg, and pepper and salt for flavor.
- Fry for 10 minutes - simmering gently
- Rub through wire sieve
- DO not add water!
- Season with pepper and salt
- Serve with fried or toasted bread

### **VERMICELLI SOUP**

- 0.25 lbs of vermicelli (broken in pieces)
- Boiled for five minutes in water
- Added to 1 quart of clear soup

\*\* NOTE: Do not strain or drain the vermicelli – it will stick together

## **WHITE SOUP**

Infused with the flavor of vegetables white soup use

1 onion

white part of celery

1 turnip (sliced)

- Melt in butter, fry
- Add water to boil them and they get soft and tender.
- Rub through a wire sieve
- Add 1 quart of milk (boiled with bay leaves)
- Thicken with white roux or cornflour
- Add nutmeg and cream
- Flavor with pepper and salt

## **II. Sauces**

For most sauces, a butter sauce base is essential. It is by far the most important of the sauces. Melted butter is the foundation for many.

### **How to make your own butter sauce:**

Four ounces of fresh butter

grated nutmeg and pepper  
four ounces of sifted flour

- Moisten and knead together
- Stir until it boils – 20 minutes - like a white sauce, mix in 1.5 lbs of butter, stirring throughout. If it becomes too oily add some water. Finish off with lemon juice.

There is more to butter sauce or melted butter than meets the eye.

### **How to make simple butter sauce**

- ½ pint of cold water
- white roux, or butter and flour mixed
- Dissolve butter, nutmeg, pepper and salt, and a few drops of lemon-juice from a fresh lemon, if you have one in use.

Oiled butter or melted butter drizzled and dressing veggies are quite common too. These are the basic building blocks of all sauces.

There are various variations and combinations for sauces and dressings (both sweet and not) that can be used for a variety of toppings and serving suggestions, garnish and more.

### **SAUCE ALLEMANDE**

1 pint of butter sauce  
4 egg yolks  
Mushroom essence  
Some lemon juice  
Pinch of nutmeg  
Some cream

\*\* NOTE: Stir rapidly to ensure that the sauce has no lumps in it.

**Almond sauce** (sweet sauce for puddings, made from ½ pint butter sauce and Almond essence - sometimes colored pink)

**Apple sauce** is another favorite made from stewed apples and some brown sugar.

For **artichoke sauce**, make the same recipe for soup, just make the puree thicker, using less liquid. Boiled **asparagus**, rubbed through a sieve can also be a great sauce.

For **bread sauce**, boil bread crumbs in milk with onion and peppercorns, allowing the bread to swell and absorb some of the liquid. As it stands it will also thicken some.

**Caper sauce** ½ pint of butter sauce, adding 1 tablespoon of French capers.

**Carrot sauce, cauliflower and celery sauces** can all be made similarly to the soup recipes, with less liquid.

**Cherry, chestnut, cinnamon, currant (red and black) and coconut sauces** can all be made using some of the methods above. **Cucumber and curry sauces** can all be made with the butter base suggested here.

**Dutch sauce** can be made by taking ½ pint of butter sauce, 2 egg yolks, pepper and salt, nutmeg, 1 tablespoon of tarragon

vinegar/lemon juice – spinach coloring can be used to make it green if you so prefer.

**Egg sauce** Hard-boil six eggs in saucepan, covered with water, boil for 10 minutes after water reaches boiling point. Put into cold water and allow to cool for 10 minutes more - remove shells.

Cut up into pieces or chop

Mix with butter sauce and serve hot

**Fennel, ginger, horseradish, as well as mango chutney sauces** are also popular choices.

**Mayonnaise sauce** made of raw egg-yolk and oil, flavored with a dash of vinegar remains a popular cold sauce.

**Mint, mushroom (white, brown or puree) and mustard sauces** add that special flavor with the minimum effort and input.

**Onion, parsley, pudding sauces** all start with the freshest of ingredients, with preparation methods that bring out their full nutritional value. Various berry and raspberry, sweet sauces bring out the best from the fruits, stewed and sweetened.

Other family favorites in the sauces category include **tartar and tomato sauce**, as well as **white sauce**, which are all pretty basic to make.

- *Tartar sauce* – mix mayo with parsley, finely chopped onion/shallots and some French mustard.
- *Tomato sauce* - stew tomatoes and rub through sieve, little pepper and salt to taste. Add mace, cloves, shallots, onions,

thyme to taste and personal preference.

- *White sauce* - for veggies or sweet for pudding, to use uncolored stock, thickened with white roux, with added cream. Sweetened butter sauce, with flavorings like, nutmeg, almond or vanilla.

### **III. Rice, Macaroni, Oatmeal**

Rice is somewhat of an underestimated staple in the vegetarian diet. It is affordable, easily prepared and digested. There are different types of rice for different uses and various ways to prepare it.

Boiling rice is the method most used. Steamed varieties are also popular and rice water is also used for its nutritional value. Rice can be the main meal or accompaniment (side-dish).

It is best cooked in a covered pot on medium heat. Wash the rice thoroughly before cooking.

#### **RISOTTO A LA MILANNAISE**

Wash 1 cup of rice

Chop 1 onion and fry until light brown

Add dry rice and fry in butter Add two cups of stock

Some saffron

Boil for 10 minutes and let it stand for 20-30 minutes to absorb all the liquid. Parmesan cheese, pepper and salt for flavor.

#### **RICE WITH CABBAGE AND CHEESE**

Wash rice and soak in hot water

Slice cabbage and boil for 1 hour, strain and put rice and cabbage in pan with butter, pepper and salt, some grated nutmeg for added flavor. Boil in water and top with cheese.

#### **RICE WITH CHEESE**

Wash and boil rice in milk for 10-15 minutes. Let it stand to absorb all the liquid. 1 cup rice, 2 cups of milk) Add grated cheese You can add

mustard before putting it in the oven. Ensure that it is moist.

Curried rice, rice casseroles, borders, savory croquettes can all make your vegetarian table quite the spectacular offering and presentation.

## **RICE AND EGGS**

½ lb of rice boiled

four hard-boiled eggs, separated and cut up, adding them to the rice, with chopped parsley and savory herbs. Heat and flavor with salt and pepper.

## **RICE AND TOMATO**

6 ripe tomatoes (pips removed)

bake with butter in oven

Boil ½ lb of rice in stock

Pour tomato juice over rice and serve hot

## **MACARONI**

Wheat flour made, from Italy this is very much part of the Mediterranean diet

Ground and sifted it has lots to offer as a nutritional staple. Sweet tomato and parmesan sauce is the perfect complement.

Spaghetti, pipe macaroni, or macaroni and cheese are all Italian favorites.

## **MACORONI AND CHEESE**

Boil ¼ lb of macaroni in a milk until tender

Greased bowl, cover with bread crumbs and grated cheese, adding butter and more repeating layers.

Warm butter and pour over. Bake in oven until melted.

### **MACARONI AND EGGS**

½ lb of macaroni in water until tender

four hard boiled eggs White sauce, chop up and stir through.

Dissolve butter and grate cheese sprinkle with parsley and top off with some chopped egg

Macaroni with cheese of various sorts and flavors are all possible and leaves the door wide open to get variety and choice into your vegetarian diet and choices.

Macaroni can also be used highly effectively in puddings and molds.

### **MACARONI AND CHESTNUTS**

Bake 20 chestnuts

Peel them pound them, flavoring with salt, pepper and butter.

Form a paste, boil ½ pound of macaroni, drain and mix, add onion (like bread sauce recipe elsewhere), Add water, milk or stock.

### **MACARONI AND TOMATOES**

½ lb of macaroni – boil it until tender

take 6 ripe tomatoes and stew, stir through

Sprinkle with chopped parsley

## **TAGLIATELLI**

Take some flour and water add salt ad make paste

Roll out and put in boiling water for a few minutes

Put in cold water, drain

Place in bowl with butter and grated cheese then a layer of pasta  
*tagliatelli* seasoned with pepper

Keep layering and alternating, pour over cream, add a layer of cheese,  
brown in oven

## **OATMEAL PORRIDGE**

Wholesome and nutritious, oatmeal is a great meal. Porridge and breakfast is the perfect choice. Bring salt and water to boil. Sprinkle it in and allow to thicken. Cook covered 10-15 minutes. Simmering makes the oatmeal swell. Serving it hot with sugar or treacle and milk or cream.

## **MILK PORRIDGE**

1 tablespoon of oatmeal mixed with 1 cup of cold milk

Boil 1 pint of milk and add mixture when it boils

Cook for 15 minutes stirring throughout

Medium heat – salt and sugar to taste.

## **RICE AND BARLEY PORRIDGE**

¼ lb rice and barley (washed)

5-10 minutes boil and strain

First boil barley until tender and then add the rice.

Add brown sugar, treacle, or jam, and when cold can be served with

stewed fruit.

## **WHOLE-MEAL PORRIDGE**

1 quart of water (boiled)

Add ½ lb whole meal

Boil 15 minutes and serve hot

Served with cold milk

Lentil and hominy porridge are for the acquired taste.

Sago and milk toast (soaked stale bread) can also be seen or used as porridge.

## **IV. Eggs And Omelets**

### **EGGS, PLAIN BOILED**

- Eggs are a great part of our daily menus, typically breakfast. Cooked or hard-boiled or in broiler are all acceptable methods for a variety of tastes and preferences.
- Always break eggs one by one and separately. Frying eggs in pans are also quite common. Butter or olive oil is typically used.
- Too much fat will let the whites blister.
- Fried eggs, oven-baked, poached, scrambled, there are many methods and ways to enjoy them. Simmer the water.

### **CURRIED EGGS**

- Hard-boiled eggs
- Cut in half, removing the yolks
- Serving them cut in rings
- Border the dish with the eggs and put some curry sauce in the middle

- Parsley can give any egg-dish a pretty appearance.

### **DEVILLED EGGS**

- 6 eggs
- cut eggs in half
- scoop out the halves
- Let it stand upright
- Pound yolks with butter and add some cayenne pepper.
- Salt, pepper and vinegar, flavor with parsley around 1 teaspoon.

Served cold

### **EGGS A LA BONNE FEMME**

- Make devilled eggs per procedure above.
- Add to egg yolks some melted butter and boiled vegetables like cold boiled carrot, turnip, celery, and beet-root
- Season with white pepper and salt, and mix well together.
- Add grated nutmeg and a little lemon-juice.
- Serve with parsley

### **EGGS A LA TRIPE**

- Use small Spanish onions (you can use ordinary onions with some success)
- Cut in rings and remove the white core.
- 2 spanish onions or 6 small onions
  
- Fry them in butter until browned.
- Put aside

- Add flour and make paste with butter.
- Add milk , stir and make a thick sauce
- Add pepper and salt, a little lemon-juice, and a small quantity of grated nutmeg.
- Return the onion rings to the pan
- 6 hard-boiled eggs (cut in half) Yolks removed, whites cut into rings, mix and serve hot.
- Chopped parsley tops this off

### **EGG, FORCEMEAT OF, OR EGG BALLS**

- 3 hard-boiled egg-yolks (powdered)
- add a little pepper and salt, nutmeg and parsley
- Savory herbs can also be used.
- Roll into balls the size of marbles.
- Boil until set

### **How to make your own egg balls**

- Beat one egg
- add a teaspoonful of chopped blanched parsley
- Add some pepper and salt, and a very little grated nutmeg
- Sift savory herbs into the egg mixture
- Mix fine bread-crumbs in
- Create a soft paste or dough
- Shape balls and flour them
- Throw them into boiling water
- Avoid splitting by keeping them smallish.

### **EGGS AU GRATIN**

- ½ pint butter sauce 2 ounces of cheese (Parmesan)

- grated nutmeg, salt and pepper and lemon juice.
- Add egg yolks
- Stir and mix it Layer bread crumbs and cheese
- Slice hard-boiled eggs
- Serve with toasted bread

### **EGGS AND SPINACH**

- Make some spinach puree
- Take hard-boiled eggs, cut in halves while hot and remove shells. Poaches eggs can be served on a bed of spinach

### **EGGS AND TURNIP-TOPS**

- Proceed exactly as above, using a puree of turnip-tops instead of spinach.

**EGGS AND ASPARAGUS, or eggs and celery** can also be done in a similar fashion. Egg salads and sandwiches are quite popular as well as is the even popular egg toast.

### **EGG TOAST**

- Beat eggs
- Melt an ounce of butter in a saucepan
- Add pepper and salt
- Add egg and stir quickly
- Pour over toast (buttered)

### **EGGS A LA DAUPHINE**

- Halve 10 hard-boiled eggs

- Remove the yolks, in a bowl with soaked piece of bread (using milk or cream)
- Add chopped parsley, some grated nutmeg, and two ounces of grated Parmesan cheese
- Mix all together well and add two whole eggs beaten
- Layer and put in oven to keep hot.

### **EGGS AND GARLIC**

- 6 heads of garlic
- fried in butter
- Pound with mortar and 1 tablespoon of oil
- Heat and add some pepper and salt.
- Beat an egg, stir and mix this in until it thickens.
- Arrange some slices of hard-boiled eggs—four eggs would be sufficient—pour this mixture in the centre, and serve.

### **EGGS WITH MUSHROOM**

- ½ pint of button mushrooms
- Add lemon juice to avoid discoloration
- Fry onion in butter
- add chopped mushrooms.
- Thicken with butter and flour
- Let simmer for 30 minutes
- add a little made mustard, pepper and salt, 1 tablespoon of vinegar.
- Add 6 hard-boiled eggs

### **EGGS AND ONIONS**

- 1 Spanish onion (cut up)

- Fry in butter until soft and tender - keep to the side
- Add cayenne pepper and a little salt over the onions
- Add some lemon juice
- Serve with poached eggs

## **EGGS AND POTATOES**

- Mix potato and egg
- Add parsley and onion, salt and pepper to taste
- Roll the mixture into balls
- Flour and egg-dip them
- Cover with bread-crumbs
- Fry or bake in heated oven

\*\* NOTE: Eggs in some prepared sauces make a good meal or snack any time of the day.

## **BROILED EGGS**

- Cut one slice of bread and toast it lightly
- Butter them and break an egg on it
- Bake under broiler, let the egg set and squeeze lemon juice on it.

## **EGGS, BUTTERED**

- Break some eggs into a flat dish with heated hot butter poured over it

- Place in over to brown and set

### **EGGS, SCRAMBLED**

- Melt butter in the pan and break the eggs, frying them until set (both white and yolk, (not totally thought))
- Then stir it vigorously around
- Do not let the eggs brown and keep the heat low

### **EGGS IN SUNSHINE**

- Eggs served with tomato tops
- Melt butter, break eggs and take 5-6 tablespoons of tomato conserve and put it on top of the eggs
- 6 ripe tomatoes baked in the oven can also be used

### **EGGS AND CUCUMBER**

- 3 cucumbers (small to medium) peeled and sliced stewed with three onions in some butter aside (chopped finely)
- Add vinegar
- Add 6 hard-boiled eggs (chopped or sliced)
- Add salt and pepper to taste
- Best served hot!

### **EGGS WITH CHEESE**

- ¼ lb of grated cheese (melted) Take a quarter of a pound of grated Mix with chopped parsley, spring onion and some grated nutmeg
- Add 6 eggs beaten
- Serve hot with bread/toast

### **How to make eggs to use for garnishing**

- 6 hardboiled egg yolks powdered and flavored with salt and pepper
- Roll them up like sausages
- Flour them and toss in boiling water Flavor can be added through the use of grated nutmeg, chopped parsley, and a few savory herbs.

### **OMELETS**

For many a hearty and healthy omelet on occasion can be the perfect start to a great day. Ensure you have the right pan (copper being the best as it heats through evenly and quickly) .

Ensure that the pan is entirely clean and used mostly for omelet cooking. Some also wonder about how much butter is good to use with the quantity of eggs you have in mind. The rule of thumb and consensus here seems to be about ¼ lb for 6 eggs.

There are different types of omelets, those where the eggs are barely beaten and those where they are thoroughly beaten. Depending on how “fluffy” and light your omelet has to be add more butter.

### **OMELET, PLAIN**

- ounces of butter (melted)
  - Add 6 eggs when butter starts to bubble
  - Scrape the bottom of the pan and edges to keep it loose
  - Turn down the heat when it starts to set
  - Let it make a shape of a semi-circle
- 
- You can add fresh herbs and spices, parsley, savory, salt and pepper, onion, shallots finely chopped, cheese (grated)

### **POTATO OMELET**

- eggs
- ounces of potato
- pepper and salt to taste
- ½ pint of milk (boiled separately)
- 3-4 ounces of butter
- mix and pour into the warm butter – follow process above for plain omelet
- To make a sweet potato omelet, just add sugar, the juice of a lemon, with some grated nutmeg, instead of the salt and pepper.

### **CHEESE SOUFFLE**

- Heat the container or baking tin in the oven
- 1 ounce of butter inside (smear and pat down all sides and corners)
- 2 eggs (separated)
- whites beaten until stiff peaks form and yolks beaten

- separately
- ¼ of a pint of milk.
  - Add 2 tablespoons Parmesan cheese (grated)
  - Add to egg-whites and mix together well Pour and bake
  - Serve immediately

\*\* NOTE: For sweet variations substitute the cheese with sugar, vanilla or orange-water.

### **OMELET WITH JAM**

- Proceed with above to make a sweet omelet
- Add only half the sugar
- Put jam on one half and fold over.
- You can heat the jam beforehand somewhat to make it more spreadable.

Which jam you choose is absolutely up to your own taste-buds. There are many options and choices.

You can also flavor the omelet with some vanilla.

Strawberry jam is most popular and often combined with fresh strawberries for quite the breakfast treat.

Raspberries are often not used, due to the prevalence of pips.

Preserved pine-apple, some sweet syrup hot and pouring around.

Others preferred red-currant jelly, black-currant jam, and plum jam.

### **Ingredients**

- 6 eggs
- 2 ounces of butter
- 3-4 tablespoonfuls orange marmalade.

## **RHUM OMELET**

- Spirits are not typically used in vegetarian cooking.
- This is only a very sweet omelet, with sugar sprinkled over the top, Rum is ignited just before served.
- Fill a large spoon with rum
- hold a lighted wooden taper (not wax; it tastes) underneath the spoon Light the rum.
- All alcohol evaporates and only the flavor remains.

## **OMELET AU KIRSCH**

- Use the identical process described above, being sure to substitute Kirschenwasser for Rum.

## **OMELET, VEGETABLE**

Plain egg omelets can also be served with a great variety of single or combination veggies. Let your imagination and budget, creativity and palette be your guide. These could include:

- Asparagus Omelet
- Artichoke Omelet
- French Bean Omelet
- Celery Omelet
- Spinach Omelet
- Mushroom Omelet
- Tomato Omelet

... and many more!

## **V. Salads And Sandwiches**

Salads are versatile and go way beyond lettuce! Crisp, fresh and dry lettuce, cut off stalks, wiped clean. Dressings should only be put on just before serving for the best optimal result and appearance. Pure olive oils remain the favorite.

Plain lettuce or salads, can be dressed and enhanced by the addition of tarragon leaves, olive oil, lemon juice, are all recommended. There are also other alternatives like tarragon vinegar to consider. Garlic, hard-boiled eggs are sometimes used too.

- Choose French or English lettuces
- 1-2 tablespoons of cream or milk
- 1 teaspoon mustard
- 2 tablespoons of vinegar, pepper, and salt.

Mixed salads, cross-cut, with added mustard and cress, boiled beetroot, chopped celery, spring onions, radishes, and watercress, dressed with olive oil typically.

Mayonnaise type salads, tomato salads, egg salads, Boiled German vegetable salads, endive salads, salsify salad, potato, asparagus, artichoke, beetroot, cucumber, French bean salads, are quite commonplace as well. Some fresh, some boiled or steamed slightly, others raw or as is, by itself or in combination with a variety of dressings and variations, toppings and garnishes. Molds and cold, hot and sauced, there are numerous delicious options to choose from. Beans salads with chopped parsley and lemon juice is a good and popular example of this.

Combination salads like celery and beet-root, boiled with raw celery is

also a great example. Watercress and dandelion leaf salads, mustard and cress, cauliflower salads (boiled left-overs dressed with parsley, oil and vinegar), another option. Hop and onion salads, Italian salads consisting of boiled vegetables, molded or cut up cold can look and taste great too. Melon and sweet salads containing fruits are also popular, with addition of ripe strawberries an all-time favorite.

## **Sandwiches**

Popular meals, snacks and anytime favorites, staples of many sandwiches made with tomatoes and/or thin slices of bread.

### **MUSTARD AND CRESS SANDWICHES**

- 2 slices of bread (crusts removed/edges trimmed)
- Mustard and cress (washed thoroughly)
- Place between the two slices of buttered bread
- Pepper and salt

### **EGG SANDWICHES**

Cut some hard-boiled eggs into very thin slices

Add salt and pepper to taste

2 slices of buttered bread

place them between the slices, trim edges and cut into triangles or squares

Serve with parsley (chopped)

### **INDIAN SANDWICHES**

For an Indian flavor sprinkle the hard-boiled eggs on the sandwich and garnish with curry powder.

## **MUSHROOM SANDWICHES**

- 1 pint of button mushrooms (washed, peeled and tossed in lemon juice)
- Tinned or canned mushrooms can also be used
- Fry up in butter and press through a sieve
- Add parsley and spread over the bread
- Press 2 slices together - as it cools down it will set
- No buttered bread required.
- Parsley and whole button mushrooms make for good garnishing touches and presentation.

## **CHEESE SANDWICHES**

- Oil some butter in a dish/pan
- add some pepper and salt, 1 teaspoonful of mustard and a pinch of cayenne pepper.
- Butter bread with it when cooled down
- Sprinkle with Parmesan cheese (grated)
- Cut into squares or triangles
- Garnish with parsley and hard-boiled eggs.

## **CREAM-CHEESE SANDWICHES**

- Chop and pound celery and add some salt to it
- Spread on bread and cream cheese on the other slice
- Put them together
- Cut into triangles for squares
- Parsley and cream-cheese slices can be used to garnish.

## **VI. Savory Dishes**

**Mushrooms** can be eaten plain, grilled, fried, with cheese, brushed with olive oil and broiled in the oven, pickled in a marinade of oil, garlic, pepper and salt, lemon juice, cut up and fried, baked in a pie (served hot or cold), with onion, potatoes and other veggies or by itself, or even a pudding are all great ways to enjoy this family favorite.

**Tomatoes** can also be grilled, baked in foil over the fire or coals, Barbequed, whole or cut up, in sauces, baked, fried, stewed, with cheese or in a pie, by itself or in combination with other veggies as well.

Potato, pumpkin and tomato pies abound in the recipe department in most publications on vegetarian cooking.

### **How to make the most of cheese**

#### Cheese with fried bread

Take some stale bread, and cut it into strips (3 inches by 1 inch)

Fry the bread in some butter or oil

Spread mustard

Cover with parmesan cheese

Place in oven to melt and serve hot

#### Savory cheese

Equal parts of grated Parmesan cheese, butter, and flour

add a little salt and cayenne pepper  
From a paste with some water  
roll out the paste (1/4 inch thick)  
Cut into strips  
Place in oven and serve hot

**Soufflés and omelets, puddings, ramequins, stewed cheese, toasted or pickled**, the options are endless for the vegetarian cooking processes.

A French delicacy known as **Ayoli** soaked crusts of bread in water, squeezed dry, two cloves of chopped garlic, blanched almonds and egg yolk, brushed with olive oil

**Parmesan pumpkin** Boil pumpkin pieces, butter, salt, pepper and grated nutmeg; fry them, sprinkle them with a little Parmesan cheese, Next bake them in the oven melt, served hot.

Stuffed onions, polenta and other cultural favorites like Polish Piroski sernikis (cream cheese, bread-crumbs, eggs, mils, currants, sugar and nutmeg, mixed and floured into paste, molded into balls, flattened into cakes and fried in butter are all popular menu options too for vegetarian diets and cooking.

### **Nalesnikis Or Polish Pancakes**

8 eggs (beaten)  
1.5 pints of milk, or cream  
2 ounces of butter that has been oiled,  
half a grated nutmeg  
12 lumps of sugar (rubbed on lemon)  
three quarters of 1 lb flour

- Make a batter mixing the above ingredients.
- Melt butter in frying pan
- Bake the pancakes until golden brown on each side
- Sprinkle with currants
- Sprinkle with sugar and serve warm

**Batter for fritters** are popular menu items too and many recipe books will have a wide variety of choices to include in this category.

## **VII. Vegetables, Substantial**

Veggies that be made into a full meal is what is in question here.

**Potatoes** being a good example, as staple to many. In the vegetarian dies there are lots of veggies that pack a power-punch, more-so than potatoes, like peas, haricot beans, and lentils in the nourishment department as potatoes have lots of water and starch.

### **What to do with potatoes**

It is a good substitute for milk and bread, but not the only option, think oatmeal and other veggies too. It is not an all or nothing approach to take.

Boiled, jacketed potatoes gives the best preparation method with the most nutrition. Peeling them is not always the best. Wash them and prepare them in-skin as often as possible.

15-20 minutes in cold water brought to a boil, up to 1 hour to be nice and tender (depending on the size) Test by putting a fork into it and feeling if they are soft to know that they are done. Steamed is healthier, but baked potatoes in the oven are also popular. Mashed potato, fried, chips or ribbon potatoes, sautéed, browned, scalloped, croquettes or cutlets, egged, bread-crumbed and fried or in pies,

cheese-cakes, salads, side-dishes and salads they are popular. Garnish or borders (mashed) for other veggies, biscuits and bread, even cheeses, they are quite popular. Broiled in the oven, pureed with onion, roasted with garlic and olive oil, sprinkled with butter or lemon juice and freshly ground black pepper goes a long way to making one of the most versatile veggies out there.

**Haricot Beans** A common substitute for meat and increased energy, this is a great nutritional source and vegetarian favorite. It is easily digested and prepared. Dried, soaked, skins floating thrown away. Boil in salty water and simmer until tender for a couple of hours \*around 3-4) Boil with onion and dried herbs. Rub outsides with garlic. Butter and lemon pepper add flavor.

Puree with onions are quite popular. The water in which they are boiled can easily be a stock and base for some sauces and soups.

**Flageolet or fresh green haricot beans** cooked like peas. Garlic and parsley add flavor. Even tinned options are available.

**Peas and dried beans**, stewed, mashed, pureed, in puddings, whole, fresh, with cream, butter, salt, pepper, lemon juice all options to look at. Sugared with butter is the most popular side-dish, simple and affordable.

**Lentils** Boiled, steamed in soups, soaked and cooked in salty water until tender, curried, served hot, with oil, butter, onion, parsley and some savory herbs add healthy choices that also look good.

## **VIII. Vegetables, Fresh**

Lots of plans and methods for dealing with fresh vegetables can add a

lot to the vegetarian kitchen and choice, menu and preferences.

**Artichokes, french, plain or boiled, oven-baked or fried. Peeled, sliced thinly or mashed**

Soaked and trimmed, with hard leaves removed. Boiled in salty water, covered with water, fully submerged best, until tender. Flavored with salt, pepper, and some savory herb like thyme and a little butter is all it takes. If the leaves come out they are typically done. Drain upside down and serve separately with butter sauce (allemande or Dutch sauce). They can also be broiled in the oven, sprinkled with olive oil. Some prefer them even dipped in batter and fried.

**Boiled Asparagus**

Cut into same-length pieces and trimming the stalks to size. Salty boiling water for twenty-five minutes will do the trick. Served with dried toast or butter sauce.

**Beans, French, plain, boiled, mashed, steamed and other**

Young beans are preferred, boiled in hot salty water. 20 minutes or so until tender, parsley and butter sauce complement best. Can also be served mashed, steamed (if young), a la Poulette, or a la Bourgeoise. Oil and garlic can also be used for flavoring.

\*\* NOTE: FRENCH BEAN PUDDING, ideal for older beans, timed, cut up, boiled and savory herbs. Mashed, buttered, and floured, boiled, rubbed through a wire sieve, eggs, mold until it sets.

**Broccoli**

Trim and cut stalk and leaves. Soak in salty water and rinse to get rid of debris and insects. 15-20 minutes boiled, served with butter sauce. (served over or separately). Drain upside down and serve with parsley.

\*\* NOTE: you can also eat the outer leaves, could be boiled like cabbage and be very nutritious.

### **Brussels sprouts**

Rinsed and cut out all bad parts. Boiling, salty water uncovered, submerged and rapidly boiling all the time. Tender, about 15-20 minutes, drained and served right away. For flavor consider adding butter, pepper, salt, nutmeg, and lemon-juice.

### **Cabbage**

Remove stalks and leaves, cut in halves and soaked in salty water. Boil rapidly uncovered for about 15-20 minutes, strained and served right away. If cabbages are older, they tend to cook longer (30+ and up). Buttering or oiling the cabbage before boiling also helps. Some add vinegar and sugar (German style) to the cabbage.

Can also be served with cream (white ones). Red cabbage is typically pickled and jarred or served fresh in salads. Lemon juice, salt and pepper for flavor can also be used.

**Carrots** Boiled or fried, mashed, in salads, steamed with buttery sauce.

**Cauliflower**, plain boiled, with cheese or tomato sauce (similar in preparation to broccoli)

**Endives** typically are used best in salads, but also as a steamed vegetable, with salt, butter, pper and nutmeg, lemon juice.

**Leeks**, stewed or in soups are very popular. Served with butter sauce. Can also be used and added to porridge (Welsh tradition).

**Lettuces**, stewed and served with peas. Boiling tender in water, they will shrink significantly. Draining them properly prior to serving, dishing it up with some stewed peas makes for a great folic boost.

**Boiled Spanish onions** or baked in the oven, stewed are all flavor favorites.

**Parsnips** can be prepared like carrots. Trimmed and boiled in salty water, served with white sauce, Allemande sauce, or Dutch sauce; a little chopped blanched parsley and fresh bread. They can also be fried, dipped into egg, covered with bread crumbs, or even mashed, flavored with butter, salt and pepper.

**Green peas**, stewed, boiled, steamed, served with butter by themselves or with other vegetables are quite popular as a side-dish. Shelled, served with buttery sauce. Onions and lettuces are great companion dishes for stewing.

**Other great fresh vegetables** that can all be steamed, stewed, mashed, boiled and served in this fashion include:

- Veggie curry
- Vegetable marrows
- Turnips
- Spinach
- Scottish and sea kale

- Salsify
- Nettles

## **IX. Preserved Vegetables And Fruits**

### **TINNED VEGETABLES**

How to make, store and use preserved veggies and fruits can go a long way for today's vegetarian cooking. Whether tinned or bottled, canned or sealed in containers, preserved foods go a long way to prevent spoiling, economy and more. Seasonal food-stuffs are not limiting our choices anymore. Tinned fruits and vegetables go a long way to provide us with variety and options in our vegetarian kitchens.

Here is a sampling of some of what is available

- Asparagus
- Peas
- French beans
- Flageolets
- Brussels Sprouts
- Spinach
- Carrots
- Turnips
- Artichoke
- Macedoines or veggie mixtures

Typically heating the tins in hot water is recommended most prior to serving or including in your recipes to get the best from the can so to speak!

### **TINNED FRUITS**

Ready-to-eat convenience, packed-in freshness, not stored in the can, but served plain or used in dishes, we love the choice and variety these bring to our tables and kitchens. Dried cherries add some appearance enhancement. Combined, served alone, by themselves or with cream and garnish, they invite all palettes to indulge.

- Apricots
- preserved cherries
- Peaches
- Pine-apples, pears and bottled fruits (mixes), can also be used (separately or in combination) to make for some great appetizing snacks, meals or desserts.

## **X. Jellies (Vegetarian) And Jams**

For jams and jellies in the true vegetarian style, no use of gelatine or isinglass are allowed or preferred. Corn-flour or even tapioca are great substitutes. There is great variety and possibility utilizing these for jams and jellies to take full advantage of the abundance of picked ripe fruit.

Moulds and creative presentation can make it quite the treat!

### **How to make jelly from blackberries**

With little water at the bottom of a saucepan, bring the fruit to a boil, stew and yield up juice

Strain and squeeze through sieve or cloth.

Sweeten the juice boiled with sugar until it thickens. (1 pint of sugar for every 1 pint of juice is a good rule of thumb)

Like a preserve almost. Add 1 tablespoon of corn-flour to this mix with a little cold juice, pour into a mould and allow to set. You can decorate it with fresh fruit or make it really appealing

### **How to make lemon jelly**

6 lemons

0.5 lbs of sugar

- Rub sugar on skin of lemons
- Add juice of all six lemons, the sugar and a pint of water
- Boil and thicken with corn-flour
- pour into a mould and let set

### **How to make orange jelly**

6 oranges

2 lemons

0.5 lbs lump sugar

\*\* NOTE: Follow the same process as above

For currant jellies same process, boiled juice or thickened with corn-flour is the route to take. (red or black currants can be used)

### **How to make raspberry jelly**

2-3 dozen ripe berries (and some for decoration)

Rubbing them through a sieve is a great way to get the best results.

Follow same method as above.

\*\* Variation: Apple jams and jellies can be made in the same fashion.

Other jelly-type possibilities using these methods, include:

- Apricot
- Damson jelly
- Mulberry
- Pine-apple

## **JAMS**

Jams are economical, special and a homemade traditional favorite, to this day.

The process is simple. It is made by boiling the fruit with sugar. Scum or froth builds up that is scooped off. Boiling the fruit and then adding the sugar the best proven way, using wooden utensils and enamel stew-pans the best method. Rapid boiling and sugar to taste is the tried and trusted method.

For one pound of fruit use sugar as follows:

- VEGETABLE MARROW JAM.—Add three-quarters of a pound of sugar to every pound of pulp. The jam can be flavoured either with ginger or lemon-juice.
- STRAWBERRY JAM.—Three-quarters of a pound.
- RED CURRANT JAM.—One pound.
- RASPBERRY JAM.—One pound.
- PLUM JAM.—One pound.
- GREENGAGE JAM.—Three-quarters of a pound.
- GOOSEBERRY JAM.—Three-quarters of a pound.
- DAMSON JAM.—One pound.

- BLACKBERRY JAM.—Half a pound; if apple is mixed, rather more.
- BLACK CURRANT JAM.—One pound.
- APRICOT JAM.—Three-quarters of a pound.

## **XI. Creams, Custards, And Cheesecakes**

### **CREAMS**

When it comes to creams, you are talking about two types really, whipped or solids. Always insist on pure cream. Typically 1 quart of really good thick cream will do. Beating it with a whisk until smooth and frothy is what is at stake here.

You could add tragacanth or add the white of an egg to get it to stiffen or add some sugar.

You can also enhance the taste and eventual flavor of the cream with some liqueur or flavor-essence of your choice. Here are some examples:

- Chocolate
- Coffee
- Lemon
- Maraschino
- Orange
- Pistachio
- Strawberries
- Vanilla

### **CUSTARDS**

Served hot or cold, it remains a favorite. Economical and quick to prepare it offers great variety and taste. Egg yolk-type custards, cream and milk are all possible.

Always ensure that it does not curdle

Typical ingredients will include:

Egg yolks

half a pint of milk

half a pint of cream, sweetened

- four large or five small eggs (beaten)
- 1 pint of sweetened milk (boiled)
- Thicken the custard stirring throughout
- Boil bay leaves in the milk
- Vanilla essence can be added

### **How to make your own cheap custard**

1 pint of boiled milk (sweetened with sugar rubbed on lemon)

1 well-beaten egg

1 teaspoon corn-flour.

Adding food-colorings are other great ways to introduce variety

### **APPLE CUSTARD**

4 lbs of apples peeled and cored, boiled and simmered

1 pint of water until tender

Add 1 lb of sugar

- Flavor with some powdered cinnamon
- Mix in eight eggs (beaten)
- Stir in pan until it thickens
- Nutmeg can be used instead of cinnamon.

## **CHEESE-CAKES**

Typically served in pies or pastries these remain dessert favorites. Plain or rich types abound, originating from curds from cheese making.

### **How to make your own cheese-cake from curds**

- Squeeze out the moisture of the curds into a cloth or napkin, to get rid of the moisture.
- 6 ounces of lump sugar (rubbed on outside of lemons/oranges)
- 2 ounces of butter – dissolve the sugar in it over heat
- Mix with the curds
- Add 2 x ounces of powdered ratafias and a little grated nutmeg
- Add six yolks of eggs, mix and fill the shells or pastry – bake in the oven.

\*\* NOTE: Variation: add chopped dried cherries, currants or sultana raisins

### **How to make your own cheese-cakes from potatoes:**

This is a great use for cooked, cold potatoes.

1 quarter lb of butter  
four eggs  
two fresh lemon  
0.5 lb of lump sugar  
cold potatoes (prepared/smooth)

- Melt the sugar in the oven and dissolve in lemon
- beat the eggs very thoroughly and mix all ingredients together
- add cold boiled potatoes
- Bake in oven until light brown
- Serve plain or in puff pastry

\*\* NOTE: The more potatoes you use, the more sugar will be needed.

Variations: orange or almonds can be substituted for the lemons for great flavor alternatives.

APPLE CHEESE-CAKES can very easily be made by preparing apple custard and baking it until it sets.

## **XII. Stewed Fruits And Fruit Ices**

Fresh or stewed, fruits have lots to offer the vegetarian diet.

Served in their natural state or stewed and mixed in a bowl, fruits have lots to offer. There are different stages of ripeness in question here. Sometimes the fruit may be considered green/ripe for natural eating (maybe even stale, rotten or 'off', but still perfectly good for stewed delicacies.

Fruit-mixes are very popular, fresh, stewed or combined. Presented well they make all the difference as well.

Consider using combinations of strawberries, raspberries, red, white, and black currants, even cherries, peaches, nectarines, and apricots. Many family favorites, even vegetarian staples, include stewed apples

pears.

Seasonal fruits can be preserved, stewed and stored for later. Tinned and fresh fruits can easily be combined as well (use without the canned syrup) Ice and brandy can be used to keep the display and syrup clear and welcoming.

### **Making your own stewed apples**

Peel, core and stew! That is all that is to it really

0.5 lb of white sugar

1 pint of water

stick of cinnamon or a few cloves

lemon-peel (to be removed before serving)

Syrup is served with the apples

Consider using French wine, such as Chablis or Graves for the liquid for a rich taste enhancer.

### **Making your own stewed pears**

Peel, core and stewed (may take long)

should be peeled and the cores removed, and then stewed very gently

0.5 lb of sugar

1.5 pints of water

few cloves (two for every pear)

Add a glass of port wine and a little cochineal at the end of the stewing process.

Claret and cinnamon can also be used for some variation in taste.

### **How to make your own stewed rhubarb**

New and red or old and green, there are many ways to boil, serve and even mash rhubarb. Steamed and stewed, rubbed through a sieve, adding food coloring or spinach extract will get you some great presentation and appearance. You can also add lemon peel to it.

### **How to make your own stewed gooseberries**

Young, green or ripe those are your choices and the fresh, younger berries will need less sugar than the ripe one. Stew the fruit first and then add the sugar to get the optimal result and outcome.

### **How to make your own stewed prunes**

Wash and stem them for 30 minutes in hot water. You can place some lemon peel in there for flavor, and a dash of port.

### **How to make your own stewed plums**

Black or green, stewed in syrup, cooled down (also for other stone fruits like peaches, apricots and nectarines) The kernels can be boiled with them and then later removed prior to serving for some added flavor.

### **How to make your own stewed cherries**

Stewed in syrup until tender gets the best result. Strain the juice to keep it clear. DO not allow the cherries to break. Add some maraschino for that extra flavor-shot!

### **How to make your own fruit ices**

There are machines you can use to create fruit ices or you can allow temperatures and freezing-points to do the work for you. Mixing salt

and ice together you get a great freezing effect.

place lemonade (for example) in a bowl or container  
surround with chopped ice (2 parts) and salt (1 part)

\*\* NOTE: Cream can also be used for that real rich effect

### **How to make your own cheap ice cream**

half a pint of milk

2 egg yolks

1 tablespoonful of Swiss milk

some sugar

- Mix and stir until it starts to thicken
- Add some essence of vanilla or almonds or other flavor of your choice
- Freeze

### **How to make fresh fruit ices**

0.5 lbs of fresh strawberries or raspberries

0.25 lb sugar

- rub through a wire sieve with all the thick juice, rubbed through
- Add half a pint of the mixture above (cheap ice cream)
- Mix thoroughly, and freeze.

### **How to make fruit ices from jam**

1 quarter pound of jam

1 half pound of cheap ice cream mixture (above)

- Add flavor, like vanilla.
- Rub all through a fine sieve
- Freeze.

### **Icy lemon water**

- Rub six lumps of sugar on the rind of six lemons
- Add this and the juice of six lemons
- Add 1 pint of fairly sweet syrup.
- Sugar to taste
- Strain and freeze.

\*\* NOTE: dilute sulphuric acid can be added as well

### **Variation: oranges instead of lemons**

## **XIII. Cakes And Bread**

There are not many differences in making cakes and bread the traditional and/or the vegetarian way.

Some cakes have fruits, others do not. From plain to very elegant and refined, there is something for every taste, preference and budget.

Butter and eggs are the main ingredients here for plain cakes.

### **Making your own pound cake**

1lb of butter

1 lb of sugar

1 lb of eggs

1 lb of flour.

- Consider rubbing some of the lumps of sugar on the outsides of either two oranges or two lemons
- Add a small glass of brandy
- Add a pinch of salt.
- Ensure the butter is cold and washed (if salted to extract the salt)
- Beat the butter to a cream
- Use a wooden spoon to mix
- Beat until like a cream and thoroughly mixed with other ingredients
- Add flour, sugar, and eggs to the mix gradually.
- Preferably bake in a tin, mould, or hoop.

Variations on the above could include converting the pound cake recipe to a delicious fruit cake

- Add stoned raisins, currants, chopped candied peel, sultana raisins and even some dried cherries.
- Currants should be washed and dried before use.
- Sifted flour will get the better result.
- Sugar should be sifted as well for optimal outcome.
- Break each egg separately and split the yolks and whites. Remove the string from the egg-yolk. When beating egg whites ensure that there is no liquid left and stiff peaks form. Lemon peel is oftentimes used to add some added flavor (use the yellow, not white as this will make the cake somewhat bitter).
- Milk or cream can be used in these recipes typically
- Almonds should be blanched (put in hot water and then in cold) add rose or orange flower water to prevent them from

getting oily when pounded.

- Dry baking powder added will give the cake a rich and fluffy texture.

(\*\* NOTE: Dough from the baker can also be used quite effectively in vegetarian puddings. )

### **Making your own pudding specialties**

1,5 lb of fresh butter

0.5 lb of moist sugar

six eggs

1 teaspoon of salt

0.5 ounce of caraway seeds.

Mix all ingredients well.

Allow to rise

Add spices or flavors of your choice (cinnamon, mace, nutmeg, or powdered coriander seeds)

- Making your own home-made bread
- Whole meal bread is a vegetarian favorite that is not easy to make.
- It does not conduct heat well and might be hard on the outside and underdone inside.
- It is a good option to adjust the recipe and method to a tea-cake or flat-cake.

### **Ingredients**

2 lb of coarsely ground or crushed whole-meal

0.5 lb fine flour

baking powder

salt

- mix well together
- add 2 ounces of butter
- mix half milk and water to make a dough
  
- Shape flat cakes and place in a warm oven , lowering temperature later in the baking process. It is a healthy alternative to refined flour types bread.

#### **XIV. Pies And Puddings**

When staying true to the vegetarian style of cooking, even for pies and puddings, it is essential to not use any lard or dripping(s). Pastry and crusts are typically made without using any of these. There are also uniquely vegetarian methods for making these culinary delights and desserts.

Most pastries are made with butter, to make them really fluffy and flavorful. Some full vegans do not opt to use any animal products, including butter, milk, cream and eggs. For most replacing the butter with vegetable oil, like olive oil is the answer.

**Making pastry without butter**, requires skill and making small quantities until you have the art and science of getting it right down-pat, is a great suggestion.

#### **Ingredients**

- ½ lb fine Vienna flour
- 1 spoonful of baking-powder
- 1 Tbsp olive oil

### **Method**

- Mix the oil and flour together using your fingers
- Add water to make a paste
- Roll it out
- Allow to set between two tins containing ice

\*\* NOTE: if you use more ice, you can use more olive oil

- Roll past out and turn it three times, roll out more and place back in ice
- Stand for 10-15 minutes
- Repeat the process three times
- Air bubbles makes its way in-between the layers, forming a puffy pastry-like texture and product.
- Place in oven right away.

### **Making pastry with butter**

- 1 lb each of butter and flour
- 1 egg yolk
- pinch of salt
- some water and lemon-juice

(\*\* NOTE: for lighter pastry use less butter and baking powder – see above)

### **Making your own baking powder:**

1 ounce of tartaric acid  
1.5 ounce bicarbonate of soda  
1.5 ounce arrowroot.

A good rule of thumb for puddings and pastries are to use  $\frac{1}{4}$  lb of butter to 1 lb flour and 1 teaspoonful of baking-powder for the best results.

### **Making puddings with suet (butter or oil)**

For delicious puddings opt to use butter, bread-crumbs, and baking-powder. Pure and fresh oil must be used if substituted for butter. For custard type puddings the method does not change that much. Many use eggs and butter to make these, some opting to abstain.

Whipped egg white can be used quite effectively to dress up a 'bland' looking pudding.