

1890-1909


The Foodies' Guide to Vegetarian Cookery in 19th
Century America

4-15-1902

The Vegetarian and Our Fellow Creatures April 1902

The Vegetarian Magazine

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VOL. 6.

No. 7.

APRIL 15, 1902

CONTENTS.

	Page
"Kid" Parker (Portrait).....	Frontispiece
Conversion of a Noted Pugilist.....	147
Grover Cleveland's Inconsistency.....	147
Two More Half Century Vegetarians.....	148
All Life is Sacred.....	149
The Bright, Golden Peaches (Poem).....	150
Why You Won't Become a Vegetarian.....	151
The Beef Scandal Again.....	151
The Great Cry from the Animal World.....	152
Why Meat Has Gone Up.....	154
Two Vegetarian Banquets.....	154
Epilepsy and Diet.....	155
For Fruit Trees on Highways.....	155
A Farm Without a Hog-Pen.....	155
The Bible Christians Vegetarians.....	155
Establishing One-Cent Restaurants.....	156
Ladies' Night at New York Society.....	157
Many Diseases from Meat.....	157
Vegetarianism in Paraguay.....	157
The Atmosphere of Death.....	158
Evils of Meat Eating.....	158
Asparagus Recipes.....	160
Starch Food Necessary.....	163
Birth of Fruitarian Twins.....	167
Why the Hunter Couldn't Shoot.....	167

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THE DINING ROOM

THE BEST USES OF ASPARAGUS.

Sir Henry Thompson, the noted connoisseur on cookery, did not consider it beneath his dignity to give explicit directions for cooking asparagus. He says:

"Asparagus should be cut of equal lengths and boiled, standing ends upward, in a deep saucepan. Nearly two inches of the heads should be out of the water, the steam sufficing to cook them, as they form the tenderest part of the plant, whilst the hard, stalky part is rendered soft and succulent by the longer boiling which this plan permits. Instead of the orthodox twenty minutes allotted to average asparagus by cooking horizontally, which half-cooks the stalks and over-cooks the heads, diminishing its flavor and consistence, a period of thirty or forty minutes on the plan recommended will render fully one-third more of the stalk delicious, whilst the head will be properly cooked by steam alone."

If the tips only are to be used, says Eleanor M. Lucas, in *Good Housekeeping*, cut the tender points in pieces one-fourth of an inch long. The harder portions may be used for soups and sauces. Wash carefully, drain, drop into rapidly boiling salted water and cook ten minutes; drain. If to be served hot, have the sauce in readiness and serve at once; if the asparagus is wanted cold, drain at once and place on ice. Never allow it to stand in the water in which it was cooked, as this will destroy its flavor and color.

ICED TIPS WITH LETTUCE LEAVES.

Epicures ask no better salad than these tips iced and served on lettuce leaves with

a French dressing. For a luncheon salad mayonnaise may be used, and a pretty effect is obtained by serving the salad in green pepper cases, with a mayonnaise made a dainty pink with the addition of a few teaspoonfuls of stewed chilled tomato, or a cream mayonnaise.

CREAM OF ASPARAGUS.

Cook twelve stalks of asparagus in one quart of water, add two sprays of parsley, three leaves of mint and two small green onions. When the asparagus is tender, rub all through a sieve, mashing and rubbing through as much as possible. Return to the fire, add a teaspoonful of celery salt, a teaspoon of paprika, one pint of hot milk and a tiny grating of nutmeg. When it comes to a boil, draw to back of stove and add the yolk of two eggs beaten with half a cup of cream. Have a tablespoon of finely chopped parsley in the soup tureen, pour over the hot soup, and serve at once. A tablespoon of flour rubbed smooth in a tablespoon of butter may be substituted for the eggs and cream. In this case allow the soup to simmer ten minutes after adding the flour. If a rich, creamy, combine is wanted, have half a cup of whipped cream in the tureen, pour in the hot soup, give one stir and serve.

ASPARAGUS CREAM OMELET.

Stir one heaping tablespoon of butter and same amount of flour together. Set the saucepan over the fire, and when well blended, add one cup of milk; stir until smooth, add a teaspoon of chopped parsley, remove from the fire and cool. Beat three eggs separately, the whites to a

stiff froth; add the yolk to the cold sauce with a teaspoon of salt and a dash of cayenne; add also one cup of cooked asparagus tips and the stiffly beaten whites. Put a tablespoon of butter in a hot frying pan. When it is brown, pour in the mixture, break it in places with a fork to allow the uncooked portion to run down. When it is set, place in a hot oven for five minutes, double over and serve.

ASPARAGUS LOAF WITH YELLOW BECHAMEL SAUCE.

Butter thoroughly a charlotte mold, quart size, and line it with cooked tips of asparagus well drained. Cook two tablespoons of flour and two tablespoons of butter together, add a teaspoon of salt, a dash of cayenne and one cup of cream gradually. Allow to boil five minutes, remove from the fire, add one cup of cooked asparagus tips and four eggs thoroughly beaten. Turn the mixture carefully into the decorated mold, set the mold into a pan of hot water and cook in a moderate oven for about thirty minutes, or until the center is firm. Turn the loaf onto a hot dish, arrange about it little triangular pieces of bread that have been dipped in beaten egg and milk and browned in hot butter. Pour around the sauce and serve at once.

YELLOW BECHAMEL SAUCE.

Mix two tablespoons of flour and two of butter, cook until it begins to bubble, add gradually half a cup of hot stock and half a cup of milk. When the sauce boils, set into a dish of hot water and stir in the beaten yolks of two eggs, half a cup of cooked asparagus tips, a teaspoon of salt, a dash of cayenne and a tablespoon of lemon juice. In place of stock the water in which the asparagus was cooked may be used.

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