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Bertha Honoré Palmer
Woman's Building.
Chicago, March 24th 1893

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FAVORITE DISHES

A COLUMBIAN AUTOGRAPH SOUVENIR COOKERY BOOK

OVER THREE HUNDRED AUTOGRAPH RECIPES, AND TWENTY-THREE PORTRAITS, CONTRIBUTED SPECIALLY BY THE BOARD OF LADY MANAGERS OF THE WORLD'S COLUMBIAN EXPOSITION

Illustrated by....

MAY ROOT-KERN
MELLIE INGELS JULIAN
LOUIS BRAUNHOLD
GEORGE WHARTON EDWARDS

COMPILED BY

CARRIE V. SHUMAN, CHICAGO

1893

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Favorite Dishes *is due to the fact that the noble women who have labored for the best interests of mankind and womankind, in the development of the Women's Department of the World's Columbian Exposition, found time to contribute this collection of recipes, as a means of enabling the compiler to open an additional avenue for women to provide the necessary funds to pay the expenses of a visit to the Exposition.*

The compiler is most happy to congratulate the Lady Managers and Lady Alternates of every State and Territory of the United States, including Alaska, upon the fact that their prompt responses to the statement of the object of this publication bring them together in this place as the exponents of the Art of Cookery, at this stage of its best development in this country, and as cheerful assistants of women who need the encouragement and blessings of their more fortunate sisters.

It is to be regretted that all of the letters of commendation cannot be published, but as they would alone constitute a fair sized volume, only a few have been inserted.

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PORTRAITS.

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[*SECOND EDITION.*]

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TASTES differ as to which of the many kinds of tea is the best, and yet the general use of English Breakfast and Oolong warrants the recommending of these two teas as standard. The Chinese have taught us the correct idea of tea drinking; to have it always freshly made, with the water boiling, and to steep the leaves at table. The tea table can be easily equipped now with a boiler in silver or brass, with alcohol lamp underneath; a tea caddy in china or silver, with teapot and cups before the hostess.

No set formula can be prescribed for quantity to each cup, but it averages one-half teaspoon of tea leaves.

Heat teapot by pouring in some hot water, let it stand a few moments and empty in a bowl for hot water on the table. Place tea leaves required in the pot, pour in boiling water, instantly replace the lid and let it steep a few minutes. It is then ready to serve. Use a small

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amount of sugar and no cream, as both cream and sugar detract from the correct flavor of tea.

For "Five O'clock Tea" a "teaball" is recommended. The teaball is convenient at all times, but especially upon an occasion when guests are coming and going. Keep the water on tea table constantly boiling and the teaball partly filled with tea leaves. A cup of tea can then be brewed quickly by dropping the ball into the cup, pouring boiling water over it, holding it in the cup (slightly moving the teaball around through the water), until the color is satisfactory to the drinker's taste. In this way three or four cups of tea can be served quickly and the flavor of the tea leaves preserved. If agreeable to the taste, a slice of lemon can be added to each cup and a few drops of arrack to make tea *á la Russe*.

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Chocolate

To MAKE good Chocolate is not easy. One's own taste must be the guide regarding strength. Soften and smooth the chocolate with cold water in a jar on the range; pour in boiling water, then add milk, stirring constantly. Serve as soon as it boils. When each cup is filled with the chocolate, place two tablespoons of whipped cream on top.

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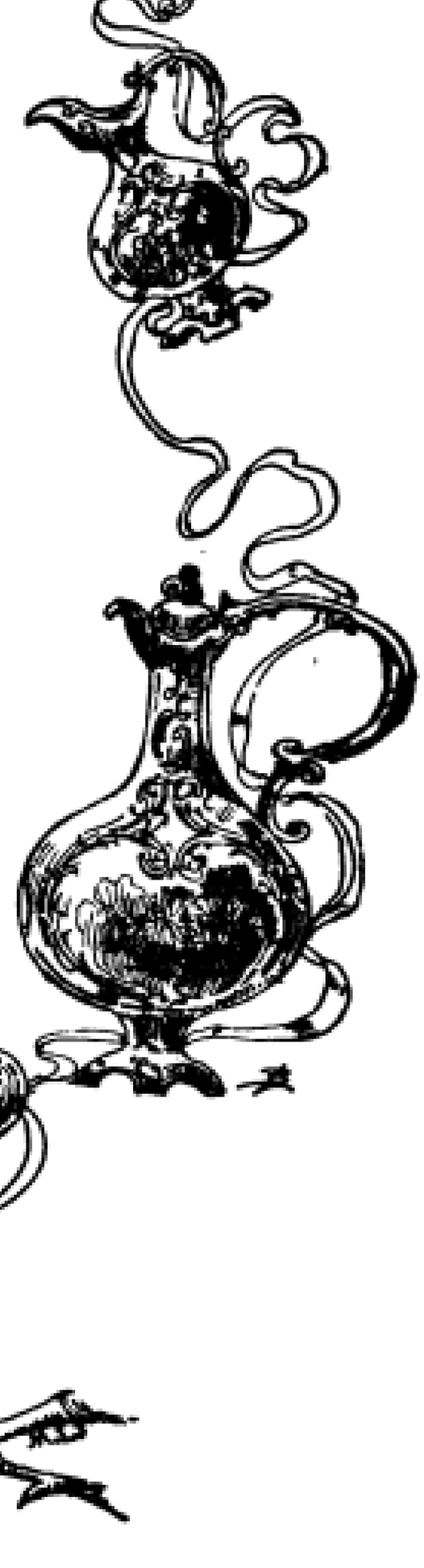
Cocoa



Cocoa has the same flavor as chocolate, but it is richer and more oily.

When made from the ground it can be prepared at the table, but it is better boiled a short time in water and thinned with hot milk.

Made from the shells it requires a longer boiling. First wet two ounces of the cocoa shells with a little cold water and pour over them one quart of boiling water. Boil for one hour and a half; strain and add one quart of milk, also a few drops of the essence of vanilla.

When it comes to a boil take immediately from the fire and serve.

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Coffee

THE standard mixture of coffee is Java and Mocha; two-thirds Java and one-third Mocha, the former giving the strength, the latter the flavor. After roasting it should be kept in an air-tight can. Grind only so much each time as may be required. To one cupful of ground coffee add one beaten egg and four tablespoons of cold water; mix thoroughly in coffee pot and pour in one quart of boiling water. Stir the coffee until it boils, then place it on the back of the stove where it will simmer for ten minutes. Add a dash of cold water; wait a moment, then pour off carefully into silver coffee pot, which has been standing with hot water in it.

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Filippini's recipe for Black Coffee is as follows: "Take six scant tablespoonfuls of coffee beans and grind them in a mill. Have a well cleaned French coffee pot; put the coffee on the filter, with the small strainer over, then pour on a pint and a half of boiling water, little by little, recollecting at the same time that too much care cannot be taken to have the water boiling thoroughly. When all the water is consumed, put on the cover and let it infuse slightly, but on no account must it boil. Serve in six after-dinner cups. Coffee should never be prepared more than five minutes before the time to serve."

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Steamed Brown Bread.

(A LA OAKLAND FARM.)

From MRS. VIRGINIA C. MEREDITH, of Indiana, Vice Chairman Executive Committee, and Lady Manager.

It gives me great pleasure to send you an excellent recipe for steamed brown bread for your Columbian Autograph Cook Book.

I have great sympathy with your plan, and sincerely hope that the ladies of our Board will respond cheerfully to your requests.

Very sincerely,

Virginia C. Meredith

One cupful of sweet milk; one cupful of sour milk; two cupfuls of corn meal; one cupful of wheat flour; one-half cupful of New Orleans molasses; one teaspoonful of soda. Steam three hours.

Light Bread.

From MRS. GOVERNOR JAMES P. EAGLE, of Arkansas, President of State Board and Lady Manager.

Take one teacup of *boiling water;* stir in corn meal to make a stiff mush; let stand over night in moderately

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warm place. Then take one cup of *fresh milk* and one of warm water and heat together to a simmer and add to this the prepared mush, one tablespoonful of sugar and one teaspoonful of salt. To these ingredients add a little flour at a time, until you make a stiff batter. Place all in a milk-warm vessel of water, place near fire and keep warm until it rises—about six hours. To this yeast add flour to make a stiff dough, using one tablespoon of lard and a little salt. Keep warm till it rises and bake about an hour and a half.

Mrs. James T. Eagle

Franklin Gems.

From Mrs. L. M. N. Stevens, of Maine, Lady Manager.

Mix one-half pint of milk and one-half pint water, into which stir Franklin flour until about as thick as pancakes. Pour into a very hot, well buttered gem pan and bake in a quick oven.

L. M. N. Stevens

Baking Powder Biscuit.

From Mrs. Rollin A. Edgerton, of Arkansas, Secretary of State Board, and Lady Manager.

To one quart of flour add two teaspoons of baking powder, one more of salt, and a tablespoon of lard; mix

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with sweet milk sufficient to roll out on board without sticking; cut with biscuit tin and bake quickly in hot oven.

Mrs Rollin L Eagleton

French Rolls.

From Mrs. Sallie Howard Bush, of Alabama, Alternate Lady Manager

One and one-half lbs. of flour; four oz. of butter; one-half teacup of sweet milk; one-half cake of yeast; one teaspoonful of salt; four eggs beaten very light and added last. Set to rise and bake as other rolls.

Risen Muffins.

One quart of flour; one pint of sweet milk; one cake of yeast; three eggs; one tablespoonful of butter and one of sugar; one teaspoonful of salt. The yeast must be dissolved in a little of the milk. If desired for breakfast, they must be made the night before; if for tea, set them to rise about 11 o'clock in the morning. When well risen, put them in the tin muffin rings that come especially for them and place in a moderately warm position, letting them stand about an hour before putting in to bake.

Mrs Sallie Howard Bush

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Breakfast Rolls.

From Miss Meta Telfair McLaws, of Georgia, Alternate Lady Manager.

Take one-half cake of best yeast and dissolve in half a cup of tepid water. Pour this on some sifted flour—about half a pint in quantity—to which must be added more tepid water (or milk, if you like) until a thick batter is produced. Add to this batter a pinch of salt and a little sugar. Cover well with a thick cloth and set in a warm place to rise. In the morning add lard and enough flour to make a stiff dough. Now make into roll shape and arrange them in a tin pan. Set the rolls under the stove or near it until they rise again, before putting them in the oven to bake. Rolls should be made of best flour and the batter should be put in some earthen vessel when set to rise.

Meta Telfair McLaws

Pocket-Book Rolls.

From Mrs. Ida M. Ball, of Delaware, Lady Manager.

One pint milk; one-half pint boiling water; salt and flour enough to make a sponge; one-half cake of compressed yeast. Rise for about two hours. Then add the white of one egg (beaten); mixed butter and lard the size of an egg; one teaspoonful sugar. Stiffen with flour; make out into thick sheets of dough; cut out with a circular cutter; fold one edge of the biscuit, so cut, toward the center, putting a small piece of butter under the overlapping edge

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of dough. Put biscuit in pans to rise, and when light, bake in a quick oven.

Mrs. Geo. Ball.

Potato Rolls.

From Mrs. Theo. F. Armstrong, of Delaware, Alternate Lady Manager.

One and one-half teacup of mashed white potatoes; one-half teacup of melted lard; one and one-half teaspoon of salt; one teacup of yeast; two eggs; one tablespoon of sugar. This is the sponge. Set to rise about nine o'clock in the morning; when light, put in enough flour to make a soft dough; then let it rise again; when light, roll out thick and cut in round cakes; put in pan and lighten again; bake in quick oven.

Mrs Theo F Armstrong

Graham Gems.

From Mrs. Louise Campbell, of New Mexico, Alternate Lady Manager.

Four cups graham flour; one tablespoon of sugar; pinch of salt; one teaspoon of soda, which dissolve in buttermilk; mix with buttermilk into a stiff batter; put into hot gem irons and bake in a quick oven.

Louise Campbell

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Corn Cake.

From Miss Hattie T. Hundley, of Alabama, Lady Manager.

One pint of milk; half a pint of Indian meal; four eggs; a scant tablespoonful of butter; salt; and one teaspoonful of sugar. Pour the milk boiling on the sifted meal. When cold, add the butter (melted), the salt, the sugar, the yolks of the eggs, and, lastly, the whites, well beaten. Bake half an hour in a hot oven. It is very nice baked in iron or tin gem pans, the cups an inch and a half deep.—*Mrs. Henderson's Cook Book.*

Hattie T. Hundley.

Bachelors' Corn Pone.

From Mrs. Mary B. P. Black, of West Virginia, Alternate Lady Manager.

One pint sifted corn meal; one pint buttermilk (or other sour milk or cream); two eggs, beaten separately; tablespoonful of butter and lard (half and half); little salt, and scant teaspoonful baking soda. Pour the buttermilk into the sifted corn meal, stirring until smooth, retaining a small quantity (half teacupful) of buttermilk to dissolve soda; add yolks of eggs, well beaten; then soda, having dissolved the same in the retained buttermilk, mixing well, while it effervesces; then lard and butter, either melted or cut into shreds; lastly, white of eggs, beaten to stiff froth. Bake in shallow pan, 20 or 25 minutes.

Mary B. P. Black

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