

Hints on Cooking Vegetables.

1. All vegetables must have some kind of preparation, washing, drying, scraping, peeling, etc., before they can be cooked in the correct sense, and unless this is done well, the success of a dish is often spoiled.

2. Always cook the vegetables on the same day as they are prepared and wanted for table.

3. Vegetables of strong flavour, which include almost every kind of green vegetable, should be cooked in a large quantity of water, sufficient to well cover the articles to be cooked.

4. The water in which they are cooked must be well seasoned with salt. About a tea-spoonful to every quart of water is the average proportion used.

5. All green vegetables, and most others, should be put into fast boiling water and be cooked rather rapidly till done. Potatoes and Jerusalem artichokes are put into cold water.

6. Over-cooking vegetables is just as harmful as under-cooking them; they must always be done to a nicety.

7. After cooking, vegetables should always be well drained, to free them of all superfluous moisture, whether they are to be served with the sauce poured over them or in a separate dish.

8. The strong and often offensive smell caused in boiling cabbage, cauliflowers, onions, leeks, and other greens, can be avoided by using plenty of water, changing it once or twice during the cooking, and by putting a piece of toasted bread or a crust of bread in with them whilst boiling, LEAVING THE LID OFF. This also preserves the colour, which is further assisted by a pinch of soda in the water.

9. It is essential that all vegetables and their sauces should be served HOT.

Boiled Artichokes.

For 2 to 4 persons. Time 1 hour. Cost 4d.

$\frac{1}{2}$ lb. Jerusalem Artichokes.

A few drops of fresh Lemon Juice or a little Vinegar.

Lemon Sauce (see Index).

Wash the artichokes thoroughly and peel them. Put them on in cold water with the lemon juice or vinegar and enough salt to season the water—a small dessert-spoonful to a quart of water—and allow them to boil till tender, about three-quarters of an hour. When boiling, prepare a Lemon Sauce as above. When tender, pour off the water, leaving the artichokes quite dry and free from moisture. Arrange on a hot vegetable dish and serve with the Lemon Sauce poured over.

Artichokes and Brussel Sprouts.

For 4 to 6 persons. Time 1 hour. Cost 1s.

1 oz. Brown & Polson's "Patent" Corn Flour.

2 lbs. Jerusalem Artichokes.

1 lb. Sprouts.

1 oz. Butter.

$\frac{1}{2}$ pint Milk.

Yolk of 1 Egg.

Pepper and Salt.

1 tea-spoonful Lemon Juice.

Peel the artichokes and cook them till tender. (See Recipe for Boiled Artichokes.) At the same time boil the sprouts. Make a sauce with the butter, Corn Flour and milk—add the yolk of egg, lemon juice and seasoning. Arrange the artichokes in an entrée dish in a circle—coat with part of the sauce. Pile the sprouts in the centre, and thin down the rest of the sauce with a little boiling milk. Strain it over the sprouts. Serve hot.

Creamed Asparagus.

For 3 to 4 persons. Time 20 to 30 mins. Cost 8d.

$\frac{1}{2}$ oz. Brown & Polson's "Patent" Corn Flour.

A small bundle Green Asparagus.

1 oz. Butter.

$1\frac{1}{2}$ teacupfuls Milk.

1 teacupful Cream.

Clean the asparagus, cut off the tops (the soft portion of the stalks); they should be cut about an inch long. Cook them till tender in salted water, and drain in a sieve.

Prepare a rich white sauce as follows:—Melt the butter, into which stir the Corn Flour, and cook a little without browning. To this add gradually the milk, boil up, then add the gill of hot cream, season to taste, and let it simmer for a few minutes, then put in the asparagus tops and cook for another ten minutes.

Have ready three or four small slices of toasted and buttered bread, place these on a hot dish, or on separate plates, pour over the hot asparagus, stew and serve.