

**LEFT-OVERS MADE PALATABLE: HOW TO
COOK ODDS AND ENDS OF FOOD INTO
APPETIZING DISHES. A
MANUAL OF PRACTICAL ECONOMY OF
MONEY, TIME AND LABOR IN THE
PREPARATION AND USE OF FOOD**

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Left-Overs Made Palatable: How to Cook Odds and Ends of Food into Appetizing Dishes. A Manual of Practical Economy of Money, Time and Labor in the Preparation and Use of Food by Isabel Gordon Curtis

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ISABEL GORDON CURTIS

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AT THE NEW ENGLAND COOKING SCHOOL OF THE GOOD HOUSEKEEPING INSTITUTE

Left - Overs Made Palatable

*How to Cook Odds and Ends of
Food Into Appetizing Dishes*

A MANUAL OF PRACTICAL
ECONOMY OF MONEY, TIME
AND LABOR IN THE PREP
ARATION AND USE OF FOOD

BASED on actual results by many of the best cooks and housekeepers, every recipe having also been tested at the New England Cooking School, by some of the ablest experts, or by the author



Associate Editor of the Good Housekeeping Magazine

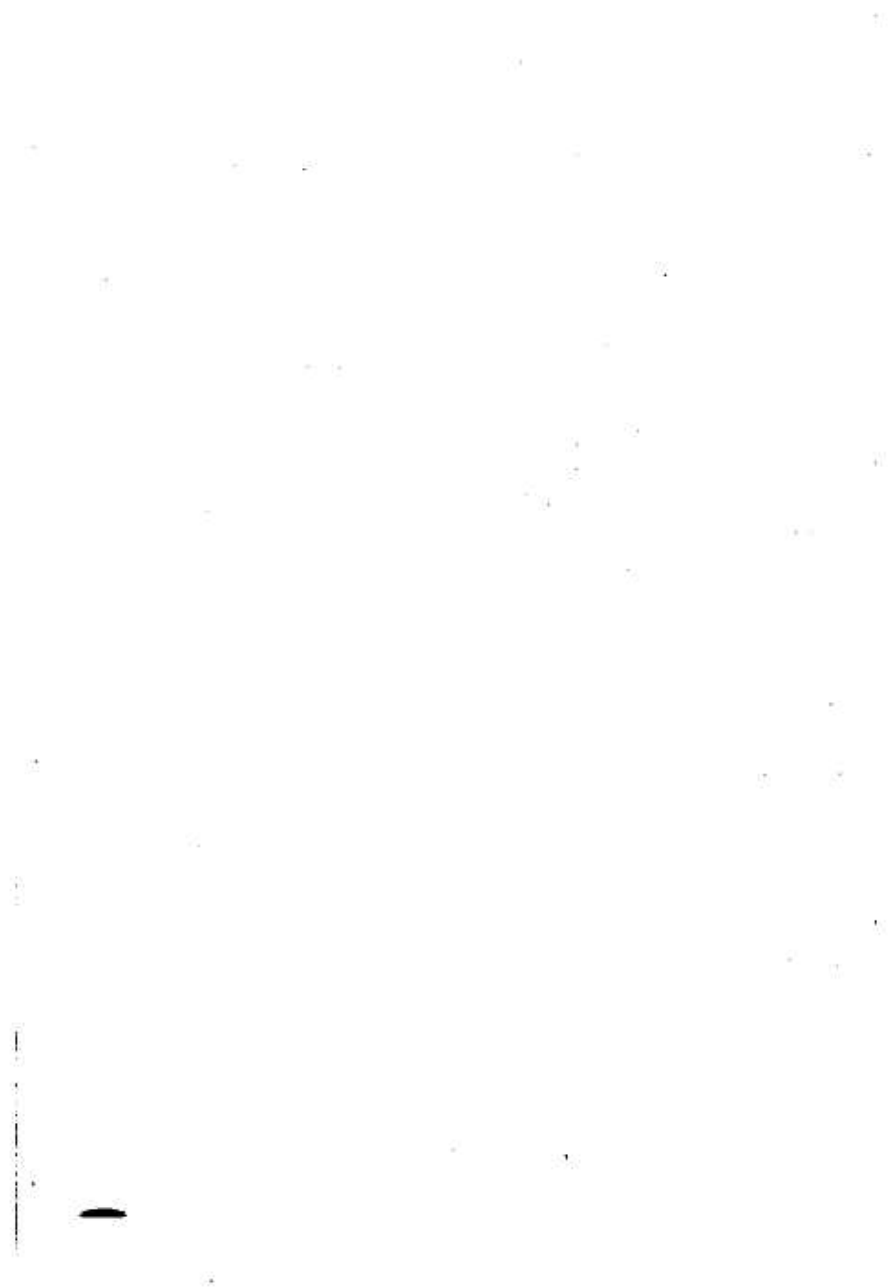
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I n t r o d u c t i o n

WHAT shall I do with the left-overs?" is a problem that faces every housekeeper at least once a day. The cook books on a kitchen shelf aid her slightly, but few suggest anything more than salads, croquettes and hashes. There are unclassified recipes that call for sour milk, cold potatoes or stale bread, but one finds every day in the refrigerator of a careful cook other remains which seem almost hopeless because they are small in quantity and varied in number. For such perplexed housewives this book has been prepared. Before beginning to compile these recipes, I turned for suggestions to a number of women who had repute as good and economical cooks. I also began a course of training at the New England Cooking School of the Good Housekeeping Institute, giving special attention to the dainty and most appetizing methods of serving left-overs. Under the guidance of Miss Stella A. Downing, the efficient principal of the school, the widest variety possible of rechauffes were prepared. Standard recipes were adapted to certain food remains, while new recipes were tested and improved, from them the best have been culled. These recipes are not merely a compilation, they represent beyond recent work the accumulated knowledge of years of housekeeping and careful management, also everyday aid from good housewives in all parts of America, such as one must acquire in a decade of editorial work dealing with household problems.

In writing of how to use left-overs, one must necessarily allow for the judgment of the cook. There may be small left-overs in your refrigerator which did not happen to be in mine at the preparation of a certain dish—that does not prohibit their use if the combination of one food with another is not an outrage on the palate. This is of special application to salads and croquettes, where oftentimes the choice of ingredients is limited only by what is on hand. This book simply endeavors to show how to make palatable, both for hot and cold weather, the remains from every meal. To its teachings add common sense and aid in setting aside the verdict of Ian Maclaren that the American housewife is the most wasteful cook in the world.

Isabel Gordon Carter

*A Few Rules to be Observed in
Cooking from Recipes
in This Book*

ALL measurements are level. A cup is the glass measuring cup marked with thirds and quarters. When it is full it is leveled off smoothly with a dry knife. When flour is to be measured in cupfuls, sift it, then lift with a spoon into a cup. Do not shake or press it down, simply make it full, then run a spatula over the top to level it. A tablespoonful of butter is measured in the same way. A tablespoonful of melted butter means butter melted before measuring. One cup of cream, whipped, means cream measured before whipping. Whipped cream requires measuring after being whipped.



BY LEVEL MEASUREMENT

I

Left-Overs of Fat

DO NOT throw away scraps of fat. The grease that accumulates on top of soup stock, bits of suet from roasts and steak, sausage and bacon drippings, the fat on top of the gravy from a roast, even mutton drippings, which some cooks despise, can be saved and converted into a pail of drippings that will do all sorts of excellent service. Keep a fat jar as you do a receptacle for stock pot materials. See that it is scrupulously clean and set it in a cool place. Empty it twice a week in summer and once in winter. Take all the scraps, put them through a meat chopper and set over the fire in a saucepan with enough cold water to cover them. Let them cook till the fat is melted and the water almost evaporated. Strain and press all the fat from the scraps. When this forms into a solid cake, lift it off, put with it any fat that requires clarifying and do it altogether. Pour over it a pint of boiling water, add a teaspoon of salt and boil it uncovered for an hour. Set the saucepan where it will cool as quickly as possible and lift the cake of fat as soon as it hardens. Scrape the sediment from the bottom, melt again, letting all the water cook out of it. Strain through two folds of cheesecloth, and the fat will be ready for frying. If only a teacup of fat is added to this supply once a week, it will save the buying of fat for frying purposes, even in a large family. Keep it clean by straining carefully every time it is used.