

"Like mother used to make."

TABLE AND KITCHEN.

PRACTICAL SUGGESTIONS ABOUT WHAT TO EAT AND HOW TO PREPARE FOOD

CONDUCTED BY LIDA AMES WILLIS, MARQUETTE BUILDING, CHICAGO, TO WHOM ALL INQUIRIES SHOULD BE ADDRESSED.

SATURDAY.

BREAKFAST.—Sliced Bananas, Cream; Creamed Dried Beef, German Fried Potatoes, Corn Pone, Coffees.

LUNCH.—Fried Oysters, Escaloped Potatoes, Brown Bread, Cocoa.

DINNER.—Bacon Broth, Baked Lamb Chops, String Beans, Mashed Potatoes, Tomatoes Stuffed with Celery, Apple Souffle.

SUNDAY.

BREAKFAST.—Cereals, Cream; Broiled Birds on Fried Mush, Creamed Mushrooms, Rolls.

DINNER.

Carrot Soup, Chicken Chartrouse, Mashed Potatoes, Tomato and Okra, Egg Salad, Grape Sherbet, Coffee.

SUPPER.

Lobster à la Newburg, Brown Lamb and Lettuce Sandwiches, Lemon Gingerbread, Grape Juice.

MONDAY.

BREAKFAST.—Sliced Peaches, Cream; Broiled Bacon and Eggs, Hashed Potatoes.

LUNCH.

Muffins, Clam Chowder, Egg Toast, Fruit, Potato Soup.

DINNER.

Veal Loaf, Brown Gravy, Buttered Carrots, Lettuce, Peach Shortcake.

TUESDAY.

BREAKFAST.—Baked Pears, Cream, Panned Ham, Cream Gravy, Whole Wheat Muffins, Coffees.

LUNCH.

Steamed Tomatoes, Brown Gravy, Rice Croquettes, Stewed Fruit, Cocoa.

DINNER.

Boiled Chicken, Onion Sauce, Baked Potatoes, Cauliflower, Tomato and Pepper Salad, Cheese, Wafers, Coffees.

HOW TO MAKE A PILAU.

Varieties of this dish are very common among all the populations dwelling in countries bordering on or near the Mediterranean, from Spain to the top

Levant. It consists chiefly of rice lightly boiled in broth of a fowl or venison. This basis is very susceptible of various slight modifications and additions of fowl or lamb, or fowl and lamb mixed, or capon, or turkey. Some take this slice of bacon, or grated beef or ham, a little curry powder, fried onions, mushrooms, etc., into the pilau; but this is not admissible in making the true oriental creation, as a pilau is strictly a Mussulman dish. The true Turkish pilau, or pilaff, "Tundah Pilau," is made of rice boiled for five minutes in water, drained; then placed in a stewpan with butter, salt and pepper to taste, stirred well, adding by degrees, about half a pint of good fowl broth. In about fifteen or twenty minutes the rice should be properly done and each grain swelled out and separate.

However, a dish of boiled rice having a sort of culinary affinity to veal, and poultry, is well fitted to form a whole-some basis for dishes into which these meats may be introduced, furnishing pleasant flavor and odor to an otherwise rather insipid dish.

This rice is well fitted also, to be the vehicle for producing innumerable flavoring and adouces, as colors at the table are capable of furnishing various dishes, according to taste, and the materials for addition that are available in the different localities.

A Real Indian Pilau.

The following is a recipe for pilau brought from India by an English officer: Take one slice (02 oz.) of good rice, one slice of butter, two bowls, half a pound of sultana raisins, about three tablespoonsfuls of almonds, one ounce of a mixture of allspice, powdered mace, cardamons, cloves, one tenth ounce-fortieth of a pound of saffron, two ounces ginger, one ounce of salt, half an ounce of whole black pepper, one whole onion, one pound of dillie (teaspoonfuls). Boil the rice until it is half done; then return to a saucerman with three bay leaves, a level tablespoonful of whole cloves, a little mace, and salt. Add the fowl and water in which it was boiled and let simmer slowly until it is quite dry. Then arrange in mound shape on a hot dish with two onions sliced and fried strewed over the top and some hard boiled eggs cut in half, placed around the edge of the dish.

or braising heat, or in the oven and cook three hours.

Turkish Pilau.

Throw a pound of rice into a quart of boiling water, adding a few grains of salt. Set over a slow fire and when all the water is absorbed, pour quickly over the rice eight ounces of boiling butter. Cover the pan closely to prevent the steam from escaping and set it over a moderate fire for nearly half an hour; then stir up lightly with a silver fork to separate the grains. Arrange it in a dome shape in the center of a hot dish.

Rice Pilau.

Boil one cup rice in a quart of salted water nearly done, drain and throw into a pint of boiling chicken broth; add half a cup of tomato pulp. When done, add two tablespoomfuls of melted butter, salt and paprika to taste and one tablespoomful of curry, press into a heated, buttered mould; then turn out on a hot dish and serve.

O Turkish Pilau.

Put one cup of stewed, strained tomato in a sauceman with one cupful of stock, highly season with salt, pepper, minced onion and green peppers. Roll and add one cupful of washed rice; stirring lightly with a fork until absorbed, then add small half cup of butter. Steam in a double boiler for twenty minutes. Remove the cover and put a folded napkin over the top of boiler to allow the steam to escape. Serve as a vegetable with cold cooked meat or poultry.

Mutton Pilau, Sultana Style.

Wash one pound of rice, put it in a cloth and tie up, leaving room for the rice to swell. Cut quarter of a pound of the best part of mutton in small pieces, put them in a sauceman with one quart of water; place over the fire until it boils. Then skin the liquor; move to the side of the fire and simmer for half an hour; strain the liquor off into a basin, add four ounces of butter to the meat and fry until nicely browned. Return the liquor to the sauceman with two tablespoomfuls of peeled pistachios and one tablespoomful of washed currants; add a small quantity of mixed spices. Mince two onions, mushrooms, etc., into the pilau; but this is not admissible in making the true oriental creation, as a pilau is strictly a Mussulman dish. The true Turkish pilau, or pilaff, "Tundah Pilau," is made of rice boiled for five minutes in water, drained; then placed in a stewpan with butter, salt and pepper to taste, stirred well, adding by degrees, about half a pint of good fowl broth. In about fifteen or twenty minutes the rice should be properly done and each grain swelled out and separate.

Chicken Pilau.

Select a chicken weighing about two pounds, singe and draw it, wipe well with damp cloth; cut into twelve parts of equal size. Put these into a stew pan with an ounce of butter and brown; add one chopped onion, one green pepper and cook six minutes, stirring lightly with a silver fork. Add a pint of rich chicken broth and half a cup of tomato sauce; add two ounces of dried mushrooms, that have been soaked in water for several hours, or else use a dozen canned mushrooms. Season with salt and pepper and half a teaspoonful of diluted saffron. When all ingredients are thoroughly mixed, add half a pint of well washed, uncooked rice and three tablespoomfuls of grated Parmesan cheese. Cook for twenty minutes more, then serve.

Pilau of Fowl.

Truss one fowl for boiling; put into a stewpan with three pints of cold water, and let boil gently until tender. Wash and soak one pound of rice in three waters, drain dry and fry in half a pound of butter until it begins to color, then return to a sauceman with three bay leaves, a level tablespoonful of whole cloves, a little mace, and salt. Add the fowl and water in which it was boiled and let simmer slowly until it is quite dry. Then arrange in mound shape on a hot dish with two onions sliced and fried strewed over the top and some hard boiled eggs cut in half, placed around the edge of the dish.

Inquiries Answered.

We gladly furnish recipes through the household columns for any of the dishes mentioned in the menus, but as our space is limited and requests are very numerous we cannot give more than two recipes in same issue to any one correspondent. For desired information you wish furnished by mail, send self-addressed and stamped envelope. For any special recipe etc., send in this manner a small charge will be made according to nature of request.

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