

A Sense

of

Taste



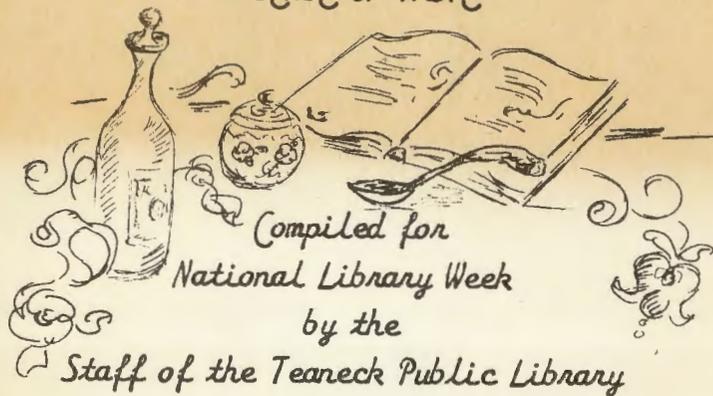
Teaneck Public Library
Teaneck, New Jersey



This Book Belongs To



A SENSE OF TASTE



*Compiled for
National Library Week
by the
Staff of the Teaneck Public Library*

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Prepared and Illustrated

by

Ruth Knudsen

Introduction

by

Jane Armstrong

Olive A. Tamborelle

Library Director

To be without a sense of taste is to be deficient in an exquisite faculty, that of appreciating the qualities of food, just as a person may lack the faculty of appreciating the quality of a book or a work of art. It is to want a vital sense, one of the elements of human superiority... Guy de Maupassant

In observance of National Library Week and in tribute to the "sense of taste" your library and its staff present the following guide to selected recipes. Our method and our aim have been twofold: (1) to draw upon the wisdom of the ages, that is, to list those cookbooks which have proved their worth—whether to the bride or the sophisticated chef, and preferably to both; (2) to

draw upon the experience of our personnel; that is, to solicit from individual staff members those favorite recipes which have consistently pleased their palates and enticed their guests. The resulting collection is a product of your library's resources--its materials, personnel, and experience.

We realize that there is perhaps nothing so personal as the "sense of taste", that--sometimes literally--what is one man's meat is another man's poison. But our purpose in this guide has been to select only consistent winners. We invite you to try our recipes and use the cook-books. Our wish is that you will encounter many adventures in good eating.

EGGPLANT STUFFED WITH OYSTERS

- 1 two-pound eggplant, halved lengthwise
- 1 pint oysters, drained and chopped
- $\frac{1}{2}$ cup minced onion
- 1 garlic clove, minced
- 2 tablespoons minced celery
- $\frac{1}{2}$ cup butter
- 1 cup soft bread crumbs
- $\frac{1}{4}$ cup minced parsley
- $\frac{1}{2}$ teaspoon thyme



Scoop out center of eggplant, leaving wall about $\frac{1}{2}$ inch thick, and chop. Saute chopped eggplant, onion, garlic and celery in butter, until onion is golden. Combine oysters and remaining ingredients and add to hot eggplant mixture. Spoon into eggplant shells and place in buttered baking dish. Bake in a moderate oven (375°) for thirty minutes. Serves 6.

Corey Cooney

VEAL ROLLS

1 lb. veal (cut for scallopini) and
pounded very thin
fresh parsley bunch, chopped very fine
1 clove garlic chopped very fine
1 1/2 cans of tomato sauce
salt and pepper, 1/2 tsp. of each
3/4 cup of water

Spread veal on wax paper on large bread board. Sprinkle parsley, garlic, salt and pepper on each piece of veal. Pour a small amount of oil on each piece of veal. Roll meat into tight rolls and fasten with toothpicks. Brown slowly in butter in a large pan. Turn fire under pan down low—add the tomato sauce and water. Cook for 1 hour.

Etta Tucker



POT ROAST IN THE OVEN

4 lbs. brisket or top of the rib
1 package of onion soup mix
3/4 cup water
salt, pepper, paprika, accent, garlic
powder, to taste
small whole potatoes may be included

Using a shallow baking dish (cookie sheet) place heavy duty aluminum foil large enough to contain the above with about four inches left for sealing. Place meat upon foil, rub with condiments, sprinkle onion soup mix all over the meat, add the water to the bottom of the meat, and seal—folding the edges over each other to make an airtight package.

Roast in oven three hours, using slow 325° degree heat.

Bertha Goodstein



BEEF STEW

2 lbs beef for stew

Sprinkle meat with seasoned flour and brown in hot fat over quick fire. (use a heavy saucepan)

Combine and heat until boiling:

- 1½ garlic cloves chopped
- 1 large onion chopped
- 1 bouillon cube and 1 cup water
- 8 oz. can tomato sauce
- ¾ cup chopped parsley
- 3 whole cloves, ½ bay leaf and 12 pepper corns

Pour above ingredients over meat. Simmer covered for about 4 hours. After 3 hours add ½ cup sherry wine.

Cook separately until nearly tender

- 6 potatoes
- 6 carrots
- 1 stalk celery, chopped

Add vegetables for the last 15 minutes of cooking.

Barbara Toplin



SHRIMP CASSEROLE

- ¾ lb. macaroni
- 1 cup cooked fresh shrimp (deveined)
- 3 hard-cooked eggs, sliced
- 1 cup grated American Cheddar cheese
- paprika
- 2 tablespoons butter
- 2 tablespoons flour
- 1½ teaspoons salt
- pepper
- 2 cups milk



Cook and drain macaroni.

Arrange macaroni, shrimp, eggs and cheese in alternate layers in a greased 2 quart casserole, having cheese as top layer. Sprinkle with paprika.

Make the cream sauce—melt butter, stir in flour, salt and pepper, add milk slowly. Heat, stirring until thickened; pour slowly over mixture in casserole. Bake in hot oven 425° for 30 - 35 minutes.

Serves 6.

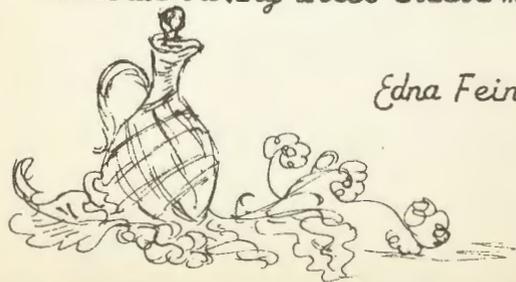
Ruth Stille

EGGPLANT CASSEROLE

1 large eggplant
2 eggs, lightly beaten
seasoned bread crumbs
1 can Marinara Sauce, mixed with
1 can tomato mushroom sauce
4 slices mozzarella cheese

Slice and peel eggplant. (leave seeds)
Bread slices of eggplant - dip in bread
crumbs then into eggs. Fry until golden
brown. Place in baking casserole,
alternating eggplant with a mixture of
the sauces.

Bake in moderate oven for 45 minutes.
Spread top with mozzarella cheese and
continue baking until cheese melts.



Edna Feinstein

BEEF CASSEROLE

1 cup macaroni (elbow)
1 lb. chopped meat
1 onion, chopped
1 small can tomato sauce
1 cup grated cheddar cheese
salt and pepper



Cook and drain the macaroni. Fry
onion in small amount of butter, add
chopped meat and cook until meat is
separated. Mix in a 1 1/2 quart casserole
the macaroni, meat, tomato sauce and
2/3 cup of the cheese. Sprinkle the
remaining cheese on top and bake in
350° oven for 45 minutes.



Lynn Wagner

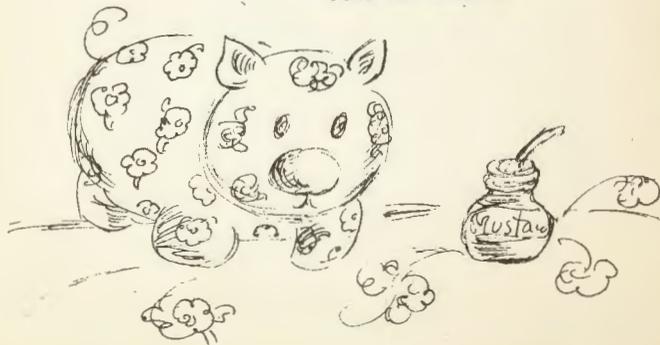
BARBECUE SPARERIBS

6 lbs. spare ribs
 $\frac{1}{2}$ can tomato sauce
1 jar barbecue sauce
 $\frac{1}{2}$ teaspoon soy sauce
1 tablespoon vinegar
1 tablespoon maple or pancake syrup
1 teaspoon lemon juice

Mix all ingredients together.

Place meat in large baking pan and spread mixture over meat. Bake in oven at 350° until tender and crisp. About 1 hour.

Rhoda Stern



GLAZED CARROTS

1 lb. carrots
3 tablespoons butter
3 tablespoons sugar
nutmeg

Slice and boil carrots in salted water until tender. Drain. Add butter and sugar and simmer over low flame until glazed, (a few minutes). Sprinkle with nutmeg and serve.

Louise Gilliard



WELSH RAREBIT

1½ lbs. yellow cheese (cut up)
1 cup beer
1 tablespoon Worcestershire Sauce
1 teaspoon dry mustard
cayenne and pepper, ¼ teaspoon each
½ teaspoon salt

Heat all ingredients except cheese in a double boiler or chafing dish. When very hot, add the cheese, stirring constantly until the mixture becomes creamy. Serve immediately on hot toast or crackers.



Winifred Miles

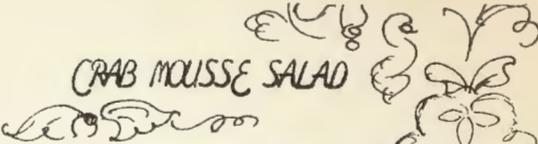
ORIENTAL STUFFING SUPREME

Fry 6 large onions in 5 tablespoons butter over low flame, until soft. Add 1½ cups rice and brown over slightly higher heat. Add 3 cups chicken broth, ½ cup currants, 2 tablespoons sugar, 1 teaspoon each of cinnamon and allspice - salt and pepper to taste. Steam together until rice is nearly cooked. Brown ½ cup pine nuts or pignola nuts in hot butter. Add to other ingredients. Stuff bird as usual.



Alice Papin





CRAB MOUSSE SALAD

Top:

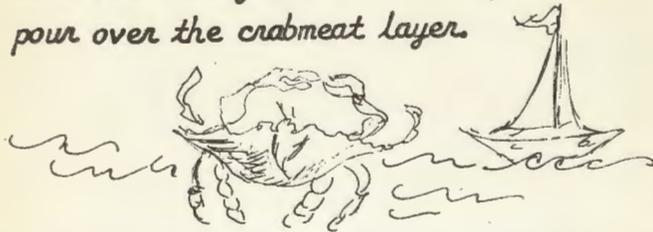
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- 1 tablespoon gelatin
 - $\frac{1}{4}$ cup cold milk
 - $\frac{1}{4}$ cup hot milk
 - 1 cup (or can) crabmeat
 - 1 small onion, grated
 - 1 cup cream, whipped

- Bottom:
- 1 tablespoon gelatin (or aspic)
 - $\frac{1}{2}$ cup hot tomato juice
 - $1\frac{1}{2}$ cups cold tomato juice
 - $\frac{1}{2}$ cup chopped celery
 - 1 teaspoon lemon juice

Dissolve gelatin in cold milk and then blend into the hot milk. Whip with an egg beater until foamy. Add crabmeat and onion, then fold in the whipped cream and fill mold $\frac{2}{3}$ full.



While this is chilling, prepare the tomato mixture - dissolving the gelatin in hot juice and add to the remaining juice. Set aside until it starts to jell; then add celery and the lemon juice and pour over the crabmeat layer.



When the whole is firmly set, unmold on crisp lettuce and serve with Thousand Island Dressing to which 2 chopped hard-cooked eggs have been added.



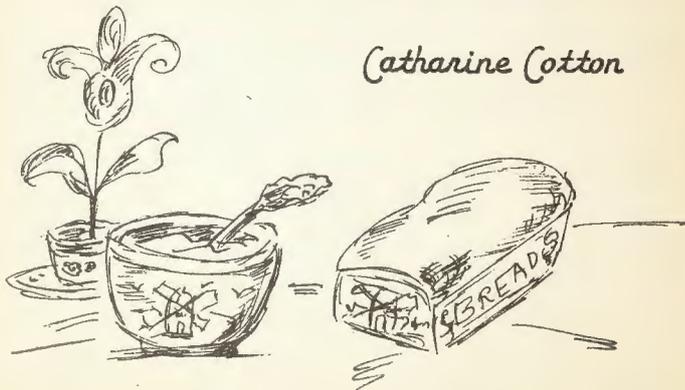
Olive Tamborelle



CRANBERRY BREAD

2 cups flour
 1½ teaspoons baking powder
 ½ teaspoon salt
 1 cup sugar
 grated rind of orange
 juice of 1 orange in a cup; fill with
 water to make ¾ of a cup
 2 tablespoons melted shortening
 1 egg beater
 1 cup cranberries chopped or cut up

Mix in order and bake 1 hour at 325°.



Catharine Cotton

DATE AND NUT BREAD



1 ¾ cups sugar (scant)
 1 tablespoon melted butter
 1 egg
 1½ cups boiling water
 2 ¾ cups flour
 2 level teaspoons soda
 1 level teaspoon salt
 1 cup chopped walnuts
 1 cup dates (cut up)
 1 teaspoon vanilla



Add boiling water to dates along with
 the butter.

Sift flour, measure and add salt
 and soda.

Beat egg and add sugar. Add water
 and dates. Blend in flour. Bake for
 1 hour in slow oven 325°.



Alice Cotter

CRUNCHY CHEESE CAKE

Almond Crust

- 2/3 cup slivered blanched almonds
- 1 teaspoon salad oil
- 1 cup fine Zwieback crumbs
- 2 tablespoons sugar
- 2 tablespoons soft butter

Toss almonds with oil in small frying pan until coated with oil. Stir over low heat until golden brown. (Reserve 1/3 cup for topping). Chop remainder finely. Blend crumbs, sugar and butter. Mix in chopped almonds. Press firmly into bottom and sides of well-greased spring form pan (9"). Bake in 325° oven for ten minutes. Remove from oven; carefully spoon in filling. Bake 1 hour. Turn off heat, open oven door; let stand 1/2 hour. Remove from oven; cool completely. Spread with topping; sprinkle with reserved slivered almonds. Bake in very hot oven (500°) for 5 minutes. Cool completely before removing sides of pan.



Cheese Cake Filling

- 1 pound cream cheese
- 1 cup light cream
- 3/4 cup sugar
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1 teaspoon grated lemon peel
- 1 tablespoon lemon juice
- 4 eggs

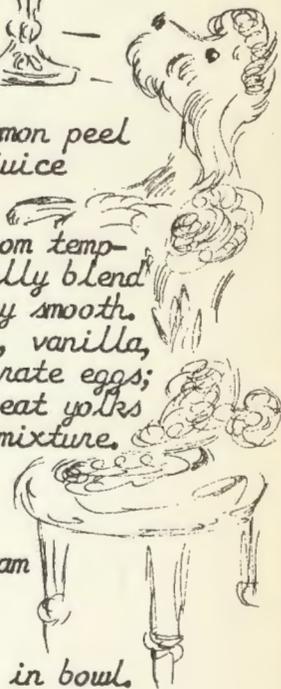
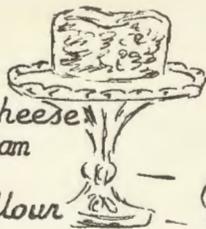
Allow cheese to stand at room temperature until soft. Gradually blend in cream, beating until very smooth. Blend in sugar, flour, salt, vanilla, lemon peel and juice. Separate eggs; beat whites until stiff. Beat yolks lightly; blend into cheese mixture. Fold in egg whites.

Cheese Cake Topping

- 1 cup dairy sour cream
- 2 tablespoons sugar
- 1/2 teaspoon vanilla

Blend all three ingredients in bowl.

Olive Tamborelle



JULE PRESS COOKIES

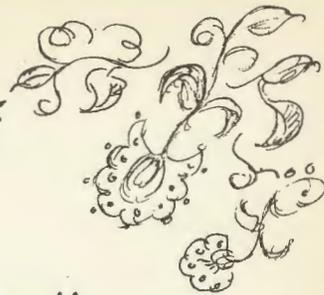
1 cup butter $\frac{1}{2}$ teaspoon salt
1 cup sugar 1 $\frac{3}{4}$ cups flour
1 egg yolk white of one egg
1 teaspoon almond extract

Cream butter and sugar, add egg yolk and almond extract. Sift flour in gradually. Chill batter slightly, put it through cooky press or pastry tube on a greased sheet in shape of circles or strips. Brush with egg white and bake in moderate oven (350°) about 15 minutes.

Laura Olson



FLORENTINES



Mix:

$\frac{1}{2}$ cup cream
 $\frac{1}{2}$ cup sugar
1 cup almonds, cut small
 $\frac{1}{4}$ lb. candied orange peel, cut fine
 $\frac{1}{4}$ cup flour
salt (a few grains)

Arrange by teaspoonfuls, 2 inches apart on a buttered cooky sheet. Flatten with knife dipped in cold water. Bake until brown around the edges (about 10 minutes) in 350 oven. Cool, flat side up on wire cake cooler. Melt over hot water an 8 oz. bar of semi-sweet chocolate. Stir until smooth and spread on cookies on the flat side. Makes 24.

Laura Olson



JAMBOREES

$\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ lb. cream cheese
2 cups flour
(a teaspoon of sugar) optional

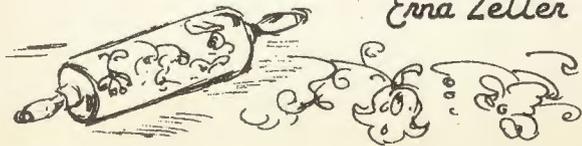


Cream butter and cheese until soft and fluffy. Add flour slowly. Mix until dough is smooth. Roll dough to a little more than $\frac{1}{4}$ inch thick.

(If dough is too soft, refrigerate for a few minutes)

Cut in 2 inch squares. Spoon a small amount of strawberry jam on each square. Fold over from corner to corner, pinch slightly to hold jam in. Bake for 20 minutes in a moderate oven until golden brown. Sprinkle with sugar. Makes about 24.

Erna Zeller



WALNUT BARS

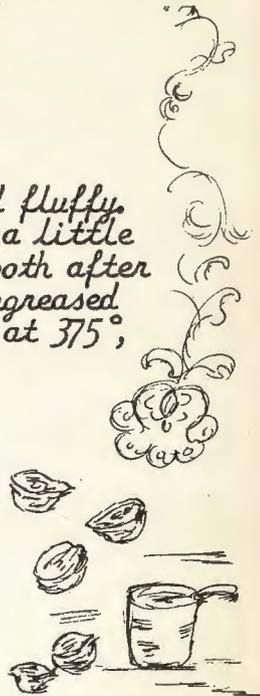
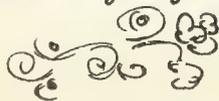
$\frac{1}{2}$ cup softened butter
3 tbs. powdered sugar
1 cup sifted flour

Cream butter until soft and fluffy. Blend in sugar. Add flour a little at a time, mixing until smooth after each addition. Pat into ungreased 9 inch square pan and bake at 375°, for 15 minutes.

2 eggs
2 tbs. flour
1 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
1 cup chopped walnuts
 $\frac{1}{2}$ cup quick cooking oats
 $\frac{1}{2}$ cup coconut flakes
1 cup brown sugar (packed)
 $\frac{1}{2}$ tsp. vanilla

Beat eggs lightly in mixing bowl. Sift in flour, baking powder and salt. Stir in walnuts and remaining ingredients. Spoon over shortbread. Reduce heat to 325° and bake 25 to 30 minutes longer. Cool slightly and cut into bars.

Laura Olson

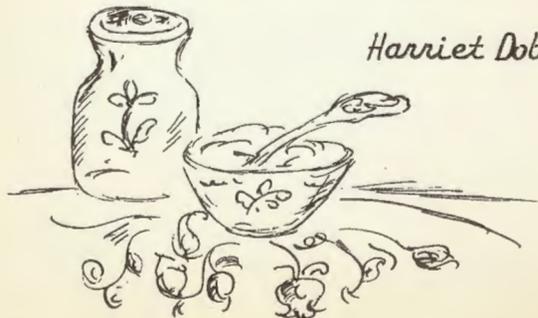


DATE AND NUT BARS

- 1 cup of pitted dates
- 1 cup chopped nuts
- 2 eggs
- 1 cup sugar
- 1 cup flour
- 1/3 cup melted butter
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1 teaspoon vanilla

Chop dates and nuts and mix with flour, baking powder, salt. Beat eggs and mix in sugar and add melted butter. Mix all ingredients together. Bake in a 9 inch square pan in a moderate oven (350°) for 20 to 35 minutes. Remove from oven and cool slightly. Cut into squares and roll in confectioners' sugar.

Harriet Dobson



POUND CAKE

- 1 cup butter
- 1 2/3 cups sugar
- 5 eggs
- 2 cups flour

Work butter until creamy, beat in sugar and add eggs, one at a time. When creamy, fold in flour with spoon. Bake in buttered and floured bread tin 1 1/2 hours in slow oven (300°). Excellent for electric beater.

Ruth Knudsen



PEACH DELIGHT

- 2 egg whites
- 4 tablespoons confectioners' sugar
- 2 tablespoons lemon juice
- a few grains of salt
- 2/3 cup peach pulp
- 1/2 teaspoon almond extract
- 1/2 teaspoon vanilla

Beat egg whites until stiff; add sugar, lemon juice, salt, peach pulp and extracts. Fold together lightly and freeze in refrigerator tray until firm. Serves 6.



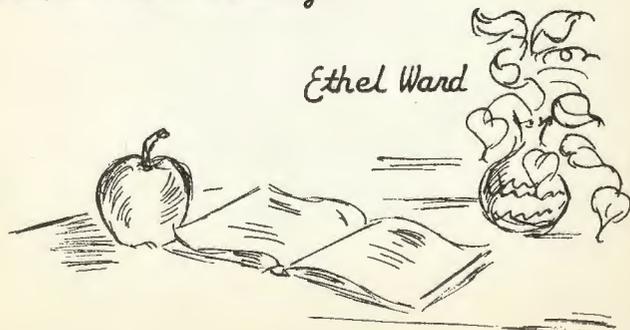
Renee Victor

APPLE DESSERT

- 1 egg
- 3/4 cup sugar
- 1/3 cup flour
- 1/2 cup chopped nuts
- 3/4 cup finely chopped apples
- 1 teaspoon salt
- 1 1/4 teaspoons baking powder

Separate egg white from yolk; beat white until fairly stiff. Add yolk and beat. Add sugar and beat. Mix and sift flour, baking powder and salt; add to rest. Add apples and nuts and mix. Bake in a greased 9 inch pan for 35 minutes in a 350° oven. Garnish with whipped cream.

Makes 4 to 6 servings.



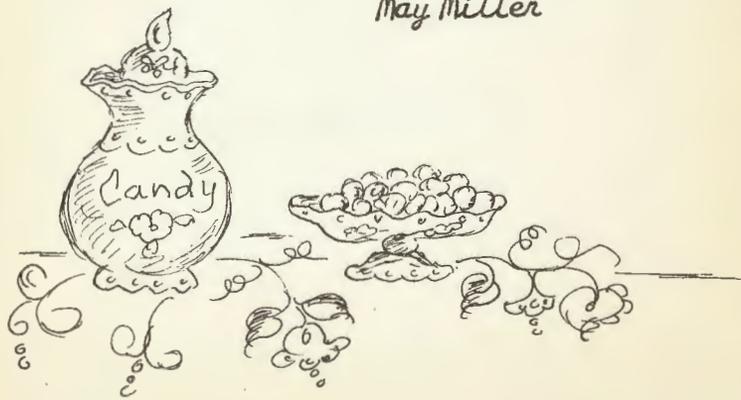
Ethel Ward

FRENCH CHOCOLATES

1 can condensed milk
3 squares unsweetened chocolate
3/4 cup chopped walnuts

Pour can condensed milk into top of double boiler. Add chocolate squares. Stir until thick. Cool. Drop by teaspoon into chopped nuts. Roll into tiny balls. Chill.

May Miller



BRANDY OR RUM BALLS

1 can (6 oz.) evaporated milk
(undiluted)
1 Package (6 oz.) semi-sweet
chocolate pieces
2 1/2 cups crushed vanilla wafers
(about 64)
1 1/2 cups chopped pecans
1/2 cup sifted confectioners' sugar
1/3 cup brandy, rum or bourbon



In heavy 2 quart pan combine the milk and chocolate pieces and cook, stirring over medium heat until chocolate melts and mixture is smooth and thick.

Remove from heat, add crushed wafers, sugar, 1/2 cup pecans and the liquor mixing well. Let stand at room temperature 30 minutes. Shape into 1 inch balls and roll in remaining nuts. Refrigerate for 1 hour or until firm. Makes 4 dozen.



Catharine Cotton

OPEN HOUSE PUNCH

- 4 quarts sauterne
- 1 bottle sparkling water (put in last)
- 1 cup strong tea
- 1 cup brandy
- $\frac{1}{2}$ cup orange curacau
- 1 can frozen orange juice
- 1 can frozen lemon juice
- sugar to taste

Garnish with fresh fruit.



The following books were selected to titillate your "Sense of Taste."

EVERY-DAY COOKBOOKS

THE JAMES BEARD COOKBOOK; James A. Beard, in collaboration with Isabell E. Callvert; drawings by Luiz Woods. Dutton, 1961. 544p.

Connoisseur and author of several specialty cookbooks here brings his name and experience to all-around culinary guide. As practical as it is authoritative.

BETTY CROCKER'S NEW PICTURE COOKBOOK;

Betty Crocker. McGraw-Hill, 1961. 455p.

A "look and learn" cookbook, catering to simple equipment and simple cooking. Repeatedly applauded as among the finest in its class.

FANNIE MERRETT FARMER BOSTON COOKING
SCHOOL COOKBOOK; Fannie M. Farmer, ed. by
Wilma Lord Perkins. Little, Brown,
1959. 596p.

First published in 1896, now in its tenth
revision, this is an all-time favorite
general cookbook.

GOOD HOUSEKEEPING COOKBOOK; Good House
keeping Institute, New York.
Holt, Rinehart & Winston, 1955.
760p.

A persistent kitchen best-seller since
its introduction in 1942. Now revised
and up-dated. Special attention to simple,
"Step-by-Step" recipes and a detailed index
make this cookbook particularly helpful to
the novice.

THE GOURMET COOKBOOK; *Gourmet*; the
magazine of good living,
Gourmet, c 1950, 1957. 2v.

Sophisticated and discriminating. Not
a set for daily use in every kitchen,
but a practical reference library for
endless good meals.

BLUEBERRY HILL COOKBOOK; Elsie Masterton.
Crowell, 1959. 302p.

A small New England gem, product of the
author's kitchen experience and abiding
sympathy for the day-in-day-out cook.
Features a complete month's plan of
daily menus and a separate index to
"dishes for freezing."

THE NEW YORK TIMES COOK BOOK; New York
Times. Ed. by Craig Claiborne.
Harper, 1961. 717p.

Relative newcomer but able competitor.
A collection of nearly 1500 recipes select-
ed from over 10,000 that have appeared in
the TIMES. Wonderfully legible and well-
organized.

THE JOY OF COOKING; Irma S. Rombauer
and Marion Rombauer Becker.
Bobbs-Merrill, 1962. 852p.

Clear explanations of basic cooking terms
and a wide range of recipes - from the
everyday to the exotic - have made this
cookbook popular for over three decades.
Now in its second revision.

INTERNATIONAL FLAVORS

MASTERING THE ART OF FRENCH COOKING;
Simone Beck, Louisette Bertholle
and Julia Child. Knopf, 1961. 684p.

BOUQUET DE FRANCE; Samuel Chamberlain.
Gourmet distributing corp., 1957
619p.

An epicurean tour of the French provinces,
with recipes translated from the French
and adapted by Narcissa Chamberlain.

INSTANT HAUTE CUISINE; Esther R. Solomon.
M. Evans & Co., 1963. 192p.
French cooking - American style.

LUCHOW'S GERMAN COOKBOOK; Leonard Jan
Mitchell. Doubleday, 1952. 224p.

HUNGARIAN CUISINE; Jozsef Venezy.
Budapest, Corvina, 1958. 375p.
A complete cookery book.

ITALIAN BOUQUET; Samuel Chamberlain
Gourmet distributing corp.,
1959. 593p.
An epicurean tour of Italy, with recipes
translated from the Italian and adapted
by Narcissa Chamberlain.

THE JEWISH COOK BOOK; Mildred Gresberg
Bellin. Tudor, 1958. 444p.
International cooking according to the
Jewish dietary laws.

HOME BOOK OF SPANISH COOKERY; Marina
Pereyra de Aznar and Nina Froud.
Barrows, 1957. 248p.

THE ART OF SOUTH AMERICAN COOKERY;
Muro Waldo Schwartz. Illus. by
John Alcorn. Doubleday, 1961. 266p.

SWEDISH COOKING, AT ITS BEST; Marianne
Gronwell Van der Tuuk. Rand McNally,
1960. 176p.
Traditional and modern Swedish dishes; the
genuine smorgasbord.

THE PLEASURES OF CHINESE COOKING; Grace
Chu. Simon & Schuster, 1963

JAPANESE COOKBOOK; Aya Kagawa.
Japanese Travel Bureau, 1962. 198p.
100 favorite Japanese recipes for West-
ern cooks.

WINES AND SPICES

THE PLEASURES OF COOKING WITH WINE;

Emily Chase. Prentice-Hall,
1960. 243p.

SPICES AND HERBS AROUND THE WORLD;

Elizabeth S. Hayes. Illus. by
J. M. Yeatts. Doubleday, 1961.
266p.

BUDGETS AND HAMBURGERS

365 WAYS TO COOK HAMBURGER; Doyné
Nickerson. Doubleday, 1960. 189p.

ECONOMY GASTRONOMY; Sylvia Vaughn

Thompson. Atheneum, 1963. 334p.

A gourmet cookbook for the budget-minded.

MEN AND COUPLES

THE COMPLETE COOK BOOK FOR MEN;

Frederic A. Birmingham.
Harper, 1961. 324p.

QUICK AND EASY MEALS FOR TWO;

Louella G. Shower. Holt, 1952

DESSERTS AND DELICACIES

JUST DESSERTS; Helen McCully and

Eleanor Noderer. Obolensky,
1961. 316p.

THE ART OF FINE BAKING; Paula Peck.

Simon & Schuster, 1961. 320p.

BEST OF THE BAKE-OFF COLLECTION;

*Ann Pillsbury, Grosset, 1959.
608p.*

Pillsbury's best 1000 recipes.

*THE ART OF MAKING GOOD COOKIES PLAIN
& FANCY; Annette Laslett Ross and Jean*

*Adams Disney, Doubleday, 1963.
252p.*

