

***MARIA
PARLOA***



***MISS PARLOA'S
NEW COOK BOOK***

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MISS PARLOA'S NEW COOK BOOK.

MARKETING.

Upon the amount of practical knowledge of marketing that the housekeeper has, the comfort and expense of the family are in a great measure dependent; therefore, every head of a household should acquire as much of this knowledge as is practicable, and the best way is to go into the market. Then such information as is gained by reading becomes of real value. Many think the market not a pleasant or proper place for ladies. The idea is erroneous. My experience has been that there are as many gentlemen among marketmen as are to be found engaged in any other business. One should have a regular place at which to trade, as time is saved and disappointment obviated. If not a judge of meat, it is advisable, when purchasing, to tell the dealer so, and rely upon him to do well by you. He will probably give you a nicer piece than you could have chosen. If a housekeeper makes a practice of going to the market herself, she is able to supply her table with a better variety than she is by ordering at the door or by note, for she sees many good and fresh articles that would not have been thought of at home. In a book like this it is possible to treat at length only of such things as meat, fish and vegetables, which always form a large item of expense.

BEEF.

Beef is one of the most nutritious, and, in the end, the most economical, kinds of meat, for there is not a scrap of it which a good housekeeper will not utilize for food.

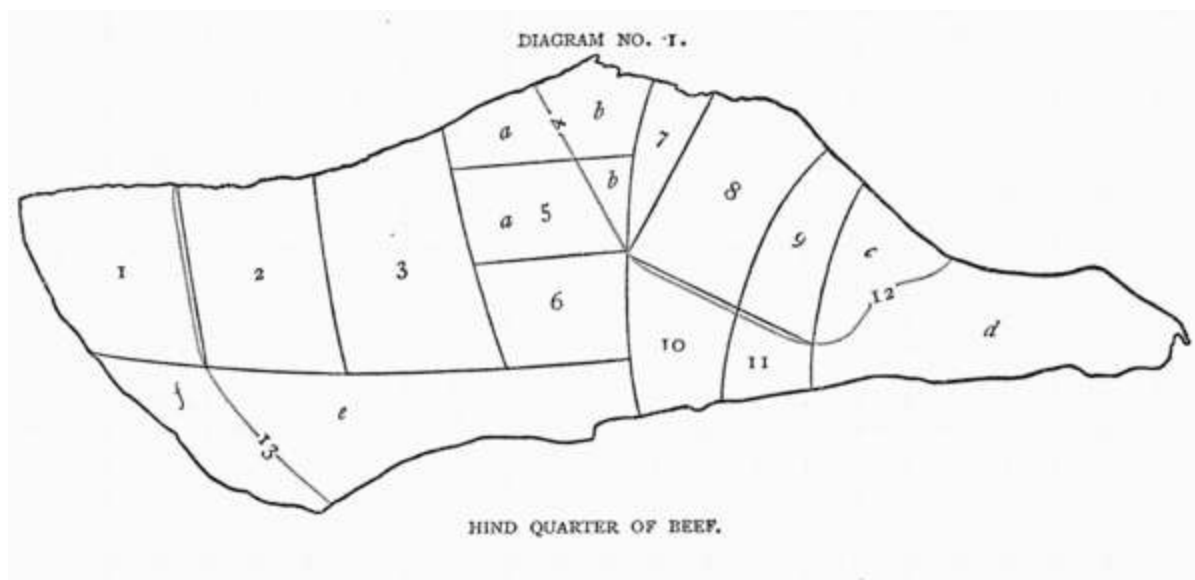
As to Choosing It.

Good steer or heifer beef has a fine grain, a yellowish-white fat, and is firm. When first cut it will be of a dark red color, which changes to a bright red after a few minutes' exposure to the air. It will also have a juicy appearance; the suet will be dry, crumble easily and be nearly free from fibre. The flesh and fat of the ox and cow will be darker, and will appear dry and rather coarse. The quantity of meat should be large for the size of the bones. Quarters of beef should be kept as long as possible before cutting. The time depends upon climate and conveniences, but in the North should be two or three weeks. A side of beef is first divided into two parts called the fore and hind quarters. These are then cut into variously-shaped and sized pieces. Different localities have different names for some of these cuts. The diagrams represent the pieces as they are sold in the Boston market, and the tables give the New York and Philadelphia names for the same pieces. In these latter two cities, when the side of beef is divided into halves, they cut farther back on the hind quarter than they do in Boston, taking in all the ribs--thirteen and sometimes fourteen. This gives one more rib roast. They do not have what in Boston is called the tip of the sirloin.

The Hind Quarter.

In Philadelphia they cut meat more as is done in Boston than they do in New York. The following diagram shows a hind quarter as it appears in Boston. In the other two cities the parts 1 and 13f are included in the *fore* quarter. The

dotted lines show wherein the New York cutting differs from the Boston:

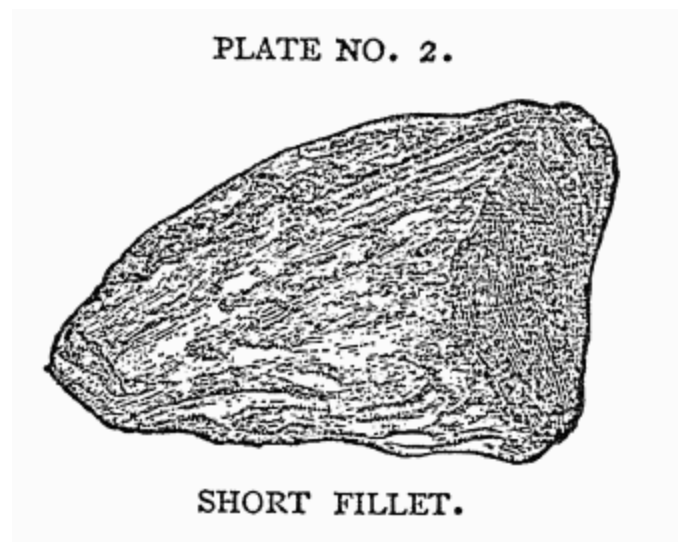


EXPLANATION OF DIAGRAM NO. 1.

BOSTON.	PHILADELPHIA.	NEW YORK.
1. Tip end of sirloin.	1. First cut of ribs.	1. First cut of ribs.
2. Second cut of sirloin.	2. Sirloin roast or steak.	2. Porter-house steak or sirloin roast
3. First cut of sirloin.	3. Sirloin roast or steak.	3. Flat-boned sirloin steak or roast.
4. Back of rump.	4. Hip roast; also rump steak.	4. \
5. Middle of rump.	5. Middle of rump.	5. (a) Large sirloin (a) steaks or roasts
6. Face of rump.	6. Face of rump.	6. /
7. Aichbone.	7. Tail of rump.	7. Aichbone.
8. Best of round steak.	8. Best of round steak.	8. (and 4b and 5b) Rump steak.
9. Poorer	9. Poorer round steak.	9. (and 13e) Round steak.
	10. Best part of vein.	10. Best part of vein
		11. Poorer part of vein.

round steak. 10. Best part of vein. 11. Poorer part of vein. 12. Shank of round. 13. Flank.	11. Poorer part of vein. 12. Leg. 13. (e) Flank.	12. (d) Leg of beef. 13. (e) Flank.
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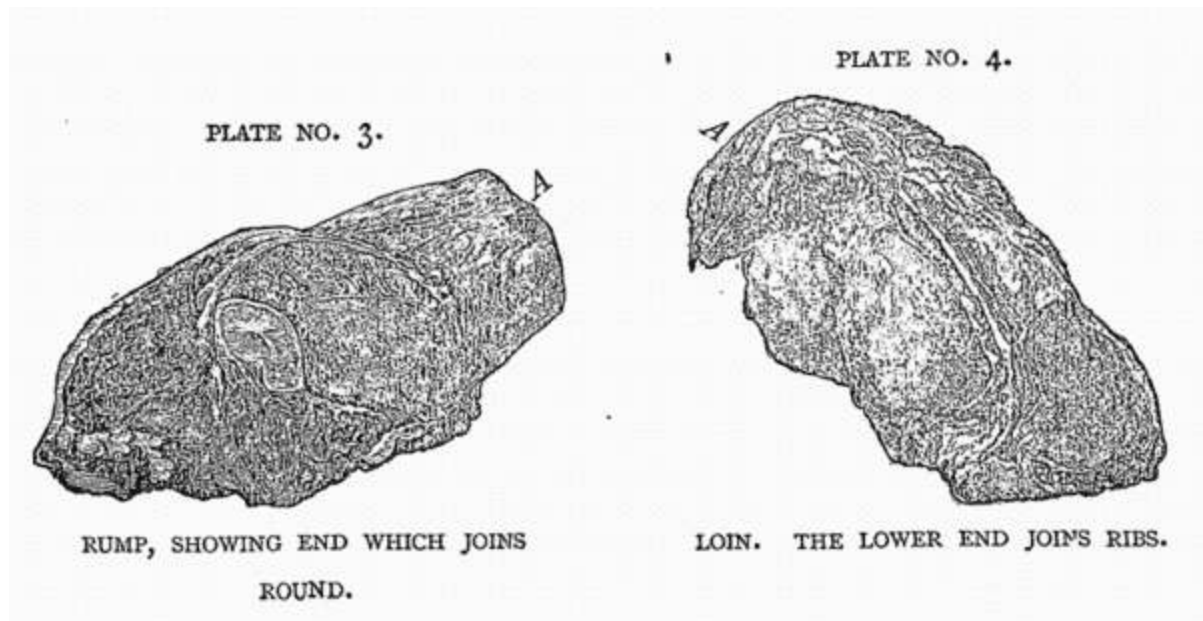
The hind quarter consists of the loin, rump, round, tenderloin or fillet of beef, leg and flank. The loin is usually cut into roasts and steaks; the roasts are called sirloin roasts and the steaks sirloin or porter-house steaks. In the loin is found the tenderloin; and a small piece of it (about two and a half pounds in a large animal) runs back into the rump. In Boston this is often sold under the name of the short fillet, but the New York and Philadelphia marketmen do not cut it. Plate No. 2 shows the fillet.



Next the loin comes the rump, from which are cut steaks, roasts and pieces for stewing, braising, a la mode and soups. Next the rump comes the round, from which are cut steaks, pieces for a la mode, stewing, braising and soups.

The flank is cut from the loin, and used for corning, stewing and as a roll of beef.

Plate No. 4 represents a loin as cut in Boston and Philadelphia, and it and No. 3 represent one as cut in New York, if the two parts be imagined joined at the point A. No. 4 also shows the inside of the loin, where the tenderloin lies.



The sirloin is cut in all sizes, from eight to twenty pounds, to suit the purchaser. The end next the ribs gives the smallest pieces, which are best for a small family. The tenderloin in this cut is not as large as in the first and second. In cutting sirloin steaks or roasts, dealers vary as to the amount of flank they leave on. There should be little, if any, as that is not a part for roasting or broiling. When it is all cut off the price of the sirloin is of course very much more than when a part is left on, but though the cost is increased eight or ten cents a pound, it is economy to pay this rather than take what you do not want.

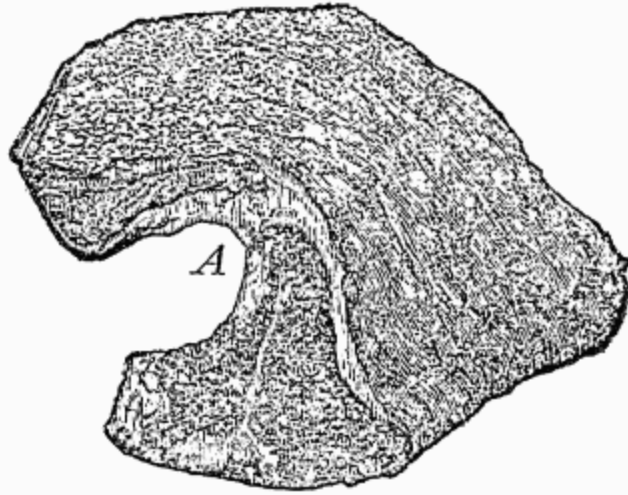
Porter-House Steaks.

Every part of the sirloin, and a part of the rump, is named porter-house steak in various localities. In New York the second cut of the sirloin is considered the choice one for these steaks. The rump steak, when cut with the tenderloin in it, is also called porter-house steak. The original porter-house steaks came from the small end of the loin.

Sirloin Steaks.

Sirloin steaks are cut from all parts of the loin, beginning with the small end and finishing with the rump. In New York the rump steaks are also known as sirloin. In some places they do not cut tenderloin with sirloin. One slice of sirloin from a good-sized animal will weigh about two and a half pounds. If the flank, bone and fat were removed, there would remain about a pound of clear, tender, juicy meat. There being, therefore, considerable waste to this steak, it will always be expensive as compared with one from a rump or round. But many persons care only for this kind, as it has a flavor peculiar to itself; and they will buy it regardless of economy. Plate No. 5 shows a second cut of the sirloin, with the shape of a sirloin or small porter-house steak. The only part that is really eatable as a steak is from the base to the point A, the remainder being flank.

PLATE NO. 5.

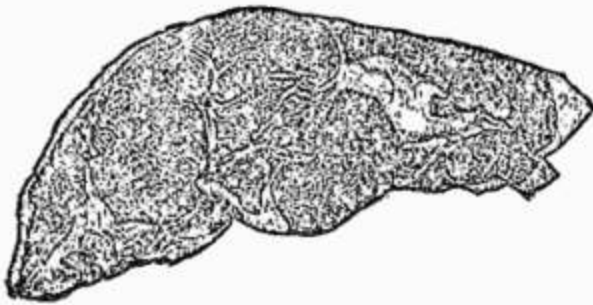


SIRLOIN ROAST—SECOND CUT.

Rump Steak.

What in Boston and Philadelphia is called rump steak is in New York named sirloin. There are three methods of cutting a rump steak; two of these give a very fine steak, the third almost the poorest kind. The first two are to cut across the grain of the meat, and thus obtain, when the beeve is a good one, really the best steaks in the animal.

PLATE NO. 6.



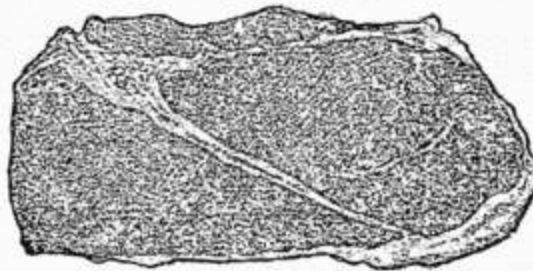
LONG RUMP STEAK.

PLATE NO. 7.



SHORT RUMP STEAK.

PLATE NO. 8.

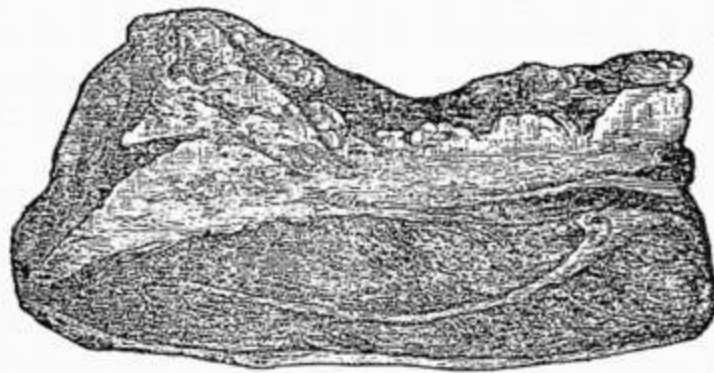


RUMP STEAK CUT WITH THE GRAIN.

Plates Nos. 6 and 7 represent these steaks. No. 6 is a long rump steak, very fine; and No. 7 a short rump, also excellent. In both of these there is a piece of tenderloin. In New York, No. 6 is sirloin without bone, and No. 7 sirloin. There is yet another slice of rump that is of a superior

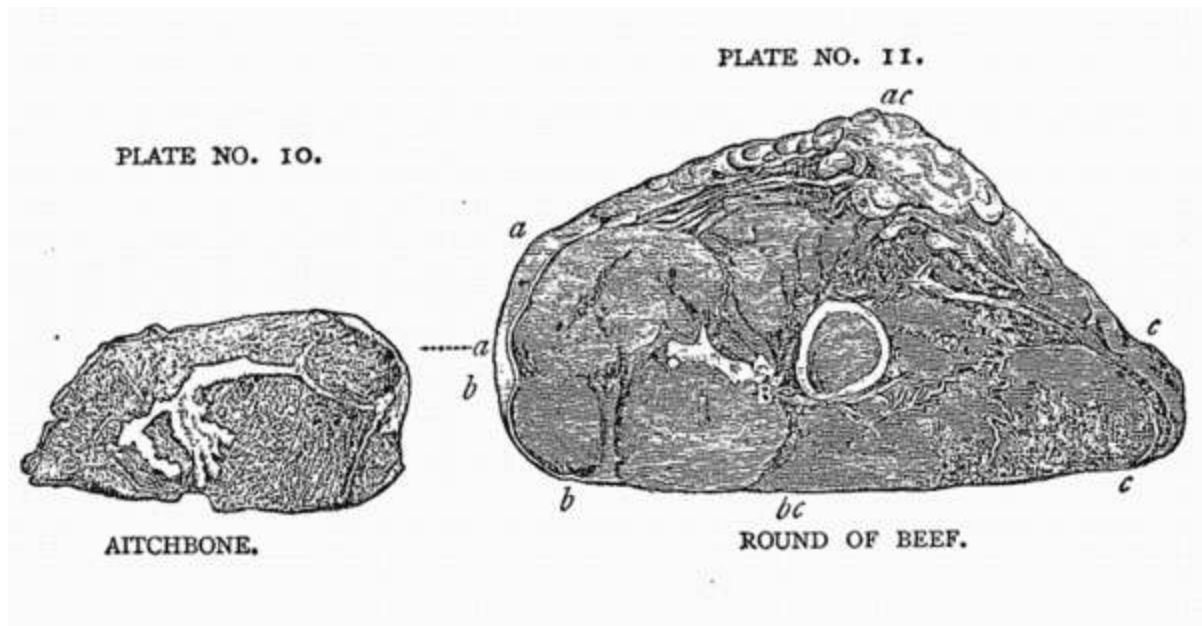
quality. It is cut from the back of the rump, and there is no tenderloin in it. Plate No. 8 shows a rump steak cut with the grain of the meat; that is, cut lengthwise. It comes much cheaper than the others, but is so poor that it should never be bought. It will curl up when broiled, and will be tough and dry.

PLATE NO. 9.



BACK OF THE RUMP.

Some marketmen will not cut rump steak by the first two methods, because it spoils the rump for cutting into roasts, and also leaves a great deal of bone and some tough meat on hand. The price per pound for a rump steak cut with the grain is ten cents less than for that cut across, and yet dealers do not find it profitable to sell steak cut the latter way. Plate No. 9 shows the back of the rump, which is used for steaks and to roast. The steaks are juicy and tender, but do not contain any tenderloin.



Round Steaks.

Plate No. 11 shows the round of beef with the aitch bone taken off; a, a, a, a, is the top of the round, b, b, b, b, the under part, where the aitchbone has been cut off, and c, c, c, c, the vein. Plate No. 10 is this aitchbone, which is first cut from the round, and then the steaks are taken off.

The best steak begins with the third slice. The top and under part of the round are often cut in one slice. The top is tender and the under part tough. When both are together the steak sells for fifteen or sixteen cents per pound; when separate, the top is twenty or more and the under part from ten to twelve. If it is all to be used as a steak, the better way is to buy the top alone; but if you wish to make a stew one day and have a steak another, it is cheaper to buy both parts together. Round steak is not, of course, as tender as tenderloin, sirloin or rump, but it has a far richer and higher flavor than any of the others. It should be cut thick, and be cooked rare over a quick fire. Steaks are cut from the vein in the round and from the shoulder in the fore quarter. They are of about the same quality as those from the round.

Tenderloin Steak.

This is cut from the tenderloin, and costs from twenty-five cents to a dollar per pound. It is very soft and tender, but has hardly any flavor, and is not half as nutritious as one from a round or rump.

Quality and Cost.

We will now consider the various kinds of steak, as to their cost and nutritive qualities. The prices given are not those of all sections of the country, but they will be helpful to the purchaser, as showing the ratio which each bears to the other.

Top of the round, the most nutritious,	18 to 25 cents.
Rump cut across the grain, next in nutritive qualities,	28 to 30 cents
Rump cut with the grain,	22 to 25 cents
Sirloin,	25 to 30 cents
Porter-house,	30 cents
Tenderloin,	25 cts. to \$1.00

The tenderloin, rump and round steaks are all clear meat; therefore, there is no waste, and of course one will not buy as many pounds of these pieces to provide for a given number of persons as if one were purchasing a sirloin or porter-house steak, because with the latter-named the weight of bone and of the flank, if this be left on, must always be taken into consideration.

After the aitchbone and steaks have been taken from the round there remain nice pieces for stewing and braising; and still lower the meat and bones are good for soups and jellies. The price decreases as you go down to the shank, until for the shank itself you pay only from three to four cents per pound.

Sirloin.

It will be remembered that plate No. 4 represents a loin of beef, showing the end which joined the ribs, also the kidney suet. No. 12 represents the same loin, showing the end which joined the rump. There are about thirty pounds in a sirloin that has been cut from a large beeve. This makes about three roasting pieces for a moderately large family. The piece next the rump has the largest tenderloin and is, therefore, by many considered the choicest. Steaks cut from it are now served in the principal hotels as porter-house.

The Rump.

In plate No. 3 was shown that part of the ramp which joins the round. Plate No. 13 represents the end which joins the sirloin.

PLATE NO. 12.



LOIN.

PLATE NO. 13.



RUMP.

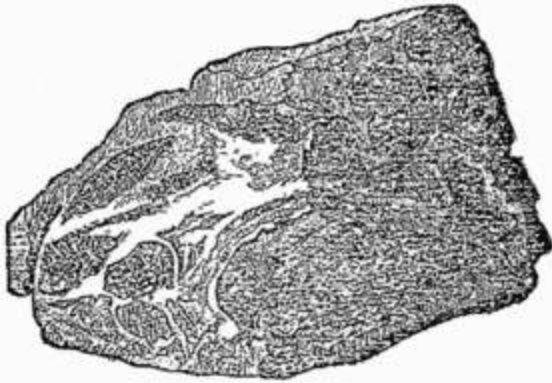
Ribs.

Plate No. 14 represents the first five ribs cut from the back half where it joins the tip of the sirloin, and shows the end that joined. This cut is considered the best of the rib-roasts. For family use it is generally divided into two roasts, the three ribs next the sirloin being the first cut of the ribs and the others the second cut.

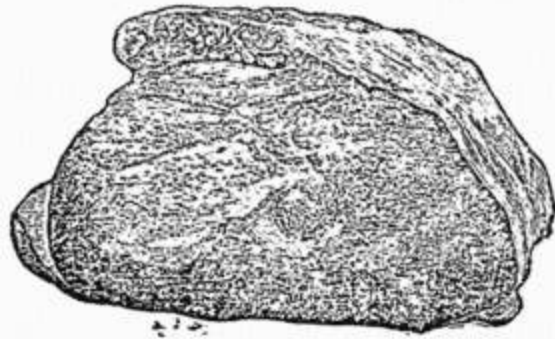


Plate No. 15 represents the chuck ribs, the first chuck, or sixth rib, being seen at the end. There are ten ribs in the back half as cut in Boston, five prime and five chuck; We must remember that in New York and Philadelphia there are thirteen ribs, eight of which are prime. The first two chuck ribs make a very good roast or steak, being one of the most nutritious cuts in the animal, and the next three are good for stewing and braising. Many people roast them. The flavor is fine when they are cooked in this manner, but the meat is rather tough. A chuck rib contains part of the shoulder-blade, while the prime ribs do not. In New York and Philadelphia the ribs are cut much longer than in Boston; hence the price per pound is less there. But the cost to the purchaser is as great as in Boston, because he has to pay for a great deal of the rattle-ran or rack. It is always best to have the ribroasts cut short, and even pay a higher price for them, as there will then be no waste.

PLATE NO. 15.



CHUCK RIBS.

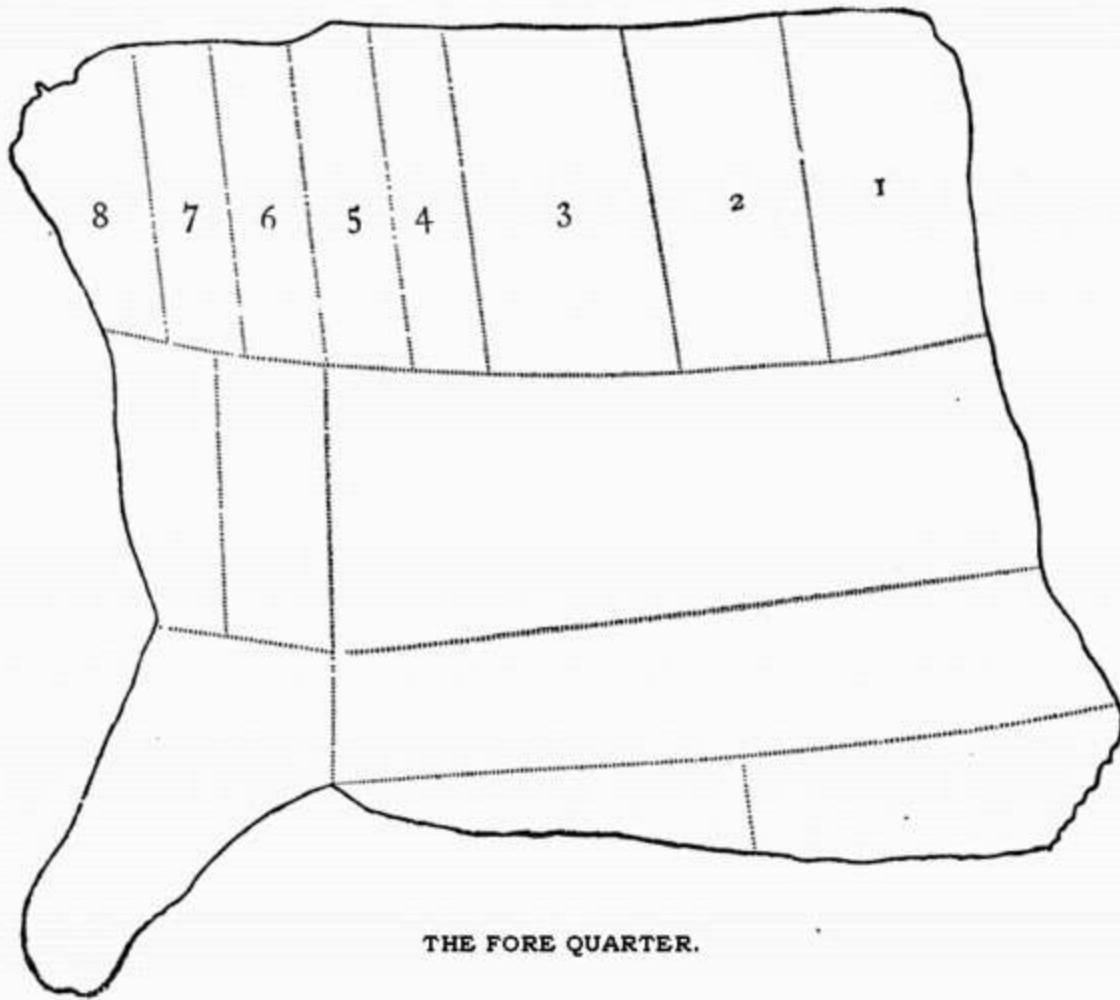


FACE OF THE RUMP.

Fore Quarter.

The fore quarter is first cut into two parts, the back half and the rattle-ran, and these are then cut into smaller pieces for the different modes of cooking. Diagram No. 16 represents a fore quarter. The back half only is numbered, for the rattle-ran is given in diagram No 17.

DIAGRAM NO. 16.



THE FORE QUARTER.

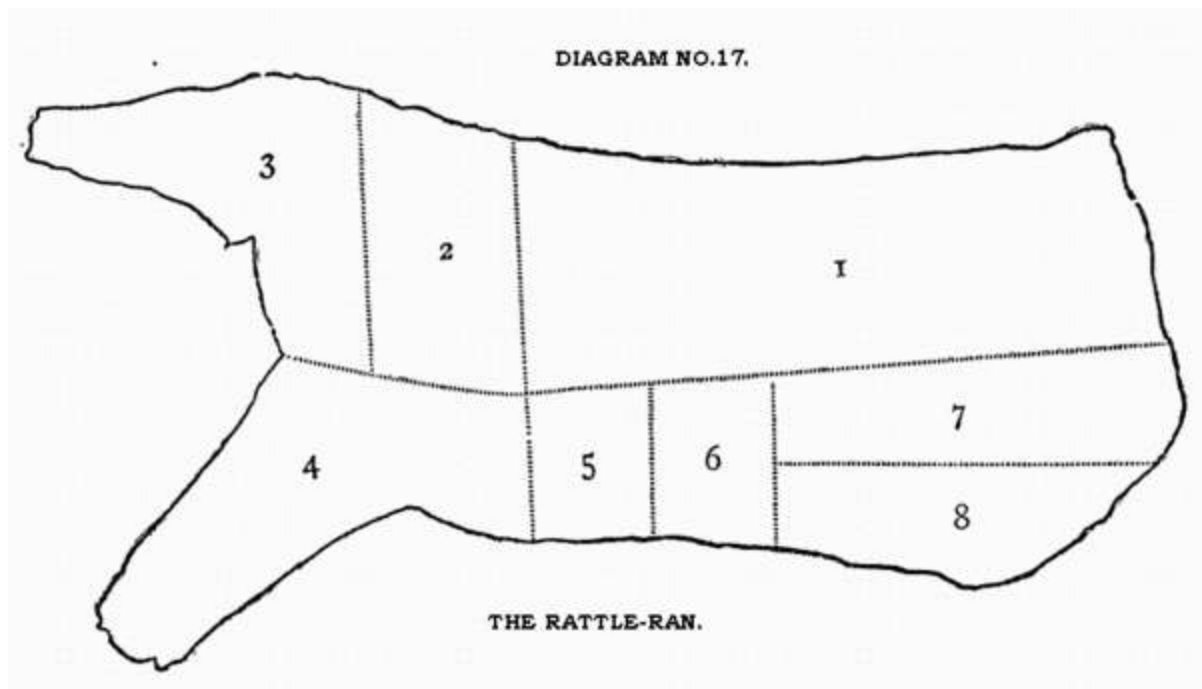
EXPLANATION OF DIAGRAM NO. 16.

BOSTON.	NEW YORK.	PHILADELPHIA.
1. First cut of ribs.	1. First cut of ribs, with tip of sirloin.	1. First cut of ribs, with tip of sirloin.
2. Second cut of ribs.	2. Second cut of ribs.	2. Second cut of ribs.
3. Third cut of ribs.	3. Third cut of ribs.	3. Third cut of ribs.
4 and 5. Best chuck ribs.	4 and 5. Best chuck ribs.	4 and 5. Best chuck ribs.
	6 and 7. Poorer	6 and 7. Poorer

6 and 7. Poorer chuck ribs. 8. Neck piece.	chuck ribs. 8. Neck piece.	chuck ribs. 8. Neck chuck.
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The Rattle-Ran.

The whole of lower half of the fore quarter is often called the rattle-ran. Diagram No. 17 shows this, and the table following gives the name of the separate cuts:



EXPLANATION OF DIAGRAM NO. 17.

BOSTON.	NEW YORK.	PHILADELPHIA.
1. Rattle-ran. 2. Shoulder of mutton. 3. Sticking piece. 4. Shin, thick end of brisket, part of sticking piece.	1. Plate piece. 2 and 3. Shoulder of mutton. 4. Shin and thick end of	1. Plate piece. 2. Shoulder of mutton or boler piece. 3. Sticking piece. 4. Shin and thick

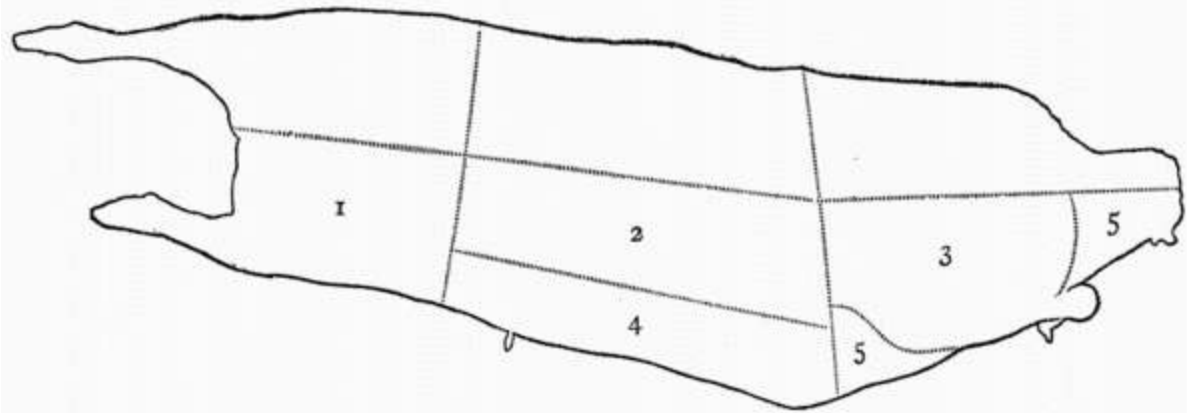
5 and 6. Brisket piece.	brisket.	end of brisket.
7. Middle cut or rib plate.	5 and 6. Brisket piece.	5 and 6. Brisket piece.
8. Navel end of brisket.	7 and 8. Navel end of brisket.	7 and 8. Navel end of brisket.

The rattle-ran or plate piece is generally corned, and is considered one of the best cuts for pressed beef. The shoulder of mutton is used for stews, beef *à la mode*, roasts and steaks, and is also corned. The sticking piece, commonly called the back of the shoulder, but which is really the front, is used for stews, soups, pie meat and for corning. The shin is used for soups, and the brisket and ribs for corning and for stews and soups. One of the best pieces for corning is the navel end of the brisket. The middle cut of the rattle-ran is also corned.

MUTTON.

Mutton is very nutritious and easily digested. The best quality will have clear, hard, white fat, and a good deal of it; the lean part will be juicy, firm and of a rather dark red color. When there is but little fat, and that is soft and yellow and the meat is coarse and stringy, you may be sure that the quality is poor. Mutton is much improved by being hung in a cool place for a week or more. At the North a leg will keep quite well for two or three weeks in winter, if hung in a cold, dry shed or cellar. Mutton, like beef, is first split through the back, and then the sides are divided, giving two fore and two hind quarters. Diagram No. 18 is of a whole carcass of mutton, and half of it is numbered to show the pieces into which the animal is cut for use.

DIAGRAM NO. 18.



EXPLANATION OF DIAGRAM NO. 18.

- | |
|------------------------|
| 1. Leg. |
| 1, 2, 4. Hind quarter. |
| 2. Loin. |
| 3, 5, 5. Fore quarter |
| 3. Shoulder. |
| 4. Flank. |
| 5,5. Breast. |

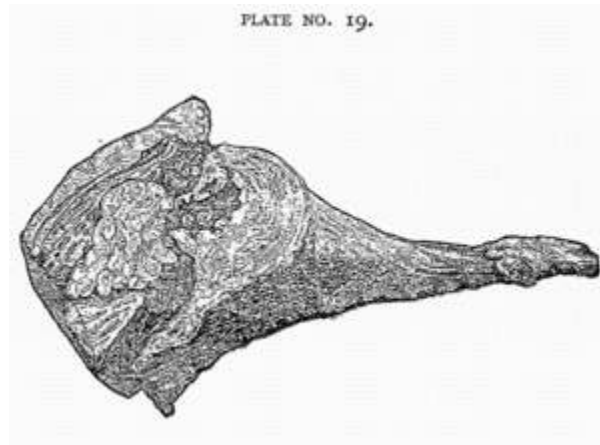
Hind Quarter of Mutton.

This consists of the leg and loin, and is the choicest cut. It makes a fine roast for a large family, but for a moderate-sized or small one either the leg or loin alone is better. A hind quarter taken from a prime animal will weigh from twenty to thirty pounds.

Leg of Mutton.

This joint is nearly always used for roasting and boiling. It has but little bone, as compared with the other parts of the animal, and is, therefore, an economical piece to select, though the price per pound be greater than that of any

other cut. It is not common to find a good leg weighing under ten or twelve pounds. A leg is shown in plate No. 19.



Loin of Mutton.

In a loin, as cut in Boston, there are seven ribs, which make a good roast for a small family. This cut is particularly nice in hot weather. It is not as large as a leg, and the meat is, besides, of a lighter quality and more delicate flavor. The cost when the flank is taken off will be about seven cents more a pound than if the loin be sold with it on; but, unless you wish to use the flank for a soup, stew or haricot, it is the better economy to buy a trimmed piece and pay the higher price. When the two loins are joined they are called a saddle. Plate No. 20 shows a saddle and two French chops.



Fore Quarter of Mutton.

In this is included the shoulder and breast. When the shoulder-blade is taken out the quarter makes a good roast for a large family. The shoulder is separated from the breast by running a sharp knife between the two, starting at the curved dotted lines near the neck (shown in diagram No. 18), and cutting round to the end of the line. The shoulder is nice for roasting or boiling. The breast can be used for a roast, for broths, braising, stewing or cotelettes. Rib chops are also cut from the breast, which is, by the way, the cheapest part of the mutton.

Chops and Cutlets.

Chops are cut from the loin. They are called long when the flank is cut on them and short if without it. When part of the bone of the short chop is scraped clean it is called a French chop. The rolled chops sold by provision dealers are the long chops with the bone removed. One often sees them selling at a low price. They are then the poor parts of the mutton,

like the flank, and will be found very expensive no matter how little is asked.

Prices.

The price of mutton varies with the seasons, but a table giving the average price may help the purchaser to an estimate of the comparative cost of each cut:

Hind Quarter,	15 cents.
Leg,	17 cents.
Loin, with flank,	13 cents.
Loin, without flank,	20 cents.
Fore Quarter,	8 cents.
Trimmed Chops,	20 cents.
Untrimmed Chops,	12 cents.

When one has a large family it brings all kinds of meat considerably cheaper to buy large pieces untrimmed, as the trimmings can be used for soups, stews, etc.; but for a small family, it is much better to purchase only the part you want for immediate use. Although mutton costs less per pound than beef, it is no cheaper in the end, because to be good it must be fat, and mutton fat, unlike beef fat, cannot be employed for cooking purposes, as it gives a strong flavor to any article with which it is used.

LAMB.

Lamb is cut and sold like mutton. Being much smaller, however, a hind or fore quarter is not too large for a good-sized family. Lamb will not keep as long as mutton, for, being juicy, it taints more readily. It is of a delicate flavor until nearly a year old, when it begins to taste like mutton and is not so tender. The bones of a young lamb will be red,

and the fat hard and white. This meat is in season from May to September.

VEAL.

The calf being so much larger than the sheep, the fore and hind quarters are not cooked together, and for an ordinary family both are not purchased. The animal is, however, cut into the same parts as mutton. The loin, breast and shoulder are used for roasting. Chops are cut from the loin and neck, those from the neck being called rib chops or cotelettes. The neck itself is used for stews, pies, fricassees, etc. The leg is used for cutlets, fricandeaux, stews and roasts, and for braising. The fillet of veal is a solid piece cut from the leg--not like the tenderloin in beef, but used in much the same way. The lower part of the leg is called a knuckle, and is particularly nice for soups and sauces. Good veal will have white, firm fat, and the lean part a pinkish tinge. When extremely white it indicates that the calf has been bled before being killed, which is a great cruelty to the animal, besides greatly impoverishing the meat. When veal is too young it will be soft and of a bluish tinge. The calf should not be killed until at least six weeks old. Veal is in the market all the year, but the season is really from April to September, when the price is low. The leg costs more than any other joint, because it is almost wholly solid meat. The fillet costs from 20 to 25 cents; cutlets from the leg, 30 cents; chops from loin, 20 cents; loin for roast, 15 cents; breast, 10 to 12 cents. Veal is not nutritious nor easily digested. Many people cannot eat it in any form, but such a number of nice dishes can be made from it, and when in season the price is so low, that it will always be used for made dishes and soups.

PORK.

Pork, although not so much used in the fresh state as beef, mutton, lamb, etc., is extensively employed in the preparation of food. It is cut somewhat like mutton, but into more parts. Fresh young pork should be firm; the fat white, the lean a pale reddish color and the skin white and clear. When the fat is yellow and soft the pork is not of the best quality. After pork has been salted, if it is corn-fed, the fat will be of a delicate pinkish shade. When hogs weighing three and four hundred pounds are killed, the fat will not be very firm, particularly if they are not fed on corn. The amount of salt pork purchased at a time depends upon the mode of cooking in each family. If bought in small quantities it should be kept in a small jar or tub, half filled with brine, and a plate, smaller round than the tub, should be placed on top of the meat to press it under the brine.

The parts into which the hog is cut are called leg, loin, rib piece, shoulder, neck, flank, brisket, head and feet. The legs and shoulders are usually salted and smoked. The loin of a large hog has about two or three inches of the fat cut with the rind. This is used for salting, and the loin fresh for roasting. When, however, the hog is small, the loin is simply scored and roasted. The ribs are treated the same as the loin, and when the rind and fat are cut off are called spare-ribs. This piece makes a sweet roast. Having much more bone and less meat than the loin, it is not really any cheaper, although sold for less. The loin and ribs are both used for chops and steaks. The flank and brisket are corned. The head is sold while fresh for head-cheese, or is divided into two or four parts and corned, and is a favorite dish with many people. The feet are sometimes sold while fresh, but are more frequently first pickled. The fat taken from the inside of the hog and also all the trimmings are cooked slowly until dissolved. This, when strained and cooled, is

termed lard. Many housekeepers buy the leaf or clear fat and try it out themselves. This is the best way, as one is then sure of a pure article.

Sausages.

These should be made wholly of pork, but there is often a large portion of beef in them. They should be firm, and rather dry on the outside.

Liver.

Calves' liver is the best in the market, and always brings the highest price. In some markets they will not cut it. A single liver costs about fifty cents, and when properly cooked, several delicious dishes can be made from it.

Beef liver is much larger and darker than the calves', has a stronger flavor and is not so tender. It is sold in small or large pieces at a low price.

Pigs' liver is not nearly as good as the calves' or beeves', and comes very much cheaper.

Hearts.

Both the calves' and beeves' hearts are used for roasting and braising. The calves' are rather small, but tenderer than the beeves'. The price of one is usually not more than fifteen cents. The heart is nutritious, but not easily digested.

Kidneys.

The kidneys of beef, veal, mutton, lamb and pork are all used for stews, broils, *sautés*, curries and fricassees. Veal are the best.

Tongues.

These are very delicate. Beef tongue is the most used. It should be thick and firm, with a good deal of fat on the under side. When fresh, it is used for bouilli, mince pies and to serve cold or in jelly. Salted and smoked, it is boiled and served cold. Lambs' tongues are sold both fresh and pickled.

POULTRY AND GAME.

Chickens.

All fowl less than a year old come under this head. The lower end of the breast-bone in a chicken is soft, and can be bent easily. The breast should be full, the lean meat white, and the fat a pale straw color. Chickens are best in last of the summer and the fall and winter. The largest and juiciest come from Philadelphia.

Spring Chickens.

These are generally used for broiling. They vary in size, weighing from half a pound to two and a half pounds. The small, plump ones, weighing about one and a half or two pounds, are the best. There is little fat on spring chickens.

Fowl.

These may be anywhere from one to five or six years old. When over two years the meat is apt to be tough, dry and stringy. They should be fat, and the breast full and soft. The meat of fowl is richer than that of chickens, and is, therefore, better for boiling and to use for salads and made dishes. The weight of bone is not much greater than in a chicken, while there is a great deal more meat. Another