

## AMERICA SLOW TO ADOPT USE OF ARTICHOKE

Tuber More Popular in Paris Than in Its Native Land.

Even for persons who could afford to make the trip there is no need to voyage to France these days to enjoy the nutlike flavor of a good dish of Jerusalem artichokes.

Nobody seems to know just why they are called Jerusalem artichokes. "Knotty potato" would have been a better name—certainly more descriptive. It may be that the label they have is a garbled pronunciation of whatever the Indians called them when friendly aborigines first taught white pioneers how to cook them.

Strangely enough, this American tuber, as indigenous as native corn and improved by 300 years of cultivation, has long been far more popular in Paris than in America.

The following recipes may suggest to housewives dishes that the family would like:

### Artichoke Sandwiches

Artichokes make appetizing sandwich fillings when grated raw, flavored with grated onion and Worcestershire sauce and mixed with grated cheese, anchovy paste, mashed sardines or watercress. They also come in prepared bread forms as rusks, ravioli, noodles and chips.

### Artichokes in Casserole

Scrub one pound artichokes with stiff brush. Boil until tender. Cut in small pieces. Mix with a cup of white sauce and put in a baking dish. Sprinkle with crumbs, grated cheese and melted butter. Bake until brown in a moderate oven.

### Artichokes With Cheese

Stir half a cup of grated cheese into a cup of white sauce. Into this dip whole boiled artichokes, put them in a baking dish, sprinkle with grated cheese and cook in the oven until brown.

### French Fried

Cut raw artichokes in oblong pieces one-quarter inch thick. Dip in flour and fry in deep fat.

### Baked

Cut peeled artichokes in two or more parts according to size and place in cold water for two hours. Drop in boiling water, cook until tender, transfer to a well buttered oven dish, cover with bread crumbs that have been soaked in cream and bake until brown.

### Artichoke Pineapple Salad

Arrange alternate slices of pineapple and cold boiled artichoke on crisp lettuce. Douse with Thousand Island dressing and garnish with pimento.

### Cabbage With Bacon

One small head of cabbage, two cups milk, two tablespoons butter, one tablespoon flour, four tablespoons grated cheese, eight thin slices bacon.

Trim cabbage and cook, uncovered, in boiling, salted water to cover for 15 minutes. Drain and put in a shallow baking dish. Make a sauce of butter, flour and milk and pour over cabbage. Bake in a moderate oven, 375 degrees, until cabbage is tender, basting with a fruit salad and fudge ice box cup.

### Asparagus With Poached Eggs

Put freshly cooked or canned asparagus on a heat resisting platter. Cover tips with grated cheese, a few drops of lemon juice and bits of butter. Season lightly with salt and pepper and bake in a hot oven, 400 degrees, until cheese begins to brown. When ready to serve, top with poached eggs.

### Yellow Yolks

A hen can transfer different shades of yellow to the yolk, depending upon the kind of feed she receives. Substituting white corn for yellow corn and limiting the amount of green feed tends to produce light-yellow yolks, according to the United States Department of Agriculture.

### Beef and Sauerkraut

Place three pounds of beef in a baking dish and surround with a can of sauerkraut. Put in enough water to come half way to top. Cover with chopped onions, sprinkle generously with paprika and bake two hours in the oven.

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### NOVEL DISHES SUGGESTED FOR THANKSGIVING



## HUNGARIAN FOOD GIVEN PLACE ON WINTER MENUS

### Sour Cream Is Additional Item Used in Preparation.

Chops cooked Hungarian style for a change would be nice to have on a night when chilly winds pep up the appetite of persons coming home from work. If the amateur cook, when she takes her apron off, would turn the radio on and have the good luck to find gypsy music, that would give just the right background for Hungarian dinner at home.

A cup of sour cream is the principal extra item that goes into chops or cutlets prepared in the Hungarian manner. Without prompting from foreign cooks we are not apt, either, to serve bacon with our cutlets. Meats, as well as cream, were

doubtless cheaper when such recipes were invented. But these are not extravagant.

### Cutlets, Hungarian Style

One pound veal or pork cutlets, one-quarter pound bacon, one cup sour cream, one-half teaspoon paprika, salt. Have the chops or cutlets pounded lightly at the market. Sprinkle them with salt and paprika and let them stand while the bacon is frying.

Remove slices of cooked bacon from the fat and put the cutlets in. Fry on both sides, pour off some of the fat, add a little hot water, cover the dish and cook over a low flame for an hour. Slowly drop in the sour cream, a spoonful at a time and stir it into the thickening gravy. When the cream is hot the cutlets are done.

### Hungarian Stew

Cut two pounds round steak in rather small pieces and fry for a few minutes. Transfer to a saucepan containing two tablespoons of bacon fat, two carrots and two onions, chopped fine, also a piece of turnip.

Let the vegetables cook for five minutes before putting them in. Cook slowly for half an hour, add half a cup of sour cream and half a teaspoon of paprika and stew 10

minutes longer. A few minutes before taking from the fire add salt to taste.

### Apple Froth

Press three or four baked apples through a sieve into a bowl. Add the whites of two eggs, a cup of sugar, a tablespoon of lemon juice and stir until it is thick enough for a spoon to stand in the mixture.

Garnish with whipped cream.

### CHOWDER RECIPE GIVEN

#### Onions, Carrots and Potatoes as Principal Ingredients.

One-half cup chopped onions, 5 tablespoons butter, 2 cups each of diced raw potatoes and carrots, 1½ cups water, 3 cups hot milk, 2 tablespoons of flour, 1½ teaspoons of salt. Cook potatoes and carrots in salted water for 20 minutes. Cook onions

slowly in butter until tender, stir in flour, then the hot milk. Add vegetables and the water in which they were cooked. Keep hot for 20 minutes before serving.

### Scrambled Eggs

Leftover cooked meat, fish, fowl or vegetables can be added to scrambled eggs. Good for luncheon or supper.



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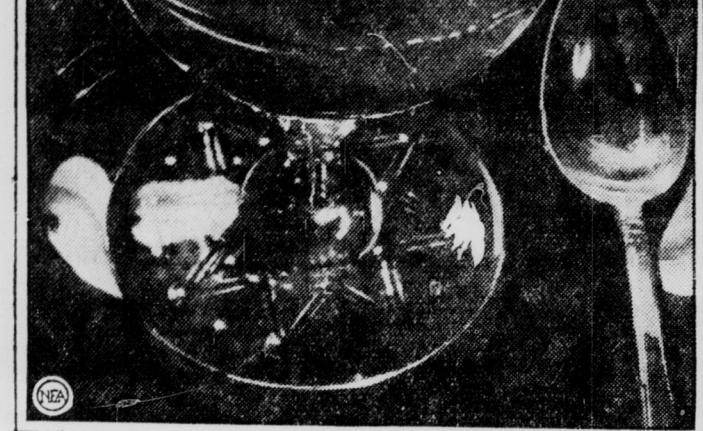
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